



## K-OS is A-OK

Free concert at CAPS a once-in-a-lifetime chance.

Humber View page 14

## Lust for life

Adrian Dieleman shares a message of hope.

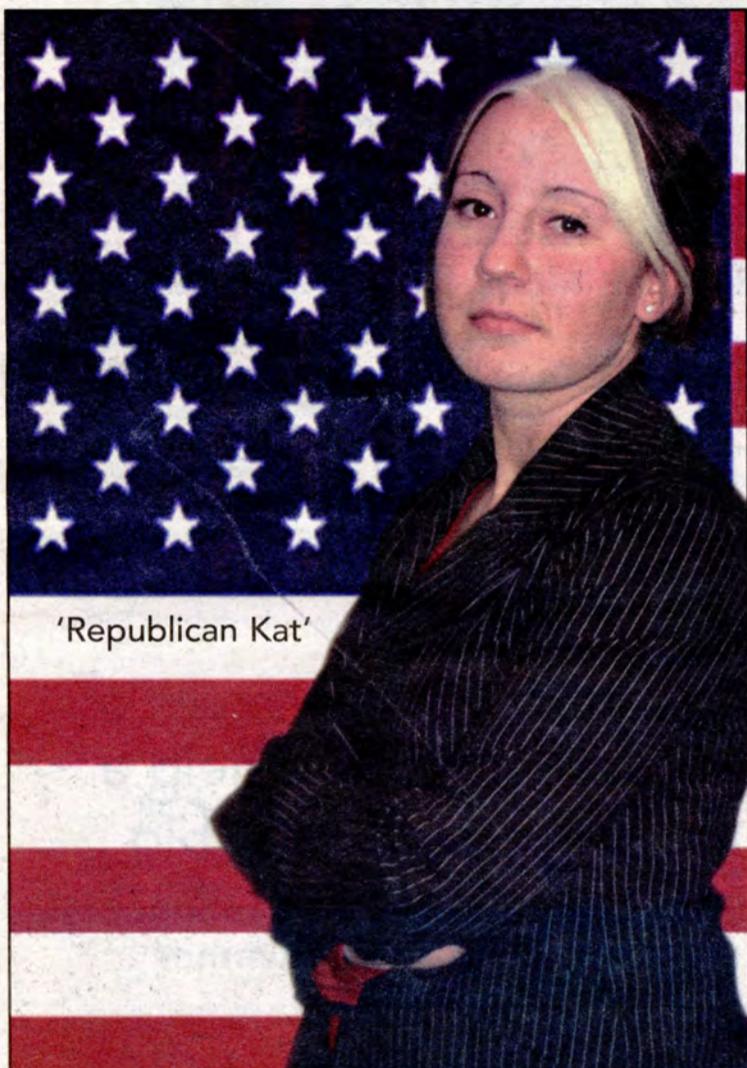
Life page 16

# HUMBER *et* CETERA

November 4, 2004

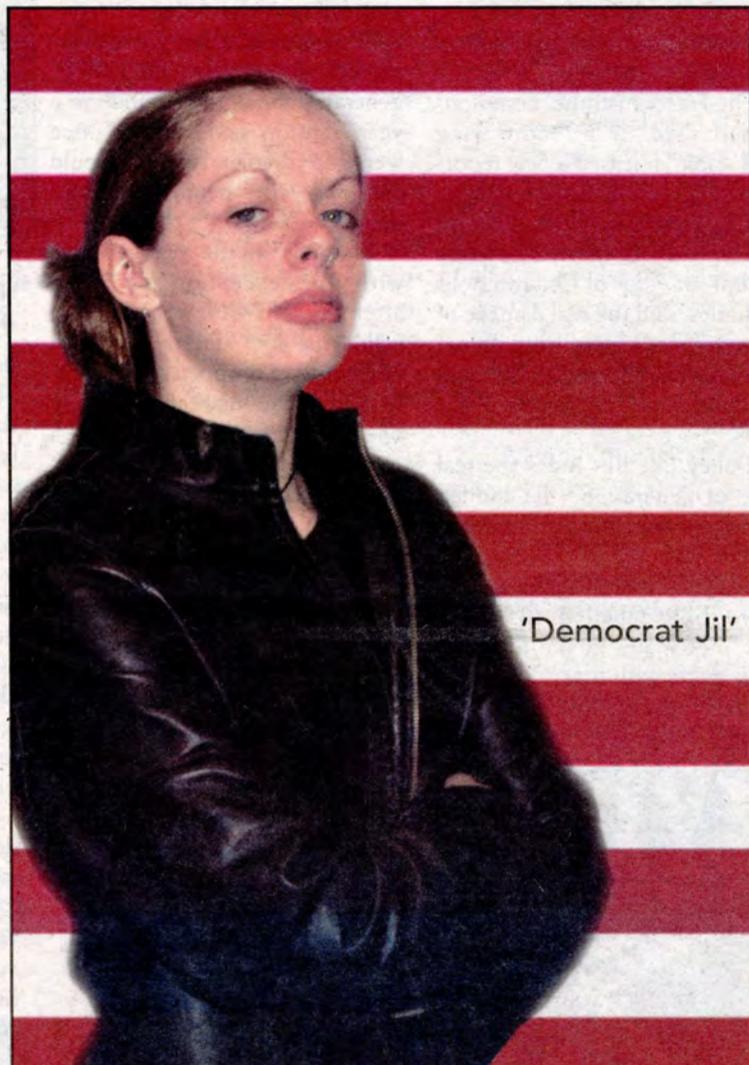
<http://etcetera.humberc.on.ca>

Volume 34, Issue 7



'Republican Kat'

The *Et Cetera* followed a group of American students through an election night filled with Democrats, Republicans, Wolf Blitzer and tequila shots.



'Democrat Jil'

## The Humber world watched

**BEN RYCROFT**  
EDITOR IN CHIEF  
**BRETT WALTHER**  
MANAGING EDITOR

Waiting for answers.

Over the course of a night, waiting for answers would turn into an election night mantra with our neighbours from the south.

Could these three journalism exchange students put aside their conflicting party affiliations for an evening together? Could they handle beer with an alcohol content above four per cent? Would

there even be a president elected? And like the election, the answers were up in the air.

6:00 p.m.  
**Don't hold your breath**  
**Bush 38 - Kerry 8**  
We're all sober.

Jilian Clearman, 21, of Iowa, and Michelle Gilzenrat, 20, of Georgia, are sitting on Jil's bed in residence waiting for the electoral votes. "It's slow so far," Jil says. The two Democrat supporters are expecting a long evening.

Both Jilian and Michelle voted

by absentee ballot and confess they were somewhat surprised to find that even though they are out of the States, their vote was clearly important to those on the campaign trail.

"I've actually been getting recorded calls from Barbra Streisand," Jilian says, deadpanning. "She's been telling me to vote because 'this is the most important election to-date'. Thanks Barbra."

Both Jilian and Michelle are animated about the influence of celebrities on the American vot-

ing process.

"I'm okay with someone who wants to promote voting, but those who are out there trying to sway votes I have a real problem with," Jil says.

"For me it's not so much about that," Michelle interjects. "They have a right to free speech like the rest of us and are just doing as much as they can for their candidate to win."

7:00 p.m.  
**9/11 and the brainwashing**  
We got wind that a residence

lounge is showing Michael Moore's *Fahrenheit 9/11* in the midst of election results, so we gather along the back of the room to continue our debate on voting habits.

"It's the same thing with celebrities promoting their message," Jil says. "Moore's film was slanted, yes, but it was done so in a way to educate the voters. If some people took it as truth, that's a result of their own ignorance."

Still sober:

*Continued on page 3*

**HACKERS: Humber security vigilant after Nippissing breach - News page 4**

# News

## 'Power Jolt Required': electricity forecast grim

Right wing think-tank fears government meddling in electricity market could be disastrous

LAUREL SANDERS  
QUEEN'S PARK REPORTER

The Ontario government could be leading the province to disaster by not removing its control over the electricity market, the Fraser Institute's Mark Mullins said at a conference last week.

The Fraser Institute, commonly described as a "right wing think-tank," released a new report called 'Power Jolt Required,' outlining the pros and cons of deregulation in Ontario. Mark Mullins, director of Ontario policy studies, said the real damage of Ontario's move away from deregulation are rate caps which mask the true cost of running our lights.

"Policy like this hides the real price of generation. It's hidden not in the price but in the debt," Mullins said.

With a specific charge on hydro bills labelled to 'repay debt,' not many in the province could argue with that.

Large users, like Humber College, have seen an increase of

almost \$500,000 in what they were paying for electricity just four years ago.

However, John Sutton, Humber's director of finance, isn't concerned about the price of running lights at the college.

"If you look at last year's overall revenue numbers, the college generates about \$163.7 million a year," Sutton said. "If the price went up dramatically, it would still only cost pennies per student."

Findings in the report show, with the exception of failed attempts in New Zealand, California and Alberta, the price of electricity dropped significantly when the market was fully opened to competition.

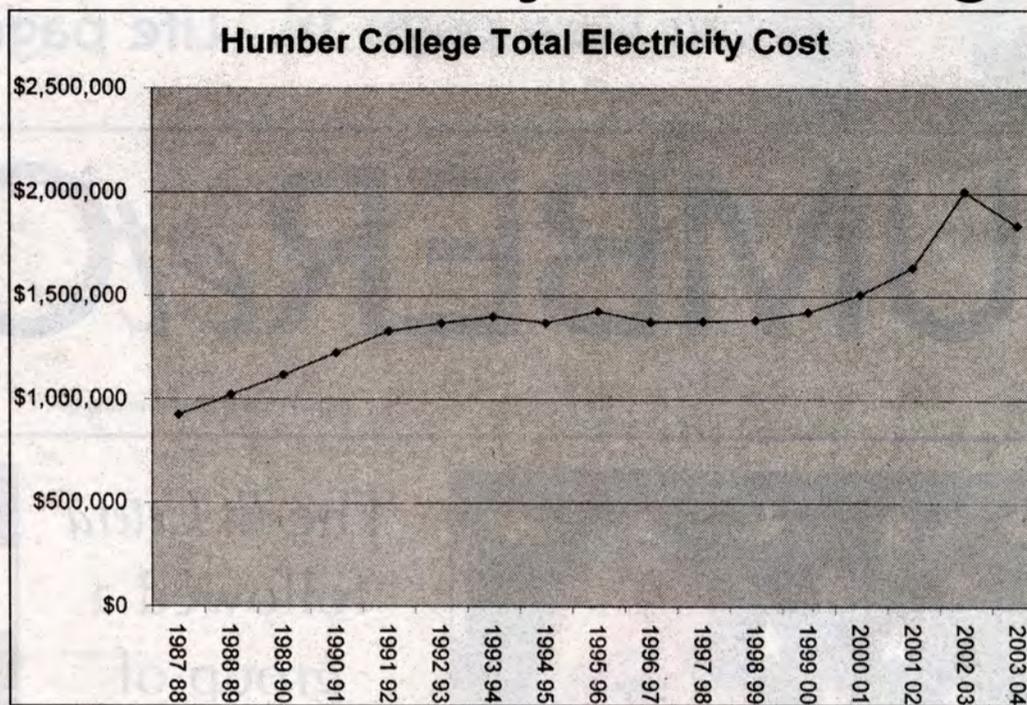
Mullins blamed Ontario's failure to successfully privatize the electricity market on not breaking up the monopoly of Ontario Power Generation (OPG).

"There seems to be a bit of a punishment here if you try hard and then fail," Mullins warned politicians. "If you want go down this track, you better be prepared to stick to your guns."

**'If the price went up dramatically, it would still only cost pennies per student.'**

The other side of the story was also released with the launching of a new book entitled *Hydro: The Decline and Fall of Ontario's Electric Empire*.

Keith Stewart, co-author of the book and campaigner for the Toronto Environmental Alliance, attended the Fraser Institute conference and opened up the ques-



Humber College's electricity costs peaked in 2002, totalling \$2 million. The cost has more than doubled since 1987.

tion period with a strong rebuttal pointing out 'data assumptions' in the report and accusing the researcher of not looking at the whole picture.

With oil prices dropping all across the U.K., Stewart challenged Mullins' finding that England is a prime example of deregulation at its best. Stewart also disputed the rising cost of electricity in Alberta as unrelated to deregulation, since the province has the richest source of oil in Canada.

After the conference, Stewart described the report as, "an attempt to flog a dead horse. Electricity deregulation hasn't worked anywhere. Even when you look for data that only supports your argument, you still can't make a great case."

When Ontario deregulated the electricity market, Carol Anderson, Humber's director of facilities management, says colleges and universities were given a special block price, a rate cap, as larger users. That's a relief method the facilities department is expecting they'll soon lose.

"They're definitely going to be taking rate caps off and start 'time-of-day' use. They're talking about using these smart meters,"

Anderson explained.

The introduction of smart meters will allow the government to regulate the price of electricity according to when it is being used. Peak periods will have higher charges.

"They're going to help people manage their electricity bills by managing their consumption," Anderson said.

Ontarians should not expect deregulation to occur anytime soon he continued. But, Sutton says students won't have to pay more despite how the smart metre setup.

"Right now, we have a tuition freeze, so no costs would be passed on to the students," Sutton said.

## Online survey could help a Humber student hit it big

### Canadian Student Alliance announces \$1,800 bursary for survey winner

RANDI BOKOR  
HSF REPORTER

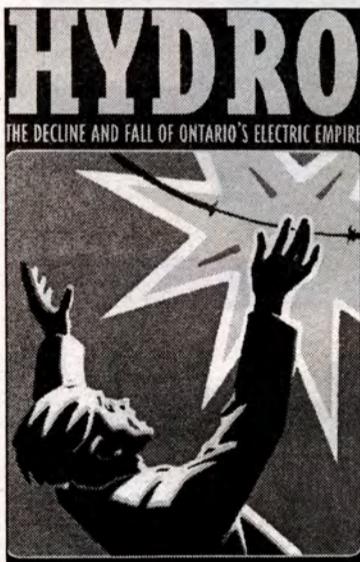
The Canadian Student Alliance (CSA) has announced a chance for any part or full-time student to win a \$1,800 bursary.

All students have to do is go to [www.raereview.com](http://www.raereview.com) and fill out the entire survey. The survey will be used by CSA as the basis of their response to the Rae Review on post-secondary education.

Bob Rae, former Ontario premier and adviser to the premier

and minister of training, colleges and universities on post-secondary education, released the Post-secondary Review's discussion paper entitled, *Higher Expectations for Higher Education* at The University of Guelph-Humber on Sept. 29.

Students are encouraged to fill out the survey to help the CSA gather information from Ontario college students. It is 35 questions long and should take only five to 10 minutes to fill out.



courtesy

Jamie Swift and Keith Stewart's new book.

### IRAQ

The militant group that kidnapped the leader of the Iraqi branch of CARE international has threatened to hand Margaret Hassan over to Abu-Musab al-Zarqawi's group if Britain does not withdraw its troops from Iraq. Hassan was captured on Oct. 27.

## World Digest

### AFGHANISTAN

After more than two years of silence, Osama Bin Laden has once again resurfaced in a tape aired by Al Jazeera. Bin Laden said that he would not attack the United States if it stopped attacking Muslims.

### U.S.

A third U.S. soldier has pled guilty in connection with the Abu-Charaib prisoner abuse scandal. Spc. Megan Ambuhl pled guilty to dereliction of duty for failing to report the maltreatment of the prisoners at the facility.

### ISRAEL

Four people were killed and 32 injured after a 16-year-old boy blew himself up in front of a dairy shop in a crowded market in Tel Aviv. The Popular Front for the Liberation of Palestine claimed responsibility for the attack.

## Talking with Americans

## A time when every vote counts

The two Democrats meet their competition: 'Republican Kat'

Continued from page 1

8:00 p.m.

Always on yellow alert

We head downstairs to get some food, only to find an empty cafeteria and CNN's Wolf Blitzer blasting on every TV.

Fahrenheit is apparently still on their minds, however, and Jil launches into the significance of 9/11 in the election.

"This is all about 9/11 and Bush's reaction to it," she says, munching on a cracker.

"9/11 was the biggest thing in my life up until now," Michelle says, "but this is something I'll be able to tell my kids about," likening the election to the moon landing.

Jil scoffs. "Every generation

**'This is something I'll be able to tell my kids about.'**

thinks they're living in the climax of history," she says.

They barely notice that among the results scrolling across the TV screen is a notice that the country is under a yellow alert.

"We're always on yellow alert," Jil says.

She was serious.

8:45 p.m.

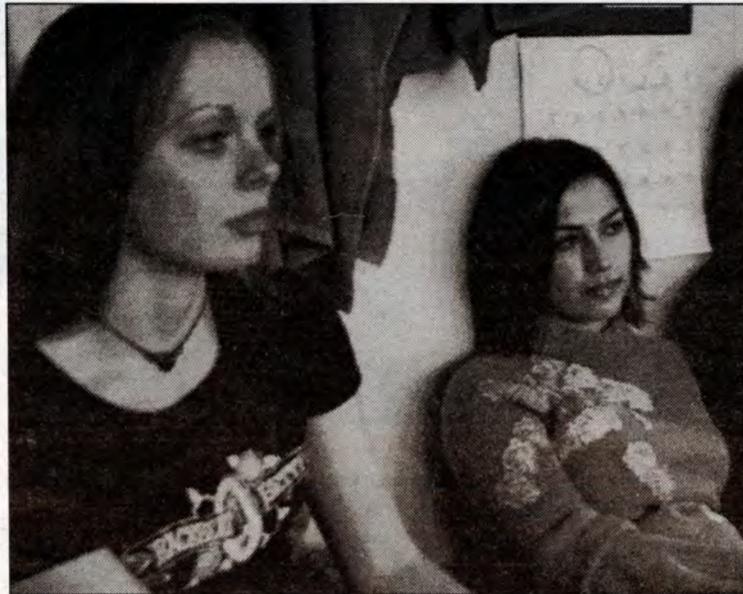
Enter the Republican Bush 102 - Kerry 77

Kat Netzler is a Republican, and proud of it.

The 20-year-old native of Greenville, Illinois, and third member of the American trio, joins the group in the lounge, along with assorted others who would over the night become affectionately known as the Proletarians.

"If this is 1984, then those are officially the proles," joked Jil, as calls for the channel to be changed went out because, "this damn election thing is taking too long and I want to watch CSI."

Kat is quick to acknowledge that supporting Bush is "unfashionable" in Canada.



Ben Rycroft

Jilian Clearman and Michelle Gilzenrat (l-r) see the Democrats off to a slow start on television. Throughout the evening, CBC consistently updated electoral votes ahead of CNN.

"I'm not super vocal about it, but I am upfront," she says.

We, as good dirty journalists, try to get the mud slinging but Jil isn't going to be baited.

"I wholeheartedly disagree with her, but I by no means hate her," she says.

As we hit the mid-election blah, the thirst for other nightly events emerges.

And that thirst is now parched.

The three Americans are faced with a choice between a Democratic convention with a cover charge, or a Republican convention free of charge.

Starving students come to a quick decision.

11:10 p.m.

My fellow Republicans Bush 197 - 188

Now downtown, we rush into the Lone Star Grill for the Republican party, dodging CBC cameras and Rex Murphy. A quick update reveals Kerry has just won the coveted state of California. The race is much, much closer. We bee-line for the bar.

12:20 p.m.

Small victories Bush 236 - Kerry 199

Jilian and Michelle are delighting in a small victory, as Jil's home state of Iowa rings in Democrat. But their reverie is

quickly shattered. CNN announces Bush has won Florida. It may be the final blow to Jil and Michelle. The bar explodes with shouts of, "Four more years!"

1:00 a.m.

Hunting for silver linings Bush 249 - Kerry 207

As the drinks arrive more frequently, Republican Kat confesses to a sense of disappointment. The electoral votes have remained frozen for an eternity. A number of swing states have yet to report.

Consigned to a likely loss, Democrat Jilian fiercely struggles to find a silver lining.

"Four more years of Bush will be a wake-up call," she says, suggesting that given another term of office, Bush will offend even his staunchest supporters. "I predict things will get so bad, no one will be able to dispute it."

A round of tequila shots and an evening of political rhetoric from CNN soon has the conversation turning from serious to silly. We now talk only in clichés and catch phrases.

"It's not over till the fat lady sings," Kat proclaims.

"Come hell or high water the better man will prevail," Michelle joins in.

"And freedom is definitely on the march," Jil says, using the common Bushism.

We paying the bill at the bar, and the night ended as it began, with the girls still waiting.

Waiting for a president.

## Beneath the Surface



Kristen King reports on the U.S. presidential election

It came as no surprise that the 2004 U.S. presidential election night ended the way it did. The Kerry vs. Bush saga left Americans and members of the global community on the edge of their seats and without an elected president until Wednesday afternoon.

It was predictions of an election 2000 repeat that had all eyes on Florida and sparked doubts of a smooth ride, but in the end it was an ironic twist of fate that was to blame for this year's delay.

The twist? An estimated increase of 20 million voters: the desired result of voting campaigns like Rock the Vote but an increase the Electoral College was not prepared for.

The main cause of the delay in Ohio was the bombardment of polling stations by about 800,000 extra voters.

An example of this inability to cope with a large influx of voters happened in Knox County, Ohio, where droves of people were casting ballots until 3 a.m. - seven hours after the stations were scheduled to close.

With many voters in Knox County standing in lines for up to eight hours in the wind and rain, it's hard to take seriously government pleas for citizens to vote.

About 120 million Americans voted Tuesday night - or just under 60 per cent of eligible voters. That's the highest voter turnout since 1968. But it's a travesty that a country that touts itself as the largest democracy in the world struggled to accommodate under 60 per cent of its eligible voters.

The U.S. electoral system was not prepared to meet the needs of a true democracy, so how can its people believe in the core ideology this government espouses?

Got a comment on the news section?

write us at:  
etcetera\_news2004@yahoo.ca



Ben Rycroft

Republican Kat Netzler was thrilled with the early results of the election, but thinks news coverage of American politics needs to be more objective. "Jon Stewart obviously has too much influence," she said. "But I've always had a thing for Tom Brokaw."

# News

## Flu shot not mandatory for student nurses

But those who avoid the shot could lose out on choice co-op placements

DAWN FARRELL  
SENIOR REPORTER

Flu clinics are coming to both Humber campuses during the next two weeks, but not all nursing students will be lining up to get the shot.

Megan McGorey, a second-year registered nursing student, plans on getting her flu shot at Humber because she wants to protect herself as well as the seniors she works with at William

Osler Health Centre in Etobicoke.

"It's highly recommended by our teachers that we get it," McGorey said. "I want to protect the elderly."

However, not all nursing students are following McGorey's example.

Although fourth-year nursing student Caren Albano is doing her clinical placement at Toronto General Hospital, she doesn't plan on getting the flu shot.

"It's not a mandatory thing where they (program co-ordinators) are going to tell you to get it done," Albano said. "I usually don't get really sick, but the one time I did was after I got the flu shot. It was a terrible experience."

Nursing program co-ordinator Rosemary Watkins said although



Dawn Farrell

**Third-year registered nursing students demonstrate how to get ready for the flu shot by rolling up their sleeves during a nursing class at North Campus.**

the shot is not mandatory, it is strongly recommended because not getting a flu shot may keep students from getting their choice of placements in clinics, nursing homes and hospitals.

"We are told that not all of the facilities are (making the shot) mandatory," Watkins said. "However, if the hospital or nursing home say that it's mandatory

for all the employees, then the students are expected to have a flu shot."

In the second semester of the practical nursing program, students go to clinical placements in groups of 10 with a teacher and if they don't have a shot, they could be asked not to come.

"We do respect the fact that some people don't want to have

it," Watkins said. "Though, these days it's very difficult because of the seniors."

If you're planning on getting a flu vaccination, sessions are available at North Campus today in the Concourse from 10:30 a.m. to 3:30 p.m. and at Lakeshore Campus on Nov. 9 in the Robert Gordon Learning Centre from 10:30 a.m. to 3:30 p.m.

## Personal information at risk online

Hackers attempt daily to access information on college computer systems

GINA JASHEWSKI  
CRIME AND SECURITY REPORTER

Humber College records that include students' personal information such as credit card and social insurance numbers are at risk of being accessed by hackers.

"Each and every day attempts are made by people outside the college to penetrate our security," Mark Naylor, chief information officer, said this week.

Naylor said hackers trying to break in to computers is something that goes on at every institution because of worldwide access to the internet.

According to Naylor, the college has had problems in the past with computer worms and viruses, but never a serious one.

"The key servers that contain student records and financial information have, to my knowledge, never been compromised," he said. "Credit card information is the most heavily protected of any of the information in the college," he added.

A few months ago at Nipissing University, it was discovered that a hacker placed spy software on the school's central computer server, which was not detected for seven months.

The server contained registration and payroll information for the entire school.

This software had been recording keystrokes, allowing the hacker to access names, addresses and bank and social insurance numbers.

Naylor said that while students' personal information is kept well guarded, there is no way to prevent something like this from ever happening.

"I will not say that it won't happen here. Anyone who says

they can guarantee it is either naive or misleading you," he said.

Cory Fowler, a third-year computer programming student, said it worries him that hackers could gain access to such personal information.

"It sucks because if people find out that information, they could use it for whatever they want," he said.

Naylor said Humber has better and more modern technology than Nipissing to deal with this kind of situation on every computer in the college.

He said Humber has a very unusual computer, called an IBM mainframe used to run most of the

administration systems.

"Most of your hackers don't understand IBM mainframes at all. Most colleges don't have one of those, they're more modern," Naylor said.

On top of the computer programs which help guard against intruders, Humber also has full-time security staff, like Chris Fontaine, who monitor the systems.

"I'm paid to hack Humber College," Fontaine said. "The only difference between a hacker and a security administrator is permission."

Fontaine said Humber computers are checked daily for any suspicious activity and added that what happened at Nipissing is a good reminder of why they do what they do.

"Computer hacking usually occurs more in the U.S., but I believe it is on the rise in Canada," he said.

Unlike Nipissing, Fontaine said he takes comfort in knowing a division of Toronto police, called Computer Crimes, is dedicated

investigating criminal activity online.

"Nipissing only has their town police and they are not up on computer forensics," he said. "They're struggling because they don't know how to handle the situation."

Dr. Robert Ing, forensics intelligence specialist, said 98 per cent of all hacks could have been prevented and are usually a result of human error.

Ing said what happened with Nipissing probably occurred because they did not have the proper software needed to detect the keystroke logger, or Trojan virus.

"Trojans only use 63 KB of space and are usually only detected 60 to 80 per cent of the time with well known computer virus protectors like McAfee," he said.

Ing added the Canadian criminal code hasn't been able to keep up with technology, so there is not a specific section with regards to computer hacking.

However, hackers can be charged with various offences, such as theft or fraud, if they are caught accessing and using some-

For more information and free virus protection software downloads, visit Dr. Ing's website at [www.drroberting.com](http://www.drroberting.com).

## No appeal for evicted student

GINA JASHEWSKI  
CRIME AND SECURITY REPORTER

A former Humber student who was evicted from residence and withdrawn from his course for claiming he was in possession of a gun, has decided not to follow through with his appeal.

Former Humber College student Claudio Santos, 19, who was enrolled as a first-year computer networking and technical support student, says he has decided to "give up" on an appeal.

"I did not file an appeal and I am not planning on it," Santos said.

Santos was evicted from residence on Aug. 31 after people overheard him saying he had a gun.

Security and police were called, but no weapon was ever found. Still, Santos was immediately removed from campus.

Although he did plan on making an appeal, Santos said he thinks it is too late to return to Humber.

Santos added he'll probably be attending another college in the near future.

"The story is over with and I have nothing more to say," he said.

## News

# Paramedics forced to partner up after attack

LIZ WORTH  
LAKESHORE REPORTER

Paramedics in Toronto are now required to drive with a partner at night after an attack on an emergency services worker last week.

The paramedic was driving an ambulance on Wood Street, north of Maple Leaf Gardens, when he was flagged down by a woman. A second woman was lying nearby

on the street.

When the paramedic stepped out of the ambulance, the first woman put her arm around his neck and held a syringe to it, demanding drugs.

He escaped by swinging his bag of medical equipment at his attacker. Both women fled immediately after.

The paramedic was hospitalized and continues to recover.

As a result of this incident, paramedics can no longer travel alone after 7 p.m.

For Humber paramedic students like Kim Sharpen, this change will not contradict the training they've already received.

"All of the training I've had is under the assumption that I'll never be alone," Sharpen said.

Sharpen added that sometimes more qualified paramedics drive

alone because they're experienced.

"Of course this kind of thing makes me nervous. I don't see how it couldn't. But, we're highly trained and taught self defence so I know we have the skills we need," she said.

For paramedic Jesse MacNevin, the change will take some getting used to.

"When we were alone we could get to emergency calls faster," he

said.

But MacNevin, a paramedic for almost two years, also recognizes the advantages of working with someone.

"The benefits of having a partner are endless. There are two brains, two sets of hands, a witness and a backup."

MacNevin adds this type of incident is "inevitable" in a city as large as Toronto.

## Humber students awarded for excellence

RANDI BOKOR AND  
MATT DA SYLVA  
STAFF REPORTERS

Humber honoured its students in two separate award ceremonies last week for the schools of Media Studies and Information Technology and Hospitality, Recreation and Tourism (HRT).

Photography student Kelly Levy was Wednesday night's media awards top winner, taking home four awards.

"I'm very surprised and honoured to be winning these awards," Levy said. "It was great."

Another student honoured at the ceremony was Teddy Mullings.

Mullings received the Nicholas Martin Award, in memory of the late son of Judy Charles, Journalism program co-ordinator. Nicholas died on July 13, 2001.

Both Martin and Mullings overcame many obstacles to become excellent students and respected peers.

"I'm really excited to get the award. I haven't won anything before in my life," Mullings said.

The atmosphere at the HRT award ceremony the previous night was equally jovial.

More than 150 teachers, students, family members and honoured guests were treated to hors d'oeuvres and an open bar in the Humber Room.

Pat Cuda, who helped organize the event, said the HRT ceremony is unique because training partners are invited to attend and mingle with the students.

"It's a benefit for both the student and the industry partner because it's an opportunity for networking," Cuda said.

Travel and Tourism students Heather James and Ceren Korsal were presented the Dean's Award by Alister Mathieson, dean of the school of HRT.

Award nights will continue throughout November.

# Dental Opt Out

## Cheques Available



### Week of November 1st

Drop by the HSF Office

North Campus KX105

Lakeshore Campus H106 H Building

\* Yellow Carbon copy & student ID needed to pick up cheque

# Editorial

## Kids deserve a chance

This week, Social Development Minister, Ken Dryden met with his provincial counterparts to discuss one of the Liberals' main campaign promises, the creation of a national childcare program.

While we certainly don't want to give the government a blank cheque to spend taxpayers' dollars, we urge the government to create a program that would not only provide parents with affordable childcare, but also prepare these children with a head start in their education.

A substantial amount of credit for Sweden's 99 per cent literacy rate is due to its government-subsidized childcare program now being hailed as a model for the rest of the world to follow.

The Swedish system is predicated on the belief that all children should be given equal chance to achieve their potential, regardless of their parents' social or economic status.

We believe that all Canadian children should be provided with the same opportunity.

In Quebec, a provincially funded childcare program has been in place since 1997. It costs parents \$7 a day and the province \$3 billion a year. If such a program were implemented nationally, costs would hit an estimated \$10 billion. Both the federal government and the provinces would be expected to split that cost. Partial payment could result from charging families with higher incomes higher fees. The rest to come from the operating surplus which the current government has suggested go towards paying off the national debt.

Our view is that we'll have a much larger debt to pay if we cheat our children of their future. We need to create an even playing field for all Canadian children, because each should have equal opportunity to achieve his or her potential.



## Letters to the editor

### Student unenthusiastic about Bob Rae's plans for education

Dear Editor:

Re: Rae days, Oct. 7 issue

Normally, I'd be enthusiastic about a review of Ontario's post-secondary system. Unfortunately, the current one does not seem to be fulfilling its mandate, to be impartial and to engage and listen to the public.

This task force has already put its integrity and impartiality into question. It appears that the committee members have already made up their minds and it's starting to look like this review might just be a sneaky way for the Liberal government to cut its post-secondary funding, kill the current tuition freeze and jack up tuition fees (through an Income Contingent Loan Repayment plan (ICLR) plan).

Soon after his appointment Bob Rae was quoted as being

"opposed to centrally regulated tuition fees." In other words, he supports deregulated tuition fees and is opposed to a tuition freeze.

A member of the advisory panel was quoted in *Maclean's* magazine as stating "that tuition must go up."

Even Training, Colleges and Universities Minister Dianne Chambers herself was quoted as stating, "I would have to say that the freeze probably won't go beyond two years."

Also, Mr. Rae in his town hall meetings, instead of listening to the public, has been doing his impression of an appliance salesman by pushing ICLR plans as the only answer to all of our problems, meanwhile ignoring all other ideas that really tackle the issue of accessibility like continuing the government funded tuition freeze or even reducing

current tuition levels to an accessible level.

Rae asks us "Why would anyone say no (ICLR plans)?" He explains that if we were buying a car we would jump at this kind of a deal.

However, I believe the answer lies more in comparisons, with stores such as the Brick or Bad Boy. Does "no money down, no payments and no interest for two years" sound familiar?

It should because ICLR's plans work much the same way.

If you can afford it, you can pay off your entire loan upon graduation. But if you can't, then you can make smaller payments, take 20-30 years to pay and end up paying much more in interest.

ICLR plans do not alleviate student debt, they increase it. Instead of helping low-income students, they punish them by

making them pay more.

They are not a form of student aid, they are a funding formula based on the idea that students, not government, should have to pay most, if not all of the costs of their education. Every time they have been introduced in other countries, they have coincided with huge tuition increases.

I believe that if the current Liberal government wants to cut post-secondary funding and increase tuition fees, they should be upfront and honest about it. But I'm guessing that they know the majority of people support the tuition freeze and do not support any tuition increases. This is because the people of Ontario recognize that tuition fees and student debt are out of control. The only way I know of to alleviate this is for the government to pay its fair share and to work

towards cutting all tuition fees, thereby ensuring we have a post-secondary system that is top quality and accessible to all.

To make your voice heard, attend a town hall meeting or write letters to <http://www.raereview.com.ca>, the Rae Review website. Also drop by your Humber Students' Federation (HSF) office and find out how to get involved.

Chris McNeil

2nd year Business Management

**Want your voice heard?**

Write to:  
[etcetera\\_opinions@yahoo.ca](mailto:etcetera_opinions@yahoo.ca)

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Photo Adviser Anne Zbitnew

# Opinions

## Bad pick-up lines may contain useful knowledge



**DAWN FARRELL**  
SENIOR REPORTER

I grew up with three older brothers. So, when it comes to smart ass remarks, I'm usually not easily shocked. Though, I'd have to say last Thursday night a guy's comment left me wanting to take my pants off.

This Halloween, I dressed up like a biker. I wore a pair of tight pleather pants I got from Value Village for \$10. The pants were so tight that you would have thought I painted them on, but I thought this night only comes once a year. I'll make the pants fit

for the occasion.

I was working that night at our school pub cooking and selling hot dogs. At the end of my shift, the pleather pants were still intact. So, instead of changing out of my clothes, my best friend and I decided to go over to our friend's place wearing our costumes. As my friend and I were walking through the bar parking lot, a group of guys pulled up beside us in this ridiculous looking car.

Okay, first things first guys. If you are going to try to pick up ladies don't drive up beside them like they're call girls... You'll just freak them out.

When the car stopped beside us, the guy in the back said to me: "Do you know that pleather pants give you yeast infections?"

Insulted by the comment, I said, "What kind of question is that to ask a lady?" Not realizing at the time that I was dressed up like a biker hussy.

Was it the smell of hot dogs that made the guys stop to talk to us? Were they just looking for some after-the-bar night snacks or was the guy just a nice gentleman looking to improve my knowledge of pleather?

I seriously didn't think about the health risks of my Halloween

costume when getting ready earlier that night.

My point is if guys are going to throw out comments like that to women, whether it's an insult or advice, then remember the old

saying, "If you have nothing nice to say, then don't say anything at all."

And yes guys, I did check it out. Most doctors will tell women to avoid wearing tight

pants. To those guys with vaginal concerns for the ladies, I'd like to thank you for reminding us that we shouldn't wear clothes that don't fit.

*Photo by Sabrina Gopaul*

## Powerful music can influence voters



**JORDAN NEAL**  
LIFE EDITOR

Musical protest, freedom of expression... Whatever you call it, music has always been an integral part of history, especially during times of change.

Protest heroes brought relevance to the '60s, The Clash challenged everything in the '70s and '80s and controversial artists Rage Against the Machine carried the torch throughout the '90s.

One of today's outlets is *Punkvoter.com*, the brainchild of Fat Mike, singer for seminal punk band NOFX.

Since its inception, the anti-Bush website has kept a watchful eye on all things political. It's not for everyone though, as it

slants towards the Democratic party.

*Punkvoter.com's* two compilation albums *Rock Against Bush* volumes one and two, mesh mainstream and underground acts to protest against the Bush administration.

The Vans' Warped Tour featured many politically charged acts this summer, and concert goers are getting the message: If you're old enough, vote, and if you're not, get involved in any way you can.

With the world in such a frantic state, youth don't have much to hope for. Especially American youth, who after high school should be looking forward to college, not a one-way ticket to Iraq.

Musicians are taking responsibility and standing behind their principles. You don't see the Dixie Chicks backing off just

because their opinions clash with that of Bush-loving Texans.

Mixing music with politics is a great idea. Musicians are putting out music that puts us all on the same playing field. Look at Green Day. Their last record came out in 2000, and after living under the Bush administration, they came back with *American Idiot*.

I find it difficult to watch American news networks without feeling deceived. I just find what's coming out of Bruce Springsteen's mouth easier to swallow than what I hear from Bill O'Reilly.

The world is a scary place and for the first time in a long while, the music of the day meets the needs of the time. Artists aren't so much protesting against the system anymore, they're protesting against a lack of action.

## Where did children's Halloween spirit go?



**SARAH NEWELL**  
EDITORIAL/OPINIONS EDITOR

Halloween has come and gone once again... Or has it?

I remember the days when I was an avid trick-or-treater. The streets were lined with kids in costumes, amazing decorations draped all houses and pure excitement had kids screaming and laughing. What happened to those days? Where did Halloween go?

This year I decided to stay home to hand out candy, instead of going to a party. I dressed up in my cowgirl costume and had a bowl of candy waiting at the front door. I couldn't wait to see all the little ones in their cute costumes and the older ones in more elaborate outfits. However, to my surprise, not many little ghosts and Spidermen climbed up my steps.

One little girl, dressed as Cinderella, came up to my door and whispered, ever so quietly, "trick or treat." I gave her a candy

and she thanked me in her mouse voice. I couldn't believe how shy and afraid most of these children were. No one ran up to my door with huge smiles on their faces, yelling at the top of their lungs, "TRICK OR TREAT!" as I did as a child.

Something has happened to the wonderful Halloween I remember so well. Children don't seem as excited anymore. Some parents keep their children in for fear of their safety. The Halloween spirit just isn't there anymore.

As an overgrown child myself, it breaks my heart to believe that the world my children will grow up in will not be the uplifting one I once knew. Even more so to think that my children will spend Halloweens inside, instead of outside running about with friends in costumes, begging neighbours for treats.

To raise happy children, can we as adults, friends and caregivers not do all we can to make this night one where children of all ages can be just that, children, without any fear in their hearts?

Halloween, come back!

## Public Opinion

Who would you have voted for in the American election?



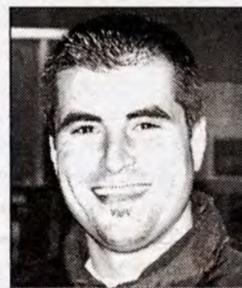
"Kerry, because Bush tried to use 9/11 to manipulate the election."

Danny Gavranovic  
2nd year  
Architectural  
Technology



"Bush, because John Kerry doesn't have any presidential experience."

Daniel Sajewski  
1st year  
Logistics  
Administration



"Bush, because he started a war and he needs more time to fix it."

Cam Medwin  
1st year  
Business  
Administration



"Not Bush. I think there are better ways to deal with problems than war."

Amandeep Thindh  
1st year  
Business  
Administration  
Guelph-Humber



"Kerry, because he's not Bush."

Vandana Chandra  
1st year  
Justice Studies  
Guelph-Humber



"Kerry, because Bush is fighting a war for no proper reason."

Karen Ramsammy  
1st year  
Business  
Management

## BIZ@humber

# Little car drives its way into aggressive Canadian car market

## New "smart car" arrives in Canada after success in European automotive industry

PATRICK TUSTIN  
STAFF REPORTER

Smart cars are driving into the Canadian car market, offering a new, and more affordable option for students.

The cars, dubbed the fortwo coupe and the fortwo cabrio, both with seating only for two, made their official Canadian market launch earlier this month by DaimlerChrysler Canada, the makers of Mercedes and Chrysler products.

Andrew Shaw, a sales consultant at Mercedes-Benz Toronto, attributes the move into the Canadian market to the global success of the car.

"The popularity of the smart models in Europe is one of the

factors that pushed the Canadian release. The models are available in 34 countries worldwide," Shaw said.

**'With prices as low as \$16,000-\$20,000 the smart line is fairly affordable for young drivers.'**

"With prices as low as \$16,000 to \$20,000 the smart line is fairly

affordable for young drivers," Shaw added.

Ben Hammond, a first-year general arts student, agreed the low price is attractive to students.

"For a brand new car that's made by Mercedes-Benz, that seems really cheap, and if it's as good on gas as they say, then I guess it's a really good deal," he said.

The smart fortwo coupe comes equipped with a three-cylinder, rear-mounted engine that promises great fuel efficiency and low emissions.

The cars are only 2.5 metres in length, and the total weight



Courtesy

The "smart car" is not only pocketbook friendly, it is also very environmentally friendly, as it is fuel efficient. The turbo charged engine provides enough power to cope with traffic jams.

including the 69-kilogram engine, is a mere 990 kilograms.

The smart fortwo coupe and fortwo cabrio are outfitted with a six-speed manual transmission, and are also available in automatic.

Protected under a four-year, 80,000 kilometre warranty, the smart models are already being distributed throughout Canada.

The company boasts that at 2.5 metres long, parking the car is just as much fun as driving it.

# What battery charges you up?

This week we compare different AA's to suit your needs

## @tech update

CHRISTINA ARICO  
BUSINESS EDITOR

How often has your camera died as you were about to take what you thought was the perfect picture?

With many different brands of batteries out there, you may well wonder what battery will last the longest for you.

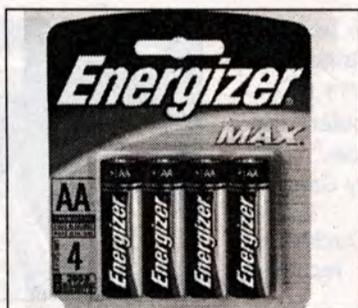
What really affects battery life is usage.

Electronics like portable CD players, digital cameras and palm pilots suck the life right out of batteries.

Priced: \$3-\$20

**Got a tip?  
Write to:**

etcetera\_business@yahoo.ca

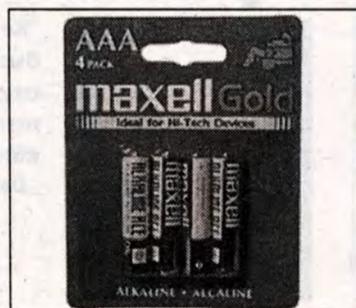


**Energizer Max "AA"**  
(four pack)

The new and improved 1.5 volt alkaline battery is ideal for a variety of electronic needs. This specific battery is recommended for palm pilots, alarm clocks, portable CD players and television converters.

The slogan "keeps going and going" (remember the pink energizer bunny?) definitely applies to this battery, as it has up to 20 hours of life. For more information on this brand visit [www.energizer.com](http://www.energizer.com).

Price: \$5-\$7

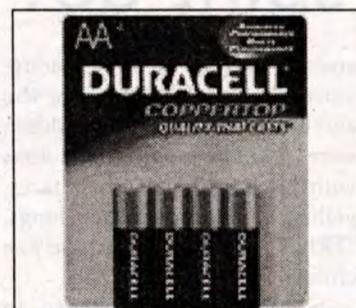


**Sony Maxell Gold "AA"**  
(four pack)

This 1.5 volt alkaline battery is the most price friendly for college students. The battery is also environmentally friendly, as it does not contain mercury and cadmium like many other batteries.

It's recommended for different electronics including cameras, clocks and palm pilots. The Maxell Gold shares about the same battery life as the Energizer max "AA." For more information on this brand visit [www.maxell.com](http://www.maxell.com).

Price: \$3-\$5



**Duracell Coppertop "AA"**  
(four pack)

This 1.5 volt battery falls in the same price range as the Energizer Max. Like the others here, it contains alkaline, for longer lasting battery power. It also has a similar battery life to the Maxell Gold "AA," and can last up to 15 - 22 hours.

This battery is very portable CD player friendly, allowing you hours of musical pleasure. For more information on this product visit [www.duracell.com](http://www.duracell.com).

Price: \$4-\$6



Courtesy

**Rayovac I-C3 "AA"**  
(four pack)

In comparison to the other batteries discussed, this rechargeable battery is a cheaper long-term option for students. These batteries only need 15 minutes to be recharged. Rechargeable batteries are preferred for digital cameras, which use up a lot of battery power.

These batteries last four times as long as regular one-use batteries and can be used in any "AA" compatible device. For more information on this brand visit [www.rayovac.com](http://www.rayovac.com).

Price: \$15-\$20

# Two wheeler training at Humber

SAMANTHA WU  
STAFF REPORTER

Humber College is host to the largest motorcycle training facility in the world. Started in 1982, the facility opened with about 150 students and has grown to more than 3,000.

"We have every type of student," said Donald Hosier, a basic training instructor. "From the 16-year-old male who has been riding dirt bikes, to the 72-year-old retiree who has never ridden a motorcycle before."

The program includes lessons on safety precautions, riding in curves, starting and stopping, braking and balancing, gear shifting, collision avoidance and

emergency braking. The training facility also offers testing for the M2 licence.

Hosier says the response has always been positive to the course.

**'I've learned a lot of safety information that I wouldn't have learned myself.'**

"[Students] all come out saying the same thing, that they were surprised at what they didn't

know and that they were really happy with how the program was run, step by step."

Student Natasha Witten says the program comes with its challenges.

"It's pretty good [and] a little difficult," she said. "Especially if you're coming from no experience... They're very patient, they run through instructions with you. It's exciting."

Jason Suen, another student agreed.

"I decided to come here on my friend's advice," he said. I've learned a lot of safety information that I wouldn't have learned myself, or without hurting myself."

According to program manager Andy Hertel, Humber is well-known in the transportation training industry and thus the reason for the motorcycle training facility to be housed here. The facility has flourished with the Humber name attached to it, and has benefited from the support of the local community.

Although it is not mandatory for motorcycle riders to attend a



Samantha Wu

Motorcycle training courses start in April and run until the end of October, with classes on Thursday nights, as well as weekends. During the summer, weekday courses are offered.

training program, there are certain incentives to taking the course at Humber.

"There are several benefits in doing it with Humber," Hertel said. "We teach you properly. You're learning from a professional. All our instructors are certified and the majority have years of

experience [so] you get an unbiased opinion [rather than being trained by a family member or friend] and you're going to learn how to do it properly."

Hertel added that students are offered training in a safe and controlled environment rather than being on the streets.

## Program fast facts:

- Costs \$385
- Is Canadian Safety Council certified
- Includes an in-class session that covers the theory of riding and two complete days of riding on the Humber parking lot
- A \$50 discount is offered to

- full-time Humber students
- Students must have a ministry-provided M1 licence and appropriate riding gear
  - Motorcycles are provided

For more info visit:  
<http://cecalendar.humber.ca/motorcyc/>

## Saturday night off-campus success

# Students hot on local bar, Wild Rose

ASHLEY HOUSE  
STAFF REPORTER

Residence's most popular Saturday night hang out, The Wild Rose, has just stepped up competition for Humber's on-campus pub, CAPS.

After hearing complaints from students about cramped dance floors at JJ Muggs and an almost non-existent one at CAPS, Walter Dasilva, manager of The Wild Rose, thought he could provide students with a more spacious

dance floor.

"We offer a lot of space to the students," Dasilva said. "We have a huge dance floor so there can be a lot of people, but not all crammed up."

For years, students have flocked to CAPS for their cheap drinks and theme nights. It is an environment where everyone is a student or guest of a student.

But The Wild Rose, which just had its fifth pub night last Thursday, now offers a shuttle

bus that meets students at the end of the North Campus residence driveway and takes them to and from the bar.

"Now we know kids are getting home safely," Dasilva said.

An unnamed CAPS source said it's hard to tell if business is going elsewhere as people haven't been going out much lately due to mid-terms. However, Dasilva has reported nearly 500 patrons at The Wild Rose in the past two weeks.

According to Dasilva, The Wild Rose has been very successful and is planning to bring in students from both York and Ryerson universities on shuttle buses, also free of charge.

Some students, like third-year business student Steve Todd, says he likes the differences between local bars.

"I like to mix it up. We have so many options. They all have their perks so why not enjoy them all," he said.

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# Arts and Entertainment

## Urban Magazine becomes a part of Toronto

Humber student's ambitious new publication finds readers at the Docks with show headlined by Mos Def and M.O.P.

CAROL SANTOS  
STAFF REPORTER

Canada's newest publication, *Urban Magazine*, launched its name to the public with a concert at the Docks last week. The show featured Mos Def and M.O.P. and generated a huge buzz surrounding the new magazine.

Priya Ramanujam, co-founder of the magazine and a third-year Humber journalism student, credits her brother, Raja Ramanujam, the magazine's operations executive, with the idea of a concert launch.

"Raja wanted a concert because every magazine launches with a party," Priya said. "We wanted to be unique and show Toronto we're special. So we did the concert."

The concert was hosted by Canadian rappers Solitaire and Ro Dolla. They kept the audience of about 2,300 to 2,500 revved up for the entire show.

Toronto rapper Jack Flawless,

signed to LifeTime Records, opened the show with success. He was followed by New Jersey's Al-Nur, who didn't have as much luck on stage. The crowd booed him and one audience member yelled out, "Get off the stage! Toronto's not easy!"

**'We wanted to be unique and show Toronto we're special.'**

But Al-Nur finished his set with the help of Jack Flawless and even thanked the Toronto crowd.

"I've got to thank T-dot. They showed me love up here," Al-Nur said at the end of his set.

Despite what happened, Priya said she was proud of Al-Nur.

"Al-Nur's a talented individ-

ual," she said. "People need to realize it's intimidating to perform in front of a crowd of 2,500. When people start booing you, you're going to get nervous. I give Al-Nur love 'cause he stayed on stage and finished his show."

She also said Al-Nur was dealing with a tough crowd.

"Toronto is a very tough crowd, especially in hip-hop," she said. "I heard from a lot of people that Toronto's the hardest in the world."

M.O.P. got the crowd up again with their rowdy performance, jumping up on speakers and into the crowd. The crowd got hyped during M.O.P.'s performance of their hit single *Ante Up*.

But it was Mos Def, the headliner, who stole the show with his two-hour set that combined rap, soul and poetry. He performed alone except for his rendition of *Summertime* when he was joined by trip-hop singer Esthero on stage.

The staff of *Urban Magazine* worked hard to prepare for the show. Raja, co-founder Adrian McKenzie and marketing director Garfield Connell dedicated all their time in October to the concert.

After a strenuous time hammering out a contract with Mos Def's booking agent, they had to book the Docks and ink a contract with Flow 93.5 FM to help advertise. Priya also said they printed 15,000 flyers to distribute themselves.

"The four of us and maybe six or seven guys and a couple of girls sacrificed Friday nights to go to the club district and hand out flyers from 1 a.m. to 4 a.m."

Priya said they also handed out flyers at the Usher concert, the Canadian Urban Music Awards and the Lloyd Banks concert. They advertised on the Internet on sites like Black Planet and *www.TOFlow.com* and printed up T-shirts. She said the four of them got very little sleep.

"I would wake up at 5 a.m. to go to school and I wouldn't get home until 9 p.m.," she said. "Then I'd work on the magazine until 3 a.m."

She said McKenzie would stay up late designing for the magazine and Connell wouldn't sleep to plan the concert.

Priya credits Connell for much of the concert's success.

"Garfield held down the Docks the whole day [of the concert]. I was at school late because



Carol Santos

**Mos Def brings his *New Danger* to the Docks in Toronto last week.**

I won an award that night."

Priya said the Docks' staff was most impressed with the show and the fact that there was no violence.

"The Docks staff was leery about the show, especially because of what happened at the Lloyd Banks concert a week before, when fights broke out," she said. "The two concerts were

only a week apart so they were scared. But they said they were thoroughly impressed with the show and what it was about."

**'Toronto is a very tough crowd, especially in hip-hop.'**

The first issue will hit newsstands by the end of November with an official launch party.

For more information on the magazine or further events, visit [www.urbanmagazine.ca](http://www.urbanmagazine.ca).



Carol Santos

**The show went into the early morning, with Mos Def needing many different mics to get him through a whole night of rapping.**



Amy Ward

**Mos Def ditched his disguise, realizing all his fans knew it was him.**

# Arts and Entertainment

## K-OS lets the crabs out

LOURDES CHAVES  
STAFF REPORTER

This Monday night at CAPS students got a chance to see the man behind *Joyful Rebellion*, the new album from Canada's top

hip-hop artist, K-OS.

Before the doors opened at 9 p.m., a long line of students waited to enter CAPS to see K-OS' live performance and two opening singers, Shawn Hewitt and



Cheyenne Morin

K-OS plays for Humber at CAPS after his Toronto show. He now heads to British Columbia to spread *Joyful Rebellion* to Canadians.

Peter Elkas.

Tony Mendis, a first-year Humber student in multi-media, dragged his friend Tim Lang to the free show.

"Looks like a good turnout," Mendis, a K-OS fan, said.

Shawn Hewitt, a Scarborough-born musician, started off the show with his music, which he describes as a "melting pot of genres."

Hewitt moved the audience with his indie rock fused with '70s progressive afro songs to a style he can call his own.

Singer-songwriter Peter Elkas followed with his soul rock to mellow out the crowd before K-OS hit the scene.

Elkas recently appeared at Soundscapes in Toronto and has been receiving significant buzz in his own right.

People in the packed CAPS crowded towards the stage as soon as K-OS was due to perform.

K-OS began the show with his popular song *Freeze*, attempting to pump up the Humber students when he used the name of the school in his lyrics, working it in as often as he could.

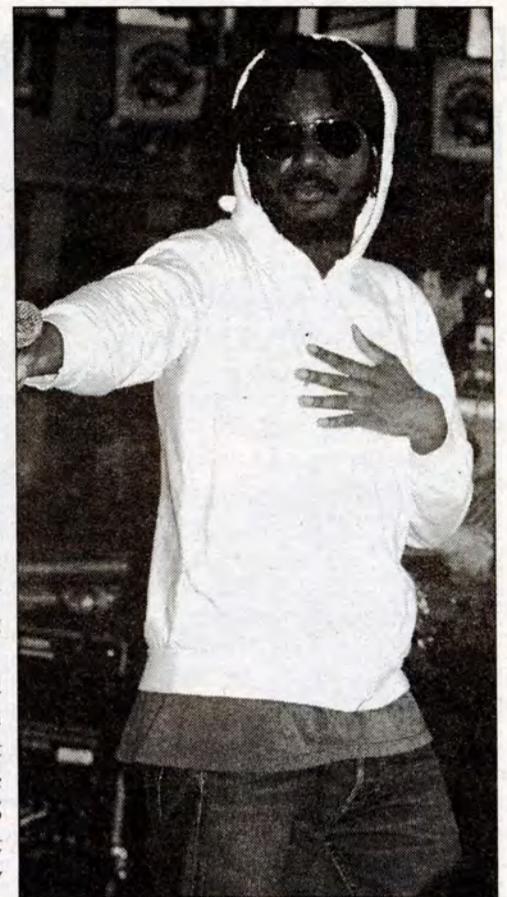
Students sang along and danced to his rhythmic music, spanning all genres, from rap, to rock, to lounge, complete with his band visually playing the part, with an upright bass.

He went through the K-OS standards, *Anthem*, *Superstarr*, *Crucial* and took to the piano himself for the jazzy finger-snapping hit, *Crabbuckit*.

The band played their instruments with enthusiasm, his guitarist being the most notable of the bunch. K-OS was not to be left out and was constantly moving energetically around the stage, sporting his white hoodie and aviators.

"The crowd was feeling the vibe," Danielle Scott, a first-year photography student, said.

Scott's friend Kim Blakeman, also a photography student, agreed. "It was a great show," she said.



Cheyenne Morin

K-OS offered great music as well as political commentary on the upcoming election.

### In Review

## Dermot Mulroney gets caught in the *Undertow*

MINDI ST. AMAND  
STAFF REPORTER

If you're the type of moviegoer who is afraid to scream in a theatre, then I suggest you avoid the new release, *Undertow*.

The film is a scary story of what can go wrong when family secrets become known.

This bizarre coming-of-age story is about two young boys who live in the woods of rural Georgia with their widowed father John Munn (Dermot Mulroney).

Directed by David Gordon Green, and written by Lingard Jervey, the script develops a wonderful characterization of the younger son Tim, played by Devon Alan.

Tim has an anxiety disorder and throughout the movie does strange things like eat paint, but

also provides the audience with a chuckle or two along the way.

Jamie Bell, best known for his role in *Billy Elliot*, plays the older brother Chris. An insecure, troubled 16-year-old, Chris is looking for answers in his life.

Their father's brother Deel (Josh Lucas) unexpectedly shows up at their farm after being released from prison.

After their uncle's appearance, Chris and his younger brother are faced with a dramatic dilemma.

This film is not for the lovers of fluffy cinema, so if you like Sandra Bullock love stories, you might want to stay away from *Undertow*. It will be a long way from home for you. But if you're interested in the dark nature of human behaviour, then *Undertow* is for you.

## Author shares novel with 300 at reading

SABRINA GOPAUL  
STAFF REPORTER

Humber teacher and best-selling author Wayson Choy drew a large crowd to a recent reading in the Brigantine Room at the Harbourfront Centre.

"Wayson has been loved by a small circle of people for the longest time, for decades," A n t a n a s Sileika, fellow Humber colleague and author, said.

"The circle is getting bigger and bigger and now finally the world has caught on."

With over 300 people gathered to hear him read from *All That Matters*, the long-awaited sequel to *The Jade Peony*.

"The book is finding its audience and has made the best seller list now," Choy said. "It has only been out for two weeks and I'm

very happy that people really want to know more about the family."

Recently, Choy was nominated for the most lucrative award in Canadian fiction, The Giller Prize.

"I know that the Giller is a major award, so when they announce the winner, I'm going to run up and grab the cheque from the winner's hands. I think the \$25,000 matters too. It's so good just to be on the list. Everybody who's a writer in Canada can tell

you that it's important to be recognized," Choy said.

Many of his colleagues and students turned out to support Choy at his Toronto reading appearance.

"The world has come to love him too, and with good reason," Sileika said. "He writes beautiful things, and he's a wonderful teacher and a great human being."



Shaun Gopaul

Wayson Choy is *All That Matters*

## What's Happening

### In theatres Nov. 5

Alfie  
The Incredibles

### This week on DVD

Around the World in 80 Days  
Shrek 2

### CDs in stores now

John Lennon  
Acoustic & Rock N Roll  
A Perfect Circle  
Emotive

### Upcoming Concerts

Hayden  
Nov. 20 - Lee's Palace

Urban Aids - Featuring Alicia Keys, K-OS, Swollen Members and Keshia Chante  
Nov. 29 - Ricoh Coliseum

Damageplan  
Dec. 1 - The Phoenix Concert Theatre

Nas  
Dec. 11 - Kool Haus

Matt Dusk  
Dec. 17 - Winter Garden Theatre

# Arts and Entertainment

## Porn industry casting call for men: Hopefuls 'audition' in 5-minute solo

AGATHA SACHS  
STAFF REPORTER

The typical stereotype of college guys always seems to tell the same story: sex, and lots of it.

College guys are portrayed as sex hungry and willing to do anything to be the big man on campus, like Stifler from *American Pie*.

But are regular guys really that willing?

Well, they're willing, says Sadie Finch, a representative of French Connection Francaise (FCF) Agency. But, she adds they're not always able.

"If you go into a room of guys and say 'who wants to do porn,' they're all going to raise their hand," Finch said at last weekend's Everything to with Sex



Agatha Sachs

FCF agency rep Sadie Finch Show.

However, Finch's colleague Keri Anne Sheehan pointed out the other side.

"About 90 per cent of males, who say 'oh we can do porn,' actually can't get it up," she said.

Both women said the candidates who actually do best during

the interview are bisexual, or homosexual men. They say that's because bis and homosexuals are more open to do different things in the adult business.

"Gay men are the biggest seller in the industry right now," Finch said, adding that guys who swing both ways make the most money.

The FCF Agency, a Canadian adult modeling agency that specializes in recruiting models for the porn print and movie industry, was one of the hundreds of racy exhibitors at the sex show at Toronto's Exhibition place.

While the agency always looks for attractive models, Finch adds that the market still seeks diversity in adult models.

"Everybody in this industry, looks for different types of people. Some people like fat guys, and that's their fetish, or red hair, that's their fetish. So, we go for every type of person," Sheehan adds.

After they are recruited, Finch said candidates fill out an applica-

tion, and an interview is set up at which the FCF agency gets the chance to judge their abilities for the business.

"We require at least a five minute solo," Finch said.

And no, she doesn't mean a singing solo.

## Testing the waters at CAPS

Free, all-ages event gives students more time for new material

DAWN FARRELL  
SENIOR REPORTER

Humber Comedy students are counting down the days to the first night of their new weekly show starting on Nov. 10 at CAPS.

Recent graduates and currently enrolled comedy students will be performing every Wednesday night at 9 p.m. and they plan to continue until the end of the semester.

Olympia Lukis, a first-year comedy student, thinks the event is a good idea and said she's looking forward to performing.

"We're looking for an environment that will be less objective to our humour," said Lukis. "Our audience at Yuk Yuks is unrealistic because it's all comedy students. CAPS will have a more idealistic audience."

Most open mic venues around Toronto offer five minutes of stage time to the students. However, the CAPS show will allow the comedians to have a 10 to 15 minute act.

Humber comedy program coordinator Larry Horowitz said he is excited to see how well the show works out for the students because they've never done anything like this before. He believes CAPS will be of value for students to try new material.

"This is going to be a special

show," said Horowitz. "It will also be useful for the students to use this event to see how well their material works in front of an audience."

The students plan on performing stand-ups and will eventually work sketches into the show depending on the event's turnouts.

Horowitz plans on providing the best comics Humber has to offer.

"The Humber School of Comedy will have their strongest graduates and students performing," he said.

Students planning on coming out next Wednesday also have the chance to vote in the 'Joke of the Week' contest.



Dawn Farrell

The Humber rugby team entertained CAPS Halloween pub patrons when they dressed up as characters from the *Dukes of Hazzard*. Rookie team members dressed up as Daisy.

## Hear This!

The seventh in a series of weekly profiles on Humber musicians



courtesy

## Untitled takes on the world of R&B with soul

PRIYA RAMANUJAM  
COPY EDITOR

R&B fans have waited quite some time to hear the sultry crooning of groups like Boyz II Men, Jodeci or 112.

And since B2K dissolved, the prospect of another hit R&B boy band seems to have vanished. However, Toronto-based Untitled may well have jumped in to fit the bill.

What the group may be lacking in a traditional fourth member, the trio makes up for in talent. Between second-year Humber accounting student David Nicholls and his comrades Temi Opaleye and Sammy Tetzba, Untitled write and produce their own music. And quality music at that, Nicholls is quick to point out.

"We plan on taking the world by storm and bringing that real R&B music," the 20-year-old said, defining real R&B as music from the soul, not saturated with pop.

Formed in 1999 in the hallways and stairways of Rockcliffe Middle School in Toronto's west end, the group would sing their own renditions of 112 and other R&B groups' songs.

Since then, they have performed at a number of shows, including the prestigious Visions of Excellence awards.

Most recently, they recorded a three-song demo CD on which they wrote every song. They are hard at work shopping the demo south of the border and have already caught the attention of Sony Music, J Records, and talented soulster Raphael Saddiq.

Each member of the group brings a different flavour to the plate. Opaleye, the outgoing member, brings a hardcore, R&B sound, Tetzba, a soft, sultry voice and Nicholls, a heavily gospel-influenced sound. But together, their distinct voices blend to create one sound - The sound Nicholls vows will take over the R&B world in due time, the sound of Untitled.

# Arts and Entertainment

## Who will get fired?

'The Jen' ready to test students' business skills

SHAUNNA BEDNAREK  
STAFF REPORTER

Do you refuse to answer your phone between nine and ten on Thursday nights? Have you added Andy, Kelly or Maria as your Friendster? Do you refer to Donald Trump as "The Donald?"

If you said yes to any of these, you must be a fan of NBC's hit reality show, *The Apprentice*. Well, you'll be thrilled to know that *The Apprentice* is coming to North Campus, or at least a version of it.

On Nov. 9, Humber students will have the opportunity to compete in a campus version of the TV show that made "you're fired" a catchphrase and rekindled the popularity of famed billionaire entrepreneur Donald Trump.

For those who've been living under a rock for the past year, *The Apprentice* follows 18 Americans from a wide array of professional and educational backgrounds as they backstab and bitch their way through what Trump refers to as a

"15-week job interview."

The contestants are divided into two teams that compete in different business endeavours each week.

For example, in last Thursday's episode, teams were given the task of thinking up an ad campaign for the NYPD. After a winner is selected, Trump fires a member of the losing team.

The ultimate winner of the

**'The tasks have great elements of business, teamwork and creativity.'**

competition receives a job with The Trump Organization, a six-figure salary and 15 minutes of post-reality TV fame.

The prize for the Humber *Apprentice* winner is considerably modest in comparison.

Humber's *Apprentice* will

receive a three-figure cash prize of \$300 and the chance to shadow Humber Students' Federation (HSF) President Jennifer Green for a day. All students may compete, but teams will be organized on a first-come, first-serve basis.

HSF programming co-ordinator Aaron Miller was vague about the specifics of the competitions, but said that the student mock-up of the TV show offers more than just fun.

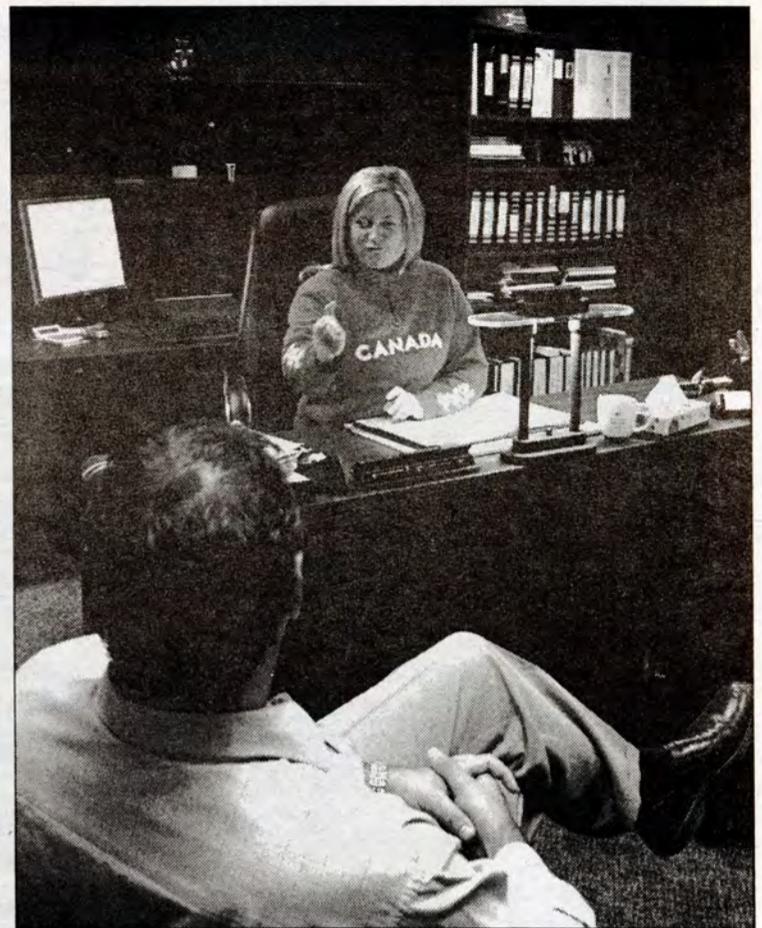
"While it's disguised as a reality show," Miller said, "the tasks have great elements of business, teamwork and creativity."

The general response around campus is that the competition is best suited to business students.

"I'm not in business, so I don't plan on getting into that stuff," said second-year radio broadcasting student Cormac MacSweeney.

Asked how they would spend the cash prize, Humber students' answers ranged from tuition payments to charity donations. First-year Early Childhood Education student Dorota Tomczak echoed one of the most popular responses.

"I'd go partying with my friends," she said.



Cheyenne Morin

**The *Apprentice* winner will follow HSF President Jen Green for a day and get a \$300 prize. The contest starts at noon on Nov. 9.**

So, while the prize value is more likely to be redeemed at CAPS than the stock market, the Humber *Apprentice* is a great chance for students to get out,

meet people from different programs and maybe make some new friends...or enemies.



Shiho Futaba

**Filmmakers Naomi Klein and Avi Lewis field questions at the Toronto screening of their new documentary *The Take*.**

Doc shows ordinary folk can take charge of their own lives

SHIHO FUTABA

STAFF REPORTER

Argentina, once a very prosperous country in Latin America, now suffers unemployment and a national debt to the International Monetary Fund after its economic collapse in 2001.

*The Take* is a documentary that captures Argentinian factory workers' challenges to take over their workplace and manage it themselves.

The 87-minute film shows how the thoughts of ordinary citizens can move a government and community and be turned into action.

Naomi Klein, author of the international bestseller *No Logo*, and TV producer Avi Lewis, spent eight months in the coun-

try and took more than two years to complete the film.

"We're really delighted to share this film in Toronto with an activist audience," Lewis said, "because we made this for you."

Coming back to their hometown for the pre-screening event on Oct. 25, Lewis and Klein were pleased to discuss the issues, even continuing the discussion at a nearby bar until just before midnight.

*The Take* is very provoking to those who are not satisfied with their daily lives. It presents a powerful image of lives on the other side of the planet. It also underscores how ordinary people can change the world.

## 'tsoundcheck' prices appeal to student symphony goers

\$10 gets two into a concert

CHRISTINE FLYNN

STAFF REPORTER

The Toronto Symphony Orchestra (TSO) is trying to attract young people with a program that offers ordinarily expensive tickets for only \$10.

The program, called *tsoundcheck*, is available to anyone between the ages of 15 and 29. It has over 17,000 registered members, who purchased more than 24,000 tickets last season.

"There is sometimes a misconception that orchestral music isn't interesting to youth, but we do very well selling our core programming to our *tsoundcheck*

members," said program co-ordinator, Rob Piilonen. "They are actually quite a bit more open to new music or heavier classical repertoire than our traditional audience."

Most TSO concerts are available to *tsoundcheck* members about a week or two before performances. Those who wish to order tickets must first register online at [www.tsoundcheck.com](http://www.tsoundcheck.com).

With the \$10 purchase, members are also entitled to a second ticket to bring a guest of any age.

Tickets can be picked up at Roy Thomson Hall by the front entrance with a proof-of-age ID card and a *tsoundcheck* membership card.

"[It] is a way to let youth experience the symphony," Piilonen said.



**This brochure includes TSO membership info. They can be found in K107.**

Upcoming TSO concerts to look out for:

**Heroic Beethoven**

Renowned Beethoven interpreter Richard Goode joins the TSO for the Fifth Concerto from Nov. 4 - 7.

**The Flying Karamazov Brothers in Concert**

Hilarious antics and heart-stopping musical stunts come together Nov. 16 and 17.

**Handel's Messiah**

Handel was so passionate about creating this piece that he finished it in three weeks. It runs Dec. 15, 17, 18 and 19.

# The Humber View

# TOTAL K-O'S



photos and layout by Cheyenne Morin

# The Humber View



## Nothing but good vibes

Meeting with these stars, more like chilling with my friends

PRIYA RAMANUJAM  
CHIEF COPY EDITOR

The day had arrived. After spending weeks planning for the Mos Def and M.O.P. concert, the day of the show was finally here. The publication I co-founded, *Urban Magazine*, was putting on the show and there was much to do.

I spent the short time I was at the Docks prior to the show (I had to spend the day at school) running around like a chicken with my head cut off. I had no chance to stop and think about what I would say or how I would act upon meeting any of these artists, to whom I'd been listening for so many years (and watching, in the case of Mos Def).

But when I did meet these artists, I realized there was no need to even think about what to say or how to act.

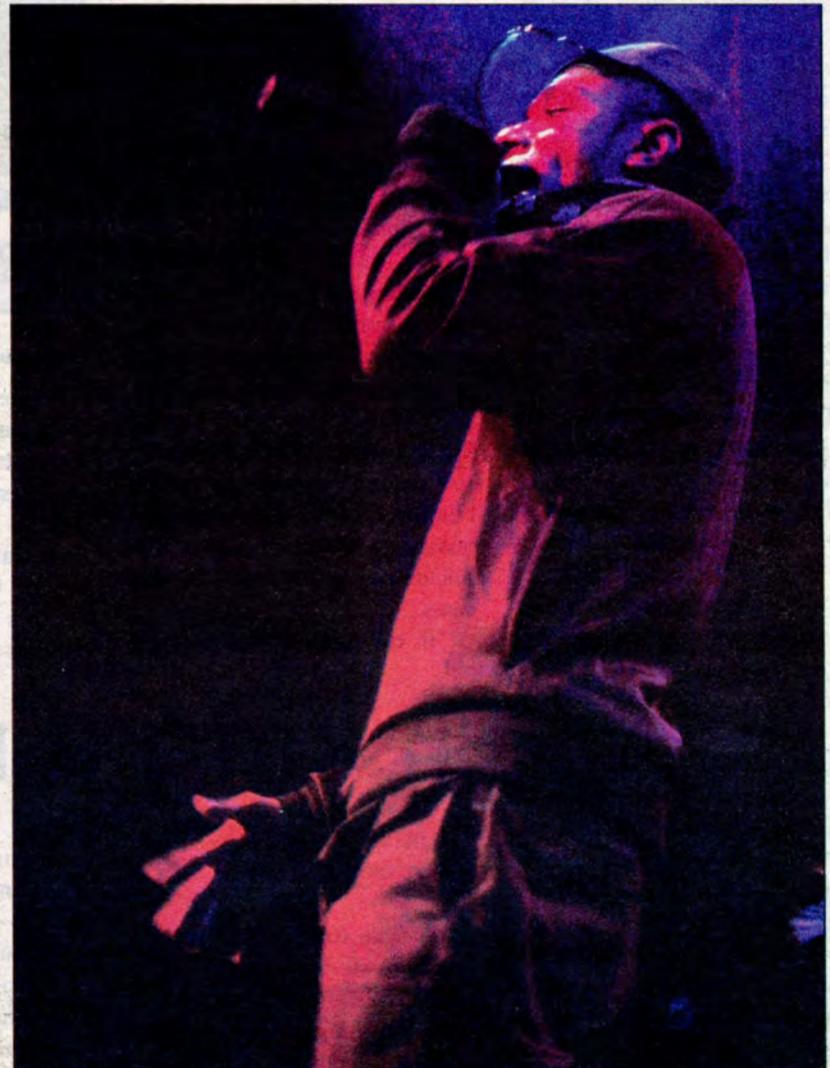
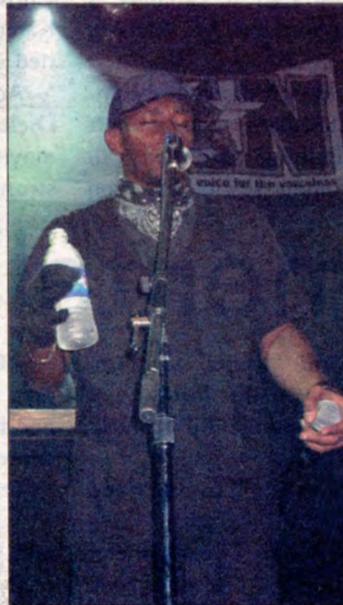
M.O.P. was like family. They laughed, they talked, they drank, they ate and they allowed just about anyone in their trailer. For them, it wasn't like they were on a higher level than us. We were all equal. As long as we showed M.O.P. a good time, they were friendly and full of life. And when the dynamic duo and their entourage left, their manager told one of my associates, "Y'all *Urban Magazine* people are mad cool."

Mos Def was the same. He came in the Docks, no pampering required, no special privileges needed. Within five minutes of arriving at the venue, he was on stage performing -singing, rapping and dancing - blowing away the people of Toronto. After the show he spoke with me like he was a friend of mine from way back when.

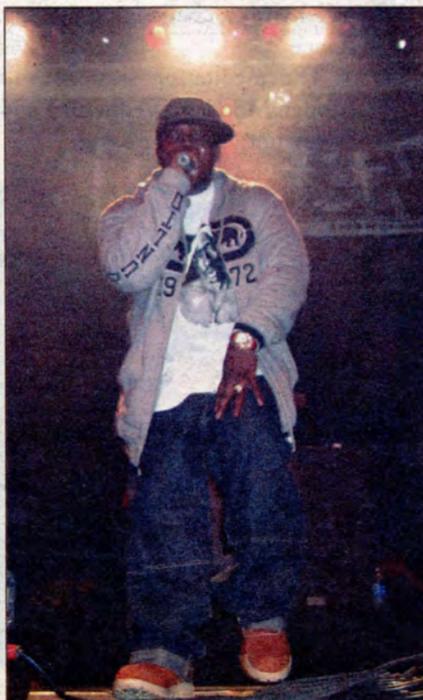
He also said something that stuck with me and the other members of the *Urban Magazine* team. He said he is just an everyday person, and all that he asks is to be treated that way. Treat him like a superstar, he'll be like every other "star" - tight lipped and reserved. Treat him like a person and he'll be happy to introduce you to Mos Def.



Mos Def



M.O.P.



Photos and layout by Amy Ward

# Life

## Seeing the value of life with an injury

A paraplegic advises people living with spinal injuries not to end their lives

KIRK VILLAMARIN  
SENIOR REPORTER

Adrian Dieleman broke his neck and lost the ability to walk for the rest of his life the day after he completed Seneca College's business administration program.

It was May 8, 1987 at 11:30 p.m. and Dieleman was headed to a friend's cottage in northern Ontario.

"I was out with a friend of mine. We were 22 years old. We just finished college," Dieleman said. "It was Friday night. We just wrote our last exam the day before on the Thursday and we were going to celebrate. We were going down a back road very fast and I lost control of the car. The car spun out and it flipped over a bunch of times," he said.

Dieleman, who wasn't wearing a seat belt, flew out of the car and the roof of the vehicle dropped on his neck, snapping his vertebrae at the cervical C6 level. His friend suffered only minor injuries.

Dieleman, who now depends on a wheelchair, said shortly after the accident all he wanted to do was die.

"Now, 18 years later, I look back and I'm so thankful nobody gave me that option," he said.

As a chaplain for the Hamilton Health Sciences hospital, Dieleman provides spiritual care to people recovering from stroke, brain injuries, spinal cord injuries and different incurable diseases.

"I enjoy working with the spirit. It is what gives people meaning," he said.

He says like him, most people with spinal cord injuries don't want to live during the early stages of their condition.

But life is worth living under any circumstances and conditions, he points out.

After the accident, Dieleman got a masters degree in theology at McMaster University.

"I've worked with people who have been suicidal and I've worked with people who have had very dramatic life changes, physically and mentally," Dieleman said. "The ideal patient will say to me 'thank you very much for helping me see the value of my life'."

He adds individuals who want to kill themselves or have someone else do it for them need medical and professional attention.

Natalie Hudson, executive director of The Right to Life Association of Toronto, agrees.

"When the terminally ill patient and the person that is depressed asks for death, it's more of a cry for help. What we need to do is get rid of their pain and treat their depression," Hudson said. "You don't want to get rid of them."

"Killing an innocent person is also a serious moral evil and a great moral wrong and it should never be done," Hudson added.

While Dieleman and Hudson say any form of killing, except in self defence, is morally wrong, Humber College humanities professor Les Takahashi says assisted suicide can be justifiable in some cases.

"If the person was mentally



Courtesy

Dieleman plays tennis and says he lives an active lifestyle despite his spinal cord injury.

competent, but physically unable to commit suicide and they had thought through it carefully, I would support that," Takahashi said.

A Gallup poll shows the number of Canadians who support doctors helping terminally ill patients commit suicide has risen

to 75 per cent since 1995.

Several years later at a Christian retreat Dieleman met Karen, to whom he is now married.

According to Karen, Dieleman's motivation to keep on moving forward was due to his strong belief in the Christian

faith.

She said he's caring and humorous. "People are usually drawn to him," she said.

Dieleman said faith gives people a reason to live and that is why he is a chaplain. "I'm like a minister within the hospital."

## Taking a mental coffee break

COURTNEY STOREY  
STAFF REPORTER

A new stress relief class is helping students at Humber College ease their worries and anxiety through meditation and mindful awareness.

The meditation class teaches participants how to manage stress by applying the relaxing techniques to their everyday lives. The college's counselling service is organizing the classes, open to

anyone who wants to join, including beginners, faculty and experienced meditation enthusiasts.

"I think it's going to be a good opportunity," said Tish O'Connell, a first-year funeral services student. "It gives you something to call on when you're faced with a challenging circumstance."

The meditation sessions will happen Monday, Wednesday and Friday until semester's end.

Counsellor Bohdan Turok says meditation also serves as a good practice to work with depression and any other trouble. "It really does help people cope with stress and other things," he said.

It is also useful for learning how to concentrate on homework and exams. The classes teach breathing techniques to students who find it hard to focus because they have a lot on their minds.

"(Meditation) will teach you how to concentrate and I think that will help a lot with my homework, my studies and my personal relationships too," said Joseph Lacivita, a second-year Marketing student.

Mindful awareness is about patience, understanding and slowing down thoughts to completely understand what the body is doing and the reaction of the brain. Breathing, a big component of any kind of meditation, is used to calm down and relax the senses. Also, it's not necessary to wear yoga gear, carry around a pillow or a calming CD of forest sounds or crashing waves. All you need is a quiet place to be alone.

There hasn't been a meditation class like this one at Humber in recent history. The counselling department also offers study skills seminars to students to teach stress management.

The meditation classes are held in room D223 and run from 11:45 a.m. to 12:15 p.m.



Courtney Storey

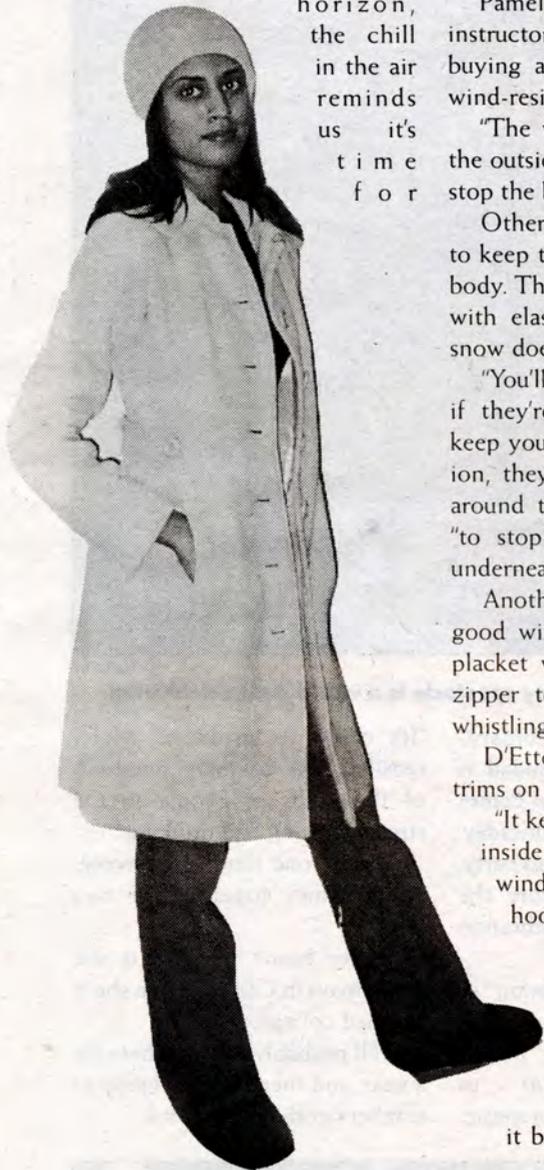
These participants take advantage of the fleeting moments between classes to meditate.

# Bundle up with right coat this winter

Cold winter season brings hot new fashions to keep warm

SIMONE REID  
STAFF REPORTER

With autumn underway and the holiday season on the horizon, the chill in the air reminds us it's time for



heavier outerwear.

But with a variety of styles, weather proofing and costs, purchasing a coat can be quite the undertaking.

Pamela D'Etorre, a fashion instructor at Humber, suggests buying a coat or jacket with a wind-resistant liner.

"The wind can blow through the outside fabric — you need to stop the body from getting cold."

Other detailing can also help to keep the cold away from your body. The cuffs may have a guard with elastic inside the coat, so snow doesn't go up the cuff.

"You'll find that in many coats, if they're true winter coats to keep you warm and not for fashion, they'll have the same thing around the hip," D'Etorre said, "to stop the wind from going underneath the coat."

Another important feature in a good winter coat or jacket is a placket which should cover the zipper to keep the wind from whistling through.

D'Etorre also suggests fur trims on the hood or cuffs.

"It keeps the heat of the body inside the coat and keeps the wind from blowing inside the hood."

She also suggests purchasing a water repellent coat.

"You won't find a coat that is water-proof because then it becomes a raincoat— but

water-repellent means that it's sprayed so that even if you get caught in a little bit of mist, or snow lands on you, then as it melts, it won't go through the jacket onto your skin."

D'Etorre has many predictions for this year's coat and jacket lines.

"Strangely enough, I've seen a

**'A decade ago it was all faux fur, but now we've come full circle'**

lot of parkas - woollen parkas. This has a retro feel to it, as well as the Hudson Bay blanket coats," she said.

Those in the market to buy coats will see the typical blacks, browns and blues, but can also expect to see a burst of baby blues and reds.

Real fur is making a comeback D'Etorre said. "A decade ago it was all faux fur, but now we've come full circle and it's back to real fur collars."

Although three-quarter sleeves aren't practical for winter, D'Etorre pointed out that many people spend most of their time indoors.

"Most of us go straight from a warm bed to a warm shower to

a warm garage. We get in a warm car, we drive to warm underground parking, and we get into a warm office. You don't need a real winter coat unless you're somebody who's walking a lot to the bus."

As for styles for men, they are usually conservative with styles like the straight and classic cut coat that hits the knee or slightly above.

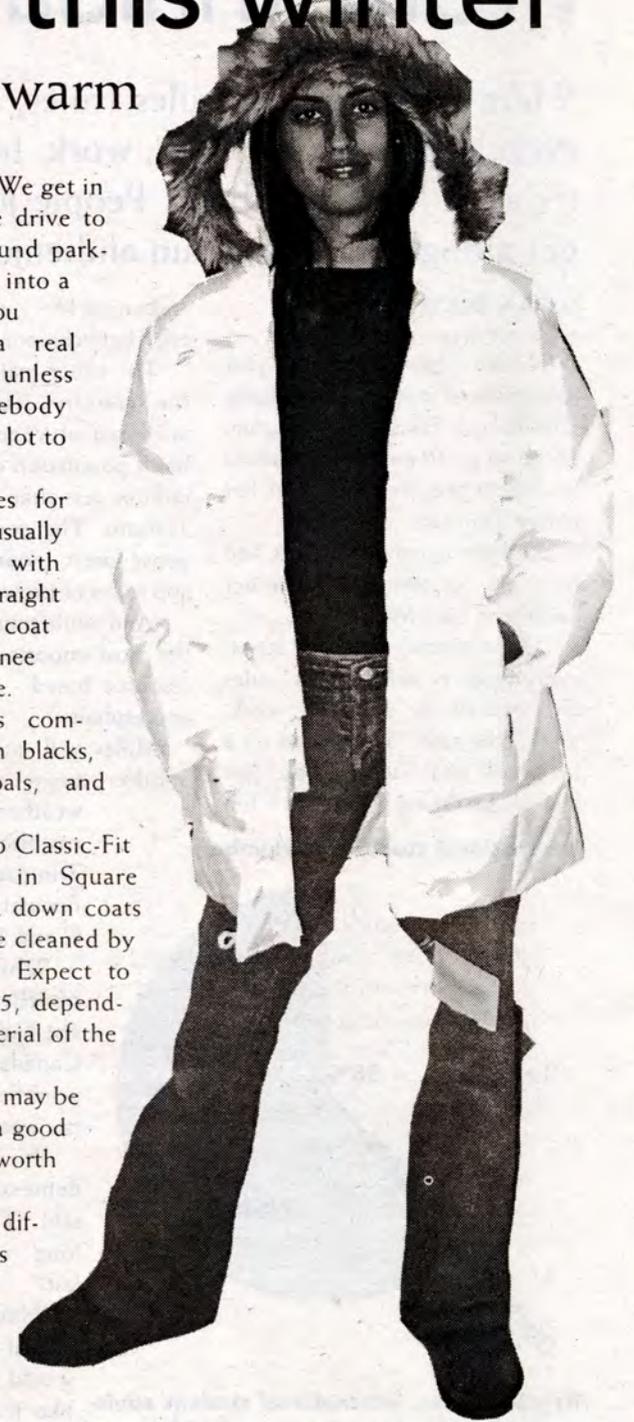
These coats commonly come in blacks, navies, charcoals, and browns.

According to Classic-Fit Dry Cleaners in Square One, wool and down coats should never be cleaned by the customer. Expect to pay around \$15, depending on the material of the coat.

Winter coats may be expensive, but a good quality coat is worth the investment.

With all the different styles available on the market this year, it's sure to be a warm winter.

Most importantly it's sure to be a stylish one.



Photos by Simone Reid

## Humber student cooks up storm in Germany

MATT DA SYLVA  
STAFF REPORTER

When culinary management student Andrew Johnson was asked to go to Germany to compete in the cooking equivalent to the Olympics, he jumped at the chance.

After all, hundreds of the top chefs from dozens of countries around the world would gather at the Culinary Olympics this fall to compete in various categories - slicing and dicing, glazing and hot potting, flambéing and frying - all to win a much sought after gold medal. It was an opportunity he had never even dreamed of.

Johnson, 31, was born and raised in Mississauga. Realizing that even with two university degrees, and 13 types of driving licenses, a job driving a forklift in

shipping and receiving, was getting him nowhere.

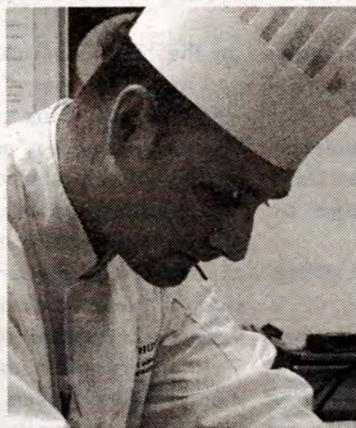
"Both of my parents own their own companies and it's been a goal of mine since I was young," Johnson said.

Having no idea how to achieve this goal, he went for career counselling and was presented with three job options: accountant, top-level CEO or chef.

With no prior experience, Johnson decided on the culinary field, and enrolled at Humber this September and started from scratch.

"I walked in, bought my books, bought my kit and started reading about two days before class," Johnson said.

While he was working away in the cooking labs, Johnson had



Cheyenne Morin

**Johnson in the Humber Room**

no idea that a spot had opened up on Culinary Team Ontario. Nor did he know team organizers were searching Humber for their new replacement.

Program co-ordinator Rudi Fischbacher and other staff

members nominated Johnson.

"He is a wonderfully talented, mature student who has fully taken advantage of all opportunities and possibilities in the culinary field," Fischbacher said.

Johnson made history by being the only Humber student to ever be a member in the culinary Olympics.

He served as support staff for Chef David Bakker in the snacks portion of the competitions. Duties included fine dicing food into cubes no larger than 1/32 of an inch and glazing food to make it shine.

The Ontario team, made up of 12 competitive chefs, spent a week in Erfurt, Germany, preparing for the competition. Johnson said he doesn't consider himself one of the best chefs in Ontario,

but he's good at cooking competitions where medals are awarded for the best looking food.

Whether he admits it or not, Johnson must be doing something right. Team Ontario surpassed all the other Canadian teams, but didn't make first place.

In the last year, Johnson's library of cookbooks has gone from zero to 90, some as expensive as \$350. Even after working with many great chefs, Johnson, say he still doesn't have a favorite.

"If you focus on one person to start instead of looking at everything, then you're missing a lot of what is going on around you."

Johnson is currently apprenticing at En Ville Event Design and Catering, but has received four job offers within the first three days back in Canada.

# Life

## From Trinidad to Canada with love, but...

"Here everything is rules, rules, rules and everybody is work, work, work. In Trinidad it's a lot more laid back. People just live to get along. They have fun and enjoy life."

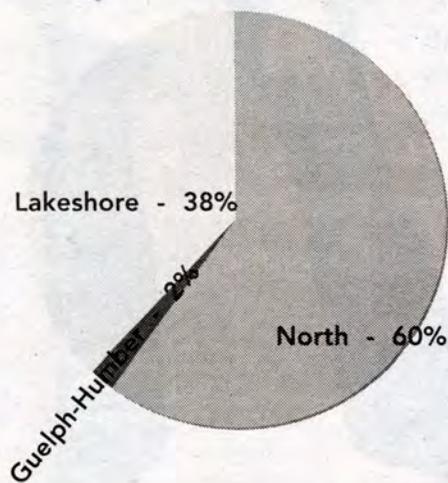
JACLYN BUCIK  
STAFF REPORTER

Kristin Miller, a second-year international student in the Early Childhood Education program chose to go to college in Canada to experience life outside of her native Trinidad.

And the experiences she's had here are far different from her Caribbean country.

"[In Canada] it's too strict, everything is rules, rules, rules and everybody is work, work, work," she said. "In Trinidad it's a lot more laid back. People just live to get along, they have fun

### International students at Humber



Kristina Evans, international student adviser at Humber, says there are 740 international students enrolled at Humber.

and enjoy life ... that's the difference between our cultures."

The other major difference is the country itself. An island northeast of Venezuela, Trinidad has a population of just over one million, less than half the size of Toronto. The country is mainly dense forest, mountains, wetlands and miles of brown sand beaches.

And while tourism is growing, the most important industries are resource based - oil, natural gas and asphalt.

Miller will quickly point out another major difference, the weather. Because it is a Caribbean island, Trinidad's temperature fluctuates between 25 C and 34 C.

While Miller has travelled the world, she had never been to Canada before last year. So the winter for her was a real shocker.

"It [winter] was depressing," Miller said. "I was like, how long is this going to last?"

"Having to wear normal clothes that I would wear at home, like jeans and a top, but then having to put



Courtesy

Kristin Miller, participating in Trinidad's Carnival. The five day spectacle is a world class celebration.

a sweater over it, and then another sweater and a jacket and then sneakers ... it was a pain!" Miller exclaimed.

But weather aside, Miller loves Canada.

"[I enjoy] the clubs," she said. "There are only one or two clubs in my town at home."

However, in Trinidad the major spectacle that makes up for the lack of clubs is, of course, Carnival.

It takes place in February-March, and because Trinidad is mainly Catholic, Carnival comes two days before Ash Wednesday. It is the last and final day to party, drink and eat meat before the traditional Catholic celebration of Lent.

Carnival is an explosion of colour as people take to the streets in costumes - priced between \$300 and \$500 - to dance to calypso and soca music.

"It's crazy, its madness," Miller recalled. "It's basically hundreds of thousands of people in the streets dancing and drinking."

It's the one time when everybody comes together for two days.

Miller hasn't decided if she will remain in Canada when she is finished college.

"I'll probably work up here for a year, and then go back home to teacher's college," she said.

## Purchase a cup of java without fear

### Experts say coffee reduces certain health risks

JACLYN BUCIK  
STAFF REPORTER

Caffeine is the most widely consumed stimulant because it enhances mood and energizes the drinker, says a U of T nutrition expert.

"In North America, coffee is the major source of caffeine, although in other parts of the world, tea is the major source," said Ahmed El-Sohemy.

However, a study conducted by Dr. Roland Griffiths from Johns Hopkins University, warns that one cup of coffee a day may develop into a caffeine addiction.

Griffiths says because caffeine is the least expensive and most available stimulant, people are able to maintain caffeine cravings.

Statistics provided by the Coffee Association of Canada, state that 63 per cent of all adults, and 41 per cent of

teens, drink coffee every day. Seventy per cent of all coffee is consumed before lunch.

In an informal survey of 20 students, many like Lori Cascone, 20, in the nursing program said they drink coffee to wake up and stay up.

"I need my caffeine. I buy coffee every morning," Cascone said.

As well, many said the taste is what attracts them, and the fact that on a cold day it is the best remedy to keep warm.

Guardian Pharmacist Carolyn Gornik BScPHM says that drinking coffee gives you a buzz, and in small doses, caffeine is proven to help you study and concentrate better.

"In the nature of caffeine, it constricts your blood vessels...[which] causes your heart rate to increase. As well, I believe it has an indirect effect

on the brain," Gornik said. "It causes you to become hyper."

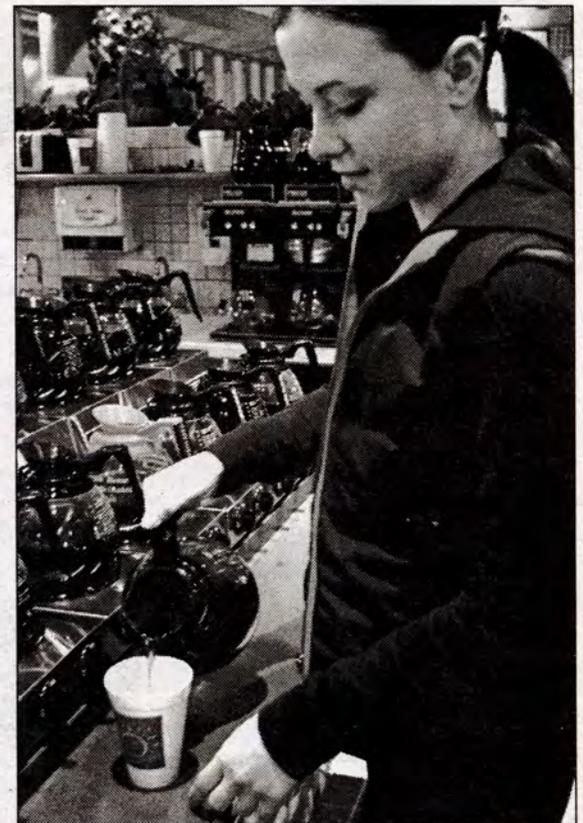
When you drink caffeine products constantly, one day without any can lead to withdrawal symptoms.

Dr. Griffiths said caffeine withdrawal symptoms include headache, fatigue or drowsiness, mood swings, depression, difficulty concentrating, nausea, vomiting and muscle pain or stiffness.

In the Humber survey, when regimental coffee drinkers missed a day, or even broke their caffeine routine, most experienced some of these symptoms.

However, El-Sohemy says coffee drinkers should also know caffeine reduces the risk of certain diseases.

"It should be noted that coffee consumption has been associated with a reduced risk of certain diseases such as Diabetes, Parkinson's, liver disease and gallstones," he said.



Cheyenne Morin

Lori Cascona grabs a quick cup to satisfy her soul.

# Continuing series on unique areas to explore in Toronto Enjoying a beer at the Distillery

COURTNEY STOREY  
STAFF REPORTER

The Distillery district is one of the best kept secrets in downtown Toronto. The neighbourhood is bordered by Parliament Street, Mill Street, Cherry Street and the Gardiner Expressway. With quaint shops, art galleries, cafes and bakeries, the Distillery district is an untouched cultural haven for students looking for a

laid-back getaway within the city. The Distillery was established in the 1830's by two englishmen-William Gooderham and James Worts who had come to Toronto, and began to distill alcohol in 1837.

In 1989, the buildings were recognized by Canada's Historic Sites and Monuments Board as outstanding examples of Victorian industrial design.

"It's really got character," says

Lindsay Dupuis, an interior design student from Ryerson. "It feels like you've been taken into the past."

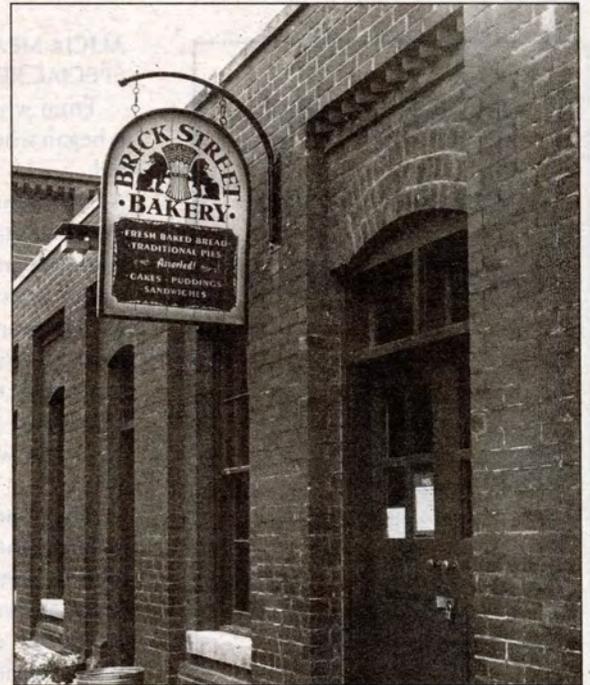
The Distillery district is a popular filming location in Canada with films like *Chicago*, *Bullet Proof Monk* and *Cinderella Man* shot in the heart of the district.

Many Torontonians are not aware of the influences the Distillery had on Toronto. For example, The Toronto Dominion Bank, now TD Canada Trust, was founded by the same families, the Gooderham's and the Worts'. Other than the tourist-driven prices, the Distillery district is a perfect place to chill, if you want to see a different side of Toronto in the downtown area. The patios are great and plentiful and the scenery of the old buildings is incredible.

The theme of alcohol has not

completely vanished. The Mill Street Brewery, opened in December 2002, has a patio and a sampling bar. The brewery makes seasonal ales and currently offers Original Organic Lager (with 100 per cent certified organic ingredients).

You don't have to be a history nut to appreciate the Distillery district.



Courtney Storey

The Brick Street Bakery features organic baked goods.



Courtney Storey

The Victorian-era buildings house design stores, art galleries and even a boutique called Mona's for pets that caters to dogs.



# THE OC

THURSDAY 8PM



## In Focus

# The hurtful, hidden pain of anorexia

## A Special Report from a recovering anorexic

*Battling the demons of an eating disorder*



ALICIA MEAHAN  
SPECIAL REPORT

From what I can remember, it began when I was nine years old.

My grandfather was sick in the hospital, so being the youngest grandchild, I was the one responsible for taking care of my grandma and making sure she wasn't lonely. I loved living with my grandma in the beginning, but as time went on, I just wanted to be a kid again.

The loneliness really sunk in during these stages. I had no friends partly because I was never allowed to go out anywhere or do anything that most kids do. This loneliness, I believe, is what started my eating disorder.

In the beginning, I had no idea I had a problem. The only time I ever really ate was at dinner every night because my grandma and I would sit and eat together at the dining room table. But I used to hide a lot of what she gave me by putting bits of it into my napkin.

By the time I reached high

school, hiding food wasn't always necessary because I'd either eat and then throw it all up, or I'd just get out of eating completely. No one was watching. It was easy.

Working also took up a lot of my time, which helped me escape eating proper meals. During dinner time I was at work, so no one was around to see that I hadn't eaten.

My grandma's death when I was in grade nine hit me hard because we were so close. I became very depressed. I had no friends during my first few years of high school because of this depression. People used to make fun of me, and spread all sorts of different rumours. The downward spiral continued. They had no idea what was going on with me. No one did.

My eating disorder was a big secret. It still is.

I have come a long way

since those high school days. I no longer force myself to throw up after eating, and I do usually eat once a day. But the thing with eating disorders is, you are never fully cured. They come back.

And that's where I am now. Back in its grasp. A few weeks ago, my boyfriend and I broke

up after a year-long relationship. This pain, combined with the pressures of school, paying rent and

working, caused me to become very depressed. I feel so alone, like I have no friends or no one who loves me. And of course my boyfriend wasn't there anymore.

When the breakup happened I didn't eat anything for four days. I was so sick from not eating, not sleeping and crying that I spent two days locked away in my room lying in bed, feeling so alone. Finally, when Monday morn-

ing rolled around, I pulled myself together and went to school. I didn't eat anything until later that week, but drank a lot of juices to keep up my blood sugar level. Now I'm starting to eat again, often chocolate. I know that's wrong. I know it's not healthy and I don't understand why I do it. Then I hate myself all over again.

Being depressed and confused brings back my eating disorder. It's not that I think I'm fat and ugly like I did when I was growing up, but it's like I punish myself by not eating. I am punishing myself for the inner pain that this break up is causing me.

If I'm going through something dramatic that I can't control, I don't eat, because that's the one thing I can control every day of my life. If I want to eat a muffin, I'll eat the muffin. If I don't want to eat it, then I won't eat it. This is one of the reasons that I believe causes a lot of people to have eating disorders – not eating is sometime the only thing they have complete control over.

For help: [www.sheenasplace.org](http://www.sheenasplace.org)

**'Being depressed and confused brings back my disorder.'**

## Fast food not necessarily unhealthy

### Restaurant chains trying to "lighten up"

JENNIFER MARSHALL  
STAFF REPORTER

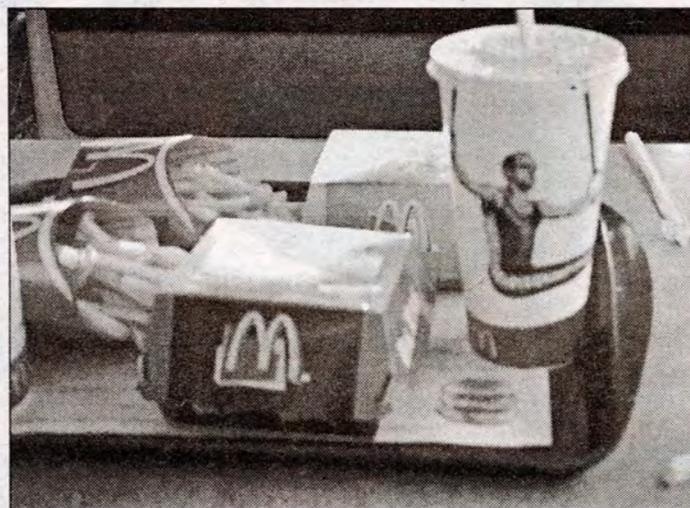
For those watching what they eat, but are always on the go, healthy eating is becoming easier at fast food restaurants.

Contrary to what many believe, Toronto based dietitian, Susie Langley says eating out does not have to be unhealthy.

Nevertheless, Langley says fast food junkies should look for less saturated and trans fats which increase blood cholesterol. She suggests looking for more grilled foods instead of the fried foods.

"Instead of having fries, get a salad instead, but you also have to watch the salad dressing. Instead of pop, choose low fat milk or juice. That way you are getting three to four food groups in the one meal," Langley said.

Murielle Lenglin, a nutritionist working at the fitness facility in Alliston, warns how trans



Jen Marshall

In 2002, McDonald's launched a new Lighter Choices Menu which included a McVeggie burger and fruit'n yogurt parfait.

fat are used in many packaged foods. Trans fat are responsible for clogged pores, clogged arteries and heart disease.

Langley agrees.

"Total fats add calories and can contribute to weight gain and the rising obesity in North America." But she adds, "These companies are trying to

improve choices. We need to give them more credit."

Lenglin says pizza can be a healthy choice.

"Pizza is one of the best fast foods. It is composed of the four food groups. Carbs are in the crust and veggies, protein in the meat and milk products in the cheese," she said.

"Veggie and cheese subs on whole wheat bread are good too."

According to the official McDonald's website, McDonald's now has more than 1,300 restaurants across Canada, which serve approximately three million Canadians every day.

Students like Rob Gray, a second-year electrical engineering student admitted to frequenting the fast food joint.

"I eat at McDonald's three to four times a week," he said. "I eat there so much because it is easy and quick."

Some students, like Branden Gould, don't agree.

"I really don't like eating fast food," Gould said.

"The only reason I do eat fast food is if I am at school and I forgot a lunch or if I'm getting home after supper and there's nothing there," he said.

Langley adds that people need to remember to sit down and digest their food. It takes at least 20 minutes for someone to realize they are full.

For more information on eating disorders visit:

Sheena's Place, a support clinic in Toronto at 416-927-8900 or visit their website at [www.sheenasplace.org](http://www.sheenasplace.org)

## News you can use



### Lauren Gilchrist gets answers

*Q: I think my friend might have an eating disorder. How can you tell if someone is anorexic and what should I do?*

*A: Merryl Bear, director of the National Eating Disorder Information Centre (NEDIC) in Toronto, says: "It's important that friends do address these issues with their friends. That is what friendship is about."*

- Bear says it's a good idea before approaching a friend to research eating disorders and find places where the friend can go for help.

- She says to try and remember that an eating disorder doesn't go away overnight.

### Warning signs

Lauren Goldhamer, an eating disorder specialist at Bellwood Health Services in Toronto, says the following are major signs to watch out for if you suspect a friend has an eating disorder.

- You might notice weight change, but this is not always the case.

- Your friend may avoid social contact. He or she will say no to dinner invitations or other occasions that involve food.

- Your friend will seem insecure about how they look and talk negatively about their body.

- You may notice they are not eating when you do get together.

- You may also notice frequent trips to the bathroom after meals.

For more information on eating disorders call the National Eating Disorder Information Centre at 416-340-4156.

### Got a question? Write to:

[etcetera\\_lauren@yahoo.ca](mailto:etcetera_lauren@yahoo.ca)

# 'Thinspiration' sites feed anorexics

## Pro-anorexia websites called 'seductive' and 'distorted'

LAUREN GILCHRIST  
SENIOR REPORTER

"Today will be good. So far plenty of water, and nothing but my morning coffee and half a zone bar (about 100 calories)...need to lose 5.5 pounds to catch up to where I was near the end of April."

Finding information condoning and encouraging eating disorders is only the click of a mouse away.

Pro-eating disorder websites, (called "pro-ana" for anorexia or "pro-mia" for bulimia) chat rooms, message boards and online diaries, like excerpts from the one above, are readily available on the Internet.

These sites provide tips on how to hide an eating disorder from family, friends and how to purge properly. In addition, these sites show images of deathly thin women as "encouragement."

Anne Kerr, director of Sheena's Place, an eating disorder support clinic in Toronto, says pro-anorexia sites are "extraordinarily disturbing."

### 'Individuals who write for pro-ana sites are ill.'

"Anorexia is a major mental illness," she said.

One pro-anorexia website acts like a religion with its own commandments and psalms.

The "thin commandments" state: "Being thin is more important than being healthy. Thou shall not eat without feeling guilty" and "you can never be too thin."

The psalms read: "Strict is my diet. I must not want. It maketh me lie down at night with hunger, surely calories and weight charts will follow me all the days of my life and I will dwell in the fear of scales forever."



Adam Ledlow

**Pro-anorexia websites reinforce distorted and negative body image in teens and adolescents. One support clinic, Sheena's Place, says 15 per cent of people who develop anorexia may die as a result.**

Some Humber students, like second-year social service student Natalie Salteski, condemn such sites.

"It's almost adding fuel to the fire because it encourages that type of behaviour and doesn't give a positive message," she said.

Salteski is currently doing a placement at the National Eating Disorder Information Centre (NEDIC) in Toronto.

"They make you think what they think is the right way to be. It's totally distorted," she added.

Merryl Bear, director of NEDIC, says although it's hard to know exactly when these sites began, they have been around for at least four years.

Lauren Goldhamer, an eating disorder specialist at Bellwood Health Services, says unfortunately the Internet has some very negative aspects.

"This would not have happened if we didn't have the Internet. It's growing along with it," she said.

Kerr agrees there is a major

problem with these websites.

"I don't think anyone knows who is on these sites or how they are really affecting young women," she said.

Kerr explains it's probably not people in recovery using these sites, but people who are dealing with their illness on their own.

Bear warns college and university students in particular are susceptible to an eating disorder

**'I don't think anyone knows who is on these sites or how they are really affecting young people.'**

because of increased pressures at school.

"Preoccupation with food becomes a way to cope with [pressure]," she said.

Salteski agrees.

### Facts

- 90 per cent of people with anorexia are women

- anorexia usually starts with dieting but turns into a cycle of not eating and losing weight

- anorexic behaviours include under eating and strenuous exercise

- physical consequences of anorexia include shrinking of muscles, osteoporosis, heart failure, dehydration, hair loss and lowered blood pressure

Information gathered from Sheena's Place website  
[www.sheenasplace.org](http://www.sheenasplace.org)

"It's too bad there is such a lack of resources on campus because we are the target age group," she said.

According to the Sheena's Place website, eating disorders are more prevalent in teenagers and young adults.

About 90 per cent of Canadians with an eating disorder are women. In Ontario alone, about 70,000 people have an eating disorder.

Goldhamer also warns these sites could be bad news even for those who don't suffer from the illness.

"The biggest fear is for the people who don't have an eating disorder who would stumble upon these websites thinking it's about losing weight," she said.

Kerr says the pro-anorexia websites make those with the illness feel connected and supports their own values.

"They are very seductive," she said.

Goldhamer adds: "It gives people community support for something that is very dangerous."

Bear agrees, "Individuals who write for pro-ana sites are ill. While they believe anorexia is a life choice, it's not. It's an illness."

## In Focus

# Healthy choices are easy to swallow

## Humber cooking students offer tips how to eat well

JULIE BROADBENT  
STAFF REPORTER

Many students find it easier to grab a burger at the local McDonald's than to prepare a home cooked meal.

However, fast food is not necessarily a bad thing, says Maureen Salter, a dietitian registered with Health Canada.

"The trick when eating out is to choose foods from at least three of the food groups," Salter said.

When it comes to deciding what to eat, the convenience of fast food plays a role for students. But that convenience can be costly.

Derek Minor, a second-year funeral services student says he can spend about \$30 a month on groceries, but spends at least \$15 a day on eating out at restaurants.

"I just plugged in my stove last week and I have been living here since May. I can't cook and I don't get home

from work until 10 p.m., so it just seems easier grabbing something on the way home," he said.

An alternative to fast foods is to pull out the pots and pans.

Cooking at home does not only save on costs, it also aids in nutrition as well, something many students forget to consider.

Salter recommends cook books that are easy to follow, require little skill or ingredients and can be found at the local bookstore. She suggests both "Looney Spoons" and "Crazyplates" which offer healthy recipes that are low in fat and fun to make.

"You cannot force students to eat healthy, but it is only fair to provide information so they can make informed choices," Salter said. Thanks to the Internet, nutritious and fast recipes are now just a click away.

Salter recommends the Kraft Canada website, [www.kraftcanada.com](http://www.kraftcanada.com) for delicious and nutritious recipes that can be made between five and 20 minutes.

Humber residence has plenty of information to help students make informed decisions when it comes to nutritious eating.

The majority of information is gathered from the Nutritional Management Services website, [www.nms.on.ca/elementary/canada](http://www.nms.on.ca/elementary/canada), which offers a food guide to healthy eating by following what is called "The Four Colors of the Rainbow." This ideology consists of eating different amounts of grain, vegetables, fruit, milk and meat alternatives.

But Chef Jurgen Lindner of Humber's culinary arts program says a healthy lifestyle extends beyond the college.

"If you eat three meals a day, take a half hour walk everyday, do not eat at night and eat from all the recommended food groups, you should stay healthy and be getting everything your body needs," he said.

Another alternative, if you have a few bucks to spare, is the Humber Room, a restaurant run by the culinary arts program at the North Campus.

Food and beverage manager Richard Pitteway says the restaurant offers different nutritious meals at a fair price.

"As long as you're not looking for a double cheeseburger with super-sized fries, you can definitely eat healthy off our menu," Pitteway said.

Rudolf Fischbacher, co-ordinator of the culinary programs at Humber agrees.

"Anything poached, roasted, steamed or baked is usually low in fat, and that is a lot of what can be found on the menu at The Humber Room," he said.



Julie Broadbent

Culinary arts students Andre Morrison, Jamie Wong and Jose Arato (left -right) refine their cooking skills with fresh pastry.

**'The estimated economic burden of poor diet in Canada is \$6.6 billion annually.'**

## Veggie burger or hot dog? You decide!

### Everything from jerk chicken to Mr. Sub

Humber's food service is extensive and includes many selections to suit everyone's unique taste.

From the Java Jazz coffee

house to Harvey's to the Caribbean restaurant Ackee Tree to the Food Emporium, many healthy food options are available.

Some of the healthier choices on campus include the extensive salad bar in the Food Emporium which features many different low-calorie dressings.

## Canadians pay the price of poor diet

The estimated economic burden of poor diet in Canada is \$6.6 billion annually according to Health Canada. As a result, health organizations are taking a stand by educating not just students, but everyone, on healthy eating and nutrition intake.

On Jan. 1, 2003 the Canadian Food Inspection Agency, with recommendations from Health Canada, passed a law that required a nutrition facts table that lists calories and 13 key nutrients to appear on the back labels of all prepackaged food

in Canada. The table helps consumers compare foods in order to make healthier choices.

Frances Scovil for Dietitians of Canada clarifies that eating healthy is more about making good choices than completely giving up tasty foods.

"Eating healthy does not mean sacrificing the foods you love, it means choosing wisely from a variety of foods and choosing lower fat foods more often," Scovil said.

With files from Julie Broadbent

MR. SUB: Order your own sandwich fillings and select from a variety of fresh vegetables.

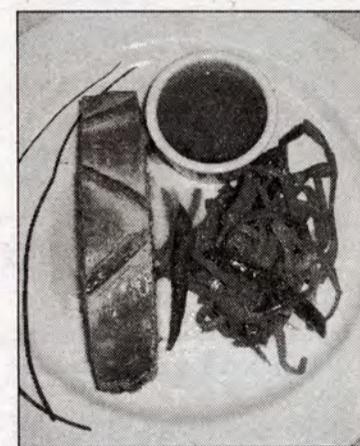
THE FOOD EMPORIUM: Humber's cafeteria offers a grill deli and soup bar.

There are many vegetarian options as well, including veggie sandwiches, salads, pizzas, pastas and wraps.

Other options on campus include a hot dog from the stand outside the registrar's office and Bubble Tease, near CAPS.

Even though at first sight everything on campus might seem "fattening" or unhealthy, minor changes can make most meals healthy.

For instance, when eating at Harvey's choose water with your meal instead of sugar-loaded



Julie Broadbent

The Humber Dining room offers delicious meals every day.

drinks like pop, and substitute fries for a salad.

With files from Robina Kumar

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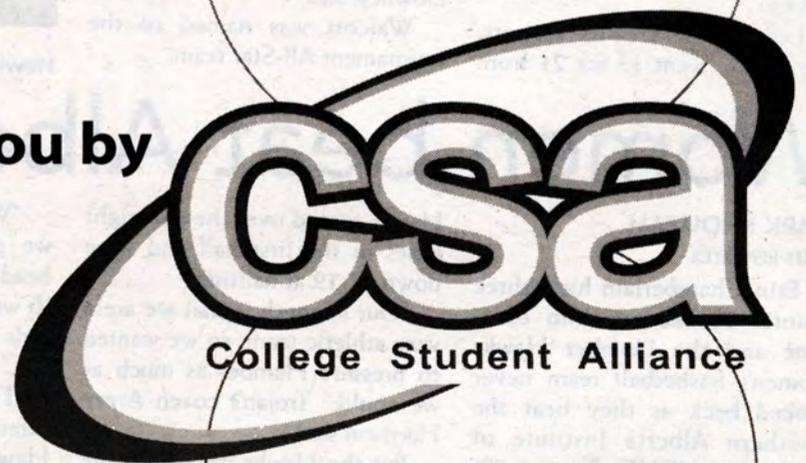
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## Sports

# Hawks fly high in Raptors tourney

## Men lose in the final despite beating two of Canada's best

LUIS HENRIQUES  
SPORTS EDITOR

Despite going into the Raptors Invitational Tournament as the only college taking part, the Humber Hawks men's basketball team rode the home crowd all the way to the finals.

All the games were held at Humber College except for the finals, which took place at the Air Canada Centre.

The Hawks were the underdogs, seeded seventh out of eight in the tournament.

"We got seeded pretty low so the bracket wasn't really in our favour," Hawks point guard Samson Downey said.

Humber opened the tournament drawing Laval, the second ranked university in the Canadian Interuniversity Sport (CIS) last year, after finishing the season 15-1.

The Hawks started off the game slowly going zero for five from three point land and found themselves down 36-30 at half-time. But 41 points from the bench helped the Hawks come back late in the game. Hawks point guard Shane Dennie sank a three pointer to tie it at 58 and Hawks player of the game, wingman Jason Walcott finished it off with an easy deuce to upset the Rouge et Or 63-60.

The Hawks moved on to the semifinals for another close game against the third seeded McMaster Marauders.

Led by shooting guard Aron Bariagabre, who scored 11 of his team high 20 points in the first half, the Hawks went into the half tied at 34. The Marauders came out stronger after the break, leading by as much as nine points.

Led by the crowd's support, the Hawks went 13 for 21 from

the field to cap off another upset, beating the Marauders 71-69.

"The energy at the end of the game was tremendous," said Humber Athletic Director Doug Fox. "Anytime you have vocal support like that, it helps a lot."

The Hawks made their way to the ACC to take on the number one ranked team in Canada, the Carleton Ravens, in a game broadcast live across Canada.

The Ravens, the defending CIS national champions, had won 50 straight games going into the tournament.

The Hawks broke the ice with a shot from long range and got out to an early 5-2 lead, but that was the last time they found themselves on top.

Led by the tournament MVP and last years' Ontario University Athletics male athlete of the year, Michael Smart, the Ravens scored 21 points in a row, as exhaustion started to sink in for the Hawks.

"We were fatigued," Downey said. "After Sunday we played nine games in eight days. We were pleased with our play though."

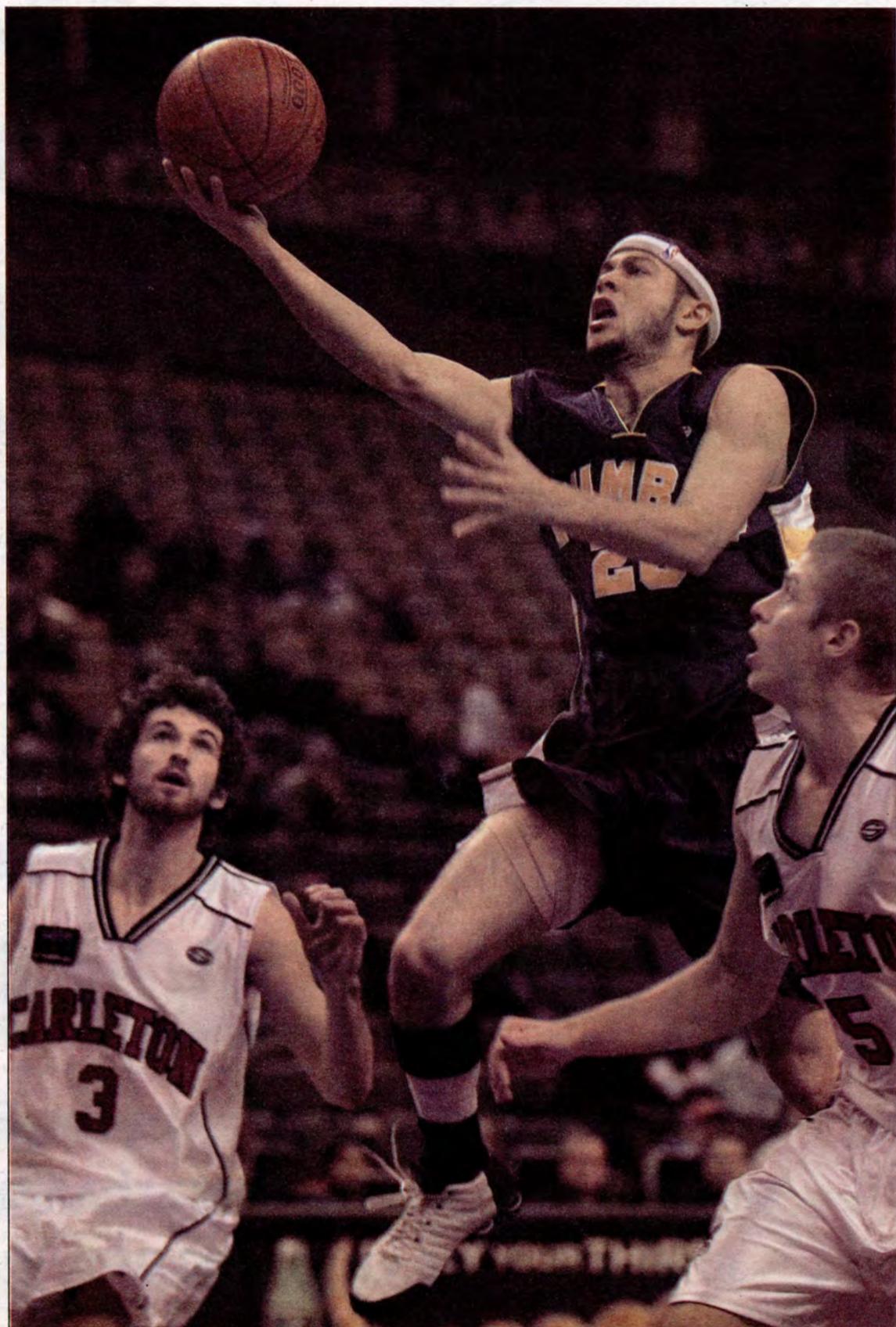
The Hawks struggled from the field going 11-39 and found themselves down 39-24 at the half. Humber put together a late surge to come as close as nine points, but clutch shooting from Smart, who led all players with 17 points, clinched the Ravens' 75-58 win.

Dennie led the Hawks with 14 points and six rebounds.

But Downey believes if the team was rested, it could have been a different outcome.

"If we played later in the year under different circumstances, I think we could beat them," Downey said.

Walcott was named to the tournament All-Star team.



Hawks Samson Downey cuts his way through two Carleton defenders during the championship game. David Lucas, Toronto Sun

# Women beat Alberta team in overtime

MARK KHOUZAM  
STAFF REPORTER

Erin Chamberlain hit a three pointer 22 seconds into overtime and the Humber Hawks women's basketball team never looked back as they beat the Southern Alberta Institute of Technology (SAIT) Trojans 59-46 at home last week in an exhibition game.

The Hawks started off well but had some trouble with the Trojans' pressuring defence. The

Hawks turned over the ball eight times in the first half and were down 27-19 at halftime.

"Our strength is that we are a very athletic team, so we wanted to pressure Humber as much as we could," Trojan's coach Avery Harrison said.

But the Hawks came into the second half a different team.

They were able to finally break down the Trojan's buzzing defence and went on a 10-0 run to open the second half.

"We knew they were quick and we practiced for that," Hawks head coach Denise Perrier said. "It was just a matter of getting the girls not to panic and just play it out."

The majority of the half featured more of the same for the Hawks as they continued to break down the Trojans' defence until they ran into foul trouble.

A number of defensive fouls committed by the Hawks came with the shot clock near its end,

helping the Trojans maintain possession of the ball.

The Trojans capitalized on their free throws and with just under 10 minutes to go in the half were up 38-31.

Despite the fouls, the Hawks continued to break down the Trojans' defence and tied the game 47-47 at the end of regulation.

Humber outscored the Trojans 9-2 in overtime. Karine Nicolas, coming off a serious knee injury

from last year, said after the game that she and her teammates just pushed themselves in the second half.

"After the first half we all knew we had to pick up our defence to win," said Nicolas, who scored a game high 20 points. "I just pushed myself to try my best throughout the game and we were able to win."

The Hawks open their season on the road Tues. Nov. 9 against the Durham Lords in Oshawa.

Sports  
ShortsJoanna Gruenberg  
on the curse of the  
Bambino

"Reverse the curse" is exactly what the Boston Red Sox did this past season, keeping fans worldwide on the edge of their seats throughout.

For 86 years, Babe Ruth, a.k.a. 'The Bambino', has punished the Red Sox organization for selling him to the New York Yankees.

Every time the Sox have come anywhere near a championship an unusual mix-up has occurred.

## what happened Bill?

Take Bill Buckner's first base folly for example. With the Sox in full control of the 1986 World Series, Buckner mishandled a routine ground ball up the first base line, allowing the opposing Kansas City Royals to get back in the game and steal the series.

Events like this have plagued Red Sox players and fans for decades, leaving them looking for answers.

Many have attributed the issue simply to poor play, but an overwhelming number have deemed the problem 'the curse of the Bambino.'

## not this time

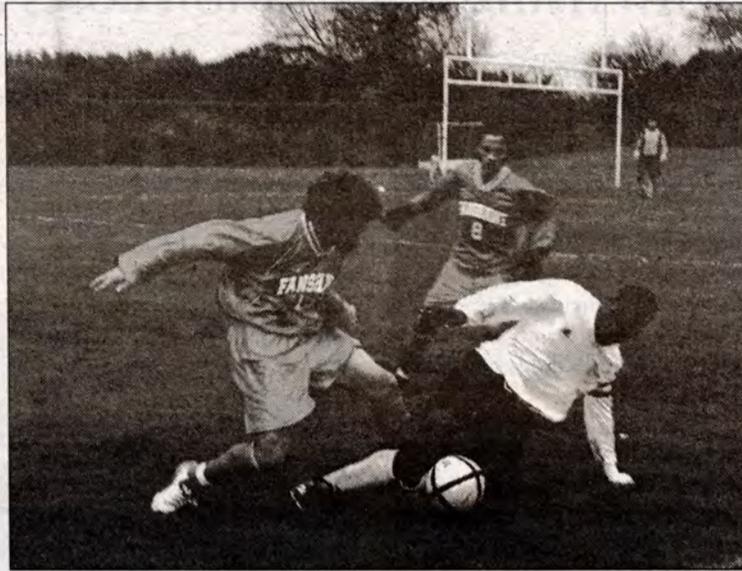
With the Red Sox trailing the Yankees three games to none in the American League Championship Series just weeks ago, the curse seemed to be stronger than ever.

But low and behold club members who referred to themselves as 'idiots' fought back and became the first team in baseball history to accomplish such an enormous feat. In the World Series their dominance continued as they eliminated the high-flying St. Louis Cardinals in four straight games.

But where was the ghost of Babe Ruth?

Had he finally gone to rest for good?

Boston can now sleep at night knowing they are champions and that 'the curse of the Bambino' is nothing more than a flash from the past.

Sad ending to almost perfect year  
Men lose in the finals after completing flawless regular season

Kris Halinen

Humber's Chris Turner steals the ball from a Fanshawe player.

KRIS HALINEN  
STAFF REPORTER

The Humber Hawks men's soccer team finished with a disappointing silver medal last weekend in the Ontario College Athletic Association (OCAA) championship.

The top ranked Hawks played the second ranked Algonquin Thunder in the gold medal game

on Saturday, but lost 2-1, their first loss of the season.

Heavy rain drenched the playing field and strong winds stopped the ball dead in the air as players struggled to stay on their feet while playing.

"We're used to playing games in a better climate than today," assistant coach and former Hawk, Jay Mesa said. "The loss is disap-

pointing."

Just minutes after the scoreless second half began, Hawks' star striker Kadian Lecky received a red card for elbowing a Thunder defender. The Hawks were left with a one-man disadvantage.

"If we kept 11 players on the field, we would have won the game," Hawks captain Cameron Medwin said.

The Thunder scored its first goal on a penalty kick, when the ball inadvertently hit Matthew Palleschi on the upper arm in the 18-yard box.

Following the penalty kick, Hawks forward Kwame Osei scored while being fouled in a melee in front of the Thunder goal. However, it was called off by the referee.

"If you're going to call (a foul) one way, you have to have the balls to call it the other way," Hawk Chris Turner said.

With time running out, the Thunder scored another goal, and Turner quickly replied with one of his own. But the Hawks couldn't squeeze out another and saw their season come to an end.

"After the red card, everyone's self-esteem went down," Palleschi said. "It's a tough way to lose."

Lecky was named a Canadian Collegiate Athletic Association all-Canadian, OCAA scoring champ and an OCAA all-star. Medwin was also named an OCAA all-star. Palleschi was named OCAA championship MVP and Michael Marchese was named OCAA rookie of the year.

In the semifinal matchup versus the Fanshawe Falcons on Friday, Humber won easily 5-2.

Osei scored twice, while Lecky, Medwin and Vito Del Duca added singles.

The Hawks knew they could not take the Falcons lightly, even though they beat them 6-0 at the beginning of the season.

"We wanted to be all over them right away," Del Duca explains. "When you take a team lightly, that's when they walk all over you."

The Hawks' national championship hopes were crushed with the single game elimination loss on Saturday.

## Playing pro is distant reality for Canadian players

Basketball Canada's  
Robert Gordon  
says funding isn't  
the only problem

MARK KHOUZAM  
STAFF REPORTER

The thought of making millions of dollars playing professional sports entices a lot of young athletes.

In a hockey hotbed like Canada, a fair share of amateur athletes actually realize that dream and make it to the professional ranks.

But the same can't be said for basketball.

"The numbers are staggering about how few athletes make it in pro basketball. There's not a lot of room," said Humber President Robert Gordon, who is also the president of Basketball Canada.

"It's almost out of the question."

Not to shatter any hopeful dreams, but the numbers are staggering.

For example, in the National Basketball Association (NBA), currently 455 players play in the league. Only two are Canadian. It's estimated that for every 10,000 athletes who vie for a spot in the NBA, only three will actually make it. The league brings in

fewer than 100 new players each year.

The Women's National Basketball Association (WNBA) is even tougher. Currently the league is home to 159 players. Fewer than 50 new players enter the league each year.

Other options to pursue a professional career in basketball include playing for the hundreds of club and international teams all over Europe.

Although it may be more realistic for Canadian college players to play in Europe, it's still tough to get a spot.

Many club teams put certain restrictions on how many foreign players can play on the team. For the

most part, that limit is two. The rest of the team's roster is made up of players who live in the club's country or vicinity.

But it may not just be a matter of numbers that's holding back the dreams of hopeful basketball players.

According to Gordon, the sheer lack of basketball talent is

also a main reason.

"In Canada, we just don't have the talent that's needed to play professional basketball," he said.

So the obvious question is why? Why isn't Canada, a first world nation in sports, able to produce higher calibre basketball players?

"It's not developed at an early age," Gordon answered.

"Hockey on the other hand is developed early with many minor teams and programs. That's why Canada excels at hockey and not basketball."

Gordon's position is reinforced by Humber men's basketball coach Darrell Glenn.

"If we could just get our hockey mentality to be our basketball mentality, we might see more Canadian amateurs making pro basketball teams," Glenn said.

But that's not the way Jason Walcott, who plays for Glenn, views it.

"We just don't get enough exposure," Walcott said. "In the

States, they get opportunities to show their skills. That's why the majority of players come from the States."

Walcott also added that a lack of funding into national and local basketball programs like Humber's, is a reason why Canadian amateur basketball players aren't able to achieve their dreams.

Would more funding mean better outcomes for amateur basketball players in Canada?

Most in the basketball world claim that more funding would improve facilities. It would also increase the number of games played, giving athletes more opportunities to showcase their talents. Another issue that could be addressed is coaching.

Glenn, for example, is currently hired as a part-time coach for the men's team. If funding was increased, Glenn could turn into a full-time coach and develop his athletes more.

Although he agrees funding would be beneficial, Gordon said it's not the main problem.

"We could always use extra funding, but throwing money at it isn't the ultimate solution," Gordon said. "We need to start developing our athletes at a younger age. That's what might turn it around."



Courtesy

Humber President Robert Gordon says Canadian basketball players must develop their skills at a younger age in order to play professionally.

# Sports

## Minor hockey head honcho takes heat

Toronto area parents are upset with rising registration costs and hidden fees

SARAH HORBACZYK

STAFF REPORTER

Ron Morrison is on the Board of Directors for the Mississauga Rebels of the Greater Toronto Hockey League (GTHL) and says parents are furious with the rising costs majority team owner, Stuart Hyman has implemented since joining the league.

According to Morrison, as well as others associated with the league, Hyman has become a very controversial figure since his arrival.

Involved with 10 organizations, Hyman also manages 93 teams in the GTHL. No other person in the league manages more than two teams proving Hyman's word counts.

"One of the disadvantages that Hyman brings to the league is that every association gets to vote in the GTHL and with Hyman owning a lot of the organizations, he gets more votes which makes him powerful," said Doug Muni, assistant coach for the Vaughn Rangers.

Vaughn charges players between \$700 and \$1000 in registration fees. That doesn't include costs of tournaments, team track suits or extra ice time for clinics.

"A lot of the different costs come after the fees are paid and depend on what a particular coach wants to run in his program. You can keep costs down or you can bring them very high,"

Morrison says.

"It depends on guest coaches, hours of ice time a week or having a team full of volunteers. It can also depend on how many away tournaments you go to and whether you use a team bus."

**'Teams budgets can run from about \$35,000 to \$45,000.'**

Since Hyman joined the league a few years ago, fees for some teams have jumped from under \$1,000 to \$1,599.

Such teams include the Weston Hawks, the Toronto Penguins and the Toronto Aeros.

About 1,500 players across Southern Ontario play for teams under Hyman's influence.

Teams who have no connection with Hyman have an average registration fee of \$860.

For their fees Hyman says players get a set of new equipment each year and have more ice time which contributes to the higher prices. Hyman also said the extra money helps players develop better skills since coaches are getting paid. Morrison believes that to be cost efficient the team just needs to check out

all possible options.

"As a parent you have to shop around for the program that best fits your needs. For example, talk to coaches and get a breakdown at the beginning to see exactly how much it's going to cost and how many away tournaments there are," Morrison said. "There are low budget programs out there and high budget ones as well."

The main criticism parents have with Hyman's GTHL fees is that there are too many hidden costs along with registration fees.

"You have to look at teams budgets," Muni said. "'A' and double 'AA' teams' budgets can run from about \$35,000 to \$45,000 and that doesn't include 'AAA'. But it's the team's problem if you get to \$45,000. If each player pays \$800 and you get 16 players then that's \$12,800."

Aside from the basic player fees, there is also an upfront "sponsorship fee," roughly \$200 per player or about \$3,700 per team for the organizations Hyman is involved with. These fees are constant throughout the league and help cover ice-time, some equipment and skill clinics.

Some parents in the league have more than one child playing hockey at an 'A' level. When they are paying over \$1,000 in registration fees and other fees after the registration, the sport can be very expensive.

Hyman's influence in the GTHL also has positive effects Muni says.

"One advantage that (Hyman) does bring to the league is that he can purchase uniforms and apparel and get a better price, for example, a leather jacket at \$250

instead of \$300," Muni said.

But not many parents or players are willing to say much because of Hyman's position in the league.

"Owning several organizations, he's a monopoly and sets his own rules," Morrison said.



Andre Schoeman

Humber Hawks Kate Schoeman is lifted up for the ball during the women's game against York University. In a heartfelt effort the Hawks lost 57-10 in a friendly match last week on home ground.



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# Fans are a force for the boatmen

## Argos are doing what it takes to please the fans

MEGHAN GOLDIE  
STAFF REPORTER

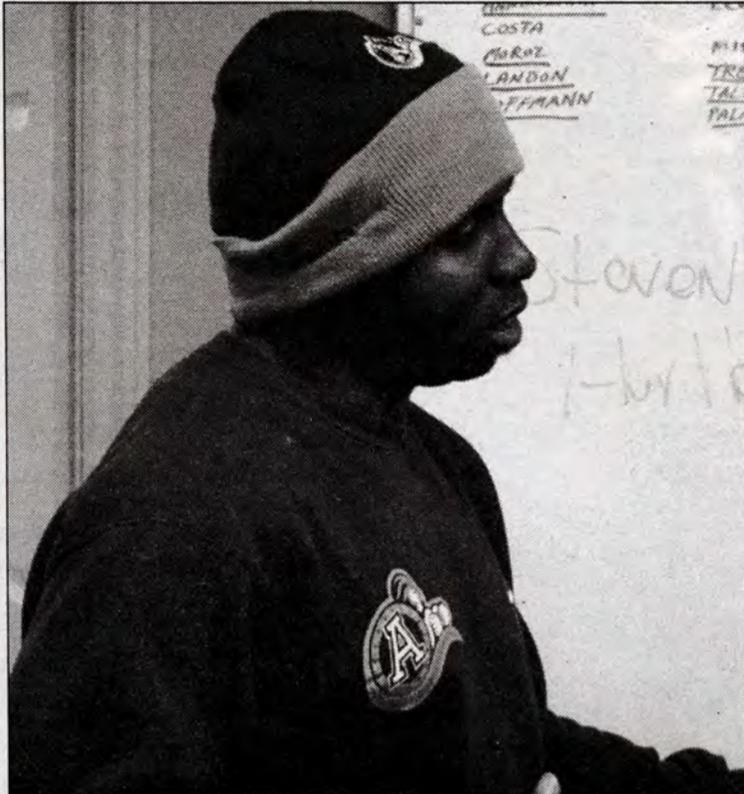
Even if the Argonauts don't bring home the Grey Cup this year, the season won't be a complete loss.

A playoff calibre team, coupled with effective ownership and reliable players, has turned the Toronto Argonauts from virtually forgotten to unforgettable on the Toronto sports map.

Fan appreciation is the driving force behind the Argonauts marketing strategy this year, as the team attempts to promote itself as a franchise that's accessible to fans. The team frequently has open practice at the University of Toronto's Mississauga campus, and often encourages fans to meet players and cheerleaders on the field after games.

"We have guys that you can talk to and guys that you can relate to," head coach Michael "Pinball" Clemons said after last Sunday's practice.

"You can't necessarily relate to a guy who makes \$2 million a year, or \$5 or \$10 million a year.



Meghan Goldie

Coach Mike "Pinball" Clemons thinks the Argos' move to Varsity Stadium in 2006 will give fans a better football atmosphere.

It's hard for the ordinary fan to relate to that."

The fans have shown a renewed interest in the team compared to previous seasons, and the players are taking notice. Attendance has risen 62 per cent since last season, and players and coaches are quick to give credit

to owners Howard Sokolowski and David Cynamon, who took over the team last year.

"The fans are enthusiastic, and I think we do have a lot more [than last year]," cornerback Adrien Smith said. "That's a credit to our president, Keith Pelley, and owners. They've created a

[high] level of enthusiasm around here."

Smith said that although Toronto is primarily a hockey town, the Argos have a solid fan base.

"It's a little bit different here than in other CFL cities because we have every major sporting event that we have to compete against," he said. "We have the Leafs, the Raptors and the Blue Jays. We still have a good fan base of people that follow us, and that's great, but we understand this is a hockey town."

Linebacker Mike O'Shea says the Argonauts' owners have not only attracted a strong fan base, but also positive media attention.

"Our owners have done a great job of getting us out in the community," O'Shea said. "[Pelley] has done a great job with the media. This past off-season was the first time I've noticed how many times the Argos were in the media in a positive light, compared to previous years where it's been mostly negative."

Clemons also sang high praises of his owners, saying Sokolowski and Cynamon have done a "phenomenal job" with the franchise.

"There is so much history and so much tradition here," Clemons said. "Now this year, with the ownership, the stability, the pos-

sibility of a new stadium that we now know is going to happen at York University. I think all of those things sort of came together."

The stadium at York University was originally scheduled to be built at Varsity Stadium at the University of Toronto, but plans fell through in September because of escalating costs. Clemons said the move from SkyDome to York University in 2006 will deliver fans a better football experience.

"The SkyDome is a wonderful, wonderful facility, but part of the challenge is the lack of intimacy of a facility that large," Clemons said. "[Fans] are quite a ways away from the sidelines, probably about 40 yards away. To bring an intimate setting where the fans are right down on the sidelines makes all the sightlines better."

"You also have an environment that is made purely for football. It feels different and it smells different. Also having an environment that is purely ours [is important] so we have greater predictability with the schedule."

Fans have at least one more chance to see the Argos in action this season — they host their archrivals, the Hamilton Tiger Cats tomorrow night in the eastern conference finals at the SkyDome. Kickoff is at 7:30 p.m.



Matt Civak

Connie Tamburello takes a corner kick during the Hawks heartbreaking championship loss last week.

## Women miss out on gold

MATT CIVAK  
STAFF REPORTER

After a thrilling 1-0 win over the Sheridan Bruins in the provincial semifinals, the Humber Hawks women's soccer team came up short last week, losing 1-0 in the finals to defending champions the Durham Lords.

Connie Tamburello scored Humber's lone goal on Friday, and keeper Evelyn Davidson recorded her second shutout of the playoffs. Unfortunately for Humber, the only playoff goal scored on Davidson, was the only goal of the gold medal final.

The girls played solid throughout Friday's game, holding off the Bruins, the favoured

team to win the semifinal match.

"At this time of the season, it's about getting results," coach Vince Pileggi said. "So we're very pleased that we were able to get out of this game, 1-0, and get a chance to play for the provincial championship."

Injuries and fatigue set in for the team during their final game, as several women played hurt and tired.

"Playing in tough games, back to back, those things (injuries and fatigue) all play a factor," coach Mauro Ongaro said. "But in the end, Durham was a better team today."

Davidson and midfielder, Natalie Achim, were both named

to the all-tournament team. Achim was also named Humber's player of the game in the gold medal final.

Considering Humber saw a number of players go down with injuries throughout the season, including star sweeper Anna Tripodo, it was uncertain how Humber would hold up against the competition.

Closing out the season second out of 17 teams in Ontario was definitely a strong finish to the year. That, coupled with the promising season of many first-year players, the future of women's soccer at Humber looks bright.

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