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Humber Et Cetera

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October 31, 2002

Five protesters charged after housing march

By KEVIN RABJOHN

Four protesters have been charged with breach of peace and one other faces criminal charges after last weekend's demonstration in Toronto demanding housing for the city's homeless.

The four were detained and released hours later, while the fifth was released with a pending court date.

"We live in a society which is prepared to beat people up to keep them from obtaining housing," said John Clarke, an Ontario Coalition Against Poverty (OCAP) organizer. "It's sick and twisted, but it's reality."

More than 200 demonstrators marched along Toronto streets on Saturday in an attempt to take possession of an abandoned building on Parliament Street. Last July, OCAP took possession of an abandoned apartment complex on King Street East downtown.

The march was the first in a series planned by OCAP in its "give it or guard it" campaign. The march, which began at Lakeshore and Parliament, snaked north turning as police forced a change of direction. Demonstrators carried OCAP banners and chanted slogans such as "money for housing, not for war" and "stop the war on the poor, make the rich pay."

Police repeatedly warned protesters to stay on the sidewalk and clubbed those who did not obey this request.

Sergeant Ron Knapper of the Metro

Toronto Police explained the demonstrators were kept off the roads in an attempt to "not disrupt traffic and also to ensure the safety of the people in the parade."

He would not confirm the use of batons.

Knapper said the police were successful in upholding the law.

"[Metro Toronto Police] have no issue with any demonstrators as long as they are legal...the minute they infringe on others' rights however, we need to step in."

According to one of the demonstrators, who asked not to be named, "the police presence was too intense for the small number of demonstrators who had shown up."

The poor attendance at the demonstration was attributed to the fact that a teacher's union march and an anti-war protest were taking place at the same time.

"We live in a society which is prepared to beat people up to keep them from obtaining housing. It's sick and twisted, but it's reality."

"The other protests sort of clashed with the OCAP demonstration," Clarke said.

After reaching the corner of Sherbourne and Gerrard, OCAP leaders decided to disperse the group and meet

at 213 Parliament where two members gained access into the apartment.

"We have a beautiful house here, we have food and water, and we're not going to leave," they told the crowd below.

Story continued on page 2



Mukhatar poses as a devil at the day-care centre's Halloween party. Some dressed up in costumes while others played with crafts and made cookies.

What's Inside This Week...

Political punk band, *Closet Monster*, rocks the Rivoli.
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Budget cuts hinder Help Desk services.
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Halloween eyewear dangerous

By AARON SAYWER

Canadian optometrists are saying Health Canada is putting consumers at risk by allowing decorative contact lenses, which may cause serious eye injury, to be sold without warning.

The decorative lenses, often sold as a Halloween accessory in beauty salons and gift stores, can lead to corneal scarring, vision

impairment and in extreme cases, blindness and eye loss, according to the Canadian Association of Optometrists (CAO).

"Health Canada seems to be ignoring the very real possibility of harm and evidence that makes it clear that this is a health issue," said Dr. Scott Mundle, president of the CAO. "In a worst case scenario, improper use could cause blindness within days."

After learning of the dangers of decorative lenses, the United States Food and Drug Administration (FDA) posted a warning to all consumers, regarding the health risks related to the use of the lenses.

The FDA has also instructed custom officials to stop the importing of the lenses into the U.S.

Although the health risks with the problems are no secret, in 2000, Health Canada granted distributors

approval to sell the cosmetic items to retail outlets.

Since the approval was received, eye care professionals have continually attempted to convince Health Canada to remove the products from the market with no success.

The Canadian Association of Optometrists is currently writing another removal request to Health Minister Anne McLellan.

Etc.



Brian Pollock (right) won the United Way CN Tower charity climb. Stephen Rew came second followed by his brother Keith Rew.

Climb for cause

By SEAN HAROLD

They were tired, but it was for a good cause.

Over 1,800 eager students from across Toronto took part in the 25th annual Enbridge CN Tower Stair Climb for the United Way.

"It was tough near the end, but I enjoyed every minute of it," said 18-year-old Brian Pollock of Sir Oliver Mowat Collegiate Institute in Scarborough.

Pollock finished first in a time of 12 minutes and 59 seconds.

Just behind Pollock were his two friends Stephen and Keith Rew who completed the climb in just over 13 minutes.

Some interesting facts about the event:

Since 1978, 88,000 participants have climbed to raise over \$1.9 million for United Way.

In 1989, Brendan Keenoy

reached the top in a record time of 7 minutes, 52 seconds.

In 2000, Olympic cyclist Chrissy Redden became the fastest woman to climb the Tower in 11 minutes, 52 seconds.

CN Tower officials say that it takes the average, physically fit person about half an hour to make the quarter mile climb.

Last year the United Way's climb raised close to \$60,000, helping young children, families, seniors, the homeless, and disabled people.

"It's great see all the young people come out every year to support such a worthy cause," Lynn Beauchamp, United Way coordinator said.

Proceeds from The Enbridge CN Tower Stair Climb will go towards the United Ways's 2002 fundraising goal of \$78.5 million dollars.

Province will promote alternative fuel strategy

By DAVE BOYINGTON

At a time when the federal government is seeking support for the Kyoto Protocol, the Ontario government says it is committed to promoting alternative fuel sources.

A recent report from the Legislature's Select Committee on Alternative Fuel says specific attention will be paid to issues of encouraging renewable electricity, reducing coal dependency, encouraging the use of bio-fuels and raising public interest and participation, among others.

"It's in the best interest of all Ontarians to explore the use of alternative fuels," Energy Minister John Baird said in a press release.

Originally proposed in 2001, the all-party committee turned in its final report on July 5 of this year.

"We will come forward with a progress report . . . by the end of the calendar year," Baird said.

Some of the initiatives are already in place, including exempting bio-diesel fuels from the 14.3 cents per litre fuel tax and using ethanol-blended gasoline in government vehicles.

As part of the Ontario Drive

Clean program, all vehicles in the "smog zone" from Windsor to the Quebec border must pass an emissions test. Also, the coal-fired Lakeview power station in Mississauga will have to stop burning coal by 2005.

The station is one of five coal-burning plants in Ontario, all of which are to be phased out by 2015.

"If the government phases out coal plants, we're 50 per cent of the way to achieving compliance with Kyoto, at almost no cost," Ravi Mark Singh, communications coordinator of the Ontario Clean Air Alliance, said.

Others like John Steele of the Ministry of the Environment say the issue is more complicated.

"Ontario is kind of dependent on fossil fuels. There would be some impact with Kyoto, with the introduction of the plan to support alternative fuels," he said.

Singh supported the government's plan to promote alternative fuels.

"This is wonderful, such a utopian press release is unbelievable. It's great, now we just need the government to stick to their plan," he said.

HSF votes to remain in College Student Alliance

By JASON MAGDER

The Humber Students' Federation (HSF) unanimously voted at its board meeting last Wednesday to continue its membership with the College Student Alliance (CSA) for another year.

The move reverses a vote by last year's HSF to withdraw from the CSA, after its current membership was to expire Aug. 1, 2003.

"[HSF is] a very united team this year," Valerie Rothlin, Lakeshore Campus' vice-president of administration, said. "We all saw the need to be a part of the CSA from every level."

The CSA is a non-profit organization that lobbies for college students in Ontario representing 14 of the 24 colleges in Ontario.

"Having the community of CSA go for us, it's just such a stronger voice than just saying 'here's 13 colleges with CSA and here's Humber'," Rothlin said.

Thyagi DeLanerolle, the CSA's executive director spends hours meeting with the Ontario government, lobbying for issues such as giving students access to their OSAP loans at least two weeks prior to the start of the academic year.

"My job is to go in there, find out all the key players, and make sure they know what you guys want," DeLanerolle said.

The cost to the HSF for the

2003/2004 year is roughly \$17,000, or \$1.30 per student, up five cents a student from this year. Rothlin, who is also a finance adviser for the CSA, says the price is reasonable.

"It's completely justified. The CSA have such a limited budget, approximately \$90,000. To expect quality, you just have to put a little bit more into the pot," she said.

Rothlin said the increase is mostly for a contingency fund the CSA could use if they need it.

Last year, students asked DeLanerolle to lobby for student aid, transferability and funding. In the summer, a researcher studied and wrote reports on those issues.

"In the fall we had a plan," DeLanerolle said. "Our plan was to meet with at least 45 members of provincial parliament. I've met with 32 so far and my job from now to when the house rises [in December] is to meet with the remainder of the MPPs."

DeLanerolle said the current maximum loan amount of \$9,350 has remained the same since 1984 and must be increased.

"All of this time inflation has been rising, tuition costs have been rising . . . Meanwhile, students are getting the same loan they did in 1984," DeLanerolle said.

Rothlin said funding is an important issue to Humber students, so they can receive the best quality of education.

"I've come into classes where I've found broken projectors or I've had broken screens or there's never any chalk," Rothlin said.

"Those little things are so vital to the learning process that we take for granted. Not having that money to make sure that everything's functional is really important to address."

But Rothlin believes that a membership in the CSA goes beyond simple lobbying.

"Having the opportunity when I'm faced with a problem at Humber to see what has been done in precedence in other schools, it's good to have that kind of comparative outlet," she said.

DeLanerolle said she believes the CSA had a lot to do with the recent tuition freeze.

She also noted the CSA was key in increasing the amount that a student can earn in a semester without having it clawed back from OSAP. As a result of lobbying, that figure jumped from \$600 to \$1,700.

"Perhaps \$1,700 isn't as high as everyone would like it to be, but it's something."

DeLanerolle added she is committed and determined to see results.

"I will bust my hump to ensure that you get your bang for your buck," she said. "Without employing me . . . there will be no one there to tell them what your concerns are."



Police confront demonstrators in front of an abandoned Parliament Street building Saturday.

"Intense" police presence results in five arrests

Continued from page 1

The building is a five-storey apartment complex, which according to OCAP, belongs to all three levels of government and is not currently occupied. However, Knapper said he believed two apartments in the complex are occupied.

Later, Ryerson University students arrived from the anti-war protest to show their support.

Three demonstrators were arrested after they stepped on to the road holding a banner, in addition to the two arrests that had been made early on in the protest.

Police then moved into the squat through a back entrance forcing the two OCAP members, who had gained entrance, to rush out the front door to avoid arrest. "When it turns into an issue of criminality, then there is an issue," Knapper said of the two OCAP members who he said were technically trespassing.

OCAP then decided to break up the protest and move to Moss Park, where a meal was served.

Clarke labeled the event "a great success," even though they did not establish a squat location.

With winter approaching an OCAP spokesperson said the group has planned a series of similar events, but will not publicly release any information.

Gas prices unstable

Fear of war causes uncertainty in world oil market

By NICK RAPP

For students who drive, volatility in gas prices due to a possible conflict in the Persian Gulf could make budgeting money difficult, Spencer Knipping, an adviser for the Ontario Ministry of Energy, said.

Tensions in the Middle East and bombings in Yemen and Bali may contribute to rising gas prices. "Prices could rise even farther."

He said that most of Ontario's oil comes from Western Canada, but oil costs are based on world prices, so if a new war with Iraq erupts, gas prices would likely be affected.

This doesn't mean prices will skyrocket in the event of an American-led attack on Iraq.



The threat of war in Iraq has resulted in fluctuating gas prices across Toronto.

"I imagine it would be something like what happened 11 years ago," he said. Prior to the Gulf War, oil prices shot up to \$40 a barrel but fell by \$10 on the first day of strikes. However, this time around if

Iraqi President Saddam Hussein feels he has nothing to lose, he may attack neighbouring countries that contribute to the world's oil supply.

Adam Buckley, a Multimedia student at Humber, says although spending more money on gas is not desirable, there could be positive outcomes to the increase, like discouraging people from buying SUV's, which are known to use extra gas.

Another reason for fluctuating gas prices is competition between gas stations, Knipping said.

Price wars occur when one gas station lowers prices by a small amount and others follow suit. Prices fall a little at a time eventually causing significant losses.

When stations start losing money, the cycle moves in reverse.

Knipping said following prices closely can save students money, but is difficult. It can take days to see a decline in gas prices and up to two weeks for them to rise again.

"Everyone is getting hit by the increases," he said. He urged students to use public transit if they can.

Budget is on course

By PAUL PAPAS

Despite projected numbers showing Humber will run more than an \$800,000 deficit by the end of the year, the budget committee stressed at the Board of Governor's last week that the college's financial projections are consistent with its plan.

"We've always run a deficit budget as long as I've been here and [we] end up with a modest surplus. The numbers all work themselves out by the end of the year," President Robert Gordon said at the meeting Oct. 21.

As it stands, total college cash collected in the revised budget is more than \$134 million. This includes student tuition, government operating grants and ancillary fees such as student residence.

The total cash payouts including salaries

and benefits, operating costs and ancillary expenses, are more than \$135 million.

But the budget committee figures out every dollar based on a worst-case scenario not what they will actually spend.

The need for cash becomes more evident when, according to Gordon, operating costs continue to grow higher per student, while government grants remain the same every year, and tuition increases are locked in.

The college can only raise ancillary fees to a point to make up the cost and corporate partners are not quick to hand over cash.

"We need more money from the government," Gordon said.

If expenses continue to rise and cash flow remains the same, the college will be hard-pressed to balance future budgets, board members pointed out.

Lakeshore

Author returns for reading

By COLLEEN MCDOWELL

Mary-Lou Zeitoun, a former student of the Humber School for Writers, returned for a guest appearance at Lakeshore Campus, where about 60 students showed up to hear her read from her first book, *13*.

Zeitoun began her career as a journalist and borrowed elements in the book from her own life experiences growing up in Ottawa.

"I grew up in the suburbs and I hated it so much," Zeitoun said.

"There is some thing so Siberian about suburbs that's so soul-deadening. I hate them with a passion and that passion is really what drove my voice and drove the whole book."

Zeitoun attended York University for theatre where she discovered her passion for writing.

Zeitoun worked for *Eye Weekly* as a theatre reviewer for four years and was also the editor and co-owner of *IMPACT*, Canada's national music magazine.

Students who had read Zeitoun's book came to ask questions and meet the writer.

Josh Campbell, a second year Comedy student said, "She didn't put on a mask, she basically said 'this is who I am'."

Zeitoun was grateful for the attention she received from students who lined up for an autograph.

"It's really great because I think that everybody wants to be heard," she said.

Zeitoun credits a great deal of her success to the experience she gained at the Humber School for Writers.

"Humber College is really responsible for this book. I

would not have written this book without the correspondence course."

13 is the story of a 13-year-old girl named Marnie who attends an all-girls Catholic school and has an obsession

with John Lemon.

Zeitoun is currently writing her second novel and has made appearances at this year's Word on the Street in Toronto and the Eden Mill's Writer's Festival.



Author Mary-Lou Zeitoun signs autographs for students at Lakeshore Campus after reading from her new book, *13*.

World Digest

By ALEK GAZDIC

Unknown gas deadly

RUSSIA. More than 400 hostages held captive by Chechen rebels in Moscow Saturday remain in hospital, many in critical condition, from an unknown gas used by Russian special forces.

The mysterious chemical gas was used to disable hostage takers who seized 800 people inside a theatre for 58 hours.

All but two of the 119 hostages killed, died from the morphine-like opiate, and doctors are treating survivors with a post-anesthetic drug often administered to heroin addicts when they overdose.

New charges for sniper

UNITED STATES. The Washington-area sniper is facing new charges, further adding to the public outrage that wants the shooter to face capital punishment.

John Allen Muhammad, 41, a U.S. military veteran, is being tied to the death of a woman in February and an earlier murder at a synagogue last May.

John Lee Malvo, 17, of Jamaica, is also connected to the shootings.

New reports indicate Malvo may have pulled the trigger in some of the shootings, but those under 18 in Maryland court cannot be sentenced to capital punishment.

U.S. diplomat killed

JORDAN. A U.S. diplomat was shot dead in front of his house Monday while heading to work.

Lawrence Foley, 60, was hit by eight bullets in the quiet Amman neighbourhood.

The death is the first known killing of a foreign diplomat to Jordan, where more than 800 Canadian citizens and 3,000 U.S. citizens reside.

Jordan officials are not linking the murder to terrorism.

Student opens fire

UNITED STATES. A nursing student shot three professors Monday at the University of Arizona before turning the gun on himself and taking his own life.

Robert Flores, 41, a veteran of the Persian Gulf war, sent students ducking for cover as he opened fire, killing two professors in a classroom and another in her office.

The man, who had failed one class and was struggling with another, had been carrying five handguns and at least 200 rounds of ammunition.

Classmates said Flores often argued with teachers, and described him as aggressive.

Urinate without fear...

GERMANY. A psychologist is working to develop a cure for paruresis, a fear among men of using urinals.

The researcher at the Heinrich Heine University in Duesseldorf, Germany is seeking volunteers to spend time in public toilets.

Findings show six per cent of men have a fear of urinating next to others.

Etc.

On Campus

Help Desk service cuts

By ANDREW SMITH

The Humber computer Help Desk has been forced to limit its services due to a smaller budget and staff shortages.

Only the phone help service is now available to staff and students having trouble with any of the school's 40 computer labs.

Previously, people were able to walk in to the Help Desk office if they had a computer problem. Now the service is by phone only.

The school budget for student wages this year was cut by \$100,000, with the number of staff being considerably reduced from 55 to 14.

Valerie Sprenger, Help Desk co-ordinator,

said the current amount of staff working the help desk weren't enough to handle the number of staff and students needing help.

Staff answering the phones were also responsible for helping anyone who walked in and it wasn't effective.

"When you are trying to deal both over the phone and with people walking in, you're probably doing a lousy job with both," Sprenger said.

Sprenger appealed for more staff to be hired, but was turned down.

Sprenger said with limited resources, the Help Desk could not continue handling the phones and walk-ins.

"We decided we had to focus and try to do the phone really well. I'm not saying

we're there yet, but I think it's a much better plan," Sprenger said.

Some changes have been made to the help line to compensate for the losses. An automated menu reached via phone gives students and faculty access to technical help and security if needed.

The phones are located in all the computer labs and staff will answer as late as 10 p.m.

Sprenger says she has not heard many complaints about the new system, except for the wait to be connected through the phone system to a staff member.

One student said they waited 20 minutes on the phone, although the daily records kept show the average wait time to be less than two minutes.

Sprenger plans to get a computer tool that allows phone operators to see how many callers are currently waiting on the line. This would allow operators to prioritize the calls and

serve each one as fast as possible.

"I'm hoping to get that tool available to the staff and that will help them make decisions to better serve the calls," Sprenger said.

Some students have found the new system not as convenient as in the past.

Public relations student Melissa McLellan said she had to wait on the phone just to ask a simple question.

"It's just a hassle that they can't let people walk in to fix a quick problem," McLellan said.

The current budget period for the school ends March 31, 2003, at which time it is possible that more money will be directed to the help desk.

However, with Guelph-Humber opening next year and money spent on expanding the Lakeshore Campus, funds could be tight.

"I would sure hope we'd get more money for staff in the next budget year, but I have no concrete evidence to show that we will," Sprenger said.

HSF offering student accident insurance plan

By KARINA BUTZEK

The Humber Students' Federation entitles full-time students up to \$1,000 in prescription drug coverage.

"I'm shocked, I didn't know about it," Mike Fernando, first-year Accounting student, said.

With prescription drugs, according to Ontario Blue Cross, the drug coverage will pay up to 80 per cent of the cost of any medication required excluding, contraceptives, acne preparation, fertility drugs and anti-smoking remedies.

Of the \$92 mandatory fee each full-time student pays to HSF, \$42 goes towards the Student Insurance Plan (SIP).

That means almost half the money that comes out of students' pockets for HSF ultimately remains with HSF because students are not claiming their prescription costs.

"We are paying [student fees] and we are not being informed of where it's going to," Ann Mariel Ruiz, a second-year Nursing student, said.

On average 12,000 students enrol at Humber each year.

So the HSF collects \$504,000



Ritesh Mistry, second-year Computer Engineering student, gets information on the Insurance Plan.

from the total student body for the Student Insurance Plan.

"Instead of advertising events that make students spend money, why doesn't HSF advertise for things that help students save money?" Ruiz said.

HSF is spending an estimated \$80,678 on advertising for events and other student services this

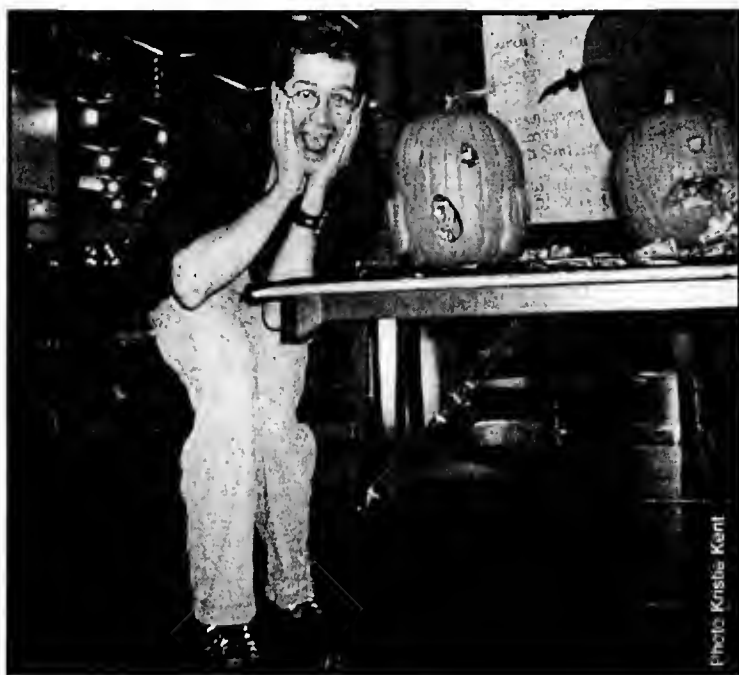
year, but it appears not much of the money is being spent on informing students of their SIP benefits.

"Presently, I am working on ways to get the information out to the students, such as, including the plan information in the student handbook and having more accessible information on campus," Nadia Conforti, vice-president Administration, said.

Other benefits that full-time students are covered for under the Student Accident and Sickness Insurance Plan include up to \$1,000 dental coverage resulting from an accident and up to \$1,000 tutorial expenses resulting from an accident. Also, there is the option of having your family covered at a cost of \$30 more per each dependent, per semester.

For those unsure of what the definition of an accident is, the pamphlet indicates it's an occurrence due to external, violent, sudden causes beyond the insured students control.

For more information on the SIP, visit the HSF office.



Scott Kubacki, first-year Paramedic student, was the winner of the HSF's pumpkin carving contest that took place in the Student Centre on Oct. 28. Kubacki won a pair of Leaf tickets, while second place Olga Kirgidis, first-year Journalism student, won a pair of Raptors tickets. This event was just one of the many activities to promote Halloween around the college.

Helping hands from peer tutors

By ANITA VERMA

Being a peer tutor offers incentives and the feeling of knowing you helped someone.

"When tutors teach, they relearn the foundations that they need to know, so it helps by giving them the opportunity of reviewing material specific to their program," Nicki Sarracini, peer services facilitator, said. "It also helps them gain interpersonal and communication skills, life experience from helping a variety of students and it looks good on a resume."

The large emphasis put on confidentiality creates and maintains a comfort level for both tutor and tutee, so they don't have to worry

about personal information being disclosed at any time.

"Confidentiality is high in all aspects, so no information is shared outside of tutoring sessions," Sarracini said. "It builds a level of trust between the tutor and tutee, and a good feeling comes with that."

The flexibility of the program allows for tutors and tutees to set up their own meeting times and location independent of Humber's operating hours, as long as the sessions take place on campus and don't exceed the maximum three hours a week and two courses per semester.

Sarracini explains that a student shouldn't need tutoring in more than two courses per semester. If

this is the case, then the student should speak with a career counselor. Tutors undergo a strict screening process where they need to have a 75 percent overall grade point average, 80 percent in the course they choose to tutor, a reference letter endorsed by a professor and undergo a personality interview with Serracini. She ensures that students aren't involved with tutoring purely for the money, but are motivated to help another student.

Students are oriented on the peer-tutoring program before they start so they are fully aware of what to expect and know the onus is completely on the student to achieve academic success, the tutor is simply a tool to aid them along

the way.

"The tutors attend training sessions where they learn to teach and identify learning disabilities and different learning styles, and since it's peer-to-peer, they can make it relevant to students, helping them understand, unlike professors using 'million dollar words'. Tutors also mentor their tutees on time management, note-taking, and strategies like information obtaining."

Tutors are evaluated by tutees through a questionnaire encompassing all aspects of the tutorials to ensure that effective coaching is provided to students.

For more information on becoming or getting a peer tutor can be found in room D128.

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Influenza shots help you beat the flu bug



Chantelle Mullane, Paramedic student, gets her flu shot at the clinic that took place at the North Campus Oct. 25 and 28.

By DALIA WRIGHT

A free flu clinic was set up at the North Campus to inoculate faculty and students in effort to prevent the spread of influenza.

On Oct. 23 and Oct. 28 nurses from Toronto Public Health continued the Ontario government's campaign, known as "Let's Beat the Flu," and administered free flu shots. Over the course of both days, nearly 750 people were immunized.

"I'm going to be around older people and I don't want to transmit [the flu]," student Ellen Larocque said. "I don't want to get the flu at exams."

Jenny Shimono, a registered nurse for Toronto Public Health said vaccinating students is difficult because they aren't educated about what the needle consists of and are afraid the shot will give them the flu.

According to the City of Toronto's Web site, each year the

influenza virus changes so the vaccination is changed to match the season's circulating strain. The best time is right before influenza season.

Children and the elderly are the most susceptible to the flu virus and therefore should be vaccinated to prevent complications.

According to "Let's Beat the Flu," 25 per cent of Canadians are infected with the flu each year; 75,000 people are hospitalized and between 500 and 1,500 die from flu-

related complications.

Anyone who's allergic to eggs, thimerosal, neomycin or gelatin (types of medicines) shouldn't get the flu shot. Anyone who's experiencing flu-like symptoms should wait until fully recovered before being vaccinated. It's also safe for pregnant women and women who are breast-feeding.

For more information on where you can get your vaccination or what it contains contact 1-866-358-6968 or www.toronto.ca/health.

Advertising agency coming soon to Humber

By ANITA VERMA

Humber continues to prove its dedication in providing its students with hands-on real-life experience through its new student-run advertising agency.

Students in the Advertising and Graphic Design, Media Copy Writing, and Advertising and Media Sales programs will begin work in the new agency in fall 2003.

The objective of Humber's independent advertising agency is to prepare students with work experience including a variety of skills before entering the world of professional advertising. The students will perform work for the projects under the direction of a professional facilitator from the advertising industry.

"All students will have the opportunity to work with real clients on real projects, giving

them agency experience before actually working in an agency," Joanne Lehman, coordinator of Media Copy Writing and a founder of the agency, said. "Most people think it's a terrific idea, and we've spoken to graduates in the industry, and they agree that it's a great plan that will give way to a better calibre of grads."

Many students apparently approve of the suggested initiatives and enjoy the idea of getting compensated for the project.

"The students will get paid for their contributions," Lehman said. "I haven't had student reactions yet because they haven't been exposed to it yet, but they like the idea."

The agency will offer its services at a discounted rate, catering to clients who may not have had the budget in the past to invest in advertising, including charities, small businesses and local agencies.

"It will give them the opportunity to advertise if they haven't had the funds to do so in the past, and also gives them the benefit of getting out there and having their voices heard."

Closer to the date of the launch, students will create and circulate promotional material using old-fashioned methods of direct marketing to promote the agency to businesses.

"By then we will have developed a brochure, and we will be going door to door, as well as cold-calling businesses."

Coordinators plan to involve various programs in the projects, facilitating a link between the curriculums, and new courses geared to the agency will be offered to students.

"The curriculum is currently changing, in that, we're doing more linkages together with other programs so that both disciplines will work together," Lehman said. "And it will also expand the number of courses offered so there will be growth for the school."

The space for the agency has been allocated in the F building at the Lakeshore Campus, and no major construction is required besides moving in new furniture.

"We've got the space available there and it's actually really beautiful," Lehman said. "It's on the main floor with a separate entrance, and there's a boardroom, small reception area, workspace for students, and two offices."

Plans for the ad agency have been in the works for 18 months and William Hanna, dean of Media Studies, has approved it. But plans are still in the beginning phases.

The idea for the agency came out of Virginia Commonwealth University, where coordinators from Humber's graphics department observed a similar project and adopted the idea.



Mukhtar Abdi and Kevin Dzisah enjoy their time at the Humber day-care, where there are immediate spaces available at both of the North Campus facilities.

Day-care spots available at the North Campus

By DANIEL COX

Quality child care is available on campus for students, faculty and the community.

Susie Gifford, supervisor, Child Care Centres, says there's usually a waiting list for up to a year, but at this point there are immediate openings for toddler and pre-school children.

"There doesn't seem to be many families in the area with the age group that we need," she said. "It's a very interesting opportunity for families because we don't normally have spaces."

If you're a parent who is travelling a long distance with children, it's a time to come into one of the two centres and grab a spot.

"It's an opportunity for parents to have their child on campus. It's easier for pick-up and drop-off," Gifford said.

Parents are also able to come in on their breaks or spares to visit their children.

Both Child Care Centres are open from 7:30 a.m. to 6 p.m. and take children as young as birth right up to senior kindergarten.

The centre is run alongside with the college as a part of the Early Childhood Education program, (ECE).

"We have students doing their placements with us and that is over and above the staff we have in the Centre, making the ratio a bit better in the sense of one on one time with the children," Gifford said. "All of our staff are qualified early childhood educa-

tors."

The cost for toddlers from 1 1/2 years old is \$812 a month and pre-school children from 2 1/2 and up is \$705 a month. If cost is a concern, students can also apply for a subsidy supported by the Ministry of Community and Social Services.

"Students can pay anywhere from nothing up to \$30 to \$35 a day," Gifford said.

Along with qualified staff, the centre has opportunities for families to take part in pot-luck dinners, BBQ's and parent advisory meetings so parents can get their questions answered and provide information about what they would like to see being offered in the centre.

Gifford advises parents who are looking for a child care program to make sure they're comfortable with the people they leave their children with.

"If you are comfortable, your child will be comfortable too because your child will sense if you are upset upon leaving the centre," she said.

Gifford also recommends parents find out what kind of meals they serve, snacks and find out if there's a discipline policy and how they guide children in their behaviour.

"You really want to ask a lot of questions to make sure you're comfortable with what they are doing with your child," she said.

Students interested in applying for a subsidy can call 416 392-5615.



Przemyslaw Bialasz took part in the HSF's scream competition, Oct. 28 in the Student Centre. Winning the competition was Jennifer Butler, a Recreation and Leisure student, hitting 126 decibels on the sound level meter.

Etc.

A race to execute

And they're off.

Prosecutors in Alabama, Maryland and Virginia are all vying for the chance to try sniper suspects John Allen Muhammad, 41, and 17-year-old John Lee Malvo in their respective states.

Maryland boasts the majority of the killings happened there. Virginia has countered they should have the trial because they can impose the death penalty more easily. (Maryland currently has a moratorium on executions imposed by outgoing Governor Parris N. Glendening.) Only Virginia executes juveniles, which should swing the balance even more in its favour.

Since capital punishment was reinstated in 1976, Virginia has put 86 convicts to death, according to the Death Penalty Information Center (DPIC), an advocacy group based in Washington. Maryland has only executed three over the same period and Montgomery County, Alabama hasn't put anyone to death since 1957.

Former U.S. attorney Richard Cullen said, "Hopefully, there would be some more rational basis for choosing the appropriate venue than which is likely to grease the skids to execution."

Not necessarily.

Politicians in Maryland who are gearing up for mid-term elections have aligned their platforms with the cause.

Democrat Kathleen Kennedy Townsend said that seeking the death penalty in this case is a "no-brainer." Her Republican rival, Robert L. Ehrlich Jr., one-upped her, saying he would consider trying to repeal Maryland's ban on executing juvenile offenders.

Does he want to repeal the law because he feels it's unjust, or because he wants to win the election?

In Montgomery County, Alabama, Police Chief John Wilson said, "We want to send a very strong message to not only this community and this state, but the country, that this is not the kind of conduct, not what we expect of civilized society. We're going to make an example of somebody."

But does that sound like a civilized way of meting out justice?

The justice system isn't designed to use a single person as an example for the nation. People are meant to be handled on a case-by-case basis, with individual circumstances strengthening or mitigating a defence.

Virginia's courts have a severe reputation, particularly with their new post-Sept. 11 provision permitting execution when the killer has "intent to intimidate the civilian population at large."

That makes it the front-runner in the race to try John Allen Muhammad and John Lee Malvo.

What an honour.

Seniors' call for help may finally be heard

While stories of child abuse are prevalent in the news these days, another form of violence threatens a different, but equally vulnerable, part of our community.

Elder abuse is any act that, "harms a senior or jeopardizes his or her health or welfare. It can take the form of financial, emotional or physical abuse, or neglect," according to the Ministry of Citizenship.

Between four and 10 per cent (or between 58,000 and 145,000) of Ontario's seniors experience some type of abuse, according to the ministry.

And that's a conservative estimate. Like other forms of abuse, elder abuse is underreported. That's often the case because perpetrators are frequently known by the victims. A Statistics Canada study conducted in 2000 found 68 per cent of physically abused seniors are hurt by family members.

Fortunately, a new strategy has been implemented by the Ontario government to combat this pervasive problem. On Nov. 18 and 19, 300 delegates and international speakers are expected in Toronto for a conference on the issue.

Over the next five years, the Ontario Network for the Prevention of Elder Abuse, along with the Ministry of the Attorney General and the Ministry of Citizenship will take action in several ways.

Staff from different sectors who work with seniors will receive training on how to recognize forms of elder abuse. An annual conference will work on strategies to support victims of abuse. A public education campaign will inform people on the issue, as well as provide information on how to access services.

The familiar phrase "respect your elders" has fallen on deaf ears. It's time we helped seniors regain their voices and establish a course of action.

Reactions? Comments? Opinions?
We welcome reader feedback.
phone: (416) 675-6622 ext. 4514
e-mail: humberetc@yahoo.ca



Restless in Toronto



ALEK GAZDIC

It's hard to find time to think.

Our brains absorb and process so much information each day from the Internet, satellite TV, the radio, work and school.

The only time I ever have to actually think and reflect is when I'm jogging, on a long road trip, or when I'm trying to sleep at night.

When I lie down in my bed, usually around midnight, I think about the day's events. Then I think about tomorrow, the day after that, the next week and so on. My constant thinking keeps me up for hours.

Many studies have proven humans don't necessarily need eight hours of sleep each night, but rather work better on only three or four hours.

But since I've been used to sleeping eight or more hours growing up, my body still thinks it needs that much sleep. When my insomnia keeps me awake at night, my body suffers the next day.

The Centre for Addiction and Mental Health in Toronto says one in seven Canadians suffer from some form of sleep disorder.

I recently watched an excellent flick, *Insomnia*, that stars Al Pacino as a cop.

In the movie, Pacino's character can't sleep because of the 24-hour daylight season in Alaska. It affects his police work and is totally warping his mind.

Some days I can relate to this. My incessant thinking keeps me up through the night - but it's not all that bad.

Being the procrastinator that I am, it's helped me create some of my best assignments, essays and reports.

I think clearly at night. It's quiet, there are no distractions, and there's nothing else to do but my homework.

I sit down with my tea and honey and just produce. (I'm actually writing this piece at 1:30 a.m. because, well, you know why).

Humans have to think. We need to create and have ideas to further advance our civilization.

The famous Descartes quote, "I think, therefore I am," means humans think and feel and are therefore alive. It's why we're here in life.

We all just need some time to ourselves to reflect on life and our goals and most importantly, our purpose.

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Shopaholics are people too

Starting a Web site to help pay off massive credit card debt isn't opportunistic, it's innovative.

Hey there stranger, could you loan me a dollar?

I have this like, \$20,000 credit card bill that I ran up shopping till I dropped and I need some assistance. I lost my job as a television producer and whoa baby, is that interest ever climbing! Tell your friends. In fact, after you tell your friends, get them to tell their friends. All I need is a dollar from 20,000 people. I'm a really nice person!

And so began the tale of how a 29-year-old former television producer living in New York had enough moxy (some call it nerve) to ask perfect strangers to donate to her "Save Karyn" campaign.

In four months, Karyn Bosnak has already brought her credit card debt down from 20 grand to less than \$700 with a little help from friends she never knew she had, who came across her Web site www.savekaryn.com and took pity on the Prada princess.

She shopped like it was going out of style (and shopped as soon as things went out of style). When she finally found the time to sit down and count the debt she was mounting, she lost her cushy job.



AKUA HINDS

She had no money coming in, and didn't want to declare bankruptcy or ask her parents for help, so she had the incredible foresight to start a Web site asking strangers for help.

I couldn't believe it when I picked up *People* magazine and read about the story. Miss Karyn had also told her story on the *Today* show, and many other newspapers and radio shows.

Next on her list is writing a self-help book and continuing the campaign to help someone else who has credit card debt by "passing the buck" as soon as her own debt clears. All a person needs to do is send in a letter to Karyn telling her why he or she thinks

people in North America should do "their part." Then Karyn will intervene, asking all of the people who donated to her to do it for the next person.

As I read *People*, I sat in disbelief. I was outraged I hadn't thought of this idea myself. Hey, why not? If one million people gave me a dollar I'd have a million

"Whether it's shopping too much or drinking too much, we're all worthy of respect and deserve a second, third, or even a fourth shot at life. And who among us can cast the first stone?"

dollars. I'd be a MILLIONAIRE. Maybe one isn't such a lonely number after all.

I have credit cards just like Karyn. Many of my friends have credit cards too. Maybe more than we should have. Praise God for Karyn Bosnak. Hallelujah. There is somebody out there who feels

the pain of shopaholics. Hey, our (uh, I mean their) addiction is just as valid as alcoholism, gambling, smoking, overeating, or drug abuse.

At least she's not afraid to talk about it and seek some help. The way I look at it, if I give a dollar to charity it's going to help someone who really needs it. If I gave a dollar to a homeless person on the street, why shouldn't I help Karyn? She's only trying to prevent herself from becoming homeless. She's also giving the economy a shot in the arm because if she were to declare bankruptcy, everyone would be paying for it.

Selfish you say? Opportunistic? Karyn's a greedy little snot who's too lazy to get off her butt and get another job? Well, I say no. Even if she had hunted for another job right away (and she does have one now but she's still taking donations) it would have taken her years to pay off her credit card debt.

Her only other alternative would have been to take a \$20,000 loan from the bank to pay her debt off and then she'd STILL be in debt - to them. It's up to us to help her end this cycle of financial abuse.

And she's changed. Check out her site. She'll tell you all about how she's actually beginning to use Oil of Olay instead of high-end

cosmetics. And she's starting to like shopping at Old Navy. Now that's progress. At least she's honest and is trying to educate people about using money wisely now.

Unfortunately there are many anti-Karyn critics out there. Two people actually started a Web site called www.savekaryn.com to sway people from supporting our Prada princess. The response to this site has been almost as overwhelming as Karyn's. But I'm still on her side. I know there are people out there who make mistakes, but we all deserve a second chance.

Whether it's shopping too much or drinking too much, we're all worthy of respect and deserve a second, third, or even a fourth shot at life. And who among us can cast the first stone? Haven't we all made mistakes? In my opinion, Karyn's strategy shows true entrepreneurship.

When Karyn chooses the person she will pass the buck to after her debt is cleared, we can all send a dollar to this new person and help her out too. Doesn't this restore your faith in humanity? It sure did for me.

So Karyn, honey, if you're out there surfing the Web in between updating your site and you come across *Et Cetera* online, please know you'll be getting my five dollars in the mail very soon.

Nothing to fear but fear itself



PATRICIA A. CARVACHO

Well it's that time of year again, when ghouls and goblins come out of the darkened night to scare the bejeezus out of us. But honestly folks, who's afraid of ghouls and goblins? I've never even seen one.

What people are really afraid of are those deep-seated fears that lurk in the depths of our souls, that

unfortunately seem to surface more than once a year. Now that's the kind of fear that petrifies. Fear of rejection, fear of humiliation, insecurities galore. In short, the fear of making an ass out of yourself in front of your friends - or worse, your enemies.

It happens to everyone from time to time, but for some of us, these fears seem to strike more often. Take simple shyness for instance. I was a shy kid, and at times still consider myself to be a fairly shy person. Some of those who know me now might be shocked to read this, but they should talk to those who knew me then. And the thing about shyness is, it stays with you. It's like being a recovering alcoholic - you're never fully cured.

A friend of mine is a reporter. It's his job to talk to strangers.

"My point is, fears can get in the way of things that are really important. Like, what if your dad had been too afraid of rejection to ask your mom out on a date?"

Sometimes he has to ask tough questions at inappropriate moments.

He recently confessed to me

that shyness occasionally rears its ugly head and attacks him while he's trying to perform in his chosen profession. And most people think shyness is a harmless little insecurity. They've never had to face an angry editor.

My point is, fears can get in the way of things that are really important. Like, what if your dad had been too afraid of rejection to ask your mom out on a date? (Yes, this is a blatant rip-off of *Back to the Future*, but it's a good example, okay?)

Therefore it's extra important for all of us to do our damndest to face our fears - and vanquish them! We can't let our fears and insecurities hold us back in life.

That friend I told you about; he gets the story if it kills him. That's

just the way it goes sometimes.

Hell, we're all walking around terrified of something. But you can't lock yourself in your room for fear that life might come out of the woodwork and say "Boo!"

So this Halloween, when you're busy planning a scary party, or just figuring out what bone-chilling monster to dress up as, you might want to consider what really scares people. Though admittedly it may be hard to find a "humiliation" suit at your local costume shop.

The whole point of dressing up for Halloween, after all, is to poke fun at our fears and that way, maybe, be just a little less frightened of them. So try facing some of your fears. Unless you're afraid of spiders. Spiders are scary.

We welcome your letters, comments and opinions.
Phone: (416) 675-6622 ext. 4514. E-mail: humberetc@yahoo.ca

Etc.



Rez student Blake Radley inspects the pass at the building's cafeteria.

Conditional pass upgraded

Inspectors grant pass to rez cafe

By AARON SAWYER

Humber's residence cafeteria received a 24-hour conditional pass earlier this month after failing to comply with health regulations during a recent inspection by the City of Toronto.

According to the city's Web site, the cafeteria failed to properly wash multi-use utensils and failed to properly wash surfaces in the

room.

The problems, however, were quickly fixed and the inspection was upgraded from conditional to pass within 24-hours.

"The only problem was the rinse water needed added sanitizer," rez cafe manager, Adrienne Calvin, said. "The problem could have been fixed on the spot."

Inspections are performed three times annually.

Happy pills on the rise

By ALICIA REWEGA

Canadians have increased the use of antidepressants by 350 per cent in the past two decades and the trend is foreseen to continue, a new University of Toronto study says.

Professor Gideon Koren, along with other researchers, studied prescription habits in Canada between 1981 and 2000 and discovered prescriptions for antidepressants skyrocketed from 3.2 million to 14.5 million.

The study predicts \$1.2 billion will be spent on antidepressants in Canada by 2005.

According to Statistics Canada, for males between 18 and 20 and females between 15 and 25, depression may persist and become a significant health problem.

Although antidepressants are known to have only a few serious side-effects, Jennifer Henderson, a consultant from General Nutrition Center (GNC) said there are natural alternatives available for depression and anxiety.

"Antidepressants sometimes only mask the problem and don't help it," Henderson said. "Natural herbs help treat the problem. They aren't approved by the FDA because they are herbs, but they work and they have no side-effects."

Henderson suggests natural healers like St. John's Wort and 5HTP, available in most nutrition stores as alternatives to prescrip-

tion antidepressants.

For clinically depressed individuals in search of a natural healer, these options may be a blessing, but consult your doctor before making the attempt, since some of the herbs may interfere with your lifestyle.

A report in the *Annals of Pharmacotherapy* said the St. John's Wort herb sometimes interferes with the effects of the birth control pill.

"My family doctor wanted to prescribe something for me to regulate my moods but I really didn't want to take them," Kristen Girty, second-year Fashion Arts student said. "When I started seeing a therapist, he taught me how to deal with my depression and anxiety the natural way. People should learn to deal with life itself instead of relying on a pill if it's possible."

With the winter season approaching, many people suffer from seasonal depression with long dark nights, cold days and staying indoors, Henderson said.

To beat the winter blues this year, GNC consultants suggest increasing your iron, vitamin A and



By 2005, \$1.2 billion will be spent on antidepressants, university study predicts.

vitamin C intake. They also recommend including more fruit and vegetables in your day-to-day diet, such as apples, bananas, oranges, potatoes, carrots and celery.

The *Annals of Pharmacotherapy* report also said individuals already prone to depression should pass on coffee and excess sugar. Caffeine interferes with the absorption of iron, which helps fight off the winter blues we want to avoid.

Other than herbs and a more balanced diet, GNC consultants said physical activity plays a significant role in mental health. They suggest today's fast pace may be a factor in Canadians' increasing depression because of the lack of physical activity. Therefore, people should keep in mind that exercise, meditation and relaxation have positive effects on our mind.

Education necessary step to heal acne

By JACQUELINE BOULET

Healthcare professionals say acne is much more than zits on the face and body. It has serious psychological effects including depression, social isolation and eating disorders.

Tammy Dawson has lived with acne since her early teens and is no stranger to the physical and emotional stress it can cause. Four years ago, she decided to go to a skincare clinic for help.

"Kids can be very cruel when it comes to having a 'pizza face.' My acne was twice as bad before I got treatment," Dawson said.

Dr. Alan Somersall, founder of the Yorkville Skincare Clinic, said patients need more than medication because of the psychological and social effects that come from having acne.

"We treat the person as well as the pimples," he said.

The downtown clinic treats many Humber students and their focus is educating patients.

"Imagine what living with bad acne does to someone," he said. "[Patients] have to understand that skin type is determined by genes."

Along with a team of researchers, Dr. Somersall has cre-

ated a two-step program that treats both the acne and self-esteem of his patients. He said the first step is showing patients the four grades of acne.

They are open and closed comedones (blackheads and whiteheads), papules (small, solid red bump), pustules (same as papules but contain pus) and nodules (inflamed pustules).

"Most patients think they are worse than they really are," Dr. Somersall said. "After they know what grade of acne they are, we begin to devise a protocol for treatment."

After identifying the grade of acne, the patient works with doctors and nurses to gain control of the condition by trying different treatments on the skin.

"By making educated interventions and monitoring the conse-



Toronto clinic helps patients build self-esteem to deal with psychological effects of acne.

quences you are able to control the acne," Dr. Somersall said.

Topical antibiotics are creams designed to decrease the amount of acne bacteria and amount of oil in the skin.

Oral therapies include

isotretinoin, a form of vitamin A only prescribed for severe forms of grade four acne, and antibiotics that decrease the number of acne bacteria.

Dawson said kenalog injections are a quick fix to inconvenient pimples.

"In a 24-hour period it will dissolve the zit on its own," she said. "It is a steroid that kills the bacteria and closes the pore to prevent further acne in that spot."

Many women make the mistake of using a lot of cover-up and other makeup to hide their skin. Dawson said this only helps the bacteria spread to more areas of the face.

"Girls tend to over-cosmetic and this is bad. Simple cover-up can spread the bacteria, making

the acne even worse," she said.

The clinic recommends using Clinique, Cover Girl, and Marcel Aquarelle oil-free foundations to minimize the risk of spreading and clogging the pores.

Dr. Somersall also recommends any other type of acne-fighting makeup that will allow the skin to breathe under it.

"We suggest leaving the pimple uncovered," Dr. Somersall said. "But if you really want to cover it, go with a product that will both fight the acne and protect the skin."

The clinic does not require a referral from a family doctor and the consultations and treatments are partially covered by OHIP, while dermatologists and other skincare specialists require a referral from your family doctor in order to be covered by Medicare.

"Repeat prescriptions and treatments like injections, extractions and dry ice are partially covered [by OHIP]," Dawson said.

Dr. Somersall's clinic offers a yearly package for the fee of \$75 dollars with the other costs covered by OHIP, and separate treatments costing \$15 or more.

For more information, call the clinic at (416) 962-7546.

Hair, be gone

By ANDREA MAMMOLITE

Even with winter approaching, more and more people are shedding their coats of hair.

Advanced laser treatments are capturing the attention of men and women who are looking for a way to quickly, painlessly and permanently remove their unwanted hair.

According to Eva McQueen, clinic director for the Pure Laser Hair Removal Centre in Toronto, six to eight treatments are usually necessary for permanent removal of unwanted hair.

"You do have some permanent results after the first treatment," McQueen said. "Up to 25 per cent."

Intense Pulsed Light (IPL) hair removal has been used for nearly a decade and is considered safe on the treatment of port-wine stains and other birthmarks.

This same Health Canada and FDA approved technology can also remove unwanted hair on cheeks, ears, buttocks, upper lip, toes, underarms, arms, chest, legs, back, shoulders, chin, bikini line, abdomen and even nostrils.

"Many parts of the body can be treated, such as the face, armpits, eyebrows and bikini areas. In fact, most clients usually have more than one area treated," McQueen said. "For instance, women often group together treatments on their legs, bikini line and armpits. It's a more economical approach and takes care of several areas at once."

Although IPL treatments can be used on any skin type or colour, people with suntans or darkly pigmented skin may have some temporary change in colour of the skin around the treated area due to the melanin in the skin. This occurs because the light energy uses the melanin in the hair follicle as the

target to disable hair growth. According to McQueen this condition is usually resolved within several weeks.

Jessica, a client at the centre, said other than some slight discoloration around the treated area, she hasn't experienced any prob-

lems with laser treatments.

"It's a little pricey," she admitted. "But the results are more than worth it."

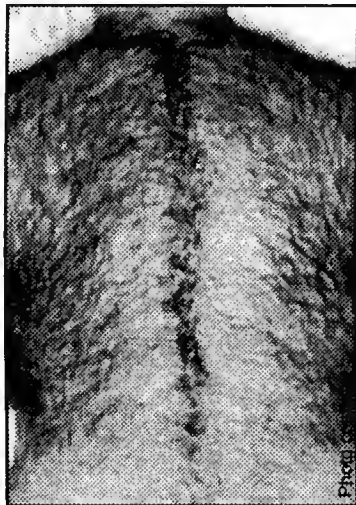
Laser treatments can range anywhere from \$150 for small areas like fingers and toes to \$500 for a larger area like legs and chest.



Female cheek before laser treatment.



Female cheek after two laser treatments.



Male back before laser treatment.



Male back after two laser treatments.

Ask the nurse

North Campus Health Centre nurses answer your questions...

Q: What is chlamydia?

A: Chlamydia is one of the most common sexually transmitted diseases (STD) and is spread through unprotected oral, vaginal or anal sex with an infected person. It can sometimes be spread to the eyes by hands or direct contact with infected fluids.

About 80 per cent of women and 50 per cent of men infected with chlamydia have no symptoms and can unknowingly pass the infection on to sexual partners.

Women may have vaginal itching, an increase in discharge, bleeding during or after intercourse, pain in the lower abdomen or when urinating.

Men may have discharge and itching around the urethra (the opening in the penis), burning during urination or swelled testicles.

If you have symptoms of chlamydia, make an appointment with your doctor to be tested.

A swab of the woman's cervix (the opening to the uterus) or the man's urethra will be taken. A urine test may also be necessary.

Chlamydia is curable when treated with antibiotic pills. It is important, however, to take all the medication and have a follow-up test four weeks after the treatment has finished to make sure you are cured.

Just because you don't have symptoms, doesn't mean you are not infected. If you are diagnosed with chlamydia, you need to inform all sexual partners you have had in the past three months.

If left untreated, chlamydia can cause pelvic inflammatory disease (PID) in women, which is a serious infection of the uterine lining, fallopian tubes and ovaries. The fallopian tubes are blocked by scar tissue and eggs cannot pass through. When this happens, the woman may not be able to get pregnant. If the tubes

are only partially blocked and sperm can pass through, there is a risk of pregnancy inside the fallopian tube (ectopic pregnancy) and miscarriages.

Men with untreated chlamydia can become sterile when sperm-carrying tubes are blocked by scar tissue. There may be swelling and pain in the testicles (a condition called epididymitis) and some may develop arthritis.

It is essential to use condoms to protect yourself from chlamydia and other STDs.

Even during foreplay, contact with infected fluids is unavoidable, so protect yourself even before things get hot and heavy.

Information about this and other STDs is available at the Health Centre, as well as free condoms.

Health question? Ask the nurse. Questions answered weekly and kept confidential. Send e-mails to: humberhealth@hotmail.com

For Your Own Good

Nov. 1

• A Night of Swank, 18th annual epilepsy fund-raiser. York Event Theatre, 101 Eglinton Ave. E., 7 p.m. Tickets: \$50. Info: (416) 964-9095.

Nov. 2

• Care for the Caregiver Workshop at the AIDS Committee of Toronto office. For family and friends caring for someone living with HIV/AIDS. To register, call (416) 340-2437.

Blood Donor Clinics

1-888-2DONATE.

• Manulife Centre, 55 Bloor St. W., 2nd floor: Tuesdays, Fridays, Saturdays 12 p.m. to 4 p.m. Wednesdays, Thursdays 12 to 7 p.m.

Ongoing

• Canadian Cancer Society's Smokers' Helpline. Free, confidential phone service to help you develop a structured "Quit Plan," answer questions and refer you to services in your community. 1-877-513-5333.

Inactivity blamed for 'epidemic' rate of childhood obesity

By ANDREA MAMMOLITE

In an age where kids' thumbs get more of a workout than the rest of their bodies, Canadian doctors say child obesity has become an epidemic.

"Approximately 30 per cent of North American children are overweight," Markham pediatrician, Leo Levin, said. "This is due to the presence of hidden and empty calories in many foods and the need for exercise."

An alarming 52 per cent of children in Ontario are considered under-active, according to Health Minister Anne McLellan who, in April, revised Canada's Physical Activity Guide for Children and Youth. She added 30 minutes to the recommended one hour of daily physical activity.

Earlier this year a *Maclean's* magazine article, "Growing up Large," said the average Canadian kid spends anywhere from 15-26 hours a week or more watching television, playing video games or sitting in front of the computer.

According to pediatrician Dr. Ralph Folman, these are troubling statistics.

"Child obesity is such a huge problem because we live in such a fast-paced, technology-driven society where parents tend not to understand the serious health risks their child will face from a lack of physical activity," he said.

Doctors are seeing an increased number of adult diseases and ailments in young children including hypertension, diabetes, stroke, abnormally high cholesterol levels and heart disease. Obese children are also at a much higher risk for an early onset of these problems as they get older.

"Many times the parents are obese themselves making it difficult for them to recognize there is a problem and to effectively treat it," Dr. Folman said.

According to Dr. Levin, the first thing parents should do if they suspect their child is overweight or obese is call their pediatrician and set up an appointment immediately.

"It is not usual for a child to be brought in solely for being overweight. They are usually identified as such in their annual check-up," he said. "The only treatment is education of the entire family."

Kids Health, an Internet-based health information network, suggests finding activities for parents and kids to do together and focus on exercise rather than food intake.

Dr. Kim Rutherford, writer for the Web site, said parents need to demonstrate good eating habits by eating meals with their children on a regular basis.

"Getting together for meals provides many benefits such as ensuring that your child is eating nutritious foods, discover-

ing your child's food likes and dislikes, introducing your child to new foods and most importantly, it keeps you in tune with your child's triumphs and troubles," Dr. Rutherford wrote.

For more information visit www.kidshealth.org, or speak to your child's pediatrician.

"Parents tend not to understand the serious health risks their child will face from a lack of physical activity."

Dr. Ralph Folman

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In Focus

Every day is like... HALLOWEEN



Photo Nicole Larkin



The Beautiful People
From top left. Laura Iaccino, Aida Gradiscevic, Adam Nakrosius, Lindsay Hanaka. At the bottom are: James McLeod, Nuno Pinto and Catalina Sadab.

Photos James Rose

Humber dons costumes of individuality

By JAMES ROSE

People don't need brand names like Gucci to make a statement as they open the closet, don a disguise and head outside. People try to hide behind a mask of individuality every day.

"There's not much I can do to be different. No matter how you dress you are going to be put into a group," second-year Photography student Catalina Sadaba said.

Sadaba says her vintage look has character and allows her to relate to the musicians she idolizes.

Some say their costumes and the image they convey puts them

into a category all their own, but they resist the implicit labels.

"I hate labeling myself," Aida Gradiscevic, a second-year Creative Photography student said.

She says her punk rock/hard core costume is not an image, "it's just me."

Gradiscevic says she can't wear what she wants on some occasions, so she takes advantage with her appearance on a daily basis.

Ari Segal, a second-year Photography student says his rave look and piercings add to his street-wear costume.

"The piercings are definitely an extension of my being," Segal said.

Yet Segal also says he has had a

negative response for his chosen costume and the piercings, which are a chance for him to rebel.

"I was an outcast in high school and this look is my way of showing that off," Segal said. "It fit me more than any of my old personas."

Nuno Pinto, a first-year Multimedia Design student, relies on a spontaneous approach in finding his look.

"I throw on anything in my closet. There is a new look every day," Pinto said.

It is somewhat like throwing together a Halloween costume at the last minute.

With the latest fashions changing every day some of life's cos-

tumes are more functional than original.

"I don't try to look different or anything," Pinto said. "As long as I'm comfortable that's all I care about."

Peoplelike second-year photography student Lindsay Hanaka, say they're more comfortable being themselves.

"Originality is strictly in the mind, no matter how hard you try you're never unique, you are always copying people," Hanaka said.

Hanaka said being called "freak", "Elvira" or "loser", only

pushed to make her Gothic appearance more unique.

"It makes me feel almost god-like, because they are spending that much time concerned with me," Hanaka said.

On Halloween you can wear whatever costume you want. But on an everyday basis there are people in the every costume you see. Hanaka says that beneath the look there is a lot more there.

"You can't get how people feel by their appearance," she said.



Etc.

Halloween is not the only time to paint your face

Makeup biz is a billion dollar industry

By CHRISSE O'BRIEN

Halloween may be the season for painted faces, but the business of makeup is actually a booming industry year round.

In the last few decades, this industry in North America has more than doubled in size.

"There are a couple of reasons for that growth in the last few years. As with other industries, the baby boomers have a lot to do with it," said Marla Bystrin, director of Professional and Continuing Education at Humber's Business School.

"You'll notice that many new products in the last 10 years have a lot to do with age defying, primarily because the aging baby boomers are looking at staying young.

The cosmetic industry is a billion dollar industry and has grown at a phenomenal pace," she said.

The Business School offers three night school certificate programs, covering cosmetic sales, makeup artistry and cosmetic management, for students who want to enter the growing fields of retail makeup and makeup art.

Bystrin said these courses include practical training, though they are business-based.

The key to makeup art, especially for makeup artists who represent a particular line at a counter, is the artistry of helping people find a look they are comfortable applying, while selling the product.

"Working at the retail level is not as creative as photo or print work. The primary focus of my job



Professional makeup artist Jen Caruso says makeup application is about addressing specific needs for customers like Kathryn Cristou and helping them find their dreams.

is sales mixed with makeup artistry," Jen Caruso, a professional makeup artist with a major cosmetics line, said.

Caruso said her role at the counter is to help each customer find the person they want to become - adding to their daily costume.

"I listen to their needs and try to find a solution that will help them feel better about themselves," Caruso said.

"Customers have specific needs, whether it is to bring out their eyes or to clear up their complexion. I address these needs with makeup."

Yet Caruso says makeup can also be used to create

alternate personas. "It depends on what you're into. You can look pretty normal for your day job and at night you're going to get all dolled up for your night out."

Finding the aspect of themselves that each customer wants to enhance is the primary role of the makeup artist in sales. "I'm selling them their dream," Caruso said.

Yet according to Bystrin it is more than just an image or persona.

"The customer is buying a big package at a makeup counter; you're buying the product, the edu-

cation and the ability to be your own creative person," Bystrin said.

It is also a big package for the artists because the makeup industry, as part of the fashion industry, runs on a tight timeline and makeup artists have to be very attuned to what is current.

Like a good Halloween costume, according to Bystrin something is "new" in the fashion and makeup industry for only 48 hours.

"You've got to move fast and work with what people are looking for and what they're demanding," Bystrin said.

However, for some makeup artists the business aspect of their job is secondary to the artistic side, which allows them to express

themselves.

"At the retail level you don't use special effects. You would only use them on film sets. So I don't get to use latex to create burns and swollen eyes or open sores," Caruso said.

But she added with even the basic makeup tools at the counter, artists can go beyond simply augmenting features and into true expression through costume.

"With shadow or pigment we can paint masks over people's eyes, or we can make them into a clown," she said.

"You can look pretty normal for your day job and at night you're going to get all dolled up for your night out."

Goth but not forgotten

By NICOLE LARKIN

Some people regularly hear that 'everyday is not Halloween'.

They have black hair and black clothes. They wear distinct makeup (white face powder, black eye makeup) and you're likely to find metal on their bodies.

They smoke clove cigarettes, wear tall platform boots and heavy silver jewelry — it doesn't have to be studded or crosses, but usually is.

For Goths, this is not a costume but a lifestyle, a subculture and a family and as its members change, it evolves along with them.



As manager of *Toronto-goth.com* Dementia shows TO Goth a darker side of life.

Getting back in black. Toronto's Goth scene has a following that is always evolving.

"Goth is a way of life that defies strict definition," said Dementia, the co-owner and manager of *Toronto-goth.com*.

The site provides Toronto's Gothic population with information on shops, clubs, events and news to bring this sub-culture together. Their events mailing list has over 900 subscribers.

"Goth is basically a love of the darker side of life - the music, the art, the clothes, the philosophies. It is an alternative to the norm. It's about being in a state and a place where you feel comfortable to express yourself," Dementia said.

"A person doesn't have to dress in black 24/7 to be a Goth," she explained.

"Careers may require a different attire, black fades to grey, and sometimes people just don't feel like [dressing up]."

All Goths may not always be embedded in the subculture they can always gain access with a box of dye and the right wardrobe.

"Luxurious velvets, big heavy crosses, Victorian fashion, are all

eternal classics [of Gothic fashion]," said Carlie McGeachy from Fashion Crimes, a Queen Street West boutique selling Victorian styles which is haunted by Toronto's Gothic denizens.

Although some of those pallid Goth faces of Queen Street have faded into the daylight the scene moves from venue to venue—regularly rearing its blue-black head.

"The Goth scene tends to fluctuate. I would say it has been downhill the last five years," said Jerry McNeil, an employee at The House of Ill Repute, a Goth and fetish wear boutique on Queen Street W.

Dementia concurs: "I wouldn't say it disappears. It may lie quietly at times but it still exists in one form or another," she said.

The Goth scene in Toronto is one of the most established in North America, which is evident in the continuous rise and fall of venues catering exclusively to Goths.

The (now defunct) Sanctuary Vampire Sex Bar was the first



Toronto's longest running goth club after eight years serving the goth scene.

Goth club in the continent to open its doors.

After the demise of the Sanctuary, the Savage Garden, which recently celebrated its eighth anniversary, became the longest-running Gothic/industrial club in Toronto.

Yet, for those who frequent the city's Gothic hotspots, the sub-culture is not what it used to be.

"I took a three-year break from the whole scene and when I came back, everything had changed," McNeil said. "There were more uber-Goths and more baby Gothlings. It's not about fun anymore, it's about who's more Goth. They're anti-social people being social."

But, there are those who disagree. Christina Vokey, who works at Siren, a Gothic and fetish wear boutique on Queen Street West maintains Goth hasn't diminished but is evolving. "The whole scene is moving on towards something else," she said.

Dementia also says the scene has acquired an aspect of voyeurism as the non-Goth bar goer discovers the attraction of the Goth scene.

"There is now a mixed crowd at some bars. You often do get people out on a field trip type excursion to check out a Goth bar and try to pick up the hot chicks in PVC," she said.

With files from Chrissie O'Brien

Poor third-quarter results blamed

Firm cuts jobs

By SARAH LISI

Hundreds of jobs have been cut at J.P. Morgan Chase & Company due to a poor financial showing in the third quarter.

According to a recent press release, the global financial services company which specializes in investment banks reports net income of \$40 million in the third quarter compared to \$1,028 million

in the second quarter.

The company reported that third-quarter earnings were affected by higher credit costs and lower trading results.

"The company will work through these difficult market conditions by balancing competitive advantages and actions with near-term tactical initiatives," William B. Harrison Jr., chairman and CEO, said in the press release.

These initiatives include reducing the staff by more than 2,000, including consultants employed by the firm.

J.P. Morgan expects to save approximately \$700 million as a result of job cuts.

The *Toronto Star* reported Chase competitor Merrill Lynch & Co. Inc. is considering layoffs in the near future.

"We don't comment on those rumors in the markets," Michael DuVally, a spokesperson for Merrill Lynch, said.

"What I can say is that we believe the bulk of staff reductions is behind us."

On its Web site, Merrill Lynch says it has laid off 6,100 people since the end of 2000.

At the end of the third quarter, there were 65,900 full-time employees.

"We continue to manage resources in line with the current business environment," DuVally said.

Interviewees' attitude makes all the difference

By JEFF COLLIER

For Humber students graduating and starting new careers this spring, knowing how to present yourself in an interview will play a large part in landing that first job.

In today's competitive job market, where many individuals are at similar skill levels, ensuring a good first impression by researching the company and doing a little pre-interview preparation is always a good idea.

John McCabe, Humber Career Centre worker agrees with being prepared.

"Somewhere in the interview, you'll be

asked what you can do for the company, and if you don't know what the company does, you can't answer the question," McCabe said.

"Do your research.

"Don't slouch, don't look bored"

Make sure you know what the company does/manufactures, what their mission statement is, and what the focus is. Find out when the company was established," he added.

Recruitment coordinator Jeremy Goldberg said some

folks might also need a refresher course.

"Most job seekers know to bring in a copy of their resume into an interview," said Goldberg, whose job search firm, ATS Reliance, is among Canada's leaders in technical staffing. "But definitely do not pull it out of your back pocket, folded into a little square. And make sure there aren't any coffee stains on it either."

McCabe also emphasized that body language speaks volumes. "Don't slouch, don't look bored."

-With files from Renee Borovitch.



Visitors to Niagara's Fear Factory grab one another for dear life.

Haunted Factory brings in cash at Niagara Falls

By SARAH LISI

For more than 23 years, Abraham Mortimer's ghost has haunted his Cataract Coffin Factory by seeking revenge on those who dare trespass, making this haunted house on Clifton Hill in Niagara Falls a profitable business.

As the legend goes, kids from the neighbourhood enjoyed tormenting Mortimer and often broke into his factory. One night, as Mortimer was chasing a group of kids away, a stack of solid oak coffins fell and crushed him to death. The ghoulish tale is told on www.nightmare-niagara.com.

After his funeral, Mortimer's coffin was found unearthened and empty.

Today Mortimer's factory is called Nightmares Fear Factory. It is just one of the many haunted houses on that street receiving big bucks for their experience in haunting.

Owner and operator Frank La Penna boasts his haunted house has

the highest "chicken-out" rate. As of Monday, the number of people who chickened-out on the tour was 62,513. The number of people who either missed the tour entirely or left halfway through is updated daily on the Nightmare Web site.

The frightened are then given a chicken-pass, a free ticket to return to Nightmares and try again.

The factory differs from many haunted houses because only one group of people can go inside at a time.

"Ask any concierge, bell boy, desk clerk or waitress around here and they'll tell you to come here because we're the best," La Penna said. "We try a little harder. We've been at it a lot longer and we're the leader, no doubt."

"And we always have something special for Halloween," he added.

Admission is \$9 for adults and \$6 for children. A coupon available on the Web site allows up to six people to get a dollar off their admission price.

Clifton Hill is the home of many frightening attractions. Nicknamed the "street of fun at the falls," it is sure to excite any trick-or-treater.

Frankenstein is clearly visible eating a giant burger atop the House of Frankenstein.

Admission to the House of Frankenstein is \$4.95 for students.

Anyone interested in a good scare should check out Clifton Hill. Most of the haunted houses are open on weekends throughout the entire year but beware, at least one haunted attraction, the Haunted House, closes at 6 p.m. on Halloween.

On the move

Safer streets with Rogers

By MARIO CYWINSKI

Each year, thousands of young children take to the streets of Toronto to trick-or-treat on Halloween night. For the past 18 years, Rogers Communication employees have made the experience a safer one.

This year, 100 Rogers Cable Pumpkin Patrol vans will be used on city streets to ensure the safety of trick-or-treaters.

"It is a great idea. More companies should give their time to help keep our kids safe," said Vicki Papadopoulos, who will be watching her little cousins on Halloween night.

Toronto police also appreciate the Rogers Pumpkin Patrol.

"Our officers will try to be as visible on city streets as possible this Halloween and respond to emergencies as quickly and capa-

bly as ever, but it is impossible to have a vehicle on every city street," Toronto Police Chief Julian Fantino said in a press release.

"With the help of the employees at Rogers, the Rogers Pumpkin Patrol can help our officers watch out for young trick-or-treaters who might need assistance."

Each Pumpkin Patrolee will use a cellular phone with two-way radio to communicate with police and other employees to help out in situations where additional help such as emergency services could be required.

"It is a pretty amazing sight to

see the caravan of trucks on Halloween night," John Tory, president and CEO of Rogers Cable said.



Pumpkin Patrol helps parents feel safer.

Rogers' employees are also specifically trained to speak to grade two and three students about Halloween safety at various schools throughout the GTA.

Pumpkin Patrolers will distribute 54,000 safety loot bags to students' in classrooms they visit. Each bag will contain a card with safety tips, a reflective armband and an array of other goodies.

The Pumpkin Patrol program is also offered in New Brunswick and Newfoundland.

Etc.



Chickening out would've been a better decision for these two!

A last-minute disguise

By REBECCA GORDON AND
STEPHANIE HARNADEK

You've been invited to a last-minute Halloween party and have only 10 minutes to get ready. What are you going to do? Here are 10



1. Fresh out of the shower – Take a trip to the linen closet and grab a few towels. Wrap the towel around your waist or torso. Wrap the other towel around your head. To achieve authenticity, use a spray bottle and slightly mist your body.

2. Static Cling – Put on any clothes you can find, as long as they are not pressed. Pin other articles of clothing like socks, or underwear all over yourself. A fabric softener sheet is a real bonus.



3. Pizza Delivery Guy – This is much more effective with an empty pizza box. Put a baseball cap on forwards, a windbreaker, and carry the box with you wherever you go.

4. Prom Queen – Most women should have

a 'special occasions' dress lying around. Dress up as if you're attending a formal. Optional accessories: bouquet, sash and tiara.

5. Cleopatra – Use an old white sheet to wrap around you. Heavy make-up will be required to achieve the Egyptian Queen look. To keep warm, wear shorts and a tube-top underneath.

6. '80s Punk Rocker – The best way to achieve this look is by spiking your hair out or trying to form a mohawk. Ladies can wear large hoop earrings and leggings. Males can wear tight ripped jeans and a leather or denim fitted jacket. Spikes are an asset so feel free to wear bracelets and necklaces.

7. Bum – Consider not showering before the party. Mess up and grease your hair. Root through your laundry hamper to find wrinkled pants and a shirt. You may also want to go with the layered look. Just make yourself as dirty as possible. Black make-up is a good dirt substitute.

8. Fashion Victim – Simply grab random pieces of clothing and throw them on haphazardly. The golden rule: if it matches, don't wear it.

9. Journalist – a very easy look to achieve. Put on your most professional-looking outfit. Carry a notebook, a pen in hand or a tape recorder. You should also have a camera and a camera bag. Sling the bag around your neck or shoulders.

10. Hockey Player – We live in Canada, everyone should own or at least know someone who owns a hockey jersey.



Ride your way to horror

By BOBBI THANDI

Ever heard of the Cavendish monster? Stouffville residents, especially the Howard family, are more than familiar with this creature.

The story goes that Cavendish was kept in a cage on Mr. And Mrs. Howard's farm for many years. It would escape to roam the fields of the dairy farm. It's said that many passersby who enter the farm never come back out.

"It's so scary. I felt like the Cavendish was really there. I have

"I was crying by the end when the man with the chainsaw was running after us."
- Jasmine Belanger

never seen anything scarier than that," Christina Stephan, a second-time visitor to the farm, said.

Magic Hill Farm is a great Halloween adventure for those who don't scare easily. Greater Toronto Area residents have the opportunity to visit this once-a-year attraction featuring rides like the Howling Hayride, the Haunted Barn, the Black Cavern and the Terror Trail Trek.

"I had never been so scared in my life. It really feels like you are in a horror movie," Mary Steenbergen said after coming through the Haunted Barn.

The farm opened 11 years ago with technical advice from illusion builders, make-up specialists, and

special effects artists. They are the first of its kind to open near Toronto.

The Howling Hayride takes you through 2.2 kms of farm fields on a wagon pulled by a tractor. Many frightful scenes are visited with up to 118 monsters and ghosts terrifying the 35 passengers on each hayride. This ride is considered to be the mildest of the four attractions.

The Haunted Barn is 150 years old with dark hallways and creaky floorboards that barely prepare visitors for the horrors that await behind walls and doors. Monsters pop out of closets and a maniac with a chainsaw chases you towards the exit.

"I was crying by the end when the man with the chainsaw was running after us," Jasmine Belanger, a Markham resident,

said.

The Terror Trek Trail, a nice walk in a secluded forrest, is probably the most frightening attraction lasting more than 30 minutes.

"We've had people come from all over. People as far away as England and Germany. They said they planned their vacation around us," Grandpa, the local character-actor and owner of the farm, said. "We provide a frightful experience to all who come to visit. We're so terrifying, no children under eight or pregnant women are allowed. This is definitely not for those who can't handle fear."

Even those who love horror movies will find themselves running for cover and screaming with terror throughout the farm. Behind every corner is a new monster, and a new fear waiting to look you in the eye.



A 'Terror-fying' Time: The only amusement park of its kind, Magic Hill Farm opens only once a year to eager audiences.

Some 'trick' more than treat

By JAMES ROSE

It seems only fitting that a Rascal member was a true rascal back in his childhood days. "If anyone gave me an apple I would probably throw it back at their house," Fit, emcee for the Vancouver based hip-hop act, said. "Halloween is for candy.

Don't be giving me this stuff. I get this stuff on a regular basis from my mother."

Tonight they'll be celebrating Halloween at the Urban Lounge in Edmonton, with new tracks from their latest album, *Reloaded*.

Don't expect Fit to dress up like any horror characters though. He's not a fan of scary movies citing predictability as the reason.

"Every movie has its 'He's not dead' kind of scene," Fit said. "I already know what I'm getting into when I go."

But if he had to pick a

favourite Halloween character, he'd go with Freddy Krueger, from *A Nightmare On Elm Street*.

"I like how he gets into people's heads. And I like how he was one of those people that controlled people's minds," he said.

"Being an emcee you have to get them to react the way you need them to react. You need to empower your voice and what you say."

As a kid, Fit always managed to get into the mischief that goes along with Halloween, like his fascination with firecrackers. Unfortunately, a firecracker he wasn't supposed to play with blew up in his hand causing it to go numb.

"I was more scared of what my mom was gonna say or do," Fit said. "I was wandering around in the room with tears running down my face, crying because I was scared of going to my mom and have her hand across my face."



The Little Rascal: Fit (on right) had plenty of practice being a rascal.

There's nothing to fear but fear itself

Fright flicks' best tricks

By NICK RAPP

When it comes to scary movies, it's what you don't see that's most terrifying.

"It's the fear of the unknown," Peter Howell, film critic for *The Toronto Star*, said. "This distinguishes a truly terrifying movie from a typical monster picture, which most people laugh at."

Howell said the ending of *Blair Witch Project* was brilliant because you can't see what's going on.

Sound and music are also very important in the atmosphere of movies. Howell prefers music similar to that used in the opening credits of Alfred Hitchcock's classic 1960 film, *Psycho*.

Howell also said that as in any good film, when it comes to scary

movies, he is looking for a good story.

According to Howell, the recent movie *Signs*, includes these elements nicely. The ending was well done because it doesn't show the viewer everything so they have to make up their own judgments about what is going on.

The scariest movie of all time for Howell would be James Cameron's 1986 sci-fi action, *Aliens*. The film, which starred Sigourney Weaver, was the second part of the *Alien* Saga.

"[*Aliens*] kept me profoundly depressed," Howell said.

Mike Jack, a first-year film student, knows a thing or two about how to make a movie that petrifies audiences young and old.

"To be scary, it has to be physi-

ologically scary," he said.

He adds you have to believe whatever the character is going through, is actually happening. The 1974 film, *The Texas Chainsaw Massacre* did this really well.

Another aspect of a scary movie is a lot of quick cuts, like the shower scene in *Psycho*.

Jack said this scene really works because it actually looks like the knife is hitting the body. Since you can't see what's going on, it makes the viewer scared. He also points out how effectively the sound and music are used to enhance the scene.

Jack uses a lot of close-ups that show the emotion of the character. He also avoids long sequences, using mainly short, fast cuts.

Kenneth Hurd of

<http://www.allhorrormovies.com> said the way to find the best scary movie depends on what you are looking for.

In slasher movies, the higher the body count, the better the movie. If you want a more horrifying atmos-

phere, you should watch something like *The Ring* or *The Others* that build on suspense.

"What works for me is when you have good atmosphere, a nice body count and some decent gore," Hurd said via e-mail.

It's the coolest time to pitch a tent

Chilly weather
no excuse to
avoid watching
the leaves
change colour

By AMBER TOUTANT

It's off-season at campsites, but for some people, the coolest time for camping is just starting.

Owen Columbus is one of those people. Even dropping temperatures won't deter this enthusiast from packing it up and heading up North for the weekend. He is hoping to head up the Outdoor Adventure Club this year at Humber College.

"It's absolutely beautiful outside right now," Columbus said. "Fall is a really good time."

According to Bert Korporaal, assistant superintendent at Frontenac Provincial Park, a lot of other campers feel the same.

"Right after Labour Day weekend through to the first snowfall (around mid-November) we probably get about 4,000 campers," he said. "They're out there looking for more of a back wilderness adventure."

Frontenac's 70 square kilometres of land will give campers just that. The park is designated for interior camping only. That means that sites are only accessible by foot or canoe.

Korporaal said the park is a good choice for the environmentally conscious camper.

"Every year we plant tree seedlings in campsites and in the day-use areas," he said.

Frontenac uses composting toilets in the day-use areas. None of their toilet systems use chemicals to break down waste. Organic compound is used instead.

Korporaal said that one difficul-

ty with camping in the park is everything must be carried in by foot. People have to pack lightly. Most campers will pre-pack meals in Ziplock bags or reusable containers to lose the bulk and extra weight of tins and boxes.

"The biggest problem is the stuff you do pack is a bit heavier: a heavier sleeping bag, heavier, stronger tent, and heavier clothing," Columbus said.

For people who don't want to rough it, there are parks accessible by car. If you have an RV, private campground MMRV Resort is an option.

Daphne Tomaszewski, proprietor, said all the tent sites are closed for the season and the RV sites are only open until Nov. 30.

"We have a few nine-month sites for people who like to come out a little earlier and stay a bit later," she said.

But it isn't for people who want to be immersed in nature.

"Our park is very open," Tomaszewski said. "Each site has a tree though, and the tenting sites are right on the river. It's not a heavily forested area."

For those who want more tree-cover, there's Bronte Provincial Park, which has RV camping as well as car-accessible tent sites.

"The park has the longest shoreline ravine in North America that has not been developed," Jennifer Hall, the park's marketing coordi-



Walking In An Autumn Wonderland: Ontario has beautiful spots like Algonquin Provincial Park for campers to be at one with nature.

nator, said. "Nature trails like that are heavily forested."

Algonquin Provincial Park is most famous for its interior camping.

"Algonquin Park is a favourite," Columbus said. "It's a clean park and it's big enough that you can get out into nature without all the civilized campsites."

While options may not be as diverse in fall camping, it is definitely an adventure.

Columbus said that he thinks no matter what the season is, for him, the choice is easy.

"From my own experience, in Ontario at least, the provincial parks here are awesome. As far as cost goes, you can't get much better."

Wicked Wiccan

By CHARMAINE MERCHANT

Forget what you think you know about witches. They don't perform sacrifices, they're not evil, they don't brew evil potions and *The Craft* was only a movie.

These long-held beliefs persist about modern-day witches who practice Wicca, a pagan nature-centered religion. It's a religion of communities reflecting its tribal origins. "I don't go around telling everyone I am

learning about Wicca, but I do not hide it. And if I become a witch or a Druid, it will be the same," Tanya, who was originally raised as Roman Catholic, said.

According to the Toronto Wicca/Pagan page, it's estimated that about 65 per cent of the Pagan population of Canada resides in Toronto.

The word pagan originally meant 'of the countryside' and in early Europe referred to rural people who took a long time to accept Christianity imposed by Rome.

"[Wiccans] live like everyone else, but try to live within their karma, and live in kindness and acceptance of others and their

views," Tanya said. "Everything a Wiccan does in kindness towards nature and the Earth is part of [their] worship."

To be initiated into a Wiccan group, one must first join a coven to learn about ideas and rituals. Some groups have stages or degrees where one can progress to a High Priest or Priestess.

"Each tradition of Wicca has different ways of training and different requirements for degrees if they have a structure," High Priestess

Tamarra James of the Wiccan Church of Canada, said. "Each degree indicates a person has absorbed and mastered a body of knowledge and practice to teach people."

There is no special way of dress, although some Wiccans like to dress in robes. Ceremonial tools used, like knives are made by hand. Spells, contrary to popular belief, are never used to do harm.

"A spell is a form of assisted prayer," James said. "We don't do negative things because we believe what you give to the universe returns with a vengeance. Our spell work takes the form of healing and helping people."

"... our spell work takes the form of healing and helping people."

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Spotlight

Sketch comedy teacher has a side job on stage

By IRENE RUNDLE

When she's not teaching sketch comedy writing at Lakeshore Campus, Melody Johnson is busy being an actress/comedian in Toronto's arts and culture scene.

Johnson is a veteran of Canadian comedy, being involved with Second City's National Touring Company from 1995 until 1998, and is now taking part in Second City alumni performances.

Recently, Johnson toured with Second City Toronto to Beijing, Hong Kong and Singapore.

While she loves to make people laugh, her love of acting

takes center stage.

"I consider myself an actor first and then an improviser. But certainly I love to do comedic acting," Johnson said.

From Brantford, Ont., Johnson not only works on stage, but also spends time doing commercial voice-overs, some film and television. She ultimately prefers stage acting and is currently busy with her latest on-stage role in *Swollen Tongues*.

The play has toured from Vancouver to the United Kingdom and is now playing in Toronto.

Johnson says her role in the play is challenging.

"The dialogue weaves in and

out between modern and restoration period [17th century English]. It's all rhyming couplets so it's a great challenge for the actor," Johnson said.

"If you fall off your rhyme for some reason, you can't get back in unless you're a great improviser of rhyme."

Johnson admits her character in *Swollen Tongues* is far from her real self.

"I think her guts and aggressiveness are awe-inspiring, because I'm not like that at all," she said. "She's quite vivacious and fun. I think sometimes we can get bogged down in life and the drama, and she's just out there to have a good time."



Scene from *Swollen Tongues*. Posed from left to right: Melody Johnson and Karen Hines.

Swollen Tongues was written by Vancouver's Kathleen Oliver and was the winner of the 1997 Canadian National Playwriting Competition.

Swollen Tongues opened last Thursday and runs until Nov. 10 at the Factory Studio Theatre at 125 Bathurst St.

Reviewed this week: underrated scary movies to rent

By IRENE RUNDLE

'Tis the season for scary movies. Looking for some thrilling choices in your local video store? There's always the classics, like *The Exorcist* or *Rosemary's Baby*, but if you're looking for less-traditional flicks, check out this list of 10 underrated scary movies.

•*Puppetmaster* (1989) When puppets come to life and try to kill people. Enough said.

•*Troll* (1986) An evil troll takes over the body of a young girl and only her older brother is able to help save her. A fun, yet still freaky, flick.

•*The Hitcher* (1986) With ever-so-scary Rutger Hauer, this hitchhiker horror reminds you not to pick up strangers.

•*Parents* (1989) A normal kid trapped in a household with two cannibal parents. A very strange and scary suburban tale.

•*Dead Alive* (1992) a.k.a.

•*Braindead*. Peter Jackson, pre-*Lord of the Rings* budget, brings us maybe the goriest movie ever released.

•*Manhunter* (1986) The first of the Hannibal movies, standing alone as a psychological thriller.

•*The Entity* (1981) A woman (Barbara Hershey) is raped and assaulted by a poltergeist in her own home. Being based on a true story makes the movie all the more creepy.

•*Texas Chainsaw Massacre* (1974) A great slasher movie that will put a damper on any desires left to walk through a forest at night.

•*Nightwatch* (1998) Ewan McGregor stars as a night watchman for a city morgue in a very eerie murder mystery.

•*Dawn of the Dead* (1978) The official sequel to the original *Night of the Living Dead*, this zombie story set in a shopping mall is a Halloween must-see.

Politically motivated punk band rocked T.O.

By AARON SAWYER

A crowd sporting mohawks, jackets with anti-establishment slogans and piercings left the Rivoli in downtown Toronto after a Sunday afternoon performance, feeling educated and inspired. They had just witnessed the return of political punk rockers, Closet Monster.

At a time when most punk bands are inspired more by fame and fortune than by the ideals on which punk rock was founded, Closet

Monster has remained true to its roots.

"All we want to do is pose questions that don't normally come up in other situations," guitarist Mark "MC" McAdam said. "There has to be active thinking and analysis, not just soaking everything in, which is a big problem with a lot of kids these days."

Guitarist Adam Underground agreed they want their fans to look at the bigger political picture.

"We want to make people give a

crap about what's going on, looking on a global scale," he said. "To look at the people of the world who are so lost every day, rather than just worrying about themselves."

After going on a brief hiatus while bassist London Spicoluk explored other career options, the Ajax punkers are back with their second full-length album, *Killed the Radio Star*. They are more determined than ever to have their voices heard.

"We try and give a voice to other issues that don't usually get voiced," Spicoluk said. "When you synergise media, business and government, as is the case in most major media outlets, and they're all working hand in hand, there can be no real honesty involved."

In the true spirit of punk rock, Closet Monster embraces the "Do It Yourself" attitude. They are ready to embark on a tour of Eastern Canada, put together through their own record label, Underground Operations.

The group will then take its hard-hitting, in-your-face style across the ocean and tour Europe for the first time.

"We welcome help, but we don't want a handout. If someone can offer us their assistance, sure. But if a major outlet offers us a bunch of money to conform to them — no, it's not going to happen," drummer Chris McCartney said.

For more information and tour dates visit www.closetmonster.com.



Ajax punkers Closet Monster play in support of their second full-length album, *Killed the Radio Star*.

joe is open for business

Club takes on new name and look

By MANUELA SPIZZIRRI

The club known for the past decade as Whiskey Saigon has adopted a completely new name, look and feel.

Located at 250 Richmond St. W., Whiskey Saigon was transformed this summer into joe.

"I really like it," Martin Streek, radio personality at Edge 102 in Toronto, said. "I think it's really crisp and clean, very fresh. I like the organic feel of the flow from the first to the second and the third [floor]."

Streek, who has been broadcasting retro music live-to-air from the club every Sunday night for the past seven years, welcomes the change.

"Whiskey Saigon had a very neat feel when it was brand new," Streek said. "...the problem being, time passed and they didn't fix a lot of stuff up."

The advent of joe has solved the problem. Designed by PACE Architects and Stylehaus Canada, the club has four distinct floors, each with a function and personality of its own.

The first floor, the lounge, is exactly that. It is a place to chill out and mingle with people. The

couches are set up in such a way that you can't help but feel as though you are sitting in your own living room—with the added bonus of a bar and music, of course.

The drinking hall on the second level offers a pub-like atmosphere with numerous benches to sit at and sports playing on large screen TVs. It's quite different from Whiskey Saigon's dance floor, formerly on the second floor.

"The decor is very minimalist, very elegant and high class."

For those who go to a club to dance, the third floor is the place to be. There is an open dance floor with an elevated DJ booth.

The club wraps up on the all-season patio, Breathe. The terrace makes you feel like you are standing on the dock of a beautiful cottage in Muskoka.

Each floor reflects joe's Canadian landscape theme through backlit images.

"Just remembering Whiskey Saigon, it is a sharp contrast," club-goer Daniela Alicandro, said. "I used to think Whiskey was a lit-

tle run-down looking, but the new décor makes a difference. It just sets a different mood. I feel more energy. It is sleek and clean, more lighting."

The club is open from Thursday to Sunday, with a \$10 cover charge and the always student-friendly price of \$5 with a student ID card. Thursday is Campus Night, with cheap draft beer and other deals for students.

The music differs from night to night, with the exception of Edge 102's broadcast every Sunday.

"We're trying out a bunch of DJs," Kelly Richards, events manager at joe, said. "We're always going to cater to different clientele."

Richards said the club is working with X-Box and Bacardi on promotions and giveaways.

Only one short week after its opening, joe is already proving to attract a different group of people than Whiskey did.

"I like it because it's a more diverse crowd," Matt Cornelius Norton, bartender at Whiskey Saigon since May 2000, said.

Some Whiskey's regulars are a little disappointed with the drastic



Patrons enjoy themselves while dancing and drinking at "joe," the nightclub formerly known as Whiskey Saigon.

change the club has undergone in the past three months.

"I think it's meant to appeal to a totally different audience than it used to," Kristi Gastiger, former Whiskey Saigon regular, said.

"I think probably from a business perspective, it's a good move because it drives a more expensive audience. From a personal perspective, it's alienating. I feel uncomfortable. I've lost a home

away from home."

"The décor is very minimalist, very elegant and high class," Sonia Sulmona a third-year Interior Design student at Humber, said.

"I enjoyed it a lot," Sulmona said. "I thought the people were very inviting and friendly. I think it's just time to say goodbye to the old Whiskey's and welcome the new joe."

What's up?

•The Everything To Do With Sex Show starts today at Exhibition Place and runs all weekend.

•Brad stops in to play the Phoenix tonight at 8 p.m. Tickets are \$15.50. For more info call 416-870-8000.

•Our Lady Peace plays the ACC this Friday — their first arena show in Toronto in three years. For ticket prices and info call (416) 815-5500.

•Former Pixies member Frank Black and his new band The Catholics play not once, not twice, but thrice this week. They'll be at the Horseshoe tonight, tomorrow and Saturday. Tickets are \$20, call (416) 598-4226 for details.

•Fans of *Lord of the Rings* and Middle Earth can visit *The Two Towers: The Exhibit* at the Royal Ontario Museum's McLaughlin Planetarium. It opens today and runs until Dec. 1.

•The Goo Goo Dolls play Massey Hall Monday at 8 p.m. with special guest Lisa Loeb. Tickets are \$39.50 and \$49.50 and can be ordered by calling (416) 872-4255.

Battle of the sexes

By JAMES ROSE

The frustrating thing for rock and roll bad girl Lennon is not being treated as an equal in the music industry.

She wants her music to receive the respect it deserves.

"I don't see why it should depend on what the sex is when the song should just be on its own," Lennon said.

It hasn't been too rough for her as she gets all the support she needs from her songs.

"All the songs are literal. I

lived those songs, I'm real, this is what I do," she said.

Lennon is touched and inspired by other writing like the book she received for her 16th birthday. *The Fountainhead*, by Ayn Rand, inspired Lennon to express herself without holding anything back.

"I learned I need to give my opinion more. I am a very shy person. The fact that Dominique (character in the book) destroyed anything she loved, so no one else could, really got to me."

This blueprint for destroying something meaningful is what Lennon translates into her writing. If she doesn't like a song, she destroys the idea before anyone gets the chance to enjoy it.

Frank Sinatra and Aerosmith have also motivated her to write, but it was Harry Chapin's wonderful storytelling that truly grabbed her.

"I want to be a storyteller. [Chapin] could take this incredible song and make it a feeling so it's not even a song anymore," said Lennon. "I just want something I can truly portray on stage. I hate being in the studio, I love being live."



Lennon is currently on tour and is set to stop in and play her brand of good ol' rock n' roll at Club 279 in Toronto on Nov. 5.

Etc.

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Humber golfers take gold

Ryan Lamb wins national championship

By TODD CLARK

The Humber Hawks men's golf team struck CCAA gold for the second consecutive year, led by individual gold medalist Ryan Lamb at the national championships in Ottawa.

The Hawks' gold medal performance at the provincial championships, which were held in Niagara Falls during the first week of October, was their third consecutive OCAA championship and

earned them a spot at the nationals. Jim Currie also won the individual gold shooting rounds of 72 and 74. Jason McGrath won silver, posting rounds of 74 and 75.

But it was Lamb's turn to be in the spotlight at the nationals as he posted three consistent scores of 72, 74 and 73 to be crowned national champion.

"My goal realistically was to finish in the top 10. I just wanted to show everyone that I could play," OCAA Athlete of the Week Lamb said.

It was Lamb's consistent iron play and his hot putter that he says were major factors in his success.

"I made the right putts at the right times. I was making 50-foot putts and consistently dropped the two-footers."

Golf coach Ray Chateau says he was not surprised by Lamb's performance but said he wouldn't have picked him from the team to win the championship.

"But he handled himself well out there," Chateau said. "It's the way he carries himself on the golf course with the lead."

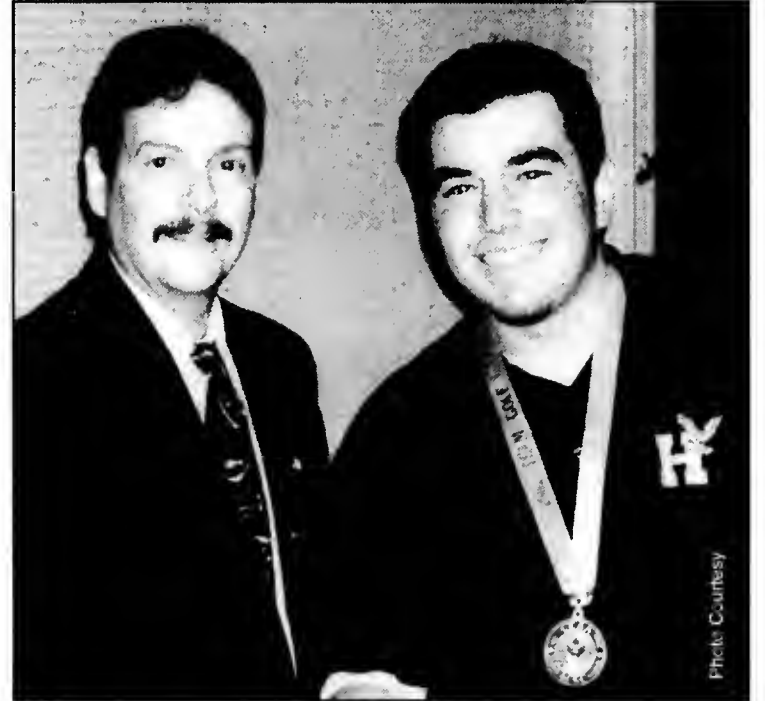
Team captain Jon Hackett took the silver with rounds of 78, 75, and a three-under 69.

There were about 50 players representing about 10 colleges at the event. The Hawks won the gold by five strokes over Quebec's Champlain College.

"The reason for success at the provincials and nationals goes to show the depth of our team where any individual could win the championship while representing us as a team," athletic director and golf coach Doug Fox said.

Fox was also impressed with Brad Kerfoot's final round saying it was a gutsy performance because he had a 10 on hole 10 and still only shot three over.

The women's golf team was also successful capturing silver



Ryan Lamb accepts his medal after posting a 72, 74, and 75 at the CCAA championships. Humber team also captured a gold.

Photo: Courtesy

Volleyball team wins first two games on road

By REBECCA VIRGIN

The Hawks were flying high this weekend, winning their first two games against Confederation College in Thunder Bay.

The women's volleyball team travelled 800 kilometres, by plane, to crush their opponents on their first road trip.

"It's difficult to get off a plane and play a team you've never seen before," head coach Chris Wilkens said. "But they maintained our level of play and worked hard."

In the first game, the Hawks defeated Confederation in four straight sets (25-9, 25-7, 25-12, 25-15). Then in the next game they did it in three straight sets (25-18, 25-14, 25-9).

"We played relaxed. There wasn't that much emotion," rookie Elizabeth Salas said. "It was just two plain games. It was nothing spectacular. We worked more on basic stuff like defence and passing."

"More than anything we just had a good time," Salas added. "We're all getting along. It's a fun

time, we all like being together."

"This weekend was good for our team to get away and build a camaraderie," Coach Wilkens said. "Right now they're learning how to co-exist as a family and getting to know each other on and off the court."

Two players that are feeling a lot more comfortable on the court, Candice Roy and Risha Toney, were standouts.

When asked about how the team spent its downtime, both players and coaches said it was a

"It's difficult to get off a plane and play a team you've never seen before, but they maintained our level of play and worked hard."

relaxing time.

"I wish I could say something exciting happened, but it didn't," Wilkens said. "We just experienced the joys of Thunder Bay."

"We went shopping, we went to the movies, we went to eat," Salas said.

The team got in late Sunday night and will have to rest up over the week to be ready for the Humber Cup, which they are hosting this weekend. Games will be played on Friday and Saturday in the North Campus Gym.

Come cheer on Hawks women's volleyball

Thurs. Nov. 7 vs. Sheridan

Thurs. Nov. 14 vs. Georgian

Thurs. Dec. 5 vs. Centennial

Hawks wrap up season with bronze medal win

By MATTHEW IABONI

An undefeated season, a fourth straight provincial championship and a chance at their first national championship for women's soccer came crashing down for the Humber Hawks after its 4-3 semi-final loss to the Durham Lords last Friday in Kingston.

The Hawks rebounded the next day capturing the bronze medal in the provincial championships with a 4-0 victory over the Lambton Lions.

The Hawks struggled out of the gate against Durham and weren't used to playing a team that pressured the ball across the field. Although the Lords controlled the majority of possession, they were unable to get a quality scoring chance on Hawks keeper Sonya Vitale.

"Durham forced us into a game that we weren't used to playing," co-coach Vince Pileggi said.

Joanna Vitale rescued the Hawks in the first half scoring a late goal.

The advantage was short-lived as a penalty shot was awarded to Durham only five minutes into the

second half. Sonya Vitale guessed the right way but the ball was placed just past her arm and the game was tied.

The Lords then quickly added two more goals, the second of which was questioned by the

Pileggi said.

The fourth Durham goal was also disputed by the Hawks, who said the shot off the free kick was caught by Sonya Vitale before the ball crossed the line.

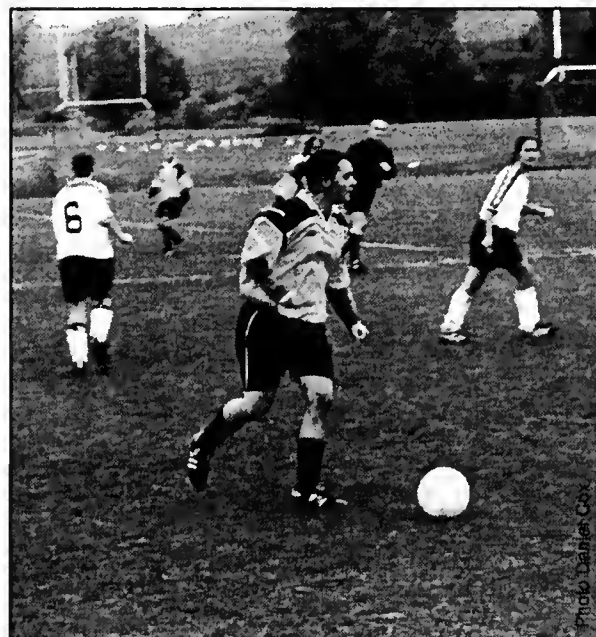
The Hawks didn't fold. Nicole Petersen scored on a penalty shot while Joanna Vitale's second – and final goal in her brilliant career at Humber – narrowed the gap with 15 minutes left.

The Hawks' last chance off a Petersen free kick in the dying moments was punched over the net by the Durham keeper and the Lords held on for the upset.

"We didn't get enough, we were one goal short, it was really, really tough," Pileggi said.

On Saturday morning the Hawks looked like they had during their 10 unbeaten regular-season and one quarter-final games. They controlled the tempo and ball possession against Lambton, with goalies Vanessa Galle and Sonya Vitale sharing the shutout.

The Hawks got two goals from rookie forward Sandra Coelho, the first coming after 20 minutes of play. Her second came as the Hawks exploded for three goals to seal the bronze. Emilee Barrington and Petersen scored the other Hawks' goals.



The hawks end their season with only one loss and a bronze medal victory against the Lambton Lions.

Photo: Dainier Cox

Hawks who argued the ball had rolled past the endline. But when the referee didn't blow his whistle, Durham pounced on the opportunity.

"They got some fortunate calls that put us into a real bind that we weren't able to come back from,"

Etc.

Stellar season ends with bronze medal

Men's team fails to repeat

By JOSEPH MUCIO

In a season where expectations ran high, the Hawks' men's soccer team returned from the OCAA tournament without the opportunity to win back-to-back national titles.

Heading into Friday's game against Seneca College, the Hawks needed a victory to ensure their place in the provincial championship final.

Despite their preparation, the Hawks could not gain any momentum against a fast, skilled Seneca squad, who, like Humber, suffered only one loss during the regular season.

Seneca opened the scoring in the fifth minute on a nicely placed header, a goal that seemed to trigger their offensive attack. They entered half-time with a commanding 4-0 lead.

By the time the game was over, Seneca added two more goals and handed the Hawks their worst defeat of the season, a 6-0 victory that ended Humber's hopes of continuing on to this year's CCAA championship.

With gold medal aspirations no longer a possibility, the Hawks came into their bronze medal game against Fanshawe College determined not to leave Kingston empty-handed.

Goalkeeper Dominic Politano, who started the game against Fanshawe, said a change in weather conditions altered the way Humber approached the contest.

"Coming into the game, the ground was really hard and wet," he said.

"You have to watch how you play



Alex Lopez tries to outmaneuver Seneca players at last weekend's OCAA Soccer Championships in Kingston. The Hawks fell to the Sting 6-0 on their way to capturing a bronze medal on Saturday.

bounces off the field because they are a lot faster and don't skip as much as they do on a dry field."

After Fanshawe opened the scoring in the 25th minute, midfielder Alex Lopez scored Humber's first goal of the tournament on a

penalty kick near the end of the first half to tie the game.

In the 80th minute, veteran midfielder Mehmed Mehmedoglu, playing in his final game for the Hawks, took a shot from near the goal line that bounced off the Fanshawe

defender and into the net.

Forward Vito Del Duca capped off Humber's 3-1 victory with a one-timer after a quick pass from Matt Palleschi.

After the game, Palleschi said he felt somewhat bittersweet over Humber's bronze medal performance.

"It was going to be hard to win it all again with all the pressure on us. It was a devastating loss (against Seneca) but at least we came home with the bronze."

The night before, Palleschi was selected as an OCAA all-star and was nominated as a CCAA all-Canadian, a distinction that caught him completely off-guard.

"It feels awesome to win this. At the same time, I feel totally shocked that I received this award because I honestly thought Vito was going to win it."

Goalkeeper Politano said that despite not winning the gold, the team showed remarkable resiliency bouncing back from their loss against Seneca, a fact he attributes to team unity.

"These two days, the team really came together even more so than during the regular season," he said.

"We communicated very well, we trusted each other, and the bonding off the field was really helpful during the tournament."

In tribute, the Hawks applauded fourth-year defender Arturo Alava when he was removed from the game against Fanshawe during the first half.

Like Mehmedoglu, this game signaled the end of Alava's brilliant career with Humber.

B-ball squad misses chance to play on Air Canada Centre court

By DOUGLAS JOHNSON

The Humber Men's basketball team put in a good effort and finished with a 1-1 record this weekend at the annual Raptors Cup college and university basketball tournament.

However, a number of the Hawks players felt dejected after the cancellation of the consolation final, which was to be held at the Air Canada Centre.

Hawks guard Raymond Morgan said he was disappointed about not playing at the Air Canada Centre because it would have been an experience the team would never have forgotten.

"That was the whole thing of the Raptors Cup. That was the main purpose to get to the Air Canada Centre," Morgan said. "Some guys haven't experienced it. I played in it in 2000 and it was a great experience. Playing on that floor and seeing all those seats, there's nothing like that."

The Hawks other starting guard, Jeremy Walters, said he would also have liked to play at the Air Canada Centre, but he isn't too upset.

"Definitely, that's what I was looking forward to, but things happen and we've got to

adjust with it and take the good with the bad," he said.

Hawks assistant coach Darrell Glenn explained the consolation game was originally scheduled for later in the day on Sunday but was moved to early morning. He said to have the players wake up for a 9 a.m. game just didn't make any sense.

"That (playing at the Air Canada Centre) was what I was looking forward to, but things happen and we've got to adjust with it."

He also said that shooting at a net in an arena is much more difficult than in a gymnasium because there is no backdrop for the players, which throws off their perception when shooting.

The Hawks opened up the tournament on Friday with a hard fought 65-61 loss to Ryerson University.

Humber played well for most of the game and had an excellent chance to win the game right up until the final buzzer. But the Hawks

shots just didn't drop down the stretch.

Head coach Mike Katz said that his team played well against a university team that was much bigger than the Hawks.

"I don't think our shots went in all night, but I saw a lot of good signs," he said. "They (Ryerson) are big and they've got some experience, and give them credit for winning the game, but I thought our guys did okay."

Katz said he noticed an improvement in his team since the previous weekend's Dawson tournament and would have loved for his team to beat a university team.

"We've been running our offence a little better, and I thought we defended adequately," he said. "I'm happy, it's always nice to beat a university - if we had. We competed right down to the end, they had a chance to kind of put it to us, but we didn't crack. (There was) an unfortunate turnover late in the game, but that's life."

On Saturday, in the second game of the tournament, the Hawks pounded division rival George Brown College 73-47.

Coach Glenn said the game gave the coaches an opportunity to give their bench players some valuable playing time.

"I thought some of our bench players



A Hawk player looks for an open man on court during last weekend's Raptors Cup.

were able to come and contribute," he said. "We were able to rebound really well from the bench and they did what we needed them to do."

The Hawks are entered in the upcoming Mohawk tournament this weekend and play host to Guelph University tonight.

Etc.

Puck drops for women

Humber students start own team despite OCAA rules

By REBECCA VIRGIN

Look beyond the bulky shoulder pads, the oversized pants and shin guards. Look beyond the helmet and the face mask. What do you see? A woman.

Yes, women are playing hockey at Humber College this year.

On Monday afternoon, a group of about 20 girls laced up their skates and with sticks in hand took to the ice for their first practice. But that doesn't mean there is an OCAA league for them to play in.

The Humber Women's Hockey Club will be playing in Humber's mostly male intramural league. However, they will have the opportunity to play in at least two tournaments against other women's college teams.

Seneca and Lambton Colleges have also taken matters into their own hands to create women's hockey in their schools. Humber is the latest to join their ranks.

"I think they should have a league because there are so many more women's teams. Women's hockey is growing and growing," Julie McEachern, a second-year Marketing student, and eight year veteran of

competitive hockey said. "I think it would be good to get more teams into it."

In an earlier interview, Doug Gellatly, executive director of OCAA, said there wasn't enough interest, and that they needed five colleges committed to supporting teams in order to make women's hockey an officially sanctioned OCAA sport.

"We just need to get the word out to other schools that we're trying to get ours (team) together and start ours, so maybe they could do it too," McEachern said.

"I was really pissed off when I found out there was no league," Erica Dymond, a first-year Multimedia Design student who has played hockey for 12 years, said. "Hopefully next year they can get that together."

There has also been a question as to colleges being able to support women's hockey financially.

"I don't see why they can't put the money aside, because they do it for the men. I'm sure they could find it for the women," Dymond said.

"It doesn't make much sense to me. And if they say it's just interest, that's bull, obviously, because of today's turnout."

Dymond is one of many women who has started to take matters into her own hands and tried to start something up. She wrote a letter to Gellatly, as well as to Doug Fox, Humber's athletic director.

"I just want to have fun and good competition. It's hard to find good competition lately," Dymond said.



Photo Rebecca Virgin

Hockey hopefuls take a face-off at Monday's open skate at Westwood Arena. The new Humber Hawks Women's Hockey Club will hold another tryout this Monday.

"I just want to get together, have some fun, play some hockey and meet some new people," McEachern said.

And that's what they're going to do. The

club will hold another open practice on Monday at Westwood Arena in Etobicoke from 4 p.m. to 5 p.m.

Winning streak continues

Hawks take the sting out of Seneca squad

By CORY SMITH

Playing their most complete game of the year Saturday with a free flowing offence and suffocating defence, the Humber Hawks hockey team kept its winning streak alive with a 9-1 rout of the Seneca Sting.

The Sting were the best OCAA competition the Hawks have faced this pre-season but were unable to get into a groove throughout the game.

"This is a tough building to play in," Hawks coach Joe Washkurak said. "There are always battles but we just wore them down with the speed of some of our guys."

One player in particular was Hawks forward Chris Pugliese, who had two goals and two assists, including a beautiful end-to-end goal in which he put in his own rebound on the startled Sting goaltender.

"I felt really good today," Pugliese said. "When I have my legs I feel good, and tonight I had my legs."

The Hawks controlled much of the play during the contest, which was supposed to be a battle between two of the better teams in the league.

Seneca was so frustrated that after the game, a voice on the Sting side of the

curtain near their dressing room was overheard saying, "That was the worst display of hockey I've seen in years."

"I didn't think we would come in here and beat them 9-1," Washkurak said.

Once again the Hawks spread their offence around.

Aside from Pugliese's two goals, Mike Oliveira, Scott Barnes, Rob Cordeiro, Eric Thomson, Terry and Jamie Chikoski and

James Rodak also scored for Humber.

Rodak's was his first of the pre-season, which Washkurak saw fitting for the first-year player's hard work thus far.

"He's just played awesome but hasn't been rewarded," the Hawk's coach said.

Nick Grainger played the entire game in goal for the Hawks and was sharp when called upon, cutting down angles and keeping his few rebounds to a minimum.

The main reason the Sting couldn't muster any offence was in large part due to the aggressive checking the Hawks employed on them, especially when shorthanded.

Humber played a tight box and pressured Sting puck carriers when they tried cycling the puck in Humber's end, which was completely effective for the Hawks.

Humber led 1-0 after the first period and 4-0 after the second, before blowing the game open in the third.

Washkurak and Pugliese both downplayed the score and said it will likely be a different story when the teams meet in the regular season on Nov. 9.

"I think they're a better team than they showed," Pugliese said.



Photo Cory Smith

The Hawks get ready to attack the Seneca goal during a 9-goal thrashing of the Sting last Saturday. Humber's squad takes to the ice for their first home game Saturday at 8:30 p.m.