



Over 200,000 fans were in Hamilton last week for the World Cycling Championships. See story page 19

Runners at Humber's Lakeshore campus raised \$4,000 for the Daily Bread Food Bank. See story page 2



Humber EtCetera

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Students build a tribute to 9/11 victims

Humber's landscaping students are building a memorial to commemorate firefighters killed in New York on Sept. 11, 2001. Located in the valley of the arboretum, the monument, which will eventually have a running water feature, is scheduled for completion this fall.

What's Inside This Week

Marijuana madness Pages 6 and 9

Funky fashions spotted on campus Page 10

Humber's golf teams sweep Nationals Page 16

Staff warned about fake bills

By Dawn Farrell

Staff at Humber College businesses, especially the eateries, have been warned to be on the lookout for counterfeit cash in lower denominations.

Last year, staff at many Humber businesses stopped accepting \$100 and \$50 bills after they detected an increase in counterfeit bills. However, managers say they are now more shocked, spotting not only the big bills but also \$20s, \$10s

and \$5s.

CAPS had its first encounter of the year with counterfeit cash after patrons brought in \$180 worth of fake \$20s to the Triple Black Pub on the last pub night.

CAPS assistant manager, Gord Hagan, said they have had problems in the past with counterfeit bills and are discussing plans to keep this from happening again.

"We're going to do what we've always done," Hagan said. "We did have some problems last year, but

we'll keep the staff informed that the bills are going around."

When CAPS is as busy as it is on a pub night, Hagan said, it's more difficult to check each individual bill while people are paying. It wasn't until the end of the night when Hagan was counting the money in the office that he discovered the imitation \$20s.

"We do have a machine with a UV light and a magnifying glass behind the bar to check, but when it gets fairly busy it becomes harder

and harder to tell. Plus, these particular bills were fairly good quality," he said.

"So, when your hands are wet and you're trying to move a bit quicker than normal, it's easy for them to slip by."

Humber's food services manager, Don Henriques, said they have trained all staff at the food service outlets and haven't had a huge problem with fake bills.

continued on page 13

Enter our Hallowe'en contest, page 9



About 270 runners hit the pavement in a five and 10 kilometre "Turkey Trot" Thanksgiving Saturday, raising \$4,000 for the Ontario Association of Food Banks.

Lakeshore trots for food banks

By Jaime Taylor

Overcast skies couldn't dampen the runners' spirits at the second annual Turkey Trot for food banks, hosted by Humber's Lakeshore campus.

The five to 10 kilometre walk or run was coordinated by the Ontario Association of Food Banks (OAFB) and the Daily Bread Food Bank.

"This is the second year (for the Turkey Trot), and it's bigger and better," said Bob Spencer, director of OAFB, adding that there were 70 more participants this year than last.

Two-hundred and seventy people participated in the walk or run, raising \$4,000 for local food banks.

OAFB event coordinator Andrika Boshyk says they are trying to build a relationship with HSF, so they can get the message out to students for events such as the Turkey Trot.

"We don't heavily advertise for these events. Most of it is by word of mouth," Boshyk said.

According to OAFB, 300,000 people in Ontario need to use the food bank monthly, 160,000 from the GTA alone.

"We definitely raise a lot of money and awareness in the local

community. A lot of people come out to run, but they also donate personally," Boshyk said. "It's all about raising awareness."

The first person to cross the finish line was Chris Khan, a McMaster University student studying economics. His time was 17 minutes and 45 seconds, for the five-kilometre run.

"I just wanted to run the race, and I thought it was a good cause," Khan said.

In the 10 kilometre run, Joseph Campanelli, a business commerce student from the University of Toronto, finished first, clocking in at 32 minutes and 57 seconds.

Holy day is holiday for York students

By Chris Hedrick

York University cancelled classes to recognize the Jewish Day of Atonement last Monday, but for the other post-secondary schools in the GTA, including Humber, it was business as usual.

Yom Kippur is a holy day observed on the tenth day of Tishri when followers fast and pray for atonement of their sins.

York did not close its doors as the university administration and other offices and services operated as usual, but did cancel classes out of respect for the large Jewish population.

"We have a very large Jewish population in terms of students and faculty," said Nancy White, director of media relations at York University. "So it's recognizing that religious holiday."

Most colleges and universities recognize the religious diversity of their students and faculty and try to accommodate their religious observances without cancelling classes.

Dr. Richard Hook, Humber's vice president of academics, says the college accepts absences for people who have religious commitments but can't possibly accommo-

date every religious holiday practiced by students at the school.

"If, indeed, we ended up having every holiday reflected [in the school calendar] the students would get at best 80 per cent of an academic year."

The University of Toronto shares Humber's attitude toward students observing religious holy days.

"It is the university's policy and commitment to arrange reasonable accommodation of the needs of members of our community who observe religious holy days," said Jane Sterling, spokesperson for the University of Toronto.

"And it is very important that no

university member be seriously disadvantaged because of his or her religious observances."

Most of the holidays that result in school closures began as Christian observances, but over time have become statutory holidays recognized by the government in both labour and business laws.

Colleges and universities agree on one thing: It is up to the student to alert the teacher of any upcoming religious holidays in order to make adequate preparations for missed tests or classes.

If...we ended up having every holiday reflected [in the school calendar] the students would get at best 80 per cent of an academic year.

Paramedics seek better treatment

By Darren Mifsud

Future Humber paramedic graduates will be better rewarded for their work if the Liberals honour their promises to improve the treatment of those in the profession.

Rick Trombley, vice-president of development for the Ontario Paramedics Association, said they're relying on the new government's support for a new initiative the OPA is spearheading: a college of self-regulation.

"The whole purpose of having a college would be that the people who run it and set the standard would be made up of those people who work within the profession," Trombley said.

"The biggest issue we're facing right now is that paramedics in Ontario need to be included in the Regulated Health Professions Act," Trombley said.

Being included among doctors and nurses would allow the OPA to form the system of self-regulation.

Trombley also says that a big goal for the OPA is keeping unqualified paramedics away from the job, a threat he says has not been properly dealt with thus far.

"We want to make sure there is a standard set for all paramedics in Ontario that we have to meet. Paramedics should decide what paramedics do as opposed to being told what to do by the government, for example, or other agencies," he



Lynne Urzeny, paramedics coordinator, said Humber places 100 per cent of its graduates.

said.

"And probably the biggest thing that we want to do is protect the

name of paramedics, so in order to be able to call yourself a paramedic you have to be a licenced paramedic."

Trombley says that not having a college puts paramedics in an odd situation because anyone can start a company of paramedics providing services such as transportation to and from hospitals.

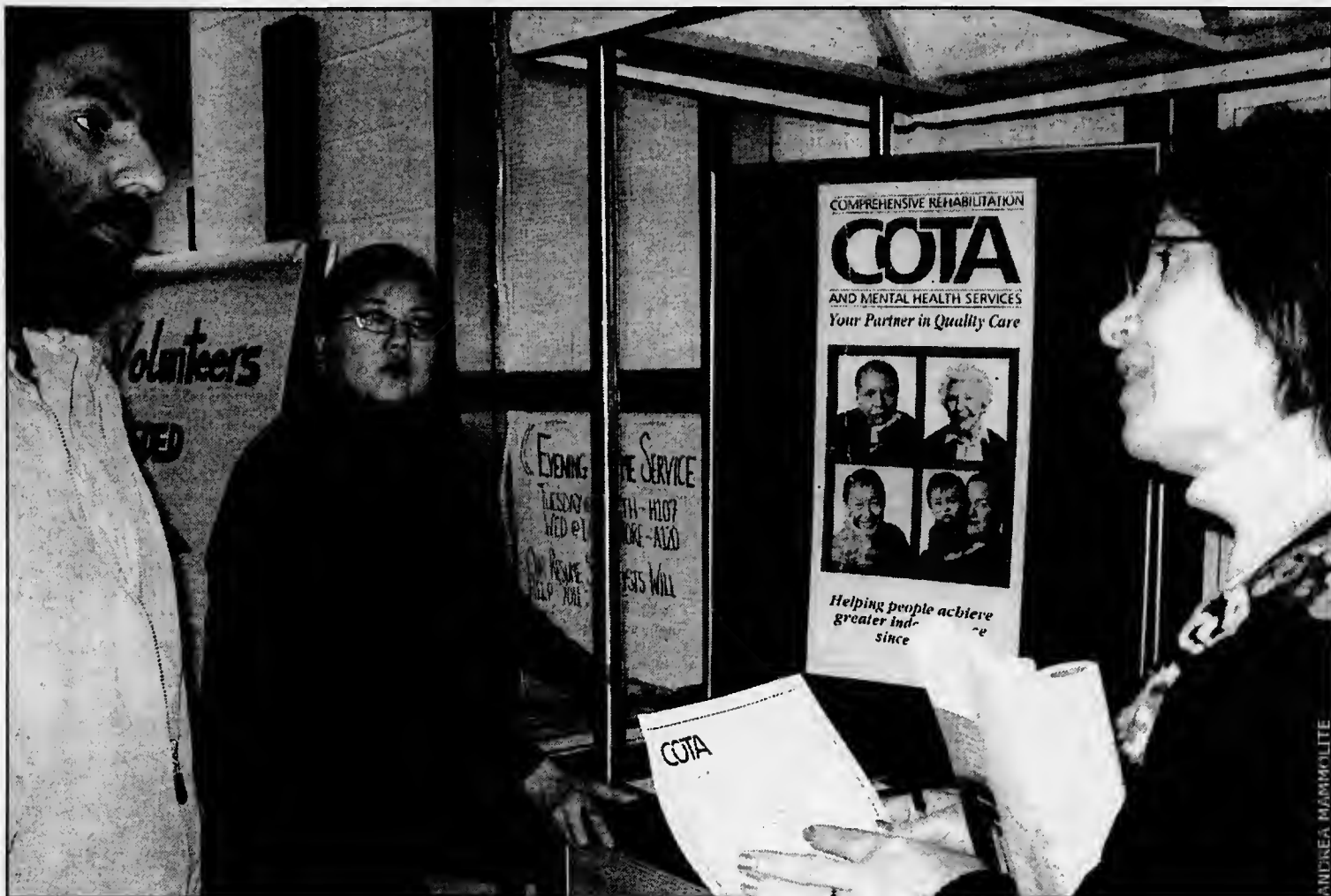
"You can write the word 'paramedic' on the side of your vehicle just because you've taken a course and have a doctor sign off on it," he said. "You can do this and you can call yourself a paramedic without any regulation with the rest of Ontario because you're a private transfer company."

In June 2001, Queen's Park

passed Bill 58 which deemed paramedic services non-essential, denying workers collective bargaining rights and resulting in a lower rate of pay. MPP Dominic Agostino voiced his party's opposition to the new legislation.

"In two years Dalton McGuinty and the Liberals will fix this up," Agostino said. "We will reverse this legislation. We'll make paramedics an essential service. We will treat paramedics with the dignity and respect they deserve. We will treat them like firefighters, like police officers, like nurses."

According to Lynne Urzeny, Humber's paramedics program coordinator, the school places 100 per cent of its graduates.



Representatives from Community Occupational Therapy Associates (COTA) were at Humber's North campus Tuesday to recruit potential volunteers for their mental health services organization. The program matches up volunteers with COTA clients, based on age, gender and interests. To learn more about volunteering, contact 416-785-9230 ext. 121

Candidates face off over issues

By Kirk Villamarin

Public transit and the development of the Toronto waterfront were key issues for the five main mayoral candidates at a recent debate at the Royal Ontario Museum.

While Tom Jakobek, Barbara Hall, John Nunziata, John Tory and David Miller, the leading candidates of the 44 running for mayor in the Nov. 10 election, agreed on some points, they differed on many.

Hall promises to freeze TTC fares, but Jakobek plans to lower them to less than \$2 to attract more customers and even offer \$1 fares to people travelling short distances of five stops or less.

Nunziata also set himself apart by vowing to introduce a law to forcefully remove homeless people from the streets and take them to shelters.

"People are camping on our streets because their social welfare isn't adequate to provide the necessities of life," he said. "We shouldn't accept the fact that they're there and they are part of the landscape."

All candidates said Toronto's waterfront needs improvement.

Hall said she would transfer all waterfront land owned by the city to the Toronto Waterfront Regeneration Corp. Miller proposed tearing down the Gardiner Expressway east of Yonge Street to the Don Valley Parkway, and promised to stop the construction of the proposed Toronto Island bridge and expansion of the Island airport.

All five promised to give more opportunities to immigrants who want work experience by expanding internship programs. Tory said he would reduce the licencing delays for immigrants hoping to practice their profession.

Humber prof runs for council

By Kathleen Yetta

A 30-year teaching veteran at Humber College, Jerry Smith, is taking off his teaching hat and running for the position of city councillor for Etobicoke's Ward 6 in the upcoming municipal election.

With over a decade of volunteer experience in the Lakeshore community, he has been recognized as Volunteer of the Year by the city of Toronto.

"What a good politician does is listen to the residents to determine what they want and then they serve as a champion to pursue the resources for it," Smith said.

Smith is currently program

coordinator of Arts Administration Cultural Management, a one-year post-diploma certificate program at Humber's Lakeshore campus.

Smith has taken a leave of absence from Humber during his campaign and will permanently leave the college if he is elected.

The Lakeshore campus is an important fixture in the area with an enrollment of 3,800 this September and a projected growth in 2005-2006 of 5,300.

"It's my estimation that over the next decade, Humber College and its performing arts will become one of the key elements the Lakeshore community will be known for," he said.

New developments in the Etobicoke's east end have resulted in 5,000 new residents in Mimico, a Humber-based shore area, stressing transportation, community services and libraries.

Smith has done a lot of work with a group called the 'Lakeshore Community Partnership,' a unique amalgamation of private sector industries, small businesses, community agencies and Humber College. Their focus is on revitalization of and investment in the community.

Etobicoke South (Ward 6) is made up of four communities: Mimico, Humber Bay Shores, New Toronto and Longbranch.

"I'm not going to go out and tell these communities what to do. They know what they want and each one of them is different so my job is to listen to them. I am the medium," Smith said.

Because Toronto's major source

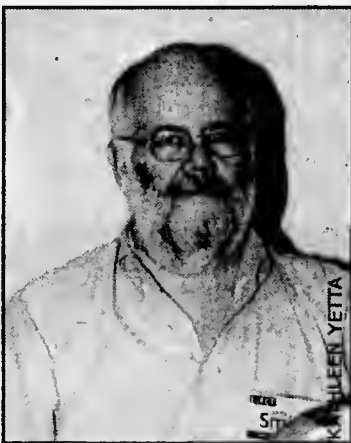
of revenue is property tax, Smith says that unless the cash-strapped city can strike a better partnership with the provincial and federal government, Toronto only has two viable options: Increase taxes or reduce services.

For his campaign, Smith plans

to knock on the doors of 28,000 people around the city and introduce himself, explaining his platform. Smith is running against 10 other candidates for Ward 6.

"It's going to be a real challenge to make the people become aware of who I am," he said. "Hopefully with over a decade of experi-

ence behind me and some profile in this community there is a level of awareness and acceptance that already exists. If I didn't have enough confidence that I could win, I'd be at home marking papers right now."



Humber's Jerry Smith hopes to be Etobicoke South's next city councillor.

Fly away with the United Way

Support United Way and you could win a plane ticket anywhere in Canada worth \$1,000. Tickets are three for \$5 or one for \$2 and will be sold until Monday, Oct. 20, 2003. The draw will be held Monday, Oct. 27, 2003.

Tickets can be bought in person from:

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Marci Gaynor, Continuing

Education, Room J235, ext. 4234

Tanya Andrade, Human Resources, Room C129, ext. 4393

Joanne Roberti, Vice-President's Office, Room D162, ext. 4431

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All proceeds from ticket sales will be donated to the United Way.

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Current options force difficult choices

Rez food compromises religion

By Allison Moorhouse & Priya Ramanujam

Students say a lack of food options in the residence cafeteria has forced them to break religious dietary constraints.

"I'm eating beef now," Mridu Gupta, a Hindu international student from India, said.

"I'm not supposed to...If my parents got to know this, they would not like it. That's not why they sent me here."

The first-year Public Relations student said she's not the only one who has broken traditional religious practices because of the food in residence.

"Most Indians have switched over to eating beef," she said, "Because of the lack of options." Gupta said she rarely comes across non-vegetarian meals without beef.

The only other option is plain vegetarian food, which she said "sucks".

"I just stick to whatever looks nice, instead of thinking what has beef," she said.

Yoav Mazor, a first-year Culinary Management student from Israel, said his religious food restrictions aren't much of a problem because he's permitted to eat beef.

"Jewish people are not allowed to eat pork," he said. "We're also not allowed to eat meat and milk [at the same time]."

Mazor says he understands the larger problems for students like



First-year Public Relations student Mridu Gupta said she eats chicken on the rare occasion that the residence cafeteria offers it. Her religion allows her to eat any animal product except beef.

Gupta, whose religious beliefs are strict.

He sympathizes with students who are unable to choose food they are accustomed to and thinks the cafeteria should cater to different needs.

"They should offer a bigger

variety of food," he said, but doubts anything will change. "It's all about money."

Don Henriques, general manager of food services at Humber, said the cafeteria tries to cater to different nationalities.

"In planning our four-week cycle menu...we include recipes that reflect Italian, Mexican, Greek, Asian, West Indian and traditional," Henriques said.

The cafeteria, he says, offers a variety of meat, including roast beef, chicken and turkey on a regular basis.

Although it doesn't offer halal meat – blessed meat for Muslims – he said the cafeteria is looking into offering halal chicken once a reputable supplier can be found.

He said he's not aware of any international students who dislike the food, but he would like feedback if there is a problem.

Whether the problem deals with a food preparation method or an actual menu item, he said food services staff will take reasonable actions.

Michael Kopinak, manager of international student services, sug-

gested students join the Rez food forum, a committee designed to allow students to raise food issues with management.

"Management always tries to deal with concerns in an effective manner," he said.

"I don't think you'd ever see food services or me or anyone turn their back on a religious issue," Kopinak said.

"I wouldn't want someone to eat meat or beef because they felt they had to."

Canadians just want to have more fun

By Nick Vassallo

A recent Canadian poll found that Mike Myers and Jim Carey are the most popular candidates to serve as Canada's official Ministers of Fun – if such a position existed.

According to a study conducted by Ipsos-Reid for Cranium Inc., the board game company, 60 per cent of Canadians don't have enough fun in their lives.

Some Canadians said if given the chance to redefine Canada's political future, Myers would be their designated leader of fun. An informal vote showed that Myers captured 25 per cent of the vote and Carey came close at 24 per cent.

The vote also showed that 32 per cent of Canadians consider Montreal to be the most fun city. Toronto finished second with 22

per cent, followed by Vancouver with 17 per cent.

The city considered least fun was Winnipeg, with three per cent.

Second-year hospitality management student Farah Jabri thinks Toronto is the place to be if you want to have fun.

"Toronto has a lot of night clubs," Jabri said. "It's an excellent city that has a variety of things to do, it's diverse and has a massive population."

Second-year hospitality management student Alex Theodorakidis agrees with the survey.

"By far, Montreal is the city with the most fun," Theodorakidis said. "Everyone from Toronto and the States goes there. The night clubs are much better, and you only need to be 18 years old to drink."

Students to climb almost 2,000 steps for United Way

By Nicole Catney

Humber students will join Torontonians in the United Way's annual fundraising climb at the CN Tower.

The HSF is using popcorn to entice students into joining the climb that will help the United Way's 200-member agency.

The school has \$1,000 in pledges so far and Mary Fournier, director of marketing, hopes to achieve its goal of \$2,500.

This year marks the first time in more than a decade that Humber has participated in the event.

"It helps to build a good sense of community. The students and faculty will be climbing, making it a real school effort," Fournier said.

Although it is too late to participate in the climb with Humber, it is still possible to sponsor a climber with a donation.

Members of the Humber CN Tower team will receive an official

Humber team T-shirt as well as a wristband for their participation.

"We hope to continue this in the coming years. Our hope is to participate every year from now on," Fournier said.

The student challenge is scheduled for Friday, October 24 from 3:30 to 5:30 p.m.

More information about the climb or sponsoring a climber is available in the HSF office, and at www.unitedwaytoronto.com.

Skydome hosts criminally fun activity at Toronto Police Games

Cops pull over for play day

By Alex Blonski

The 121st annual Toronto Police Games was a triumphant event recently for the city as Toronto's police force competed to collect money for charity.

The event raised money for the Toronto Police Widows and Orphans Fund, a charity started in 1952 to help support families of deceased police officers.

Each year the games attract between six and eight thousand attendees to Toronto's Skydome, and this year about 300 athletes took to the field for tug-of-wars, relay races and canine demonstrations.

"This is really a great time to show off how good some of the police officers in the community really are," Constable Steven Fairchild, a participant said.

"Many of us have trained all year, biking, running, in the weight

officers in the games cheered from the crowd for their mothers and fathers.

"I hope daddy does really well," said one little girl waving frantically at her father from the stands.

"He's been running everyday after work and he comes home real tired."

Some of the winners of the games will go on to the world championships in Quebec city in

2005.

This year, the Toronto police service was represented by over 20 competitors at the World Police Games held in Barcelona, Spain. They returned with two gold, 13

silver and 10 bronze medals.

To date, the games have raised more than \$1 million for the Toronto Police Widows and Orphans Fund through ticket and advertising sales.

This is our opportunity to recognize the commitment of the greatest police force in the world.

room.

This is the time of year where we can show off the results of all our hard training."

The show started with a bang as officers repelled upside down from the roof of the Skydome firing blanks.

The night also featured vehicle demos, police dog trials and fireworks.

Police Chief Julian Fantino was on hand to honour Mayor Mel Lastman for his support of the Toronto police services. Fantino also bestowed Lastman with the honorary title of Chief of Police.

Lastman spoke highly of the police officers who serve the city everyday.

"This is our opportunity to recognize the commitment of the greatest police force in the world," Lastman said. "The 7,000 uniformed members of our police service provide our city with great character and a quality of life we enjoy today."

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Consumption and pollution: where do we draw the line?

What is the actual price of that quiet house in the suburbs, one that's just a short drive from the benefits of Toronto?

A recent report commissioned by the David Suzuki Foundation tells us if urban sprawl isn't contained, the quality of air, water and usable farmland will be greatly compromised. Toronto has been expanding at a rapid pace, without consideration of possible future problems. People are driving to work or to school, rather than walking or taking public transit. Why take the TTC, which will cost you anywhere from \$80-\$100 a month, and add at least an hour to your travel time from downtown Toronto when for about the same cost, you can park at Humber for the term, and you make the commute in minutes?

Over-consumption

Farmland outside of Toronto is being consumed. The city is absorbing fields and forests like a creature from a bad sci-fi movie. Obesity has quadrupled in the last 15 years, as more people sit and ride rather than walk or bike their way to work or school.

The residents and the cities are simply over-consuming, over eating, using more gas and producing more pollutants than necessary, and there is no balance. Today's suburbs are mostly just houses and mini-marts; they're not communities. People feel the need to drive into the city for shopping, culture and restaurants, rather than staying close to home, within walking distance.

We've all been told how important it is to consider the environment. Reduce, reuse, recycle. Save the whales. Don't use aerosol, think of global warming. We don't inherit the earth from our parents, we borrow it from our children. But while some care to save the planet, very few consider how we can protect our neighbourhoods.

Toronto's growth

The report says Toronto's urban sprawl has been an on-going problem for over two decades, but the urgency of the situation is now being addressed. If Toronto's growth isn't monitored and contained soon, the pollution and health problems already occurring are only the tip of the iceberg. As we lose more farmland, air quality continues to deteriorate in Toronto.

The warning is coming through loud and clear - we need to be careful of how fast our cities grow. And in the end, it comes down to us. There comes a time when people have to make a choice. When we graduate, we have to consider what sacrifices we are willing to make. Once we settle down, buy the house with the white picket fence and afford the two cars in the garage, do we add to the problem by driving into the city every day? Or, do we take the train or bus into the city, and walk to our meetings, saving the air and reducing our waistlines?

We need to take the time to consider what complications may be in our future - all for the sake of convenience in our present.



The great weed debate: Time to decide once and for all

Last week the Ontario Court of Appeal repealed the decriminalization of marijuana after months of Ontarians lighting up freely.

Last May, Toronto Police Chief Julian Fantino publicly stated that possession of marijuana under 15 grams would no longer be an arrestable offence, putting a start to what became dubbed "the summer of love" in Toronto.

With the decision last week to re-criminalize marijuana, the authorities have made the ongoing pot debate even more confusing.

The Federal Government has now said possessing any amount of pot over 10 grams will result in a criminal record and possession under this amount will result in only a fine. But with only a fine being given to the offender, it doesn't seem as though the government

is totally convinced that making pot illegal is the right thing to do. Rather, it seems they are cracking down on pot users to hush some of the staunch critics, especially those in their own camp, such as Alliance MP, Randy White.

If the government thinks that re-criminalizing marijuana is going to deter pot users from smoking, they should think again. Prohibition solidified that claim.

The government has sat on the fence long enough. It's time for a decision to be made. Whether or not the government decides to legalize marijuana or not, potheads are going to continue to be potheads. That much is obvious. The decision should be an easy one.

It's time for both the Provincial and Federal governments to make up their minds.

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The weekend never looked so damn good

Special

By Patrick Kane
Aaron Sawyer
Sherri Wood

If the days of the week had personalities, Sunday would need Prozac. Or a good kick in the ass. Why? Because Sunday's an asshole. But you can't blame poor Sunday.

No other day of the week takes more grief. Think about it. Most of us finish school or work on Friday and spend an enjoyable evening celebrating the start of the weekend. Saturday is big plans day – weddings and parties and such. And on Sunday our only concern is avoiding Monday.

It's then that we realize Monday is quickly approaching. So who do we rage on? Sunday, of course. The thought of Monday is so disturbing that Sunday deals with all of our apologies, hangovers, unfinished homework, dirty dishes and crappy moods in general.

So, on behalf of some of the students of the journalism program here at Humber College, we're asking you to give Sunday a break. Reclaim this day – make it one to look forward to – redefine its meaning so that Sunday just doesn't

suck anymore. Play football instead of watching it in your gitch. Go visit someone you haven't seen in a while. Have a game of bridge. Take some photographs. Listen to music. Read to somebody. Make the best dinner you've ever had. Learn to play the guitar.

This is a campaign to take back Sunday. We've given this weekly event the clever moniker, "TBS."

You have a full 24 hours to be shitty on Monday, so leave Sunday out of it. Make Sunday your day to actually do something fun.

By supporting TBS, the rest of the week may be a little more enjoyable for everyone. Who knows, TBS could be the secret to happiness. Let's try it out and see.

Below is the official logo for Take Back Sunday. We encourage you to cut it out. Make a homemade sticker out of it. Pin it up on your bulletin board. Post it to someone else's fridge. Stick it on your teacher's back, whatever. Let's spread the word that we're all taking back Sunday in a serious way. After a few TBS's you might start to feel a little more alive. We're not saying you'll have the energy of the UPS guy on Mad TV, but you won't feel like a bag of shit either.

And isn't "not feeling like a bag of shit" worth the sacrifice?

Peace and TBS.

Take
Back
Sundays

No free dinner for these heroes



By Shannon Henry

Canadians often complain about having to pay taxes to enjoy the things we all take for granted.

We are all guilty of complaining about paying \$100 for shoes or \$60 for that great pair of jeans we saw at the mall.

But did you know the members of the Canadian Armed Forces not only have to dole out cash also for these items but they have to pay for their own meals as well? The men and women stationed at bases in Canada have to pay for every meal they have while in training.

Canadian soldiers use the same

meal system that college students living in residence do.

"If they are stationed at a domestic base, then they pay for their food. They are given a swipe or punch card that they use for each meal," said Jeremy Sales, a spokesperson for the Department of National Defence Media Relations.

Once a soldier's card is maxed out, the government simply goes into his or her pay and deducts more money to put on the card.

These honourable people have signed up to put their lives on the line for our country.

Yet Jean Chretien and his government friends are making our peacekeepers pay for necessities that should be taken care of by those of us who are not overseas and who will continue to enjoy freedom at their expense.

Common sense might tell us that our tax money would serve a better purpose if it went towards feeding our troops, whether they are overseas or stationed domestically.

Instead, our wonderful government spends our hard-earned money adding more lanes to highways to avoid traffic jams.

The Federal government acknowledges our soldiers as "heroes," saying it's proud of our troops and it appreciates what they are doing for our country. What a way to show appreciation.

Isn't it enough that the men and women who form our National Defence put their necks on the line so that we don't have to?

Should we really be asking them to dole out money for food during training?

Blondes have more fun: Finally...an addiction that won't kill you



By Nicole Gibbs

I have an addiction. It doesn't involve sticking needles in my arms or snorting anything up my nose.

But it's far more habit-forming and definitely more expensive.

I am addicted to being blonde.

I can't stop bleaching my hair. It's never too light. In fact, it's never light enough.

Since the time I started dying my hair, almost a decade ago, I've been searching for the ultimate blonde hair colour.

It's not a platinum blonde, not a

brassy blonde. More like a cross between a sandy blonde and a golden blonde.

Well, whatever the colour may be, I never seem to be satisfied. I always want more. More bleach that is.

The funny thing is, I'm not the only one.

Just walk into your local drug store and scan the cosmetic aisle. Almost 50 per cent of the hair products are geared towards blondes.

From top to bottom, the shelves are filled with slogans that read "Nice and Easy Blonde" and "Frosted Blonde Highlights."

But it all means the same thing: bleach your hair.

Yes it damages your hair, sometimes beyond repair.

That's no secret.

But like any other addiction, the consequences seem minimal when

I think about the outcome – my hair will look fabulous.

I don't know why I suffer from bleach addiction.

Yes, I agree blondes have more fun. But that's not why.

See, I do appreciate the sophisticated elegance that is associated with brunettes. In fact, I was born a brunette and have even dyed my hair back to my natural colour once or twice.

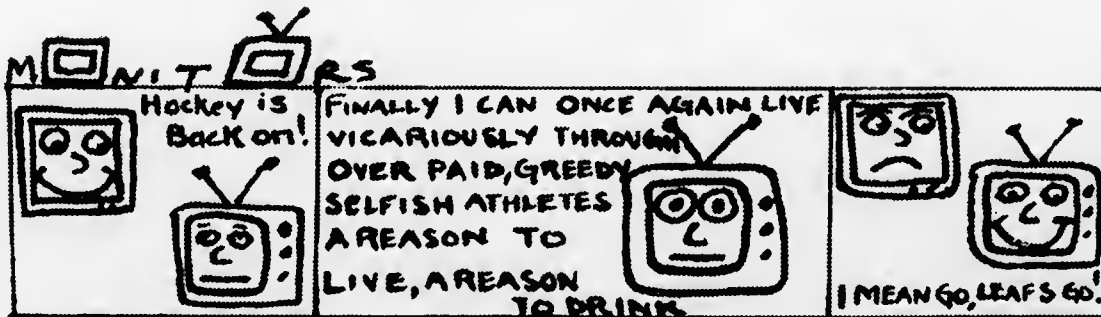
But being blonde is what truly makes me happy.

Maybe it's the confidence I associate with being blonde, knowing that I feel comfortable and at the same time sexy.

I can't say for sure.

All I know is that I'm sticking to the bleach, despite its negative reputation.

I'm sticking to my roots—my bleached roots...I love being blonde.



Film student experiments to create a unique movie-going experience

By Melissa Green

Humber students can now expose themselves to the Experimental Film Club.

Film student Karim Zouak, started the free bi-weekly club when he realized others in his program might like the same genre of movies.

"I've always had an interest in experimental film," Zouak said. "I thought it would be more interesting to watch them with people and share our views...see if there's any discussion that could be generated and get some perspectives on it."

Film makers have been experimenting with their art since the creation of the first moving pictures. Avant-garde films started showing up in France around 1919, and many of the films Zouak has lined up for the free bi-weekly screenings date back from the 1920s and 1970s.

According to Zouak, experimental films don't usually draw large audiences because people generally prefer Hollywood movies. These films don't always have realistic backdrops or strict plot lines. Many don't even have a



Karim Zouak shares his love for experimental film with other Humber students.

plot.

"You're not supposed to come up with a story of how the circle and the square are fighting necessarily," Zouak said. "You can just sit there and appreciate modulations of colour and the formal qualities of a work. Right there, that's a

challenge to our dominant perception of the limitations of film and video - that it has to be informational."

Zouak likens experimental film to art forms like poetry, novels, fine-art paintings and photography, though in its early stages.

But, since experimental films can be confusing, Zouak finds a theme for the screenings. The club's first one concentrated on surrealism.

The next one, tonight in Screening Room A, starting at 8 p.m., centres on graphic abstraction.

But the surreal and often bizarre world of experimental film isn't for everybody.

"I couldn't imagine that there would be a day that there's going to be an hour and half blockbuster of circles and lines moving around a screen," he said. "It's always going to have a very limited audience."

Still, Zouak said it didn't take long for him to get more than enough signatures to qualify as an HSF club.

"I would just suggest that people go into it with a very open mind and give it the benefit of the doubt to look at it with an appreciation that someone went through a tremendous amount of work to do this and they did it with some intelligence and sensitivity and purpose. So then, looking for a sense of pattern as their guideline, then they can make some sense in the

work," Zouak said.

"I'd like everybody to feel welcome. It's not like a pretentious fest or something."

Diverse bands rock CAPS for first Indie Night

By Jennifer Pancino

A mix of rock, punk and ska got the crowd going as HSF kicked off its first Indie Night of the year last Wednesday night at CAPS.

With three very different indie bands from around Canada, the night was a success. Jen Green, vice-president of campus life, promised the crowd at least two or three more Indie Nights this year.

The first band of the night was the Morgan Finley Band, headed by the Vancouver-native. The four-piece band played a solid 45-minute set that included rock, funk and melodic ballads.

Finley was also left alone on stage to play an acoustic version of *Guess Things Happen That Way*, as a tribute to the late Johnny Cash.

The next band was Youthinasia - a fast-paced punk rock band from Brantford, Ont.

In the 45 minutes the band had on stage, it managed to turn the audience into a dancing frenzy of people with catchy power-pop and ska songs.

The third and final group of the night was 89 Vision, a Humber band originating from Stouffville.

Singer Carl Bossy, a first-year business administration student at Humber, had the crowd singing along with songs like Sublime's *Santeria*, Bob Marley's *No Woman No Cry*, and Red Hot Chili Peppers' *The Zephyr Song*.

Much to the crowd's disappointment, 89 Vision's set came to an end, but only after wowing the crowd with a cover of Rage Against the Machine's *Killing in the Name*.

What's Up

Tonight - Nov. 1: Evil Dead 1 & 2 - The Musical will have its groovy second run at the Tranzac Club at 292 Brunswick Ave.

Opening Friday: Check out the remake of classic horror flick *The Texas Chainsaw Massacre*, just in time for Halloween.

Sunday: Spiritualized are at the Opera House.

Sunday & Monday: Comedian Chris Rock brings his *Black Ambition* tour to Massey Hall.

Monday: Shock-rocker Marilyn Manson plays *Copps Coliseum* in Hamilton.

Club hosts political event

But patrons drawn to music, not politics

By Crystal Stewart

From the well dressed to the barely dressed, bodies crowd the dance floor in the centre of the room, moving to pounding music and pulsating strobe lights.

Around the floor, patrons sit at tables or stand by one of the many bars. On the upper level they relax on couches and padded benches. The air is thick with artificial fog, which frequently pours into the centre of the dance floor and surrounds everyone.

The sight is a familiar one at the Palazzo nightclub, but last Friday the club was also covered in red and white balloons and posters of Toronto mayoral candidate John Nunziata.

The big draw, however, was performances by well-known DJs such as MC Mario and Grammy winner Hex Heter.

Jordan Oxley, director of public



Many Palazzo patrons weren't interested in politics last Friday night. They just wanted to dance.

relations for Nunziata, said they organized the night to reach young people and encourage them to vote.

Organizers said they expected about 2,000 people to show up. And while only 946 actually turned out, about 350 of them agreed to volunteer for Nunziata's campaign.

Nunziata described the event as an outreach to try and get young people involved in the political process.

Many club goers, however, were not aware of the political motivations for the evening and said they just wanted to go out to a club.

One girl, who didn't want her name used, said she would only be interested in what Nunziata had to say if she thought he really liked to party and enjoyed the nightlife.

"Otherwise it'll just be considered a political stunt," she said.

Oxley said that organizing events directed towards a younger age group is a way for politicians to try to connect with them.

Other candidates like Barbara Hall have held similar events for their campaigns.

However, with this event in particular, the majority simply voted for the music.

Local café says puff at own risk

Pot smokers find a home

By Antonella Lombardi

Despite a court ruling that possession of marijuana is still an offence, the Hot Box Café isn't going to stop patrons from blowing smoke.

Although café workers now discourage customers from taking part in illegal activities due to the ruling, everyone is still welcome to smoke outside in the colourful 'potio,' at their own risk.

"For the first couple of days we were freaked out," storeowner Abi Roach said. "But we're still jam-packed."

Since opening in May 2003,

the Hot Box Café has yet to hear from authorities, but Roach claims she has "the best lawyer in town," in case she finds herself in a legal predicament.

Until then, the café remains low key and Roach says they are not "bothering anyone."

Located at the rear of Roach O'Rama, a pot culture store, the Hot Box Café serves delectable sweets, fresh coffee, and an array of sandwiches and salads.

Jazz music booms and the smell of burning incense fills the air of the Kensington Market store, helping to set the atmosphere.

A beautiful series of artwork, depicting pot culture, created by local artist John Grove covers the walls.

Roach says that she feels local art is a key to her café.

The Hot Box Café has a sense of community, bringing in people of all ages, who seem to know each other by either face or by name and who boisterously talk with each other and mingle. It feels like you're at a house party.

Despite possession laws that remain intact, the Hot Box community says it will keep on smoking.



The courts have ruled possession of marijuana is a crime, but that didn't stop this smoker.

World's best gather at T.O. book fest

By Louis Campos

Writers from around the world will gather at Toronto's

Harbourfront next week to celebrate the 24th annual International Festival of Authors (IFOA).

From Oct. 22 to Nov. 1, hundreds of authors will entertain Torontonians as well as their peers.

The highlights of this year's festival include readings from the world's best authors, including Booker prize-winners Margaret Atwood, A.S. Byatt, and Peter Carey.

"I've been to a lot of literary readings all over the world, but the quality of this Festival always speaks for itself," Atwood said in an IFOA press release.

"Nowhere else do you get this kind of interaction among invited authors and the public," she

added.

Another highlight of the event is the \$10,000 Harbourfront Festival Prize, to be awarded during the festival.

"Everything is a highlight. There are so many different authors and so many events, I couldn't pick any one," Amy Logan, IFOA publicist said.

The festival was created in 1980 when a dozen authors from a dozen countries read six stories over six nights.

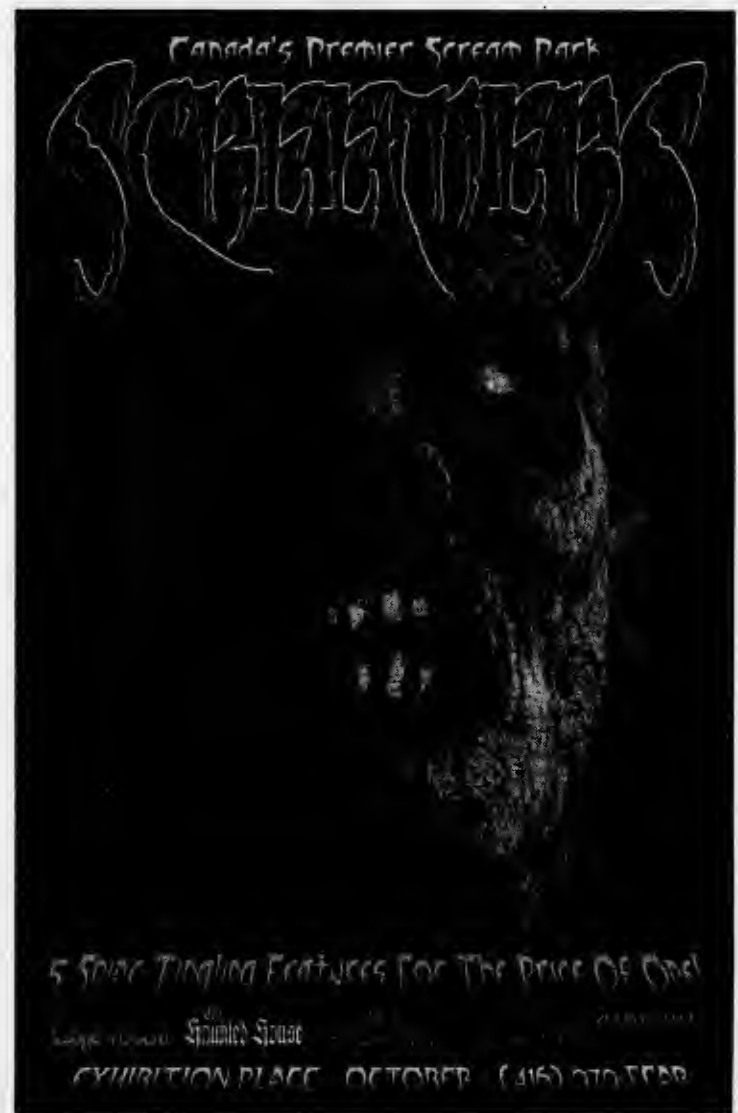
It has grown into a festival that is now recognized by the writing and publishing community as one of the world's best opportunities for writers from all over the world to showcase their work.

"This has grown into a huge, glamorous event, where the best of Canada and the world read to many full houses and where the parties are wonderful too," said Antanas Sileika of the Humber School for Writers.

For tickets call (416) 973-4000.



Acclaimed author A.S. Byatt will read at the 24th annual International Festival of Authors next week.



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Humber
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Humber strikes a pose

Reporter Steffani Mowat catches students on campus expressing their own style. Situated in a multicultural city, Humber's student body reflects a diverse combination.

WHO: Anthony Parente, AKA Anthony C. Fantastic, a 21-year-old Media Foundation student.

WHERE: Anthony was spotted having a cigarette outside of the L Building.

WHAT:

JACKET: This black leather jacket was purchased at "Value Village for \$7."

SWEATER: Anthony purchased this grey sweater "at Wal Mart for around twenty bucks."

JEANS: "Actually, I think I stole these from a friend."

SHOES: "I talked the guy down to two pairs of leather shoes for \$110. I love them, they make me feel like a ninja."

His favorite things to look for are "comfort, and fit. I like silver accessories and the colours black white and grey...and I like pants that show off my unit."

PERSONALITY: It is pretty clear that Anthony enjoys simple styles yet he has a creative way to make them his own. "This jacket was missing a zipper, and the safety pin I had on it fell off today, but I found a replacement on the ground outside...this earring. "Whoever lost it can retrieve it from me," he said.

ONE FINAL QUOTE: "Have fun 'cause it's fun."

WHO: Jon Langford, a 20-year-old Radio Broadcasting student.

WHERE: Jon was spotted in the cafeteria trying to decide which pizza toppings to order. Sometimes there's just too many options to choose from.

WHAT:

SHIRT: "Actually, I'm borrowing this from a friend 'cause I was cold."

NECKLACE: "I got this at Campus Crew for only 10 bucks."

JERSEY: "This is from...um...River City for \$110."

PANTS: "These are from a flea market, they were like \$18."

SHOES: "Ha ha ha, I actually found these at a concert, and I was amazed that they fit me."

I also found a Simple Plan T-shirt at the same concert, and it was worth maybe \$40."

PERSONALITY: Jon is the kind of guy who is a real sweetheart and will do anything for a laugh.

"My style is normally like a jock, but with this sweater today, I guess it's jock meets nerd...It is a girl's sweater after all, and its really tight...and I think I ripped it, woops."

ONE FINAL QUOTE: "I like free stuff."

WHO: Lyndsey Hodgson, a first year Media Foundation student.

WHERE: Lyndsey was spotted on the first floor of the L building.

WHAT:

SHIRT: "I get all my shirts at concerts and thrift stores on Queen Street. I got this one at a Mars Volta concert for 20 bucks."

SKIRT: "I got it at Ola for \$40."

SOCKS: "Actually they are leg warmers and I found them in my mom's closet."

SHOES: "I think I got them at West 49, they were \$69."

SWEATER: "This I got at Value Village for \$3.99."

PURSE: "This was a gift from a friend who brought it back for me from Chicago."

PERSONALITY: Lyndsey had trouble describing her personal style. "I really don't know how to define it. I'm nothing and yet everything. I used to change my hair colour and style all the time, they told me I'd never be blonde again," she said laughing.

Her five tattoos include the word "romantic" on the back of her arm, and two stars on either arm. For the location of the other two, you have to ask her yourself.

ONE FINAL QUOTE: "I got all five tattoos done at the same place."

Toronto smoking ban plans affect Humber

By Angela Homister

Students won't have to butt out in Caps if the smoking ban for Toronto bars is passed.

According to Caps Operations Manager Kenny Dimech, the ban does not apply to the pub because its smoking area is considered outdoors. However, he said that could change.

Last year Caps spent at least \$700,000 on a total renovation of the pub and the smoking area alone cost close to \$150,000.

According to Dimech, customer loss would not be a huge issue if the ban did apply to Caps, although he admitted the ban would affect sales since roughly 50 per cent of the pub's clientele are smokers.

"You would see a decline and you would see them come back once they sort of got used to it," Dimech said.

Dimech added that experts have done surveys to see if smoking bans decrease clientele, and it was found they did not. The only people that know for sure are the owners.

"They do these great big surveys [and] you know how well those things are easy to stack. You can make it look like anything you want it to look like, based on num-

bers," Dimech said. "Boo to them."

Toronto city council is due to make a decision on the smoking ban after a new council is elected. This means that a decision on the matter could be reached as early as January.

The plan is to 'phase out' designated smoking rooms so that Toronto is completely smoke-free.

This new plan has come quickly since the last decision in 1999, which allowed smoking in bars and restaurants provided that they were equipped with separately ventilated smoking areas.

Many owners shelled out anywhere from \$20,000 - \$250,000 in order to keep their smoking clientele coming in.

Not all people think that the decision has come quickly. Some think that

businesses need to accept the change gracefully.

"Owning a business means having to change with the times," second year business administration student Ian Boychuk said. "If the council decides to totally ban smoking, then the businesses will have to go along with it. Yet personally I think it sucks. They spent so much money not too long ago and they won't be able to recover as quickly."

"They spent so much money not too long ago and they won't be able to recover as quickly."



Humber student Mark Paiva puffs while he can at Caps.

Caffeine, cola kickstart day

By Angela Homister

Humber students flow through Java Jazz daily for a caffeine fix without thinking about calories and weight gain in that cup of coffee or pop.

According to Humber College Fitness and Health Promotion professor Mark Casselman, people should count calories from sugar and cream in their coffee and drinks.

One teaspoon of sugar has about 20 calories, and a tablespoon of cream has 130,

can of pop, 150.

"Swap your daily can of regular pop for water or diet soda, and in one year, you'd eliminate the energy equivalent of 15 pounds of body fat from your diet," Casselman said.

He added that coffee and soda do fit into a balanced diet when intake is moderate, but problems can arise with excessive consumption of these types of beverages. Caffeine may be habit-forming, causing headaches and fatigue if removed from the diet.

Many students agree that they usually need a caffeine boost to keep them going through the day.

"I have to have Coke. I'm tired if I don't have it,"

effects that large amounts of pop and coffee can have on the body.

"Try switching to decaffeinated coffee after you've had a cup of joe to kick-start your day. Drink diet pop instead of regular soda to avoid the empty calories from the sugar," Casselman said.

He also warns that students who find themselves relying on coffee to wake up in the morning and stay alert throughout the day may need to take a close look at their sleeping habits and diet.

"Creating a society of educated consumers will be more beneficial in the long run. He added

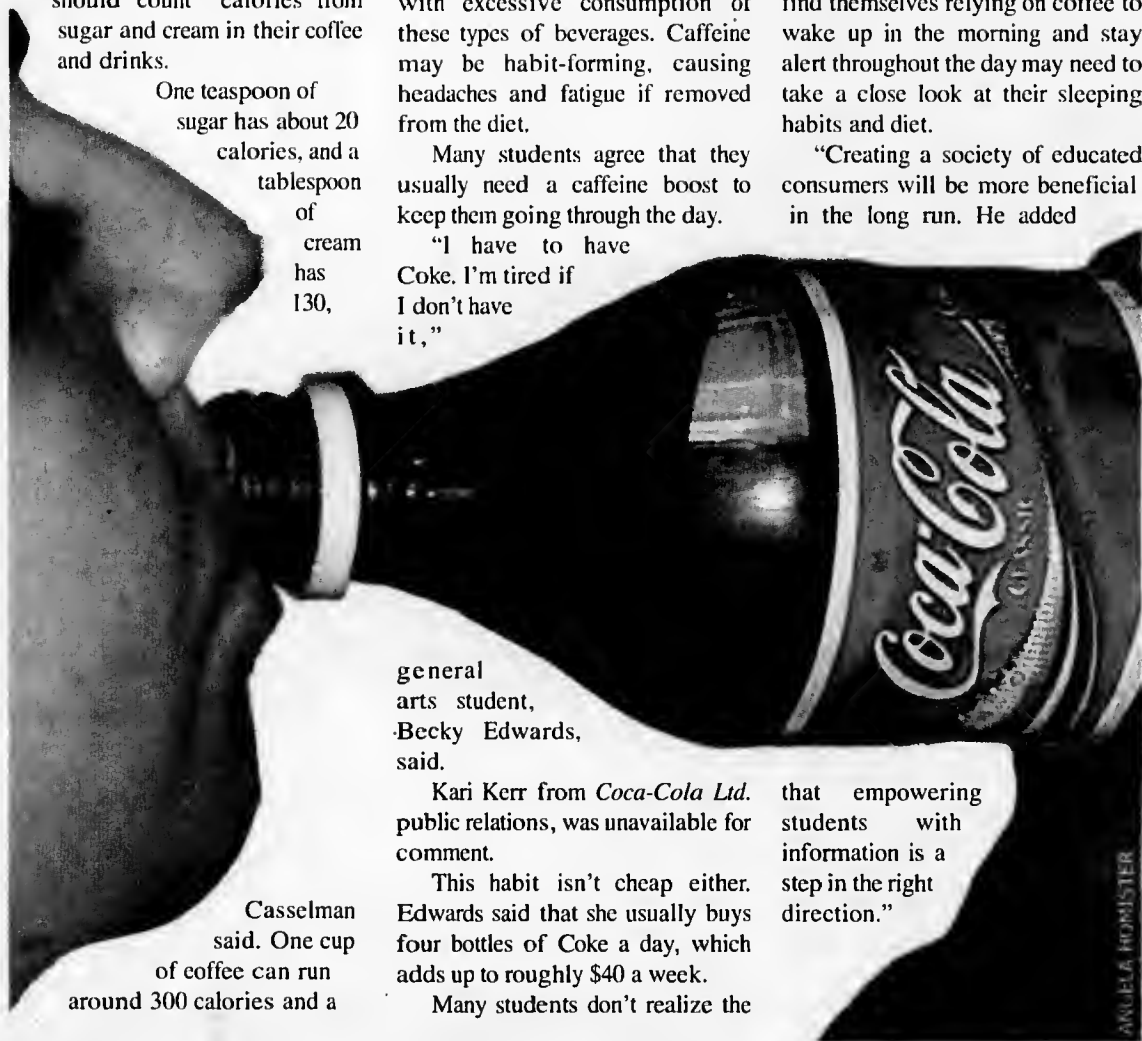
general arts student, Becky Edwards, said.

Kari Kerr from Coca-Cola Ltd. public relations, was unavailable for comment.

This habit isn't cheap either. Edwards said that she usually buys four bottles of Coke a day, which adds up to roughly \$40 a week.

Many students don't realize the

that empowering students with information is a step in the right direction."



Casselman said. One cup of coffee can run around 300 calories and a

Depression common

It's tough to be blue

By Kristen Brownell

Nearly half a million people in Ontario were diagnosed with Major Depressive Disorder in 2002, according to Statistics Canada.

"[Depression can] really get in the way of a student's academic performance," said Bohdan Turok, a Humber student services counsellor.

"Every Humber College counsellor deals with someone almost daily who suffers from depression, some medicated and some not," Turok said.

A depressive disorder is not the same as a blue mood, said Dr. Robert Cooke from the Centre for Addiction and Mental Health. "It's at least two weeks of an abnormal mood."

Some symptoms are fatigue, disturbed sleep, restlessness, irritability and a decreased sex drive, he said.

Depression can be inherited through family genetics or it can be an accumulation of stress causing a chemical imbalance in the brain.

Andrea Bohle, a 20-year-old stay at home mom, suffers from Bipolar Disorder. She has suffered for many years, but wasn't officially diagnosed until three years ago.

"I'm sad, and cry all the time. I snap at people for no reason, and

I feel very anxious," Bohle said. "There is always a grey cloud hanging over top of me."

Bohle is being treated with Zoloft, an anti-depressant medication.

"It's not a cure, but it helps me function normally on a daily basis," she said.

Another form of treatment for Major Depressive Disorder is Electro Convulsive Therapy (ECT), which involves a low voltage of electric current delivered to a patient while under a general anesthetic.

"ECT is one of the most effective treatments for depression," Cooke said. He added that it is most helpful to severely depressed, delusional, or suicidal people, though most patients who receive ECT are already hospitalized.

However, this treatment is not without its problems, Cooke said.

"There may be a slight impairment in memory, and the treatment may only last [for] weeks to months."

Severely depressed patients may need ongoing therapy to maintain the treatment, which is voluntary, and patients can refuse it.

For more information on Major Depressive Disorder, students can contact a counsellor at student services, North campus (5090), or Lakeshore (3331).

Eat your brekkie, kiddies

By Kristen Brownell

Mom was right, and doctors agree: breakfast is the most important meal of the day.

Not only is breakfast your fuel for your jam-packed day, but it can also help maintain weight and keep it off.

"Without eating breakfast upon [waking up], the body's metabolism remains in a fasting mode and therefore does not burn as many calories as it would otherwise," Humber health centre's Irene Bond said.

Those who decide to miss the morning meal might fall into the habit of unhealthy snacking more often throughout the day, Laura Randamma, a public dietitian from

Health Connection, said.

"People who skip breakfast will tend to overeat, or become hungry, so they will choose more convenient and less nutritional foods. If they eat breakfast they will be satisfied and won't overeat at the next meal," Radamma said.

'No time', or 'I forgot' are popular excuses for skipping breakfast, but remembering to eat can actually help your memory.

"Students will have a better memory, and they will feel more energetic with an increased sense of well-being," Bond said.

Chris Bowen, a first-year radio broadcast student, believes that he can concentrate better when his stomach is not growling.

"If I don't eat breakfast, I am

hungry during the day and I'll often be in the situation where I can't eat, and all I'll concentrate on is my hunger," Bowen said.

"I'm abit hefty around the gut area," he added, explaining that he would have made more of an effort to eat breakfast if he knew it encouraged weight loss.

Randamma recommends eating a balanced meal complete with at least three out of the four food groups.

"Don't limit yourself to one item. Cereal with low fat milk, and a piece of fruit would be a healthy choice."

A Carnation Good Start Breakfast with milk can be a healthy supplement. "But," she said, "they don't help people to

choose a well rounded meal."

Energy bars have also peaked in popularity, but they may not contain many vital nutrients or fibre, essential to the digestive

system.

For those always on the run, quick healthy options include cold and hot cereal, fresh fruit and yogurt.



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The inexpensive Toronto experience

Money no barrier when it comes to getting out in the megacity

By Kelly Peckitt

Many students new to Toronto worry that they cannot afford to experience all the wonderful activities the city has to offer.

David Soto-Ossio, originally from Mexico and a first-year business administration student at Guelph-Humber, said he sometimes thinks he is missing out.

"I would love to do more things in Toronto. I want to tell people back home about the famous places here but I don't know enough about them and I don't think I have enough money," he said.

What he should know is that a day at Centre Island, Friday nights at the ROM or a taping at MuchMusic can all be affordable ways to see the sites of Toronto, without going broke.

Ellen Flowers, media manager at Tourism Toronto, agrees.

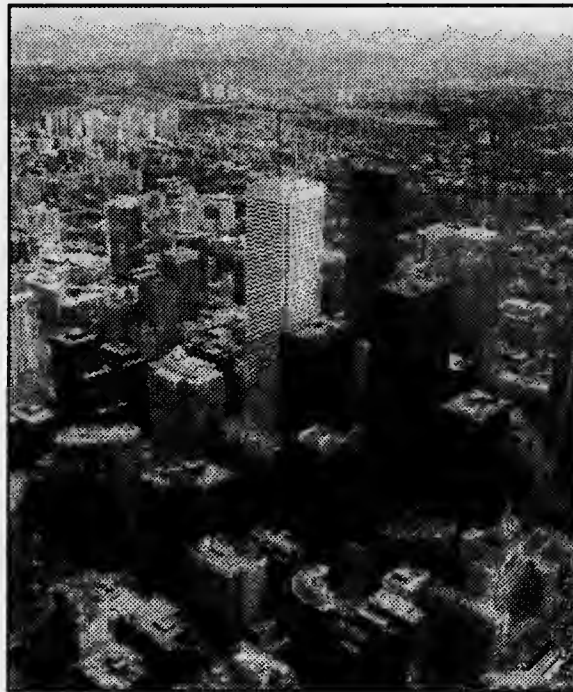
"There is so much to do here, and there are such a variety of things to do, way more than you'd find in a smaller urban centre," she said.

If you're still uncertain, here are a few things the city offers at a good price.

Cityline and MuchMusic

Located in the CHUM City building on Queen Street west, both record live shows with free admission, with very different content. Cityline, a talk show hosted by Marilyn Dennis, has themed days such as Fashion Fridays.

There are not a lot of cities you can visit and bump into a concert taking place right on the sidewalk, but you can expect that at MuchMusic. You can make reservations to attend a Much-On-Demand taping. For reservations to Cityline call 416-591-7400, for MuchMusic call 416-870-6824.



View the city from the CN Tower for only \$18.99.

Kensington Market

This lively street market full of vendors and packed sidewalks is an interesting place to walk around and take in some culture or find a deal. Local vendors sell exotic fruits and vegetables, fish, jewellery, vintage clothing and more, all out in the open. A wide array of restaurants provides ethnic foods

like Peruvian, Cuban, Japanese, Indian and more.

Royal Ontario Museum

The ROM is very excited about their new Art Deco exhibit, but what's even more exciting is that you can see it for free.

If you can't make it on a Friday night though there is a \$12 admission. Considering the Art Deco exhibit boasts 250 pieces itself, the price is reasonable.

The Art Gallery of Ontario

The AGO is now featuring Degas Sculptures from the 19th century. As well they have many more special exhibits including the Ballet de Cour and Henry VIII for a \$9 admission.

With the exception of the special exhibits you can go to the AGO for a small donation.

Toronto Symphony Orchestra

The TSO is an example of classical music at its best and cheapest. A special program called Tsoundcheck offers concert tickets to anyone between the ages of 15-29 at a sound price of \$10. All you

have to do is register at their site www.tsoundcheck.com and you're in.

Casa Loma

A castle fit for royalty right in Toronto. The castle is magnificently decorated, with secret passages, an 800 foot tunnel and towers. The admission is \$12, but their website offers a coupon.

Hockey Hall of Fame

Definitely a place for the ultimate sports fan, but interesting even if you're not.

Interactive games, such as the Be a Player Zone, offers practice shooting on a virtual reality image of the Maple Leaf's Ed Belfour. You can try blocking the shots of the virtual reality image of Canadian great Wayne Gretzky. You can have a chance to have your picture taken with the Stanley Cup, try announcing the play-by-plays of a game or see an interactive Montreal Canadiens dressing room. Admission is \$12.

Ontario Science Centre

This is a great place because it pulls out the inner geek in you in a fun way. You can join themed adventures to learn about the human body, space and earth. There are 800 exhibits on hand. Admission is \$14.

Prowl the streets for style and a deal

By Jeremy Hill

Whether or not you need a new pair of pants as a result of over indulging on turkey, if you like to shop, you're in the right city to do it.

Toronto is the fashion capital of Canada, where you can find some of the trendiest pieces without going broke. You just have to keep your eyes open to snag those hot finds.

Sure the city has well known boutiques like Gucci, Louis Vuitton and Prada, but when you're in college you need to find good bargains. Bargains can still be stylish and trendy.

Jennifer Gilbert designs for Le Chateau in addition to doing private custom work. When it comes to good bargains and hot buys, "You just have to be in the right place at the right time," she said.

"I'm not an instant or impulsive shopper," said second-year computer networking student Robin Jun. "I will browse around the mall and come back to something if I can't stop thinking about it."

However, Gilbert notes you may have to act instantly if you want certain articles of clothing in your closet.

Jun added that he typically will spend around \$40 on a pair of jeans and about the same on sweaters.

"I really only allow myself to go shopping for clothes a few times a year," he said.

Gilbert listed a few other stores good for students on a budget. "Winners and Value Village are good because they always have low prices, but outlets usually have good deals on as well," she said.

She suggested waiting until the end of the season to do any major shopping. "You get items people paid full price for and it feels great to get 75% off something."

Finding the perfect item may just mean looking a little harder, but finding the trendy item means keeping up with change.

"You are going to see a lot of different things in fashion in the coming year," Gilbert said. "Wide belts will stay around for a few more years. There is also going to be a big interest in active wear, both for female and males, which will influence young adults more than any other age.

As fast as new trends come in,

the old can vanish.

"I don't think you're going to see anymore [of] the teeny hopper icon look. That went out the door with Christina's blonde hair," she

said.

For saving money, almost every store has a clearance rack, including Gap, the Bay, and American Eagle Outfitters all have them.

"Check out vintage shops around town," Gilbert said. "The thing about vintage shops is that you have to look through a lot of garbage to find a prize."

Black Market
256A and 319 Queen St. W.
416-599-5858 and 416-591-7945
Black Market made its vintage punk rock debut over 20 years ago and is still going strong. There you will find that cater to the store's young clientele.

Hot Finds: New monogrammed tees featuring the likes of the Ramones and Michael Jackson (three for \$30), cords (\$30), and jeans (\$20-40).

Zara
50 Bloor St. West 416-916-2401;
220 Yonge St. 647-288-0333
Styles change by week at this international unisex chain with two stores in downtown Toronto. It caters to those who want Italian runway looks like Gucci, Prada, and Miu Miu at a fraction of the price. Stock moves fast, so shop according to the store's Tuesday and Friday delivery days.

Hot Finds: Wool knit pants (\$69), men's monogrammed tees (\$16) and dresses for under \$60.

Courage My Love
14 Kensington Ave.
416-979-1492
With new merchandise constantly arriving there is lots for those looking for bargains. This stuff is so hot you can find many of the items featured in Canadian fashion magazines.

Hot Finds: Retro glasses (\$4-20) and an abundance of buttons, sea shells, and wood (under \$1) for those who are crafty and want to self accessorize.

Honest Ed's
581 Bloor West
416-537-1574
Honest Ed's is a truly unique, one-of-a-kind bargain centre. It's a Toronto landmark and shopping experience for both tourists and city residents.
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Questions? Comments?
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Phony cash strikes Humber

continued from page 1

"We had a total from \$60 to \$80 since September," Henriques said. "We either catch them before they get deposited or, if they get deposited, the bank will let us know. Then again, we're finding the bills are more sophisticated. So, the challenge is still there to try and identify them before they slip through."

Student cafeteria worker Mary Ann Spatoola said that it's hard to tell at times.

"Usually we get one or two [counterfeit bills] a week, but not all the time," she said. "It can happen to the best of us. Even though we are trained, some of them are really good fake look-alikes."

"Sometimes they pick it up at Java Jazz, and they try to use it here. They use various ways of trying to use it. So they move around the campus with it," Spatoola said.

Food services staff have noticed one man going from outlet to outlet trying to use fake \$20 and \$10 bills.

An employee of the Ackee Tree said other employees have seen a man often coming around with what they suspect are counterfeit \$10 and \$20 bills.

"We were actually going to call security and

he's known to come around here. One of the other employees has noticed he has come here a few times asking for change," she said.

"We're actually going to invest in a detector no because we're taking a big loss," she added.

Toronto police detective, Colin Kay, said students should also be aware of the bills they are handling, whether they are pulling cash from bank machines or purchasing products at a convenience store.

"A lot of people unknowingly come across counterfeit money. It's common

that most of the people spending the cash are innocent victims. [But] it's a fairly serious charge. If you are arrested and charged with possession of counterfeit, you can spend up to five years in jail," Kay said.



Workers throughout Humber's facilities are keeping a careful eye when receiving bills that could be counterfeit.

"People that have a bill or two are usually the ones that are innocent. It's the people with several bills that are intentionally spending it," he said.

Both CAPS managers, Kenny Dimech and Gord Hagan, took training over the summer break with the Bank of Canada to expand their knowledge about counterfeit money.

They are planning to hold a meeting for CAPS staff and other

Humber College employees this semester.

Every Canadian dollar bill has key security features. Retailers can detect real currency from the fake by checking for raised ink, iridescent maple leaves and hidden numbers.

Other security features include a Coat of Arms, which shows up on the bill under an ultra violet light. Looking for the micro printing, fine-line patterns, colours and serial numbers are also ways to recognize the real money from counterfeit.

As well, Canada recently developed a system called the tactile feature, created for the vision-impaired community.

This feature helps vision-impaired users identify bank note denominations by feeling a series of raised dots separated by a smooth surface, located near the upper right corner on the note face.

Kay recommended if you suspect a bill is counterfeit, contact police immediately. Keep the bill and write down details of the location where you received it, the time of day and a description of the passer. Give the bill to the police only.

If it is genuine, it will be returned to you.

With files from David Ros



CAPS assistant manager Gord Hagan inspects bills, a regular routine since the recent increase in counterfeit bills.

Text messengers anonymous

By David Ros

Text messaging is a quick and convenient way to send messages to friends but according to reports out of Britain, it may also be addictive.

More than 55 people have currently checked themselves into rehab at Britain's upscale Priory Clinic for addiction to the service, most of them under the age of 16.

Child Alert, a program running out of the U.K., has published a report indicating that nine out of 10 children in the U.K. have cell-phones, making it easy for them to

fall victim to text addiction.

According to Dr. Mark Collins, head of the addiction unit at the Priory clinic, some patients have been sending text messages for more than seven hours a day, leaving very little time for any other activity.

Symptoms of text addiction include checking for new messages every few seconds, as well as the compulsive need to keep sending messages. Text addicts can also experience symptoms of withdrawal and loss of feeling of self worth if they do not constantly receive

messages.

Like any other addiction, text messaging addiction can put a huge strain on the pocketbooks of those affected.

"We give Emma, our daughter, £20 [\$44 CDN] pocket money, with extra for her school dinners. We learned recently that all this money is being spent on text messaging her friends," a man recently told the British parenting group, Child Alert.

"She hasn't had a meal in school for the past three months and, worst of all, considers no other activity or

hobby worthy of her pocket money."

Addiction to text messaging is just one of the modern technology addictions that has surfaced in recent years, joining addictions to Internet chat rooms or online video games.

Adolescent youths seem to be the most susceptible to such addictions and the solution to the problem may be for parents to monitor their children's activities and allow them to use such technology in moderation, before they get completely hooked.

Pass On Buy

By Brian E. Wilkinson

The Matrix Reloaded DVD

Released this past Tuesday, fans of the original smash hit can pick up the stunning sequel for about \$26 at most stores. While arguably not as good as the original (nowhere near some say), the flick is still sure to please and serve as a refresher for those awaiting the third film, *The Matrix Revolutions*, due to hit theatres Nov. 5.

Stephen King's "The Dark Tower" book series

This oft-overlooked yet must-read series will soon have a fifth book added, *The Wolves of the Calla*, in early November. King has taken more than 30 years to tell the tale of Roland, the last Gunslinger, and for fans of a healthy blend of science-fiction, fantasy and downright brilliant storytelling, the time is now to pick up the first four books including *The Gunslinger* and *The Drawing of the Three*. As an added bonus, books six and seven, the final chapters of the series, will be released within the next year and are rumoured to be the last projects the writer will ever take on.

Pass On Buy

Nokia N-Gage

Despite the N-Gage's impressive line-up of features, including working as a wireless gaming system, cell phone, calculator, blender, and nail polish remover, there is no way that the average consumer can justify the more than \$400 that stores are asking for this system. Combine that with a poor launch and a bevy of home console and handheld systems under \$200, it seems safe to say that the N-Gage has stalled.

Movie Theatre Ticket Prices

With most theatres assuming the public is rich, ticket prices for new movies in Toronto can be more than \$13. Smart shoppers know to hit theatres like the Bloor Street Cinema, which offers independent flicks and movies yet to hit home theatres for \$4, while other theatres like Rainbow Cinemas offer tickets in the \$7 range. If you must go to a pricey theatre, make it worth your while and only see movies that need the big sights and sounds, like *Lord of the Rings* or *Star Wars*.

Major League Baseball hits a homer for fans on the web

By Jason Pushee

'Tis the season of the Major League Baseball fan.

The official site of Major League Baseball, *MLB.com*, offers an information hub to keep fans of the good ol' game updated on what are becoming some of the best playoff matches in years.

MLB.com is a great asset for those who work during the day or evening and is

especially perfect for keeping tabs on afternoon match-ups. Anyone can get instant updates on game scores, events and pictures.

Both the die hard baseball fan, looking for the nitty-gritty details of the sport and the casual fan, checking out the latest fall of the fat guy (whether it be Tommy Lasorda taking a tumble in the all-star game last year or Don Zimmer recently hip tossed to the faster than you can say dirt), the *MLB.com* website delivers the goods faster than you can say Shigetoshi Hasegawa.

The official site of baseball easily surpasses all of the major North American sport websites, (*nfl.com*, *nba.com*, *nhl.com*) and is a leader in the way its multimedia connects with fans.

Throughout the post season, the site is offering fans the chance to connect with Live Gameday audio for \$9.95 or *MLB.TV* for \$14.95 for the rest of the post season for those who do not have television access at hand.

The service is also available for the entire season, which is great for out-of-town games or matches not available on regular cable.

The site also provides an archive of history including classic photos and a never-ending list of stats perfect for when you wake up in a cold sweat from the reoccurring dream where you forget whether Carl Yastrzemski had 189 hits in '66 or '67.

MLB.com also features regular contests that happen throughout the year, allowing fans a chance to get their hands on some memorabilia.

Links are available on the site for the other major sports and their news, standings, and ticket buying information.

After the post season the website also keeps readers up to date on off-season happenings and off-season leagues for those who just cannot get enough of the great game of summer.

web Wanderings

E-mail scams run rampant

By Julie De Carlo

All it takes is a click of a mouse and you could be out thousands of dollars.

According to *quatloos.com* and *greaterthings.com*, The Nigerian 4-1-9 e-mail scam is the third to fifth largest industry in all of Nigeria.

"This scam is so huge, it really is almost mind boggling," said Ben Jaspersen, 33, a computer technician and program designer. "With the money that it generates every year, it's not surprising this scam has been going on as long as it has."

This particular scam ring, now one of the most famous scams of all time, is believed to stem largely from the money dealings of the late General Sani Abacha, former head of Nigeria.

Before his death in June of 1998, Abacha allegedly stole \$3 billion from Nigeria, which the country has yet to get back.

Since then, this scandal has paved the way for an explosion of scams where con artists send out fraudulent letters and e-mails, claiming to be relatives of the late General Abacha and that they have a portion of the stolen money which they need help in transferring to a foreign account.

Should the intended victim agree to help the sender transfer the money into their offshore account, the sender promises them a certain percentage, usually 15 to 35 per cent of the money being transferred. The promised money is never seen.

"Basically, if the person agrees to help out the Nigerian crook, they're expected to cover the costs to have this money 'transferred'

into their overseas account. So, as long as you buy into it, you'll be doling out thousands of dollars to a complete stranger to 'transfer' money which doesn't exist," Jaspersen said.

And "thousands of dollars" is often just the tip of the iceberg.

Crimes-of-persuasion.com talks of people who have been tricked into "investing" as much as \$2.1 million into this scam, all with the belief that they would be getting double or even triple the principle amount back.

Although this scam is getting a lot of publicity and more people are aware of it, the number of scam e-mails being sent out to Internet users every day isn't decreasing.

Humber College Humanities professor, John Steckley, spoke of his own personal irritation at the never ending amount of Nigerian Scam emails he's received in the last year alone.

"I get these e-mails probably three or four times a week, sometimes every other day," Steckley said. "I've gotten them from judges and ministers from India and Britain too. All sorts of people."

Steckley said it's gotten so bad that he even tells his students not to put the word "Nigeria" in the subject of their e-mails when e-mailing him assignments.

"After getting these scam e-mails for over a year now, I tell my students that if I even see 'Nigeria' in the title, I won't even look at it. I'll just hit delete," Steckley said.

Above all else, the number one warning these sites give about these fraudulent e-mails is not to respond, and Jaspersen agrees.

"If you see it in your inbox, don't even open it. Just get rid of it immediately," he said.

Hundreds of films at the click of a mouse

The big screen hits the net

By Christina Arico

Movie lovers can now access over 700 movies via the Internet.

CinemaNow.com is the leading video-on-demand distributor in the world, where people can download both new and old films, starting at \$1.99 per film.

"There are currently about 25,000 *CinemaNow* customers per month, which is a combination of subscribers and pay-per-view transactions. We offer all types of

movies including documentaries and foreign films," Michelle Cox, *CinemaNow* public relations representative said.

CinemaNow.com offers titles from Miramax Films, Touchstone Pictures, Hollywood Pictures and Dimension Films.

Buena Vista Pay Television is the latest company to jump on board and has agreed to offer new and classic films from the Walt Disney Company.

Launch titles for the site have

yet to be announced but will likely include current home release hits.

Some of Disney's first run titles to be featured on *CinemaNow* include *Shanghai Knights* starring Jackie Chan and *Chicago* starring Renee Zellweger, Catherine Zeta-Jones and Richard Gere.

"We offer a great selection of subscription services from \$9.95 US a month to \$99.95 US a year for unlimited access to premium movies," Cox said.

To better help administer its

business, *CinemaNow* has engineered PatchBay, a proprietary content management system which will work to run the *CinemaNow* website.

"*CinemaNow* is still in its early stages," Cox said.

"Over the long-term, though, there is certainly room for both the traditional rental market and the Internet video-on-demand market to thrive similarly to how the rental and cable video-on-demand markets co-exist today," he said.

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Humber
Et Cetera

Student price cards help make living cheaper

Get the card to start saving today

By Julie De Carlo & Christina Arico

For students, going to a movie or paying for a haircut can be hard on their wallets and Student Price Cards can help a lot when it comes to saving a little.

Student Price Cards (SPCs), are available to all students (from elementary to post-secondary) and offers discounts of 10 to 25 per cent on various items sold by participating retailers.

The cards can be bought from Shopper's Drug Mart, Grand & Toy and Music World (to name a few) for \$7.50 plus taxes and are valid for one year from the time of purchase.

SPCs can be used at over 14,000 sites around the country including more than 1,200 regional participating merchants including Sunrise Records, Da Vinci hair salon, Shoppers Drug Mart, Aldo, thrift stores and Rainbow Cinemas.

Stefanie Farrell, a Humber College student, said she uses her SPC card whenever she can.

"I might only get 10 per cent off what I'm buying, but in the long run, you do save money," Farrell said.

"With my SPC, I've been able to buy things I normally wouldn't have been able to afford without it. Even stuff that's on sale, because I still get an additional five per cent off the sale price," Farrell said.

Rainbow Cinemas also does its best to help out students by offering a regular evening showing of the newest films for a ticket price of \$6.75.

"The majority of customers we get are students. On regular \$6.75 movie nights students can save at least five dollars with us," said Rainbow employee, Cyanne Seukeran.

Though deals exist for those that look for them, not all students agree that having the card is worthwhile.

First year Sheridan College student, Mark Tome, used his card only once back when he was in grade 9.

"I used it at a Kentucky Fried Chicken. I think it only got me, like, an up-sized Pepsi.

In essence, I paid seven bucks, plus tax, just to upsize my tasty beverage," Tome said.

"It was a finger licking rip-off."

When asked why he never tried to use his SPC on anything else, Tome said it was because there just wasn't anything else being offered that interested him.

To find out more about the SPC card and available offers and deals, head to www.spclive.com.

The site offers registered users coupons, games, contests, affiliated store listings and a virtual points system designed to reward SPC users with free gear.



Humber students flash their SPC cards with style thanks to savings they've received on things like soft drinks, hair cuts, fast food, cds and movie tickets at nearby participating retailers.

New study shows daily papers have community competition

By Robyn Wilkinson

A new study shows that more than 70 per cent of English speaking Canadians over the age of 18 read community newspapers, like the Humber Et Cetera or the Etobicoke Guardian.

For the past three years, the Canadian Community Newspaper Database (ComBase) researchers

have been analyzing which newspapers Canadians are reading most, how often they're read and who the readers are.

The study showed community newspapers are, on average, the most read newspapers by Canadians.

ComBase President Elena Dunn said in a recent press release that "for years the community newspaper industry has known Canadians read their community paper.

"Now we have the hard data to prove it."

Dunn added that community newspapers are widely distributed and appear to have a loyal reader base.

"People have a different relationship with their community newspapers. They want to know what's happening in their own area," Dunn said.

The study found that 69 per cent of Canadians have read the last issue of their community newspaper compared to only 47 per cent who read the major daily.

Ontario readers represent the best balance in the country between dailies and communities, with 65 per cent following their community papers and 66 per cent having read the latest daily.

In each province surveyed, results found that at least 20 per cent of readers were exclusive readers of community newspapers.

Toronto Hydro gives Humber IT programs an extra boost

By Marjorie Lamperein

Thanks to a new deal with Toronto Hydro, Humber's IT programs are getting more than their money's worth.

Humber College has purchased a Gig-E link from Toronto Hydro that will provide a link between the North and Lakeshore campuses, as well as a 20 MB/second Internet service that could be running as early as November.

As a result, Toronto Hydro has sweetened the deal by providing equipment that Humber College and its students will find useful for their studies.

"We may not have been using the equipment and we thought Humber College might benefit from it," said Catherine Parry, Toronto Hydro's director of marketing.

Toronto Hydro has donated digital loop carrier equipment, otherwise known as switches, to the IT programs.

This equipment is used to convert Analog Voice to Digital formats in the delivery of telephone services.

Also donated were a number of d.c. rectifiers, which are a requirement for telecommunications equipment.

This equipment will be used in the wireless labs.

Several programs, including computer engineering and communications systems technology, will be taking advantage of this

equipment, valued at roughly \$50,000.

Carl Hassanali, communications system program co-ordinator at Humber, said the program has received contributions from other companies in the past, such as Comdev and Sinclair.

Hassanali sees this as a great help because the donated equipment is expensive and the college may not have had money in its budget for such a purchase.

"These can be used by students to prepare them better for the job market," Hassanali said.



Wireless communications teacher Kris Pillay shows his students the new tech from Toronto Hydro.



Golf teams win nationals

Canadian champs

Coaches, players in tears after men capture third straight title

By Andrew Hopkins

For the third straight year, the Humber Hawks men's golf team has won the CCAA championship.

Tied for the lead going into the final round at Hawk Ridge in Orillia, the Hawks narrowly beat Champlain St. Lawrence from Quebec.

It was up to Brad Kerfoot and Ryan McInerney in the final group to decide the tournament's outcome, which went down to the wire.

"My short game really came through for me, especially on the final holes with everything on the line," Kerfoot said.

Lee French, Ryan Lamb, Jason McGrath and Steve Smith also carried the team to its third straight title.

"The leadership for this team came from different players on different days," said coach Ray



Pictured from l-r: Brad Kerfoot, Jason McGrath, Ryan Lamb, Steve Smith, Ryan McInerney, Lee French, Leslie Painter, Doug Fox (coach), Hillary Salvian, Courtney Lawson, Jamie Trowbridge, Ray Chateau (coach).

Chateau. "The players ground out this nationals."

The first round of the tournament was a successful one for the Hawks, as McInerney had the lead in the individual competition with a 70, and the team had a two stroke lead over Durham College.

On the second day of play, Kevin Fortin-Simard from Champlain St. Lawrence, shot a course record 64, to put his team tied for the lead with Humber.

"It was hard playing with him,"

McInerney said. "You see him put it within a few feet from the cup and you feel you have to do the same thing."

The individual competition was won by Fortin-Simard, with Kerfoot taking silver and McInerney tied for the bronze.

"Comparing teams is difficult," said Chateau, who, along with some of the players, was in tears after the Hawks won. "I have never been prouder of a group of players than this year's team."

Strong final round propels women's team to CCAA crown

By Andrew Hopkins

Led by veteran Jamie Trowbridge, the Humber Hawks women's golf team won the CCAA championship at Hawk Ridge Golf Course in Orillia, last week.

Coach Ray Chateau said Trowbridge's final round 73 was "the best round I have witnessed to lead a team to a national championship."

Trowbridge tied for Bronze in the individual competition.

"They worked so hard over three days. I'm speechless."

Down by two strokes to John Abbott College going into the final round, the team of Courtney Lawson, Leslie Painter, Hillary Salvian and Trowbridge battled hard down the stretch to overcome the deficit.

"I never really found myself in that much trouble," Trowbridge said. "It's amazing how it ended up for us."

The team had scores from all four players during the three-round tournament. Painter was the low player during the first and second round, with Trowbridge anchoring the win in the final round.

Lawson, Painter and Salvian played like veterans in their first CCAA championship.

"I kept my composure for most of the round," Salvian said. "So I was able to bounce back after mistakes and stay calm on the last few holes."

As results trickled in, there were a few tense moments for coach Doug Fox, who was elated with the end result.

"They worked so hard over three days," he said. "I'm speechless."

Gross Misconduct

By Cory Smith



Quick thoughts: ... I never thought I'd say this, but Let's Go Yankees. Pedro Martinez and Manny Ramirez are two good reasons to hope for another 85 years of Boston Red Sox post-season futility. Long live the curse of the Bambino.

... Why did that pimply faced dweeb make such an effort to catch a ball that was still playable by Moises Alou? He had the money to sit front row but he must have sold his brain to get the ticket. The fan didn't cost the Cubs the game, but he certainly affected it.

... Toronto mayoral candidate John Nunziata was on the radio Wednesday and expressed his disgust that the Leafs may turn Maple Leaf Gardens into a Home Depot. Let's hope other mayoral candidates have the same vision for Canada's hockey shrine.

Slapshots: ... How in the world does Marian Gaborik think he's worth \$6 million per year? If he thinks he's worth more than J.S. Giguere and Marty Turco, who signed lesser deals this summer, than he also believes the Wild are actually Stanley Cup contenders.

... Tomas Kaberle plays so soft he would make Gandhi look like Scott Stevens in June.

... The Leafs aren't as bad as opening night's showing, and Montreal isn't as good. The Habs won't make the playoffs this year. Bet on it.

... The Leafs need an owner like Eugene Melnyk or Mark Cuban--wealthy billionaires who just want to win championships, not make a teachers' pension fund happy.

Overtime: ... You have to give great respect to the family of Dan Snyder, who forgave Dany Heatley at Snyder's funeral last week. It takes tremendous guts and character to do such a thing when many would harbour a grudge forever.

... This year's MLB playoffs have been the most exciting in years. They've been so intense that viewers reading some players' lips might think they're watching the Osbournes.

... With all the talk surrounding the supposed EA Sports jinx, how long until Vince Carter goes down?

Three in a row for rugby team

Despite penalty woes, Hawks slip past Fleming, 17-15

By Kristine Hughes

It was a frustrating 17-15 win for Humber's men's rugby team against Sir Sanford Fleming last Wednesday, a win that coach Carey French told the team they didn't deserve.

Humber's injury plagued team lost at least 200 yards against Fleming due to penalties.

Coaches asked referee Phillip Sutherland to speak to them about their penalty issues, and how they can correct them.

"If penalties were points, we would be champions hands down," French quipped.

Sutherland said the team mainly needs to work on its tackling.

French also said the team needs to work on discipline problems such as trash talking and arguing amongst themselves about what they're going to do and how they're going to do it.

"Your mouths are your biggest

enemy," French said. "[Some of the guys fight] like they are a couple of old biddies at the fish market."

Humber started the first half slowly, allowing Fleming to score

"If penalties were points, we'd be champions hands down."

the first try of the game. Dan Penney quickly replied with his first try of the season. Daryl Vermuelen then scored Humber's second try, putting the Hawks in flight.

At half-time, the team knew they weren't playing up to their

capabilities.

It was a "horrible, horrible half of rugby," according to prop Warren Shum, who also said the team is tighter in practice.

As the game's intensity grew, French told the team that the moment they start enjoying being on the field is the moment they'll start playing better.

With many star players injured, including Dave Jones and Dale Essue, who is averaging two tries per game, rookie Junior Vermuelen stepped up his game to carry the Hawks.

"The whole team owes Junior a vote of thanks," French said.

Vermuelen said he capitalized on Fleming's weak fullback by kicking the ball downfield and into the sun.

"We've got a lot of talent on the field. We just need to harness it," Vermuelen said.

The team's next home game is Oct. 22 against Fleming at 5 p.m.

Beats Mohawk 3-1 and Sheridan 1-0

Men's soccer team still undefeated

By Geoff Rohoman

The Humber College men's soccer team added two more wins to their undefeated season Thursday, beating the Mohawk Mountaineers 3-1 and the Sheridan Bruins, 1-0.

The Hawks overcame sloppy field conditions to open the scoring in the 10th minute.

Matt Paleschi scored on a volley shot from outside the 18 yard box and Kwame Osei added to the lead in the game's 20th minute, scoring on a low, hard shot. Alex Musso took a beautiful pass from Carlos Ramirez and scored a breakaway goal in the 30th minute to finish the Hawks scoring.

Mohawk broke Mike Silva's shutout late in the second half.

"I think we played pretty good today," Ramirez said. "Based on [wet] conditions, we were actually finishing."

Assistant Coach Steve Avery said the Hawks controlled the game.

"Everybody was pulling their own weight," Paleschi said. "We were marking beautifully."

Against Sheridan, the Hawks dominated the Bruins for the entire game, but all of their opportunities seemed to take a bad bounce due to the poor field conditions at Valley Field.

"We keep playing well," Head Coach Germain Sanchez said, "but the field is affecting us a lot."

The game started off with minimal chances for either team, but in the 12th minute, Kwame Osei was robbed by the

"We couldn't finish the way we wanted to. The game should have finished about four or five nothing."

Bruins goaltender on a breakaway.

After a back and forth first half, the Hawks came on strong in the second.

The 21st minute saw a flurry of action as Mehmed Mehmedoglu's cross just missed the head of Osei, and seconds later, a Matt Paleschi shot was also stopped.

A beautiful free kick by Medwin in the 31st minute found

Osei again, but the ball sailed just inches over the net.

Humber finally put one past the Bruins' goaltender in the 42nd minute, after a long throw-in by Ari Vergis found the boot of Mike Rodriguez, who fired the ball into the back of the net.

Hawks goalie Mike Silva was able to secure the shutout by making several key saves.

Humber was happy with the 1-0 victory, but the first place Hawks still feel they were robbed of some goals because of a poorly conditioned field.

"I think we had a really good game," Ramirez said. "Everybody played well. It's just that the field is bad."

"We couldn't finish the way we wanted to," Silva added. "The game should have finished about four or five-nothing."

Paul Lombardo, who had been sidelined for the entire season with an injury, was subbed on in the 25th minute and got his first taste of Humber Hawks action.

"It felt really good to be back," Lombardo said. "I was a little tired, but otherwise it was good."

The Hawks start the playoffs Sunday at 4 p.m. against either Centennial College or Royal Military College.

The game will be played at Le Parc, at the corner of Dufferin Street and Langstaff Road in Thornhill.

Women's soccer

Hawks win physical game

Team wins sixth straight since opening game loss; playoffs begin this weekend

By Phil Messina Jr.

The Humber Hawks women's soccer team won their sixth straight game last week, with a 1-0 victory over the Cambrian Golden Shield in Sudbury.

The Hawks dominated possession and controlled the game for most of the 90 minutes.

"I think we played extremely well and I don't think the score was

any indication on how well we played," coach Vince Pileggi said.

The Hawks opened up the scoring at the 12-minute mark when Sonia Furtado scored a brilliant goal with her left foot to beat the Cambrian goalie.

"Usually I don't take a chance of shooting with my left foot but I saw an opening in the net and capitalized," Furtado said.

The match was a physical affair and in the 71st minute, Hawks midfielder Lisa Pittens picked up the team's second yellow card of the season.

"The yellow card was unnecessary," Pittens said. "We both went up for a header and I turned around and bumped into her."

Humber played strong defensively as goalie Vanessa Galle picked up her fourth shutout of the season and third in her last four games.

"I think our defence is playing excellently," Galle said. "We're talking a lot and communicating really well in the back."

With the playoffs just around the corner, the Hawks have found their dominant form that has made them successful in past years.

The Hawks have outscored their opponents 11-3 this season and have allowed only one goal in their last four games.

"This team is ready for provincials both physically and mentally," Pileggi said. "I like the position we are in and hopefully we can carry that right to the Ontario championships."

The Hawks, however, cannot let their record stand for itself or take any game for granted.

"If we want to be successful in Ottawa at the provincials and go to nationals, we still need to communicate a lot more and be consistent," Pittens said.

Pileggi said his team is playing the best soccer of the season because the first year players are stepping up their game.

"The first year players are starting to realize what it takes to win in terms of physical ability and mental ability," Pileggi said.

The Hawks now prepare for their first playoff game, which will be played on Oct. 19.

Humber's opponent and field have yet to be determined.



Natalie Achim battles for the ball during the Hawks' 1-0 win over the Cambrian Golden Shield last week.

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Preparing for new season

Hockey team needs time for injuries to heal

By Eric Collins

After coming back from Michigan last weekend, many of the players and coaching staff didn't think they would have to play an exhibition game during the same week.

Instead of getting a chance to heal their wounds and get ready for the road trip this weekend, the team was forced to play an exhibition game on Friday afternoon against the Seneca Sting, and ended up losing 5-4.

For the first time, injuries forced the team to dress their equipment manager. Steve Wyshnicki was among the 14 players who suited up for the game.

Although players and coaches were visibly frustrated about playing the statistically meaningless game with so many injuries, the rivalry from last season's playoffs, when the Hawks eliminated the Sting in the first round, still exists.

The Sting scored early in the first period and then again with one minute to go, taking advantage of the lack of experience on the Hawks defence.

In the second period, the Hawks scored an early goal from Kenny Sousa. They then went on to score three unanswered goals, one by Terry Chikoski and two from Seth Gray.

The Sting battled back getting two late goals in the period and the

Hawks and Sting went into the dressing room tied after two periods.

In the third period, over 54 minutes in penalties handed out for both teams.

Sousa fell into Sting goalie Luke Oshell with only four minutes remaining. He was punched repeatedly by Sting defenceman Darren Stillhuck, and was given a controversial 10-minute misconduct and a two minute penalty for goaltender interference after having a heated discussion with the officials.

"I was pushed into the net by one of the defenceman," Sousa said. "I guess the referee doesn't like me and threw me out. The referee was biased I think, but these things happen."

With just over a minute to go in the third period, the Sting scored a short-handed goal which stood up as the game winner.

"Seneca and us have a great rivalry and it was a tough way to lose. We only really had eight forwards," Hawks Head Coach Joe Washkurak said. "You don't like losing but for our guys, I thought it was an outstanding effort."

The Hawks are on the road on Friday to face Genesee Community College in Rochester, NY. They are hoping for a big fan turnout on Saturday as they return home to play North Country Community College at 7:30 p.m.

"It's always good to have a good crowd," Sousa said. "Hopefully people come out to support us."



The men's volleyball team used an exhibition win against Tyndale College to help get ready for the regular season.

U.S. trip successful for women's v-ball

By Josh Grunberg

Playing this past weekend in Kalamazoo, Michigan, the Humber Hawks women's volleyball team overcame some bad luck and finished an impressive third out of 10 teams.

The Hawks ended the weekend with a record of four wins and two losses, playing against top-notch NCAA division II teams. It was the best result ever for the Hawks at this tournament.

The team encountered difficulty well before the tournament arrived in Kalamazoo. Upon arrival at the Canada-United States border for inspection, U.S. officials wouldn't allow Hawks all-star power Elizabeth Salas to cross over as her passport had expired just days earlier.

Salas was given no option other than to board a bus and head back to Toronto alone. The Hawks were then short two players for the weekend as they were already missing veteran Lesley Westervelt, who did not make the trip.

To add to all of that, the Hawks team bus left Humber at 5:30 a.m. Friday, and with the delay at the border and heavy traffic, the bus didn't arrive in Kalamazoo until just before 6 p.m., just minutes before the Hawks first game.

Missing Salas, one of their top offensive players, and Westervelt, one of their better defensive players, their impressive play showcased the depth of the team, and the ability of players to come off the bench and contribute.

"Heather MacKenzie played exceptionally well this weekend.

She really stepped up and played well for the team," Head Coach Chris Wilkins said. "Kirsty Goodearle really played well as well."

The Hawks had to settle for third place after losing to the eventual tournament winner, the host Kalamazoo Homets.

Wilkins and his team also had to adjust to many different rules that are not used in the Canada. Games went up to 30 points, instead of the usual 25. The officials were much more lenient with ball handling, and balls that hit off the ceiling were still in play, as opposed to being out of bounds.

"It takes a while to get used to. There were a few balls that dropped on the floor, you would see it hit the ceiling and automatically assume the ball is dead. It's different down there," Wilkins said.

Overall, Wilkins is happy with the third place showing and is satisfied with the progress that the team is making.

"I'm extremely pleased with the way we are playing. Every tournament, every game we seem to be getting better and better, and that's our goal. That every time we play, or every time we practice we've got to make sure we walk out of there knowing that we got a little bit better today."

The Hawks now have two weeks to prepare for their next tournament Oct. 24 and 25 at Sheridan College in Oakville.

Men's v-ball getting ready

Coach happy with progress

By Christina Bernardo

With preparation and focus, the men's volleyball team won 4-0 against Tyndale College last week in exhibition action.

"People are starting to develop their roles," Head Coach Wayne Wilkins said. "They're starting to move into them and accept them."

Throughout the match, the Hawks capitalized on Tyndale's mistakes. Despite a sluggish start, Humber displayed great hustle and won the first game 25-18. In the second game, Mike Smith, rookie Ian Brown and Richard Wittermund made great plays in a 27-25 Hawks win.

"I think if things work out the way they are right now, Mike Smith is probably gonna be the best seventh man in the league," Wilkins said. "He's gonna be the utility guy that I need to go to. I can put him in power, put him in right side, put him in middle and he gets the job done."

Rookie Brad Thompson also had a great game with strong setups to help the Hawks win the third and fourth games 25-11 and 25-22, respectively.

"I thought Brad played well, considering he'd been working half as hard and he's doing okay," Wilkins said. "His high balls are coming along, he's running the offence a little bit more - clever and crisp. He still has to learn where to set the ball and when."

These exhibition games are helping the Hawks build confidence.

"Their morale is up," Wilkins said. "I think we've been working hard on that."

The team has to regroup for this weekend's Durham tournament. Wilkins said they need to "continue to work on the defence and to continue to learn to read."



Despite a depleted line-up, goaltender Nick Grainger (seen here during action last season), played well during the Hawks exhibition game against the Seneca Sting.

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Hamilton hosts cycling's best

Race spectators lined course to support riders

By Olga Kirgidis

Athletes from Spain and Sweden biked their way into first place at the Road World Championship last week in Hamilton.

Igor Astarloa of Spain beat out 180 men racing from 35 countries for top honours at the cycling championship. The championship was the last race of the seven-day event which took place in and around the downtown Hamilton core from Oct. 6 - 12. The win came as an upset for fans expecting pre-race favourite Paolo Bettini of Italy to win. Canadian Michael Barry placed seventh.

John Olson, a transit worker from Lewiston, New York, was on the sidelines rooting for the Italians. He was glad that the race was being held so close to home.

"This is my only chance to see world class racers other than going to Europe," Olson said, who cycled for 13 years and has followed the sport ever since.

It was a close call for Sweden's Susanne Ljungskog who battled four other women for first place, edging out Mirjam Melchers of the

Netherlands. Kai Reus and Loes Markerink both of the Netherlands, took home first place in the men's and women's junior divisions respectively, while Sergey Lagutin of Uzbekistan brought home his country's first win in the men under 23 division.

An estimated 230,000 spectators lined the 12.4 km course during six days of racing. Roads were closed and bus routes changed due to the large crowds, but Hamilton police said they had things under control.

"I don't think we've had any major incidents that have caused us problems," Sgt. Wayne Bennett said. "There have been some minor things but everything has been going very smoothly."

He added that the event was well organized so controlling the crowds and traffic was a lot easier.

Hamilton won the honour of hosting the event in 1999 after bidding for it the year before. This is only the second time the race has been held in Canada. It has primarily stayed in Europe.

According to Norm Miller, the

communications manager for the organizing committee, the event has done what it was intended to do, by drawing people and attention to downtown Hamilton.

"I think we'd like to consider it a success," Miller said. "I think it has really energized the city and got a lot of people excited."

Sharon Hurren, a retired teacher from Burlington, agreed.

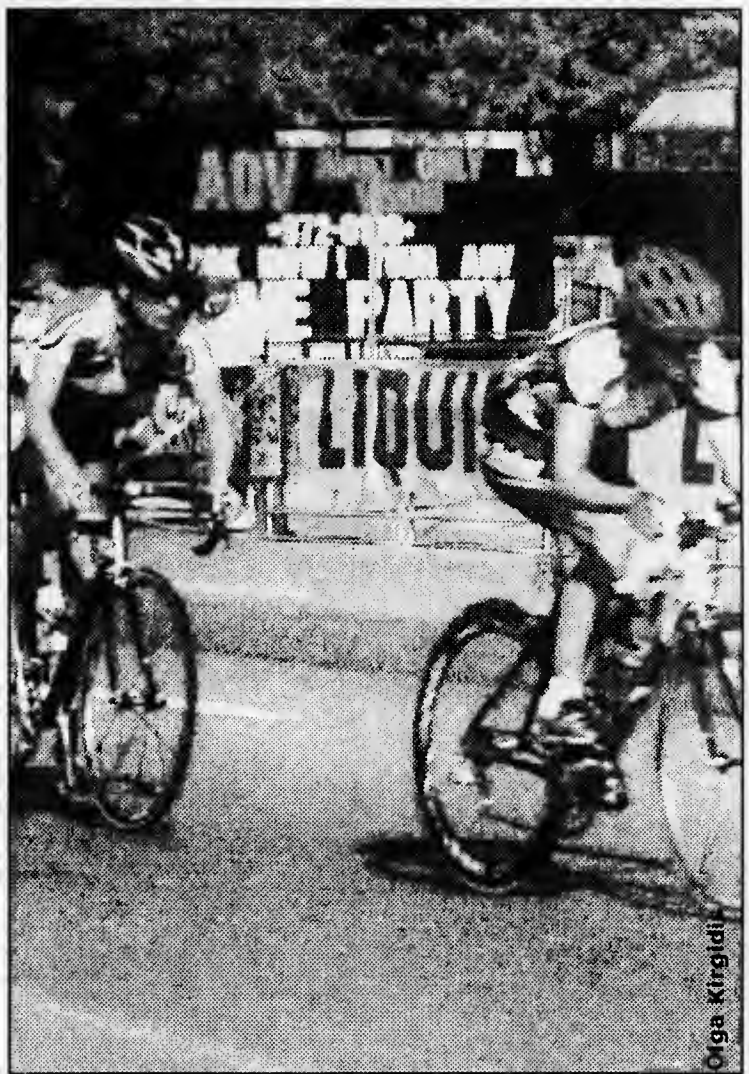
"I think it has been great because it puts Canada and Hamilton on the map and gives us lots of exposure," Hurren said.

Hurren, who took the bus to the event with a friend, said public transit was a little slower because of the race but still good, considering the number of people.

The race also made younger spectators new to the sport take an interest in cycling.

Grade nine student Jessica Bonomo said she didn't know much about cycling, but came to the event at the urging of a friend. "But, I also wanted to see if I had an interest in the sport and to see all the different cultures. Now that I have, I definitely want to give cycling a try."

"I think it is great because it puts Canada and Hamilton on the map."



Last week, Hamilton hosted the 2003 Road World Championship. It's estimated over 200,000 people lined the 12.4 km course to take in the race.

J.V. hockey tryouts set for next week

By Chase Kells

The athletic department is getting ready to prepare its annual junior varsity men's and women's hockey teams.

According to assistant athletic director, Jim Bialek, these teams offer a second chance for those players who recently missed out on making varsity or intramurals.

"There's a thing called extramurals, leagues with different colleges but no varsity players are allowed to play," Bialek said. "But if players didn't make the varsity hockey team, they get a chance to play."

Tryouts for both teams are slated for Wednesday, Oct. 22 at Westwood Arena. The men's team hits the ice at 3 p.m., and the women's team an hour later.

Bialek said that a second men's team could work as a developmental league.

"The junior varsity team could serve as a theater system for the varsity team," Bialek said. "It

will make players available to us when we really need them."

Both the men's and women's teams will be looking to fill rosters of 16 to 17 players, with nine forwards, five to six defencemen and two goalies.

Based on recent history, the women's team is in need of more commitment to avoid last year's disappointment when 25 to 30 girls came to tryouts, but only six showed up for the tournament.

"If we don't have any females come out, then we don't have a female team," Bialek said.

Finalized rosters will be released shortly before the first tournament of the year on Nov. 22. The tournament will run all day at Westwood Arena, featuring teams from a variety of colleges including Sheridan, Mohawk and Seneca.

Bialek said the teams could possibly play in three or four tournaments throughout the year, depending on the first tournament's turnout.

EA Sports: it's in the pain

By Luis Henriques

While sports fanatics and video game junkies sit down to play their latest version of an EA Sports video game, it seems the athletes who grace the cover of the box are sitting down at the local doctor's office. The leading sports video game maker has left people wondering if there is some sort of connection.

The latest athlete to be affected is Atlanta Thrashers star Dany Heatley, who is on the cover of EA's NHL 2004. Just four days after the game was released, Heatley was driving his Ferrari at 130 km/h on a residential Atlanta street when he lost control, struck a pillar and then a wall. The crash killed passenger and teammate Dan Snyder. Heatley suffered a broken jaw and serious knee damage.

Only two days after Michael Vick appeared on the cover of EA's John Madden's NFL, the impressive young quarterback broke his fibula in an exhibition game.

In 2002, when Minnesota Vikings quarterback Dante Culpepper was on the cover, he

missed five games due to injury, threw for 1,241 fewer yards and scored four fewer touchdowns than he did the following year.

When Arizona Diamondbacks outfielder Luis Gonzalez was on the cover in 2002, he saw his numbers take a huge fall—he missed 14

games and hit 29 fewer home runs and 39 fewer RBIs than the year before.

Although it's an honour to be chosen for the cover, many players are no doubt quietly celebrating the fact it won't be their face attracting the wrath of the video game jinx.

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