



An intimate glance inside the human body

European tour features former Humber student



HUMBER ET CETERA

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PUJA UPPAL

Lakeshore supports Daily Bread Food Bank

Lakeshore Campus raised over \$450 in cash donations and collected over 250 items for Toronto's Daily Bread Food Bank this week. Fundraising volunteer management students at Lakeshore Campus, Wesley Godden, Melissa Demers, Alexandra Bono and Amy Johnston take part in the drive. North Campus UNB - Humber Nursing Society is holding a food drive until Friday in the M Building. Students looking to donate or receive food at any time of year can visit the HSF Food Bank at KX105 (below HSF) Tues.-Thurs. 11 a.m.- 3 p.m.

Students fear tuition hike

by **sheri bolton and alexandra mazzuca**
NEWS REPORTERS

Humber students will see a rise in costs next September when Premier Dalton McGuinty ends the two-year freeze on college and university tuition.

"I think we are going to start building a completely new class society in this country because of it," said first-year business management student Stephen Ramsay. Charlene Riedler, a first-year

G u e l p h -
Humber justice studies student is also upset by the hike. "That sucks. For me, I am paying for school myself. That means that

I will have to work extra hard to get the money that I need."

Robert Gordon, president of Humber College, said his position is that there should be a "reasonable increase" of three to five per cent.

"Students should take some responsibility a modest increase would be fair."

The Canadian Federation of Students (CFS) has launched a fax campaign to request an extension of tuition fee reductions.

Ontario chairperson Jesse Greener said CFS has distributed and collected postcards from students that they will send to the premier.

"We will continue to campaign and give students a voice," Greener said.

Gordon also said it is good students are trying to get involved with faxing and e-mailing the premier about their tuition concerns.

"It's a classic argument that students don't want to pay more, and students in privileged groups are heavily subsidized by the government," he said.

The Ministry of Training, Colleges and Universities will hold

meetings with student groups over the next month so student concerns will be considered when a new tuition fee policy is created.

Karen Kerr, a senior policy analyst for the ministry, said though they are raising tuition fees, "nothing is a done deal."

The Humber Students' Federation stated it would formulate a tuition policy once they have met with the Minister.

HSF vice-president of administration Daniella Cross indicated

HSF wants to meet with the ministry before releasing an official position on tuition fee reform. A meeting planned for last week was

cancelled and has not been rescheduled.

Jon Olinski, general manager of the College Student Alliance (CSA) said, "the government has had three meetings in the last couple of weeks because they are running out of time and need to make a decision. We are confident the government is trying to measure the best solution to this tuition hike."

NDP post-secondary education critic Rosario Marchese will introduce a private member's bill this fall asking for tuition fees to be frozen until the next provincial election in 2007.

Earlier this year, the government pledged \$6.2 billion over the next five years to higher education to improve its quality and accessibility.

One provision is the restoration of grants for low-income student that have not been available since former NDP premier Bob Rae, cancelled them to deal with the deficit in the early '90s.

Students who want to have their voices heard can contact the CFS or their local MPP or visit www.reduce tuitionfees.ca



"Everybody wants Hockey Night in Canada back. One way or another we will have hockey Saturday night." – CBC spokesperson Jason MacDonald to Globe & Mail.

Reading, writing and illiteracy

Program in place to help students improve basic English skills

by alexandra mazzuca
news reporter

According to Franc Jamieson, director of the Writing Centre at Guelph-Humber, his literacy programs couldn't be busier.

"We are still only helping a fraction of the students, but most need some work on their writing," Jamieson said.

The Globe and Mail reported last week that the University of Ottawa hired two full-time statisticians to weed out students who are at risk of academic failure early in the school year.

Canadian colleges are now setting up remedial tests and English remedial programs to address the issue.

The writing centre helps students who want to correct weak writing skills.

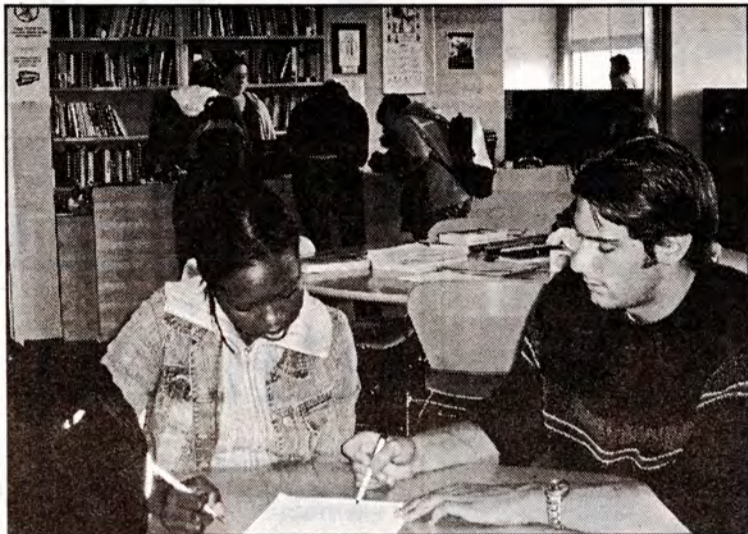
After booking an appointment, a student receives one-on-one tutoring for a half hour.

The tutor marks student assignments and helps improve sentence structure, composition and technical writing.

"Professors are complaining that high schools are not properly addressing and reinforcing grammar," Jamieson said.

"Professors are complaining that high schools are not properly addressing and reinforcing grammar."

– Franc Jamieson,
director of Writing Centre



Tutor Bryan Baker, a co-op student, helps Donique Donaldson, a first-year student, as she works on a class assignment at the Writing Centre in Guelph-Humber.

alexandra mazzuca

Ontario also insists all its high-school graduates pass a basic literacy test which is set at a Grade 9 level.

"I think that the literacy test is a good thing but also cruel because unless students have been trained on proper grammar, they are being asked to fail," Jamieson said.

Humber offers a Literacy and Basic Skills Program to help stu-

dents improve their English skills, and gain access to school programs.

The program is sponsored by the Ministry of Training, Colleges and Universities.

"We don't allow students who don't perform well to study at Humber," said Humber's enrolment representative, Julie Cassar.

The average for Humber programs is 65 per cent.

Jamieson urges students who need help with their school work to book their appointments in advance.

"It is my sense that we are effective," Jamieson said.

Humber introduces new online course

by dominik kurek
news reporter

Students interested in becoming immigration consultants now have a one of a kind program at Humber.

This is a post-graduate program students may do online, from anywhere in Canada, never stepping into a classroom except for examinations, which can be done in other schools.

Immigration consultants help people immigrate into Canada, helping them fill out the paper work and consulting with them to

ease the transitions that migrants have to face.

Tara Kuiper, of Humber's Business School, said the program is unique in Canada.

To graduate in this part-time program, a student must achieve a minimum of 70 per cent in six courses.

"It takes at least six months to complete this program," Kuiper said.

To enroll, a student must

either have a Canadian college diploma or university degree, in any field, or have two years of working experience in the field.

Enrolment is granted on a first-come, first-serve basis, and there are 40 seats available each recruiting session.

"Seneca offers a similar program but it is not CSIC (Canadian Society

of Immigration Consultants) approved," Kuiper said.

In 2002, the Minister of Citizenship and Immigration Canada created a committee to identify problems with the immigration consultant industry. With the committee's recommendation, the federal government created the CSIC.

The organization was created in the fall of 2003 to regulate the activities of immigration consultants.

In order to be a practicing immigration consultant, a person has to be a member of CSIC, a Canadian law society or the Chambre des notaires du Quebec, as part of new government regulations.

The immigration consultant program started last winter as an accredited program of CSIC.

Each of the six courses in the program cost between \$200 and \$350.

Students graduating in the Court and Tribunal Agent program can apply for the certificate without taking the course.

"It takes at least six months to complete this program."

– Tara Kuiper, Business School



dominik kurek

Seneca offers a similar course, but it is not approved by the CSIC.

Game on at CBC

Lock out to end as tentative deal is reached just days before NHL season-opener

by puja uppal
news reporter

The start of the NHL season and pressure from MPs ended the CBC lock-out Monday.

While the details of the agreement between the CBC and the Canadian Media Guild (CMG), which represents 5,500 workers, are still being worked out, staff could be back to work as early as next Tuesday.

The tentative deal includes a limit to the number of contract workers CBC can hire (no more than 9.5 per cent compared to full-time employees), a 12.6 per cent wage increase over the span of the contract ending March 31, 2009 and a \$1,000 signing bonus.

Voting takes place today and runs through the weekend.

As for when employees go back to work, it is still being discussed, but until the vote is ratified, the picket lines will remain in place.

Before the vote is even ratified, CBC will let Don Cherry and his counterpart Ron MacLean broadcast their colorful hockey commentary this Saturday.

Humber journalism teacher, Marianne Policelli, is "elated" an agreement has been reached, but she still holds feelings of resentment towards management.

"I felt that it was an aggressive move to lock us out," Policelli said. "I lost all respect for management."

Her feelings were mirrored by Lise Lareau, the national president of CMG who said she wants to know why the government allowed a lockout to occur in the first place.

"A lockout was never needed," Lareau said. "It just shows how corrupt and badly managed we've been at CBC."

The lockout, which began Aug. 15, was caused by the dispute over CBC's plan to hire more contract workers.



karalee agar

Students from Humber's Social Service Worker (SSW) program joined the march in protest against acts of aggression.

Anti-violence rally draws few

by karalee agar
news reporter

Humber students and faculty took to the streets of Toronto last Saturday, in a rally against violent crime.

"I don't think people actually care about violence until it actually affects them," said Nadia Rowe of the Humber Social Service Worker (SSW) program.

Rowe was one of the eight protesters from Humber who marched with activists from Ramsden Park on Yonge Street, just north of Bloor Street, to Metro Hall Square on John Street.

The rally, which brought out about 50 people, focused on the

increase in violence this year.

There have been a total of 61 homicides in the city to date. At least 40 have been gun related.

"The madness that has been happening in Toronto this year is crazy," said Curtis Hoba, a member of Concerned Families Against Violence, which organized the march.

"A family friend passed away as a result of violence and I thought, 'how can I take an active role in this?'" he said.

The event also took place on the same day as the annual Take Back the Night rally, which is organized by the Toronto Rape Crisis Centre.

That event sheds light on violence against women and children.

1.7 million Canadian households live on less than \$20,000 a year, spending over 30 per cent of their income on housing – Canadian Centre for Policy Alternatives.

Protesters bring awareness to poverty

by **sheri bolton**
news reporter

Humber students joined hundreds of protesters at Queen's Park to rally for a higher minimum wage and more money for people living in poverty.

The protest, Walk, Wheel and

Ride for Dignity, was held Thursday, Sept. 29, four days before the Oct. 3 second anniversary of the election of Dalton McGuinty's Liberal government.

"It's a beautiful day where the winds of change are blowing across Queen's Park," said emcee Fred Hahn of the Canadian Union of Public Employees from a podium on the grounds of the legislature.

Protesters, many with disabilities, held up signs that reflected their chants, "Ontario needs a raise." But it may have fallen on deaf ears because the legislature does not sit until after Thanksgiving, a two-week delay from its scheduled start.

"They knew we were coming," said Melissa Addison-Webster, a member of the Peterborough

Coalition Against Poverty and a social assistance recipient.

"They were ashamed to show their faces," she said.

Addison-Webster, one of the original organizers of the annual event, said it was one of the largest anti-poverty rallies in recent years.

Nearly 1,000 people convened at Queen's Park, but Toronto Police refused to give an estimate on the actual numbers.

People arrived from as far away as Fort Frances and one man even walked 270 kms from Ottawa to Peterborough.

Across Ontario, numerous communities and cities held similar walks and rallies trying to raise awareness and gain support from their MPPs.

John Argue, co-ordinator from the Ontario Coalition for Social Justice, said, "People are coming from so many places. I'd like for a lot of MPPs to realize that a lot of the people from their constituencies are here."

"The next challenge is to get the politicians to change things," Argue said.

On the list of demands were requests to raise the minimum wage from \$7.45 an hour to a more liv-

able wage of \$10 an hour, a raise in social assistance that reflects the real cost of living, the provision of safe and affordable housing and the end of taking the child tax credit from families on social assistance.

Currently, one in every six Ontarians, an estimated 2 million people, live in poverty.

"I wouldn't even be at Humber if I didn't have scholarships."

- Bryan Rakowski, social services worker student

Bryan Rakowski, 21, a second-year Humber student in the social services worker program, attended the rally with his class of 70

students. Rakowski, who collects provincial disability payments, uses a wheelchair because of cerebral palsy.

"I wouldn't even be at Humber if I didn't have scholarships," Rakowski said. "They (government) don't pay for education."

Rakowski explained the province reduces the disability benefits for people who earn extra money.

"It's like you're being penalized for trying to be a productive member of society. You don't just want to sit there on (disability cheques) and barely survive."

Many organizations, including the National Anti-Poverty Organization and unions such as the Canadian Auto Workers, joined the rally.



sheri bolton

Bryan Rakowski (front), 21, joined a crowd of 70 Humber students at the Walk, Wheel and Ride for Dignity protest at Queen's Park last week.

Humber is number one among new applicants

by **alana lowe**
news reporter

Humber is the college of choice among students who applied to Ontario colleges in 2004, according to a recent survey.

The Ontario College Applicant Survey was mailed out March 2004 to 17,000 prospective students. The findings are based on almost 4,000 replies.

Of those stating a first choice, Humber was the runaway winner with 885, followed by Fanshawe in London with 362, Algonquin in Ottawa with 345, and Sheridan in Oakville with 334.

"I believe that students choose Humber College first because we offer a full range of programs in all disciplines," said Michael Hatton, Humber's associate vice president academic. "We have a very strong reputation for delivering a particularly strong and effective learning experience in our classrooms, in our laboratories and workshops, and in related fieldwork experiences."

About 90 per cent of those who answered the survey said their first choice was based mainly on the school offering the program they wanted. This was important to applicants in applied arts, media, applied technology and health science programs.

Other considerations included if the college was close to home and its reputation.

"I chose Humber because it's a bigger campus and a closer location," said Mylan Tran, a first-year business administration student.

The survey began in 2003 as a pilot project to find out applicants' perceptions of Ontario colleges and concerns about costs and other factors.

This is the first time the corporate-funded survey by the Millennium Scholarship Foundation examined applications to colleges and concerns about attending college.

The results reflect responses from high school, post-secondary and prospective students who applied for admission in the 2004-05 school year.

The Millennium Scholarship Foundation is an independent organization created by an act of Parliament in 1998.

The foundation gives \$325 million in bursaries and scholarships each year throughout Canada.

Blair to attend BBQ on campus

by **nick kyonka**
news reporter

Humber is teaming up with Toronto Police to help students beef up their bodies and their security.

This month, Humber security will be hosting a barbecue and information session at the North Campus on Oct. 13. Chief Bill Blair will attend.

"We'll be doing a little burger flipping," said 23 Division Superintendent Ron Taverner, who will also attend.

Students will get information about the role of security on campus, how to reach security if needed as well as how to take advantage of the under-used campus walk program.

"It's really helped to raise the level of awareness at the Lakeshore Campus and we want to do the same at the North Campus," said Gary Jeynes, Humber's public safety director of last month's barbecue at Lakeshore.

For \$5, students receive their choice of a beef burger, a veggie burger or a hot dog, as well as a drink, a bag of chips and a raffle ticket. Top prizes for the draw include two Apple iPod minis.

All proceeds from the barbecue will go to the United Way. The barbecue will run from 11:45 a.m. to 2 p.m.

School of laughs stands test of Time

Comedy program garners applause from national mag

by **vernon williston**
news reporter

The comedy program at Humber College's Lakeshore Campus received national attention last month in the Canadian edition of *Time* magazine.

"Founded in 1999 and the only program of its kind offered by an English-language institution, Humber's School of Comedy nevertheless brings academic rigor to the art of comedy," said Chris Daniels, in his article *School for Fools*, in the Sept. 19 issue of *Time*.

Larry Horowitz, director of the comedy program, expressed his pleasure at having the course mentioned.

"We were all very happy, it was an article in *Time*," Horowitz said.

The program was created to help new comedians marshal their skills and talents.

It started out as a week-long summer workshop three years before it became a full-time program.

The purpose of the program is not to teach comedy to newcomers, but rather to give those with raw talent and desire a sense of direction.

"Let me assure you, you really don't teach comedy," Horowitz

said. "We take a comedy spark and fan it into a flame."

Students learn how to sharpen their skills and the business aspect of being a professional comedian.

They learn stand-up, history of comedy, writing for comedy, video and productions.

They also have to know how to read a contract, how much to charge for an event, transportation costs and finding steady employment.

Program instructors still work as professional comedians when they're not in the class and give valuable first hand experience to the students.

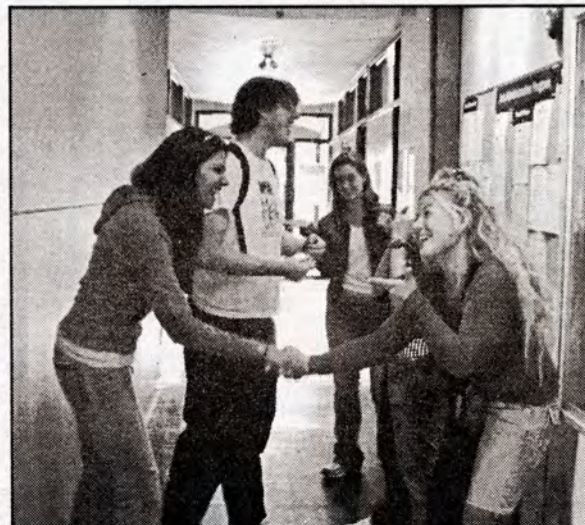
"I love the program," first-year post-grad student Chelsea Larkin said. "It's great, you don't have to buy textbooks because the teachers are

the textbooks."

First-year post-grad Anne Jennings said the things you learn in the program can be used in many different aspects in the entertainment business.

Horowitz said graduates of the course are successful in finding employment but it doesn't mean fame will come quick.

"There's an old saying in show business," Horowitz said. "Even overnight success takes 10 years."



vernon williston

Clowning around in the halls before taking stage.

Scrabble has expanded its empire. The game that's sold in over 120 countries and 30 languages has now added a Welsh edition.

Humber students get it off their chests

by kathleen tomlinson
NEWS REPORTER

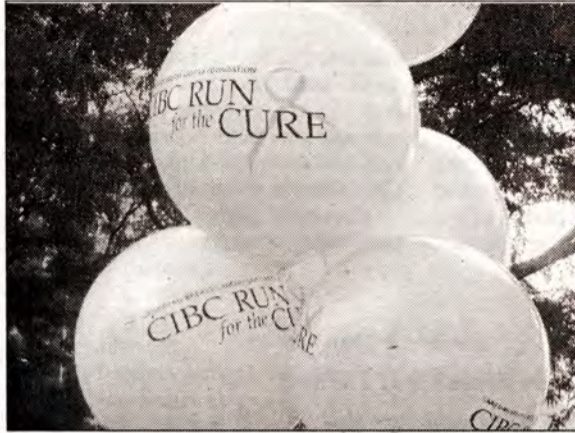
Humber student Danielle DeCiantis, 19, showed her support for the CIBC Run for the Cure this past Sunday at Nathan Phillips Square.

For the past two years, DeCiantis alongside her mother Theresa, and cancer survivor sister Carroll-Lynn, 21, took part in the 5km walk. This year the DeCiantis' extended their invitation to their entire family, and formed a group called 'Carroll-Lynn'.

Each member of the family wore the T-shirts with scripted badges representing whom they are running for. DeCiantis' younger cousin Amelia Landen, 10, created her T-shirt on her own, which read 'I am running for boobies'.

"We run on behalf of my sister of course, but we are also here to support all the women in the world," DeCiantis said.

DeCiantis chose to put her life



kathleen tomlinson

The annual run raised over \$4 million in Toronto

on hold three years ago, taking a year off school to help her sister through her chemotherapy sessions.

"It's truly amazing seeing all of these families come together and celebrate all the special women in their lives."

DeCiantis back in school, and is now in her second year of

business at the University of Guelph-Humber.

Sharon Wood, executive director of Ontario's chapter of The Canadian Breast Cancer Foundation (CBCF), shares this day offering warm wishes to families and friends.

"Fourteen years ago the Toronto event began in High Park raising just over \$83,000. Thirteen years later Toronto alone is expecting to raise over \$4 million," Wood said.

The CBCF supports the prevention of possible causes for the disease, and helps support all factors of it.

Megan Dolan, 12, is running for

the first time on behalf of her mother who died from breast cancer two months ago.

"My mommy is not here because she had cancer, but she is an angel now, and I know she is watching over me," Dolan said.

In July 2005 Margaret Elizabeth Dolan died.

"Power, strength and hope are just three words I would use to describe Margaret," Paul Dolan said of his wife. "She was an amazing wife and an amazing mother."

Julia Modugno, 19, Christina Mastruzzo, 19, and Isabella Tomasi, 20, all York University students, came out to support all the survivors of Toronto, wearing their bright pink tops, and 'Think Pink' bracelets.

"This is my first time walking to support breast cancer," Modugno said. "Never in my life have I ever felt so alive and full of energy. I am so happy that I came out here today to help raise money for the cure."



chris halliday

The proposed U-Pass would make the Rocket more affordable to all students

HSF joins battle against rising transit prices

New U-Pass on the table

by chris halliday
NEWS REPORTER

The Humber Students' Federation, along with a handful of GTA schools, is negotiating with the TTC to offer students a better deal on transit.

"It would be cheaper than the VIP," said Cameron McKenzie, HSF vice president of administration at Lakeshore, referring to the Volume Incentive Pass (VIP) sold for \$88.75 in the college bookstore. "But we can't give out any exact numbers right now because it's still up in the air."

The proposed Universal Transit Pass (U-Pass) would be similar to those already available to post-secondary students in cities across the country including London, Kingston and Waterloo.

York University, the University of Toronto, George Brown College and Ryerson University have joined HSF's fight to keep money in students' wallets.

"We started working with other colleges in the GTA and formed a coalition group," said Daniella Cross, HSF vice president of administration at North Campus.

"York University, U of T, George Brown and Ryerson all wanted to take a look at this Universal Pass."

HSF's preliminary talks have hit a roadblock. The transit commission wants all students to pay for the U-Pass, without the option of opting out.

"These passes may not be feasible for Humber because we're a commuter school," Cross said. "But if the TTC refuses to give us an opt out, then we will continue to lobby for a discount to the current Volume Incentive Pass (VIP) program."

The two-year VIP program had been scheduled to end in August. But HSF convinced the TTC to make it a permanent program, saving students \$10 on a regular monthly Metro Pass.

The bookstore sells about 1,400 passes each month.

Religious arbitration decision sparks praise, frustration

by sunil angrish
NEWS REPORTER

Many organizations are pleased with Ontario Premier Dalton McGuinty's announcement that there will be "one law for all Canadians," ending religious arbitration in Ontario.

McGuinty told Canadian Press he felt the debate over the issue had "gone on long enough."

The 1991 arbitration act, brought in by the NDP government, allowed for civil disputes to be settled outside of courts by religious leaders.

In 2003, a Toronto-based Muslim group proposed creating a formalized tribunal to settle Muslim civil disputes using Sharia law, which is a set of rules and guidelines for how Muslims should live their lives. Organizations, including Amnesty International, fought against the idea, saying a Sharia-based tribunal would be prejudiced against women. Other critics have said that there are no set rules or standards to Sharia law, and it is open to wide interpretation.

"We are relieved and very pleased by Premier McGuinty's decision," said Alia Hogben, executive director of the Canadian Council of Muslim Women. "It's very fair." The Canadian Council of Muslim Women has been involved in the fight against religious arbitration. Its position opposing the arbitration act extended further than Islam-based law.

"We are not against the application of Muslim law, but all religious-based laws," Hogben said. "We believe in one law regardless of race, sex or religion."

But Hogben said McGuinty should have made the decision earlier. "Dragging it out has made it a bigger issue," she said.

The Muslim Canadian Congress opposed the arbitration act, arguing it amounted to the privatization of the judicial system by allowing religious leaders to mediate or arbitrate civil disputes outside Ontario courts.

"It was an insult to 100 years of judicial reform," said Tarek Fatah, head of the Muslim Canadian Congress and a former journalist in Pakistan. "There is no place for it."

In June 2004, the Ontario government asked former NDP attorney-general Marion Boyd to examine the arbitration act. Her report, published December 2004, recommended, "arbitration should continue to be an alternative dispute resolution option." A decision by Attorney-General Michael Bryant was expected this fall.

Bryant's office released a statement Sept. 8 saying it was examining Boyd's report and would ensure "that there will be no binding family arbitration in Ontario that uses a set of rules or laws that discriminate against women."

Amid ever-increasing protests and public outcry, McGuinty announced Sept. 11 that all religious-based arbitration, including Sharia law, would be banned.

"The premier made the statement that he made," said AG spokesman Brendan Crawley. "We are preparing to amend the legislation."

"The decision has been going on for a number of months," said MPP Kathleen Wynne, a member of the standing committee on social policy. McGuinty made the announcement after protests grew, and he "did not want the debate to escalate."

Some groups are not pleased with the announcement.

"We are a community that is affected by this decision," said

"It was an insult to 100 years of judicial reform"

-Tarek Fatah, Muslim Canadian Congress Head

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The Welsh edition will include double letter tiles such as 'LL' and 'DD', but not the letters 'Q' and 'Z' as it's not part of the language. (Reuters)



alexandra demaria

Humber bigwigs flipped burgers on Tuesday in their annual fundraising event to raise money for the United Way. The barbecue raised approximately \$600 for the charity.

Bright future ahead for apprenticeship studies

by dominik kurok
NEWS REPORTER

Humber College's Apprenticeship program will receive \$200,000 from the Ontario government to provide 24 more apprentices to cook/culinary program starting this year.

The funding for the 2006-2007 school year will reach \$11.7 million for colleges and universities in Ontario.

"The brains and know-how of a skilled workforce are the competitive edge of the 21st century and will ensure prosperity for our people," said Chris Bentley, minister of training, colleges and universities.

"We are committed to increasing the number of new apprentices by 7,000 to a total of 26,000 each year by 2007-2008," he said.

Alister Mathieson, dean of hospitality, recreation and tourism, said funds will be available for capital projects that Humber can apply for.

"Those funds would go into the building of new laboratories, purchase of new equipment and the renovation of existing laboratories," Mathieson said.

"The ministry will be putting

money into marketing campaigns to promote the benefits of cook apprenticeships," Mathieson continued. "And as an institution delivering apprenticeship programs, we will benefit from increased enrolment within the apprenticeship program."

24 more apprentices will be trained each year in Humber's Cook Apprenticeship program

The government has hired an action group to identify successful apprenticeship programs and find ways to support them.

It will recommend ways to get rid of barriers.

As well, the group hopes to increase completion rates and encourage employers to consider apprenticeships.

The group consist of employers, labourers, community leaders, educators and trainers. Its first meeting takes place this month.

Among those 26,000 yearly apprentices, starting this year the

government is investing in 18 colleges, allowing 1,000 students to obtain college diplomas while training as apprentices in nine specific trades, such as automotive service technician, heavy duty equipment technician, industrial mechanic millwright and truck and coach technician.

As part of this, 24 more apprentices will be trained each year in Humber's Cook Apprenticeship program starting now.

In a press release, Dr. Shafiq Qaadri, Etobicoke North MPP, expressed his support.

"Creating more opportunities for people to train as apprentices will boost our local businesses and ultimately help build the strong economy Ontario needs for continued prosperity," the release said.

Michael Hatton, Humber vice president academic, said, "I would like to emphasize that apprenticeship programs are an integral part of the Humber College programming framework, they have been for a very long time, and will, I believe, always continue to be. Therefore any additional funding through this government announcement is greatly welcomed at Humber and the Humber community."

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editorial

"I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend." – Thomas Jefferson (1762-1826)

Hands-on training leads to leg up in skilled trades

Well McGuinty has laid down the law, or lifted it, so it seems. Our comforting tuition freeze is over and students are left to wonder where this extra money will come from. It makes you see why more and more students are considering apprenticeships as a chosen post-secondary path.

And why not? Would you rather pay for schooling or get paid by the school? Most graduates end up in skilled trade jobs anyway. Only 32 per cent of high school students actually go on to college or university. We can't all be doctors, firefighters or cancer researchers. These are all great aspirations but it doesn't come true for all of us. We need the plumbers, electricians and automotive mechanics to keep the world running on a day-to-day basis. So why the negative attitude around skilled trades?

People seem to set apprenticeships apart from post-secondary schooling, but in fact they are alternative career paths that can lead to success after high school. There has always been this stigma surrounding the skilled trades that they are second-rate to college and university. The perception seems to be a degree or diploma will get you further in the workforce.

Not true. Universities and colleges do have great employment rates after graduation. Humber with an employment

rate of 87 per cent and University of Toronto with a grad employment rate of 92 per cent. The great thing about an apprenticeship is you have a job when you enroll as an apprentice. You learn your profession by practicing it.

This negative perception around people who learn better by hands-on application stems from high school, where the curriculum is so academically focused. Shop class seemed like an easy way out for those who didn't want to study the books. These people seemed unmotivated and uninspired. But maybe they just learn better by applying the knowledge instead of memorizing it.

Because of this high school mind-set, people who enjoy working with their hands have a diminished concept of their learning abilities. A 2002 study conducted by the Toronto District School board found that while apprentices were not confident in their knowledge and abilities in the workplace they were actually quite capable. The study suggests parents and teachers' pessimistic perceptions of the skilled trades discourages students. Why do people still believe that skilled-trades are second rate?

Perhaps it's the low academic achievement level required for this kind of post-secondary program. While it's true that some require a Grade 10 equivalency, many placements

require students to have obtained their Ontario Secondary School Diploma (OSSD) at or above the general level.

With the baby-boomers on the way out of the workforce, the skilled-trade sector is going to be booming with opportunities.

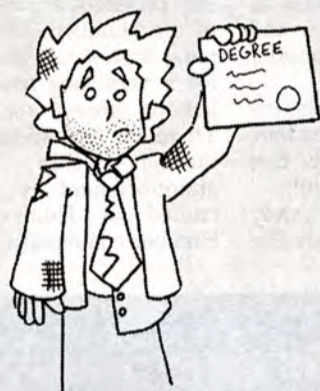
It is time for parents and educators to realize the potential employment of the skilled-trades. Enough of this prejudice against those who work with their hands. Book smarts are not the only things that makes you intelligent.

Beyond teaching and academic study, common university majors like religion and history have limited job prospects. Apprentices have transferable skills and a huge job potential awaiting them.

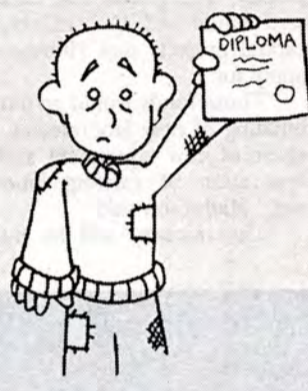
"Why not focus more attention on apprenticeships at a high school level?" asked Chris Kitowski, manager of operations with the Ontario Ministry of Training, Colleges and Universities.

So often you see people rushed or pushed into college and university only to drop out a year later because they aren't what they want. They enter the workforce where they feel accomplished and comfortable.

"Apprenticeships are concurrent options for a career path. People need to see that," Kitowski said. He's right.



University Graduate



College Graduate



Apprentice

Regulating Canadian content a quick-fix solution

Since 1972, the Canadian Radio-television and Telecommunications Commission (CRTC) has been forcing Canadian broadcasters to maintain certain quotas of home grown content in their line-ups. The regulations have buoyed the nation's artists and their careers, and they typify the Canadian way of coping with a system that is largely beyond our control.

Canada has always yielded center stage to the United States, not just in music and television, but in politics and economics as well. The free market system, revered by Americans as the source of their prosperity, sculpts the Canadian business landscape whether we like it or not.

And indeed, in most ways, we do. The right to pursue wealth and success by whatever means we like is fundamental to our lives. The downside is that Canadians in entertainment and many other industries have no choice but to bow to the huge concentrations of money and power that exist south of the border.

We deal with this by introducing laws, like the Canadian content regulations, that curb the less desirable effects of a U.S.-dominated market. Setting minimum ratios of Canadian to foreign content on our radio and TV stations makes it easier for this nation's artists to attain the level of fame that seems to come so easily to even the least talented of American celebrities.

The question is, how long can this approach hold out? Like small towns store-owners that protest the opening of a Wal-Mart, there is a hypocritical tinge to broadcast regulations that may become too big to ignore.

Free enterprise, like free worship or free speech, is an all-or-nothing deal. Musicians and filmmakers want to chase the goals of prime airtime, packed concert halls and chart-topping sales however they see fit, but that freedom inherently includes the possibility of failure. Unfortunately, but unavoidably, success in a global market is going to favour exceedingly rich and high-profile countries like the U.S.

Many complain that the record labels and production houses are the culprits for placing money, not art, at the forefront of the competition. There is definitely a lot of truth to this, but it is just another effect of the free market economy.

When people are encouraged to pursue wealth above all other things, and in any manner they choose, the business-savvy will find their way into every industry.

Free market is a vicious, Darwinian system, where the biggest and best always rise to the top. Only a root ideological change, not a growing list of compensatory laws, can change this.

The Canadian method—regulating where we can, keeping quiet where we can't—is working for now. But if our country truly does want to end the reign of a handful of ultra-powerful businessmen and corporations, it may one day have to emerge from the shadow of America and define its own economic ideology.

— HUMBER ET CETERA —

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Injustice continues

Crooked cop gets 30-day jail sentence for police brutality



by Jevon Griffith

After a legal battle that lasted two years, Const. Roy Preston was sentenced to a mere 30 days in prison for not only beating up Somalian refugee Said Jama Jama, but for trying to cover up the incident. After a Caribana party in 2003, Jama Jama was attacked by officers outside a Rexdale coffee shop.

While delivering his sentence on Preston, Justice Peter Wilkie blasted him and other officers who helped him for exploiting authority, using excessive force and breaching trust.

The problem with the 30-day sentence, which is being served on weekends, is that it does little in ensuring that justice be served. A lengthier jail sentence for crooked cops like Preston would at least show there's a public intolerance for police brutality.

The joke sentence that was handed out, because of protestations of his wife about to give birth among other things, only shows that progress has yet to be made as far as justice for all is concerned.

The fact that Preston tried to fabricate notes and statements to put the blame solely on Jama Jama, also shows that officer selection in the city of Toronto is poorly done. Had there not been a videotape showing Preston's assault of Jama Jama's face, Jama Jama could have faced a jail sentence and would have been deported back to Somalia, and for what?

It's people like Preston who cannot handle the kind of responsibility that comes with being a police officer because they are so prejudiced that it corrupts their judgment. Who are we being protected from if our so-called protectors are turning on us?

Dave Wilson, the president of the Toronto Police Association, had the gall to blame the incident on the media, saying that a lot of the impact of the case came out of media coverage.

In attempting to soften the blow, defence counsel J.J. Burke said Preston's defence tactics shows that he is a valuable police officer to the community.

Corrupt cops are the reason why police and community relations will never work in our most diverse communities. Until a group of unbiased, non-racist and law abiding officers join the force, it seems that the injustice will continue.

Feminism goes wrong as girls go wild



by Jennifer Marshall

Where do we draw the line between trashy and classy? It seems lately girls are fine with parading around in public wearing next to nothing for guys to drool over. Bars have turned from places to socialize to places to grind and make out with total strangers. More and more this is what I am seeing when I go out to bars and it has bothered me for quite some time now.

Macleans' magazine had a front cover story addressing the issue, in its Sept. 26 issue. The article by Judith Timson entitled "Girls Gone Raunch" tried to answer my question. Timson took the words right out of my mouth when she said, "Increasingly, young women are treating themselves and each other like pieces of meat."

I witnessed a very public display of a night gone wrong when I was out with friends this summer. After disgustedly watching a man and woman grinding on one another for a few minutes, I couldn't help but wonder if they thought they were shooting a porn scene. In minutes she clearly unzipped his pants and they started having sex on the dance floor for

everyone to see. After the display was pointed out to a bouncer, the guy was kicked out. The man left without one word to the girl and she was left standing there like she didn't know what was going on.

Obviously they had just met. In less than a minute she disappeared back onto the dance floor and totally forgot about her shining moment.

It is because of displays like this that respectable, responsible women, and even men, increasingly don't want to go out. It seems the only reason to go to a bar is to pick up some ass. It's like a game to girls. They try to see who can wear the skimpiest outfit and draw in the most guys. If the outfits don't work they start grind-grabbing and even making out with each other just for the attention. It's disgusting and embarrassing to watch these women smear the reputations of all decent and self-respecting people, not just women, out there.

In Timson's article, Ariel Levy, author of *Female Chauvinist Pigs: Women and the Rise of Raunch Culture*, says girls and young women not only feel the pressure to be pretty and popular but their ultimate goal is to be hot.

Women today want men to desire them sexually more than anything. That is where the skimpy outfits and provocative behavior displayed at bars come in.

It makes it almost impossible for any modestly-dressed woman to meet anyone when they have to compete with pseudo hookers.

The *Girls Gone Wild* videos, which do nothing for a woman's self-image, gained popularity by showcasing college girls getting naked for the camera just to get T-shirts or hats.

Most footage is captured on spring break, when the partying is in high gear, but the *Girls Gone Wild* tour bus has made it across Canada. The phenomenon is no longer confined to a week of cutting loose but has exploded into an era of baring all.

The tour started in August at Ottawa and aimed to make 17 stops in Canada. Only a few university campuses such as Dalhousie and Lakehead denied them access.

It wasn't that long ago when you would hear women complaining about men being chauvinist pigs. But now it seems women are embracing exactly what they were against. I find that some guys see this behaviour as slutty but there are more guys who aren't going to complain.

I don't understand why young women feel they have to do these things for attention. Why can't women respect themselves and keep on the classy side of things?

HSF encourages student apathy on tuition



by Leigh Beadon

The first item on the Humber Students' Federation mandate lays out a fundamental goal - "to promote and advance the interests of all members currently enrolled at Humber Institute of Technology and Advanced Learning and Guelph-Humber University."

But when it comes to the issue of tuition, the HSF has demonstrated a surprising reluctance to stand up for the

student body.

"Sure, we can protest. We can write our government officials long

letters begging for mercy on our vacant wallets. But the truth is our successful futures, no matter what, are going to be expensive," reads an editorial from the Oct. 4 issue of HSF's *Newswire*.

To me it sounds more like berating students for complaining too much than promoting and advancing their interests. In fact, it explicitly discourages them from taking action and communicating with their government. Free

political action, one of the most important parts of democracy, is suddenly denigrated as "begging for mercy."

Are we to infer from this that students in Switzerland and a host of other countries where post-secondary education is almost completely funded by the government will not enjoy successful futures?

This is yet another example of the childish North American habit of determining something's value based on its price, instead of the other way around.

I wonder if the same hard-luck attitude is supposed to

apply to those children who, because of their financial situation, will never get the chance to attend college.

If successful futures cost big bucks "no matter what," then I guess they, their children and their grandchildren are doomed to lives of odd-job obscurity.

I sincerely doubt that the HSF is really that ignorant. If, after careful consideration, they have indeed decided that a tuition hike is unavoidable, they need to learn to communicate that decision intelligently and rationally to students—not make us feel like whiners with tight purse-strings.

What is going to happen to poker's fanfare now that hockey is back?

“says you”



"I think it might diminish a bit. Because of the hockey lockout people are more interested in it starting back up."

-Simon Rotstein
Multimedia



"Poker will definitely go downhill. Hockey is more entertaining to watch."

-Ashlee Thomson
Recreation and Leisure



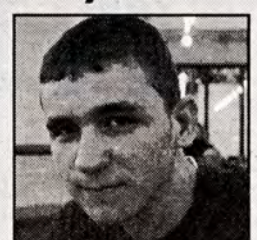
"The dedicated poker players will stay true to the game."

-Erin Duncan
GH Media Studies



"Hockey sucks, the two have nothing to do with one another."

-Joshua Sinclair
Nursing



"People are going to start playing poker while watching hockey."

-Dave Chrzaszcz
3-D Computer
Animation

According to Canada's Food Guide, when a source of vitamin C is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food.

Students can dine for \$9.99

Humber room encourages staff and students to enjoy affordable, high quality cuisine

by Jesse Cnockaert
NEWS REPORTER

Many students think the Humber Room, the college's upscale, student-run restaurant, is off-limits, but nothing could be further from the truth.

The restaurant, which is staffed by culinary and hospitality students looking for real world experience, is open to all.

Anthony Borgo, one of the staff in charge of the kitchen, said many students avoid the Humber Room because they are under the false impression that it is too expensive or that a dress code is in effect.

"We have faculty that use the room. We also have business partners. These people are in business attire, so I think sometimes the students walk by and they kind of look into the room, see a guy with a tie and go 'maybe it'll be expensive.' There's that perception," Borgo said.

However, nothing on the Humber Room menu is over \$10. Students can even use the flex dollars on their meal cards to pay.

Richard Pitteway, a culinary and hospitality instructor and the food and beverage manager of the Humber Room, wants to empha-



Jesse Cnockaert

Culinary arts students show off their pastry skills in the Humber Room's student-run kitchen.

size that it is open to the public, like any campus eatery.

"It is a big issue. Students will walk by the room and they'll look

and they see the tablecloths, and they see the silverware and they see the glasses and they think, 'Oh wow, we can't go in there.' And,

yeah, you can," he said.

The Humber Room is located at North Campus in EX 101, next door to the Gourmet Express and across

the hall from the main entrance of the bookstore. Pitteway would like to encourage more people to visit the restaurant, so the culinary and hospitality students can get the experience Humber offers them.

"I would like to see more people coming in, because that would be a better challenge for both the front and the back of house," he said. The Humber Room can seat over 100 people. Pitteway's goal is to seat at least 60 people for lunch every day.

This year, the Humber Room will have a seasonal menu. Customers can order dishes such as baked cod and chicken schnitzel for under nine dollars. The dessert list includes red wine poached pears and different kinds of strudel.

Mark Ramos, a third-year business administration student, had a false starting impression of the Humber Room.

"I thought it was a cooking school. You don't expect to see a restaurant at school, not when we have a cafeteria," Ramos said. He didn't realize it was open to the public until his second year.

The Humber Room officially opened for business Sept. 19. For more information or to make a reservation, call (416) 675-5012.

Breaking the fast

Something to eat first thing in the morning will keep you trim and give you the energy you need to stay alert for the rest of the day

by Kate Weldon
LIFE REPORTER

With little time to get up and get to school, students find it difficult to make time for the most important meal of the day.

"(I have) no time... I get up at 6:30 a.m. and come to school. Sometimes I grab a muffin when I get to school," said first-year culinary management student, Lisa Mueller, 18.

Registered dietician Susan Fyshe said it is important for students to make time for breakfast.

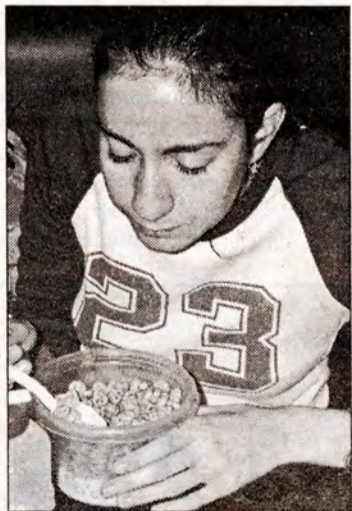
"It's called breakfast because you break-the-fast we've been on since our last meal. We have a real (growing) problem with obesity but by having breakfast we get the metabolism going," Fyshe said.

"Breakfast is one of those meals that gets you started in the right direction," Fyshe said.

Having something to eat in the morning not only affects the rest of the day but your overall health.

A recent American study reports that subjects who skipped breakfast tended to eat poorer food choices throughout the day.

The study, which took place over a 10 year span, also found



Kate Weldon

Humber student Natalie Welsh starts her morning off right with whole grains.

that teenage girls who eat a morning meal maintained a healthier weight than those who didn't make time for a quick bite.

Skipping breakfast also makes it more difficult to perform well in school.

"I make sure that as soon as I get a chance I eat, otherwise I can't concentrate," said Tyler

MacKenzie, 19, a first-year culinary management student.

Fyshe said many students skip breakfast due to a lack of time, motivation or convenience, but there are still healthy choices if they are running short on those.

"There's something for everybody for breakfast that contains good quality protein, carbohydrates and fruit," Fyshe said.

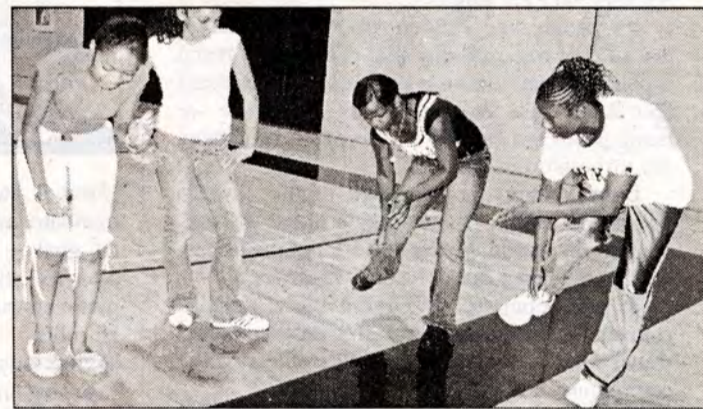
She recommends wholegrain breads and cereals, low-fat milk, and fruit.

"There are healthy cereal choices and not-so healthy cereal choices. The not-so-healthy ones give you a big blood sugar rush and then a big blood sugar crash," Fyshe said, recommending that if students don't like the taste of wholegrain cereals they can mix them with a half portion of one of the less healthy cereal choices.

Adding fruit to the cereal or some yogurt also makes it a much healthier meal.

"Even if you are in a rush, a piece of wholegrain toast and peanut butter or even a piece of fruit on the run is good," Fyshe said.

The important thing is that something gets consumed for breakfast.



Ashley Turner

Humber step dancers get their groove on at WDAS tryouts.

Sisters spread African roots

by Ashley Turner
LIFE REPORTER

Move over Humber Hype. There's a new dance team in town.

"To be on the WDAS Step Team at Humber you need to be Wickedly Divine Ambitious Steppers," said Wanina Adelubi, who founded the dance club this year with her sister Stacey, both second year business students.

The WDAS team, which held its first tryouts last Tuesday, will share the floor with the Humber Hype and the Hawks cheerleaders at men's and women's basketball games.

The final squad will consist of 16 to 20 dancers. The only requirement to try out is to have "rhythm," Stacey said.

The Adelubi sisters continue a love that began when they were on

the step-dance team at Turner-Fenton High School in Brampton.

"We are teaching from the roots of our African ancestors," Stacey said.

"This is a more traditional style of dance. It was created through the slavery days as they worked and we have added our modern-day twist to spice it up."

Wanina added, "we are looking to achieve and educate new forms of dance and art, inspire not just a small number of people, but to create a new idea shared throughout bigger surrounding communities."

There are no immediate plans for WDAS to co-ordinate any routines with the Hype dancers. "Although collaborations with other clubs would definitely create and inspire new forms of dance in the upcoming semesters," Stacey said.

According to the Canadian Breast Cancer foundation an estimated 21,600 women will be diagnosed with breast cancer in 2005 and 5,300 will die of it.

Muslim cancer support group dispels recent claims

Members deny objections to self-examination

by Jennifer Berube
LIFE REPORTER

A local support group for Muslims dealing with cancer wants to send the message that the subject is not a cultural taboo.

In an article published in the *Toronto Star* Sept. 20, Muslims were portrayed as a religious group that doesn't want to deal with the issues of breast cancer. The article said it is inappropriate for Muslim women to physically examine themselves and when diagnosed with the disease the victim's family is often unsupportive.

"After 10 years of serving our community, there's an article that says Muslims don't discuss cancer," said Nadeem Memon, leukemia survivor and committee member of Toronto's Muslim Cancer Support Organization. "That means there are Muslims we weren't able to reach out to."

The MCSO is a support group that has met regularly since 1995. After being touched by stories of survival or devastated by personal loss to the disease, the group came together to share experiences to show and gain support in the community.

Noreen Farooqui, a freelance writer who wrote the *Star* story, had a different experience. After finding a lump under her breast she received little support from her Sunni family, part of a more traditional sect of Islam.

"I was looking, specifically, for a breast cancer support group," Farooqui said. She found the



Jennifer Berube

Members of the Muslim Cancer Support Organization gather for their monthly meeting with survivors and oncologists.

Ismaili Cancer Support Network, a group for women newly diagnosed and currently living with cancer.

The ICSN is a group for the Shia sect of Islam, Farooqui said, which is described as the more modern version of the faith. Since her family offered little support, this is where she turned. Luckily, the tumor was benign.

"Muslims come from a range of cultures, not a single one, each with their own level of comfort speaking about body-related topics," said Solange Waithe, Humber's Muslim Students Association secretary. The issue of breast cancer is not a touchy subject for Waithe, whose mother is an MD who worked with terminal phase cancer patients, while her father did cancer research.

Majied Ali, co-founder of the MCSO and testicular cancer survivor said the MCSO hopes to

send the message that it's okay to talk about cancer. They also want to educate people on the subject.

"We aren't different from anybody else," Ali said.

"That was so silly," co-founder of MCSO and breast cancer survivor, Dr. Atika Khan said of the article.

Ten years ago, Khan found a lump on her breast while in the shower. "I wasn't doing self-examinations then," she said. "I am now." Khan said when it comes to matters of health it is perfectly okay to discuss them and make regular visits to the doctor.

"There are brothers and sisters of ours in hospitals who need our support," Memon said. "This is about reaching out to patients who need our support."

"I personally think it's a privilege to be able to serve," said co-founder Latif Owaisi, whose first

wife died of breast cancer. Owaisi said the group visits cancer patients in hospitals and at home because the victims deserve to be surrounded by family and friends who care.

The MCSO also works closely with the Canadian Cancer Society in an effort to create awareness. For the past three years, the organization has participated in the Relay for Life. "We took over 500 Muslims last year and raised over \$25,000 for the CCS," Memon said.

"We're not hiding it," Memon continued. "I feel bad for the people we did not reach, but I don't know if I feel bad for the people who didn't try to reach us."

Memon works with high schools and universities in the area through the CCS and MCSO. Owaisi said the organization also hands out flyers at local hospitals to gain awareness. As of now, they are in the process of designing a website.

The *Star* article brought up the two different sects of Islam, Sunni and Shia, saying Shia is more modern and therefore more understanding and supportive. All three founders of the MCSO are of Sunni backgrounds.

"Sunni and Shia walk together in the Relay for Life," Ali said.

"They believe in the same Qur'an," Owaisi said. "The belief system is the same."

"It is not taboo," Memon said about discussing cancer in the Muslim community. "There are cultural aspects, but to say it's our religion, that's false."

The MCSO meets on the last Friday of every month in Mississauga and Scarborough. There are two oncologists on site for examinations and counseling.

"After 10 years of serving our community, there's an article that says Muslims don't discuss cancer."

- Nadeem Memon,
leukemia survivor

Whisk

Weekly recipes brought to you by Humber's culinary arts students

Developed by second year student, Danielle Oliveira and Chef Anthony Borgo

Country Style Omelette with Taleggio Cheese (serves 4)

8 large eggs, lightly beaten
100g Taleggio cheese, diced
100g finely chopped onion
100g sweet pepper cut into thin strips
salt, pepper, parsley
extra-virgin olive oil

1. In a skillet, saute onion and sweet pepper in a few table-spoons of oil until transparent.
2. Season beaten eggs with salt and pepper.
3. Add eggs to sweet pepper and onion mix - cook mixture in skillet on both sides until lightly golden brown.
4. Slide omelette onto an oven-proof plate. Sprinkle diced cheese over top.
5. Place in a 300 F (150 C) oven until cheese is melted.
6. Sprinkle with chopped parsley and serve hot.

Variations

- try different vegetables like mushrooms, peas, diced potatoes, etc.
- try different types of cheese to create a flavour profile of your liking.



prizes galore!

Play today for your chance to win* big!

† See prize and Game details posted in restaurant. *Correct answer is required to a skill-testing question.

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Fashion brand French Connection is minimizing the use of their controversial FCUK logo. They are focusing on more "subtle advertising" for their new collection.

Rummaging for quality recycled digs – all at your fingertips in one Toronto neighbourhood



Kensington Market, in the heart of downtown Toronto, is the city's mecca for vintage shopping. Roger DeSouza, left, owner of Flash Back and Astro, two of the Market's popular vintage shops, spends a lot of time hand-picking quality used clothing and accessories. A shopper, right, sifts through a rack of vintage finds.

The art of finding good vintage

by erica shupe
LIFE REPORTER

In fashion everything that goes around, comes around. Enter the world of vintage, where mom's prom dress from the 1960s can be considered a cool choice for a night on the town now and can even be a way to make money.

"Vintage is collectible, it has been around forever," said Calvin Brown of Toronto's Courage My Love, a vintage clothing store located in Kensington Market which has operated for over 30 years. "In the 1970s people were trying to copy the 1920s and '30s."

So what is vintage? "Vintage has to be something, in today's age, before 1970," Brown said. "If I took off my socks and

gave them to you, they wouldn't be vintage – they would be second-hand. In another 20 years, who knows, maybe you'll be breaking out your fluorescent green baseball cap from the '90s again."

Any avid collector will tell you that for an item to be vintage and not just thrift, it has to have something unique about it and this uniqueness is why it sells.

"Vintage items, while also second-hand, are in a category of their own – they are characterized by excellence, maturity and enduring appeal, or considered classic. These pieces are timeless items that only grow more valuable over time," said Gina Cohen, a representative from Value Village.

This appreciation in value can easily be seen by simply browsing

Internet sites like eBay or antique stores where, depending on the age, brand and condition of an item, can fetch hundreds of dollars.

One of the most popular spots to buy and sell vintage clothing and accessories in Toronto is Kensington Market, which is nestled between Dundas Street West and College Street behind Spadina Avenue. The Market even draws tourists to the culturally diverse area.

Much of the clothing found in popular vintage stores has been found in the racks of Goodwill, Value Village and other thrift shops, or donated directly to the store.

Vintage store owners take the guess-work out and reduce the volume of clothing people have to look through to find what they want. Sometimes this means con-

sumers pay more than they would at a store like Goodwill.

This doesn't mean consumers don't get what they pay for. Vintage clothing shops only take the highest quality they can find. This usually means the clothing is relatively free of rips, wear and tears and stains.

Thrift stores are also on the look out for popular brands like Chanel, Pucci and Armani, brands they know people will pay a little extra for.

Roger De Souza, who owns two vintage clothing stores in the Market – Flash Back and Astro – makes a living from buying and selling quality vintage clothing that he hand-picks.

"Vintage is things that you pick piece by piece, you may say no to 50 and say yes to only one. They have to have a certain style, class," De Souza said. "I pick what will

sell, what my clientele likes."

People are constantly looking for a way to stay trendy and unique, without it costing them a sleeve and a pant-leg, and vintage stores are the way to do it.

"Buying vintage isn't a fad, it's a passion for fashion," said Trish Montle, a second-year public relations student and avid vintage shopper. "Those people that consider themselves true fashionistas are always rummaging through racks at vintage clothing stores for that one invaluable piece, or already have a few of those fantastic finds in their cupboards. Buying vintage will never be deemed unpopular because people are always in search of unique clothing, cheap clothing, and interesting fashion finds."

threads your personal style on campus

by hazel ong
LIFE REPORTER

Nicola Miller, a fourth year music student at Humber Lakeshore, describes her personal style as "eclectic."

"I like funky, antique-y stuff. Anything eclectic," said Miller, 22.

The purse she has in tow reflects just that.

"My purse is from Cozumel, Mexico. It's hand-embroidered by a Mayan woman. It was \$20," she said.

The way her outfit was put together was because she was "in a really big rush, and likes earth colours".

The browns, greens, and greys in her outfit show her definite taste for earthy colours, and her rustic-looking earrings reflect the whole antiqued look.

The tweed blazer she sports is one of her favourites.

"I like my blazer a lot, it's warm. I got it in Kensington market, it goes with anything and it was like, \$15," she said.



HAZEL ONG

FAT showcases Toronto's hottest alternative artists and designers

by sandra bratovic
LIFE REPORTER

Hundreds turned out at this year's FAT (Toronto Alternative Fashion Week) to support hip up-and-coming new designers.

The designers who participate in FAT focus more on personal statement and cultural expression than what is considered trendy in fashion magazines.

The crowd, a combination of fashion lovers and event supporters, sipped drinks and schmoozed, while they waited for the models to take the runway.

The collections included coats made of old quilts, and short shorts in hot pink.

Over 30 fashion designers showcased their talents at this year's event.

Directors said it is more difficult for these designers because their product is not as marketable.

"In Toronto, there really

isn't anyone that wants to give designers like us a chance. That's why so many designers have to go to New York," said Niamh McManus, FAT director and designer.

McManus said the event will continue to grow and one day may be even bigger than Toronto Fashion Week.

"(FAT) lets you make connections, and it lets you know who

else is doing the same sort of stuff," said Laura Mensinga, a designer who participated in the event.

Mensinga said she doesn't feel it is more of a challenge for her because her designs are alternative.

"I am not trying to appeal to the mainstream market anyway," she said.

Ryan Mercer, another participating designer, said Toronto is a difficult market for fashion because there are not many jobs.

Mercer said he would like to work in New York or Europe because there are more opportunities for young designers.

"It's (also) the allure of going abroad and experiencing new cultures and new ways of thinking," he said.

Mercer said Toronto loses a lot of talented fashion designers for these reasons.

FAT wrapped up its week-long fashion event on Sunday at The Drake Hotel on Queen Street West.



SANDRA BRATOVIC

Models pose in Canadian designs on the runways last week at Touch Lounge.

Sin City actress, Jessica Alba, said she was horrified after seeing photos of herself at the MTV Movie Awards when she realized her dress was translucent.

Former music student stomps to success

The off-Broadway show *Stomp* tours Europe with a cast member from Humber College



ASHLEY CARTER

Troy Sexton is the youngest member in the cast of *Stomp*.

by ashley carter
ENTERTAINMENT REPORTER

While most 21-year-olds are maxing out their parents' credit cards to travel Europe, Toronto's Troy Sexton is travelling to earn a living.

An ex-student of Humber's music program, Sexton performs with the touring version of the acclaimed off-Broadway show, *Stomp*.

"The show uses everyday objects like brooms and trash can

lids – in ways you'd never thought you'd see them," Sexton said. "Any sound that you can possibly hear or make, when put into a rhythmic context, is *Stomp*."

The production has spawned numerous award-winning films and copy-cat shows. Since its inception in Brighton, England in 1991, casts have formed in both England and the United States, with specialized tours reaching as far as Japan.

"It's strange," Sexton said. "I've been to almost every country in Europe – Spain, Italy, Austria, Hungary, Germany – and I've never even wanted to travel."

Sexton is the youngest person

to join the European touring cast and the only Canadian to build a career with the show worldwide.

"I first saw *Stomp* in NYC when

I was 15 on a high school band trip and it was the most inspiring hour and forty-five minutes of my life," Sexton said. "People tend to leave the show thinking, 'Whoa, that looks impossible.' I left thinking, 'I'm going to be in that show

"I ended up in the tabloids in Prague after an opening night gala. I was at a table with a girl who drew a lot of attention for whatever reason . . ."

– Troy Sexton,

Stomp cast member

before I'm 20."

And he was.

After being turned away from the American cast twice before he turned 19 (due to his age and lack of a working visa), the impressed producers recommended him for the UK show where he could avoid legal tangles.

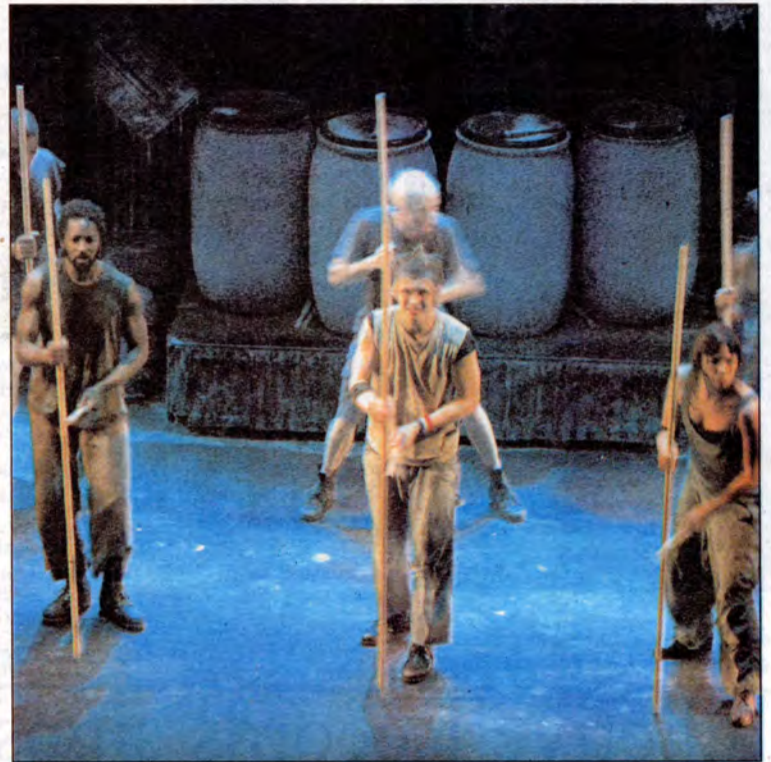
Since then he's been touring upwards of 10 months a year, not stopping in any city for more than two weeks.

"Tour time goes by five times as fast as normal time," Sexton said. "But it's easy to get homesick when you're always meeting new people and then leaving the next day. There's no stability."

With press stops in every city and VIP status wherever they go, life on the road isn't without its misadventures.

"I ended up in the tabloids in Prague after an opening night gala," Sexton said. "I was at a table with a girl who drew a lot of attention for whatever reason. When she kissed me goodbye about 25 photographers surrounded us. Turned out she was a Czech movie star."

While the cast members aren't exactly recognizable celebrities, *Stomp* is a big deal in each town, making it not uncommon for



ASHLEY CARTER

Sexton (center) and the cast use sticks in their performance.

teenage girls to chase them down the street after shows.



ASHLEY CARTER

Sexton lives out his dreams.

"It gets crazy sometimes, but I always take an extra minute with anyone who cares enough to approach me, since I remember how cool it was to meet performers when I was a kid," Sexton said.

Sexton is basically the embodiment of that syrupy childhood mantra, 'you can do anything you set your mind to,' a reminder that it isn't just a storybook cliché meant to keep kids from becoming Styrofoam-chewing junkies.

"I don't want to sound lame, but it's a dream come true," Sexton said. "My biggest motivation to do the show is that maybe there'll be some 15-year-old skater kid with a sideways-cap in the crowd who gets inspired to reach his goal the same way I did."

With people in their 40s still touring with *Stomp*, he'll probably be kicking around for some time.



ASHLEY CARTER

Former Humber student Troy Sexton's (forefront) dreams of drumming comes true as he bangs on trash cans in *Stomp*.

The Cheshire Smile

Spotlight on Humber

by drew seale
ENTERTAINMENT REPORTER

It's difficult for an independent band to exist without making some compromises, but experimental pop band The Cheshire Smile from Peterborough via Cobourg does the best it can.

Organic is the first word that comes to mind when one hears The Cheshire Smile for the first time. It's a fitting word for a band whose members are all vegetarians. The music has an organic sound to it and draws its sound from bands such as Dredg, Broken Social Scene and The Arcade Fire.

"There seems to be a really natural way of building yourselves as artists that

can be linked to an actual lifestyle," said Guelph-Humber journalism student and bassist Chris Lyons.

The band, which also includes Michelle Scuka on vocals, Brandon Root on guitar and vocals, Dave Connolly on synth-guitar and Andrew Smith on drums and piano, recently tore up its Cobourg roots and moved to Peterborough in order to stay close with Scuka who attends Trent University.

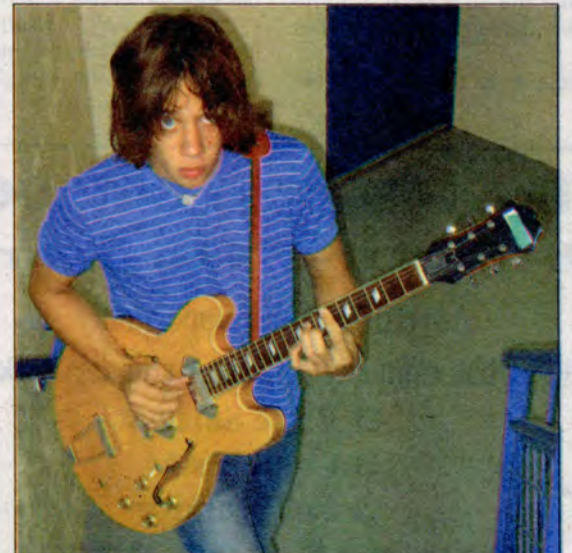
Although the distance between Lyons and the rest of the band can be trying, Lyons said last time he went home the band was "honing quite a sound." Lyons also noted Root and Smith usually compose the core of the songs and his bass lines are added later.

"They're all really creative, inspired and confident musicians and good friends so it makes for a good band atmosphere," the first-year journalism student said.

Lyons has no idea where the band is going, but with more than two years together, he sees potential. The band has also recorded its first LP, *Legacy of the Fleeing Turtles*, independently.

"We did (the demo) in the upstairs of Brandon's garage, it was a loft kind of thing," Lyons said. "(We did it) through very primitive computer technology."

Listen to some songs from The Cheshire Smile's LP *Legacy of the Fleeing Turtles* on its website www.myspace.com/thecheshiresmile.



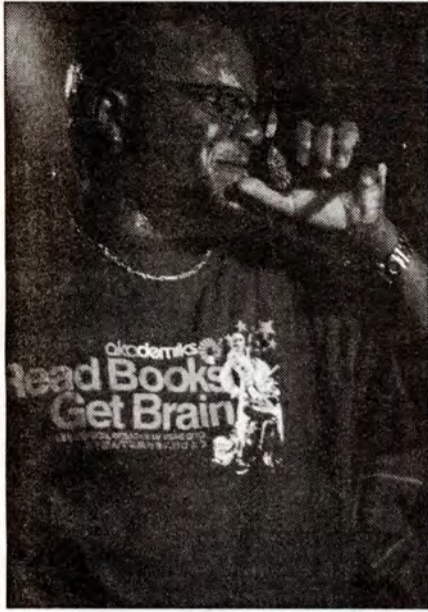
DREW SEALE

Chris Lyons is a bassist for The Cheshire Smile and a journalism student at Guelph-Humber.

arts & entertainment

Paris Hilton and Paris Latsis called off their wedding plans after a five-month engagement. Reportedly Hilton was the one who ended the relationship.

Pocket Dwellers rock Caps



by adam vanderhelm
ENTERTAINMENT REPORTER

The Pocket Dwellers' recent performance at Caps was a homecoming for the increasingly popular group.

"You guys are quite lucky," said bass player Gordon Shields. "I think we've played here three times before."

Five of the members of the band attended the Humber Jazz program, so the group knows the college well.

The Toronto group has been around for nearly a decade and recently landed its first big record deal.

"We've worked really hard to get where we are now," N.I. Gel said. "We're really proud to be associated with EMI Bluenote, it's such a legendary label."

Bluenote has represented such jazz legends as Thelonious

Monk and John Coltrane.

The Pocket Dwellers, however, refuse to be pegged down to any one genre.

"Our sound is Pocket Dwellers," DJ S. Luv said. "I think we are our own sound. When you think of a fusion of hip-hop, jazz and funk, that's Pocket Dwellers. We can't really say we're 'this' or 'that', we're our own sound."

"We're about investigating as many different styles of music as we can. We always touch on the darker colours, the more lush colours of music," Shields added. "What we would consider a pop song would be completely underground to someone else."

The Pocket Dwellers' latest show only managed to pull about 20 people out of the Humber woodwork.

"You never know how it's going to turn out," N.I. Gel said.

Although this particular show didn't grab the usual crowd, N.I. Gel still enjoys playing Toronto.

"It's always good," he said. "My mom comes to the show."

What's In Your Headphones?



name: chad hinds

music: jay-z

program: court and tribunal agent

adam vanderhelm
Pocket Dwellers' N.I. Gel performed at Caps last Wednesday.

Addictive Records signs Toronto's Les Six

by drew seale
ENTERTAINMENT REPORTER

In the Toronto independent music scene success can be hard to come by, but local band Les Six and manager Vee Popat have teamed up to bring the world to their feet and breathe life into a decaying music industry.

"In this industry you have to be passionate, or it will kill you," Popat said.

Popat, who runs Anger Management which handles only musicians, has worked with some of the biggest names in music from Radiohead to Coldplay to Fatboy Slim. Now, a few years after stepping away from Universal, EMI Music and other major labels he worked for, Popat has given up the perks of the corporate music industry to try and take a more independent approach.

He gets to start from scratch and help bands he enjoys a lot more, like the successful Toronto electronic dance-punk band Les Six.

"I believe in this band more

than any I've worked with," Popat said.

With a tentative November release date for Les Six's debut album *Clean Kills and Other Trophies* on Popat's new label Addictive Records, and a recent distribution deal between Addictive Records and Maple Nationwide/Universal Music Canada, things are starting to look up for Popat and Les Six.

His relationship with Les Six (pronounced lay-cess) began last January, but his first experience with the band began earlier. Popat was deejaying in and around Toronto when he saw Les Six play. He had recently left EMI and was starting to get into management.

Popat, who has a Ryerson business management degree with a major in marketing, noticed something different about the music Les Six was playing. He found their sound included hints of other bands but at a closer look they became something different.

"Les Six isn't a band that the kids will dig," the manager said, before noting the sound is more

mature and better aimed at the over 19 college-university student crowd.

The band, whose sound can only be described as electronic dance-punk in the vein of Joy Division, The Cure and The Faint, has had a rough go lately with clashing priorities but has finally changed from a six-piece to a four-piece.

J.S. Roy, guitarist for Les Six and one of the core songwriters, is pleased with the band's direction.

"We're just trying to push it to the next level," Roy said. "We're trying to grab every opportunity we can to play out of town."

Roy noted that his band is more likely to get attention from major labels because Les Six's debut is well-produced, whereas, indie labels are interested in more of a lo-fi feel.

"I wanted to take advantage of that and go all of the way to make it sound as lush as it is," the guitarist said.

The band is excited to get back into the studio to work on the next album. "I feel the happiest and most comfortable in the studio making the recording," Roy said.

Popat is also anxious for the



courtesy

The members of Les Six are excited for their debut album, *Clean Kills and Other Trophies*, on the label Addictive Records.

band to move forward into a bright future.

"The planets are starting to align for Les Six," he said. "Be real, believe in what you're doing, spread enough good karma and something will come back."

Check out Les Six on Oct. 22 at the Reverb in Toronto. Listen to Les Six at www.myspace.com/lessix.

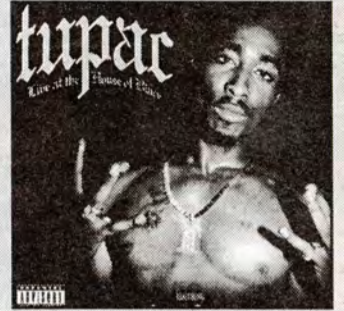
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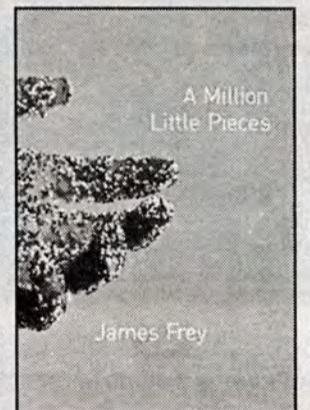
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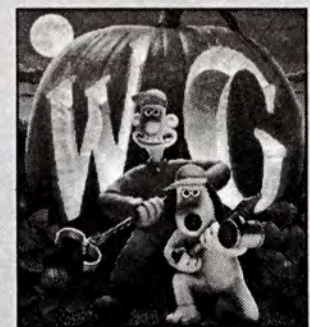
Kicking and Screaming
Oct. 11



courtesy

BOOK

A Million Little Pieces
by James Frey



courtesy

MOVIE

Wallace & Gromit
Oct. 7

The Disney classic *Cinderella* platinum edition of the original movie is out on DVD now. The movie had been unavailable in any form for almost 10 years.

Sign up for Creativity 101

by ethan rotberg
ENTERTAINMENT REPORTER

In case you thought creativity couldn't be taught, Humber is introducing the first-ever creativity workshop at Lakeshore Campus.

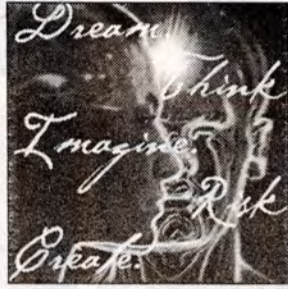
The workshop was created by Humber instructor Heather Kent. Kent will team up with Joe Kertes, dean of the school of performing arts, and well-known comedian Joe Flaherty to run the class.

Kent said the first step to teaching creativity is to create a safe and supportive environment so students can feel comfortable to take risks.

"We want to get students to look at things differently," Kent said. "There are little exercises you can do to keep your mind ticking."

The first of the four workshops

is Oct. 27, and the remaining will be held on the following three Thursdays.



courtesy

It will motivate students to answer questions such as what is creativity and what the fears prevent you from being creative.

The series of workshops is open to anyone for \$229. Kent said it

has gained the attention of both faculty and students. It will test the level of interest because this is the first time this workshop is being offered.

"We're really hoping that this goes somewhere," she said. "I'd like to see this turn into a full summer course that students could take as a general education course."

Kent added there are very few, if any, courses like this being offered right now.

"Many courses on creativity look at business creativity or creative writing for example, not at creativity as a whole."

For more information on the workshop contact Heather Kent at 416-675-6622 ext. 3079 or via e-mail at heather.kent@humber.ca

Henry celebrates 20 years

shane crandon
PHOTO EDITOR

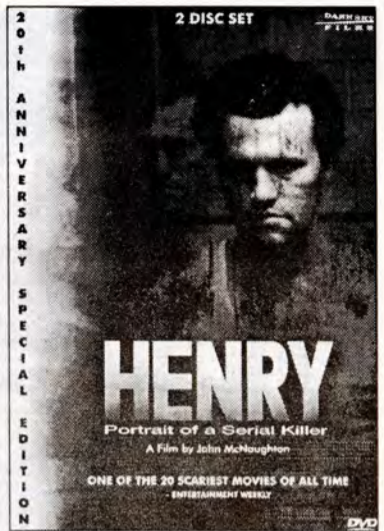
Horror movies have been in a slow downward spiral for years. What started out as a genre of films to genuinely shock and scare has turned into nothing more than slasher fests that people still flock to theatres to enjoy.

In the early to mid-'80s, slasher films were at the top of their game with horror franchises popping up all over, quickly oversaturating the masses with their blood, guts and gore.

Then along came director John McNaughton and his debut film *Henry: Portrait of a Serial Killer*. Inspired by a 20/20 special on serial killer Henry Lee Lucas, McNaughton loosely based his first film on the life and crimes of the man. Brutal and gritty, the movie was given an X-rating for its moral tone and shelved until it received an unrated video release in 1989. Now, it has finally taken that last leap with a special 20th anniversary two disc DVD release.

The film starts off with a montage of mainly female murder victims. The camera pans over the dead and violated bodies while the haunting soundtrack hints as to their violent ends. Presented in a realistic and matter-of-fact manner, the film's story unfolds as we meet Henry (Michael Rooker) and Otis (Tom Towles), a couple of ex-convict room-mates. Soon Otis's down-on-her-luck sister, Becky (Tracy Arnold), moves in with the duo to escape an abusive husband and decides to stay.

It's obvious from the start that Henry is a stone-cold killer, but Otis takes a little while to get in on the killing action. Once he does, the two embark on a killing spree. Otis gets dangerously out of control as his bloodlust quickens.



courtesy

Meanwhile, Becky is oblivious to it all until it comes to a head when Otis tries to rape her.

This is not a flashy movie and features none of the fallbacks normally employed in horror. There is no suspense being eked out, and there are no jump-scares. The protagonist is not a cool, quip-filled killer who takes immense joy in his murder. Henry neither feels remorse nor enjoys the murder—he just does it.

Henry is obviously a low-budget film (made for \$120,000 and shot in four weeks). While Arnold and Towles falter occasionally in the acting arena, Rooker is dead-on as the soft-spoken and polite, but always simmering Henry.

By today's standards, the movie may not seem that disturbing and the controversy that surrounded it in the '80s may seem laughable, but at the time it was a very shocking film. It's very real and that scared people when you go to bed at night. You know Freddy Kruger is not going to be waiting for you, but Henry could very well be.

The DVD not only contains the movie, but also brand new feature-length commentary by writer/director John McNaughton, complete with 20 years worth of perspective on the film.

The special features include the requisite deleted scenes and outtakes, still galleries and storyboards as well as not one, but two documentaries.

Nostalgia available on DVD

by mark gullherme
ENTERTAINMENT REPORTER

With almost every television show quickly being released to DVD, it was a matter of time before everyone's favourite childhood memories started showing up.

Volumes of *Teenage Mutant Ninja Turtles*, *Spider-Man*, *Thundercats*, *Transformers* and other retro television shows have already been released with more coming in the near future.

Everyone's favourite barbarian hits store shelves Oct. 18 when *He-Man and the Masters of the Universe Season One Volume* is released to stores. The second volume of *Thundercats* first season will land in time for the holidays with a Dec. 6 release date.

The first volume of *Thundercats* is currently one of the hottest selling DVD sets available.

"We've actually completely sold out of it," said Marc Ibarra of Square One's Starstruck Entertainment. "When it comes to

television DVDs, it's our best-seller. Usually we get a lot of 20-somethings buying it, but we usually get a lot of guys buying it for their kids as well."

The past few years have also seen steady releases from Hanna-Barbara, creators of perhaps what are history's most famous animated series. Nov. 15 will see the release of *The Flintstones* fourth season, as well as the first volume of *The Huckleberry Hound Show*. Already released from the studio are collections of *Scooby-Doo*, *The Jetsons*, *Wacky Races* and *Dastardly & Muttley in Their Flying Machines*, all affordably priced in the \$30 to \$40 range.

Fans of the hugely popular *Transformers* will be happy to know (if they don't already) that the entire series run is available to own on DVD, as is the 1986 movie released theatrically.

Little girls looking for a role model in the late '80s found one when *Jem* hit television screens in 1985. Although the show was originally designed by Hasbro to

market a line of their dolls, its pop star concept at a time when MTV was everywhere made it a fan favourite among young girls.

"I remember I wanted to be Jem, like very badly," said Jenna Patton, first-year radio broadcasting student. "I had pink hair at one point, and it was totally because of Jem. I made a Jem and the Holograms T-shirt because I wanted one so badly."

Although the shows lack the polish sported by today's current animation, it's the nostalgia factor that has students like Sean McNamara, also in his first year of radio broadcasting, coming back to them years later.

"They're almost more entertaining to watch now because you notice how a lot of the animation is really cheesy and it makes you laugh," McNamara said.



courtesy

THEY ALL STARTED AS AMATEURS!



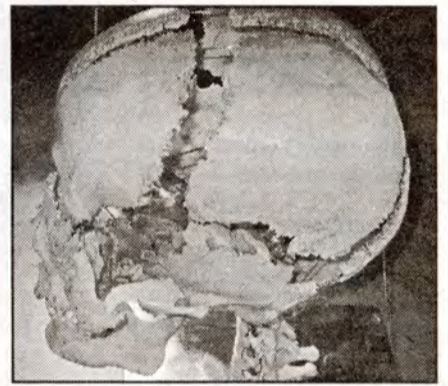
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in focus

Body Worlds 2 runs to February 26, 2006 at the Ontario Science Centre. Admission for adults is \$25 between 10 a.m. to 5 p.m. and \$20 between 5 p.m. to 9 p.m.



fariche alleyne and chisoni clarke

Clockwise from top left: Doctor Gunther Von Hagen shows off his exhibit, two views of The Ponderer, an expanded skull and The Skateboarder.

Health advice from the dead in Body Worlds 2

Preservation technique called plastination makes bodies suitable for controversial display.

by fariche alleyne
IN FOCUS REPORTER

Inspiring, beautiful, creative, and weird are some of the words uttered by visitors to describe the Body Worlds 2 exhibit.

Upon entering the exhibit through a long dark hallway surrounded by bold black walls, the first thing that strikes the viewer is the many illuminated glass casings in the middle of the hallway filled with different kinds of human body parts.

The exhibit started in 1995 in Japan. It has been seen by over 17 million people worldwide. And over the years 6,500 organ donors and 300 bodies have been donated to the plastination institute.

The displays range from the frontal cross-section of a human thigh bone to a torso with a severely deformed spinal column and body wall.

They show the preservation technique known as plastination, created by Dr. Gunther Von Hagen, which replaces bodily fluids and fat with epoxy and silicone, making the bodies durable for display.

The variety of the specimens is

used to show the public the difference between healthy and diseased organs, illustrating the importance of a healthy lifestyle.

However informative the exhibit is, it has been plagued with controversy. Media reports from Von Hagen's native Germany have accused him of using bodies without permission.

The accusations Von Hagen vehemently rejects, saying that all of his specimens are from people who have donated their bodies to science.

Doctor, scientist and creator Von Hagen stresses the importance of a healthy lifestyle.

"My number one is health education, I am an educator," he said confidently.

The tall, skinny 60-year-old looks great for his age and credits it to taking as much care to his insides as he does the outsides.

Dr. Angelina Whally, director of the Institute of Plastination in Germany, said some people do decide to live healthier lifestyles after viewing the exhibit – and she calls this a sign of success.

"Surveys have shown that it really contributes to a healthier lifestyle. Ten per cent say they stop

smoking and drinking, 50 per cent say they take care more of their life, they exercise more, they take care of their nutrition and what they eat," she said.

The newly introduced obesity

"I think it's phenomenal and gorgeous and I think it's a privilege to see it."

- Dr. Shannon Bell, professor at York University.

revealed specimen shows fat tissue and its harm and ability to shorten life by damaging vital organs like the heart and bones and is also an influential specimen.

Dr. Shannon Bell, associate professor of political science at York University, has seen the exhibition in Frankfurt and California and is amazed every time.

"I think it's phenomenal and gorgeous and I think it's a privilege to see it. I am healthy, I am 50 but I could see how it would influence (people to change), particularly the

fat (specimen). It's incredible really because you can actually see the destruction of the body that happens with overeating," she said.

Interior design student Ballie Mackey, 21, could benefit from this exhibit because like most college students, being healthy is not on the top of her to-do list.

Students not used to the busy college life can be tempted by unhealthy options in cafeterias and fast food restaurants.

Mackey knows the importance of leading a healthy lifestyle but just can't stick with it. She also notices that it is playing a bigger role in society.

"Society is trying to push people that way. (I noticed) even fast food restaurants that aren't usually healthy are now introducing salads in their menus," she said.

Even though health is becoming popular within society, firsthand knowledge of how an unhealthy lifestyle can negatively affect the body could prove beneficial.

For students like Mackey and others who would not ordinarily get the opportunity to view the body in its unhealthy state, as well as how the body actually works on

the inside is another reason why the doctors feel the exhibit is necessary.

"Our personal success is that people learn about their bodies and about making the best choices for their bodies," Whally said.

"That people live more health-oriented, that by comparing the healthy and diseased organs like the smokers' lungs and normal lungs, they understand that it is indeed worthwhile to live healthier lifestyles. You are able to influence the length of your life, the happiness of your life," Von Hagen said.

"My advice would be don't smoke, don't eat too much, eat most in the morning, least in the evening. Eat healthy food. Think more about what you eat. Some people are more concerned about what kind of fuel they give their car, but don't think about what garbage they put into their body," he said.

Also, Whally said to be aware that the body is the same on the outside and the inside and to not treat it differently.

"I think that if you are doing something good to your body interior, it will also have an effect on your outer shape," Whally said.

Humber's gym, located in building A, offers many fitness classes, including aerobics and yoga. The gym is open seven days a week for all staff and students.

Early health changes can benefit your future

by **Jessica miller**
IN FOCUS REPORTER

Students' wellness largely depends on lifestyle factors whether they drink, smoke, diet and exercise.

Jill Laskey, fitness program supervisor from the Chinguacousy Wellness Centre in Brampton, said this is a crucial time in students' lives for establishing patterns.

"This is really the first chance that you have as an adult to make decisions about how to live your life, and the patterns that you choose to follow now will really set a foundation for your future."

A traditional lunch with a lot of vegetables, some wholegrains and a little protein are what you want in your diet. Students eat a lot of refined carbohydrates in fast foods, so they should supplement that with high-fibre foods that are fast and easy to take with them, like fruits. Pre-packaged foods, such as protein bars, can be eaten on the go.

"There's always a healthy choice when you're looking at fast foods, so learning to make those healthy choices and to make those healthy choices more than making the unhealthy choices (is important)," Laskey said. "If you start eating salad and a whole-grain turkey sandwich...for lunch then that's probably a habit that you'll keep for life."

Humber offers a full workout facility that is always open for all staff and students.

"When you pay tuition it's part of your gym fees so you can come whenever you want," said Paul Courchenne, Athletic Centre weight room and control centre supervisor.

Located in Humber North building A, students can take advantage of the many fitness classes or programs available.

"I think it's great for students, easily accessible," Courchenne said. "It's open from 6:30 in the morning until 10 at



Jessica miller

Waterloo co-op student Billy Hau works out before going back to work.

night on weekdays and 8 in the morning to 5 at night for weekends."

Laskey said busy students should eat things that are easy to prepare, inexpensive and nutritionally balanced. "The hard part is finding all three together," she said.

Unhealthy conditions in both males and females include anorexia, bulimia and compulsive exercising.

Underweight and malnourished warning signs include fatigue, concentration problems, low self-esteem, loss of hair and the inability to repair your body or fingernails.

Overweight warning signs include fatigue, shortness of breath, low self-esteem and difficulty doing everyday tasks, such as walking to school with a bag full of books, going up stairs, going up hills or riding bikes.

"(Canadians are) so used to seeing large people in our society that we don't even realize what normal," Laskey said.

She said most college students

are interested in toning up, losing weight or getting fit.

Female students can exercise to help increase their bone density to prevent osteoporosis later in life, which they cannot do after 25 years of age so it is important to exercise now.

"There are various types of cardio, like treadmills (and) bikes. There are different kinds of weights, straight weights, machine weights and there's an entire gym that's usually open all day to students," Courchenne said.

Male students are encouraged to workout as a preventative measure to later risks, as well as to put on muscle and get stronger.

Immediate benefits from exercising include improved physical health, stress relief, higher self-esteem and an improved blood flow to the brain that increases concentration at school.

"Learning to deal with stress in a positive way at this age is critical to how you deal with stress in your future and critical to your success," Laskey said.

How to Stop freshman '15' before it starts while living at residence

by **Carmela gentile**
IN FOCUS REPORTER

Students who live in Rez are usually away from home for the first time. With this new freedom comes the responsibility for meals.

The freshman 15 legend is a first-year rumor, but a recent study by Cornell University found freshmen gain only an average of 4.2 pounds during the first 12 weeks of college. This is almost 11 times more than the average weekly weight gain expected of 17 or 18 year olds.

Suzi Singer, an independent registered nutrition counselling

practitioner, said "stress and a new-found independence and the responsibilities at a college or university level will lead to people indulging in junk food."

Osa Ralladi, a second-year business administration student said, "stress makes me eat," said Osa Ralladi.

As students struggle to maintain high grades while still getting enough sleep each night, many tend to grab a cookie or a bag of chips, because it's quicker than preparing a healthy salad.

"Kids are really busy going to school and studying, you just grab what's there," Singer said.

"I use food as a diversion," Ralladi said. "I want to keep putting off studying."

Singer stresses the importance of making healthy food choices while at school.

She asks many of her clients who are college students to make a list of what is available in the cafeteria.

"There is always a salad bar. There is always soup," she said.

She provides several healthy eating tips for students who are watching their waistlines.

When preparing a salad, she suggests using a small amount of oil and vinegar instead of dressings

loaded with mayonnaise.

At the soup bar, choose a bean or lentil soup and stay away from soups with creamy bases.

Vegetarian diets are becoming increasingly popular with students, but Singer stresses the importance of eating healthy.

One of the most important things a student can do is to avoid excessive alcohol consumption.

"Avoid pub night," Singer said. "People aren't just consuming one beer. Over the weekend, they will consume 15 to 20 servings of alcohol. It's very heavy in calories and it really packs it on."

Try to keep alcohol consump-

tion to a maximum of three to four servings per week to avoid unnecessary calories.

It is also important for students to engage in physical activity.

"Get out for a walk an hour a day if you can't get to the sports complex," Singer said.

Low blood sugar levels can cause a lack of mental awareness and a lower level of brain activity.

"Bring stuff with you and make sure to eat every two and half hours," Singer said. "The ideal things to pack are raw fruit and vegetables, trail mix, or a sandwich with lettuce, tomato, sliced turkey or chicken."

Humber teacher gets involved with exercise

by **Anita bell**
IN FOCUS REPORTER

Sam Steele, a polytechnical instructor at Humber, teaches a free class in the fitness centre that involves many unique forms of exercise.

Steele combines a variety of physical techniques in his classes such as Shitoryu karate, boxing, kung fu, wrestling, pilates and self-defense.

"Yoga makes me feel good and so I do it every night before bed," said Guelph-Humber student Alison Carter.

Yoga is a Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquility.

Steele is a black belt in Shitoryu karate and has been practicing yoga for years. Now he is using his skills to teach others.

"I'm giving back to the community, back to the college and giving back to the art (Shitoryu karate).



anita bell

Sam Steele instructs martial arts morning classes at Humber North.

It's a major commitment," Steele said.

According to emedicine.com, yoga is being used in substance abuse programs and as a comple-

mentary treatment for diseases such as anxiety disorders, depression, asthma, coronary heart disease, cancers and HIV/AIDS.

Certain forms of yoga can help reduce fatigue in people with multiple sclerosis, according to researchers at Oregon Health and Science University.

"We start by cleansing our body through our mind, try to wash away all the toxins, all our bad thoughts, all our bad feelings," Steele said.



As one practices the different techniques, energy rises to glands which helps regulate bodily temperatures and other activities in the body. This explains the importance of yoga as a stress management technique.

"Yoga is great just for the mindset, the relaxation. When you're at peace with yourself you're at peace with your surroundings and everybody else around you," Steele said.

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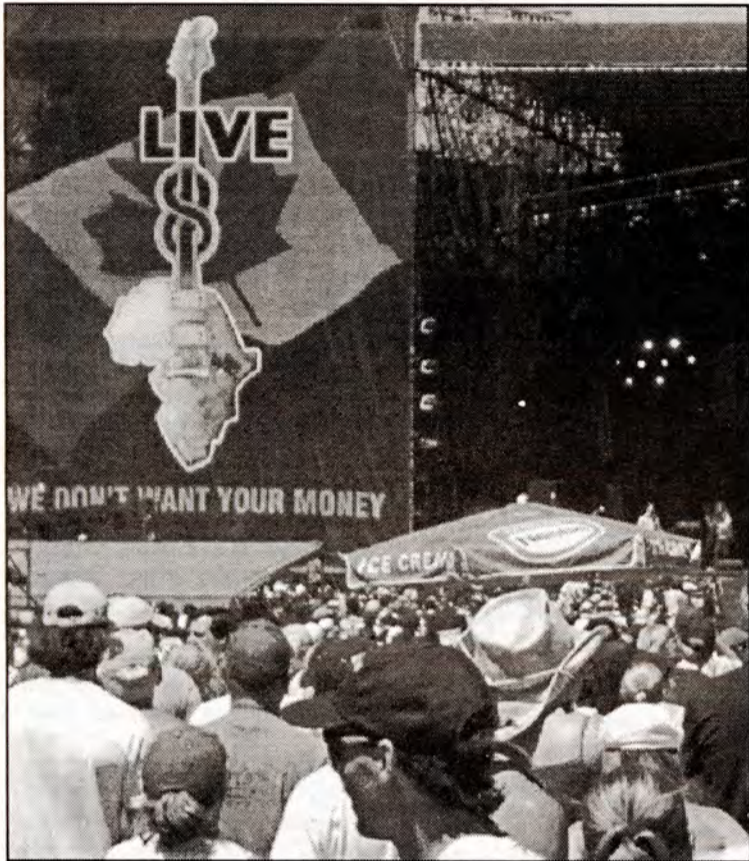
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"Let every village, town and city, every country and State, get out of debt and keep out of debt." - Rutherford Hayes, 19th president of the United States



Sir Bob Geldof organized Live 8 concerts in nine countries across the world, including this one in Barrie, Ontario. A four-disc DVD set of Live 8 footage will be available next month.

G8 nations drop debt

New agreement spells relief for developing nations

by sunil angrish
BUSINESS REPORTER

In a decision that could affect the lives of nearly 500 million people, the World Bank and the International Monetary Fund (IMF) ended their annual meeting in Washington, D.C. with an agreement to write off as much as \$57.5 billion in debt from some of the world's most impoverished countries.

The relief package, developed by the Group of Eight major industrialized countries in July, would cancel the debts owed to the World Bank, the IMF and the African Development Bank.

"The deal is done," said Christian Hofer, a spokesperson for the World Bank. "Now we're going to implement it."

The G8—comprised of Canada, France, Germany, Italy, Japan, Britain, the United States and Russia—agreed to cancel debt owed by developing nations, which marked a major turning point in

full debt forgiveness.

"We're happy about the announcement," said Pam Foster, the co-ordinator for the Halifax initiative coalition, a partner with Make Poverty History Canada. "It's too late for too few countries, but finally not too little money."

Foster credits political movements with helping to push the World Bank and IMF towards debt forgiveness. "Public pressure had a lot to do with it," she said.

Over the years, many organizations have sprung up to demand debt forgiveness for the world's poorest nations. Famous supporters for debt relief include U2's Bono and Sir Bob Geldof. This past summer's Live 8 event was designed to pressure the G8 members to provide debt relief.

"I think it had a huge impact," said Danielle Savoni, a final-year journalism student who attended the Live 8 concert in Barrie. "It put pressure on leaders to do something. Half the world was watching, how could they say no?"

The World Bank is an international development bank owned by 184 member countries. It provides low-interest loans, interest-free credits and grants to countries in need. It also provides financial aid to developing countries for education, health and infrastructure development. The IMF is an international organization also owned by 184 member countries, which deals in international monetary exchange, and provides loans to developing nations.

"It's really a groundbreaking deal," Hofer said. "The path to full debt forgiveness has been created."

Presently there are 18 countries approved for participation in the relief program, including Bolivia, Ethiopia, Honduras, Mozambique, Rwanda and Zambia, with 10 additional countries meeting preliminary conditions and awaiting approval from the World Bank.

As many as 38 countries could be eligible for 100 per cent debt forgiveness.

Humber takes business skills to Indonesia

Faculty members volunteer expertise in tsunami-torn Banda Aceh

by Jenna rosman
SENIOR REPORTER

Humber business faculty members are helping Indonesians get their businesses up and running following last year's tsunami.

In December, Humber president Robert Gordon sent letters to several international financial agencies, such as the World Bank and the Asian Development bank.

"The letters basically stated what Humber's capacity was in different sectors such as technology, business and nursing," said Diane Simpson, Director of International Projects at Humber. "(Gordon) gave an overview of the college

and offered our assistance for anything."

About two months later, an organization called Whyte Reynold International contacted Humber to request help from the business school.

"One of our drivers lost his wife, his children and 12 other members of his family."

- James Skinner, Humber marketing professor

The group is part of the Private Enterprise Participation (PEP) project, a year-long initiative sponsored by the Canadian International Development Agency (CIDA) and Manulife Financial that promotes the growth of small and medium sized businesses in Indonesia.

James Skinner, a marketing professor, was the first faculty member to spend time in Indonesia in the coastal city of Banda Aceh,

where he worked as a business consultant. He says there is a strong need for business consultants in Indonesia, where many businesses lack the basic tools necessary to ensure success.

"We have the kind of expertise that (Indonesia) needs right now," said Skinner. "For instance, we'll go and do cash flow planning with someone who owns a chicken farm."

In one case, instructors for the local English language school became scarce because of the overwhelming need for translators. Skinner not only salvaged the business, but also helped the school meet the ever-increasing demand for English teachers.

"We were able to set up very simple taped language labs so that (the school) could do much larger things with the small number of instructors that it may have, and reach many more people," he said.

Banda Aceh was devastated by last year's tsunami and the subsequent earthquake. Nearly a year after, earthquakes and aftershocks still happen.

"We were experiencing an earthquake about every second day," Skinner said. "In the first one, I was sitting in a chair and I had no idea what it was. It was terrifying for the locals because, every time, they weren't sure if it was just a tremor or if it was the beginning of something bigger to come."

"Most of the time I was there, the phone-line in the hotel room did not work," he said. "It was very



courtesy

Estimates of the death toll in last December's tsunami range from 100,000 to 200,000, with thousands listed as missing

difficult to make international calls. There were telephone kiosks where you could make short phone calls to Canada for about 12 to 15 bucks."

Skinner said entering the Banda Aceh was like visiting the "twilight zone," as it was so foreign and under such overwhelming stress.

"Not many people speak English. You're in an area that is very isolated from the rest of the world."

Skinner and another consultant were accompanied by locals— up to three translators and one or two drivers, all of whom suffered heavy losses in the tsunami.

"One of our drivers lost his wife, his children and 12 other members of his family," Skinner said. "One of the interpreters lost her mother, her brother and many of her friends. Another one of the interpreters lost her entire family. They've all got stories."

Skinner said the experience made him realize his privilege to live in a place like Canada where things like health care, electricity and basic necessities are readily available.

Business school co-ordinator Guillermo Acosta is the second member of the faculty to become involved with PEP and is returning from Indonesia in a week or two.

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"Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work." – Vince Lombardi.

Cross-country runner wins gold

by **stephen leithwood**
SPORTS REPORTER

Humber's top male runner, Colin Murray-Lawson, finished first overall at the Fleming Invitational held on Saturday in Peterborough.

"I just tried to keep the same pace for as long as I could."

– Colin Murray-Lawson

In his first race with the Hawks, Murray-Lawson captured gold by breezing through the 8-kilometre run with a time of 28.20, the fastest record this year.

"I just tried to keep the same pace for as long as I could," Murray-Lawson said. "It's been so long since I've done competitive cross-country."

The most problematic part of the run for him was the twists and

turns, he even ran into a tree at one point.

Fifty women ran a 5-kilometre course, the women's team captain, Natasha Szauter, finished fifth overall. A huge improvement in the standings from her last week's place of eighth.

"The course was ridiculous, there were so many challenges," Szauter said. "Luckily enough I didn't get hurt."

The Peterborough Sport and Wellness Centre hosted the run and had many complaints from runners.

The course was used as a dry-run for the 2005 National Championships in November.

The layout of the trail was described by some runners as 'rugged,' 'painful,' and 'dangerous.'

Participants were challenged with narrow space, large stones and tree branches that crept onto the path. But the real highlights of the trail included a 10-foot wide creek with slippery rocks, an unavoidable two-foot high log and



stephen leithwood

Colin Murray-Lawson, right, poses after his victory.

a slope deceiving hill which ate up runner's stamina.

The finish line was located in a baseball outfield, allowing observers to watch approaching runners from a distance.

Before the run began, coaches Jennifer Andress and Monique Haan gathered the team into a huddle to set personal goals with each member.

"Half the team hit their personal goals and the other half were really close," Andress said. "It's great to have that mental focus during the race."

The women's team placed fourth overall this time around, as formerly injured runners Maria Annarilli and Nicole Paulichenko accompanied the team.

Although one of the Hawk's stronger runners, Sebastian Stein, sat this event out with a pulled groin, members Mike Scipio, Rob Oroka and team captain Jason Melhado finished in the top 50 to propel the men's team into earning third place.

In the last stretch, runner Mike Scipio overcame two runners for a 13th place finish.

The deciding factor for the team's placement was Murray-Lawson's first place finish.

"He made up for those times he couldn't come out for the other meets," Coach Andress said. "It's so exciting to see our runners progress like they have."

Even though he trains six days a week, Murray-Lawson tries to make at least one of the three team practices held weekly, as he attends Humber's Lakeshore campus.

"Half the team hit their personal goals and the other half were really close."

– Jennifer Andress, coach

"To keep a strong pace, I'll be working on a lot of interval routines, strength training and speed workouts towards the end of October," Murray-Lawson said.

The team has an upcoming bye week, and then a long drive to Windsor's St. Clair College for their last tournament of the season before the OCAA Championships begin Saturday, Oct. 29 at St. Lawrence.

Rugby team hooks victory

by **justin holmes**
SPORTS REPORTER

The first Humber Hawks men's rugby home game was a win in a 39-6 drubbing against the Fleming Lindsay Auks on Saturday.

In spite of the large difference in points, coach Carey French kept his usual lunch-pail work ethic.

"We're always a bit nervous when we play at home," he said. "There's a lot of pressure."

"Once we settled, we started to execute the things we worked on in practice."

French also said while the officiating was fair, the referee was interrupting the rhythm of the game with his calls, including half a dozen to the home team.

"It's like there's a thirty-first player on the field," he said.



justin holmes

Humber and Fleming battle.

Centre Andre Rose-Green was a standout, taking the place of captain Gerrad Harris-Smith, who is out due to injury.

Rose-Green scored two tries, attributing his success to the hard work of the team.

"We played the whole game, first whistle to end whistle."

Also scoring tries were rookies Harry McLean and Andrew Wilson with two and one respectively, and scrum half Steven Dante with one.

"Once we settled, we started to execute the things we worked on in practice."

– Carey French, coach

Kicking was Evan French with two conversions and a penalty kick and Harry McLean with a conversion.

The game was followed by a 25-3 win on Monday at Georgian, bolstering their record to 3-0.



rob acton

Humber won on Saturday to improve their record to 4-0.

Men's soccer team hangs on to maintain undefeated record

by **rob acton**
SPORTS REPORTER

The Humber men's soccer team scored another victory adding to their fast start.

The team hosted the Fanshawe Falcons on Saturday and came away with a 4-2 win to remain undefeated this season.

The Hawks got off to another fast start by building a 3-0 lead before the end of the first half. Joseph Feijoo got Humber on the board before Peter Szczecina's pretty one-timer gave the home squad a 2-0 lead. Kwame Osei later gave Humber a three-goal lead heading into the second half.

The Hawks scored early in the second when Feijoo put home his second of the contest.

Shortly after Humber took a commanding four-goal lead and looked to be in cruise control, Fanshawe took advantage of some sloppy defensive play and scored two quick goals. But it proved to be too little too late as Humber tightened its defence and closed out the 4-2 victory.

Despite the win, some players were less than enthused with the way they played, especially in the second half.

Goal scorer Szczecina said he believes the team has some room to improve.

"I was pleased with the outcome, but I don't think we played that well, we could have played better. We need to put the ball in the middle more," the midfielder said after the game.

The Hawks became a little too relaxed with the comfortable four-goal lead and it could have cost them the game.

Co-captain Mike Marchese agreed the team had a bit of a lapse in the second half but insisted the team has the core fundamentals to have a successful year.

"Fanshawe was a good team, we kept the pressure on them most of the game and that's what we need to do to win Nationals," Marchese said.

Humber's next game is on the road against Sheridan College in Oakville Wednesday, Oct. 12 at 4:30 p.m.

Rugby captain injured in first game against Mohawk

by **justin holmes**
SPORTS REPORTER

Humber's men's rugby team may be without its star captain Gerrad Harris-Smith for a while.

Harris-Smith, who injured his shoulder this summer playing in a World Cup qualifier in his native Bahamas, thought he was well enough to play rugby by fall.

The season opener against Mohawk proved him wrong.

"Doctor's advice is that I shouldn't play on it," Harris-Smith said, adding while he doesn't want

to suffer any long-term damage, he wants to get back on the field with his teammates.

"Right now I have to get a second opinion on things," he said.

Backline coach Alistair Matheson said Andre Rose-Green is a good replacement, but added Harris-Smith's absence is a problem.

"It's a real blow to the team. He's one of the best players in the league. To fill that gap is difficult."

While Matheson would like to see Harris-Smith back in uniform, he doesn't want to see him risk his

Re-injury of shoulder puts captain on the sidelines for a while

long-term health.

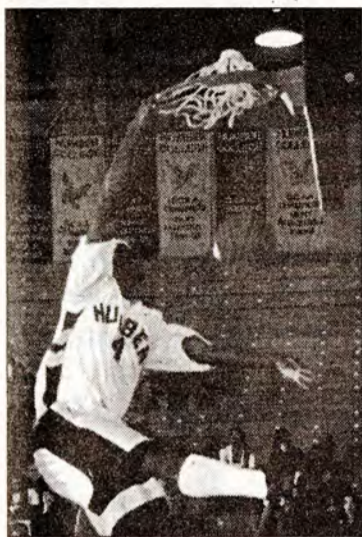
"In my view he's got to have complete medical clearance (before playing)," he said.

In spite of the injury, Harris-Smith insisted he is a part of the team and will attend all games, on the bench or on the field.

"I'm captain. I have to come."

"I told them the unfortunate part is we ran a 60-yard dash, and then realized it was a marathon." – Humber men's volleyball head coach Wayne Wilkins.

Basketball team looks to defend title



by **garth simmonds**
SPORTS REPORTER

Humber's men's basketball team is preparing to defend their title as OCAA provincial champs but chasing a title and defending one are two different journeys.

Hawks coach Darrell Glenn led the team to a league best 13-2 record and was named central region coach of the year. He knows he has a long season ahead of him especially with such an overhauled roster.

The defending champs are returning with just three players remaining from last year's championship squad, which means the team's freshmen and new recruits will be coming in and expected to carry the torch.

"When you've lost as much as

we have, only bringing back three guys, we're going to be expecting a lot from our recruits, and the freshmen that we've got are going to have to play right away, they're going to have to start," Glenn said.

Despite losing so many players, the pressure is still on for the Hawks to repeat last year's performance. However, Glenn realizes that his new-look team will want to make a name for themselves, separate from last year's squad.

Pressure is on for Hawks to repeat

"Only three guys experienced (last year's championship) so these guys want to establish their own niche, their own identity as a sepa-

rate team, so I don't think they're going to feel that pressure," Glenn said.

"It's going to be our job to let them know that every night we go into someone else's gym or they come into ours, they're going to want to beat us because we are defending champions."

Pre-season exhibition games proved to be a pre-evaluation and a learning experience for both players and coaches as Humber College played host to three NCAA colleges.

Glenn wanted to go in and evaluate the new recruits, stating that winning was not really a priority.

"We learned a lot about our personnel, we saw some really positive things and we saw some things that we're definitely going to need to work on," Glenn said.

The Hawks finished the exhibition tournament 0-3 suffering some lopsided defeats. They lost by 50 points to North Dakota State and came up short against Navy losing by 10 points before falling to Middle Tennessee State 80-47.

All-Canadian and 2nd team league all-star, Shane Dennie, will be returning as the Hawk with the most playing experience. Coach Glenn believes Dennie will have to step into the category of team leader.

"That doesn't mean necessarily that he will have to score more but it means he's going to have to lead the team both on and off the floor."

The Hawks officially start the defence of their OCAA championship with a home game against Georgian College Nov. 9.

It will be difficult for Humber to repeat last year's success.

Volleyball team short on experience

by **terry bridge**
SPORTS REPORTER

The men's volleyball team's quest to defend their championship began this week, with a friendly match against players from past years.

On Saturday an experienced Humber alumni team faced off against this year's squad, composed mostly of new players.

The majority of last year's team has moved on, with only four players returning to help the team remain atop the league.

"We came out with a lot of energy," said Darryl Burton, one of the few veterans left on the team. "We came out strong and won the first game, got the first 4 or 5 points and closed it out from there."

Unfortunately, the harsh reality of having a young, inexperienced team settled in after the quick start with three straight losses.

"We lost the next three, the first one we went in a hole early by dropping the first five or six points right away," Burton said. "We fought to come back but weren't able to do it."

Wilkins gave his team some valuable advice to keep in mind for the rest of the year.

He said they weren't pacing themselves properly to perform at a consistently high level over an entire game.

The loss set the Hawks pre-season record to (0-1), but it was really just an opportunity for everyone to see the team in action and get a glimpse of the group's talent.

"The team is very new, we only have four returning players. The rest of the guys are rookies," Burton said. "There was inconsistent play from all of us, especially the rookies, but it was their first game."

Wilkins said other teams are underestimating his team's

chances along with management's approach on building from last year's success.

"We heard rumblings around the league that (our team is) rebuilding, but I disagree, my thought is we are looking at repeating," Wilkins said. "I see no reason why we can't, we've got all the pieces."

Burton agreed with his coach that this team is capable of more than people expect.

"I like our team," Burton said. "They have a lot of skill, just not a lot of experience. As the season goes by I think we will get a lot better. We are looking at an OCAA championship."

The most important thing when judging the team's first performance is to keep this initial loss in perspective.

"We looked okay, but there is a silver lining being so early in the year," Wilkins said. "I saw some good stuff."

Plea for mountain biking club

by **jeremy crowe**
SPORTS REPORTER

For the past three years, it's been a lonely ride for Andrew Kittmer.

The third-year Industrial Design student has been competing solo at the Ontario University Mountain Bike Race Council's University Cup, a points-based mountain biking series that pits post-secondary schools against one another over four weekends of races.

And he wants to know why more Humber students aren't there with him.

Kittmer has attempted to start a mountain biking club to represent Humber in the events, but as of now, he's been completely unsuccessful.

"I can't form a club with one member," Kittmer said.

The races take place in September and October in

London, Mansfield, Barrie and Port Hope, and with every race, schools gain points towards their final totals.

At the end of the series, points are tallied, and a University Cup champion is determined.

Kittmer has spent three years campaigning at Humber, trying to gain awareness of the events, and now he's getting some help.

Both Humber campuses have put up University Cup posters around the schools.

"My goal is not to receive funding from the school," Kittmer said. But he would like to get the word out to fellow bikers that they can represent their school doing something they enjoy.

"I hope that Humber can bring more riders to the races and continue participating long after I have graduated," he said.

For more information contact kittmer_@hotmail.com.

Rising popularity could lead NASCAR to Canada

by **kyle rutledge**
SPORTS REPORTER

After opening its playoffs drawing the third-highest rating for an auto race in TSN history, NASCAR's ploy for a race on Canadian soil looks promising.

The National Association of Stock Car Auto Racing is the second highest rated television sport in the United States and draws the country's largest crowds. Support north of the border has been higher than ever in recent years with the launch of NASCAR Canada and Canada's pressing bid at obtaining a NASCAR race.

The Dodge NASCAR Weekly Series, a low-end series, has already made Canadian stops at Edmonton International Raceway and Delaware Speedway in south-

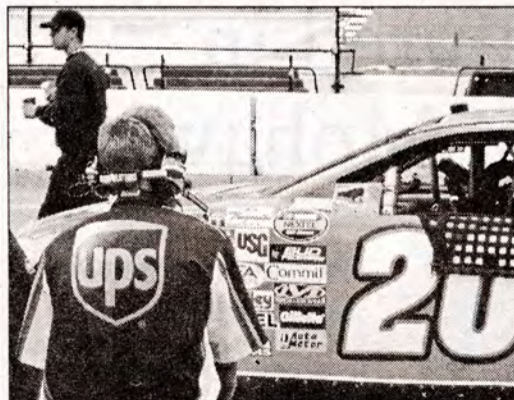
ern Ontario.

Current bids have Canada seeking out Toronto and Montreal as its two primary locations for either a NASCAR Craftsman Truck, NASCAR Busch or NASCAR Nextel Cup Series race, most likely being a road course event.

The road course at Mosport International Speedway is believed to be Toronto's top bid location. The Lakeshore circuit, home of the Molson Indy, would require too much work to house a NASCAR event.

According to George Pyne, NASCAR's chief operating officer, Montreal's Gilles Villeneuve Circuit is one of North America's best road courses and would support the race should Montreal be chosen.

"Canada to me is a very attrac-



Tony Stewart's car and crew in Michigan.

tive market," Pyne said. "We have seen tremendous growth in our merchandising in Canada, beyond what we had hoped."

Merchandising is a huge part of NASCAR. According to tsn.com fans are three times more likely to purchase products of NASCAR sponsors versus non-sponsors.

NASCAR conducted a three month fact finding mission in late spring 2005 to determine the feasibility of holding a race in Canada.

To keep fans on the edge of their seats in anticipation of a Canadian date coming, no timeline for the project has been set. "If we are going to do something, it is going

to be well thought out. It must be a plan that will help everyone – Canada, the promoters and NASCAR over the long run," Pyne said.

Canadian fans should be aware NASCAR still has plans to bring races to the Pacific northwest and New York City in what is already considered a full 36 race schedule.

NASCAR's playoffs are currently underway as the Chase for the Cup highlights the last ten races of the year for the series' top ten drivers. After three races Tony Stewart leads by four points over Ryan Newman. Series veterans Mark Martin and Rusty Wallace, who both plan to retire at the end of the season, are both in contention.

The Chase continues to heat up as it heads to Kansas Speedway this weekend.

"Fishing seems to be divided, like sex, into 3 unequal parts: anticipation, recollection, and between them, actual performance." - Arnold Gingrich

Paying the price for the team

by **jevon griffith**
SPORTS REPORTER

Starting this season, the Toronto Maple Leafs' digital TV channel will air 13 exclusive games, which means the price of being a faithful fan has gone up.

Humber's hockey fans are angry.

"I don't think it's right. We should be able to see Leaf games on free TV whenever we want," said civil engineering student Chris Cook.

Hockey fan and second-year law clerk student Shamira Baloo was also upset at the cost.

"If I was a fanatic about the Leafs, I'm sure I would spend that extra money, but just the fact that they're making fans spend extra money is stupid," Baloo said.

"To go see the games live is expensive enough, so it's just lame all around."

For those fans with a digital TV box or satellite TV, the price for watching every Leaf game varies from \$1 to \$11 per game.

However, hockey fans without the required hardware have the option of either buying a digital cable box for about \$200 or renting one for about \$8.50 a month.

The Fan 590's Zack Cooper

said this is only the beginning of things to come.

"I think it's pretty much the start of privatization. That's how it works. If someone can make money on having exclusive rights, they're going to get exclusive rights," Cooper said.

"It's Leafs TV and that's the

way television goes. If you want to see the games, you're going to end up having to pay for them sooner or later."

One would think after the 16-month lockout the NHL would try its best to cater to fans.

Cooper reasons why the decision was made.

"Television is a business, so people are doing what they can to make money. I'm not for it, but I can understand what's going on," Cooper said.

"Leafs TV can capitalize on the market because there's so many fans and they figure they might be able to bring in more membership

and subscriptions."

Of the 13 games that will not air on CBC, TSN or Rogers Sportsnet, 10 are away games, while the remaining three will be at home.

The first exclusive game airs Oct. 14 when the Leafs visit Atlanta to play the Thrashers.

New look Leafs are back in action

by **kyle rutledge**
SPORTS REPORTER

Leafs fans should expect a different team and a different NHL as Toronto hits the ice with a lot of unanswered questions.

With every team having to make some big decisions in regards to who their club could afford to keep under the new salary cap the Leafs were forced to let go of a few veteran players.

Not returning after last year's second round loss to the Flyers are Gary Roberts, Joe Nieuwendyk, Alexander Mogilny and Owen Nolan.

To fill those voids the Leafs brought in Jeff O'Neil, who was acquired on draft day in a trade. Also Eric Lindros, Jason Allison, Alexander Khavanov and Mariusz Czerkawski were signed in the NHL's free agent frenzy.

On paper Toronto's acquisitions seem to replace those it lost. However, its new crop of players comes with risks, leaving it impossible for anyone to predict how, or if, these players will finish this season.

Lindros will always be accompanied by the threats of another concussion ending his career and placing him on the sidelines with his brother Brett. Until the pre-season Allison hadn't played a game in two and a half years, leaving questions about his head and neck.

There are the concerns about O'Neil and Czerkawski who are coming off seasons with point tallies lower than expected.

Khavanov is the only acquisition who comes with no strings attached. The Russian defenseman played on that country's World Cup team but by no means is he the defensive gem needed to make the Leafs a Cup contender. Sportsnet's Mike Toth said, "one of those clichés that actually rings true is that you can't win the Cup without a stud on defense and unfortunately, the Leafs have far more duds than studs."

The team's problem could lie in their head coach Pat Quinn, who has been criticized for how he deals with younger players. Which would prove true based on the



Don't expect the Air Canada Centre to be this empty once the NHL season begins.

kyle rutledge

team's Toronto has iced over his tenure. The Leafs have three prospects that deserve a chance at making this year's squad—Alexander Steen, Kyle Wellwood and Carlo Colaiacovo. Wellwood and Colaiacovo have played a few games with the club and Steen is looking to make his first NHL squad. Steen and Wellwood are coming off solid pre-season campaigns that should land themselves on the Leaf roster.

Over the lockout Toronto signed head coach Paul Maurice to coach its AHL affiliate, the Toronto Marlies. Maurice is known for his ability to handle young players and did wonders for the Carolina Hurricane operation. Look for Maurice to replace Quinn in the next few years.

The Toronto Marlies will help the Leafs as their farm team moves from St. John's to Toronto. This will make player management and scouting much easier for the big club.

Some returning players who need to prove their spot on the team with strong seasons include Matt Stajan, Darcy Tucker, Alexei Ponikarovsky and Nik Antropov.

"I loved Gary Roberts just like everybody else, but it's time to cut the chord and give some of the young people a shot. The Matt Stajan's need to see more ice and

the Darcy Tucker's need to have the room to step up and become

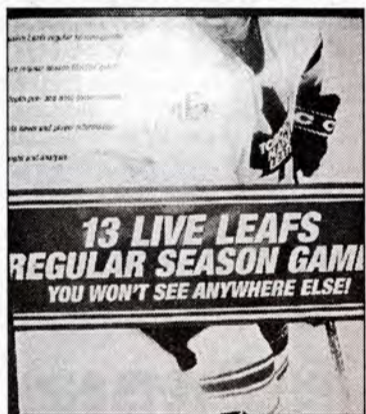
Toronto this year.

true leaders in the locker room," Toth said.

Antropov is entering his fifth season with the blue and white and has yet to impress anyone. Look for his departure if he fails to provide yet again.

Toronto is excited about what it calls "the Big Three" with Sundin, Allison and Lindros up the middle. If they stay healthy, that could prove to be a strong point for the Leafs.

Mckeen's Hockey Pool Yearbook has the Leafs finishing eighth in their conference with division rivals the Ottawa Senators finishing first. However, if these seemingly risky off-season acquisitions can play the way they once did, could turn some heads



jevon griffith

TV ad promoting Leaf TV.

Women's rugby team struggles against York

by **justin holmes**
SPORTS REPORTER

The Humber women's rugby team was shut out in its opening game at York University on Sept. 28, losing 19-0.

Centre Krista Hastings suffered a concussion during the game and was taken to hospital. She was treated and released.

Team president Daniella Cross said the score was reasonable, considering the varsity status of the opposing team.

Cross said in spite of the loss said it was "a great game."

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Lady Hawks start to show signs of life

by **matt duman**
SPORTS REPORTER

The varsity women's soccer team captured its first win of the regular season last Wednesday.

The Hawks were dominant in a 5-0 victory over Conestoga.

"We're very happy to get our first win of the season," head coach Vince Pileggi said.

Goals were scored by Sabrina De Luca, Tenaj Patterson and Ashley Glumac with Connie Tamburello adding two of her

own.

The team's celebrations would be short lived, however, as it was defeated 2-0 on Saturday by the Fanshawe Falcons.

The game was fast paced, and the teams were evenly matched, but it was the Fanshawe goal keeper who stole the show, robbing the Hawks countless times.

"We're not happy to have only one win in four games," Pileggi stated. "But we're playing well and should finish out the rest of the season strong."

The Hawks lived up to Pileggi's expectations this Tuesday, in a 6-0 romp over the Redeemer Royals.

The team started the game slowly, until 20 minutes in, when Laura Newcombe opened the scoring with a high lob that eluded everyone including the goalie.

After Newcombe's goal, the flood gates opened and the Hawks scored twice more in under three minutes on goals from Connie Tamburello and Sabrina De Luca.

The Hawks didn't let up, scor-

ing three more goals before the game ended, with Tamburello netting two more to complete her hat trick, and Lisa-Marie Racco scoring once.

The win moves Humber into sixth place in the West division. The team will need to put together a few more wins down the stretch to keep their playoff hopes alive.

The team travels to Sheridan next Tuesday for a match against the second place Bruins.

Women's volleyball team ready for season

by **jeremy crowe**
SPORTS REPORTER

The women's volleyball team wants to turn last year's silver medal into gold this season.

"I think we have a real good shot," said head coach Chris Wilkins.

The team had a brilliant 13-1 record last season, but lost to Cambrian three sets to one in the Ontario College Athletic Association (OCAA) finals.

This time, the Hawks hope to win the championship and earn a berth in the Canadian College Athletic Association (CCAA) tournament in Nova Scotia in March.

"We have the potential to be one of the best teams we've ever had," Wilkins said.

This past Saturday, in the first exhibition game of the season, the team defeated a group of Humber alumni three sets to two.

While the game was mostly for bragging rights, the coach felt good about his squad.

"It's a good opportunity to see different kinds of things before we get into the season," Wilkins said.

Perfection Powell was named player of the game.

Still, Wilkins pointed out that it was a team effort. "That's our focus this year, not one player but on the team as a whole."

The Hawks will go for their second OCAA title in the past three years, fourth in the past nine, and second under coach Wilkins.

They open their regular season Oct. 21 at Sheridan College.

Humber Students' Federation Bi-Annual General Meeting

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