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October 10, 2002

Station hopes to expand



Good morning Humber College: Broadcast Radio student Stefanie Blackett in the CKHC sound booth. The station is applying for a broadcasting licence to transmit a signal throughout Etobicoke.

By ANDREW SMITH

Love listening to Humber Radio but hate having to be at the college to hear it? Come December this year, you may have an alternative.

Broadcast Radio co-ordinator Jerry Chomyn was among a group of applicants for a new broadcasting licence from the Canadian Radio-television and Telecommunications Commission (CRTC).

With the new licence, Humber will be able to transmit a signal to all of Etobicoke.

Chomyn said he felt it's important for the community to know what's new at Humber and to broadcast what the college is doing.

He acknowledged that while some people can hear CKHC 90.7 on the Internet, the station will now reach a wider audience.

The application process began a few years ago by doing initial research.

"An overwhelming majority of the people we interviewed thought that it was a good idea and would support it," Chomyn said.

The next step involved hiring a professional broadcasting engi-

neer. The engineer assigns a frequency to be used, determines what the broadcast area will be and if the signal will cause any interference for any other stations.

Chomyn said it will cost about \$10,000 to hire the engineer, but the fee was partly paid for by HSF.

After sending in a formal written licence, the CRTC scheduled a date for Chomyn and others to appear before a public hearing. At the hearing in September, Humber competed with 16 other groups for a licence.

While other groups were competing for the same frequency as Humber, Chomyn said he feels very good about how they presented their case and remains cautiously optimistic.

The main difference between Humber's radio station and others in Toronto is that it's a campus instructional station, meaning that Humber's main function is to train broadcasters and journalists.

Chomyn said the application process was easier this time because the plan was more clearly defined.

Story continued on page 10.

Swarming at nearby apartment leaves neighbourhood scared

By ALICIA REWEGA

An assault at an apartment building near Humber College Thursday evening left a male victim with several injuries and Humber students feeling unsafe in their own neighbourhood.

The assault took place at approximately 6:30 p.m. in the underground parking lot of 20 Humberline Drive.

Constable Cory Feaver of 23 Division said the victim told police that he was attacked while walking through the lot after having parked his car.

"They had pipes, monkey wrenches, crowbars. They were heavily armed," said a General Arts and Science student who

wants to remain anonymous.

The student, who lives in the building, said she was pulling into her parking space when she saw a group of 10 to 12 men between the ages of 17 and 25 running towards a few cars.

She suspected they were stealing a car, so she pulled her car up towards them, blocking them in, in the hopes of scaring them off.

"Then I looked up and saw a guy, covered in blood, getting up off the pavement," she said. "He was cut up really bad. I've never seen so much blood, he was dripping."

Four of the men then got out of one of the cars, armed with pipes and crowbars, and headed in her direction telling her to move her

car.

"When [one of the suspects] came out with the pipe...the look in his eyes," she said. "When I saw that look in his eyes I thought he was gonna bust my head. I didn't want to look like that other guy."

After the men left the scene, she went into the lobby of the apartment to request help and call police.

The student said most of the men were wearing coloured bandannas, dark clothing, hats and hoods. Some were using their bandannas to cover their faces.

Constable Feaver said both police and ambulance responded to the call.

The victim was taken to

William Osler Health Centre in Etobicoke to be treated for minor injuries, and was not admitted for overnight care.

There have been no arrests and police have no suspects, Feaver said.

Another Humber student living in the building, who also wishes to remain anonymous, said she was scared after the underground parking lot was blocked off by police.

"There were maybe six cruisers in the parking lot," the student said. "They wouldn't let me out at first. It was creepy, I'm afraid, living in this neighbourhood."

"It's very scary," she said. "[Our garage] is supposed to

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What's Inside This Week...

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Adam Sandler's new movie shows his serious side.
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In Focus: planning for your future.
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'Night terror' blamed in student's death

By CAMILLE ROY

After playing a game of pick-up basketball at Humber in the early evening of Sept. 17, 20-year-old Alex Anderson put in a few hours of work at Montana's, an eatery a few blocks from his Mississauga home. After work, the Business Administration student headed straight to his Apache Ct. townhouse to hit the books before bed.

At midnight Alex's mother Olive, looked into her son's bedroom, saw him kneeling on the floor studying the textbooks laid out around him. She suggested he go to bed and he joked that it was Olive who should be going to bed.

Such was their mother-son relationship — easy, comfortable and caring.

No one could have guessed that less than four hours later, Alex would bleed to death in his bed following a tragic incident which has left the family and all who knew him reeling from shock.

At 3:30 a.m., Alex's aunt Jennifer Bailey said she heard noises that sounded like retching, coming from her nephew's room beside hers.

What Bailey saw when she went to check on her nephew so frightened and confused her, that she quickly summoned her sister from down the hall.

Olive said when she entered her son's room, she knew immediately that the person she saw in front of her wasn't the Alex she knew.

"He was screaming very loudly, his arms were stretched out over his head and his eyes were open, but not focused," Olive said. "He

didn't even know I was his mother."

Olive said she did what any mother would do in the same situation and tried to comfort Alex by hugging him but Alex was very strong and in what she describes as a state of terror, roughly broke free from her embrace.

"But that was not my son," Olive said. "My son loved me . . .

"You are more than my mother...you are also a friend."

my son wouldn't hurt me. It's like he was the Incredible Hulk. He woke up with this new feature, totally not Alex, and not really awake."

Olive rushed to bring a neighbour over to help her with Alex. She said that when the neighbour was standing at the door, her son was near the top of the stairs and jumped straight to the bottom.

In the ensuing moments, Alex punched through the glass window of the neighbour's door, puncturing a vein in his forearm.

Then, with his arm bleeding profusely, Alex simply returned home and went straight to bed where he died from blood loss within 90 seconds, his mother said.

"Who in their right mind would go to bed hurt like that?" said Tricia Anderson, Alex's sister-in-law. She believes, as does the rest

of the family, that Alex suffered from a condition called a "night terror."

Night terror victims suffer from a sleep disorder similar to sleep-walking, but victims may also feel intense emotion, including terror.

The person having a night terror, according to Medbroadcast.com, may "sit up in bed screaming loudly in obvious terror, or scream and get up to run to escape imminent danger. As with sleep-walking, the subjects are caught between sleep and wakefulness."

Tricia said that the family is convinced that Alex had experienced a night terror because he didn't take drugs and the coroner's preliminary report indicated no neurological brain injury.

Many members of the community have reached out to the Anderson family since the tragedy.

More than 400 friends attended a recent memorial for Alex at St. Francis Xavier High School where he had been awarded the MVP for both football and basketball in the same year. The school is planning a memorial wall to honor their athletic graduate.

The owners of Tropics, the local Caribbean eatery where Alex used to hang out, brought free catering trays of food to the funeral reception.

When the clerk at the local Kinko's saw a family member reproducing memorial cards because they had run out, he took over the job gratis. The clerk had served Alex nights before his death and remembered him.

Humber's basketball team for

whom Alex was trying out, will dedicate this season to the young man they had considered a promising recruit. The family says they will attend the season opener at the college with pride.

Alex's mother, going through the trophies and basketball jerseys in her son's room, has extremely fond memories of her youngest son.

She points to a picture hanging on her bedroom wall that Alex recently gave her "not for a special occasion, just because he was happy."

The inscription says: "You are more than a mother . . . you are also a friend."



Alex Anderson's tragic death shocked those who knew and loved him.

Assault scares students

Continued from page 1.

have security. I've never once seen a security guard down there since I've moved in at the beginning of September."

There is 24-hour security on campus, but off-campus housing seems to be a concern for Humber students.

"Where was security when this guy got beat?" the General Arts and Science student said. "I want to see more cameras. Right now there is only one. I've never felt so scared to go into my building."

No charges in parking lot crash

By JASON BAIN

Toronto Police will not be pressing charges after a truck drove over an embankment then through a cement block between parking lots 1 and 3 of North Campus in the early morning hours of October 1.

Director of Public Safety, Gary Jaynes said he doesn't believe alcohol was involved.

"The driver inadvertently, by accident, drove over the embankment," he said.

Jaynes met with the student and said the matter will be dealt with according to the student charter of rights and responsibilities.

After the accident, 25 or 30 people from residence crowded the scene before security began turning them away.

New lights have recently been installed in the underground parking lot of 20 Humberline Dr., but the students do not feel that is sufficient.

Feaver agrees there are many police calls for this area but tried to reassure students about their neighbourhood. "Your area is not notorious for being a serious problem," he said.

Feaver emphasized that the crime was not directly related to the college itself, that it just happened to be in the same neighbourhood.

Purses stolen from North Campus

By KEVIN RABJOHN

At approximately 2 p.m. on Monday, a purse was stolen from a locked desk in C117.

"My purse was in my desk and it was locked...the guy was pretty smart," the victim, who has asked to remain unnamed, said.

According to Gary Jaynes, director of Public Safety, the employee had stepped out of the office for a moment and when she

returned she noticed her purse was missing.

"A person observed the man enter the area...he'd been seen around the campus yesterday by a number of people," Jaynes said.

According to the victim, the suspect had been in C117 before. "[The staff] know what he looks like. We just didn't see him while he was doing it."

The victim was aware that crimes took place at the school, but

was surprised someone would break into her locked desk. "There are notices out there and I think we all try to be careful."

A second purse was stolen from E205, the Humber School of Business, but no one from the school

would comment on the circumstances.

Police have been notified, but a detective has not yet been assigned to the case. Crime Stoppers has issued a reward of up to \$1,000 for any information leading to the suspect's arrest.

Jaynes stressed the fact that student and faculty alike should ensure all belongings are properly secured. "We want to keep the campus as open to the students as possible without putting up restrictions," Jaynes said.

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Students filed out of the G building at North Campus during an early morning fire drill on Thursday.



Etc.

Green bin mess irks Etobicoke residents

By JAMES ROSE

Some Etobicoke residents were out cleaning the street in front of their homes last week when the new "three-stream recycling" trucks leaked fluids.

"Everything is spraying out of the truck. Hopefully they'll do something about it," Louch Furlano, a Rexdale resident, said.

The truck is designed with the back split in two compartments, one for garbage and the other for the green bin's compost waste.

When the truck is in operation, it crushes the trash along with the compost, which, when compressed, leaks fluids all over the road.

"The system in the truck is not good," Furlano said. "It's gonna be dripping all the time."

Other local residents are not happy about the new system, as the trucks' spillage creates more clean-up for them.

"They should fix it. I don't like that, especially if it's a dirty mess," Frank Cusianna, another local resident, said. "The people leave enough garbage on their own and

the trucks make it worse."

The green bins reduce waste by separating the compostable garbage from other garbage. However, the leakage from the trucks has created local concern.

Fortunately for the residents, the leakage was not a problem with the truck, but rather an overload of waste.



Green bins leave something to be desired for Etobicoke residents who say fluids from compost are leaking on the road in their area.

The sanitary engineers were working on an 18-hour schedule and they were not dropping off the organic waste often enough.

"They caught up (with the pickups), so they don't expect too many leakages in the future," Stefano Pileggi, constituency assistant for Etobicoke North City Councillor, said.

Pileggi said the problems are mounting because of what is going into the green bins in the first place.

"There is more organics and liq-

uid than what the trucks should hold. There shouldn't be too much liquid put into the green bin," he said.

Health care satisfactory, Ontario report shows

By DAVE BOYINGTON

Almost 85 per cent of all Ontarians are satisfied with their health care, a recent report from Ontario's Ministry of Health says.

"That number itself automatically speaks largely about the fact that Ontarians are satisfied with the health care system," John Letherby, a Ministry of Health spokesperson, said.

The ministry report, conceived in September 2000, is broken down into 14 key areas, including smoking, obesity and infant mortality.

"This is an important first step that gives Canadians useful information about their health care system," Federal Health Minister Anne McLellan said in a press release.

In Ontario, work began on the report in October 2000, when the government went to different sectors to obtain the required information including the Ontario Medical Association, Ontario Health Association, the Registered Nurses Association of Ontario and the Canadian Institute for Health Information.

One problem area identified in the report was youth smoking. In Ontario, smoking rates among 12 to 19-year-old females rose from 15.4 per cent in 1996 to 17.1 per cent in 2000.

For the first time, smoking rates are higher among teenage females than males, yet in the past four years the smoking rate among teenagers has decreased.

"Smoking was one of the problem areas," Letherby said. "A task force was put together about a year ago and a youth action committee."

The report said Ontarians spend about \$1 billion a year treating smoking-related illnesses.

However, 46 municipalities have passed anti-smoking bylaws and that number continues to grow.

According to the report, the provincial Tories will spend \$19 million this year eliminating smoking and exposure to second hand smoke.

This coincides with the additional \$5 tax that has recently been placed on each carton of cigarettes.

Another main problem area identified was obesity.

"About 53.3 per cent of women in Ontario are an acceptable weight, but only 41.5 per cent of men are an acceptable weight," the report said. "We have to act now, before unhealthy body mass becomes a problem."

Some of the positive things to come out of the report included an increase in the average life expectancy of Ontarians. In 1999, the average expectancy was 79.4 years, as opposed to 75.3 just 20 years earlier.

In the same timeframe, our infant mortality rate has dropped from almost 10 deaths per 1000 births to only 4.6 per 1000.

This year the provincial government will spend \$25.5 billion on health care, an increase of nearly \$7 billion since the Progressive Conservative government came to power in 1995.

"This level of financial commitment reflects our enduring commitment to improved patient care for all health care consumers in the province," Ontario Health Minister Tony Clement said in a press release.

Toronto steps up recycling effort with commercial yellow bag program

By COLLEEN MCDOWELL

In yet another step to reduce waste, the City of Toronto has started the Yellow Bag Program for commercial customers.

The Yellow Bag and Green Bin Program will complete the City's waste diversion strategy to divert 60 per cent of its waste by 2006.

The goals of the program are to reduce commercial garbage and increase commercial recycling and organic collection.

Since September, commercial customers have been placing their garbage in the yellow bags.

"We focused a lot on residential areas and pretty much ignored ICI (industrial, commercial, institu-

tional) areas," Suzanne Elston, executive director for the Recycling Council of Ontario said.

Yellow Bags are available at participating Home Hardware locations and cost \$3.10 each, which covers garbage collection and disposal fees.

Businesses, who currently have city-provided garbage collection, will be able to reduce their costs through recycling and collection, both provided by the city at no charge.

"In light of the garbage strike, we're becoming more aware of our garbage," Elston said.

From now on the City will only pick up businesses' residual waste if it is in the Yellow Bags.

Separated organics will be collected in large carts, which can be purchased from the City at a cost of \$55 for a 32-gallon cart or \$65 for a 64-gallon cart.

Restaurants and grocery stores are large organic waste generators and will have to pay a fee for additional collections several days a week.

Commercial recyclables will still be collected in blue and grey boxes, but some bars and large restaurants will need to purchase a 95-gallon cart for tin, glass, plastics and paper.

For more information call the Yellow Bag Program Hotline at 416-338-3400.

Company brings women to digital media

By MIKE ZETTEL

Digital Eve wants to remove the barriers preventing women from entering the digital media field.

Janet Suek is volunteer director of technology at Digital Eve, a company dedicated to helping women participate in digital media.

"I just don't want to see women in their 40's saying they would have liked to go in a certain direction but instead went into an area where it was 'accepted'," she said.

Digital Eve held its third annual Career Reboot at the Renaissance Hotel at SkyDome on Saturday. The event included information and networking sessions and keynote speaker, Jennifer-Lee Thomas, senior communications director at Monster.ca.

There were exhibition booths with representatives from various media organizations across Toronto, including Humber's School of Media Studies.

"It was cool to go and see all the women who are working in digital media because it's still a male-dominated industry," Tara Stellato, a third-year Internet Management student said.

For Anna Giordano, also in third-year Internet Management, her association with the organization has already paid off.

"I'm currently doing a project with Digital Eve. It's a site redesign for the Toronto Men's Health Network."

Giordano found the event helpful. "I really didn't know that when you post your resume on

Monster.ca or Workopolis that you ...should name it after your job title because that's what employers look at," she said.

Thomas told the audience of about 200 to come up with a BHAG - Big Hairy Audacious Goal. She said the key to success is to have a that goal and to develop a plan to achieve it.

She said it is difficult for students to get into the job market when it seems that every position requires years of experience. She said students just have to stick to their plan.

"That's very important," Thomas said. "Just keep plugging away. Everybody breaks through at some point."

To help women gain experience, Digital Eve has the Community

Online Design, (CODE) a program offering free Web design service to non-profit organizations.

"This will help [students] to

boost their portfolio," CODE's coordinator Sophie Bart said. "Employers like to see that there's something outside of school."



Whitney Dougherty, Tara Stellato and Anna Giordana attended Digital Eve's career Reboot session last weekend.

Etc.

Canadian 'World Cup' chefs treat Humber dinner guests

By PAUL PAPAS

A team of Canada's best chefs served a five-course feast in the Humber Room last Tuesday evening to 150 invited guests.

They were in Toronto to

raise money and to practice for the Culinary World Cup competition in Luxembourg next month.

Humber was the first stop for the Canadian team, who treated the guests to items being considered for the World

Cup.

Led by team manager Judson Simpson, executive chef for the House of Commons, Canada's entry has consistently placed in the top five at the event.

"Humber's kitchens are similar to what we will be using in Luxembourg and we are able to interact with the students in Humber's culinary programs," Simpson said. "It is important to inspire the next generation of competitive chefs."

Humber students prepared hors d'oeuvres for the guests.

"It was extremely successful. The team was happy and well-received, the students were excited and the guests were well fed," Pat Cuda, coordinator for Humber's School of

Hospitality, Recreation and Tourism, said.

The team also visited Humber last April. They are interested in continuing the working relationship with the college, according to Hospitality Dean Alestor Matheson. He said the chefs will be preparing practice dinners at the school on a regular basis.

"It was an exquisite dinner and I think people really enjoyed themselves," Matheson said.

President Robert Gordon presented the team with a \$12,000 donation on behalf of the college.

"It's a great plus for Humber to have this ongoing relationship with the culinary team, which includes some of the greatest chefs across this country," Gordon said.



President Robert Gordon presented a team of Canadian chefs with \$12 thousand for a competition in Luxembourg

Plagiarism theft, college says

By ANITA VERMA

If you are a procrastinator, have writer's block, or are just plain lazy, do not even think about plagiarizing.

Not only do Humber's professors keep their eyes open for plagiarists, many have engaged in workshops on how to stop copycats in their tracks.

Plagiarism extends beyond just stealing someone else's writing, to include audio and video clips and digital and photographic images.

"It's not only stealing someone's work in its entirety," Ken Becker, a Journalism teacher said. "But also stealing phrases, paragraphs, information and the creative ideas from someone who bothered to write it to make a point or to present material in an interesting way."

Finding forgery in students' assignments is not a difficult task for experienced instruc-

tors, Becker said. He is confident that if a plagiarized paper is in his possession, he will find it.

"You get to know over the course of the school year what individual students are capable of, so I'll recognize their writing and stuff will jump out at me, and nine times out of 10, I will catch them," he said.

Given that regulations associated with academic dishonesty are presented to students on the first day of classes, one would assume the emphasis on plagiarism and its penalties alone would hinder students from exercising it.

"Personally, if you read the riot act the first day of first year and anybody plagiarizes, he or she should flunk the course or get kicked out of

school," Becker said. "I think all [instructors] take plagiarism very seriously, and realize it's one of the worst things you could do, because it's crooked."

According to William Hanna, dean of Media Studies, the penalties issued depend on the degree of plagiarism. For a first-time offence, a grade of zero, the minimal penalty, will be issued. Repeat offences result in expulsion.

"The college takes this very seriously, so if students do choose to plagiarize we will follow through with the penalties and make sure that people know we did it," Hanna said.

Sandhya Vamadeva, a third-year Computer Programming Analyst student said Humber does a good job informing students of the penalties of plagiar-

izing.

"If you leave your assignment to the last minute and can't think while you're trying to do it, or if you just don't understand what the assignment is about and you want to get a good mark, then you might resort to plagiarizing," she said.

Having worked at the *Globe and Mail* and *Maclean's* magazine, Basil Guinane, North Campus's associate dean of Media Studies, urges students to steer clear of plagiarizing because the quick fix may have long-term implications.

"It impacts on your career as a student and the penalties associated with it are such that you'll be ruining your career," he said. "It's always better to do your own work and research."

HSF monitors email, Web sites

By CAMILLE ROY

Humber is monitoring all adult content Web sites visited on school computers, but for the most part, the college is not keeping track of who visits these sites.

The HSF office however, monitors what each person does on their computers. Every day at noon, HSF's administration computer scans all the computers in the HSF office. It takes about 45 minutes to check all e-mails and Internet sites visited in the last 24 hours for viruses, spam and any files containing inappropriate material.

Last year, HSF came under fire when some of its Lakeshore Campus members

were caught downloading and file-sharing pornographic materials.

The college investigated the incident and decided that a warning to those individuals was sufficient punishment.

The HSF office now uses a program called Productivity Software, which was implemented in an effort to maintain productivity and efficiency, not as a result of last year's incident, Michael Parent, HSF's business manager, said.

In addition to checking Web sites and e-mail content, this software can tell how much time individuals spend doing personal business such as banking, checking movie listings and so on, while

using HSF computers.

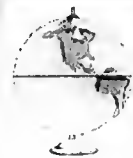
HSF president Craig Wilson agrees the software does more than monitor what kinds of sites users are visiting.

"Organizations are responsible for the use of their materials, so obviously we would like to stay in the same line and make sure that our computers are being used just for business," Wilson said.

Mark Naylor, chief information officer at Humber, said although HSF uses the college's Internet network, he is only aware of the college counting the number of adult content Web sites visited and not what HSF is doing.

"Certainly there's no such activity that takes place on my staff's part," Naylor said.

World Digest



By DALIA WRIGHT

Sniper still at large

UNITED STATES. A 13-year-old boy was critically wounded by a serial sniper who has already killed six people and wounded another in a shooting spree that began last Wednesday.

Detectives located a Tarot card with the message "I am God" outside the middle school where the teen was shot.

Police have confirmed at least four of the shootings that occurred in Maryland and Virginia came from the same .223 calibre rifle.

Authorities are offering a \$250,000(U.S.) reward for information leading to the arrest of the person suspected in the shootings.

Civilians shoot Marines

KUWAIT. Two U.S. Marines were shot by Kuwaiti civilians Tuesday while participating in a training exercise.

One marine died after being hit in his stomach and chin while the other survived an arm injury following the shooting in the Persian Gulf.

During an ensuing chase, U.S. military police shot and killed the two assailants.

French Tanker explodes

YEMEN. An attack on a French oil tanker which exploded in Yemen Sunday is being called a terrorist act by the vessel's owners.

The hull of the Limburg blew up Sept. 6 off the coast of Sanna.

Investigators say the explosion seems deliberate judging from the outward bend of the hull's metal.

Twenty-five crewmen were sent to hospital while one other is still missing.

The blast happened prior to the two-year anniversary of the attack on the USS Cole, which occurred Oct. 12, 2000.

Buffalo suspect on bail

UNITED STATES. Five of the Lackawana six were denied bail Tuesday when the court ruled that releasing them would compromise the safety of the community.

Justice Kenneth Schroeder said he granted \$600,000(U.S.) bail to Sahim Alwan because out of the six arrested, Alwan's behaviour showed he was less dangerous.

Alwan will be held under house arrest until his preliminary hearing Oct. 22.

Smuggling ring busted

CANADA. Fifteen people were arrested after Canadian and U.S. police ended a people smuggling ring that gave illegal immigrants the ability to enter the U.S. through Canada.

The investigation began last December after customs agents pulled over Harmesh Bopari at the U.S./Canada border and captured a group of Indian and Pakistani illegal aliens trying to cross the border unnoticed.

Peace talks stalled

IVORY COAST. Rebels moved into the city of Bourke this week trying to maintain their stronghold after government forces failed to obtain a ceasefire.

France is urging Ivory Coast President Laurent Gbagbo to sign a peace accord with the rebels.

Gbagbo has said he would not discuss peace until the fighting stops.

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Lakeshore

Instructor featured in dozens of movies and TV shows

T.V. star is new teacher at comedy school

By JENNA VAICIUS

The Humber School of Comedy has a new artist in residence named Joe Flaherty but you may know him better as Count Floyd, Guy Caballero or Big Jim McBob.

You may know him better as Guy Caballero, Count Floyd, or even Big Jim McBob,

Joe is expected to be just as busy here at Humber as he has been in his professional life.

"He is doing a number of things," Allan Guttman, director of Comedy said. "Including a presentation on how SCTV was produced and developed, teaching several master classes in subjects like creating character, long-form improvisation, and producing and directing a short video with the post-grads."

"Joe's presence has excited the

students, since many of them are fans of SCTV. His experience, talent and calm approach to the work will be an inspiration to them," Guttman added.

Flaherty seems to like it here, too. "So far so good," he said. "I like the feel here."

With a resume like Flaherty's, it's no wonder the School of Comedy was enthusiastic about his involvement with the program but as it turns out Flaherty approached the school with the idea first.

"I asked them. I've been teaching summer workshops here ever since [the school of comedy] started having them," he said.

The Toronto native has performed in more than three dozen movies and TV shows. In addition to performing, he has had experience directing, writing and producing.

Over the years, Flaherty has



New artist in residence Joe Flaherty has joined staff at the School of Comedy.

starred on *The King of Queens*, *Frasier*, *Maybe It's Me*, *Royal Canadian Air Farce*, *Police Academy*, *That 70's Show*, *Ellen*, and *Married... With Children*, and *Maniac Mansion*, which he also wrote and directed. Flaherty also spent three seasons on the Fox Network series, *Freaks and Geeks*.

His movie credits are equally impressive: *1941*, *Stripes*, *Used Cars*, *Back to the Future II*, *Happy Gilmore* and *Waiting for Guffman*, among others.

His role in the film *Looking For Miracles* earned him a Gemini

Award for Best Actor in a Drama.

Guttman said he is looking forward to watching students thrive under Flaherty's guidance. "I hope the students will be inspired by the example Joe will set in terms of his serious yet playful attitude towards the work, his broad knowledge and experience and his generosity of spirit."

Of interest:

If you want to see Joe Flaherty live and learn more about his experiences, he will be speaking about his career at Lakeshore Campus on October 30, 2002. For more information contact the School of Comedy at 416-675-6622, ext.3445

FOR THE ATTENTION OF ALL HUMBER STUDENTS

Notice of Election for the Student Representative to the

Board of Governors of Humber College

Wednesday, October 16th and Thursday, October 17th, 2002

An Election will take place for the position of Student Governor on the Board of Governors of Humber College. All Humber students are eligible to vote.

The Candidates for this election are:

Sam Vekemans
Craig Wilson

The Polling Stations will be open as follows:

Wednesday, October 16th 2002

9.00 a.m. – 7.00 p.m.

Thursday, October 17th 2002

9.00 a.m. – 4.00 p.m.

Locations of the Polling Stations:

Lakeshore Campus

North Campus

Foyer between Buildings A & B

Outside Tallhats/Concourse

Further information about the Board of Governors of Humber College and this Election can be obtained through the President's Office, Room D 167, North Campus,

or by contacting: Val Hewson

Executive Assistant to the Board of Governors

phone ext: 4102

email: val.hewson@humber.ca

Etc.

Editorial

Help feed families this Thanksgiving

Gearing up for turkey this Thanksgiving?

Before you settle in at the dining room table this long weekend, take a moment to consider families who won't be enjoying a massive dinner.

It's not that they don't want to; it's because they rely on the food bank to get by. Full Thanksgiving dinners are not on the menu there.

This year, the need for donations is greater than it has ever been according to the Daily Bread Food Bank, and so then is our need to be generous.

More than 295,000 people in Ontario use food banks each month, up seven per cent from last year.

A frightening fact: because of high rents in the GTA, the Daily Bread reports that increasing numbers of working families are becoming dependent on food banks to help make ends meet.

More specifically, a 2002 survey conducted by The Ontario Association of Food Banks found there's been a 43 per cent increase over the past four years in the number of working people using food banks.

In August of this year, the Daily Bread resorted to an emergency food drive, as the agency faced its lowest supply level in 18 years.

At that time, even essentials like macaroni and cheese, baby food and canned fish weren't available.

Let's not allow the situation to become that dire again. After you donate a couple of cans of food this week, mark a spot on your calendar to donate again before Christmas, then again in the spring. A couple of boxes of Kraft Dinner should only set you back \$2 at the most. Give what you can. It all helps.

About 1,300 grocery stores are participating in this year's drive, with special bags available for shoppers to donate items while they stock up for their own families.

Financial donations can also be made at <http://www.dailybread.ca>, or by calling 416-203-0050.

So, if you're feeling a little queasy after Thanksgiving dinner, you can attribute it to your five helpings of turkey and not your guilty conscience.

Love of the game

Professional baseball is all about getting the bang for your buck. Or is it?

The Minnesota Twins, a team that almost didn't exist this season because of contraction plans last summer, have steamrolled their way into the American League Championships after beating the heavily favoured Oakland Athletics.

As "America's favourite pastime," baseball generates billions of dollars, which has led to bitter contract disputes between team owners and players about salaries, as well as countless strikes over the last 30 years.

Just recently, players and owners had to bargain down to the last possible moment to avoid the league's third consecutive contract-related work stoppage. If not for those 11th-hour dealings, there would be no 2002 World Series.

The New York Yankees' team payroll caps \$125 million, and it has served them well for most of the last decade. The defending World Series champion, Arizona Diamondbacks, have a yearly payroll of \$102 million, which helped them defeat the favoured Yankees in last year's fall classic. But both teams have already been booted out of the playoffs.

The Twins have the fourth lowest payroll in the league at \$40 million, but their persistence and hard work – in the face of commissioner Bud Selig's plans to fold the team – have carried them into their first playoff appearance in 11 years.

The "Contraction Kids," along with the Montreal Expos, were almost eliminated from baseball before the season started because they weren't generating enough money from ticket sales.

Many Canadians wouldn't lose sleep over the demise of the Expos, whose game attendance and fan support are definitely questionable. Montreal has only been in the league since 1976 and the team has never been able to compete with the NHL's Canadiens for fan loyalty.

But the Minnesota Twins have a history: two World Series wins in recent years and a quality ball club built on good drafting and continuity; not spending obscene amounts of money and ever-changing star rosters.

Regardless of where they stand when the World Series ends later this month, the Twins have provided baseball's oft-abused fans with a feel-good story right when it's needed the most. Perhaps when the results are in the books, people won't remember millionaires arguing with billionaires. Maybe they'll remember the game and why they love it.

We welcome your letters, comments and opinions.
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"They" discourage original thought



PATRICIA A. CARVACHO

They say an apple a day keeps the doctor away. They also say working out before you go to bed will disrupt your sleeping patterns. They say a lot of things, in fact, which makes me wonder; who are "They" anyway?

I've been thinking about this a lot lately (I have a lot of free time on my hands). So it occurred to me that *They* must be some kind of secret society, like the Skull and Bones or the Masons – or those sneaky girl scouts with their suspiciously delicious cookies. But that's another column.

The Secret Order of *They*. It must be some kind of society composed entirely of geniuses, as *They* seem to know so darn much. I know what you're thinking; that's Mensa. But let's face it, what have those Mensa guys done for us? I mean, Geena Davis is a member, but what good does that do me?

They, on the other hand, impart their wisdom freely. And they're

smart enough to do it in a subtle way. They create all these sayings and clichés . . . you know what *They* say. Sometimes they even create urban legends to help steer us in the right direction. After all, what better way to learn a life lesson than to hear it from your boyfriend's sister's brother's best friend's cousin – who amazingly was once in this very situation?

Thus *They* control the world, in their crafty way. I mean, who would ever suspect, except someone with as much free time and paranoia as I have. And who would believe me anyway? Genius I tell you. They are unstoppable.

Or are they?

See, something else occurred to me the other day at yoga while I folded myself into "Downward-facing Dog." We could actually try thinking for ourselves! I know, it's a radical solution, but it's also just crazy enough to work. I mean, if we drew our own conclusions and stopped spouting clichés at one another, we could – eventually – have an original thought.

Remember people; you heard it here first.

So why not give it a try? Use that space between your ears and forget about what *They* say. And that, my friends, is how we'll wrest control of our lives from that group of smarty-pants.

An idle mind, after all, is the devil's playground . . . as *They* say.

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Opinion

Smart women like dropkicks and bodyslams



KRISTINE ARCHER

I love professional wrestling.

In and of itself, that statement may not seem too controversial. Perhaps I should clarify.

I am an intelligent, university-educated, young woman who loves professional wrestling. I do not live in a trailer park, I can form proper sentences and I have never dated a guy with a mullet. I am the anti-stereotype – the modern wrestling fan.

Yes, I know it's "fake." I know that shows like the WWE's *Raw* and *Smackdown* regularly showcase women in "Bra and Panties" matches (please don't ask). And I don't particularly like the fact that my 12-year-old male cousin watches it regularly.

All that being said, it still comes down to me loving wrestling, like I have since I was 12 years old myself.

Today's wrestling fan is a lot more educated than she was in the 80s and 90s. And she knows Vince McMahon and his fellow promoters have admitted that wrestling is not a purely athletic event – it is scripted, predetermined.

But to say that knowing it's

scripted takes away from one's enjoyment of the event is naïve.

The outcomes may be predetermined and quite often predictable, but the average fan or observer never knows for certain who will win. More importantly, they almost never know how the winner will prevail.

What confuses this fan is why wrestling's critics use the "fake" elements of wrestling to attack the industry as a whole.

This criticism may have been valid in the days of Verne Gagne and Mad Dog Vachon, when wrestlers and promoters alike were actively trying to fool the public. But now that everything is out in the open, how is wrestling so different from any other form of entertainment?

Movies are just as scripted and often just as predictable. Yet we still discuss plotlines, character development, casting – critical to the success of movies and wrestling matches.

And some of those same movies – that aren't limited by the same broadcast standards as television – have a lot more violence and sexual content than your average wrestling program.

The bottom line is, I appreciate wrestling for what it is – an incredibly athletic, often over-the-top, grandiose form of entertainment.

I watch a match not so much to see who's going to win, but to see what will happen, if the moves are well-executed, well-scripted and engaging.

I admit it. My name is Kristine and I love wrestling.

Dating, Bachelor style



ANNA ROZBICKA

It's the way you'd love your romance to go, isn't it?

Girl meets boy, girl falls for boy, girl competes with 25 other girls for boy's attention.

The Bachelor started up again last week for a brand new fun and exciting adventure. For those of you who lived in a cave during last year's show, the premise is this: one hunky dreamboat of a man gets to find his soulmate from a gaggle of 25 pretty and somewhat smart women, then eventually narrows it down to one and proposes.

It's like seeing a car accident. I'm disgusted and horrified but I can't tear my eyes away.

The new bachelor is Aaron, a clean-cut athlete/musician from the mid-west. With his blonde hair and toothy grin he looks like he just stepped out of an American Eagle ad.

The bachelorettes come in all shapes and sizes – did you really believe me there? Just playing, they're all hot with nice bazoom-

bas. This is good television, people.

So in last week's episode, Aaron met his candidates. As all 25 stepped out of limousines, they each tried various tactics to make our stud fall instantly in love: the shy smile, the big grin, the uncontrollable giggle, the smouldering gaze and the, "Oh my God, isn't this just so overwhelming for you, you poor baby, take comfort in my arms," pitying smile.

Watching these women fall all over one guy, I'm embarrassed,

"Watching these women fall all over one guy, I'm embarrassed, for myself and for them. Aren't we past this as a society? Don't these women have anything better to do?"

for myself and for them. Aren't we past this as a society? Don't these women have anything better to do? I understand going on TV to fight over say, a million dollars, but over a man? Aren't there plenty of men to go around?

I guess not. These women seem to believe the bachelor is "the one." And after only meeting him once!

At the end of the night, Aaron

handed out 15 roses to the women he thought were the best match. One woman who didn't receive one (after staring at him so hard as if to hypnotize him into giving her a rose), said to the camera, "I didn't want one anyway. I feel like I actually rejected him."

Sure you do toots. Nice try. You just made yourself look like an idiot on national television. Although I suppose they all will at some point. Maybe that's what draws viewers in.

Do these women honestly believe this is a super-fantastic way to meet a man? And let's say by some massive miracle, a love connection is made and a marriage comes out of this. What will they tell their children? "Well pumpkin, I met daddy on a television show where he screwed around with 15 women and decided he liked me best."

Last year's bachelor, Alex, and the woman he chose, are apparently still together. No proposal yet though. Maybe it's because they live in different states. At the beginning of the new show they came on to give an update and to dispel the rumours once and for all that Alex is gay. Am I the only one that finds that absolutely hilarious?

So you're probably wondering, if I'm going on such a tirade then why do I still watch the show? I don't know. I hate myself for watching it. But I can't wait for next week.

Nirvana still makes waves



CLARK KIM

and has to learn to adjust to his new environment. Two things help this kid fit in and make new friends quickly: sports and music. More specifically; baseball and Nirvana.

My passion for baseball is somewhat diminished (I still blame the strike of '94) but Nirvana, the grunge trio from Seattle, made a significant and lasting impact on my life.

Before Nirvana, I only knew N.W.A., 2 Live Crew and other old-school rap artists. Nirvana changed all that and opened my ears to a new world of music.

Their music didn't just give us teenagers something cool to listen to. It was a release valve during

"My obsession with the larger-than-life music icon began in 1991 and continues today."

our teen angst days, expressed through our head-banging and moshing.

I learned to play guitar the

same year I discovered *Nevermind* – one of the best albums on every music critic's top 10 list, including mine. The first song I learned to play was *Smells Like Teen Spirit*.

I dressed like Kurt. I even cut and dyed my hair like Kurt.

My obsession with the larger-than-life music icon began in 1991 and continues today. I know I'm not the only one.

A "new" previously unreleased Nirvana single titled, *You Know You're Right*, leaked out on the Internet a few weeks ago. Since then, the song has been played on radio stations across the world.

The single was the last recording Cobain made with the two surviving band members – Dave Grohl and Krist Novoselic – back in 1994, post-*In Utero*.

I heard the song and it's nothing short of brilliant. Awesome. Timeless.

Eight years after Kurt's death, Nirvana still matches up and exceeds the shit that passes for music these days, like Nickelback or Creed. That's staying power.

Their highly anticipated "best of" compilation is scheduled for release on Nov. 11, just in time for Christmas.

Etc.

I owe Kurt Cobain a lot.

Picture this. A 13-year-old kid moves from the city to the suburbs

On Campus

Humber walks-a-bout

By KRISTIE KENT

The Recreation and Leisure program held a walk for the United Way of Greater Toronto, raising \$1,598. "Our first assignment was to plan an event, which was the United Way Walk-a-bout," Sunita Singh, Recreation and Leisure student said. "Our group is getting sponsorship and donations."

The walk took place starting at athletics, through the Arboretum and then finished beside the Nature Center; a total of 2.2 kilometers, taking participants 30 minutes to



Recreation and Leisure students organized a Walk-a-bout Tuesday, raising money for the United Way of Greater Toronto. A barbecue and 50/50 draw were also part of the day's activities.

complete.

Along with the walk, the Recreation and Leisure students organized a barbecue and 50/50 draw to raise more funds.

Leisure student said. "We had different cities and different animals of Australia to make it a little more fun."

Raising the most money for the

While on the walk, participants encountered six different checkpoints that were themed as locations in Australia like Melbourne, Sydney and Alice Springs.

"Walk-a-bout is an Australian term, meaning stroll," Andrea Dessureault, Recreation and

walk-a-bout was Recreation and Leisure student Debra Janes, with \$277. Camelia Caceres, staff with the School of Media Studies, came in second raising \$275. Coordinator of the Recreation and Leisure program, Orville Getz came in third raising \$225.

"We chose the United Way

because the college is involved in a month-long campaign for the United Way, and thought that a walk-a-thon would support the college's mission. It also provides the students with the chance to experience some fund raising activities," Rick Simone, Recreation and Leisure program, said.



Marketing students Lauren Mandelher and Christine Bennett took part in the Responsible Gambling test last week.

Fellowship for students

By ANDREW SMITH

Humber's Christian Fellowship club is a place for students to find help when the stress of school is getting them down.

Len Thomas, Humber's visiting chaplain and the resource coordinator for the Christian Fellowship group, is here to help.

"The main purpose of the group is to have a presence on campus for Christ," Thomas said. "It's providing some fellowship for those who are Christian, and it's to provide an opportunity for those who might inquire about Christianity."

The Christian Fellowship group holds a number of events through the school year. A gym night is scheduled for Nov. 15 and a New Testament Bible handout is being sponsored by the Gideons on Oct. 24. Other activities done in the past have been Bible studies, praise and talent concerts and mini-golf.

Former Humber students are also active in the group's planning. Rob McCurdy produces the newslet-

ter, "Common Ground Monthly." Phil Morris, who has recently released a CD, is being asked to perform a small concert.

"It's nice to see students that were here are interested enough with both Humber and the ministry that are willing to help out with students doing the same thing," Thomas said.

The Christian Fellowship Group has been at Humber for 12 years and was originally established by students, who play an important role in the club.

"The goal is to get the students active and involved and them coming up with the ideas and the work," Thomas said.

As visiting chaplain, Thomas is available to help with any problems, including help in learning English, looking for off-campus housing and researching for churches that students in the North and Lakeshore Campuses can worship at.

Thomas wants students to know he's always available for spiritual counselling and is able to find a person of different faith if the student desires.

Students looking for more information on the Christian Fellowship Group can contact Len Thomas in his office in C117 or at 905-306-7517.

Correction

In an article in the On Campus section of the September 19 *Humber Et Cetera*, incorrect information appeared about the Student Directors' compensation. Student Directors do not get \$10 for every school function attended.

Addiction hits young gamblers

By KARINA BUTZEK

It's great when you hear the ding-ding sound of the coins when you win, but playing the Woodbine casino slots can cause damage in the long run.

"I know someone that spent \$1,000 on gambling in just one day," Marketing student Lauren Mandelher said.

In order to be more aware of the risks of gambling, the Humber Students' Federation, Health Services and the Responsible Gambling Council, organized Responsible Gambling Week to inform students about potential dangers.

"Access to different types of gambling has increased and we recognize the need to ensure our students are informed and how to avoid problem gambling," Marketing and Communications coordinator Sonia Tessaro said.

Know the Score is a program put together to help students be aware of the early signs of gambling problems and where to get help.

"By partnering with the RGCO on Know the Score, we're able to deliver a program that engages students and promotes dialogue on campus," she said.

"Our research has found that

18 - 24-year-olds are among the highest risk groups for developing gambling problems. That group has almost twice the rate of the general adult population," project manager of the Responsible Gambling Council, Lisa Couperus said.

Couperus will visit 18 colleges and universities this year to spread the word on responsible gambling. She was at Humber last week.

"More than 500 students visited the booth on Monday and around 100 students per day since then," Couperus said.

The booth attracted students and offered a knowledge test on gambling, with a chance to win prizes. Two winners were chosen in a draw Thursday in the HSF office. One prize is a \$100 certificate for the book store and the other is a \$100 certificate for Pizza Pizza.

At the end of each semester, there is a final draw for a \$1,500 grant towards tuition.

"We want to support the school by reinforcing the educational message," Couperus said.

According to the Responsible Gambling Council, "remembering that gambling is a game is the first step to responsible gambling." Keeping it fun is also important.

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Etc.



International students get together for a night full of food and fun at the North Campus every Tuesday night.

International kick-off night

By KARINA BUTZEK

Humber's holding a "Kick-off Night" for all the international students at the North Campus gym, where students can get a chance to interact with each other.

Every Tuesday from 8:15 p.m. to 10 p.m., international students can participate in activities, including: basketball, ping-pong,

volleyball, soccer and badminton.

There's also complimentary pizza and pop to keep the energy levels high.

"This gives the international students a chance to get to know many different people from different countries," Sky Zhao, a student studying English, said. "We can teach each other many things and we can improve ourselves."

Sauce price doubles

By STEPHANIE HARNADEK

Students need to start carrying an extra quarter if they plan on getting any thick and creamy Pizza Pizza dipping sauce to go with their pizza.

Food Services has raised the price of the dipping sauce from 25 to 50 cents, a 100 per cent increase since last year.

Don Henriques, general manager of Food Services said 25 cents was more of an introductory price to the item.

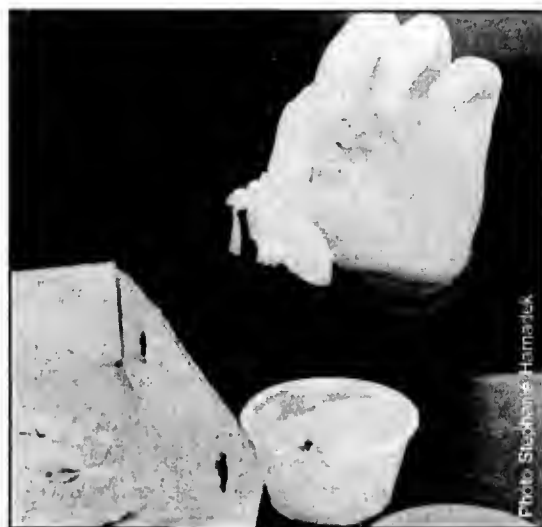
"We are a Pizza Pizza franchise. [The sauce] is a specialty item we have to bring in. We have to keep the same pricing structure as Pizza Pizza," Henriques said.

This price increase has upset some students.

"If it was an introductory price, it should not have lasted all of last year, maybe a month or two max," second-year Marketing student Alex Biafora said.

Other students are complaining about a lack of sauce.

"If they put the price up they must know people like [the sauce.] Why then when I go to get sauce sometimes there is none available?" second year



Students have to pay more to enjoy sauce with their pizza at the Pipe.

Marketing student Franca Palombi said.

Henriques said he was unaware the sauce was not always available and said the possibility of the sauce running out is slim.

No incentives this year

By JASON MAGDER

Students who choose to attend the first bi-annual general meeting will not be treated to a free lunch this year.

Those who attended the meetings last year were treated to free pizza and pop.

Humber's Business Manager, Michael Parent, said pizza won't be given out at this year's annual general meetings.

"Last year, people came in, grabbed pizza, and walked out the door," Parent said.

The AGM will take place Oct. 16 from 11 a.m. to 2 p.m. at the North Campus and requires at least 50 students to vote on items like proposed constitutional changes and HSF financial statements.

While 50 of more than 13,000 Humber students doesn't seem like much, the last AGM attracted exactly 50 students. If 50 students don't attend, the meeting will not be held.

International students face more than we think

By KATIE KNOX

Adjusting to Canada's culture is difficult for international students, but first getting the money to come here can be even harder.

The average international student pays \$10,785 for two semesters, as opposed to \$2,180 for regular students.

"Paperwork has to be filed to prove the student has other forms of support to assist in their education," international student advisor and intercultural consultant Dalcyce Newby said.

Students must show proof of acceptance to the college along with proof of identity. Their funding can come from relatives, friends or through sponsorship, as they aren't eligible for Canadian scholarships.

"If you are financially strapped you can look to the government for help, or you can apply for a bursary," Newby said.

In order for Canadian Immigration to approve a student for financial assistance, the student must go through a long process that includes a lot of paperwork. Even after the application has been processed, the government may decide not to assist.

Because Toronto is an expensive city to live in, most students also need to work while attending

school.

Along with tuition, international students need new clothing for the changes in weather and money for food and rent.

If employed at Humber, students are eligible to work a maximum 24 hours per week during the school year. But, the Canadian government forbids international students from working off campus.

"All my disadvantages lie in the way the study visa's stipulations are structured," Leah Boyce, student from the Caribbean said. "For example, an international student may not partake in any gainful

employment within Canada other than on campus where the individual has been given permission to study."

Humber has many options for international students. The Student Homestay Services can help them adjust to their new surroundings, answer questions and offering a counselling centre with planned events. Medical insurance is also included in tuition.

"Not all medical facilities accept it and sometimes we need to pay upfront, but eventually we'll be reimbursed by the insurance company," Boyce said.

New VP ready to take charge

By JASON MAGDER

North Campus' new vice-president of Administration has only been on the job for a week, but is ready to make a difference.

With ideas like a new dental plan for students and a TTC subsidy program in the works, Nadia Conforti said it's most important students know she's here to listen.

"Above all, I want to get the message out that if students have a problem and have no idea what to do, they can come to me," she said. "We'll do our best to help them out."

Conforti is no stranger to politics. She was part of her student government in high school and studied political science at McMaster University.

As a first-year Paralegal student, Conforti felt fortunate for the opportunity to run for the position of VP of Administration, which was filled after the March elections.

"I think I'm going to have a transition definitely and I'm going to have to take a quick crash

course. But do I feel I'm going to be behind? No more so than anyone would starting part way," she said.

Conforti wants Humber students to take advantage of HSF services and events and says a lot will get done.

"When school starts piling up and you've got a lot of work to do, that's when it gets a little bit tough," she said. "But definitely that's a challenge that everyone who works in the HSF faces and I don't think that's a challenge we can't overcome. It's just going to take a lot of effort figuring out just how we target the students, to make sure they realize what we can do."



Nadia Conforti's ready for the challenges of being VP of Administration

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Construction is well underway for the new Fortino's store that will be located across the street from Woodbine Centre on Rexdale.

Groceries move closer

By JASON BAIN

Soon everything a Fortino's superstore can offer will be minutes from Humber's North Campus.

Visitors to Woodbine Centre may wonder what the construction site directly across from the mall on Highway 27 is going to produce, and the answer is 95,000 square feet of groceries and merchandise.

Construction began around the end of June this year and the store is scheduled to open its doors around the end of January 2003.

"The project has moved along relatively smooth, it's just standard construction," Carmine Grisolia, manager of the project at Carwell Construction said.

The full-service store will contain a photo lab, banking, cigar shop, sushi bar, rotisserie and a natural foods section with dairy and organic foods. According to Paulo Presutti, director of Store Development at Fortinos, Humber was a key factor in choosing the location of the store.

"There are a lot of customers at Humber," he said. "We hope to see [students] over here."

It's things like grinding your own coffee beans, expanding general merchandise to include furniture, providing President's Choice banking, a full-service floral shop and even a movie theatre for the kids that makes Fortino's unique.

According to John Thiessen, spokesman for Fortinos' public

relations, they're providing customers with the most unique service possible.

"You can accommodate the needs of the community with a large store. Something Fortinos is known for is that if a customer comes in and needs a product we don't have, we will do our best to find it and make it a part of our offering," Thiessen said.

Though the proximity to the Humber campus makes the store location valuable, Thiessen said the important thing is getting property in a city where it's hard to find.

"I'm sure the colleges are looked at, but we also look at property availability. We look for sites that can accommodate our very large facilities and things such as easy accessibility and sufficient parking," he said.

Local resident Seamus Atkinson is excited about the new Fortino's, since he lives right across from the North Campus.

"It's well within walking distance, so I will be walking there," he said. "I think it's excellent that we have another supermarket in the area, it will really help create competition in the area with the Food Basics."

"It's awesome, it gives us an alternative," Lee O'Halloran who lives in residence, minutes away from the new store said. "I eat a lot of food in my room, so I'll be checking it out. Now if we only had ovens in our lounges."

HSF scavenger wins big

By LEAH NONATO

Despite a poor turnout, the search for items on the HSF Scavenger Hunt last week paid off for six lucky contestants.

First-year Broadcast Radio student Candice MacDonald was the winner of the \$300 grand prize.

MacDonald scored an impressive 131 points out of a possible 136. She said she'll use the prize money to buy groceries and pay for rent. She's also giving her friends (who helped her,) a taste of her winnings by treating them for dinner.

"I'm buying my friends pizza, since they helped me out."

Josie Damen, Matthew Sandoval and Chris Poland teamed up to win the second prize; a pair of Toronto Raptors tickets and two pairs of tickets for Second City.

Ian Boychuck and Kris

Machnicki came in third place and took home HSF sawg.

The list consisted of 40 objects including a New Kids on the Block video, a teddy bear, leather underwear and a sombrero.

Each item on the list was worth between one and five points.

HSF Vice-President Campus Life Rishi Gupta, said having a scavenger hunt was a fun idea.

"We didn't want it to be a fill-in-the-blank type of deal; we wanted to make it fun," Gupta said. "A lot of things (on the list) were find-on-your-own type of deals."

Regarding the turn-out, Gupta said thirty students signed up, but only seven or eight teams dropped their items off.

The Scavenger Hunt began September 23 and ended September 27.



Candice MacDonald shows off items she found for the scavenger hunt.

Live bands play at Caps

By KATIE KNOX

Caps rung in its Wednesday night opener with an energetic acoustic performance that had people clapping and singing along to the music.

"For it being the first Wednesday night open, a live band was a fantastic idea," Broadcast Radio student Justin Oliphant said. "It really set the tone for things to come."

Craig Cardiff, a band consisting of Craig Cardiff (lead vocals, guitar), Les Cooper (backup vocals, lead guitar), Ryan Granville (drums) and Paul Mathew (bass), produced a sound comparable to Dave Matthews, Peter Gabriel and Paul Simon.

"We play a lot of originals," Cooper said. "They aren't on any CD's yet, but we play a lot of older music like Paul Simon and Cyndi Lauper."

Craig Cardiff has played at many college venues and universities and has recently been in the recording studios. As well, they have opened for performers like Mathew Good, 54-40, Jim Cutty, Wide Mouth Mason, Cowboy Junkies and Colin James.

"It was a good turnout; great sound. There's big things to come from these guys," Kenny Dimeche, Caps manager said.

For more information on Craig Cardiff, see www.craigcardiff.com or www.ampland.com.

More listeners for CKHC radio

Continued from page 1.

Requirements include having 25 per cent spoken word, 4 per cent news and 50 per cent Canadian content and specific ethnic programming.

Having the new license means a huge difference in Humber's radio broadcast content, including more information programming.

"We're promising two hours of public affairs programming a day and we're doing an hour a week now, so that gives you an idea of the magnitude of it," he said.

Chomyn is also hoping to feature live music and comedy acts from Humber students.

"Humber has a lot of resources and we want to show them off,"

Chomyn said.

Another programming idea Chomyn wants to do is to showcase famous Humber grads like Much Music VJ George Stroumbouloupoulos, KISS 92 DJ Billie Holliday and CHUM FM program director Rob Farina.

"I think it would be interesting for the audience to hear some of these people before they had reached the status of stars, as it were, in the media," Chomyn said.

Chomyn hopes the CRTC will reach a decision on license approval sometime around December of this year.

"I think it would be a great Christmas present for the School of Media Studies," he said.

Big sale to help out the United Way

By NATALIE MANDIC

The third-annual United Way Book and Garage Sale will take place in the North Campus Oct. 16, offering second-hand books, board games and trinkets; a thrifty shoppers paradise.

The sale will feature used textbooks and novels, as well as small household items, videos, vases and knick-knacks.

Ian Jones, volunteer for Humber's United Way campaign and co-ordinator of shipping and receiving at the college, is seeking

donations for the sale and urges students to drop off any unwanted items in NB135.

"We've had toasters and things like that. We get a lot of kitchen appliances," he said. "So if you have any small items, bring them in. Nothing too big though. No fridges and stoves."

Last year's book and garage sale raised \$1,100 for the United Way and organizers hope to top that this year.

"We get a lot of students coming in because we've had schools donate old textbooks," campaign

co-chair Nancy Anderson said. "I guess instructors like to clean out their closets."

Although all items will be marked with a price, bartering is always welcome.

"There is no set price on anything," Jones said. "If they want to bargain we can bargain."

The sale starts at 9 a.m. and runs until 3 p.m. in the concourse, which is located across from the bookstore. All are welcome to attend the sale to shop and spend for a good cause.

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Etc.

Biz Newz

Going credit card hunting

What students should know when choosing a credit line

By SARAH LISI

Humber students should do their homework before signing up for a credit card.

Andy Rapoch, a public affairs officer for the Financial Consumer Agency of Canada (FCAC), says figuring out what you need is the first step when choosing a credit card.

"Don't just rush out and grab the first card you see. Take a look and shop around," Rapoch said.

Credit cards vary in many ways so it's important to compare cards.

"The best thing I could advise to anyone really serious about getting a credit card is to visit the Web site. There are comparative tables of all the features of the top cards in Canada," Rapoch said, referring to www.fcac-acfc.gc.ca.

The FCAC Web site publishes Credit Cards and You to help consumers get the best deal when choosing a card.

"Consumers should not base their credit card decision solely on one factor, such as a low introductory rate. They



Don't be spastic with your plastic – know what you're getting yourself into before charging it.

should consider all the features and conditions of a card, such as the regular interest rate and user fees for additional services they might use, as well as reward plans and payment

options," FCAC Commissioner Bill Knight said.

"We're trying to teach people financial self defence – how to be a smart consumer," Rapoch said.

Generally, a card with an annual fee will have lower interest rates.

"If you're likely to carry a balance and be paying interest every month you'll want a lower interest card, which means you'll be paying an annual fee, and it might be worth paying," Rapoch said.

Another consideration is the length of the grace period, the time you have to pay the balance once you receive the monthly statement, which usually varies from 19 to 26 days.

Most importantly, you need to determine how the card issuer calculates interest on unpaid balances.

There are two ways to do this. In one case, the issuer charges interest only on the unpaid balance, while other companies charge interest on the unpaid balance as well as the current balance.

For example, if you owe \$100 from your last bill and start charging new purchases worth \$200 on the next bill, the issuer will charge interest on both the \$100 and \$200 even before you receive your next statement.

Be sure to read all fine print before signing anything.

Popular software programs much cheaper for students

By JEFF COLLIER

Humber's Bookstore Computer Shop may have that great bargain students are looking for to save a buck or two.

Software and instructional books can be bought at anywhere from 15 to 70 per cent lower than market value.

The Computer Shop receives some products at a low price from suppliers and in turn can sell at a much cheaper rate than what students may find at the nearest Future Shop or Compaq stores.

Arthur Serwacz, the Computer Shop's helpdesk attendant, said while much of the hardware they carry often remains at a

frozen price because of supplier constraints, software can run much cheaper.

"The academic versions of the software can sometimes go for almost 70 per cent less than regular price," Serwacz said. "Adobe, Corel, Micromedia, a lot of the Microsoft stuff, are all usually a good buy."

"The difference between academic and commercial software is barely noticeable," Serwacz said. "It's the licensing stuff at the beginning that nobody reads. You know, the useless part of the software."

The Computer Shop can also be accessed online at www.humbercomputershop.com.

On the move

Ontario highways undergoing major reconstructive surgery

By MARIO CYWINSKI

The Progressive Conservative government's initiative to improve Ontario's major highways is well under way.

The SuperBuild project is one of the province's largest reconstruction campaigns to date.

"Since 1995, the Ontario government has spent \$6.5 billion on improving highway infrastructure across the province," Bob Nichols, spokesperson for the Ministry of Transportation, said. "This year for example, we will spend just under \$1.1 billion on provincial highway improvement across Ontario."

These improvements include \$11.4 million to improve Highway 427 in Etobicoke, between the Queen Elizabeth Way (QEW) and Highway 401.

"The rehabilitation of Highway 427 is one more way in which this government is working hard to strengthen Ontario's infrastructure and keep our economy moving," Morley Kells, MPP for Etobicoke-Lakeshore, said.

Improvements to the 427 include repairs to the concrete pavement and shoulders, replacement of barrier walls on 11 bridges, replacement of 10 overhead signs and the upgrading of underpass lighting.

The government is also pumping \$17 million to rebuild the QEW/Guelph Line interchange in Burlington. The project includes the removal of the existing QEW underpass bridge, the moving of lanes on Guelph Line and the construction of a new bridge.

"We desperately need to have the interchange upgraded, it has

not been touched in decades," Jack Dennison, Burlington city councillor, said.

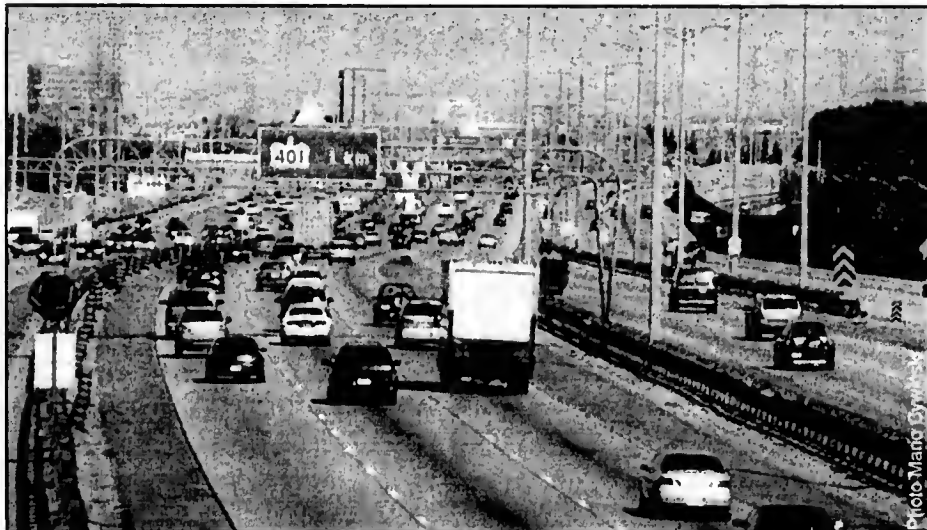
Highway 404 is receiving \$7.7 million to increase the number of lanes between Highway 401 and John Street, from eight to 10.

"The future widening of Highway 404 will ease traffic congestion and help people and goods to move more safely and efficiently through the area," Transportation Minister Norm Sterling said.

Other projects underway include \$14.7 million to reconstruct the Highway 400/Major Mackenzie interchange, \$2.4 million to resurface Highway 417 in eastern Ontario, as well as a \$401 million 10-year project on Highway 401 in Toronto.

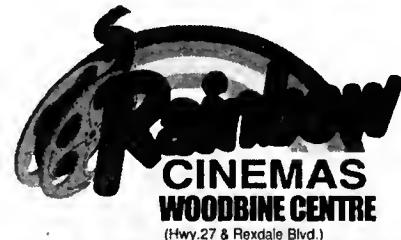
In addition to highway improvements, the Ontario government is spending \$3.25 billion on the province's public transit system.

"We are looking at a balanced transportation system. The government is investing in transit to a tune of \$3.25 billion over the next 10 years," Nichols said. "That includes improvements to GO Transit, the TTC, as well as the other transit systems across the province."



The Tory SuperBuild project aims at improving the safety and flow of major highways across Ontario. Since 1995, more than \$6.5 billion has been invested.

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BARBERSHOP (PG)	1:35, 4:05, 6:55, 9:10
TUXEDO (PG)	1:00, 3:05, 5:20, 7:30, 9:40
THE RULES OF ATTRACTION (AA)	1:30, 4:00, 7:10, 9:45
KNOCKAROUND GUYS (AA)	1:50, 4:30, 7:05, 9:20
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Spotlight

"Just get out and do it."

Jazz Juno nominee was Humber music student

By IRENE RUNDLE

Former Humber student, Emilie-Claire Barlow, was nominated for a Juno this past year.

This 25-year-old jazz chanteuse still remembers her time here at Humber fondly.

Barlow spent two years in the Music program at Humber before taking a teacher's advice to "just get out there and do it."

Barlow then teamed up with her father and five other well-versed musicians to form The Barlow Group in 1997.

This Toronto-based jazz ensemble started with small gigs and then released their first album, *Sings*.

"We were then playing regularly around the city and then the second album [was released]," Barlow said. "It really snowballed from there."

Tribute, the second album, released in 2001, earned Barlow a Juno nomination for Vocal Jazz Album of the Year.

"I was really excited. It felt really good to be recognized," Barlow said. "It was really nice to be in that good company too. I mean, up against Diana Krall. Everybody knew she was going to win. I had no notions of winning," she said. "When they were announcing the names [my dad] was getting all excited and I said 'Stop it, I'm not going to win. It's my practice year.'"

Barlow advises students study-

ing music to take advantage of time spent in the program.

"You're surrounded by other people who want to do the same thing that you do, and you have some fabulous teachers. I think it's so important to take advantage of that. Get a band together, ask one of your teachers if they want to do a gig. . . just get out there and do it," she said.

Barlow said she is content with how her life has been going so far and wants to continue singing and

arranging music with her band.

"I hope to be able to do this for a long time," Barlow said.

She is excited about her upcoming CD. The CD is as yet untitled, but she revealed that "Gentle Rain," "Bye Bye Blackbird" and "I'm Old Fashioned" are just a few of the classic jazz tunes she hopes to release by early 2003.

For more information on Barlow:

www.thebarlowgroup.com.



Former student, Emilie-Claire Barlow, has high hopes for her band The Barlow Group and their upcoming CD.



Danila Di Croce holds up CD that her song "Feel Alive" is on.

Local talent discovered

By DOUG JOHNSON

Being in the right place at the right time opened the door to the music industry for Mississauga resident Danila Di Croce.

She had low expectations the night she went to a Woodbridge sound studio to record a song for a producer looking for new talent.

Little did the 18-year-old know her song "Feel Alive" would appear on Tony Monaco's *Euromix 8* and get regular airtime on Toronto radio station Z103.5.

Di Croce, who will be performing at The Docks this Sunday as part of Z103.5's Euro Freestyle Evasion 2 concert, said she was the last one to know her song was on an album.

"It's a weird story because since my producer had sent the song along with a whole bunch of other songs, he didn't know which song they would pick," she said.

"One day my friend told me she saw a CD with my name on it at a store, so I went to the store with my sister and listened to the CD. I was like, 'Oh my God, that's my song!' We were totally freaking out."

Monaco, a Z103.5 disc jockey,

said "Feel Alive" is one of those sweet, happy, feel-good songs.

"Every time the song gets played, it gets a reaction," he said. "That's one of the reasons she's going to be on the evasion party, just to represent the local talent."

Di Croce, who is enrolled in Radio and Television Arts at Ryerson University, said she is both ecstatic and apprehensive about her performance this weekend.

"I'm nervous because there's going to be tonnes of people there, but I'm also excited because it's cool that I actually get to do this," she said. "I always go to these shows. I always listen to this music and now I'm one of the performers."

Di Croce said she is proud of her accomplishment because she loves to sing, and it's always been her dream to be a professional singer.

"It's kind of unbelievable, to tell you the truth, because it feels like it's not me on that album," she said. "I want it to progress and hopefully this can explode into something great. You always hope for the best."

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Reviewed this week: *Puppets Who Kill* premiere

By PUNEET BAJAJ

A dirty mind is all that's required to watch *Puppets Who Kill* on The Comedy Network.

The series premiere of this Canadian show is tomorrow night. Fans of The Comedy Network and its type of humour are in for big laughs.

The show stars Dan Redican as a social worker responsible for rehabilitating four puppets (Rocko, Bill, Cuddles and Buttons) that have gone bad. The puppets hope to be released back into society.

The premiere episode shows



Mugshot of Buttons

Buttons the Bear having an affair with the City Councillor's wife (Thelma). Thelma showers the halfway house with gifts as payment for Buttons' services. She becomes carried away with the romantic fling and believes there is a deep attraction between herself and Buttons.

Future episodes hope to get big laughs with storylines including Bill stealing the brains of dead celebrities that the CBC is keeping and Bill going to the hospital for a lobotomy.

The show airs tomorrow night at 10 p.m. following *South Park* and *The Simpsons*.

Etc.

They're out of this world

By JAMES ROSE

A trip to Mars would cost millions but this Saturday 30 Seconds to Mars plays Toronto and will only cost \$22.

The band is coming to town as part of the MTV Campus Invasion Tour, which includes Canadian rockers 1 Mother Earth.

"We're here because we want to build and foster connectivity with people," Jared Leto, lead vocals/guitar, said.

Leto is joined by his brother Shannon, lead guitarist Solon Bixler and bassist Matt Wachter.

The band's musical journey has started to pick up steam and they feel by touring they can finally lift off.

"It's amazing, it's a giant relief. It's complete fantasy time, because we are actually getting a valid response, an enthusiastic response from people and it's interesting," Leto said.

They are interested in making it a 360 degree artistic experience to let the people gauge their own opinions of the band.

"I think we are in that kind of new peri-



30 Seconds to Mars takes the stage Saturday night.

od where people are forming opinions, and we are interested in one thing as far as that's concerned...and that's results, letting the music speak for itself as much as possible," he said.

He added the guys are not interested in fitting into any certain genre.

"We never actually wanted to be part of the collective whole. We always try to do the best we can to be ourselves. Our

favourite bands were doing their own thing and we want to be like that. We are not trying to be part of a club. We are building our own club," Leto said.

The band wasn't originally interested in building a club as they had different ideas. They used to

play different shows across the country in small clubs or basements and they would change their name every night.

They did this because they were playing solely for the musical enjoyment. But they discovered there was much more to making it in the industry, like acceptance.

"When people take

the music and make it their own they come to a show and share that experience with you, we never had that before," Leto said. "When we discovered that, we had a great reward from that creatively and that's why we decided to take it to another level."

You can see what level the guys intend to take you to this Saturday at Palais Royale, 1601 Lakeshore Blvd. West.

Curtain will rise at the Factory Theatre

By JULET ALLEN

For the first time since the award-winning play *Riot*, the Factory Theatre is set to open its new season this weekend with a production that has an entirely African-Canadian cast.

African-Canadian playwright, Michael Miller, whose works have been produced in Canada, England and the United States, wrote *El Paso*.

"It's a testament to Factory for taking a hard look at the city to see where there are new audiences and for using art to reflect the diversity of the city," Miller said.

He added he feels truly humbled to open anybody's season.

This is Miller's first play for adults.

"I have a strong passion writing for children, but you can only go so far with children's plays; with this play I can go places," he said.

El Paso is a humorous, intense family saga about the possibilities

and price of the African-American dream.

Vivian (Satori Shakoor), 52 and recently diagnosed with cancer, locks herself in her bedroom to examine her past and escape from her present. She remembers events from 30 years earlier, when she returned to her child-

Patriarch Papa Spiller (Jeff Jones), the son of slaves, produces three generations of strong women, each fighting to make the most of their hard-won freedom.

Eight African-Canadian actors—from veteran Jeff Jones to 11-year-old Kahmaara Armatrading, who makes his professional debut—perform in *El Paso*.

This production is jam-packed with talent.

Miller hopes the audience will walk away from this production with the importance of the past, family and the power of memory—which sometimes you have to let go of in order to move on.

He uses a lot of humour in the play to help balance its intensity.

"If I'm going to take them to the brink, I must keep them safe and humour is known to keep people safe," he said.

Miller does not know how far he will take *El Paso*, but he hopes that there will be life for the

play after this run. See *El Paso* at the Factory Theatre 125 Bathurst St. Call 416-504-4473.



Playwright Michael Miller sits with actor Kahmaara Armatrading.

hood home in El Paso after leaving her husband. In both her memories and the present day, home is not the haven for which she longs.

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Serious side of Sandler



Outrageous Adam Sandler buying Healthy Choice in bulk.

By AARON SAWYER

For those of you who think Adam Sandler is only capable of slapstick comedy, you're wrong. In *Punch-Drunk Love*, Sandler plays a far more serious role and does a surprisingly good job.

Sandler plays Barry Egan, a small business owner who sells novelty toilet plungers and is emotionally unstable. Egan recognizes his anger issues and tries to keep his problems from the rest of the

world, including his co-workers and six sisters.

In his attempts to deal with his burden, he buys a new suit and wears it everyday, calls phone sex numbers, attempts to learn to play a broken harmonium (small piano) and in his most outrageous move, inspired by a real life incident, purchases Healthy Choice pudding cups to collect frequent flyer miles, even though he doesn't travel.

Sandler continues to attempt to

find ways to vent his built-up frustrations until Lena Leonard, played by Emily Watson, comes into the picture. Leonard is taken by Sandler and gives him a means of releasing his anger.

Luis Guzman performs as Sandler's business associate and Philip Seymour Hoffman as the owner of a phone sex line. They do not play major parts in the movie, but are present to give Sandler more characters to play off of.

Directed by P.T. Anderson

(*Magnolia*, *BoogieNights*), *Punch-Drunk Love* follows more of a boy-meets-girl love story format than Anderson's previous releases.

Like his previous credits, *Punch-Drunk Love* is full of unpredictable and unusual events.

Though not a comedic performance, Sandler does provide some laughs. Coupled with the ridiculous situations his character finds himself in, *Punch-Drunk Love* proves to be an hour and 37 minutes well spent.

Treble Charger plays T.O. tonight

By JAMES ROSE

Treble Charger is introducing the great gift of rock by sharing tips for new bands and their knowledge of music.

"Welcome aboard to the rock and roll. I'm glad you've discovered rock music and enjoyed yourself," bassist Rosie Martin said.

"Everyone starts somewhere. They still have a lot of work to do and they have to try harder," Bill Priddle guitarist/vocalist said.

"Perseverance is a big thing in success. Make sure your song says something, and that it makes sense to someone."

The guys said another key to success is musical progression.

"We couldn't keep writing the same songs. You have a bunch of songs and they take a mind of their own," Priddle said.

They have made five albums, as the Treble Charger unit: *NC-17* (1994), *Self-Titled* (1996), *Maybe It's Me* (1997), *Wide Awake Bored* (2000) and the latest *Detox* (2002).

Detox ties in with the band's partying habits in some of the lyrical content, but the name of the album has more roots than you would initially think.

"It basically means to detox from the whole pop world, all the Britneys, all the Shakiras, and get

back to the rock and roll," Martin said.

But the guys don't have to worry about the pop world. They said their new album wasn't supposed to sound like the pop-punk band Sum-41.

Deryk "Bizzy D" Whibley, lead vocalist for Sum-41, guest vocals on *Detox*'s first single, "Hundred Million."

"You don't go into it consciously saying we are going to write like them," Priddle said. "It didn't happen on the last record and it definitely won't happen on the next one."

"Whatever comes out, comes out," Martin said. "Because we are a band that has chemistry, music and emotions."

Treble Charger has recently used that chemistry to shoot a video for their new single "Don't Believe it All," as well as adding a song to the soundtrack for the film *Fubar*.

"We love everything about that movie, and we are glad to have been a part of that," Martin said. "We stand behind everything that movie is."

You can see just how Treble Charger puts its chemistry to work tonight at Government with Not By Choice. Tickets are \$22 and doors open at 8 p.m.



Treble Charger posed and ready to perform at Government.

Take an art class at local museum

By JON DUNFORD

For one Humber student walking through a museum and seeing great works of art inspired him to learn a craft.

Mark Besaw has now enrolled in a class to see if he can match the ceramic masterpieces of the Italian Renaissance.

Drawing inspiration from the new display at the Gardiner Museum of Ceramic Art, entitled *Gods, Saints and Heroes*, Besaw signed up for one of several classes offered by the museum.

He became interested in the craft after visiting the display of biblical narratives and mythical characters. The ceramic pieces on display depict the likes of Hercules, St. Francis of Assisi and Helen of Troy.

"I've been drawing and painting since I was young, but I've never done anything with ceramics before. After seeing some of those pieces on display, I wanted to try it myself," Besaw said.

The display shows how 16th century Italian ceramic artists used simple clay and a vast array of colours to create images that captured the Renaissance period.

Also included in the exhibit is a small section of classical texts printed during the period. As the display explains, these texts were highly influential on Renaissance artists.

The exhibit runs through January 2003. Admission for students is \$6. To inquire about classes call 416-586-8080 or visit the museum located at 111 Queen's Park, Toronto.

What's up?

•Want to get your groove on? Take dancing lessons every second and fourth Friday of the month at the Argonaut Club. Call 416-533-3020

•*Scooby-Doo*, the movie, is available for release tomorrow.

•*The Tragically Hip* play the Hummingbird Centre Oct. 15 and 16.

•Get spooked. Check out the *Magic Hill Haunted Adventure* in Stouffville. For more information call 905-640-2347

•Toronto Symphony presents a Canadian Thanksgiving at Roy Thomson Hall Oct. 11 at 8 p.m. and Oct. 12 at 7 p.m.

•India Arie performs with special guest K-OS Oct. 17 at Massey Hall.

•Alternative rock band, Cubicle, plays OV'S on Saturday night. 1352 Queen St. W. Call 416-533-9588.

•Do a jelly bean taste test. The *Candy Unwrapped* Exhibit opens at the Ontario Science Centre tomorrow.

•Get some decorating tips. The International Home Show is at the International Centre this weekend.

•If you like clothes check out *Moral Fibre: Dress Codes From Purity to Wickedness* at the Textile Museum of Canada.

-with files from Kristine Hughes and Kirk Villamarin

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In Focus

Peek at the future

Sooner is better for student investments

By JEFF COLLIER

The world of financial investments can be a confusing alphabet soup of combinations and possibilities.

RRSP, GIC, RIF and RESP are acronyms no student thought they'd be reading until much later in life.

However, banks and other financial institutions have been targeting students more aggressively in recent years, each with the same message—investing sooner is better.

To Humber students who may be looking to put some disposable income to better uses—on more than CDs and DVDs, financial planning can still be frightening.

To ease those fears, Lynne Bain, strategic markets advisor for the Royal Bank, tells students they have the biggest advantage in

investing their money—time.

"The key to conquering your fear of investing money is by realizing the quicker you begin to invest, no matter how big or small the amount, the quicker you can look forward to retiring," Bain said.

"Students could realistically begin investing in grade 10 to be ready for university or college."

Debt from student loans after graduation can also place the possibility of becoming filthy rich for students even farther away than when they were 10 years old.

The best way to combat those loans, Bain said, is to set a plan to make the debt easier to bear. "You will need to take car payments, bills and disposable income into account to get an accurate idea."

"Keeping the debt manageable by budgeting will allow for investing but it depends on what

your job is and what chances for promotion exist within that job," Bain said.

Margaret Hume, financial advisor with TD Canada Trust, said one of the most common misconceptions students have is the need to have a lot of money before they can start to invest.

"Set investment goals according to your abilities, even if you are investing only \$25 a month, at least you're in a routine," Hume said.

Both advisors agree the amount of money to contribute to investments depends on disposable income.

They also say that regardless of the investment type, a balanced approach is best. Students should build a portfolio—an individual's overall collection of investments—to suit their needs.

The best advice for a student's future?

"Begin investing as soon as possible," Bain said.

"If you just stick your money into a jar or under a mattress you're not helping yourself reach those plans of early retirement."



Banks advise students planning their financial future to take a balanced approach to savings and investments.

Get help finding work in the college after life

By CHRISSIE O'BRIEN

Students from high school to post-graduate studies are caught between two levels of government responsible for helping them find work after they graduate.

Federal and provincial governments are passing responsibility for them back and forth, playing a ferocious game of tennis with students' lives.

"The provincial ministry of education only takes care of education up to high school," Bruce Skeaff, communications representative for the Ministry of Education said.

"We have training programs to help people get into a practical field of their choice," Skeaff said.

Miranda Bianco — communications advisor for the federal government's youth portfolio in Ontario—said: "education is a provincial responsibility. They deal with in-school youth and we deal with youth who are out of school."

Students who are already fighting their way through post-secondary education are in the hands of the federal government, who addresses anyone between 15 and 30.

According to Bianco the best employment resource post-graduation are the Human Resource

Centres of Canada for Students (HRCC), which are primarily for college and university students.

"There are 110 offices in Ontario with career-related postings to assist students in making their next step," Bianco said.

She explained that from the beginning of May to the end of August the HRCCs partner with employers to get information from employers about what's available for students in each community.

The Canadian government has a youth employment strategy whose main concern is to help people addressing barriers to employment.

These barriers include disability issues and issues encountered by Aboriginal people or by the disabled.

"We assist young people by giving them basic employability skills, anger management training. We help the person get on their feet, or help them learn how to dress — it depends on the needs of the participant," Bianco said.

She adds HRCCs and the Youth Employment Commission have observed a trend that students are not encouraged towards skilled or hands-on work, creating a shortage of workers in these fields.

"The job market is changing," Bianco said.

"We're finding more careers people are not looking towards, like construction and mechanics, where there is a shortage right now because people are encouraged in high school to go to university and because in the next five to 10 years people will be retiring," Bianco explained.

"Students are not encouraged to go right into skilled positions out of high school."

For students interested in joining the Canadian democratic process the federal government also provides internship programs to recruit new college and university graduates yet only in specific departments of the government.

Communications representative Stephan Lepage explained that the Public Service Commission deals with the bulk of youth recruitment, but that some departments and agencies are allowed to do their own recruitment.

"Post-secondary recruitment is available in the Ministries of Fisheries and Natural Science and Technologies through a program called First Jobs," Lepage said.

Future employment after post-secondary education is a primary concern for many students—after all it's why we're in college to begin with.

Job-seeking sources

To assist Canada's young people with their future employment the federal government has established Web sites with helpful listings.

- More information on the programs and services provided by the federal government can be found at www.jobs.gc.ca.
- All of the federal ministry programs are listed at www.youth-pass.ca. "This site has information about more than just employment, it has everything from filing taxes to basic life information on youth," Bianco said.
- The Youth info line is also available weekdays at 1-800-935-5555 from 8 a.m. until 4 p.m. to answer any questions.
- The Humber College Careers and Counselling office can also advise students on which services are available from their program. The Careers and Counselling office helps students prepare for life after college with a Graduate Employment service students can use for the rest of their careers.

-C.O'B

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Etc.

Las Vegas is looking better all the time

Marriage industry helps couples with perfect day

By JENNIFER KLEIMAN

From the day girls discover boys really don't have cooties, to the day when boys realize girls aren't gross monsters, we begin to plan our lives.

Eventually, we focus on the task of planning something that will take us into the next step of our lives, to when we no longer live by ourselves.

We begin to plan a life with another per-

son; we begin planning a wedding.

It's something people think about even when a prospective partner isn't in their present, let alone their future.

"Right now I really have a general idea for my wedding. I know it will be in a church and will be traditional, mainly for my family," Christopher Wiebe, a 24-year-old engineer, said.

Some people are planning a "Cinderella wedding." A long flowing gown, a handsome

tux, exotic flowers placed in an old cathedral and smiling family and friends gathered.

It all sounds so simple, yet there is a lot more to weddings than what Cinderella endured.

Plans fall through, people don't match up to what we are looking for or are just not ready for a future with another person.

More and more people are marrying later in life, waiting until they are in their mid- or late-20's before taking the big step. For many, this is because weddings are a huge investment. Planning something as big as a wedding can become very time-consuming and costly.

A wedding can cost from \$1,000 to over \$20,000 and can take six months to over a year to plan.

Like any industry, the marriage market has created a job to ease couples through the ups and downs of their weddings.

Couples who feel they have no time to plan their own big day are turning to wedding planners to help them out.

Danielle Andrews Sunkel, owner of the Wedding Planners in Mississauga, says wedding planners are emerging across Toronto.

"Wedding planners have been around for years and are just starting to become popular in the Toronto area. In Texas and California, no one would think of getting married without consulting a planner; it's huge out there," Sunkel said.

The job of the wedding planner is to help the bride and groom transform the couple's vision of their wedding into a reality, without spending obscene amounts of money.

"We focus on saving them as much money as possible and keeping the costs low, getting them the most for their money by helping to find the best discounts from our repeat vendors," Sunkel said.

"We help the bride and groom, or the parents (if they are paying for the wedding), by getting an idea of what they want. We'll sit with them and plan the wedding from start to finish."

Some couples say something as big as planning their wedding together (without the use of a wedding planner) brings them closer to each other and puts their relationship on a new level.

Laura and Jason Naylor, who were wed in July, agree.

"We never used a wedding planner," Laura Naylor said. "We decided to do it on our own, thinking it would be less expensive as we were on our own financially."

"I believe that if two people can get through planning a wedding together, then they can get through anything."

Saving up for big moments

By MELANIE BECHARD

As students we live precariously close to the poverty line.

Yet, with research it is possible to stay afloat financially and save up for future plans.

It's essential to plan ahead and monitor your expenses, and put away as much money as possible to get a return.

The first thing to do is make a budget.

Humber's Financial Aid says basic expenses should never be forgotten in any budget. This department offers forms and counselling to help students work out a budget.

Investments are the best option for any surplus cash.

Put aside enough to live on for two or three months and invest the rest. There are several options.

All banks offer a standard savings account. The

interest rates are generally low around one percent above the prime interest rate.

With savings accounts you have access to your money any time you need it, but beware of the monthly balance accounts, which is usually about \$500. If you know in advance your balance is going to drop below this amount close the account before it does.

If not, you'll end up paying more in service charges than you'll earn in interest, which defeats the purpose.

Another option is Guaranteed Investment Certificates or GICs.

These are guaranteed investments, meaning your balance will only go up.

Though the interest rate depends on the term you choose, meaning how long you intend to leave the money in the GIC. You cannot access this money until the term has expired.

Another option is the Investment savings account; you may have seen the ads on television for ING Direct.

There is no minimum balance, no fixed-term, no service fees and you can typically access your money at any time.

The interest rates for these accounts are currently running at approximately 2.75 percent interest.

Ian McGill, advisor at TD Canada Trust, says that ING can offer these high interest rates because they have "no overhead, no institution, it's all telephone banking."

The best advice for students planning for their future savings is to talk to their bank and find out what they can do for you.

If you go armed with some knowledge and good questions, you're more likely to be treated like a regular customer.

Not just a student.



Laura and Jason Naylor planned for their wedding and their future together.

What's next: Tarot card readings go digital

by RENEE BOROVITCH

With as many options open to us in today's world it's no wonder more and more people are turning to psychics and the like for help with large and small decision-making.

"I see it all the time," Mina Mitchell, a Toronto-based psychic who specializes in Tarot card reading, said.

The reading of Tarot cards dates back at least 500 years. It is believed its roots are in ancient

Egypt.

Madame Lulu, an Internet psychic, said there are 78 cards or "keys of wisdom" in the Tarot deck. Each card is a different symbol, which represents different aspects of life.

According to another Internet psychic service, *lightthepath.com* the interpretation of the pattern of these cards by a psychic helps provide personal insight for self-knowledge and a better understanding of our present lives.

Mitchell, who works under the name "Mina" said she has seen a large increase in people coming in for readings in the past 10 years. Mitchell has been in business for over 20 years, though, she has had the gift of "seeing" since she was a young child.

"I use the Tarot Cards, because I see them as most accurate, and easy to read.

She reads either the past, present or future, depending on how the Tarot cards are laid down and what vibes she gets from the client.

"A lot comes from the client, if he or she is too tense, the reading is more difficult."

Most people come to Mitchell so she can confirm what they already know.

"I guess the three major areas people ask about are relationships, careers and major moves in their lives," Mitchell said.

"Sometimes, they need help in clearing an obstacle that is stopping them from moving ahead." And that depends on where the client is on his or her life path.

"My clientele come from all walks of life," Mitchell said.

Mitchell does not do readings over the phone. A prospective client must phone and make an appointment before she can do a reading.

For those wanting a fast fix, there are the psychic telephone lines. Within minutes you can have your future told to you via a so-called "psychic expert."

"I learned how to read the cards in around 25 minutes in a McDonald's a few days before I was hired."

Peter Miller, a for-

mer psychic line worker said.

At the beginning of any phone call, a warning is given saying that the information is to be used for entertainment purposes only.

This, however, does little to stop people from phoning time and

time again to hear what the psychic has to say.

Miller who worked for a Toronto-based telephone psychic line said he had many repeat phone calls.

Unlike Mitchell, Miller said the people phoning came from a lower socio-economic background.

"I could tell just from the words, they used," Miller said.

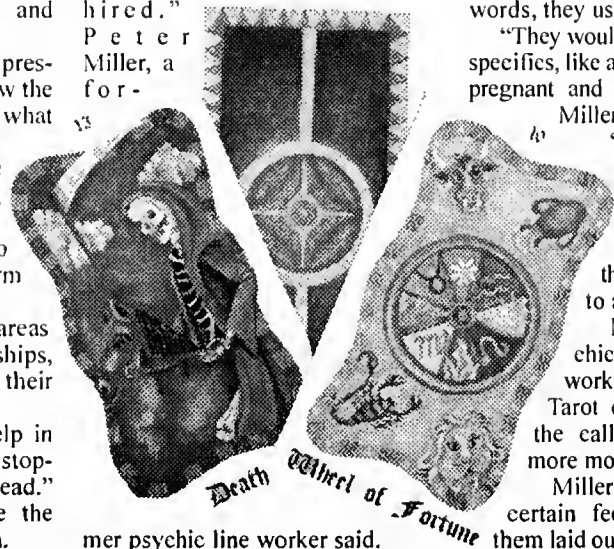
"They would often want to know specifics, like am I pregnant, or I am pregnant and who is the father," Miller said.

"They would want to know if they were going to win the lottery, or if they were going to get the job they just went to an interview for."

Miller said the psychics in the company he worked for often used the Tarot cards only to make the call longer and make more money.

Miller said he would get certain feelings upon seeing them laid out and based his readings on those feelings, which he conveyed to the caller.

So no matter how you cut the cards, it seems people still want help from the powers that be, wherever and whoever they may be.



Sell it.
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(This concludes our lesson in economics.)

Using www.ebay.ca is easier than you think. Register now.

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Etc.

Health

Broccoli debuts as chip flavour

By ALISSA BEAL

Health fanatics will soon be able to scarf down a bag of chips without feeling guilty, according to Frito-Lay Inc.

The snack food company is developing "better-for-you" products, which include chips speckled with bits of broccoli.

In North America, in the past five years, broccoli's popularity has grown faster than any other vegetable.

"I think it's increasingly popular because some of the health benefits of eating broccoli have come to the forefront," Ian MacKenzie, executive vice-president of the Ontario Produce Marketing Association, told the *Toronto Star*.

Broccoli contains vitamin C, potassium, iron, folicin, dietary fibre and vitamin B6. The Canadian Produce Marketing Association says a 100-gram serving of broccoli contains 149 per cent of the recommended daily serving of vitamin C.

Frito-Lay is also planning to eliminate trans fats from its salty snacks. Trans fat is unsaturated fat formed during hydrogenation, which raises cholesterol levels. Doritos, Tostitos and Cheetos will eventually be produced with a trans-fat-free corn oil instead of

hydrogenated oil.

The company is launching two other healthier snack choices.

"We will introduce Lay's reduced-fat chips and Cheetos reduced-fat snacks in the coming months, that offer our consumers better-tasting, better-for-you snacks," Al Bru, president and CEO of Frito-Lay North America, said.

Lay's reduced-fat chips will have a 25 per cent reduction in total fat and Cheetos reduced-fat snacks will have a 50 per cent reduction.

Frito-Lay has also partnered with Dr. Kenneth Cooper, an expert on health, nutrition and exercise, to help develop healthier products.

"The obesity epidemic has spurred Americans to take action and embrace proper nutrition and physical activity. I'm delighted to partner with Frito-Lay to help them develop more healthy snacks and to promote fitness and wellness," Cooper said in a prepared statement.

Frito-Lay will feature fitness and nutrition tips from Cooper on its snack packages early next year.

"We're taking several steps that will change the way America snacks," Bru said.



A ribbon-cutting ceremony kicked off the first annual Walk for Health in the Humber Arboretum Sunday.

Walk through gardens raises money for charity

By LISA HARRIS

A mere stroll in the park for over 100 participants raised about \$2000 to support the William Osler Health Centre and the Humber Arboretum at the first annual Humber Walk for Health on Sunday.

John Macintyre, chair of the management committee for the Arboretum said the health center will use its half of the proceeds for new medical equipment and the Arboretum plans to build a new Centre for Urban Ecology.

After ribbon-cutting ceremonies, organizers led the crowd to a covered bridge in the

Arboretum where Etobicoke-area students painted murals of animals and plants found in the Arboretum.

"The panels are meant to educate," Mark Dias, the art project coordinator, said.

The scenic walk wrapped up with barbecued hot dogs served up by Etobicoke firefighters.

A silent auction for two Toronto Raptors tickets, raffle prize tables and craft and face-painting stations were set up in the Arboretum.

"I think it went well for the first [walk]," Carol Ray, coordinator for the Arboretum, said. "We had a good crowd for our official welcome and a nice walk down to the murals."

Doctors warn against trans fat

By FERNANDA CARANFA

A steady diet of processed foods full of trans fat could set you on a path to poor health.

Dr. Kelly Meckling, Human

Biology and Natural Sciences professor at the University of Guelph, said trans fat is a product of hydrogenation, which changes liquid fat or oil into a solid and is found in cookies, crackers and chips.

"Trans fat contributes to diseases because it causes chemical changes in the body," Meckling said.

Dr. Renee Lewi, Toronto physician, said the known dangers of

hydrogenated oils in foods is not a new thing.

"I have been informing patients for at least 15 to 20 years," he said.

However, food corporations have been slow to improve food quality.

Debbie Mitchell, consumer service specialist at Dare Foods, said the company is more concerned with taste.

"Some products may not be ideal by today's standards," she said, but added Dare will not use natural oils until there is enough demand from customers.

McDonald's U.S. recently announced they would be cooking with healthier oil.

Ron Christianson, corporate communications manager for McDonald's Canada, said a similar move would be occurring here in early 2003.

Burger King, however, has no plans to change. A statement issued September 3, 2002, said they were monitoring the latest scientific research, while continuing to use hydrogenated oil.

For Your Own Good

Oct 10

• Final date of Toronto Sunnybrook Regional Cancer Centre's 12th annual Cancer Information Series: *Dimensions of Cancer*. Civic Garden Centre, 777 Lawrence Ave. E., 7 p.m. Info: 416-480-5000 ext. 7988. Free.

Oct 25

• *Sinners & Saints: A Party in the Garden of Good and Evil*, The Hearing Foundation's premiere fundraising event. Church and Berkeley, 315 Queen St. E., 8 p.m. to 2 a.m. Info: 416-364-4060. \$75.

Nov 16

• Classical music benefit for the Congenital Heart Disease Fund: *Music of Chopin and Mozart*. Toronto Centre for the Arts, 5040 Yonge St., 8 p.m. \$100 includes post-concert reception, \$65, \$55. Tickets available at ticketmaster.ca or 416-870-8000.

Blood Donor Clinics

Info: 1-888-2DONATE

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

Hospital unit will stay open

By ALICIA REWEGA

After receiving numerous letters and protests of public criticism, Toronto General Hospital has cancelled plans to shut down the city's only hospital-based hyperbaric chamber.

The unit will remain open until the hospital installs a new one in January 2004. The current unit could be moved to another site or TGH will rent or buy a temporary unit for use over the next 15 months.

Bill Roman, president of the Canadian Council on Clinical Hyperbaric Oxygen Therapy, said the final decision of where they will locate the chosen units will be made this week.

Hyperbaric treatment heals diabetes and cancer wounds, carbon monoxide poisoning, decompression sickness and diving injuries. Over 1600 treatments take place at TGH's hyperbaric chamber each year.

Ask the nurse

North Campus Health Centre nurses answer your questions...

Q: I live in residence and I've noticed a lot of people are getting sick. I've also noticed a lot of classmates are sick. How can I tell if I just have a cold, or if it's the flu? What can I do to prevent getting sick?

A: There are some ways to differentiate whether you have the flu or if it is just a cold. The flu usually starts with a sudden fever, lasting 3-4 days, combined with headaches, a bad cough and fairly severe body aches and pains. Flu

sufferers will experience weakness, which can last up to one month and be bed ridden for five to 10 days.

Life-threatening complications from the flu can arise, like pneumonia, kidney or heart failure. If it is just a cold, it is rare to have a fever or headache, there will be only slight aches and pains and a cold will never leave you bed ridden. There may be some sniffles, sneezing and a sore throat with a mild cough. The complications to arise from a cold are sinus or ear infections.

To prevent getting sick, the most important tactic is to wash your hands, especially if you've

been in contact with someone who is sick. Be sure to eat well and get adequate rest. You can also get a flu shot, which prevents flu in about 75 per cent of people who get the shot. The flu shot will not prevent you from getting a common cold, but it could protect you from severe illness that could arise from the flu. The Health Centre will offer free flu shots on Oct. 23 from 4 to 8 p.m. and Oct. 29 from 10 a.m. to 4 p.m.

Have a health question? Ask the nurse. Questions are answered weekly and kept confidential. Send e-mails to humberhealth@hotmail.com

Etc.

Are you getting enough water?

By JASON PUSHEE

As cold winter temperatures arrive, illness and indoor heating can contribute to dehydration.

"In buildings that are not adequately heated and ventilated people can get quite dehydrated if they don't watch their fluid intake," Rosemary Watkins, co-ordinator of the Practical Nursing program said.

Watkins said drinking a minimum of eight 8 oz glasses of water a day is an absolute must and anyone who isn't drinking at least that amount is dehydrated.

She added there is no substitute

for water. Alcoholic beverages and drinks with high amounts of caffeine act as a diuretic, which makes your body lose water at a higher-than-normal rate.

Shelly Clarke, a Nurse Practitioner at the Rexdale Community Health Centre, said it is very important to replace those body fluids.

"You feel like you're drinking fluid, [however], you're actually putting your body in a deficit because you release more fluid than you take in," she said.

After a night of drinking alcohol, Clarke suggests drinking water before you go to sleep and as soon as you wake up.

Colder temperatures bring on more viruses which also contributes to dehydration.

"When you have a fever, the water that is continually lost through your skin is considerably greater," Clarke said.

Dehydration can also result from vomiting and diarrhea,

which often accompany sickness.

"If you are sick and dehydrated you not only need to replace water, but you need to replace body sugars and salts," she said.

Clarke said the best way to obtain body sugars and salts is through clear fluids, soup and sports drinks like Gatorade.

Some symptoms of dehydration are dry lips and mouth, sunken eyes and skin that does not return normally after pinching.

Even if your body is five per cent below the proper amount of water you are mildly dehydrated.

Clarke said students with a busy schedule can easily neglect their body's needs. She advises students to carry a bottle of water with them and be aware of the fountains and drinking facilities in school and work areas.



Photo Jason Pushee

Health care professionals warn inadequate heating and venting systems can lead to dehydration in the winter months.

ADVERTISEMENT



Greetings students at Humber! My name is Sam Vekemans and I am a Business Management student at the Lakeshore Campus. I am

running for the position of Student Representative to the Board of Governors. During my first year at Humber, 1999, I was a volunteer with HSF enabling me to work behind the scenes during campus events. My position the following year was an HSF Director and a committee member of the Information Technology Steering Committee of Humber. These positions allowed me to understand how our college works. The HSF Executive commemorated my work during the 2000-2001 year with an award. The current position I am running for is **Student Representative to the Board of Governors**. This board has been established to ensure that the schools' mission statement is adhered to. I want to work with the Board of Governors for 3 main reasons. First, to enhance the technological services available to teachers and students at this College. Second, make the Humber website more user friendly and increase the use of digital technology in the classroom. Third, ensure adequate professional development for the current faculty. All Humber students can vote Wednesday October 16th and 17th, so make your vote count! Feel free to contact me with any questions.

SamVekemans@hotmail.com

\$2.5M raised for breast cancer research

By ANDREA MAMMOLITE

The Canadian Breast Cancer Foundation reached its \$2.2 million target at the 11th annual CIBC Run for the Cure in Nathan Philips Square.



Participants of the CIBC Run for the Cure streamed through Queen Street Sunday.

About 26,000 participants joined the fight against breast cancer by running or walking a 5 km or 1 km route along Queen Street this past Sunday.

"If you were out on Queen Street it looked incredible," Cryssa Koulis, run director, said. "It's an overwhelming feeling."

All money from this event will

be donated to support investigations into the preventable causes of breast cancer and promote scientific knowledge to understand lifestyle and environmental risk factors.

"I am living proof that we need events like this," Shelly Ward, a breast cancer survivor and guest speaker, said. "Because of events like this, I am two years cancer-free and crossing my fingers."

Participants were encouraged to pin an "I'm running for..." sign to their t-shirts to remember loved ones who fought or are fighting breast cancer.

Alison Skinn, second year Accounting student, ran for her mother who was diagnosed with breast cancer in May 2001.

"It was very encouraging to see so many people care about the cause and want to make a difference," she said.

Joanne, a participant in the walk for the past four years, added her mother's name to a Wall of Hope dedicated to breast cancer sufferers and survivors.

"My mother passed away from breast cancer and I wanted to show my support for all those still suffering," she said.

Among the crowd, 800 volunteers handed out breast cancer awareness tattoos, bandanas and

balloons to participants young and old.

As incentive, participants who raised the most money won a trip for two to any North American destination via Air Canada, while

those who raised \$1500 or more were entered into a grand prize raffle for a 2003 Ford Focus ZX5.

With files from Jenna Vaicns

Testicular cancer most common in young men

Most young men are unaware that testicular cancer is most common between the ages of 15 and 34, and even less understand a simple monthly examination can detect early signs.

A McMaster University health newsletter said testicular cancer is most frequently seen in men under 40. It added a monthly testicular self-exam (TSE) should be performed monthly.

If a tumor is detected early enough it is almost 100 per cent curable.

The best time to do a TSE is directly after a bath or a shower, since the scrotal skin becomes relaxed and the contents are easy to feel.

1. Stand in front of a mirror and check for any swelling on the skin of the scrotum.

2. Place index and middle fingers on the underside of the testicle and your thumb on top.

3. Firmly roll testicle between the thumb and fingers feeling for any lumps, growths or tenderness.

4. A normal testicle feels slightly soft with an even consistency and a smooth surface.

The epididymis (a soft tube which carries and stores sperm)

can be felt at the back of the testicle and may be tender to touch.

5. Hold each testicle in the palm of your hand comparing its weight and size. It is common to have one testicle slightly larger or lower.

For more information on testicular cancer, call the Canadian Cancer Society at 1-888-939-3333.

With files from Alicia Rewega.



Photo Alicia Rewega

If detected early, testicular cancer is almost 100 per cent curable.

Etc.

It's in the bag

By CHARMAINE MERCHANT

Tea for two may soon be a song of the past as the number of tea drinkers are rising across the globe.

The ACNielsen report on tea sales showed overall sales for both hot and iced tea in Canada are estimated at \$269.5 million.

The Tea Council of Canada is



Red Rose puts a Canadian spin on an Asian concept.

dedicated to increasing awareness of quality teas and their health benefits.

"I like the unflavoured teas. I don't drink coffee. Tea relaxes me," Andrew Russell, a first-year Air Conditioner and Refrigerator Repair student, said.

Studies show tea has tremendous health benefits.

According to one study, the antioxidants in two cups of tea are equal to those in seven glasses of orange juice. Tea has the potential to ward off life-threatening diseases like cancer and heart problems. It also provides relief for bee stings, sunburns and poison ivy.

The Tea Council of Canada said Canadians drink over seven billion cups of tea a year.

There are three basic types of tea: black, green and oolong. The rest are variations from these three.

Black tea is used in North American tea bags and is made from leaves that have been fully oxidized.

Green tea, popular in Asia, is

steamed, then rolled and dried. Jasmine is probably the most familiar form of green tea in North America.

The last one, oolong tea, means "black dragon" and is popular in China. A combination of black and green tea, it must not have anything added to it for consumption, as it is already tangy on its own.

It's tough to think about the origins of tea in the few minutes that it takes to brew the beverage, but tea has an interesting history. It was first discovered in China and made its way to Canada in 1716.

In the early 19th century, it was Anna, 7th Duchess of Bedford, who started the tradition of afternoon tea. This social activity caught on in England, with North America following shortly afterwards.

"I love tea. My favorite is Tetley. It's also part of my Scottish upbringing, tea and a wee cookie," Alma Parry, a coordinator for school services, said.

Heaters warm up more than just you

By AMBER TOUTANT

Air conditioners were on full blast

in Toronto throughout the summer, but they may have been more of a cause of the heat than a cure for it.

Freon is used as a cooling agent, and causes the release of chlorofluorocarbons (CFC's) into the atmosphere.

But, Ashleigh Evans, a first-year Creative Photography student, isn't too concerned about the effect these systems have on the environment.

"They're probably polluting in some way," Evans said. "But obviously not as bad as cars and trucks."

David Griffin, manager of Maintenance and Operations at Humber, isn't overly concerned about what the school's air conditioners could be doing to the environment.

"Typically all the freon is in a closed system," Griffin said. "We're not leaking into the environment; it shouldn't be affecting it too much."

Air conditioners also require the burning of fossil fuels to provide energy. In the winter, heating systems require the burning of natural gas.

This gas breaks down the ozone layer, allowing UV-B rays to enter the atmosphere. This not only creates unusually warm temperatures but can increase the chance of skin cancer.

"Our biggest control in terms of heat is our automated system," Griffin said. "We can throttle (the heat) back in the evening, when no one is at the school."

Griffin said the college isn't to blame for these emissions, as the emissions are below industry standard.

"We're always striving to be as energy efficient as we can be," he said. "I've got more concerns about my own budget than the environment."

Never too old to learn

By SANDRA KIM

Higher education, it's not just for kids anymore. For some, it's a later start and for others, a second beginning.

For many recent immigrants, successful careers in their homelands don't necessarily translate into immediate employment upon arrival in Canada.

"I was a lawyer back home in Egypt, but now coming here if I wanted to work in my field I need a Canadian education and Canadian experience," Alyaa Moro, a second-year Court and Tribunal student, said.

When Moro first arrived in the country, she found a job as a day-care assistant but quickly found herself unhappy in a job she was unfamiliar with. She decided to go back to school.

Juggling a full course load and working is one of the obstacles many mature students have to overcome.

"I'm currently working to support my family as well as being in school," she said.

Moro's husband found himself in a similar predicament.

"When I came here I had to go back to school. I feel disappointed that the Canadian government doesn't recognize my profession," Khalil Moro, a second-year Computer Engineering student, said.

In his home country, Khalil

Moro was employed as a chemist and a computer analyst for 10 years.

"When I came here I had no choice but to go back to school and re-learn my career," he said.

Conflicting schedules with school made keeping his job impossible.

"I quit my full-time position so that I could focus my energies at school," Khalil Moro said.

Sonia Verma, a reporter for the *Toronto Star*, ran a series of articles following the Rihwani family who are recent immigrants from India this past summer.

Geeta and Gulraj Rihwani have been in Canada for two months, but still haven't found jobs in their field and have had to resort to minimum wage jobs. Gulraj was a civil engineer back in India. Now he's packaging shampoo for a paycheque.

Many adults are now also going back to college after taking some time off to consider options.

"I was confused and didn't know which direction I wanted to take [in a career] so I decided to work full-time for two years," Nadine Mohammad, a first-year Business Administration student, said.

The time off helped her save money for tuition, but allowed her to make informed choices regarding post-secondary education.

"Not everyone knows right away what they want to do in terms of a career," she said.



No baked potatoes here: Humber's cafeteria is spick and span and awaiting their next inspection from Toronto Public Health.

Spores causes sore concerns

By NICK RAPP

To prevent incidents of food poisoning, like the recent botulism case in Meaford, a member of Humber's faculty suggests the need to license chefs.

"It comes down to people being educated," Tony Bevan, a Culinary Management teacher, said.

He added that it's a sad reflection of a highly-developed country like Canada where plumbers and electricians require licences but not chefs.

"The most effective step that you can take towards preventing food poisoning is train and educate your people," he said. "All our students undergo sanitary training. Both theoretical and practical application."

These students cook the meals for the Humber Room and Tall Hats.

The *Toronto Star* reported that Mark Baley of Meaford was hospitalized with botulism after eating a baked potato at a local restaurant called the Harbour Moose. The potato had been wrapped in foil, which Bevan says can be the cause of the disease.

"The spores grow in an environment that has no oxygen. When you wrap a potato with foil and bake it, you create that environment," Bevan said. "If the potato is kept at the wrong temperature, the bacteria start to produce toxins. They are neurotoxins, they affect your nervous system and they're very potent."

According to Bevan, Humber's students and staff don't have to worry about this occurring at the school.

"This case with the baked potato, the attitude is who could of thought. To me that is not good enough. Anyone working in the kitchen should know," he said.

Jim Chan, a manager at

Toronto Public Health, reports that the organization isn't doing anything different after the incident in Meaford. It wouldn't be necessary to change the frequency of their inspections because it was an isolated incident.

The number of food inspections that Toronto Public Health conduct at all food services on campus varies depending on which establishment is involved.

Food in the cafeteria is inspected three times a year because The Pipe is considered a high-risk location due to the amount of different types of food that is served. Other restaurants on campus such as Harvey's are inspected less since they are at medium-risk because there are only a few different items on their menu.

According to Health Canada agent Margot Geduld, this was the first time in Canada that a potato was the cause of botulism. She said most cases occur from eating things like fish and eggs.

The number of cases of botulism in Canada varies from year to year, the highest being in 1999 with 13 cases. That number dropped to two cases in 2000 and went back up to 10 in 2001.

She said some of the symptoms of botulism are: blurred vision, droopy eyelids and vomiting. Other symptoms include sore throat and a difficulty to swallow and breathe.

Bevan points out most people aren't aware that most food poisoning occurs in the home.

He warns that if someone suspects a piece of food is bad, they shouldn't taste it.

Bevan said extra precautions are not necessary.

"[The Humber Room] runs a professional kitchen. The precautions are already in place. The system is already in place. We bake our potatoes properly anyway," he said.

Etc.

The heroes we don't see



Doctors and surgeons are often regarded as heroes for saving lives but many forget that it's nurses who keep patients healthy.

By MARSHA KNAPP

Heroes come in all shapes and sizes, but their hearts are the same.

In professions where constant care for others is vital, it's not uncommon for these caregivers to be overlooked when they're behind the scenes.

Sheila Money, a mentor for Humber College's Nursing program who has taught for over 25 years, said students who want to apply for Nursing need to have a lot of patience. They have to be caring people and prepared to give service to those who are sick and in need.

"No nurse feels like a hero," she said. "They do what they are expected to."

The Nursing program exposes 1,050 students to the nursing environment through a hands-on field placement in a hospital.

"Nurses play a significant note in society as caregivers," Money said. "They're the only ones in the hospitals 24 hours a day, and they're totally responsible for their patients."

"I did volunteer work at a local hospital for [pediatrics] and I decided from there that [a

nurse is] what I want to be," Lysa Monroe, a first-year Practical Nursing student, said.

"Students in the Management of Volunteers program also have to be very caring [and have] empathy for people and their problems," Susan McNulty, program coordinator, said.

"I believe there is a connection between [Management of Volunteers] and [firefighters, police and nurses]," McNulty said. "There are certain qualities bred into the people that choose these careers."

One Wednesday a month for nine sessions, the Management of Volunteers students come together as a class for workshop-like sessions. They learn skills like screening and interviewing volunteers. They learn some of the same structures as other management courses, but geared towards volunteerism.

"Each session has a new teacher who's an expert in that session's particular topic," McNulty said. "There is also a weekend course for those that can't get time off or don't want their employers to know they're in the course."

Students taking the course

are usually already involved in the non-profit sector, but now want to upgrade to a paid management position.

A field placement is also part of the course, where students must complete 45 to 60 hours at a business other than the place at which they currently work.

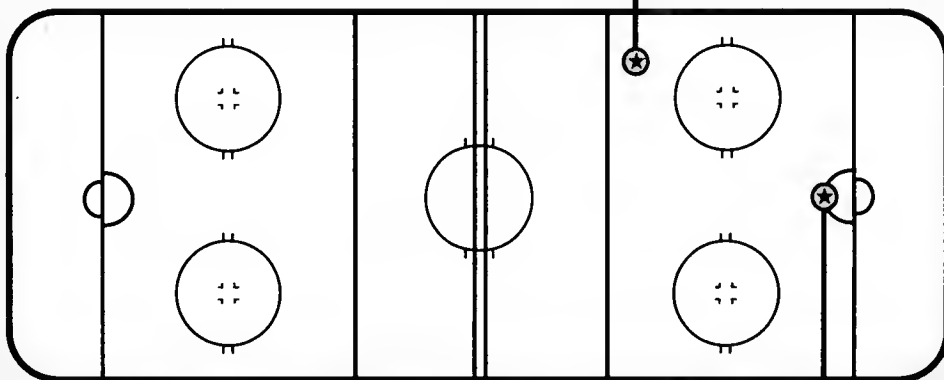
Diane McKenzie is the development coordinator for the Lung Association of Durham region. She attended the program's weekend sessions.

"This is how committed we are," McKenzie said. "We go to work five days a week, attend the weekend sessions and a 60-hour placement on top of that."

"After a while you start to question why you are here and if you're making a difference. With this program you get to share with others in your position and it renews your passion and empowers these volunteers to help the community."

This is the final segment of the "Future Heroes At Humber" series where programs involving risk on the job are highlighted.

Breakaway in quadruple overtime.



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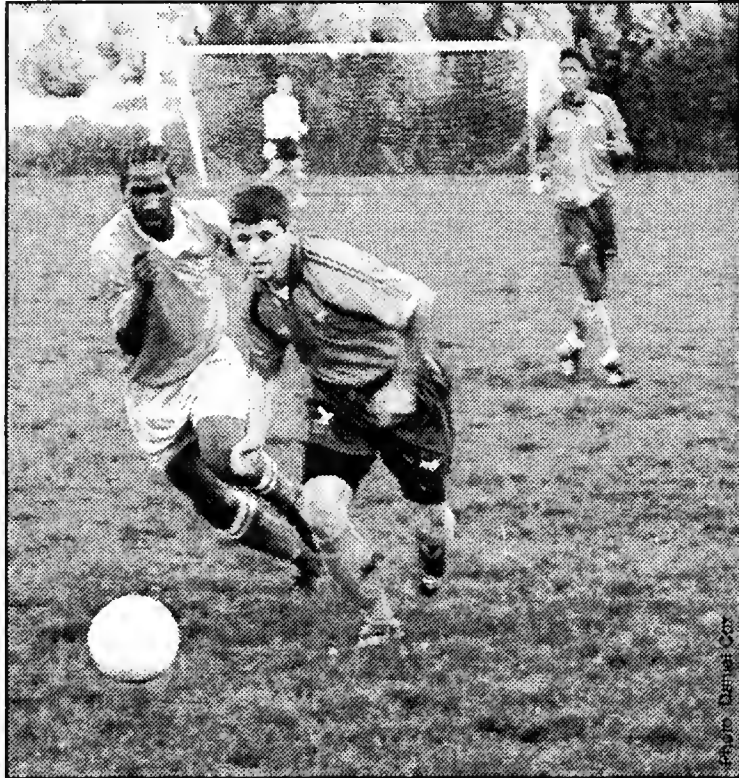
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Etc.

Sports

Winning streak continues



Arturo Alava looks on as Mehmed Mehmedoglu pushes past a Sheridan player last Wednesday.

By JOSEPH MUCIO

The first step of the Hawks' pre-season game plan has been officially completed.

With their fifth straight victory, the men's soccer team clinched a playoff spot Tuesday after their 2-1 win over second place Sheridan College.

Coming off a laid-back alumni weekend, which saw the current Hawks defeat some of the best players to come out of Humber 2-1, the game against the Bruins had a playoff atmosphere.

With a post-season berth and first place in the division on the line during this home-and-home series against Sheridan, the Hawks came out flying, taking a 2-0 by halftime on goals by forwards Vito Del Duca and Matt Palleschi.

Del Duca's goal was his 10th of the season, and 10th in only nine games, tying him for the league lead with Seneca College's Kadian Lecky.

With the relief of having a playoff spot locked up, Del Duca admitted he would love to cap off

the season with a scoring title.

"To be honest, it would be nice to win it, but my goal is still to take this team to nationals," he said.

The Bruins provided Humber with much needed test. The Hawks

"To be honest, it would be nice to win it, but my goal is still to take this team to the Nationals."

were coming off shutout victories over Redeemer and George Brown last week, where they took both games by a combined score of 9-0.

With only two more games left during the regular season, finishing with second consecutive undefeated season is definitely not out of the question.

"For me personally, with this being my last year, I would love to go undefeated all season," veteran defender Arturo Alava said.

While there might be less pressure on the team now than there was last week, the Hawks have now set their sights on first place, which would guarantee them a

home playoff date.

All the Hawks need to do is tie one of their remaining two games to lock up top spot in the division.

After Saturday's game against the alumni, recent Humber graduate Will Machado, who was voted player of the game for his side, said he was impressed with what he saw from the current Hawks roster.

"I think this year they definitely have an excellent squad and I believe they have a great shot at going back to nationals," Machado, an Electrical Engineering student from the class of 2000, said.

In what was originally predicted to be a rebuilding year, the Hawks have taken tremendous strides since the beginning of the season in trying to develop their overall team chemistry with many new faces on the roster.

Having outscored their opponents 16-1 over the past five games, the Hawks have established themselves as a dominant force in the OCAA.

The Hawks wrap up their home-and-home set with the Bruins Tuesday at Sheridan College.

Rugby playoff chances hurt after two losses

By ERIC COLLINS

The Humber Hawks rugby team suffered its first two losses of the season last week, falling to the Fleming Knights and Mohawk Mountaineers.

After winning its first two games of the season, the Hawks lost to the Knights 20-15 on Sunday and again to the Mountaineers last Wednesday, 25-7.

Fleming dominated the game Sunday as the Hawks suffered from several injuries, forcing many players into different positions.

"We were putting guys in because the key people were on the temporarily injured list," head coach Carey French said. "That ruins the chemistry of what we have already put together previously."

This causes a problem with the backs when positions get changed around.

"We were getting it to them [the backs] and it just wasn't moving," French said. "We were losing it there and when our forwards went to support them, the

other side capitalized and pushed us back."

Although the Hawks lost, Chris Palmer's try off an interception kept the game close.

Palmer followed up with a convert and added a penalty kick later in the half.

Also scoring a try for Humber was Dan Pennie, who played with sore ribs after getting dumped by a Mohawk player on Wednesday.

"The guys know what they did wrong," French said. "They know exactly what was wrong and what needs to be fixed. I didn't have to say anything about it."

The Hawks practiced on Monday only one day after their Sunday loss. Being a very exhausting game, the practice was far from routine.

"Normally the night after a game you wouldn't see us out," French said. "Rugby is a physical game and guys are sore. Guys are really keen on fixing their mistakes. It takes a lot of guts to do that."

Humber goes into Wednesday's game against Conestoga with a 2-2 record, needing two wins in three games to make the playoffs.

Women's soccer team still unbeaten after 4-0 win over Redeemer Royals

By MATTHEW LABONI

The Humber Hawks ran their unbeaten record to 5-0-2 in women's soccer defeating the Redeemer Royals 4-0 last Wednesday at Valley Field.

The Hawks, who beat the Royals 3-0 in the season opener at Redeemer, had three good chances in the first 10 minutes but couldn't connect.

Humber controlled the play and possession waiting to crack the persistent Royals, who played better than in the first meeting against Humber.

The Hawks' sluggish offensive start concerned co-coach Vince Pileggi.

"Our players are not coming prepared most of the time and we struggle early on," Pileggi said. "Against better teams that may cost us."

Offensive star Joanna Vitale put the Hawks on the scoreboard at the 15th minute with the first of two goals.

Two minutes later Joanna Kontonikolas rushed in from her midfield position and scored on a rebound a Vitale shot was stopped.

The Hawks led 3-0 at the half, courtesy of Vitale's second, and dominated territorially in the second half. They produced only one goal late in the match when Sandra Coelho blasted a shot past the defenceless keeper.

Midfielder Natalie Achim con-



Sandra Coelho rushes into Redeemer territory during last Wednesday. The Hawks hold on to first place with their 4-0 win.

tinued to play well and was named Humber's player of the game. Achim had a few chances to regis-

"Our younger players have stepped up and we have gelled as a team."

ter her first goal of the season.

Despite the slow offensive starts, Pileggi said the club has improved greatly with each game.

"Our younger players have stepped up and we have gelled as a team," Pileggi said.

Joanna Vitale has scored 10 goals in seven games, and the Hawks remain atop the Central West Division, five points up on the Sheridan Bruins.

The Hawks have only three regular season games remaining and are looking to wrap up the Central West Division with back-to-back games against the Bruins.

Humber hosts Sheridan at Valley Field in the back end of the series on Tuesday October 15 at 4:30.

The Hawks are only one of three teams that remain unbeaten.

Etc.

Hawks show poise after alumni try for comeback

By DOUGLAS JOHNSON

Youth and speed prevailed over wisdom and experience in this year's edition of the Humber men's basketball Alumni game.

In what turned out to be a very close game until the last two minutes, the current Hawks squad beat the alumni team 85-72.

In their first game, the Hawks looked strong in the early going and built up a sizeable lead over their opponents, who were still adjusting to each other.

After taking a 48-34 lead into half-time, the Hawks headed for the change room while the alumni stayed on the court to practice their shooting and passing.

The extra drills paid off, as the alumni came out flying in the second half and at one point had a 69-67 lead.

But the Hawks showed their skill and determination and quickly

regained the lead. They never looked back, beating the alumni by 13 points.

The player of the game awards went to current Hawk Ray Morgan, while Richard Walker took the honour for the alumni.

game," he said.

"The alumni came back, as I thought they would, and it looked like they were going to win. But we came back strong, so that was gratifying," Katz added.

Katz stressed there is still a lot of work to get the team ready for the upcoming Dawson tournament in Montreal. "We've got about two weeks to practice and I think we're going to need it, but I'm looking forward to that," he said.

Humber's all-time leading point scorer George "Tony" McNeil, said the Hawks are going to be a competitive team this year.

"It was a good, fast-paced game. It's tough to keep up now," he said. "It's getting harder every year, but it's nice."

As for trying to make a comeback, the former all-Canadian college player said forget it.

"My years are done. Right now, I'm just enjoying life."



Alumnus Fitzroy Lightbody tries to outrun a defender from this year's Humber team. The alumni squad fell to the Hawks 85-72.

Hawks head coach Mike Katz was pleased with how his team looked, and with how they came back after losing a 12-point lead.

"I thought we did some nice things; I was pretty pleased to see our guys play well for most of the

game," he said.

Basketball alums slam current squad

Experience wins out in decisive victory

By MIKE FISH

Bragging rights were on the line for the Hawks women's basketball team, but the alumni team was doing the boasting after a 67-42 win on Saturday.

"We wanted to win tonight, especially when you're playing girls from last year," forward Miranda Pyette, who earned player

of the game honours for the Hawks, said.

The alumni led throughout the match, but the Hawks showed some life during the second half, reeling off a 10-2 run at one point.

Experience paid off as the alumni team showed more willingness to attack the Hawks' basket and defend their own.

"I think [the Hawks] felt a bit of pressure because they knew some of the girls from last year," head coach Denise Perrier said.

The Hawks have only two returning members, player of the game Pyette and Karine Nicolas.

"We are rebuilding," Coach Perrier said. "Last year, a lot of colleges were where we are now."

But she said the team is working well in practice and taking direction from the coaching staff.

"They're like sponges," she said. "(Assistant Coach) Koren

Bogle and I are really excited."

The team's inexperience was evident in the first half of the game, as they took a lot of long shots and were often boxed out in the paint, allowing few chances for rebounds.

"We had a much better second half," Coach Perrier said. "We actually wound up being down by about 13 points."

"We're not winning a championship today or in December, but in March," Coach Perrier said.

"I think we have a bit more depth than we did last year."

Pyette led all scorers with 16 points, followed by Filamena Aprile, who had 13 points to earn player of the game honours for the



Hawk Karine Nicolas beats alumna Kelly Slater making a shot in Saturday's game.

alumni team.

Coach Perrier is hoping to arrange more pre-season matches for the team, in an attempt to get in some extra practice.

The Hawks next scheduled game is on Nov. 6 against George Brown.

Inside the locker room

Are pro athletes spoiled brats...



By JOHN-PAUL McNALLY

In the world of professional sports there are winners and losers, in more ways than one. Millions of dollars are spread across professional teams, and there is no shortage of players willing to make a grab for some extra cash.

With players in both the NBA and the MLB signing contracts that delve into the \$100 million bracket, professional sports has become a multi-million dollar business venture.

Even low calibre players are getting paid unreasonable amounts. Tie Domi of the Toronto Maple Leafs is getting \$1.6 million this year—for what? Scoring five goals? No, I don't think so.

These athletes are meant to be role models and heroes to younger generations, yet they would rather hold out for a few

extra million dollars than play for the fans.

It's the fans that suffer. Can a professional athlete really say they deserve more money than a doctor, lawyer, or even a blue-collar worker? Most of these people have worked just as hard, if not harder, to earn the salaries they get.

There's also behaviour. I'm not talking about the bitching, complaining, and arguing that goes on behind the scenes, I'm talking about the real problems. Crime. There have been so many

athletes arrested for drug possession and use, alcohol abuse, assault, and even murder.

Being a role model to someone can be a huge responsibility for a person, but players in

the spotlight should expect to be adored and admired for playing their respective games so well. When they commit crimes, illegal and irresponsible acts, how can a young child look up to that?

Professional sports teams need to step up and teach these players the responsibilities of playing the game, and stop supporting athletes who find themselves more important than the sport.

...or monsters of our invention?



By KRISTINE ARCHER

Imagine for a moment that you are an incredibly skilled athlete. All your life you're given praise for your natural abilities.

Your parents, coaches and the local media are constantly reminding you of how unique you are.

In some venues, the sport changes.

In Calgary, it might be hockey. In Texas, it's football. In Florida, maybe it's baseball. But in each case, you are singled out, praised, idolized.

So why is it that we are so quick to condemn the actions of athletes who have an altered sense of reality?

Jason Spezza is a classic example. An incredibly talented OHL player, Spezza requested a trade to a more successful club during his junior career.

The move was widely criticized. Many thought Spezza was arrogant to make the request.

This writer can remember

grown men calling in to a local sports radio talk show bashing this young man. No holds were barred — middle-aged men, who likely know nothing about what it's like to be in his situation, were verbally assaulting this teenager about his behaviour.

We are, at least in part, creatures of our environment. If someone tells you your whole life that you are different and special, why is it unreasonable to expect that you may act as if you are above certain rules — even laws.

A number of pro athletes, more commonly in basketball and football, have recently been involved in various crimes, from minor drug infractions to murder.

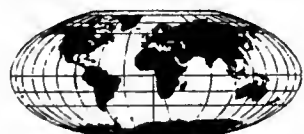
While not excusing their alleged behaviour, it is reasonable to assume that young men raised in a culture that places them on a pedestal may believe they are beyond reproach. Not

to mention that many come from middle or lower income families, and are suddenly showered with incredible wealth.

I'm not suggesting we let professional athletes run wild. They need to learn to take responsibility for their actions, as we all do.

But as fans in a sports culture that praises excellence above all else, let she who is without season tickets cast the first stone.

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Hockey team beats vets

By CORY SMITH

As the regular season approaches, the Humber Hawks men's hockey team geared up in a game against former players on Saturday, winning 12-4.

During the win by the current Hawks over the school's alumni, players seemed to enjoy themselves as if they were playing on a pond again.

"We've had such a rich history of success, a rich history of great citizens, so to bring back the alumni and have the current players play against them, it's a win-win situation for everyone," assistant athletic

director and hockey coordinator, Jim Bialek said. "We did it very successfully when we brought back the varsity team and we're getting a great response from the current alumni."

"It's a good bunch of boys, it's a good program," alumni's John Brown said. "They help out their players whether it's the ice time you want or scholastically, they're there to help."

Duane Crocker tended the twine for the Hawks during the late 90s and despite facing several difficult shots he was beaten 12 times by the new breed of Hawks. However he was just happy to be a part of the Humber hockey tradition.

"Just seeing it develop and seeing it carry on [is the best part]," Crocker said. "It was a big part of my college life so it's good to see it going on."

The line of Mike Oliveira, Jamie Chikoski and Kevin Coffey torched the older Hawks for a combined 14 points with a number of highlight reel plays, showing little mercy for current Hawk coach Joe Washkurak.

Washkurak played with the Hawks from 1988-1990 while taking the Law Enforcement program.

He also picked up a provincial championship ring and won a bronze medal at the Canadian championships.

He said playing against his own players was a different experience.

"You don't appreciate how good the guys are until you play against them. It's a lot of fun and I enjoy doing it and looking forward to it," he said.

It was also a chance for the coach to pick up more closely on some of the negative tendencies his players displayed throughout the game.

"At the first part guys were running into each other and trying to do too much and getting too fancy," Washkurak noted. "But we have a ton of speed out there."

The Hawks play their first game of the regular season in Plattsburg, N.Y. on Nov. 1.



Photo Cory Smith

The Hawks took it to the alumni on Sunday, winning 12-4.

Women's volleyball team notices faults in loss to experienced alumni

By REBECCA VIRGIN

Despite making a good showing in their first match of the season, the Hawks women's volleyball squad couldn't quite pull away a win from their veteran alumni opponents.

"Almost everyone on that team had their number retired," Carrie Moffat, team co-captain and player of the game at Friday's exhibition game said. "They're all awesome players so playing them this early in the season is a big eye-opener to see what we'll face later on."

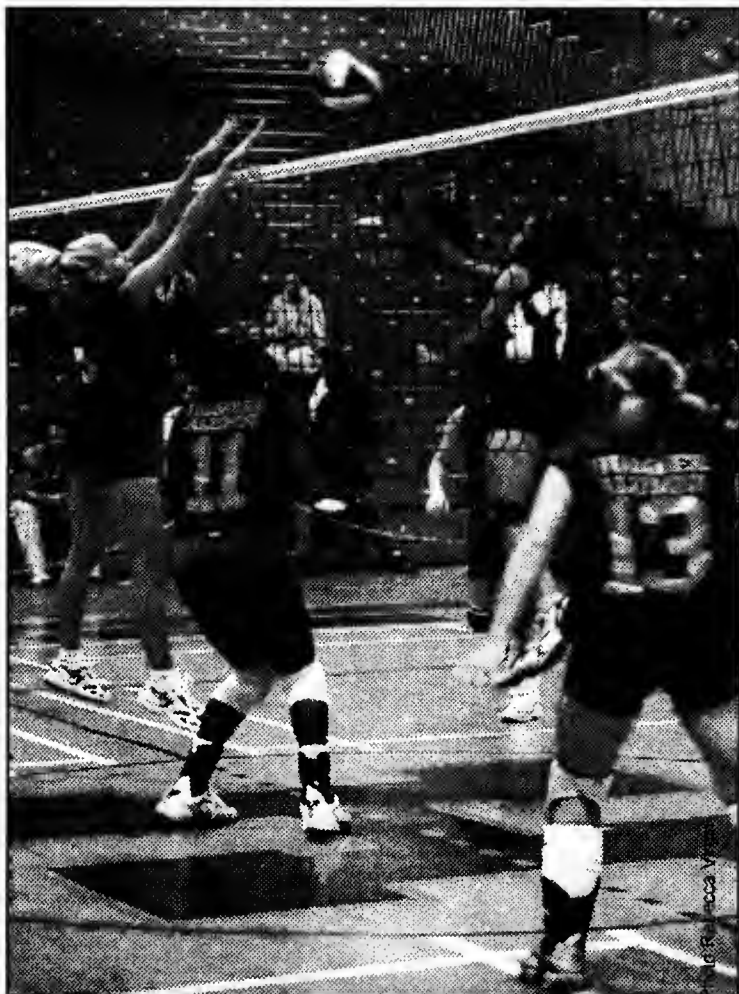
The alumni team won all four games. The first was a close contest, with the alumni squeaking out a 25-22 win. But the following three were won easily by the veterans, with a score of 25-17.

"I feel like a grandma," alumna Dyan Layne said. "They look good. They're very organized and they have a great coach. They've come a long way because this is a rebuilding year for them."

Even though they lost, the Hawks left with a positive attitude and a list of things to improve on.

"It was great fun. I think we have a lot of work to do and we have a lot of people to get to know," Moffat said.

"We're a very new team and we need to work together a little bit more and spend a little more time with each other so we know who does what on the court, but we will be good. Look out for us in the future."



Humber alumni get ready for a Hawks attack last Friday. The alumni won the exhibition match winning all four games.

The Hawks will play their first annual Humber Cup tournament home game in the weekend long starting on Nov. 1.

Former players down men's volleyball squad in five-game contest

By REBECCA VIRGIN

In a nail-biter of a finish, the Hawks men's volleyball team was defeated by a more experienced alumni squad in a five-game showdown.

After winning their first game 25-15, the new Hawks had to fight through the next four games.

The second game went in the alumni's favour 25-20, then fortunes changed again in a close 26-24 victory for the Hawks. The alumni answered back, winning the fourth game 25-21.

At first it appeared the alumni were going to run away with the tie-breaking game, but the Hawks kept fighting back.

"We tried to turn the game because it was 8-2 for the other team and then it was 14-14,"

Sokol Sakrama, a first-year player, said.

In the end the alumni prevailed, edging the Hawks 17-15 to win the deciding game.

"That's the game, that's the way it is," said Sakrama. "We have to work a lot. We have to work on defence and passing."

Even though the Hawks lost this exhibition match-up, their hopes for the upcoming season remain high.

"It was our first game and I think we did well because we've never played together," Sakrama said.

"I think they're going to do pretty well," Eugene Selva, a former player said. "They'll do all right. They've got some work to do."

The Hawks will play their first game at home during the Humber tournament, Nov. 1.



Rebecca Virgin

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