

page 10

## Bigger Than Jesus

Religious parody at Toronto's Factory Theatre

## Energy Drinks

Potential health risks surrounding Red Bull



page 14

# HUMBER ET CETERA

September 29, 2005

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

v. 36 # 2



REBECCA GRANOVSKY-LARSEN

Humber social work students march from the United States Consulate to rally against the war in Iraq on Saturday. Protesters demanded the Canadian government let more resisters to the Iraq war into the country. During the Vietnam war, 50,000 American soldiers were allowed into Canada.

## Students demand troops leave Iraq

### Protesters want Canadian government to open its doors to U.S. resisters

by karalee agar  
NEWS REPORTER

Humber students and teachers joined anti-war supporters in a rally to bring American troops out of Iraq and to support American war resisters in Canada.

Humber's social work students and faculty, joined protesters in front of the U.S. Consulate on University Ave., south of University and Dundas St. on Saturday.

The rally was organized by the Toronto Coalition to Stop the War

(TCSW), which is a member of the Canadian Peace Alliance. Participants marched from the U.S. Consulate up to Ontario Liberal Party headquarters on St. Mary St., south of Yonge and Bloor.

The march was led by Iraq and Vietnam war resisters living in Canada, followed by members of faith, labour and community groups of the TCSW.

"Something needs to be done and we need to take a stand to end this violence," said TCSW member Mohamed Safar.

Speakers from all over the

world and from different nationalities shared their experiences and opinions on war.

Kerri Judge, president of the Humber Students for Peace and Justice, was moved by Ahgan Hasheena, a 14-year-old girl from Iraq who spoke of her experiences in her home country.

"The passion in her voice. Her story. She is grown beyond her years, which in some ways is unfortunate that she has had to grow up fast, but in other ways, actually in most ways, is extremely inspiring," said Judge.

Since the Iraq war started in 2003, more than 1,900 soldiers from the U.S. and the United Kingdom have been killed. According to the TCSW more than

100,000 Iraq civilians have died and entire cities have been demolished.

While Canada has not sent troops to help the American war against Iraq, it has sent about 1,500 troops to Afghanistan to relieve the Americans so they can fight in Iraq.

Canadian military spokesmen expect the occupation of Afghanistan could last up to 20 years, according to an article in Spartacist Canada, a bi-weekly global issues newspaper put out by the International Communist League.

"We need to end Canadian complicity in war," said Marie Clark Walker, TCSW member.

The Canadian government has

increased military spending by more than \$12 billion, to take effect over the next five years.

Families from across North America have demanded that troops be brought home as they have sons, daughters, husbands, and wives fighting in Iraq and Afghanistan. Some who have already lost family members to the war plead for the safe return of those still fighting.

"War is always a rich man talking and a poor man dying," Judge said, agreeing with arguments raised by a speaker from the TCSW.

As chanted by spokespeople from the TCSW and responded to by protesters, 'War, what is it good for? Absolutely nothing!'



Sexual addictions, p.9



Kazaa ruling, p.16



Rugby victory, p.18



New York City officials have announced plans this week to install up to 20 public pay toilets throughout the city, enough for one for every 405,203 of its citizens.

## Star columnist addresses students

Siddiqui offers criticism and insight on American foreign policy in Iraq, Afghanistan and beyond

by geoff goodfellow  
NEWS REPORTER

The only way for the U.S. to restore its "moral currency" is for America to leave Iraq, Toronto Star columnist Haroon



geoff goodfellow

Haroon Siddiqui writes a twice-weekly column for the *The Star*.

Siddiqui told Humber students this week.

Siddiqui, editor emeritus of the *Star's* editorial page and critic of U.S. President George W. Bush's administration, delivered the "World According to Bush" as part of the Humber College President's lecture series Tuesday.

"I think it's best the Americans leave and Iraqis stumble their way forward," he said. "The George Bush era has been marked by intellectual dishonesty if not outright lies. It's also been marked by incredible incompetence approaching criminality."

The well-attended lecture in the Seventh Semester room was a scathing critique of American foreign policy, and reflected the tone of Siddiqui's biweekly editorial column in the *Star*.

In Afghanistan "they managed to turn victory into defeat," Siddiqui said. "The International Red Cross was issuing reports within three months of Afghanistan saying the United States, fighting a just-

fied war, was violating the Geneva conventions in its treatment of prisoners. But we didn't want to hear that, the media didn't want to hear that."

Siddiqui continued to press the argument "the greatest military power in the world, in fact the greatest military power in history, has no moral currency in the world at this point. We have this dichotomy."

He offered the inability to find Osama Bin Laden as proof. "The greatest power on earth with \$50 million on a head cannot find one person. Either they are extremely incompetent or the code of honour that still runs Afghanistan is stronger than \$50 million," Siddiqui said.

Siddiqui was even less forgiving when he spoke of the war in Iraq.

"We are bringing democracy to the world by bombing the hell out of them. We are bringing democracy by killing tens of thousands of Iraqis," he said.

Siddiqui described the American invasion of Iraq as the "best goddamn (recruitment) poster that Osama Bin Laden could have achieved."

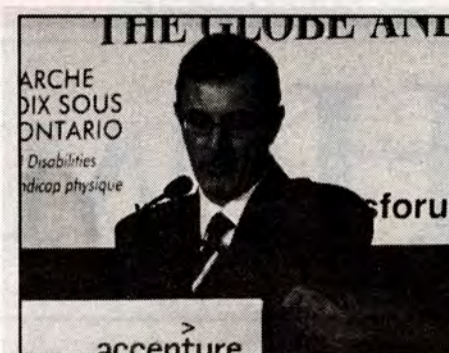
Speaking to claims of improvement and turning points such as the Iraqi elections or the creation of the

Iraqi constitution, Siddiqui argued "if you stop people in Bagdad and ask if they care about the constitution they say give me some goddamn water first."

Siddiqui argued the Bush administration "say (Muslims) hate us because of our lifestyle. They hate us because of our government, they hate us because of our freedoms. No sir, they hate you because you are killing them, they hate you for your hypocrisy, they hate you for your immorality, they hate you for your lies." To demonstrate his point Siddiqui used the example of looting after the fall of Bagdad when "the only guards posted by the Americans were at the Oil Ministry."

The final thrust of Siddiqui's lecture was what he termed "the selective prosecution of Muslims" where any Muslim against American foreign policy (which Siddiqui placed at 99.9 percent of the Muslim population) could no longer be considered moderate.

For Siddiqui, Bush "has unleashed an era of Islamic phobia around the world. Muslims are being subjected to a McCarthy-like witch-hunt at this point, collective guilt, and other manifestations."



puja uppal

Cellucci promotes positive ties with neighbours to the south.

## U.S./Canada bond tough enough to withstand pressure

by puja uppal  
NEWS REPORTER

Former U.S. ambassador to Canada, Paul Cellucci, reiterated the strong bond between the two countries, while promoting his new book *Unquiet Diplomacy* at the Intercontinental Hotel Tuesday.

"There is no stress or strain, in my opinion, that will ever have any lasting impact on this relationship," he said.

Cellucci's speech was on global terrorism and the effect it has had on softwood lumber trade. Unlike other exports, Canada must pay a 27 per cent duty on softwood lumber exports.

Although Cellucci said the lumber dispute may be due to America's resentment over Canada's refusal to join the war on Iraq, he said it is best that the two remain allies.

"The ties are too deep, we are too interconnected and too dependent on each other to do anything other than continue to work together."

Cellucci said the aftermath of Hurricanes Katrina and Rita may give Canada and U.S. the chance to settle the softwood lumber dispute.

Cellucci spoke about Canada's refusal to join the Ballistic missile defence program (BMD). The BMD would be able to detect where a missile originated from and could prevent an attack.

"It was a disappointment and it was puzzling to us that they decided not to," Cellucci said of Canada's decision not to support the BMD. "They (Canadian officials) have given us the authority to decide what to do with missiles heading for Canada. It's a huge giveaway of sovereignty."

Cellucci said he believes Canada does not feel the same pressure of terror threat as the U.S., which may have influenced its decision not to participate in the BMD.

Cellucci spoke about the Maher Arar case to reporters after the speech. In the Sept. 23 issue of the *Toronto Star*, Cellucci said his country was unfair in deporting Arar to Syria without consulting Canada. When asked why he commented in 2003 that Canada did not want Arar back, Cellucci said he was wrong to do so.

"I was speculating when I said that at the time, and my speculations could well have been an error from what I've heard since."

Cellucci tried to keep a positive tone to his speech by saying America and Canada share the same fundamental values, and despite disputes, the two countries will improve relations.

"It is in each of our national interest to work together and that's exactly what we have done. That's what we are doing and I believe that's what we will continue to do."

## Shumba recalls horrors in Zimbabwe

by jason bowser  
SENIOR REPORTER

Zimbabwean Human Rights lawyer Gabriel Shumba spoke to first-year journalism media law students about his fight to end the Zimbabwean government's torture of its citizens, the importance of a free press and the consequences he faced for doing so.

"As journalists, as human rights defenders, we need to stand together," Shumba said as he detailed the country's different laws

**He was beaten, urinated on, given electrical shocks and had a gun put to his head.**

and regulations that have led to the arrests of hundreds of journalists. The Public Order and Security Act and the Access to Information and Protection of Privacy Act which requires all media outlets in Zimbabwe to have a license issued by the Zimbabwean government.

Shumba's story of how he, four other people and an opposition member of Zimbabwean parliament were arrested in

2003 visibly shocked students. He said he was beaten, urinated on, given electrical shocks and had a gun put to his head.

He was never told what exactly he was charged with, only that it was under Section 5 of the Public Order and Security Act, which involves organizing or conspiring to overthrow the government unconstitutionally.

"What I felt was... utter disbelief that this could happen," said Shumba. Shumba's story is the subject of a CBC documentary by Allison

Armstrong. Shumba, who is a board member of Canadian Journalists for Free Expression (CJFE), started out as a vocal demonstrator against Zimbabwean President Robert Mugabe's government as a university student. He has been arrested and tortured ever since he first caught the attention of Mugabe.

In 2000, Shumba presented a petition to Mugabe condemning the breakdown of the rule

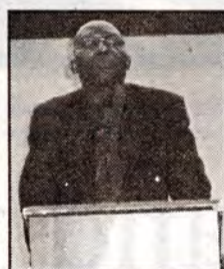
of law in Zimbabwe, and Mugabe had his bodyguards arrest Shumba.

Under Mugabe's Zanu-PF party, Shumba said that anyone suspected of trying to undermine the government was in serious danger of being arrested.

Shumba said that the international community risks being known as protectors of dictators rather than protectors of the oppressed if it doesn't intervene. Another consequence is more Zimbabweans like Shumba being driven out of their country. Shumba lives in exile in South Africa.

"I think diplomacy has failed," Shumba said, adding how Mugabe's government has not stopped its blatant disregard for human rights in its treatment of prisoners. "They will only be able to listen to force," he said.

Rod Macdonell, the executive-director of CJFE was also with Shumba to tell students that they could log onto the website [www.ifex.org](http://www.ifex.org) (the International Freedom of Expression website) "... if you ever want to have a look at



jason bowser

Gabriel Shumba

what is happening on a daily basis with regards to infringements and violations of freedom of expression all over the world."

He also pointed out that everyday the site has action alerts telling of newspapers being shut down, journalists being imprisoned and other examples of actions that limit freedom of expression all over the world.

Journalism co-ordinator Carey French drove home Shumba's message.

French detailed how the last time a special guest from Zimbabwe, journalist Ray Choto, came to speak to a Humber audience, he returned home to see his family had been threatened.

"In his mailbox outside was a teddy bear with six bullets... just telling him what was going to happen to his family," French said. "So this man is taking one heck of a risk."

"This is a very courageous person doing a very courageous thing, and I think we all should appreciate that."



Thirty-six military-trained dolphins who were equipped with toxic dart guns were reported missing in the Gulf of Mexico earlier this week.

## Drivers beware bogus tickets

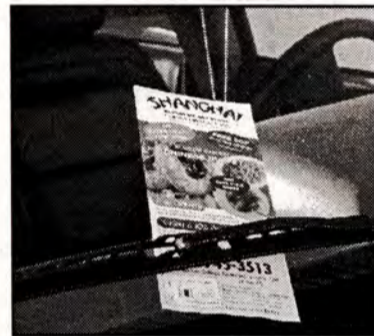
by **jen berube**  
LIFE REPORTER

A local company handing out imitation parking infractions has inspired one restaurant owner to help Humber students.

Will Chan, owner of Shanghai Restaurant in Humber 27 Plaza, struck a deal in an effort to provide free parking. Chan said he started a promotion, with the independent parking patrol's agreement, that had students placing coupons for his restaurant on their windshields, allowing them to park for up to three hours at the plaza, at the northeast corner of Humber College and Hwy 27.

"These poor students get a \$40 ticket every time they park here," Chan said.

What he didn't know was that



jen berube

Students park fine-free for three hours if coupon is displayed.

the tickets are bogus.

The Municipal Parking Corporation, a company that is privately hired by the plaza to patrol the lot, has been issuing illegal tickets for the past year, said Officer John Boothe of the Toronto Police Parking Enforcement Unit.

"The issuance of these tags is contrary to city bylaw 725-2004, which was passed July 22, 2004," he said.

According to the City of Toronto website, the bylaw states private companies no longer have the authority to enforce parking regulations unless they obtain a Private Property Enforcement Agency (PPEA) license.

"They have to get the PPEA first, but in order to issue Toronto tickets, they have to be employed by the Toronto Police Parking Enforcement Unit," Boothe said. "The Municipal Parking Corporation has chosen to contest the bylaw. While this happens, they continue to hand out the tickets."

The look-alike tickets, however, do not have to be paid if received. "There is no legal registration of this ticket," Boothe said. The only way the parking company could force a person to pay it would be to take them to small claims court. "Even then, they would have to win, but it never gets that far, for obvious reasons," Boothe said.

The illegal parking tags are white and ask for cheques made payable to the MPC.

"Some part of the money is for the City of Toronto," said Antonio Sanchez, the MPC parking enforcement attendant at the plaza.

But Boothe disagrees.

"Not a penny goes to the city," he said.

The MPC gets all the money, according to Carol Robertson, property manager for Graywood Developments, the company that owns the plaza.

"We're just asking them to police the property," she said.

The MPC did not return calls.

Chan agreed that the plaza does not receive any of the money.

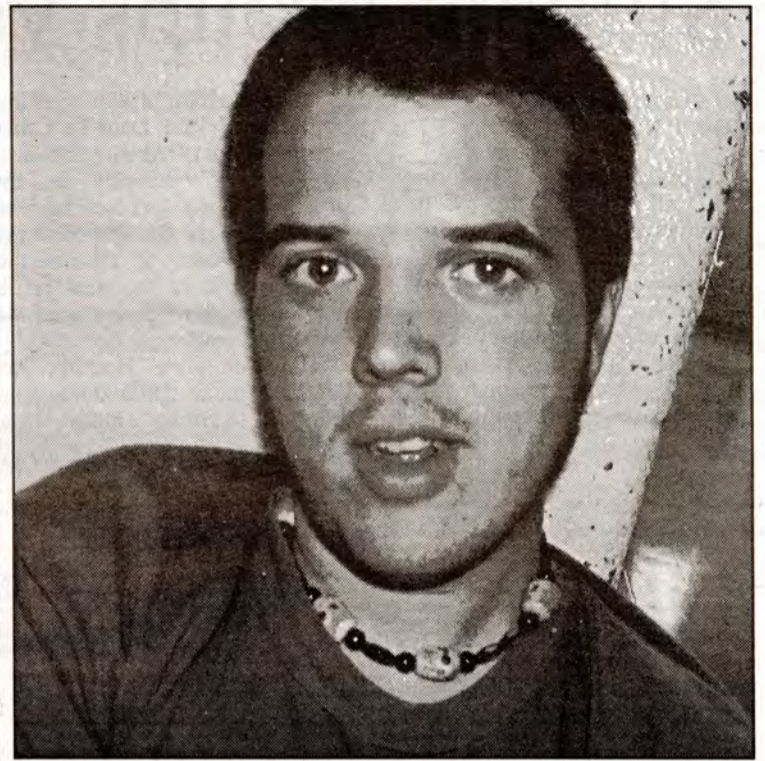
"If we were getting a cut I wouldn't be doing this," he joked.

Chan said he feels bad that so many students get a ticket and he wants to help.

The companies that hire the MPC still have the option of contacting Toronto parking enforcement to issue legal tickets.

The plaza's property management could call parking enforcement to implement the three hour limit, explained Boothe.

"If they're customers they can park for three hours," Chan said of the coupons he handed out to students. "I left it up to them in good faith to come back."



courtesy

To view some of Bryce's work, go to [mediastudies.humber.ca](http://mediastudies.humber.ca)

## Memorial fund named in photo graduate's honour

by **rob titus**  
NEWS REPORTER

Humber photography graduate Bryce Macfarlane, who died after a skateboarding accident this summer, will have an annual scholarship fund established in his name.

The Bryce Macfarlane Memorial Fund has topped \$25,000 through donations. Photography students who epitomize the passionate and adventurous Humber grad are eligible.

Macfarlane fractured his skull July 4 after he fell off his skateboard in a parking garage.

Photography instructor Cathy Bidini taught Macfarlane, 27, during his three years at Humber.

Bidini said Macfarlane loved thrills and adventure.

"Bryce was willing to do anything," she said.

She insisted this quality was not lost on other professional freelance photographers, who recognized his ability.

Bidini, in conjunction with Humber's Awards Department,

helped create the fund. It will be presented at an awards banquet Oct. 26.

Bidini hopes the selected recipients will be "as deserving as Bryce would have been."

Macfarlane was committed to both photography and skydiving.

He was excited when he first obtained a special camera and mount to sit atop his skydiving helmet and combined the two interests, becoming a member of the Canadian National Skydiving Team "Stratosfear".

A photoshop whiz, Macfarlane worked in a work-study capacity at Humber before and after graduation.

A St. Catharines native, Macfarlane moved to Toronto after leaving Humber and supported himself as a commercial photographer.

While Macfarlane was a successful student, it was his personality that stood out the most.

"His warmth was incredible. Bryce put everyone on an even keel and people just gravitated toward him. You couldn't not like him," Bidini said.

## Man charged in Rexdale shootings

Students feel neighbourhood is still unsafe after gang raids

by **nick kyonka**  
NEWS REPORTER

A man surrendered to police Sept. 23 in connection with the shootings that killed three men in the parking lot of a Rexdale apartment complex.

Matthew Michael Scott, of no fixed address, is charged with two counts of second-degree murder in the deaths of Joseph Santos, 25, of Toronto, and Shane James, 26.

Homicide detective Terry Wark said police are not looking for any more suspects.

"We have everybody in custody that we are looking for," Wark said. "There were four people in the car, three of them are dead, he's been charged with two. Read between the lines."

Earlier that same week, on Sept. 15, less than three kilometres from where the shootings took place, Toronto police raided several homes.

The Project Flicker raids targeted the Ardwick Blood Crew, a gang whose members have ties to the Rexdale neighbourhood that includes Ardwick Boulevard near Islington and Finch Avenues.

By the end of the week, more than 40 people were charged with over 1,300 crimes in gang-related activities. Police employed GangNet, a software system that utilizes a database of gang members and their identifying traits (hair colour, tattoos, nicknames, slang) to track gang activities, in the raids.

This major bust of a Rexdale gang

has helped to ease the safety concerns of some Humber students, but only temporarily. "I think it will calm down for a bit, but it's not going to disappear,"

said Anthony Silva, an 18-year old business management student who has lived in Rexdale for nine years. "It'll never disappear."

Some Humber students said they think violence in the area is likely to increase as a result of the busts.

"It's going to get worse," said Keisha Campbell, a Humber student who has family in Rexdale. "(The gangs) are going to retaliate against the police."

One student suggested the fear of gunfire is making the area more dangerous.

"When there are less people on the street, there are less eyes on the street," said Gemmarie Ho, a 21-year-old Guelph-Humber student. "Living in 'the Rex' is scary. I think it's going to get worse."

## Support staff vote in favour of new deal

by **puja uppal**  
NEWS REPORTER

Humber College support staff voted 80 per cent in favour of a new collective agreement.

Turnout at the Sept. 22 vote across the 24 Ontario colleges was 73 per cent, with 72 per cent voting in favour.

The deal's highlights include three-year agreement, expiring Aug. 31, 2008 – a three per cent staged wage increase in each of the three years, which compounds to 9.4 per cent, a recognition allowance of \$400 for support staff with 10 or more years of service and a drug benefits card.

Support staff provide services such as maintenance, technical support, registration services and others.

*"When there are less people on the street, there are less eyes on the street."*

– Gemmarie Ho,  
Guelph-Humber Student

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Want to improve your ties with China? According to Singapore, relations became rosy after the tiny nation presented Chinese officials with quality bull semen.

# Student groups vow to help in tuition fight

by alexandra mazzuca  
NEWS REPORTER

The Humber Students' Federation and the College Student Alliance (CSA) will help students in the fight against tuition increases expected next fall.

"At the HSF, we recognize that due to inflation and the rising cost of living, tuition fees are bound to increase, but we are committed to lobbying the government to keep

the student share of tuition as low as possible," said Daniella Cross, vice president of administration.

"We are currently in the process of booking a meeting with the Ministry of Training, Colleges and Universities to discuss this issue, as well as the new grants that will be offered to first year students," she said.

However some Humber students may be caught in the middle. Families earning more than

\$35,000 annually will not be eligible for low-income dependent grants. With the tuition hike scheduled for next September, those students may have trouble financing other school-related fees.

The CSA has proposed the government limit tuition increases in Ontario.

"We have asked that the increased tuition fees be limited to consumer price index and have asked the government to put a

focus on mandatory ancillary fees," said Jon Olinski, manager of the CSA.

He said closer attention should be paid to obligatory fees such as student government, athletics, technology and other college-related services.

According to a document released by the ministry earlier this month, the provincial government will reduce the amount of money parents are expected to

contribute to their child's education.

Middle-income families will be able to access up to 27 per cent more OSAP.

"Students should understand that the government subsidizes a large portion of their tuition," Cross said. "In 2004 and 2005, college students paid \$1,820 for their tuition and the government paid \$4,750 per student.

"As students, we need to ask our institutions where all this money is going. Colleges and universities in Ontario need to be held accountable for the money they receive from us and for the grants they receive from the government," she said.

## Humber donates \$4,322 to Red Cross for Katrina relief

by chris halliday  
NEWS REPORTER

Victims of Hurricane Katrina will get help from Humber students.

The Humber Students' Federation (HSF) raised \$2,161 and the administration plans to match it. A cheque for \$4,322 will be sent to the Red Cross.

HSF Programming Director Aaron Miller said it was HSF's responsibility to raise money even though the hurricane did not affect many Humber students.

"This is something that is so large and overwhelming," Miller said. "The visuals you see on TV are heart-breaking. It's something that affects everybody, and everybody should get behind it."

The fundraisers included an HSF sale of its leftover Frosh kits for \$1 each which raised \$736, a Sept. 20 relief concert at Caps, featuring Rides Again and Rise Electric which raised \$675 and a Sept. 17 barbeque at the North Campus Rez which raised \$750.

Miller said it is better to send the money and donations to the Red Cross because "they would know where the money needs to go better than we would."

Hurricane Katrina is estimated to have caused the most expensive rebuilding project in U.S. history.

Hurricane Katrina is not the only hardship facing Gulf Coast residents. On the weekend, Hurricane Rita roared into Texas and Louisiana.

Katrina is expected to cost the United States more than \$200 billion and Hurricane Rita's damage is estimated to be in the \$3 to \$7 billion range. If Rita does cost more than \$7 billion in damages, it will become the fifth most devastating hurricane in U.S. history.

Got News? Contact  
Et Cetera at ext.4514

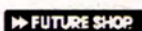
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The unique gift was to help the eastern Chinese province of Shandong "improve the quality of cattle breeding and dairy products." - ABC News



puja uppal

Students and faculty give their time.

## Lakeshore students feed hearts and bellies of poor

by puja uppal  
NEWS REPORTER

Get out your soup cans for Humber's food drive.

From Oct. 3 to Oct. 5 students from the fundraising volunteer management program will collect goods at the Lakeshore Campus between 11:30 a.m. and 1:30 p.m. for Toronto's Daily Bread Food Bank.

Non-perishable items like peanut butter and tuna are needed. Cash donations are also accepted, with donations of \$10 or more getting a tax receipt.

As part of their one-year curriculum, volunteer management students have to choose a project that gives them hands-on experience in a fundraising event.

"It's wonderful that (students) are able to do something for the sadly growing number of hungry people in the community," said Ken Wyman, fundraising volunteer management program co-ordinator.

To find out more about the Daily Food Bank go to [www.dailybread.ca](http://www.dailybread.ca)

## CBC journalists share stories, discuss lock-out

by vernon williston  
NEWS REPORTER

A panel of locked-out CBC journalists said determination and flexibility are the keys to success in the competitive media field.

"One of the things CBC people decided they could do to use their time effectively, besides picketing, was to reach out to the

community," said TV production instructor Mike Karapita.

The panel spoke to Humber students at the North Campus last Thursday.

The CBC locked out its 5,500 employees Aug. 15 when contract talks broke down. CBC employees have been without a contract for over a year.

The panel included senior correspondent Brian Stewart, executive producer Jonathan

Whitten and documentary producer Harry Schachter. They discussed a variety of topics from becoming a successful journalist, what it takes to run a successful newscast and the frustration CBC employees felt over being locked out while Hurricane Katrina destroyed New Orleans.

Stewart said he was disappointed he was unable to cover Katrina but it gave him a different perspective of the event.

"It was different to sit back and watch Fox News' coverage of Katrina," Stewart said. "I'm usually so busy when a story breaks to see how other networks are covering it."

Stewart broke the story of the 1984 Ethiopian famine in Canada. A colleague who was working for the BBC in Ethiopia at the time told him what was happening and he went to cover the story immediately.

Stewart said the Marxist regime in Ethiopia didn't want the world to find out about the famine, but after weeks of media coverage, the story was out and the world was in left in shock.

Since then Stewart has been back to visit families he met 21 years ago to see how they're doing and to try to help.

"When you're there it's not a problem to deal with because you're busy covering the story, only sleeping one to three hours a night and you're sick," Stewart said.

"It's when you come home and have time to reflect that it all comes crashing down around you."

## Focus groups to review student satisfaction

by alana lowe  
NEWS REPORTER

Student voices will now be heard when the college reviews its academic programs.

Focus groups will help the college "get some feeling of how satisfied (students) are and why they're satisfied or not satisfied," said Rick Embree, dean of planning and development.

The old system, Key Performance Indicators (KPIs), told Humber if programs meet student needs. But, he said, if students were not satisfied, the college didn't know why.

The focus groups will be made up of first and final year students from the programs under review. Students will share their opinions on the quality of their programs to help make improvements.

Students will be asked about what their experience is like, what was helpful and what was challenging, which courses were difficult and what support is needed.

Pamela Hanft, dean of liberal arts & sciences, said it was crucial to gain an understanding of the first-year experience from the first-years themselves.

"The program review process is really meant to be developmental and an improvement process, to look at perspectives from many different groups of students, the faculty of the programs and facilities."

Graduating students will be asked for more in-depth information that gives an expression of their overall experience in the programs and suggestions for improvements.

Faculty external experts will also evaluate the programs.

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# editorial

"Fight for your opinions, but do not believe that they contain the whole truth, or the only truth." - Charles A. Dana, U.S. newspaper editor (1819-1897)

## Rexdale: Toronto's Bronx?

It is the place many of us call home. It's where we live, work, play and go to school. It also happens to be one of the toughest neighbourhoods in Toronto.

Rexdale is a community crippled by stereotypes. Drugs, gangs and violence are among the first words that come to mind when people think about the area.

After this month's reported muggings on Highway 427 and the multitude of gun-related homicides, many students, staff and residents in and around the Humber College area no longer feel safe.

For this, the media is partly to blame. Feeding the fear frenzy, newspapers across the GTA have continuously targeted Rexdale, sensationalized stories and created the image of a neighbourhood under attack.

The Toronto Star misleadingly headlined its front-page story last week after the Project Flicker gang bust - "Rexdale gang busted," when up to three other areas of Toronto were involved. Guns, gangs and gore are some of the frequently used adjectives in television news broadcasts.

Too much time is spent focusing on the negative aspects of the area and not enough on the positive and what people are doing to make their community a better place to live. Where is the front-page coverage on anti-violence marches?

Before changes can be made, the social problems within the area need to be addressed. Not everyone in Rexdale is a member of a gang. Much of Rexdale is made up of low-income and middle-class families as well as Humber students, who are just trying to get by like everyone else.

The Toronto Police and Humber College security have created services to ensure the safety of those of us on campus and those of us who live in the area. Things like the on-campus escort service and bike patrols give students a sense of safety at school. More people need to take advantage of the services offered if they need that security blanket.

While it would be naïve to say there isn't a problem in Rexdale, it's also naïve to live in fear. Yes, crime happens. It happens everywhere in Toronto and all over the world. Just because the media portrays Rexdale as a crime haven doesn't mean the man waiting at the bus stop is the gun-carrying gang member so many of us have heard and read about. Precautions should be taken to stay safe, no matter where you live.



### Letters to the editor

## HSF lobbying for affordable education

To the editor,

I am writing in response to the editorial entitled "De-funding education is defeating the future" that was featured in the Humber Et Cetera on September 22, 2005. The editorial, written by editor Rebecca Granovsky-Larson, concerns me a great deal as the information highlighted in the article pertaining to the Humber Students' Federation and our stance on tuition fee reform is inaccurate.

The HSF's response to the College Student Alliance (CSA) proposal was absent from the editorial. The editor presented her personal opinion while incorrectly representing the HSF. I would like to clarify several issues.

The CSA tuition fee reform proposal advocates for a continuation of the tuition freeze (with an allowance for annual increases related to the Consumer Price Index) and deregulation of ancillary fees. The HSF is concerned that students could suffer financially. The HSF supports the current fee protocol process at Humber. As elected representatives we sit and approve student fees on the Fee Protocol Committee with the College Administration. This approach has proven effective in the past, and the ancillary fees that Humber students pay are some of the lowest among peer colleges in the province. HSF is not lobbying for the deregulation of ancillary fees. We feel this is not in the best

interest of our constituents.

The HSF is a member of the CSA but we are an autonomous organization and maintain the right to implement our own policies independent of the CSA.

Last year the HSF Board of Directors voted to "oppose the deregulation of Ontario post secondary tuition fees as well as tuition fee increases for any students in the near future, and instead call for a continuation of the tuition freezes supported by adequate public funding." We followed through on this obligation by participating in the online CSA petition drive and spearheading our own petition drive.

The decision referred to in the editorial was in relation to these

two campaigns and was applicable to last year's climate.

We are currently in the process of developing an official position on tuition fee reform that best reflects the needs of our students. In order to create a policy that is both realistic and feasible, we have already met with Humber's VP of Administration John Davies and the CSA's General Manager Jon Olinski. We will be meeting with a representative from the Ministry of Training, Colleges and Universities to further educate ourselves on this issue.

The HSF recognizes that due to inflation and the rising cost of living, tuition fees are bound to increase, but we are committed to lobbying the government to keep

the student share of tuition as low as possible. The quality of our education is at stake. If we want the best instructors, technology, and facilities in the world, we need to understand how our money is being spent and pressure the government to increase subsidies and grants to make post secondary institutions more accessible and affordable for students.

I would encourage all students at Humber and Guelph-Humber to contact the HSF if they have an opinion on tuition fee reform. We want to know what you think is best for students in this province.

Sincerely,

Daniella Cross

HSF VP Administration (North)  
vpadmin.north@hsfweb.com

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**“Our opinions do not really blossom into fruition until we have expressed them to someone else.” - Mark Twain, author (1835-1910)**

# Curfew raises debate on how to stop violence

## Keeping youths in helps keep crime out

Etobicoke-York community council has unanimously passed a proposal to look into keeping children under 16 indoors after 10:30 p.m.

The decision to investigate a curfew law comes after a summer riddled with gun violence.

Councillor George Mammoliti has openly supported the move to make Toronto a safer city and to keep children off the streets.

He wants parents to be the target of this law, saying they could be fined an amount yet to be determined, if their children break curfew. If the problem persists a child protection agency could investigate the family as to why their children are running the streets.

This move speaks volumes about Toronto and its commitment to creating a safer city for everyone.

Communities all over the GTA could implement similar policies if the law is passed, keeping children indoors where they belong in the wee hours of the morning.

The purpose of this curfew is not to suggest all young adults and children are responsible for the crime and violence in Toronto. Many of the shooters in the most recent shootings have been over the age of 16.

What a curfew would accomplish is deterrence. Toronto at night involves shady drug deals, prostitution and gangs. These are facts we aren't trying to shy from.

The curfew keeps the children out of sit-

by adam vanderhelm



uations they may not be ready to interpret or judge as young adults.

The impressionable children and teens who stay out late at night are more vulnerable to this criminal activity and may sway towards a life of crime.

The ones who are in their beds instead of out on the corners are more likely to keep themselves out of trouble in the future.

No child should be wandering the streets at 3 a.m. in any city, let alone Toronto.

There are those who oppose the curfew, saying resources are too tight and police have better things to do than round up stray kids.

These people have clearly not heard gunshots in the middle of the night while lying in bed.

If a few extra police and dollars is the price to pay to keep our children, our future, safe from the violence outside, then what are we waiting for?

This decision is a positive one not only for Toronto but Canada as a whole.

Perhaps if we can keep children off the streets at night, fewer of them will lead the life of crime or get caught in the crossfire.

## Curfew curbs police not local children

by christine flynn



The curfew proposed to the city of Toronto is an apparent attempt to reduce the gun violence the city has felt this year.

The rule has yet to be approved by city council, whose members will be looking at the projected curfew in October.

It's hard to believe a rule which is nearly impossible to enforce can help with gun violence, considering the recipients of the curfew barely have anything to do with the crimes in question.

According to Const. Isabelle Cotton, the majority of recent gun crime offenders and victims are not under the age of 16. Most of the cases involved people in their mid-twenties.

Forty-one of the 60 homicides this year were caused by gun violence, and it's clear something has to be done. But it seems like the council is grasping at straws by trying to implement this rule.

The city of Toronto doesn't have enough cops to spare to go around collecting children and delivering them back to their parents.

It's also unclear whether the council believes this rule will protect other civilians from the children, or the children from the gun-toting criminals.

The people of the city want something to be done about violence and for lack of better ideas or options we're left with the weak suggestion that kids loitering causes

older people to com-

mit gun crimes. Clearly a person under the age of 16 hanging out in front of a fast food joint at two in the morning is not simply getting a burger. But should the police be responsible for making sure they're at home in their beds?

Ontario has a curfew in place for children under the age of 16. The Provincial Child and Family Services Act states that no parent of a child under the age of 16 shall permit no child to loiter in a public place between the hours of midnight and 6 a.m. This rule is hardly enforced, mainly because the act places responsibility on parents or those accountable for the child.

With an enforced age restriction on youth, would it not pose a greater thrill for them to attempt to break the rules? What's stopping kids under 16 from getting a fake ID?

In a city with more than 5,000 uniformed police officers and over 2.5 million citizens, how can we expect this rule to be enforced?

The real issue for the police to focus on is keeping guns off the streets, not kids.

# Warlord dynasty lives on in presidential family



by rebecca granovsky-larsen

George Jr., our collective memory seems to fade from the history that recently preceded him.

And so the cycle of bloodshed continues.

It seems Bush Jr. inherited his daddy's penchant for defining 'democracy' and 'freedom' for the world.

As former president and head of the CIA, Bush Sr. funded counter-insurgencies in countries like El Salvador, Nicaragua and Panama.

Nicaraguans seemed to consider their country free and democratic when Daniel Ortega won internationally observed elections. Ortega garnered a far higher percentage of the total vote than Ronald Reagan, who won the

election the same year.

But in the eyes of those with sufficient weaponry to dictate the parameters of the debate, Nicaragua's pseudo-leftist leanings would not do and were sadistically repressed.

After a decade of economic and military strangulation, Nicaragua has fallen back into its place as one of Latin America's poorest nations.

Fast forward to 2000 to see George Bush follow his father's immoral example.

While Bush Sr.'s campaigns of repression were covert, his son is more cavalier.

After the Sept. 11 attack launched primarily by Saudi Arabian citizens, Bush unleashed

his nation's fury on Afghanistan, leaving the country to be divided among former warlord rulers.

Bush Jr. then turned his gaze to another long-suffering nation.

Though George Sr. could easily have toppled Saddam Hussein during his first foray into Iraq, he realized a drawn out civil war would not endear him to his nation of limited attention spans.

In the once affluent country of Iraq, half a million children died over the past decade because the world enforced sanctions that deprived citizens of basic food, medicine and sanitation facilities.

It is right to condemn Hussein for using chemical weapons against his own country.

However we can't forget the U.S. dropped 320 tonnes of depleted uranium in bombs and shells on Iraq.

These are some of the worst chemical weapons ever used – and exploded Iraq's cancer rates by 700 to 1000 per cent.

Since the beginning of the Iraq war, at least 26,000 civilians have died in retaliation for the unrelated deaths of 3,000 U.S. civilians.

The citizens who protested the occupation of Iraq this week were not, as they say, radicals.

We owe more to war victims than to remain silently complacent in the face of such blatant human misery.

## What's your addiction?

## “says you”



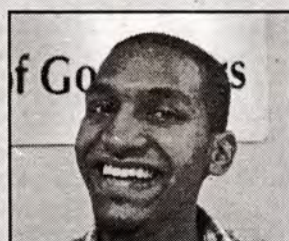
“I absolutely need coffee. I get headaches and I can't function without it.”

-Christie Dorion  
1st year Media Foundations



“I love face moisturizer. I feel like I'm out of my skin without it.”

-Leigh Ashford  
1st year Media Foundations



“I'm addicted to cigarettes. I would do anything to get one. Something is missing when I don't have a cigarette.”

-Craig Ashaiba  
General Arts and Sciences



“I need my cell phone. If I lost it, I would buy another one within the hour.”

-Savi Ramotar  
1st year Business Marketing



“I'm addicted to food. Anytime I'm bored I just need to eat.”

-Kris Dowling  
General Arts and Sciences



# in focus

If you think you have an addiction, visit the Humber Councillor Office or the Health Centre. For more information visit website [www.humber.ca](http://www.humber.ca)

## Constant approval is a real addiction

by **chisoni clark**  
IN FOCUS REPORTER

Second-year business administration student Osa Ralladi said she doesn't socialize so she can get high marks, and her parents approval.

"I've missed out on going to my high school prom, and parties because my mother didn't approve, so now I focus on getting a scholarship to make my mother happy," she said.

Ralladi migrated from Nigeria to Canada seven years ago. She said students in Canada are not as driven to succeed as they are in Nigeria.

"Students here don't take school as serious as they do back home, and I feel sorry for those who don't go to class," said Ralladi.

Barbara Ritchie, a general arts and science teacher at Humber said it is not uncommon for students to seek approval, but it can be dangerous when it becomes an addiction.

"It is quite normal for students to seek the approval of others, but when it becomes an addiction, you're moving into an area of

pathology," she said.

Ritchie also said students who constantly seek her approval can be overbearing.

"Though it's hard to judge students based on one class, every year I always have a student who needs more approval than others, and it can become tiring in any aspect of someone always needing an opinion."

Messina says those who have a need for approval constantly work hard at being good. They depend on others to give them a sense of self worth.

Secondly, they are people pleasers, doing, and acting and being for others what they think the others want. And, they lack self confidence in their skills, abilities and knowl-

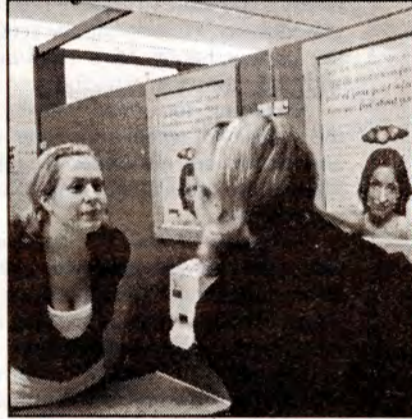
edge. They tend to see themselves as incompetent.

Many students suffer from approval addiction, and might not be aware of it.

Approval addicts may have confidence in one area of their life, but in general they consistently seek consent from others.

Maria Krioulina, a first-year court and tribunal student came to Canada from Russia in 1995. She said the reason why students look for approval from others is because they're afraid to be themselves.

"I see myself as confident and good looking. I believe in order for people to respect you, you have to



shane crandon

Dominique Milburn takes a look at her appearance before class.



anita bell

Ryan Cavan is one of many Humber smokers.

## Butting out

by **anita bell**  
IN FOCUS REPORTER

Smoking is the leading addiction among young Canadians that can lead to illness, disability, and death.

Most smokers have a love/hate relationship with their cigarettes. They love the way smoking stimulates and relaxes them, but they also know smoking harms their health.

According to Tanya Kulnies, a public health nurse for the Halton Region Health department it's one of the fastest ways to induce a drug into the body.

The main reason for the addiction is the nicotine, which some doctors say is the most addictive drug in society.

"When you have an argument, you pull out a cigarette which gives you time to calm down, time to relax, time to walk away," said Kulnies.

She said that as soon as you stop smoking, your body begins to heal itself.

The following is a series of changes your body begins after the last cigarette is smoked:

\* There are over 4,000 chemicals in one cigarette.

\* In 20 minutes your heart rate drops.

\* 12 hours, the carbon monoxide level in your blood drops to normal.

\* Two weeks to three months, your heart attack risk begins to drop and your lung function improves.

\* In one to nine months, coughing and shortness of breath decrease.

\* 1 year your risk of coronary disease is half of a smoker.

## Compulsive shopping can lead to serious stress and debt

by **carmela gentile**  
IN FOCUS REPORTER

People who shop till they drop might have an addiction to spending money.

Some students at Humber College admit they are addicted to shopping or know someone who is.

"When I'm upset, I go shopping and then I feel better. It helps me. My friends do the same thing," said Renata Skalska, 21, a second-year fashion arts student.

Those who are addicted to spending will get a rush or high from the experience similar to that of a drug addict or alcoholic.

This addiction tends to affect more women than men, as women are more likely to buy items they do not need.

"I don't want to say that women are more addicted to shopping than men because men buy big ticket items like stereo equipment and big screen televisions, but women definitely do more shop-

ping than men," said Laurie Campbell, program manager at the Credit Counselling Service of Toronto.

The holiday season can sometimes trigger this addiction as it is an overwhelming time of year for many. Women with this disorder often do not use most of the items they have purchased, leaving closets full of price tags still attached.

Some addicts will experience what is known as a "blackout" where they will not remember purchasing any of the items that they bring.

Major retailers

target those most vulnerable by offering purchase discounts to customers who apply for store credit cards.

"Get rid of store credit cards as some of them have interest rates as high as 28.8 per cent, such as the Bay, Zellers and Sears," Campbell said.



carmela gentile

Having one credit card for emergencies will cut down on your spending habits.

"I think it's a scam," Skalska said. "You get 10 per cent off and people will buy because they're getting a discount. It makes people get into debt."

"I don't think it is necessary for anyone to have a

store credit card," said Dominika Karchut, financial services manager at Bank of Montreal.

One student believes it is more than just the store credit cards that retailers use to influence spenders.

"I think it's all the clothes they display and people wanting them. It becomes an addiction," said Cecilia Langenegger, 19, a first-year nursing student. "Most people want to be popular, so they go out and buy everything they see in magazines."

Karchut explains the debt accumulated from excessive spending should be consolidated.

"Pay that debt off instead of paying several small amounts on many credit cards," she said.

All credit cards should be cancelled, except perhaps one that can be saved for emergency purposes but carries a minimal amount.

"I don't want to say it is a bad thing," said Campbell. "It is a valuable tool when used wisely. Limit the number of cards to one."

## 12-step program helps over-eaters achieve goal of recovery

by **danielle taylor**  
IN FOCUS REPORTER

Imagine not being able to eat two or three cookies, but needing two or three bags instead.

This is a reality for Julia, a member of the program Recovery from Food Addiction in Hamilton.

She is a recovering food addict and has attended meetings for seven years.

The program is modeled after

the Alcoholics Anonymous 12-step program, where people meet once a week to read, tell stories and give support.

"When we ingest sugar, flour or wheat, processed foods or a lot of food, our metabolism reacts, wanting more, just like the alcoholic wants more," Julia said.

People continue to go to the program after they feel they are better because of its support system.

"It takes over my life just like alcohol takes over the alcoholic's life," Julia said. "We don't believe that it's 12 weeks and you go off on your own and you'll be able to do it, because it's a challenge to eat in a way that the body needs, especially when it's different than the environment that we're in and we need that fellowship."

Dr. Christine Courbasson is the clinic head at the eating disorders and addiction clinic at the Center

for Addiction and Mental Health. She deals specifically with patients who have this disorder.

"I don't like the term 'food addict,' I think it simplifies the issues that people have," Courbasson said.

Some individuals struggling with this disorder are also labelled as 'emotional eaters.'

"People are taught from a very young age that food can be used for comfort," said Courbasson.



brian bento

Student Shezad Sarkari enjoying his lunch break.



According to Websters online dictionary addictions are classified as the condition of being habitually or compulsively occupied with or involved in something.

# Help available for people obsessed with sex

by **leigh blenkhorn**  
IN FOCUS REPORTER

Sex brings pleasure to people's lives, but for some it can become an obsession, resulting in a severe addiction that can completely destroy a person's life.

Although it is one of the lesser known addictions, sexual addiction is as serious as any other. Sexual addictions can be so severe the withdrawal symptoms can be similar to the ones cocaine addicts experience.

According to the U.S. National Council on Sexual Addiction Compulsivity six to eight per cent of Americans are sex addicts.

It is important to realize that a person who enjoys sex or has a high libido is not necessarily an addict. Many addicts don't enjoy sex any more than other people -- they just have no way of controlling their actions.

Dr. R.W. Steinman, an addictions specialist at Bellwood, an addiction treatment centre in Toronto, said there are three different levels of sexual addiction.

Level one is an addiction to a culturally acceptable act such as masturbation, pornography or consenting sexual relationships.

Level two behaviours are actions that are intrusive and illegal, but are thought of as nuisance behaviours by the general public. Examples include voyeurism, exhibitionism and obscene phone calls.

The third level is behaviours that are a violation to society such as rape, incest and child molestation.

Many sex addicts say their compulsion develops over time, starting out with something mild like an addiction to pornography or masturbation and then progresses into something dangerous.

"You need more and more of the drug or sex, or the behaviour to be more intense, and then the addiction becomes more intense," Steinman said. "It's not the behaviour people become addicted to, it's the overall effect of the behaviour."

According to the Bellwood Health Services website, addicts have their lives overrun by sexual feelings and the constant need for excitement, resulting in their lives becoming uncontrollable.

Many addicts want to stop their behaviour but are unable. This out of control state can cause addicts to experience self-loathing, disgrace and pity.

"It really is a never ending thing, you always feel the need to connect with someone," Steinman said. "But then there is guilt where you feel you made a mistake and then shame where you feel you are the mistake."

Steinman said once addictions take control, an addict can suffer a loss of relationships, problems at work, possible arrests, financial troubles and eventually a loss of

interest in anything non-sexual.

"Most addicts spend more time than planned. They might sit down to look at pornography for five minutes but it can end up being five hours," said Steinman said, "It takes time to get addicted to something."

There is help. If someone feels they are addicted they can enter treatment facilities similar to drug rehab centres.

There are also numerous 12-step programs such as Sexaholics Anonymous and Sexual Compulsives Anonymous. Their purpose is to help people become sexually sober and is based on the same principles as Alcoholics Anonymous.

Often a sexual addict is afraid to seek help.

"I know a little bit about it, I've heard of it," said Ariel Maharaj,

third year Interior Design student. "I definitely think there should be more awareness."

Steinman believes there is not only a need for more public awareness, but even more medical awareness.

He said there are no specific guidelines for treating sexual addiction, only general procedures for all addictions.

"There was originally a charter

for sex addiction, but they took it out because there wasn't enough proof that it was a problem," said Steinman. "The same was said about alcohol at one point."

He explained the combination of little public awareness and a modern society more accepting sexual freedoms could be harmful to addicts. They may assume their actions are normal and not seek the help they need.

**Sunday  
October 23**

## HSF and Humber

### Challenges You or a Friend to Conquer the CN Tower. Stair Climb for the United Way.

#### Prizes to be Won :

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**all proceeds will  
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Bus leaves North Campus Residence at 7 AM

**Sign up by E-mailing:  
stessaro@hsfweb.com**

**\*\* Winners must be Humber or Guelpin Humber students or staff**



# arts & entertainment

Lauryn Hill, Wyclef Jean and Pras, who make up the hip hop group The Fugees, have reunited. Their new single, *Take it Easy*, can now be heard on the radio.

## Listed

# Comedy show is reincarnated

### One man-comedy show parodies biblical events with action figures

by adam vanderhelm  
ENTERTAINMENT REPORTER

Christ is back, and Factory Theatre is happy to have him – in all his incarnations.

*Bigger Than Jesus* returned to Toronto about two weeks ago after performances at the Just for Laughs festival in Montreal.

The show's co-creator and sole actor, Rick Miller describes it as "an exploded Jesus story . . . with all kinds of angles trying to speak."

The multi-media production uses video cameras and a Bible that turns into a laptop to project images of Miller portraying characters obsessed with Jesus. They include a preacher who thinks he is Christ's spokesperson on Earth and a host

of action figures attending the Last Supper.

The images, from various angles, are shown on a screen at the rear of the stage.

"Thematically, it made sense," Miller said of the cameras.

Playing off the commercialization of Jesus in the media, there are also references to toys, movies, and a parody of the musical *Jesus Christ Superstar*.

And the visually stunning production not only pans the audience for some camera shots, but sends the star into the seats to kiss at least one person for comic relief.

*Bigger Than Jesus*, which won Dora Awards for best production and best performance by a male in a principal role (Miller), runs at Factory Theatre until Oct 9.

**They include a preacher who thinks he is Christ's spokesperson on earth and a host of action figures attending the Last Supper.**



courtesy

*Bigger Than Jesus* is an award-winning theatrical production.

# Humber receives 'joy'ful performance

### The Joys and Kazzer perform at Humber's Caps after Fefe Dobson's guitarist shattered his knee and had to cancel the scheduled concert

by lindsay butler  
ENTERTAINMENT REPORTER

Signs plastered throughout Humber's hallways said Fefe Dobson will not be performing at her scheduled show. In her place, The Joys.

"I bet on your way over here . . . you were asking yourselves, The Joys, who the f--- are The Joys," said vocalist Sarah Smith.

Met back with screams of "You're better than Fefe," The Joys launched into their own version of Nirvana's *Lithium*, even bringing

an energetic audience member up to help out on the chorus.

The Joys delivered a stellar opening show for Hamilton's Kazzer at Caps last Wednesday night, after Fefe Dobson was forced to cancel her performance due to her guitarist shatter-

ing his knee.

Formed in London in 2001, The Joys, formerly known as Popjoy, have played over 200 live shows and 30 universities and colleges across Canada.

"We're independent, we've sold over 10,000 copies of our CDs traveling like

this," Smith said.

Not to be upstaged, Kazzer kept the crowd jumping. With a four-time Canadian National judo team member as a lead singer, it's no wonder it's hard for him to sit still.

Their international hit *Pedal to the Metal* had the whole crowd on its feet.

It's hard not to recognize the song. It was featured in *The Italian Job*, *Catch that Girl*, *Malcolm in the Middle* and various sports events as well as being the theme song to Kazzer's show *Sports Car Revolution*, which is broadcasted to over a quarter of a million viewers in North America every week.

Inspired by old school hip hop, pop and hard rock, it is hard to compare Kazzer's sound to any other band on the scene right now.

Kazzer finished their set with their latest single, *Ordinary*, and left the Caps audience screaming for more.

"Until now I was thinking, yeah

**"Until now I was thinking, yeah whatever, it's Kazzer. One hit wonders, you know?"**

- Jamie McCauley,  
GH business student



lindsay butler

Kazzer's lead singer at Caps.

whatever, it's Kazzer. One hit wonders, you know? But they put on a great live show. It was really awesome, especially in this setting," said second year Guelph-Humber business student Jamie McCauley.

Kazzer's cross Canada tour began Sept. 27.



maryann simson

The London-based band, The Joys, opened for rockers Kazzer.



courtesy

### CD

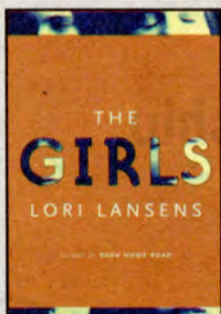
Toni Braxton, *Libra* – out now.  
Ryan Adams & The Cardinals, *Jacksonville City Nights* – out now.



courtesy

### DVD

The Interpreter – Oct. 4.  
The Amityville Horror – Oct. 4.



courtesy

### BOOK

The Girls – by Lori Lansens.



courtesy

### Films

Flight Plan – out now.  
Serenity – Sept. 30.



R&B singer D'Angelo says he will return to the studio after being in a car crash. He crashed his 2003 Hummer into a fence on September 19.

# Myspace.com is bands' space to promote music

by drew seale  
ENTERTAINMENT REPORTER

Since the website Myspace added its music section early last year, unsigned Toronto musicians have the online community to get their music heard.

Formed in 2003, Myspace started as a free online community that allows members to post personal information. Users are able to show pictures, write a blog and send messages to each other using the internal Myspace messenger service.



drew seale

Ward Black promotes his music on the website Myspace.com.

Second-year radio broadcasting student Allie Gammon's dance-pop band *Contrastincredible!* has been registered at Myspace since last March.

"It's really kind of cool after you've played a show, to go back to your Myspace page and have a million comments about who liked the show and have people sending you pictures," Gammon said.

Although *Contrastincredible!* has only been together as a group since January, its fan base is already well-established. Gammon noted all members of the band were known in the music scene before but Myspace.com has helped to get the band's music a little bit further.

"On another level (Myspace) is a little weird because people from California add your band and people from Europe add your band," said the 19-year-old singer. "It's kind of bizarre to think that people from so far away are listening to what you do."

Myspace allows bands to create a profile page for free and post information about their band. The site also allows the band to post their songs, pictures and upcoming show listings.

"I'm one of the late discoverers," said Steve Chatterton whose

electronica project 11t1 hosts its own Myspace account. "I found out about it through people talking about it on another site."

Chatterton said in the late 1980s when he started playing in punk groups, bands would pass around tapes and then if someone heard something they liked, they

*"It's really kind of cool after you've played a show, to go back to your Myspace page and have a million comments about who liked the show . . ."*

- Allie Gammon, radio broadcasting student

would put it on a mix tape for someone else. He called Myspace the "modern day equivalent to tape sharing." Bands get to share their music whether or not they are signed to a label.

"The thing I like about Myspace is you can get the music and listen to it but you don't get to keep the music," Chatterton said. "There's some damn good stuff up there."

Ward Black, who is one half of

the industrial music duo *Holocaust 427*, has been using Myspace since last December to host his band's music.

"Apparently we're big, well, I wouldn't say big, but our fan base is kind of all over the world," said Black, whose stage name is *Agent Black*. "Our fan base has gotten bigger because of Myspace."

Members of the site can add a band that they find and enjoy to their "friends list" which causes a chain linking of fans and spread the word faster.

"Every single person that's on our friends list has added us and said 'Hey, you guys have pretty good music,'" Black said.

He noted that with today's technology, bands don't need to sign to a label. His band takes pride in doing the work itself, however it helps that he has a graphic design major degree from Iowa State University.

Chatterton is still adjusting to the fans and diverse individuals that use Myspace to communicate and find independent music.

"There are all sorts of weird subsets of Myspace, people desperate to meet people," said the electronic music producer, adding he still "wouldn't mind associating myself with this."

# Festival offers affordable old time charm

by ashley carter  
ENTERTAINMENT REPORTER

For tuition-paying students, seeing a movie at a chain like Cineplex has become as economically viable as buying a yacht.

With admission prices as they are - nearly \$15 a seat and twice that if you want a handful of popcorn - it's a choice between two hours of entertainment and a lifestyle where you're able to eat more than one meal a day.

Thankfully, Festival Cinemas exists to help folks enjoy the movie-going experience without the risk of bankruptcy.

"At Cineplex, you can spend over \$25 for popcorn and a movie," said Amy Duncan, a Festival employee. "Here you can see up to six films for that price."

Housed in five locations across Toronto, the Festival chain links the last of the city's pre-World War II movie-houses in an effort to preserve the old-style experience. Art deco architecture remains intact, the cash registers are simple wooden boxes, curtains cover the screen instead of ads, the marquees haven't gone digital and the bathroom walls are littered with posters from the '30s.

Not to mention, a ticket costs as little as \$4.25.

The only thing updated at Festival is the quality of the projection system.

"We offer big theatre technology without big theatre flash," said Festival manager Andrea Marechoux. "Sometimes it's good

to avoid the videogame atmosphere of corporate theatres."

With discount memberships available and a relaxed staff (you can bring food in if you want to save money on concessions), it's no wonder the theatres have core customers that have been frequenting the cinemas for decades.

"I come for the sense of nostalgia and community," said Claire Richardson, a long-time Festival goer. "The staff aren't just uniformed robots looking to make you upsize a combo, they seem to enjoy the place as much as the patrons do."

But there is a catch. Festival theatres are second-run, meaning they don't show new releases until a month or so after their mainstream theatrical run.

"It's price versus determination," said Livingston Kim, the manager of Cineplex's Silver City in Mississauga. "Most people want to see a movie at a time when everyone else is seeing and talking about it."

But what Festival lacks in current releases, it makes up for in interesting programming. From director double-features to independent releases, it's hard not to find something to rival the latest Hollywood swill.

"People need to start questioning who or what they're supporting by frequenting these large chains," Duncan said. "Sometimes you just have to give it up for the little guy."

For listings and locations check out their website, [www.festivalcinemas.com](http://www.festivalcinemas.com).



ashley carter

Festival Cinemas offer a variety of current and old movies.

## What's In Your Headphones?



carol santos

name: amy rezaei

age: 21

music: *Mindless Self Indulgence*  
program: fashion arts

## Conference Opportunity for Students: *How Unions Matter in the New Economy*

Humber's Faculty Union will sponsor 5 students to attend *How Unions Matter in the New Economy*, a conference put on by York University's Centre for Research on Work and Society on October 28 & 29 (9:30 - 4:30 both days) at the Ramada Inn, 300 Jarvis St., Toronto. The conference will explore the vital role that unions play in workplace struggles and in social justice.

Send a brief letter by October 3<sup>rd</sup> stating your interest and your name, phone number and email address to:

Maureen Wall  
H109, Humber College North Campus  
205 Humber College Blvd.  
Etobicoke, ON M9W 5L7



Successful applicants will be chosen by lottery.



# arts & entertainment

Demi Moore, 42, and Ashton Kutcher, 27, tied the knot at a surprise ceremony on Saturday. The couple started dating in 2003 after meeting at a dinner party.

## Writing festival draws in big crowds

by **cecile hibb**  
ENTERTAINMENT REPORTER

Aspiring writers and reading enthusiasts of all kinds joined together Sunday for the annual Word on the Street book and magazine festival held at Queen's Park in Toronto.

The free, nation-wide event takes place every year in Vancouver, Calgary, Kitchener, Toronto and Halifax, and unites Canada in a national celebration of literacy and the printed word.

Celebrating its second year at Queen's Park, the Word on the Street festival was formerly held on Queen Street West.

According to the executive director of the festival, Sarah Stewart, the festival has grown and expanded so much they needed a new venue.

"Holding it at Queen's Park has been very successful. It's a beautiful place to come. You can lay out a picnic lunch and read your new book. It's a much larger and better venue."

With more than 500 attractions, including exhibits by local and national publishers, booksellers, literacy organizations, libraries and writers' associations, the festival also offered a wide variety of foods and live music courtesy of Citytv.

The festival aims to highlight the pleasures of great reading through the excitement of great writing. It offers helpful how-to advice on writing and publishing, showcases celebrity authors and interesting discussion panels and presents thousands of books and magazines for sale.

Festival-goers could browse through tables in the Canadian magazines tent, the City of Toronto Book awards tent, The Toronto Star writers tent, the Great Books tent, the Real Reads tent, the newest Aboriginal authors tent and the Beyond the Page tent.

"This was a tent we created based on a lot of demands we seemed to be getting from our festival visitors who are interested in more 'how-to'. We get a lot of aspiring writers who want to get more information about how to get involved in the industry,"

Stewart said.

The popular areas amongst students and aspiring writers were the section known as Writers Block, offering free advice and information from writers, editors and other publishing professionals, and the Indie Publishing section. Fringe Beat and

*"Humber has always been a great resource to us, especially the creative writing school and the school for writers."*

-Sarah Stewart, executive director

Magazine Mews showcased dozens of independent publishers displaying their labours of love. Eclectic and dynamic, titles generally spanned myriad genres from comic books to Canadiana, from faith to cross-cultural and multilingual fiction.

"I think the 'how-to' sessions would be really appealing to college students and graduates who are thinking about publishing or want to be a writer but haven't really been able to network and meet people and see all of the amazing authors and publishers that we do have. I think people forget how many great publishers there are in Canada," Stewart said.

Several of the writing gurus present had a connection to Humber College.

"Humber has always been a great resource to us, especially the creative writing school and the school for writers," Stewart said.

Cynthia Good, former publisher at Penguin Canada and current program Director of Humber's Creative Book Publishing program, hosted a section for Beyond the Page called 'How to Get Published.'

"I love Word on the Street. I've been with it every year except for one for the past 16 years. I enjoy the experience because pub-

lishers don't get to see the actual consumers buying the books," Good said.

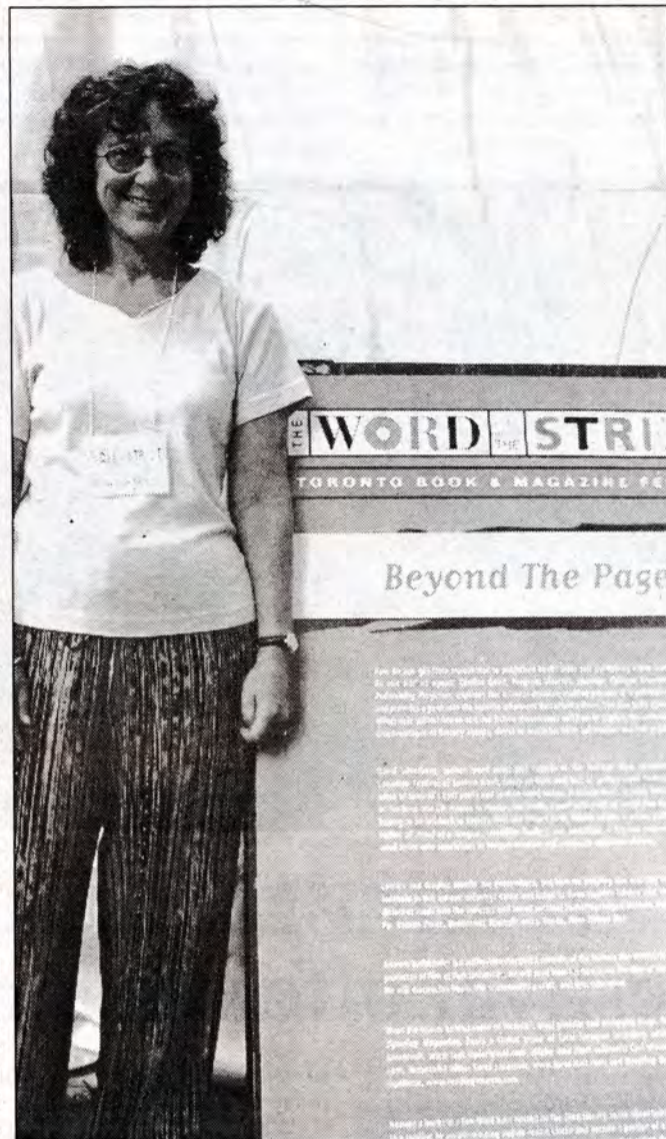
From May to August she runs a graduate program in book publishing for people who would like to learn more about the publishing industry and is a firm believer that formal education is an important tool in developing a successful writer.

"Creative writing programs give you a good opportunity to test your work and to get feedback. Writing can be a very lonely activity and very hard to know what direction to take next, and a creative writing program can help with that," Good said.

Matt Blackett of Spacing Magazine hosted a panel called Blogging Toronto. Not only does he teach a page design and layout class for the journalism program at Humber, but he was once a student at the college himself.

With such large turnouts the printed word seems ever-prosperous.

"I don't think that the physical book will ever go away. Even though I can take my laptop and go and sit and read something in the park, I'm still gonna want to hold onto something, be able to put it on my shelf and pull it out. People want to see the real thing," Blackett said.



cecile hibb

Creative Book publishing program co-ordinator, Cynthia Good enjoys the 16th annual Word on the Street festival which was held at Queen's Park for the second time this year. The festival was changed from Queen Street after the attractions outgrew the original venue.

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## Show is stellar

by **bronwyn cawker**  
ENTERTAINMENT REPORTER

Although clad in business suits, the only business the cast of the Comedy Network's newest show *Stella* has is making people laugh.

Hailed by the *Hollywood Reporter* as the "Marx brothers on acid," *Stella* follows the lives of comedy trio Michael Ian Black, David Wain and Michael Showalter as they encounter a chain of strange incidents laced within their daily activities.

With its quirky yet immature humour that blends the sketch comedy vibe of Toronto-based *Kids in the Hall* with the antics of *The Three Stooges*, the show is an acquired taste that may not be for everyone.

The first episode, which premiered last Tuesday, left a bitter-sweet taste in my mouth.

Off-the-cuff appearances from Edward Norton, *Flashdance* routines and the absurd perform-

ance of open heart surgery with a butter knife (not for the squeamish) left me trying to hold back laughter.

Conversely, some of the jokes were a miss, often exaggerated until the point where they were no longer humorous.

I also found it strange how the characters were deemed unemployed, yet still managed to have a beautifully furnished apartment straight from the pages of an Ikea catalogue. I know it's just television, but you just can't help but wonder.



courtesy

Originally a New York stage act, *Stella* has been made into a television show this season.

*Stella* may not be for all, but if you like bizarre, random humour, it may be a cup of tea you'd enjoy sipping from.

*Stella* airs Tuesday at 10:30 p.m. on the Comedy Network.



Donald Trump and his new wife Melania have announced they will be expecting their first baby together this spring. This is Trump's fifth child and third wife.

## Contrastincredible!

### Spotlight on Humber

In the recent sea of mediocrity among the independent scene, Contrastincredible!, a dance-pop band from St. Catharines, has found a way to create an original sound.

Contrastincredible! formed in January of this year. Shortly afterwards, second-year Humber radio broadcasting student Allie Gammon began singing in the group, which also features Humber drumming student Joe Raham, Owen Hughes on bass, guitar and synthesizer and Josh Korody on guitar, bass and synthesizer.

All the music is written by Hughes before the melody and drums are added. Also, it probably doesn't hurt the band recorded a four song EP with the help of Sleeper St. Sail's guitarist Mike DaSilva shortly after forming.

"It wasn't until I moved home in May that we really got serious about getting everything together," Gammon said. But since the start, the band was gaining momentum among fans of the independent music scene.

"All of us had been involved in former musi-

cal projects, so we're somewhat (known) in at least the St. Catharines independent scene," Gammon said.

Although the band is playing its last show Oct. 9 at The Merchant Ale House in St. Catharines before they break up because of distance, Gammon is still happy with the way things worked out.

"We're all best friends too. So we all hang out and make music all the time," Gammon said.



courtesy

## Hip-Hop CD Blackalicious is lacking



courtesy

by stuart service  
ENTERTAINMENT REPORTER

Blackalicious's third album, *The Craft*, has a musical feel comparable to the glory days of early '90s rap. It's a dicey, funky-sounding album that offers a refreshing alternative to the predictable hip-hop that dominates FM radio.

The California duo of Gift of Gab and Chief Xcel get a head start on the first track, *World of Vibrations*. The song's self-promotion outlines the exact degree of their lyrical originality.

But the track *Side to Side* is *The Craft*'s point of no return. The song is about meeting a girl at a club, then dancing with her. The chorus, "side to side to side times two," is the exact moment where this album lyrically crumbles. I felt like I was lied to. The first track promised me unconventional lyrics, but all *Side to Side* had to offer was no more than another impersonation of 50 Cent's in *Da Club*.

The songs make Gift of Gab out to be a poet with ADD. He's all over the place with lyrics like, "Falcons are flockin' around you, wreck shop while I'm poppin' at Pocahontas," and lacking any kind of flow, "summer in the city, pity, rappers fallin' to the ego sonic war drums." I expected more from Gab, who must hold his lyrics at a high regard if he was willing to show his hand on the album cover of *The Craft* scribbling on a pad of paper.

Even if one chorus is worse than the next, the fact that Blackalicious captured the classic '90s rap sound is praiseworthy. Blackalicious's lyrical handicap doesn't stop this album from sounding good to drive to. It's easy to tune out Gab and company while they talk over the polished production in *The Craft*.

note:

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**HSF**



On Oct. 5 over a billion Muslims worldwide will celebrate Ramadan – a month of prayer, fasting and charity. Its focus is on self-sacrifice and devotion to Allah.

# Humber's room with a prayer

## Students of all faiths welcome in one space

by jennifer berube  
LIFE REPORTER

Students of different faiths have the opportunity to worship in prayer rooms at both campuses.

Both the North and Lakeshore Campuses have interfaith prayer rooms for personal prayer and spiritual reflection. Each room is open to people of different faiths. The policy of the room asks all faiths to be respectful of each others' practices.

The prayer rooms can be reserved through the chaplain's office by recognized faith groups on campus.

"When the room is reserved, the entire room is reserved for the use of that one group and they do not have to allow access to others during those times," said Len Thomas, Humber's chaplain.

Reservation notices are posted inside and outside the room.

This is a system that works well with the groups, said Raheel Siddiquei, president of Humber's Muslim Student Association.

"There have been no conflicts," Siddiquei said. "If the other groups are using the room, we can come back."

The MSA meets every Friday afternoon for congregational prayers, but Siddiquei, who uses the room twice daily to pray alone, said some members of his group use it three to five times a day. There is a schedule of Muslim prayer times posted on the door so they will not be disturbed.

Thomas, who has been the chaplain since 2002, said groups using the prayer rooms in recent years include the MSA, Lifeline Christian Fellowship, Korean Christian Fellowship, Catholic Student



JENNIFER BERUBE

Raheel Siddiquei, president of the Muslim Student's Association, uses the prayer room daily to pray.

Association, Youth on Fire (Apostolic Christian) and the Meditation Group.

"Others from yet different backgrounds have simply used the room individually or in small numbers without a reservation but at times when the room is not generally used," Thomas said.

As it stands, both prayer rooms are in temporary locations on the campuses.

"We plan to have a permanent prayer room soon," Thomas said. But it is really up to the Student Services department.

"If and when Humber is able to create a permanent prayer room, it would be designed and built to meet the needs of all groups," said Judy Harvey, dean of student services.

"Muslims have more specific needs and have requested two different entrances for

the men and women," Harvey said. The existing prayer room is divided by a small partition. "We are not pursuing separate rooms," she said. But she does want to make the divider higher for more privacy.

"Right now it seems to be meeting needs reasonably well," Harvey said.

One copy each of the Qu'ran, the Bible and the Torah are allowed to remain in the prayer room. The North Campus has a locker available next to the room where all other materials and literature can be stored, Thomas said.

The North Campus prayer room, located in D223 is a converted classroom that holds 40 people. Lakeshore's prayer room is in E104. Chaplain Len Thomas is available in D128 on Thursdays.

## Muslim students to celebrate Ramadan

by jennifer berube  
LIFE REPORTER

As Ramadan approaches Humber's Muslim students have the support of the Muslim Student Association (MSA) throughout the month of prayer and reflection.

"It is a very intense time," said Solange Waithe, Humber's MSA secretary. "It gets a person into the habit of worshipping better and more, so that you actually feel a sort of emptiness after the month is over."

"Besides the physically-focused aspects of worship, the heightened awareness of God which we develop dur-



JENNIFER BERUBE

Solange Waithe, the Muslim Student Association's secretary prepares for the coming month.

ing Ramadan is another aspect of that month which should outlive it," Waithe continued.

Ramadan, which takes place from Oct. 5 to Nov. 4 this year, is a holy month in which Muslims are obliged to physically abstain from all food, drink, gum chewing, tobacco use and sexual contact between sunrise and sunset. The spiritual aspects of the fast include refraining from gossiping, lying and slandering.

"Ramadan is a time of intense devotion, day and night, where the whims and desires of the present life are put on the back burner to focus on developing one's relationship with one's creator," Waithe said.

## threads

### your personal style on campus



by hazel ong  
LIFE REPORTER

Jeremy Abbas, a 21-year-old cabinet making student, has a style that comes off a lot better than he thinks.

"I guess my style is jeans and hooded T-shirts and golf shirts and stuff," he said.

Apparently, working in the woodshop all day doesn't require a conscious sense of style, but you would never know it.

And no, it wasn't that new rock video or fashion magazine that inspired Jeremy's style, it was the fact that "it was clean."

"I just kind of grabbed it. Because I'm in the woodshop, I don't really pay much attention (to what I put on). I just kind of get up and throw on whatever because it just gets kind of dirty," he said.

His aviator-style sunglasses were purchased at an army surplus store for "like, twelve bucks," and his Che Guevara belt was ordered off eBay.

Jeremy's effortless style is influenced by one thing.

"My inspiration is comfort," he said.

## A hell of a boost

### Energy drinks a health concern

by sandra bratovic  
LIFE REPORTER

Energy drinks may appeal to students who want an extra boost, but Health Canada warns consumers that abusing these drinks can be dangerous.

As of June, there were four official reports of "adverse reactions" involving energy drinks, like the popular brand, Red Bull. All of the reactions may have resulted from improper use of the drink, such as mixing it with alcohol or drinking more than what is recommended. Health Canada warns against mixing energy drinks with alcohol.

Caps, Humber's pub, has been serving Red Bull for more than a year.

"It seems to be the big trend," said Kenny Dimech, Caps operation manager.

After meeting with Red Bull distributors, Dimech said he feels comfortable making it available to consumers.

"The government deems it safe," Dimech said.

It is illegal in Canada to serve Red Bull mixed with alcohol. Caps will only sell the product by the can, but Dimech admitted he can't stop his customers from mixing it with alcohol themselves.

Dimech has not experienced any additional problems at the pub as a result of the sale of Red Bull.

"If anything gets abused around here, it ends up being alcohol."

Nathan McQueen, a first-year general arts and science student, drinks Red Bull in moderation.

"It gives me a boost."

McQueen mixes Red Bull with alcohol occasionally because of the "extra push" the combination gives him. He was not aware of any of the warnings issued by Health Canada. James O'Bryan, a second-year film and television production student, said he knows the drink is dangerous and doesn't understand how it is legal to sell in Canada. "All of it's too much. You're over-stimulating your body."

Health Canada also warns against consuming the drink before or after strenuous exercise, as it can dehydrate the body, and warns against drinking more than 500 ml – two cans daily.

Red Bull promotes the use of the drink "prior to demanding athletic activities" on its website. It



CHRISTINE FLYNN

Humber student Anand Gibson downs a can of Red Bull while playing pool at Caps.

also compares the drink to coffee, suggesting consumers use that as a guide in determining how much can be consumed.

From the four reported cases of illness after consuming Red Bull, Health Canada can't link the symptoms – which included electrolyte disturbances, nausea and vomiting and heart irregularities – directly to the drink, but they are monitoring the use of energy drinks due to the increase in public concern and media attention surrounding their safety.

Red Bull is under investigation in some European countries, and France and Denmark have banned the sale of the drink.

Red Bull is authorized for sale in Canada as a health product. Other energy drinks and their safety have yet to be evaluated by Health Canada.



Energy drinks, meant to provide physical and mental stimulation can contain more than 160 mgs of caffeine, about 60 mgs more than one small cup of coffee.

# Social club mixes up dating game

Entertainment and matchmaking people with disabilities

by **hazel ong**  
LIFE REPORTER

A disability can pose many obstacles, but meeting people doesn't have to be one of them.

"(My disability) affects (me meeting new people a lot because most people) just look at me and see that I'm in a scooter or that I walk with a cane, they judge me like that. The people who get to know me, they realize I'm really a good guy," said Josh Franey, a 20-year-old tourism and hospitality business management student.

Though this is usually the case among those with disabilities, there are now outlets for those with disabilities to not only meet other disabled people, but meet able-bodied people too.

The Mix Community Club, which is affiliated with Community Living Toronto, is North America's first and only non-profit social club where people with disabilities are providing entertainment for the entire community.

"We're North America's only social club out there where people with disabilities are actually organizing first-class entertainment

where they are participating but they're also bringing in community bands, musicians, and that kind of thing," said president of the club, Jaime Castro.

Ever since its inception two years ago, people with disabilities, along with children, teenagers, singles, couples, and seniors can enjoy entertainment, socializing, and entertainers held on the last Friday of every month.

"People with disabilities traditionally have socialized within segregated environments and we make a distinction between community integration and social integration. We're promoting mutual participation with the community, the mainstream community with the disabled community and were bringing the two together," Castro said.

This revolutionary approach to community socialization, which is the first of its kind, aims at empowering those with disabilities and giving them an opportunity to participate and contribute towards the community.

"Our name basically describes it, 'the mix'. We're about mixing people up, and mixing the entertainment up where everybody can learn from each other. It's creating awareness in the community," he said.

Castro said the mix of people has evolved to becoming "half disabled, and half who are not", creat-

ing a diverse environment for meeting other people.

Though the events are not aimed specifically at those who are looking to date, Castro said that every event is an opportunity for disabled people to meet other people.

"A lot of people have met, some have dated, not just people with disabilities but we've had non-disabled people who meet, and date. I can think off the top of my head four people with disabilities who have met through our group and two of them are engaged now and two of them are getting married this year," Castro said.

The Mix Community Club is essentially like any other social club, (disco lights and all) except in this case there is a "family-friendly atmosphere".

"This club sounds like a good idea. I would definitely be interested in going here to meet people," said Franey.



Castro, right, joins a group of partiers at the Mix Community Club's Idol event.

The club is always welcoming new faces to come out and participate in the events, and is inviting all Humber students to come out and take part in the fun.

"In a true sense, it's a social club but it has a different purpose from other social clubs. It's integration and inclusion for the whole community."

For more information, see: [www.mixcommunityclub.com](http://www.mixcommunityclub.com).

## Whisk

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

Developed by second year student, Linda Anano and Chef Borgo.

### Warm Crab, Artichoke and Parmesan Cheese Dip

120 g softened cream cheese  
160 g mayonnaise  
80 g tinned crabmeat  
80 g parmesan cheese  
180 g canned artichoke hearts - drained and chopped  
30 ml freshly squeezed lemon juice  
1 tsp freshly chopped fresh garlic  
Tabasco sauce to taste

1. In a bowl stir the cream cheese until soft, and then beat in the mayonnaise until blended together.

2. Fold in the remaining ingredients.

3. Put the dip into an oven-proof serving dish. Smooth out the top but do not pack down. The dip can be covered and refrigerated for up to two days at this point.

4. Shortly before serving, preheat the oven to 370 F - 188 C. Bake the dip for 10-14 minutes or until it bubbles around the edges and the cheese has melted.

5. Serve hot and garnish with fresh parsley and green onions.

6. Serve with toasted bread, crackers, or flat bread.

# New easy to use, convenient birth control hits Canadian market

by **erica shupe**  
LIFE REPORTER

The first once-a-month contraceptive, The NuvaRing, has been approved by Health Canada.

The ring, manufactured by Organon, is marketed to appeal to college-aged women by touting convenience and ease of use as some of its benefits. It is available at Humber's Health Centre by prescription.

"I can't really comment on its popularity since we are just starting to sell it and market it now," said Carole Gionet, the health centre's Manager.

"I would assume it would be popular with women who can't remember to take a pill every day, since it is placed in the vagina and needs to be taken out every three weeks and after a week a new one is reinserted. It would also be a great option for those women who are comfortable with their bodies and don't mind inserting a ring."

The NuvaRing's manufacturers describe it as a "slender, flexible and transparent contraceptive ring" that is about 54 mms in diameter and four mms thick.

Similar to a diaphragm, the ring is inserted vaginally by the patient.



The NuvaRing is a painless and discrete flexible ring.

This is an important draw for the ring, as it allows women more control than other forms of birth control like an IUD or Depo Provera, which both have to be administered by a doctor.

Dr. Nancy Durand of Sunnybrook and Women's College Health Sciences Centre said an important difference between the

ring and a diaphragm is that the ring is not a barrier. It works by slowly releasing hormones steadily throughout the month.

However, some women are reluctant to change their current birth control or try this method.

General arts and science student Maruita Adam said her concern was about "forgetting it because it's a once a month thing."

A common misconception among women is that they could incorrectly use the ring or that it could fall out sometime during the month.

"I was thinking about trying it out," said Cat Jarzmik, a first-year interior design student. "But what if it slips and I don't know, or what if I put it in wrong?" she said. "I need to have control otherwise I'm paranoid."

According to Organon the placement of the ring does not alter the effectiveness of the contraceptive because it releases hormones no matter what position it is in.

Durand said worrying about the device falling out is unnecessary.

"You have to look at in terms of, would a tampon fall out?" she said. "It wouldn't, it's the same

thing with the ring - your vaginal muscles hold it in place."

The ring has the same side effects as other birth control methods - nausea, dizziness, headache, but to a lesser degree. Both Durand and Organon attribute the lesser effects to the more stable level of estrogen in a woman's body because of the ring's constant presence.

At Humber's Health Centre, contraceptives are not covered by the student health plan. The pill is typically \$8 a month, the patch \$10 a month and Depo Provera

\$30 per injection. In addition, the Health Centre charges a one-time administration fee of \$10 on all birth control. The NuvaRing is a middle of the road option, available for \$20 a month.

"When choosing a birth control option, women should look at the cost and the way it is administered so they can decide if they would be able to take it properly," Gionet said. She stressed the importance for women to protect themselves from sexually transmitted diseases by also using a condom.



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# common cents

"In the end you're measured not by how much you undertake, but by what you finally accomplish," business mogul and multi-millionaire Donald Trump.

## Experts unravel high gas prices

by **jaclyn bucik**  
SENIOR REPORTER

Like everybody else, Humber science and technology student Meghan Probert is paying a lot more for gas these days. It used to cost her around \$25 to fill up her '97 Toyota Corolla. It now costs her \$36 per tank.

"I have less money to spend on fun and more money that has to be delegated to gas," Probert said.

The reasons drivers like Probert pay more at the pumps are complex and difficult to understand.

But energy industry analysts can provide insight into the rise and fall of oil prices.

Duncan Robertson is a managing partner at SBM Inc., a market intelligence firm in

Calgary. SBM conducts research and analysis of the energy market. Robertson said the recent increase in the price of crude oil is due to 13 tropical storms that hit the Gulf Coast this summer. But the worst hit to the oil market was Hurricane Katrina which sent the price of oil skyrocketing to over \$70 a barrel – a 16 cent increase from last August.

"I'd say for the most part, the lions share of the (increase) the last go-around was Katrina," Robertson said.

"I think it effectively, temporarily at least shut eight refineries down on the gulf coast and a pretty substantial capability to produce gas for the North American marketplace."

Robertson explained the price of oil is driven by the

supply and demand of society. Today, the world has more demand for oil. Production has increased from 100 billion gallons per day in 1980, to almost 140 billion today.

The damage done to oil refineries in the Gulf Coast reduced oil supplies. But Robertson said the demand for oil remains the same.

"If demand is just flat, not growing, and you've reduced the supply, be it gasoline, or scooters or calculus books... then price really has only one way to move and that's up," Robertson said.

Bob Lyon analyzes the global energy market as the manager of the Global Energy Fund for CI Investments, one of Canada's leading mutual fund companies.

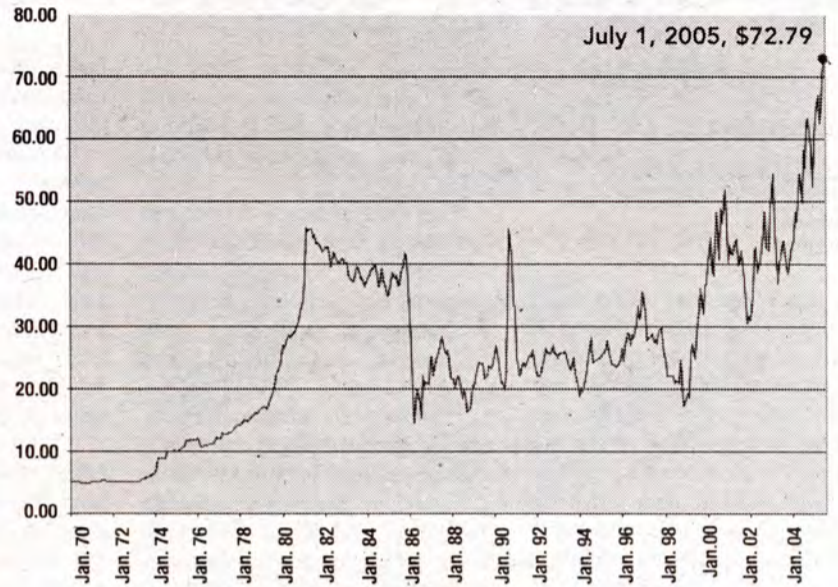
Lyon explained rising gas prices as more of a knee-jerk reaction. A major event like a natural disaster affects the price of oil because everybody gets into a 'sky is falling' mentality, and always assumes the worst.

"People are freaking out trying to figure out what impact (a hurricane) is going to have," Lyon said. "Then over the next four or five weeks they assess the impact and prices go down."

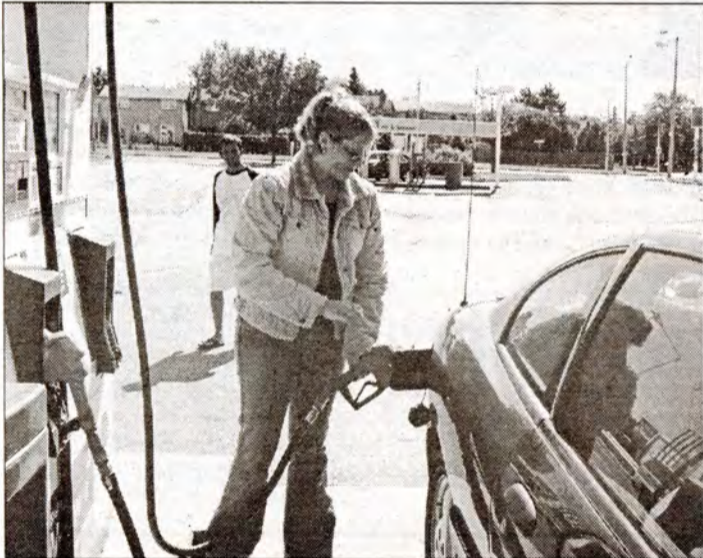
Andrew Miall, a geology professor at University of Toronto, also said that on the short-term restoration of oil supply from the Gulf region will allow gas prices to decrease, but the future doesn't look as good.

"In the long-term, prices are only going to go up because of decreasing reserves, coupled with

Crude Oil Price Since 1970 (CAD)



courtesy

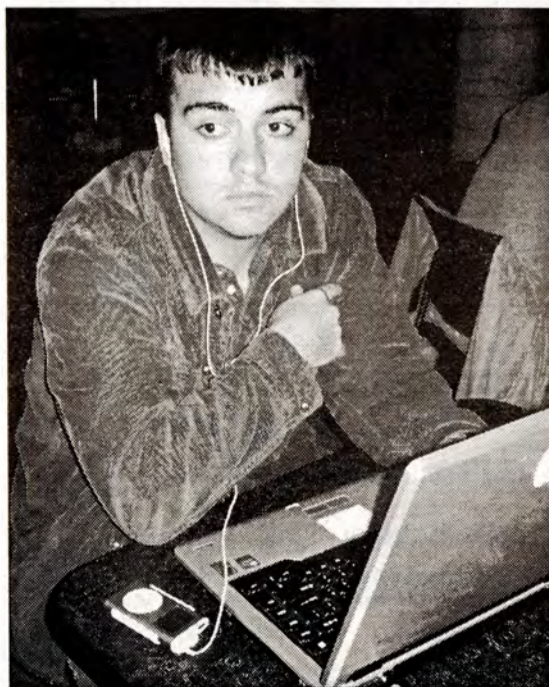


shanen crandon

Journalism student, Elaine Wilshire, can't believe how much she has been paying for gas since Hurricane Katrina.

### A Brief History of Oil

- 1980 – oil was (US) \$12/barrel
- 1980 – Iran/Iraq war – prices doubled to more than (US) \$30/barrel
- 1991 – Gulf War – prices doubled in less than a month
- 1990-1997 – world oil consumption rate increased by 6.2 million barrels/day
- 2001 – OPEC (Organization of Petroleum Exporting Countries) cut oil production by 3.5 million barrels/day; oil prices increased to (US) \$25/barrel
- 2004 – Hurricane Ivan – prices rose to over (US) \$60/barrel
- 2005 – Hurricane Katrina – prices rose to over (US) \$70/barrel



samantha wu

Downloading sites may change for mp3 listeners like business management student John Long.

## Kazaa ordered to change site content

by **samantha wu**  
BUSINESS REPORTER

This month's Australian court ruling against the popular file-sharing program Kazaa has the music industry rejoicing in its fight against music piracy and downloaders searching for other sources for free or inexpensive music.

On Sept. 5, Australian courts ruled the Kazaa program breached copyright laws in that country. The site's owners were given two months to modify the program and remove all unlicensed material before the network would be shut down.

"We're very happy that the court ruled the way it did," said Graham Henderson, president of the Canadian Recording Industry Association (CRIA).

In Canada, where the record industry is working on changes to copyright laws, the Australian ruling is reason to celebrate.

"For the court to have come out as

strongly as it did, it's another nail in the coffin," Henderson said.

Even with the issue of downloading under the legal microscope, Humber students aren't concerned about downloading on their personal computers.

"I'd first have to see other people getting caught (for downloading) before I'd stop," said Joey Smith, a physiotherapist assistant student.

Professor Eugene Lucas Fiume, a specialist in intellectual property at the University of Toronto, said downloaders don't have to worry about their hobby becoming illegal.

"As I understand the current situation in Canada, it is different from Australia in the sense that using Kazaa or Limewire or whatever to download content for personal use still appears to be entirely legit," he said.

Fiume explained authorities are concerned with people who download music to create CD copies for resale or redistribution. But people who download music for

their own use aren't a legal priority.

But selling albums is a priority for music artists, who need record sales to secure funding for new albums.

"People wonder why everyone is desperately touring to make money, why ticket prices are soaring," Henderson said.

"It's because all these musicians are having trouble making money by selling albums."

The record industry has taken a hit in sales since downloading has become popular.

"In 1999, it was a \$1.4 billion industry at the cash register," Henderson said. "Now it has gone down to about \$800 million."

Humber general arts and sciences student Wilfred Adapoe doesn't have a problem with shelling out for tunes, but he just can't afford the luxury.

"Right now I don't have the funds," he said. "But I'm sure when I get out of school I'll have time and money to buy music."





**Biz word of the week: mutual fund** n. A company that brings together money from several people to professionally manage and invest in a group of stocks.

# Investing can pay off for students

## Using extra cash to make short-term investments is possible before graduation

by sean cunningham  
BUSINESS REPORTER

You've just taken out a whopping OSAP loan and you're shelling out for tuition, books, rent, food, and transportation to school. The last thing on your mind is investing for the future.

It's certainly not what business management student Brendan Fern thinks about.

"I have \$12,000 in OSAP loans, I don't have a lot of money to invest," Fern said.

But there are options for students who have a little extra cash, and a little time to make it work for them.

*"We expect students to put any extra money left over into a bank or short-term investment."*

- Margaret Antonides,  
manager, financial aid

You don't have to wait until you're finished school to start thinking about investing. OSAP loans are interest-free until graduation.

"We expect students to put any extra money left over into a bank or short term investment," said Margaret Antonides, Humber's manager of financial aid.

"A short-term investment can be defined as a very liquid fund that can be invested for three years

or less," said Rita Gayle, financial planner for CIBC.

When referring to money, liquid means cash can be taken out of the investment quickly if needed, Gayle explained. This is a good option for students who have money tied up.

If you can afford to put aside \$50 to \$100 each month, investing in a mutual fund is another way to make a little bit of money grow.

"(Mutual funds) are a group of companies whose value will fluctuate," explained Andrew Goodson,

a financial planner for TD Waterhouse.

"And because your money is invested along with many other people, your rate of return is better than your average savings account."

But with a higher return comes

a greater risk. Investors stand the chance of losing money if the value of the fund decreases, said Goodson.

With a small amount of money and a little foresight, investing may be the way to get those loans under control.

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# sports

"Nobody in football should be called a genius. A genius is a guy like Norman Einstein." - Joe Theismann, showing he's no Norman Einstein.

## Rugby team wins opener

Men recover from sloppy start and hang on for road victory over Mountaineers

by **justin holmes**  
SPORTS REPORTER

The Humber men's rugby team overcame a slow start but finished fast in its initial outing, an 18-10 win at Mohawk.

"It was a messy victory, but that's a reflection of the first game of the season," back-line coach Alister Matheson said.

"There were lots of things we did well, and lots of things that need to be worked out in practice. It's always good to have a win in the first game."

The Sept. 21 contest was close, with the bulk of the scoring in the second half.

With 10 minutes left and a 13-10 Humber lead, Mohawk was threatening a few metres from the tryline - until the Hawks took possession and scored a decisive try.



justin holmes

Players from both Humber and Mohawk scramble for a loose ball.

*"It was a messy victory but that's a reflection of the first game of the season."*

- Alister Matheson, Coach

Still, captain Gerrad Harris-Smith was less than enthused.

"I think we started off sloppy at first, second half we came back... it's an acceptable first game. I think during the season we'll come together as a team."

Scoring tries were Marcel Wade and rookie Harry McLean. Evan

French converted both kicks, a penalty and a drop kick that hit the bottom post.

"It was a good tactical move," said head coach Carey French. "Putting those three points on there gave us some breathing room."

"The outstanding player who just was everywhere and doing everything was our number eight, Mark (Falkinson). He was just a tackling demon," French said, adding that the team needs to support Falkinson better.

Both coaches agreed there were some problems with the fitness level of the players but expect that to improve through practice.

The Hawks next game is at home against Fleming's Lindsay campus at 4 p.m. on Saturday.



jevon griffith

Leaf fan Rich Reinhard already shows support for his team.

## The new ice age is coming

Not the end of the world - just the new hockey season

by **jevon griffith**  
SPORTS REPORTER

Despite the length of the NHL lockout and the new rule changes, Humber hockey fans say they can't wait until the puck drops to begin the new ice age.

"I am happy that the NHL and the Leafs are back because it gives me something to watch and something to talk about with my friends," court and tribunal student Tyler Murphy said.

Murphy is also excited about the return of the National Hockey League because it brings her together with her family.

"I'm also glad that hockey's back because I get to watch games with my dad, so it's like a bonding thing," the 20-year-old said.

Unlike when Major League Baseball went on strike in 1994, hockey fans in Toronto seem more forgiving to the NHL after waiting 16 months for hockey to come back.

The Fan 590's Zack Cooper explained why Torontonians have forgiven and forgotten.

"We're such a hockey-crazy town here in Toronto, so if hockey is taken away, we'll cling to it even

tighter when we get it back. Hockey is our bread and butter and I think every Canadian is born with the sport in their blood," Cooper said.

To gain new fans and hopefully bring back some of the fans who might've been turned off by the lockout, the NHL has added new rules to the sport, which have been met by criticism from some hockey fans.

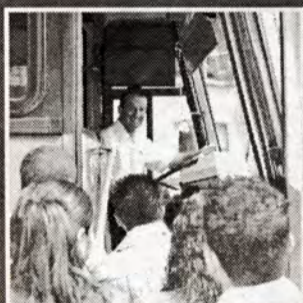
"It's great that the NHL and the Leafs are back, but I don't like the new rules because they're too American," cabinet making student Rich Reinhard said.

Whether the new rules will hinder the sport or not is debatable. But some of the rules may be helpful to teams like the Leafs who have big forwards that will be next to impossible to stop without being allowed to hook and cross check. However, it works both ways.

Other things to look out for this upcoming season are the play of the now Wayne Gretzky-coached Phoenix Coyotes and the play of young, upstart Sidney Crosby.

The new season begins in Toronto Oct. 5 when the Leafs take on their Ontario rivals, the Ottawa Senators.

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"I'm so fast that last night I turned off the light switch in my hotel room and was in bed before the room was dark." - Muhammad Ali

# Another strong outing for cross-country team

by **stephen leithwood**  
SPORTS REPORTER

The men's cross-country team placed fourth out of 13 colleges at the St. Lawrence College (Kingston) Invitational last Saturday. The Humber women – with only one runner – did not have enough participants to qualify for a team score.

The Hawks' top male runner, Mike Scipio, finished the eight-kilometre course in 32:41, 15th among 82 competitors.

Natasha Szauter was eighth in the women's five-kilometre, cutting nearly two minutes off her time of 24:37 in the last race.

"I was hoping to come in a better place, but considering the number (37) of girls that were here and the difficulty of the course, I'm happy with my results," she said.

Her two team-mates did not attend and continue to nurse injuries.

Like last week, the top three

women runners finished in the exact order they did in the Mohawk/Redeemer Invitational. Tama Stainton of Mohawk College placed third, and Leah Kellar of Loyalist College grasped second. But, it was Amanda Kosmerly of Cambrian College who took home the gold with a time of 20:51.70.

For the men, Fleming's Bernie Hogan won gold and finished with a time of 28:25.15. Behind him

was John Mason of Fanshawe, and taking third was Jacob VanDorp from Redeemer.

The women's team gold medal goes to Cambrian College and Fleming men's team accomplished a gold medal finish.

The St. Lawrence course was tougher than at the Redeemer Invitational. The hazards included pot holes, a rocky hill, and an animal-made obstacle.

"A beaver built a dam, and then tore the dam down, so they laid down some hay and outdoor carpet to build a bridge," said head coach Jennifer Andress.

Both Andress and her assistant, Monique Haan, complained about the conditions during a coaches' meeting before the meet.

Several runners sustained injuries. One member of another team was bloodied by the time he

ended the race.

"When he crossed the finish line he had a cut all down along his leg," said Andress.

Humber's Josh Mintha suffered from shin-splints after his run.

"I was pacing myself at the beginning of the race, but going around the second time, I thought I was going to die," said Mintha.

The next meet is the Fleming Invitational in Peterborough on Saturday.

## Women's soccer team opens season with tough losses

by **matt durnan**  
SPORTS REPORTER

The varsity women's soccer team got off to a rough start of the regular season

The Hawks were defeated in both of their games this past weekend.

In their first contest on Saturday, the women lost a heartbreaker 1-0 to the St. Clair Saints in Windsor.

The team played very well but ran in to some tough luck.

"We outplayed them for the most part, we just had a hard time finding the net," said head coach Vince Pileggi.

The women stayed the night in Windsor and made the two-hour bus ride to Sarnia, where they played Lambton College.

Despite two goals from Connie Tamburello, the Hawks were downed 3-2 by the unorthodox style of play of the Lambton team.

"They play a completely different game than us," Pileggi said. "We play a possession game and they like to kick and run. We didn't really adapt to their style."

The squad looked good and played well in both games but was slightly hankered by two bus trips in two days.

"I don't think that it was the reason we lost our games, but it was definitely a factor," Pileggi said.

Bright spots in the otherwise disappointing weekend were Connie Tamburello's two goal performance, as well as the great play of team captain Anna Tripodo.

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# sports

"Ask not what your teammates can do for you, ask what you can do for your teammates." - Former Los Angeles Lakers point guard Magic Johnson.

## Men's soccer team off to flying start

by rob acton  
SPORTS REPORTER

The men's soccer team remained undefeated while continuing its impressive play this week, winning three games in four days.

The Hawks capped off their winning weekend with a commanding 5-1 victory Tuesday against a determined team from Conestoga College.

The Humber club could have easily come out flat and blamed it on the hectic schedule, but the team displayed some true grit and came out firing on all cylinders.

The team applied some early

pressure and was quickly rewarded with a goal in the seventh minute of play, when Hawk forward Kwame Osei made it 1-0.

After the game, a tired Osei was satisfied with the team's effort.

"We sometimes don't go hard in the first half but today we did pretty good. We got the win and that's all that matters," Osei said.

The Hawks struck again shortly before the end of the first half when Cameron Medwin took a lovely feed from Joseph Feijoo and the team went into halftime with a comfortable two-goal lead.

Humber added three more in the second half including two from

Feijoo and one from midfielder Oscar Da Silva.



ROB ACTON

**Humber dominated in a 5-1 win over Conestoga Tuesday.**

Conestoga got on the board with a penalty shot goal with the game already out of reach.

Coach Germain Sanchez is looking for Medwin and his other captain Mike Marchese to take leadership roles and set an example for some of the new players.

Sanchez has high hopes for this year's squad, which has over 10 returning players on the roster.

Coach Sanchez understands the team will have tall expectations this season after the successful start but needs his team to stay focused.

"Our first objective is to go to the final four after the provincials,

that is what we are aiming for," Sanchez said.

Over the weekend the team posted convincing wins over St. Clair and Lambton.

Goal scorer Da Silva said the club is getting tighter with every match they play and is confident it will continue.

"Every minute that's played we are gelling more and more, and I think by Saturday's game we are going to be completely gelled together," Da Silva said.

The Hawks try to continue their momentum when they take on Fanshawe at home this Saturday at 2 p.m.

## Volleyball champs set for tough title defence with only four players back

by terry bridge  
SPORTS REPORTER

Although they are the reigning champions, the Humber men's volleyball team still has something to prove this year.

Only four players are returning in an attempt to bring home a second consecutive provincial championship, which will be hosted by Humber this year.

Last year, the team won the OCAA championship for the first

time since 1975.

According to assistant coach Dean Wylie, they went 16-0 and had a great season.

This feat was accomplished with players such as Dan Shermer, a league all-star, and Chris Simek, a tournament MVP, leading the way. Unfortunately neither of them are returning.

"Just four back from last year, the rest are brand new," Wylie said. "Some of them graduated, some of them moved up, a couple

of guys finished their eligibility."

The returning players are Tarun Swaroop, Mike Smith, Darryl Burton and David Forrester.

They were all components of the team last year, Mike and Daryl more so. That was their third year last year, this is their fourth year this year," Wylie said.

No one is sure exactly what to expect coming into the new season with basically a new team and opposition that hasn't shed a

whole lot of information.

"I haven't seen the league yet," Wylie said. "Last year coming in we knew we had a really good team, and we heard a lot of scuttlebutt about the other teams in the league, but this year it's been very quiet, just a very quiet off-season."

Head coach Wayne Wilkins is returning for his 11th year at the helm, coming off his most successful season, where he not only led his team to the provincial championship but was also named CCAA

coach of the year.

"It was one of our most competitive teams," Wylie said. "We've had stronger teams, but last year we had strong players."

Despite all their individual talents, it was how they brought it together and played as a team that helped them defeat Seneca in the finals last year.

Wilkins and Wylie will be joined by assistant coach Hank Ma, returning for his sixth season behind the Hawks bench.

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