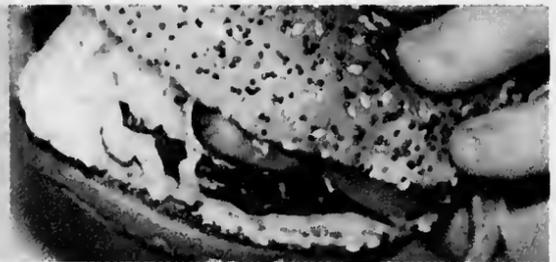




Hundreds of students came out to Caps last week for the first pub night of the year.
See story page 12

Fast food - not only unhealthy, but also expensive.
See In Focus, pages 14-15



Humber EtCetera

Thursday, September 25, 2003

Volume 32, Issue 2

Worried students turn to HSF



Guelph-Humber Public Relations students Jessica Lawrence and Carlye Malchuck said they don't feel safe walking to their cars at the Queen's Plate Dr. parking lot at night.

School security will not walk students to Woodbine parking lot after shuttle bus ends

By Jacqueline Boulet

Several women students at North campus have expressed fear for their safety when they walk alone from school after-hours to the pay parking lots one and a half kilometres away, near Woodbine Centre.

As a result, HSF is taking action after receiving complaints last week about the lack of security provided for those forced to park off campus.

"We [HSF] made the administration aware of the shuttle/escort service situation after hearing of the students' concerns and have scheduled a meeting for later this week," Nadia Conforti, VP administration of HSF, said.

The last shuttle bus to Woodbine runs at 6:30 p.m. and Humber's security escort service is not permitted to go off campus, leaving students little alternative but to walk the dark route alone.

Nancy Deason, manager of public safety for Humber, said the escort service has liability insurance up to the edge of campus but no further, which is why they don't extend the service to the parking lot on Queen's Plate Dr.

"If I have two students [escorts] walk a student off campus and those two get hit by a car, what is going to be done about those two students?"

Gary Jeynes, director of public safety, said that classes finish at 6:05 p.m., so students who stay late should be able to get to the shuttle in time to bring their cars back from Woodbine.

HSF disagrees.

"It's a nice attempt but if there is no proper support or security, it creates a bad situation," Conforti said. "We are very, very serious about this issue."

Administration has agreed to meet with HSF either today or Friday to discuss these concerns and determine what can be done to ensure students are safe.

with files from Alicia Vecchione

What's Inside This Week

Big brother watching over your Internet passwords.
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Provincial debate today in student centre (pg2)

College works to prevent identity theft

By Ben Rycroft

Humber is paying out \$100,000 to protect against identity theft.

Last year, a student in residence was able to gain access to the school's computer systems and intercept every incoming download by computers in the building.

"Every student's downloads were coming through his PC. He was getting access to their names and passwords," Mark Naylor, Humber's chief information officer, said. While Naylor assures that this was an isolated incident, Humber has hired a full-time security officer to maintain the firewalls and virus-resisting programs that are essential to keeping student data private.

"We wanted to give the students a feeling of being an individual at this college, so that they are not just a number... And being individuals they have a right to their privacy," Naylor said.

As a result of the incident, all Humber computers are now required to have students personal logins and passwords so that online and text documents can be stored safely.

But Alda Dias, a third-year interior design student, echoed other student concerns.

"There's a difference between watching someone, and protecting them," she said.



First-year nursing student Olga Dalechina finds a quiet corner and takes some time out to enjoy a good book.

Student issues up for debate

Candidates on campus hot seat

By Peter Armstrong

Candidates for the Etobicoke North riding will debate community and student issues today in Humber's North campus student centre.

The debate runs from 11 a.m. to 1 p.m. with tuition fees, school funding, minimum wage, and health care being the primary issues.

"It's crucial to vote and participate, especially when the issues affect you," said Valerie Rothlin, president of Humber Students'

Federation and one of the debate's organizers.

NDP candidate Kuldip Singh Sodhi, owner of an air conditioning business for over 30 years, feels that his experience as a landlord gives him insight into the financial burdens that students face.

"Students should be free from worrying where the money is coming from," he said. "Their worry is education."

His party promises to immediately cut tuition by 10 per cent, raise the minimum wage to \$8 per hour, and freeze rent for two years.

Progressive Conservative Baljit Gosal, a financial security advisor, replaced John Hastings as the MPP in Etobicoke North on Aug. 21.

The PC party has proposed new scholarships for post-secondary students, but has no plans to increase the minimum wage.

Dr. Shafiq Qadri, Liberal candidate, and a local family physician, will present his party's platform that includes a freeze on tuition increases and a four-year plan to raise the minimum wage.

He, much like provincial Liberal leader Dalton McGuinty,

has concentrated his campaign against the Tory government and feels the NDP competition won't be a factor.

"The NDP can basically say what it wants because they're not going to get near the reigns of power, ever," Qadri said.

"They're for the moral conscience. That's okay if you majored in Marxist and Leninist literature, go for it, but it's a waste of a vote."

Green Party candidate Mir Kamal declined an invitation to the debate due to previous commitments.

Case against Hall is dropped

By Celistine Frampton

Charges filed against mayoral candidate Barbara Hall have been dismissed, leaving the front-runner in the polls to concentrate on the upcoming municipal election.

Last week Justice Brian Trafford dismissed the charges against Hall, which were filed by fellow candidate Tom Jakobek in August.

Jakobek, former city budget chief, filed a complaint against Hall on allegations of improper

fundraising.

He claimed a group of people called "Friends of Barbara Hall" raised and spent \$107,000 before the registration date, and subsequently had an unfair advantage by six months or more.

Hall had been charged with four counts of breaching the Municipal Elections Act, which states it is illegal for candidates to raise or spend money on campaigning before announcing that they will be running.

In a written statement, Hall said she was always confident that the



No longer facing charges, Hall is focusing on her election campaign.

charges would be thrown out of court, and the accusations from

Jakobek did not deter her.

"I am happy the judge dismissed the charges and that this matter is now over. I am continuing with the campaign, working hard and meeting with people in communities in every part of the city," Hall said in her statement.

"There are real issues facing this city and people want to talk about them."

Jakobek was the only candidate to file a formal complaint against Hall despite accusations from the other three main candidates.

"The complaint against Barbara

Hall has cost \$30,000 to date. It also took many hours to put evidence together and has diverted some of my attention from the election. I can only guess that is why the other three did nothing. Remember, the other three are all lawyers and were the ones who made the accusation in the beginning," Jakobek said.

Justice Trafford told Jakobek he could refer the matter to the Toronto police, and this option is under consideration by Jakobek's legal advisors.



A student takes a long puff on a joint on campus. Despite the fact that police aren't charging for small possession, the school has enforced a strict ban, saying it's illegal.

Rez bans pot

By Justin Midgley

Residence won't relax its rules on marijuana possession and use, even if the federal government bill passes.

"It's still not a legal substance," Mike Kopinak, the international student services manager, said. He also helped write the Residence Code of Conduct handbook.

"I know there's certainly been some changes but it's still not legal," he said.

Recent court decisions have prompted the federal government to introduce a bill which would give people in possession of 30 grams of marijuana or less, a fine, but not a criminal record.

At Humber, being caught in possession of or smoking pot in

residence can result in eviction.

"Not only will you be evicted for drugs, but you'll also be evicted for smoking because anytime you light a flame in residence, that for us is a big concern," Kopinak said.

As for the lack of change in the rules in residence, some students said they understand and don't mind that they have to obey the school's laws in order to live there.

"I think that's Humber's own choice," a first-year Hospitality and Tourism student living in rez, said. "Some schools might not care about it but if one decides that residence is not the place for smoking pot, then that's their rule. I wouldn't expect them to say that we're allowed to smoke pot, whether it was illegal or not."

Although it's not condoned,

some students said the arboretum is a popular place for people to go to smoke up.

"If you go over to the arboretum and smoke pot and come back noticeably high, even though you weren't smoking in residence, they will write you up," the hospitality student said.

A second-year Multimedia student living in residence said people shouldn't get in trouble for smoking in the arboretum.

"If you're just coming in from a little session outside, not doing anything stupid, you shouldn't get written up," he said.

This summer, Toronto police chief Julian Fantino ordered his officers to stop charging people who are caught with less than 30 grams of marijuana.

since been replaced but Smith says it is important to be vigilant.

"Increasing security will be one of the key issues to address as an institution," Smith said.

In a similar case two weeks ago, a multimedia projector, worth about \$8,000, was stolen from one of the computer labs on the North campus.

No arrests have been made so far regarding the disappearance of the Lakeshore computers, or the theft of the projector, but both cases are still being investigated by police.

Lakeshore campus, said the ongoing construction at the campus likely was a contributing factor to the theft.

"Because the site is growing and redeveloping, more people are hanging about," Smith said.

Smith says Lakeshore campus, which has approximately 35,000 students, is open to theft, given the large number of people on campus at all times.

Every building at Lakeshore is separate from the other, which makes it harder for security to patrol the entire campus.

The stolen computers have

Girls followed by stranger

By Olga Kirgidis

Campus security is on the lookout for a man after a Humber student and her friends were harassed and stalked at North campus last week.

Gary Jeynes, director of public safety for Humber College, said that campus security has a vague description of the suspect, but are waiting for more information before they release a description or an alert.

On Tuesday Sept. 16, a man approached a first-year early childhood education student in the library and began asking her personal questions. He then followed the student around the library, asking for her phone number.

"I told him that I didn't want to give him my phone number because I had a boyfriend. So then he said that he was going to kick his ass. I met up with my friends and this guy then starts asking my

friends for their names."

When the girls asked him if he was a student at Humber, he told them that he was a "spy and not from this school."

"Then he just started following all of us, so we ran to the girls' washroom and he was still waiting out there. Then we finally got someone to call security," the woman said.

Security arrived quickly at the ladies room next to Java Jazz, but the man slipped away into the crowd of students before he could be identified.

Jeynes said preventing individuals like these from entering the school is difficult for campus security, because the campus has more than 100 exterior doors, which anyone can enter during school hours.

"If something is reported to us, we will investigate and respond," he said.

Robbed at gunpoint

By Cait Belanger

When Andre Jackson returned from Bermuda to continue at Humber, he didn't expect to be welcomed to Canada at gunpoint.

But three days after arriving for his second year as a business administration student, the muscular six-foot student was beaten up and robbed, just a few blocks from campus.

Jackson was at the corner of John Garland and Finch with a friend on Sept. 5, at about 11:30 p.m. Jackson said he was taking some money out to repay his friend when they were approached by two men with guns. The assailants moved the two men to a more secluded area and told them to get on the ground after emptying their pockets.

"I was on the ground with my face in the dirt and a handgun poking me in the back of my head," Jackson said.

"I thought that I was coming to a safer country, you know, but I guess I was wrong," Jackson said.

The two assailants made off with \$260 in cash.

Jackson did not report the incident to Toronto police or to campus security.

"What would the point be? It's not like they [the police] will do anything," Jackson said.

"Rexdale is on the top ten list of the worst areas in Toronto," says a civilian spokesperson for 23 Division.

However, the spokesperson encouraged all crime victims to report incidents to police immediately.

Computers valued at \$18,000 stolen from Lakeshore campus

By Ashley Hickey

Sixteen brand new standard computers, valued at \$18,000, have been stolen off the back of a delivery truck outside the shipping and receiving docks at the Lakeshore campus.

The theft occurred on Aug. 18. The computers were destined for the new E Business degree program now offered at the Lakeshore location.

As a result of the theft, security has been increased around all shipping and loading docks.

Ian Smith, principal of the

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Humber's reputation boosted

By Nick Vassallo

Humber College has now become a four-letter word.

The province designated the college as an Institute of Advanced Learning and Technology (ITAL), allowing the school to dedicate up to 15 per cent of its programs to bachelor degrees.

Currently, 146 students are enrolled in the ITAL programs, including 65 in Paralegal, 40 in E-Business and 41 in Industrial Design. Students get a hands-on approach to a bachelor's degree, by working at paid internships.

"Our decision is to be comprehensive. Although we are not throwing out the old programming, which has served us and our students very well," Humber College President, Robert A. Gordon, said. "But if we are going to offer up to 25 degrees...we need to have a position which clearly

suggests to the general public that Humber has changed, and it's not the same as all the other colleges."

Gordon pointed out that Humber is not trying to be a university.

"If we were, we would not be a good one," he said. "We don't

"Humber has changed, and it's not the same as all the other colleges."

have the history of research, or graduate programs with high level credentials, although we are developing that."

Valerie Rothlin, president of the Humber Students' Federation,

agrees with Gordon.

"Humber is putting out an effort to re-brand itself to suit its new title as an ITAL. They are forming focus groups in and outside the college to discuss a number of ideas," Rothlin said.

Rick Embree, Humber's dean of planning and development, said the change will increase Humber's apprenticeship programs, offer more electives and increase enrollment.

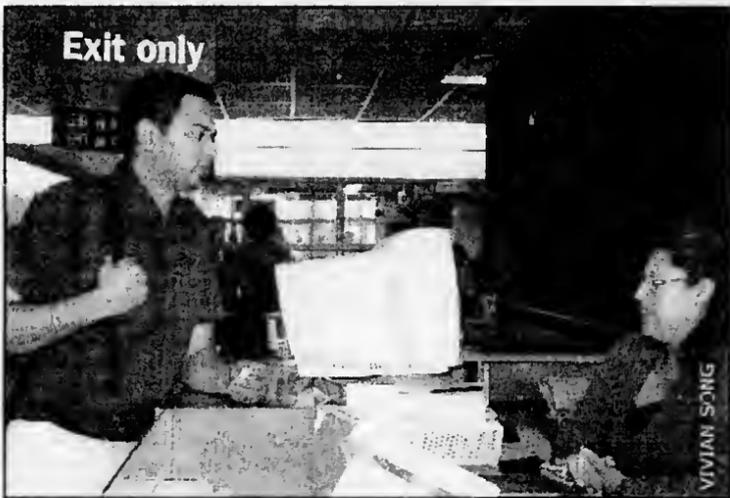
Humber joins Conestoga and Sheridan College in its new ITAL designation.

Sheridan's Ronald Holgerson, executive director of marketing and communications, said the new name has already helped the college.

"Our applied research funding thus far has been significant, and we trust that the new designation will help further the funding effort."



The new designation will enable Humber College to offer and develop bachelor degrees.



Amrinder Sidhu, 23, asks Elizabeth Falcon, call centre rep, to speak to someone about paying his \$4,000 OSAP loan.

Students with low income need money

By Nick Vassallo

The Canadian Alliance of Student Associations (CASA) is presenting a plan to the federal government today called the Canadian Opportunities Grant.

"This will help give students from low-income families the resources, by offering more grants," James Kusie, national director for CASA, said.

Kusie said the priority of grants should go to students from low-income families. He said students should not have to worry about large debts after they graduate.

The bursary ranges from \$1,000 to \$4,500.

A report released by Statistics

Canada earlier this month states that 83 per cent of students, between the ages of 18 and 24, whose family income is over \$80,000, attend college and/or university.

That figure drops by 27 per cent for families with an income of \$55,000 or less.

"We don't want the low-income students not having the resources to go to college or university. To prevent that, money needs to go in a form of a grant, primarily to low-income students," Michael Marin, communications officer for CASA, said.

"It's a grant not a loan, meaning you don't have to pay it back," Marin added.

Daycare dilemma

By Nicole Catney

In spite of being an on-campus daycare centre, only 15-20 per cent of Humber parents are able to enroll their kids.

The Humber College Care Centre and the Humber Child Development Centre are home to 138 kids.

Melissa Begin-Hasen, the Child Development Centre supervisor, said the lack of spots for Humber parents is due to the nature of the school year. She said while working parents in the community enroll their kids for the full year, Humber parents don't know if they'll be returning.

"What happens is, when a community member enrolls their child they proceed throughout the program so that no spots open up," Begin-Hasen said.

It costs between \$700-\$1,000 for the daycare, depending on the child's age.

While some Humber parents are upset they're not given priority enrollment, Begin-Hasen said the centre has financial needs.

"I understand what they're saying, but this is a business. We need funds for the centre's expenses."

Student reps to the rescue

By Kathleen Yetta

The HSF has implemented a new Director Rep Plan position this year to serve as a middleman position between the student body and the school executive.

Of the 147 programs offered at Humber, including Lakeshore, only 28 programs are involved in the Director Rep Plan.

Craig Wilson, president of the 2003 HSF, created the new position in order to improve communication between HSF and the students who are often oblivious to campus events and news.

"We've seen the best way to communicate what's happening to them is a peer to peer situation," HSF business manager Michael Parent said. "One on one, the message sticks clearly and people take the message home."

Last week's by-election filled vacancies left from the previous year. Some programs still don't have student reps or directors, like the interior design and the paramedic program, because no one has

stepped up to claim it. They will remain without one until next year.

Prospective reps must get signatures from 25 per cent of their program in order to be nominated. Competing students are then elected by their peers in their program.

HSF Business Manager Michael Parent said the role of the student rep is to respond to program-specific concerns from their classmates.

"[Reps say] 'hey I'm here if you have any problems with the quality of education you are receiving. Bring them to me and I'll try and do something about it,'" Parent said. "And when HSF has something they need to advertise—whether it's a concert or an event—it's a two-way communication flow between students in the classrooms and us at HSF."

HSF has also created a new on-line voting system to encourage turnout and make it more convenient for students to vote. On-line voting will replace ballot elections in March for the 2004-2005 election.

Foreign students learn to adjust



International student services manager Michael Kopinak said exchange students need time to adjust to Canada.

By Priya Ramanujam

Humber students are not friendly to newcomers to Canada, says one international student, despite the fact that the college is situated in one of the world's most culturally diverse cities.

"Students here are cold," Kuniyuki Tamura, an international student from Japan studying marketing at Humber, said. "They live here; they don't need to make friends."

He attended Humber's first "Meet & Greet" event to meet other students from his country.

The event, hosted by international student advisor Dalcyce Newby, was supposed to give inter-

national students a chance to meet others who were also studying abroad.

But only after heavy encouragement from Newby did the students begin to mingle with everyone.

Some international students said language barriers make getting to know people a challenge.

After being in Canada for almost two months, Chen Ye Jia said his poor English makes it hard to talk to people.

"I don't know how to communicate with the local people," he said. "I'm afraid."

Ye Jia, whose English name is Carlos, came to Humber as part of the Ningbo program. The program,

Humber's largest international partnership, is designed to bring business students from China's Ningbo University to Canada to study international business.

International student services manager, Michael Kopinak, said that many services are in place to make the students feel more at home at Humber. He said during a four-day orientation the staff discusses Canadian culture with the students, answers their questions and provides a tour of the school.

"Certainly they go through some highs and lows," he said. "But I think once they're here for a period of time, you certainly find people adjust."

Mature students form social network

By Allison Moorhouse

Mature students shared their experiences of returning to school at a "Meet and Greet" discussion panel last Thursday.

The panel was formed last year after a mature student asked to meet with other students over the age of 25 who could relate to issues like juggling expenses, family and school.

The first mature student panel of the year didn't draw huge numbers – eight people attended – but attendees were eager and willing to talk to their peers.

Dan Andrews, a Humber 2000 graduate, took part in the meeting to explain how he made it through school at an older age.

"I enjoyed school," he said. "I still have a great relationship with some of the young people."

At the time, Andrews had to deal with the stress of being out of the work force and back in the classroom. He also had a family to take care of. Andrews said he found quiet places throughout the school to do his homework and concentrate on his studies.

"It's my job to be a student," Andrews said referring to his time at Humber. "I wanted to learn."

Though some of the attendees at the meeting said it was harder to learn at an older age, Counselor Liz Sople said anyone can learn regardless of year.

"Academically speaking, mature students do very well."

Smile, you're on candid camera

It's privacy versus security in residence

By Allison Moorhouse

Though security cameras invade a person's privacy, students say they'd rather be safe than sorry.

Anthony Butcher, a first-year web design development student, said closed-circuit television is a way to ensure resident safety.

"I have no problem with it because it will benefit me in the long run for security reasons," Butcher said. "It gives residents an idea of what's going on."

Butcher doesn't believe it is the only safety precaution that the residence needs.

Richard Owens, the executive director of the Centre for Innovation Law and Policy at the University of Toronto, said security cameras in a school residence is helpful in cutting down on criminal activity.

"We have to acknowledge there are some effects on privacy," Owens said. "It seems to be a useful tool. It seems that people are less likely to be victims of crime where there is video surveillance."

Owens also confirmed there are no age restrictions on whether or not a person can be recorded on surveillance.

"In fact, they are also used for day-cares," Owens said. "For the kind of security purposes we're talking about, age doesn't matter." Security said cameras are located in the S and R buildings.



Big Brother's watching you. Chris Bowen points to a CCTV camera on campus.

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Student safety a priority?

Parking at Woodbine intensifies need for off-campus escorts

If campus security is included in tuition and parking costs, how far should the school go to ensure students' safety?

Only to the end of the school property line, according to Campus Watch, the division of security which offers escorts to students and staff working on campus late in the evening.

Security cites liability as a reason why their officers won't escort off campus.

But this year, students are forced to park at the new 400-spot lot across from Woodbine Centre, almost one and a half kilometres away from campus. A shuttle bus, which transports students to and from the parking lot, ends at 6:30 p.m.

Already, HSF is getting complaints from women concerned about their safety during the 15-20 minute walk to their cars after the shuttle stops running.

As part of their safety tips, Humber security and local police advise women and men walking in the area to avoid travelling alone or in dimly lit areas.

With several attacks and muggings in recent years in the HWY

27 area, and along the wooded pathway leading off campus, the walk to the parking lot is unsafe.

But safety should be the number one priority. Other colleges in the GTA may also not offer off-campus escorts, but at Humber, we're asking students to park a kilometre and a half away from school, and to walk alone in a high crime-rate area.

Student safety should be worth the extra insurance to ensure they get to their cars safely, especially if the college can't provide adequate parking.

Students paying to park on campus have the protection of security cameras and patrols, so if students are paying the school to park off campus, the school should also be responsible for their safety getting there.

Do we wait for a serious incident before making student safety a priority, or should we ensure the safety of our students by providing protection?

Humber shouldn't reap the profits of off-campus parking, and not take responsibility for the safety of students paying for that service.



Letters To The Editor

Reader angry over column

Re: Better watch your back, Jason Bain/Opinion, Sept.18, 2003

I am shocked and appalled, not to mention insulted by what I read in the first issue of the Humber Et Cetera. On Thursday, September 18.

I have lived, worked, studied and grown up in Rexdale for at least half of my life. Admittedly, my friends and I have been known to refer to our Kipling and Steeles neighbourhood as "The Hood," however it is not as barbaric as you make it out to be!

Let me begin by saying shootings occur everywhere, not only within the confines of Etobicoke North, as does domestic violence, bullying, kidnapping, fraud and drug consumption. Highway #7 and Pine Valley being the prime example of that!

Second, not everyone who lives in this area is "poor", or as you so knowingly wrote "impoverished." My family has worked hard to earn a living, and with the right mindset, determination and budget, we have been able to enjoy most of what our hearts desire! I am not saying everyone is "rich", but they are not "desperate" nor are they stupid. They simply know how to make the most of their buck.

Finally, I am truly sorry you had to witness such a dramatic display of ignorance at your local grocery store, however what you saw is not something you should be afraid of! I can pretty much guarantee that the individual did not pull out a lethal weapon and proceed to pose a threat to anyone. Yes, this does happen on occasion, however these instances are few and, as mentioned earlier, occur everywhere, not just in Rexdale. What you have witnessed, my dear, is more than likely the breaking point in somebody's bad day or week. You can not sit there on your oversized soap-box and stupidly tell me that you've never gone through one!

I've learned one very valuable thing. That the best way to get by, not only in a bad neighbourhood but also in life, is to mind your own business! Worry about yourself and what you're doing, not about others you know nothing about. And for God's sake do not draw attention to yourself by insulting those who, again, you know nothing about!

My advice to you is GROW UP!!!! Open your eyes to the real world and realize that not everybody's lifestyle fits neatly into your little bubble!

Sincerely,
Bianca Molinaro - Proud to live in "The Hood"

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Deadly accomplishments



By James Rose

According to some conspiracy theorists, Tupac Shakur was supposed to be resurrected 12 days ago. Well, he didn't come back from the dead, but he does continue to release albums.

It just makes me uneasy to think about people releasing material when they're dead.

Just to set the scene, I am going

to mention Nicolo Machiavelli. Machiavelli suggested his colleagues stage their deaths to fool the enemy. Well one modern day rap-warrior looked as if he was going to do just that. Shakur died Sept. 13, 1996. He took four bullets, and was mysteriously cremated the day after his death before an autopsy could be performed. This is where the seven year resurrection theory started.

Since his death, Shakur has released more than six albums. He managed to put together two, count them, two double albums. Most bands can't even accomplish this feat.

But, just like our good buddy Pac, others have had their share of the limelight from the grave. Philosopher, humanitarian, author, artist, educator and administrator L. Ron Hubbard died on January 24, 1986 and yet he still managed to release a book.

Let's do the math. Hubbard died 17 years ago. How could he possibly release a book last year titled *Clear Body, Clear Mind, the Effective Purification Program*? Yeah. Get that. One might think the book should be called *Clear Body, Clear Mind, the Effective Preservation Program*.

Then there's Aaliyah. We can't

forget about her. Plane crash August 25, 2001, ring a bell? Yet after her death *I Care For U* was released with many new songs. It just doesn't sit right with me that people are still capitalizing on these artists' careers, instead of letting them live through memories and not product. I guess when it comes down to it, it doesn't matter what anyone thinks as long as a dollar sign is attached.

I mean, look at John Candy. Candy died March 4, 1994 while filming *Wagon's East* in Mexico. The movie wasn't released until August 26, 1994, but wouldn't you know, John Candy completed the

movie. So, did they superimpose his body for the rest of the film? Did they splice his words together? What exactly is the process when you digitally create someone?

Now don't get me wrong. I'm sure these artists had all of this material locked away in some magic vault. Plus, with all these numbers I could be mistaken. I never was a math major. I am not a rocket scientist either, but usually when someone gets shot or dies in a plane crash, they are dead. Who knows?

Maybe I've just watched *Conspiracy Theory* one too many times.

A mannerless bunch roams Humber halls



By Jacqueline Boulet

from their teenage bubble, here they are:

Stay on the right side, watch out for other travellers and obey any signs. A simple "excuse me" is similar to a car's horn or turn signal. It tells the other person that you are making a change to your path and that you need some clearance to make it happen.

The polite ones are swept into the current of the halls, often being dragged well beyond their classrooms and down into the never-ending sea of rude, tactless walkers.

The hallways have turned into an every-person-for-himself free-for-all, where students intentionally look the other way as they crash into you. The really confident ones look you square in the eyes as they barrel down on you, delighted in the panic they've caused by forcing you into the wall.

This freshly born social norm is unacceptable. College students are expected to be adults, and it's time they start acting like it. We need the ancient concept of cour-

tesy to be re-taught to the thousands of students who engage in daily hallway battles.

The endless task of vying for position and pathways from one classroom to another can be eliminated with the age-old notion of being polite. It's time to take a breather, think back to the good old days and start treating each other with respect.

So here we are. The lost 20-somethings. Lost? Hardly. The only thing our generation seems to have lost is the ability to use most, if not all, of the practices of politeness we learned as children.

A perfect example of the disgrace we've become is the disturbing way in which the majority of Humber students conduct themselves while walking through the halls. The shouting and slamming of each other into lockers is nothing compared to the "thou shalt not move" mentality most students have while stomping through people to get to class.

How is it that so many students can completely disregard anyone in their path? Is it not common knowledge that there is order to the flow of traffic, like that of roads and highways?

Evidently, no. Common sense would dictate that walking is like driving; the lanes are the same. This concept makes stairways much simpler. Either way you travel, stay to the right. However, most people don't seem to follow this logic.

The basic rules of the road shouldn't be hard to grasp, but for those who have recently emerged

"A simple 'excuse me' is similar to a car's horn"

Justify your smoke



By Jason Bain

Said the air is thick, it's smelling right, so you blast to the left and you sail to the right

-Justin Timberlake

If Justin Timberlake smokes marijuana, it can't be that bad for you. We can always look towards the TV or radio to figure out what is right and wrong, can't we?

You see, he said "blast to the left," which rhymes with "pass to the left," and most pot smokers can tell you what "sail to the right" means.

It's okay Justin, you don't have to admit it.

If the former poster boy for 'NSync lights up the maryjane, then why can't little Suzie? I mean, she is already smoking cigarettes without her folks knowing. And how much worse for her health could reefer be?

To explore the health hazards

and benefits of marijuana, let's first disregard the politics surrounding this imminent election hot potato.

Let's leave that to Parliament.

One of the most common myths about marijuana is that it is more harmful than tobacco. You may have heard that smoking a joint is the equivalent of smoking 10 cigarettes, yet this is exaggerated and misleading, according to www.Erowid.org, a non-commercial online library with over

daily, or six million annually.

Marijuana does contain more tar than tobacco, but low tar cigarettes cause just as much cancer. Smoking any kind of plant is bad, because it increases the number of lesions in small airways, which doesn't threaten your life but it does make you more vulnerable to infections.

Tobacco contains nicotine, marijuana doesn't, and it is nicotine which is believed to harden the arteries and be responsible for much of the heart disease caused by tobacco. Also, the THC (tetrahydrocannabinol) which produces the "high" from marijuana, is a bronchial dilator, which means it works like a cough drop and opens up your lungs, clearing them of smoke and dirt.

The most important note: NO case of lung cancer resulting from marijuana use alone has ever been documented.

So, the decision is yours. Determine the balance of the positive and negative effects of smoking, and truly what you want to get out of your life.

I say, Rock Your Body. It's Justified.

"If the former poster boy for 'NSync lights up the maryjane, then why can't little Suzie?"

20,000 documents on the effects of psychoactive plants and chemicals and related topics. The Web site draws from users, parents, health professionals, chemists, researchers, teachers and lawyers, and receives over 25,000 visitors



Used car guide

Whether buying or selling a used vehicle, check out these tips and tricks to help you get through the process as smoothly as possible.

Advice for used car buyers:

By Natalie Campbell

Buying your first car may seem like an easy thing to do, but if caught unaware, you could buy a car that costs more than it's worth.

"Buying a car without taking it for a good road test, buying a car without an emissions test, taking the salesperson's word about the car, and buying a car without the motor vehicle package are the number one mistakes people make when buying a used car," Bruce Brown, a mechanic with 43 years experience, said.

"Look at the brake pedal pad to see if it's worn off," Brown said. "If the kilometres are low and the brake pad is worn off, the kilometres might be false."

For \$20, an information package detailing the history

of a used car can be bought from the Ministry of Transportation at any local DMV.

Daniel Gebretasadik, a used car salesman at Islington Chrysler Dodge Jeep, cautions buyers to be aware of any existing liens on a car. Liens will be transferred to the new owner and the bank will come calling looking for repayment.

If cash isn't an option, financing (a loan obtained through the dealership or a banking institution) is an alternative.

"If buying a car with a loan, ask what the interest rate is," Gebretasadik said. From there,

you can look around for a loan that offers the lowest interest rate.

The seller is legally required to tell any interested buyers if the car has been in any accidents. What many people don't know is that there are many things that a dealer does not have to divulge.

"I don't have to disclose that

Advice for used car sellers:

By Natalie Campbell

Sellers can do a few things to get as much money as possible when they sell a used car.

While fixing up the car under the hood is a good start, a clean car can also go a long way to sway

(whether through a newspaper ad, on the phone, or in person) and include it on the bill of sale, you are safe from any potential legal recourse.

"Fix what is necessary and explain to the buyer what you've done," Rod Smalling of Evans Ford Lincoln, said.

This will open a door of communication between you and the buyer and can help to build trust.

An ad for a car averages \$10-\$12 a day and typical listings include the colour, year, model, number of doors, whether it's standard or automatic and if the car needs any serious work.

When placing the car on the market, it's always a smart move to increase the price of the car by a few hundred dollars.

If the buyer wants to haggle, usually they'll want to knock down the price a little and you'll be willing to accommodate.

After successfully selling the car, remember to cancel the insurance.

The seller must ensure that ownership is properly transferred to avoid legal complications.

In most cases, a refund of the unused portion of the month or year will be returned to you shortly after cancellation.

It's possible to sell the car "as is" without cleaning it up or making those small and easy repairs, but a little effort goes a long way towards making the sale as easy as possible.

*With files by Brian E. Wilkinson



The real deal?

the car has a bad engine. I don't have to disclose the car is a lemon ... but I want a good reputation and it's about ethics," Rod Smalling of Evans Ford Lincoln said.

"I went with my father to look over the car," Natalie Nesbeth, a Seneca College student said.

Her father, an amateur mechanic, suggests you bring someone with you who can help with the decision.

If the car fails either the safety or emissions tests, a conditional pass can be obtained for \$200. It gives the buyer between six months and a year to do repairs.

Junk on wheels?

a potential buyer.

Anthony Lamonthe, a marketing sales representative at Bell, kept that idea in mind when it came time to sell his car.

"I [cleaned] the engine. I put transmission fluid and brake fluid into the car and changed the oil. I also vacuumed the interior, polished the dash and gave the outside a good wash and polish," Lamonthe said.

Many people, however, simply don't have the funds or the time to get their used car up to code so they sell their car "as is".

As long as you clearly state the condition of the car to the buyer

Tips for passing your safety inspection and emissions test from those in the know:

Safety Inspection:

- Cracks bigger than a dime in the windshield must be replaced.
- Holes in the body of the car leading into the cab need to be patched.
- Oil leaks, bad or mushy brakes, or flat tires should all be checked.
- Problems effecting the performance or responsiveness of the car.

Emissions Test:

- Check the muffler for holes, smoke and noise level.
- Let the car run for an hour as this will get rid of dirt in the exhaust.
- Fill the gas tank with the best fuel starting two weeks before.
- Add cleaners and additives with the fuel for cleaner emissions.

Buy Now

By Jason Pushee

Toronto Blue Jays 2002-2003 merchandise

As the Toronto Blue Jays cap off a disappointing season after such a dominating start, the Jays marketing staff has come up with a new logo for next season. The last home game for the Toronto team is on Sept. 28 and may be the last chance to get a piece of Baseball North merchandise from the 2002-2003 season. Love it or hate it, soon the market will be flooded with the new Jays gear.

Lemony Snicket's "The Slippery Slope"

The 10th volume in the series of books was released Sept. 23 and is a must-read for people who like to see miserable children. "Unfortunately, I have dedicated my life to researching and recording the sad tale of the Baudelaire Orphans. There is no reason for you to dedicate yourself to such things, and you might instead dedicate yourself to letting this slippery book slip from your hands into a nearby trash receptacle, or deep pit," author Snicket wrote.

Pass On Buy

Xbox Game System

Put off buying an Xbox console system for just a couple weeks longer. As early as Oct. 4, Xbox is releasing a Canadian holiday promotional package. The offer will include the Xbox console, two games: *Star Wars: The Clone Wars* and *Tetris Worlds: Live* and two months free for online players. The package deal comes in at a tidy \$249.99.

The Lion King: Special Edition DVD

When initially released, *The Lion King* surpassed all Disney movie sales and set the standard for animated films. On Oct. 7, the special edition, which offers interactive games and behind the scenes extras not included in the original version, will be released. With the exception of hardcore fans, the special edition priced at over \$40 does not offer enough new content to justify paying more than the \$24.99 price of the original.

Growing trend in urban travelling

By Mark Pereira

Navigating through downtown Toronto can be a nightmare with overcrowded buses, occupied cabs and traffic in gridlock.

Rush hour now lasts longer than its name implies, leaving most with few alternatives for transportation.

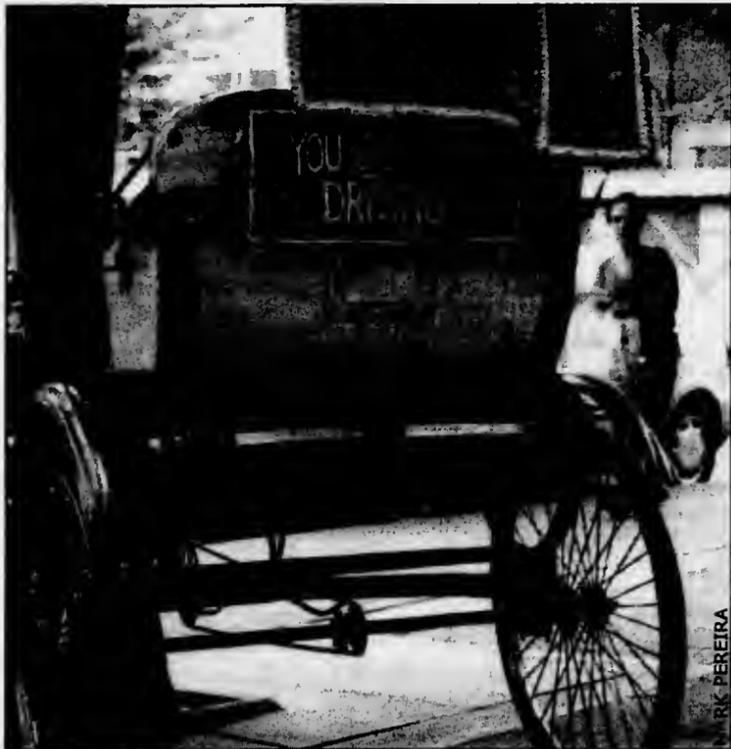
Enter a unique option, the rickshaw, an exciting way to travel the city, especially for newcomers, as most operators are quite knowledgeable about the downtown area.

"People are always asking me where the hot spots downtown are, and I'm more than happy to take them there," Aidan, a Toronto rickshaw runner, said.

But beware, the average cost of riding in a rickshaw is \$2.50 per city block for each person, so the price of a ride can add up quickly.

The extra cost is simply what you're paying for the fun and entertaining experience found in no other form of transportation.

But the Toronto Licensing Department has received complaints from tourists and hotel management about the exaggerated



Not the cheapest form of getting around Toronto, but it does provide a clean and unique travel alternative.

pricing of rickshaw rides.

"It's too bad there are a few [rickshaw operators] that try to take advantage of visitors by overcharging. It makes us all look bad," Aidan said.

However, the city licensing department and Aidan both agree that rickshaw operators rarely overcharge, since it's not worth risking a suspended license if you caught.

To operate a rickshaw in Toronto, a runner needs a clean police record and a valid pedi-

cab/rickshaw license from the city.

In Ottawa, rickshaw runners must hold a valid drivers license.

The rickshaw industry is growing with more license applications each year.

There are even companies, like Ottawa-based Orient Express Rickshaws that have been created.

Orient Express expanded to Las Vegas, Kingston and Toronto after achieving success in Ottawa.

Its Toronto fleet alone consists of over 30 rickshaws.

Building delays cafe opening

By Julie De Carlo

Another food service will be coming to Humber when the Williams Coffee Pub opens for business next week.

The coffee pub was scheduled to open Sept. 23.

A construction worker said the plans were pushed back since construction of the Guelph-Humber building was delayed.

"Java Jazz is more of a grab and go sort of place, whereas the pub will be a place where students can actually sit down and have a meal," Don Henriques, Humber's food services chief, said.

Henriques hopes to have the establishment up and running soon.

The Williams Coffee Pub is located on the second floor of the Guelph-Humber building, situated near a cyber cafe, also currently under construction.

The pub will be open from 7:30 a.m. to 4 p.m., Monday to Thursday, and 7:30 a.m. to 3 p.m. on Fridays.

In addition to gourmet coffee

and pastries, a variety of soups, lasagnas and quiches will be on the menu.

Henriques said that although a few items may be a little cheaper than off-campus Williams Coffee Pubs, the prices will be pretty much the same.

According to Henriques, con-

struction of the pub began mid-summer with a 10-week building schedule.

As for staffing of the pub, Henriques said three students have already been hired, and depending on their timetable flexibilities, some more positions may be opened to students.



The finishing touches are being made as Humber's new Williams Coffee Pub struggles to open on schedule.

Quick money for clever minds

Ad contest offers cash

By David Ros

Advertising students looking to get a head start on their career paths have an excellent opportunity to do so, and they might win \$5,000 while they're at it.

East Side Mario's is holding a contest for advertising students and wannabes alike, to create a 30 second ad encouraging people to come to East Side Mario's for their Liberty Hours promotion, which offers half-price appetizers in the bar during designated times.

"We want [the advertisements] to keep in feeling with East Side Mario's," Wendy Porritt, marketing manager for the restaurant said. "[But] we [also] want students to be as creative as they can with this."

However, many Humber students who might have otherwise been interested in competing may not get the chance because of short notice of the Oct. 10 deadline.

Bev Atkinson, program coordinator for advertising and graphic design, said she was not informed about the contest.

"I can't imagine why they haven't informed us about the competition," she said. "It's a shame because we usually win."

Atkinson said the contest information was likely sent to the wrong place, recalling a past contest run by the Bank of Montreal that she had only heard about the week before the deadline.

Atkinson knows of a couple of students who would have been interested in competing, but simply couldn't because they did not have enough time to throw something together.

The grand prize for the contest is \$5,000, while the second prize winner will receive a \$500 meal plan from East Side Mario's. Third prize is a \$250 meal plan. Also up for grabs are 10 \$25 gift certificates.

To enter, students have to first register with their university or college in either Alberta or Ontario, and they must have talent and release forms signed. The ad should be done in mpeg format and the file size should not be larger than 1 MB. All entries must be sent through e-mail to mpeg-contest@eastidemarios.com by midnight on Oct. 10.

This is the first time that East Side Mario's has hosted a competition of this sort and Porritt expects 50 to 100 students from Ontario and Alberta to submit their entries.

According to Porritt, if this contest is a success, East Side Mario's will look into hosting similar contests in the future.

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USED COMPUTER OUTLET



Spider-Man 2 is one of the films Coming Soon covers in an average day. Alfred Molina stars as Doctor Octopus.

The latest news on movies coming soon

By Brian E. Wilkinson

To get the latest news, rumours and interviews dealing with some of Hollywood's biggest and best upcoming films look no further than www.comingsoon.net.

Coming Soon was started in September 1998, and covers a wide range of films. Big draws from Internet users come when the site breaks news about movies like *The Lord of the Rings: The Return of the King* or the upcoming *Spider-Man 2*.

The majority of stories that Mirko Parlevliet, the site's creator and owner, runs come from the Hollywood trade papers, the studios themselves, fans of the site and insiders working on the films.

"We have quite a few insiders who read the sites and have kept us up to date," Parlevliet said.

Some of these insiders have revealed big spoilers from movies like *Star Wars*, *Spider-Man* and *Harry Potter*.

Fans can expect to find a wealth of DVD reviews, interviews, box office records, posters, message boards and links to movie trailers all at their fin-

gertips. The task of keeping an informed site like Coming Soon is not easy, and Parlevliet has seen his staff grow from just himself to 19 over the past five years.

"We've been blessed in how successful the site has become," Parlevliet said.

"With minimal expenses and growing revenue every month, I said goodbye to my nine to five day job several years ago."

Parlevliet said that when he began Coming Soon, monthly readership grew from about 100 to more than 2.8 million visitors.

"I think it's one of the contributing factors of why we try to do better every day and cover as much as we can," Parlevliet said.

"Then the *Spider-Man* movie was announced and we decided to do a spin-off site called www.superherohype.com in May of '99."

Super Hero Hype! now includes news about every comic book movie being made, including the *Fantastic Four* movie.

"Fans have so many different interests and they tell us about them, so we try to make it interesting for everyone," Parlevliet said.

On-line banking helps students to manage funds with ease

By Christina Arico

On-line banking is an easy way to manage your money and can be done from anywhere, according to bank officials.

Most banking institutions, including the Bank of Montreal, Royal Bank, President's Choice Financial, TD Canada Trust, CIBC, Credit Union and Scotia Bank have all jumped on the Internet bandwagon.

Whether you're using a private bank account or a credit card, it can all be managed from home so that people can avoid the long lines at the bank.

Companies, such as Rogers AT&T and Bell Canada offer different methods of online billing that can be set up with personal accounts.

TD Canada Trust investment

consultant, Maria Pascente described on-line banking as a reliable way to control your finances.

"Why would you drive all the way to a bank machine if you can just use your own computer?" she said.

"On-line banking has become most common amongst the younger generations and eventually everyone will be doing his or her banking on-line," she said.

According to Pascente, almost one out of 25 of her customers have asked about Internet banking or have wanted to set up an on-line account.

"You go through a branch register card program [through the phone or in person], which only takes a few minutes. For this service, only your bank card number and a password are required," Pascente said.

Once connected to either the TD

on-line banking system or one of the others offered by financial institutions, enter a private access card number and password.

"Here you can view your accounts and begin making transactions," she said.

Pascente said people who aren't very computer oriented shouldn't be discouraged, because a help page will show bankers what to do.

Almost every customer who has enquired about on-line banking has been concerned that someone could hack into their account, but Pascente said it's very unlikely to happen.

"The only way this could happen is if they don't properly log off or [if they] give their password to someone else," Pascente said.

"[I have] no worries because my line is secure," said Bob Cheung, a graphic design student who has been banking online for two years.

No laptop lease for Humber

Some GTA schools now want laptops on top of tuition.

By Marjorie Lamperein

Ryerson Polytechnic University and Sheridan College require students in several programs to lease a laptop from their institution as part of their compulsory tuition fee.

Enforcing a laptop lease requirement would mean that each student would have to pay between \$1,400 to \$1,600 a year at Humber.

"It's like a uniform [here], everything runs smoothly," second-year Ryerson student John Pavacic said. He said he doesn't mind paying the extra cash per year because he's getting a top of the line IBM computer for his money.

Since Humber College opted out of having a laptop lease requirement for some students, it has prevented a rise in the cost of tuition for some programs.

"It would be a waste of money for the school and the students," said Paul Machaud, co-ordinator for the computer engineering technology program.

"Humber College is looking to save money for students as much as possible," he said.

The possibility of integrating laptops was looked at about six years ago and was originally con-



sidered for students enrolling in accounting.

Dean of Information Technology, Louise Bardswich, said one of the main reasons the proposal was turned down was because it's impractical for IT students in particular to lease a top of the line laptop when they're required to take apart their computers.

"It would be like having students in an auto mechanics class and telling them not to touch the cars," Bardswich said.

Instead, the Information Advisory Committee set a policy that requires students in the Computer Programming and Computer Programming Analyst programs to have access to a computer and Internet service provider from their homes by the end of their first semester of studies.

Although the faculty and advisory committee considered the option of laptops, security issues and the cost to students was considered too much to add on top of tuition, especially considering that over 75 per cent of the students entering into Humber programs already have a PC.

Sinem Atasayar, a second-year student enrolled in the Computer

Programmer/Analyst program, said she's happy she doesn't have to lease a laptop.

"If that was the case, I wouldn't take the program. Why would I need a laptop when I have a computer here?" Atasayar said.

Atasayar spends more than eight hours a day in class and said she feels comfortable using the computers available in the labs.

For those students in the GTA with no option but to purchase a computer, some institutions, like Ryerson, offer a buy back option.

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One woman's sun rises...



Rebecca Hope Terry is one woman ready for the world.

By Sarah Mann

Writer and performer Rebecca Hope Terry is taking a risk but it's one she is excited to take.

Terry believes that nothing like her one-woman show, *Weather*, has ever been done before.

She is a multi-disciplinary artist. She's an actor, singer, choreographer, consultant and the artistic director for The Moving Company, which she founded earlier this year.

"The Moving Company is for work that has trouble fitting into a certain category," Terry said. "It's the choice to use whatever disciplinary means to convey the meaning of a piece."

By this she means The Moving Company works with unconventional artistry to make the show stand out.

Terry has adopted that mantra for *Weather*, which is about a weather woman who explores her inner world and inner emotion.

"It's about the life that we can't always show in society. It's about

the face that we show and what we feel inside and juggling the two," she said.

Although the show made its world debut at the Edinburgh International Fringe Festival, Terry said it will have a slightly different feel this time as Rebecca Picherack takes over as lighting designer.

"Some parts are being sharpened and fine-tuned to make sure that we are getting the most out of the work," she said.

Although the show isn't gender specific, Terry thinks young women will enjoy it because they can relate to the ideas she presents.

Terry also doesn't feel people have to stay within any confines.

"Don't buy the media's idea of what successful is."

Weather makes its Toronto premiere on Sept. 25 and runs until Oct. 5 at the Factory Studio Theatre at 125 Bathurst St.

Phone the box office for tickets at 416-504-9971. Prices run from \$12 to \$24, or pay what you can on Sunday at 2:30 p.m..

What's Up

- Black Rebel Motorcycle Club ride their entourage into The Government tonight. (Sept. 25)

- The Rock and Sean William Scott try their luck pairing up in the new action comedy, *The Rundown*.

- Touring in support of their new album, *Stray*, Jane's Addiction plays back-to-back shows at Massey Hall Friday and Saturday with Ima Robot.

- Take a stroll through the vineyards and let thousands of taste-buds attack your palate this weekend at the 52nd Niagara Grape and Wine Festival.

- Devout followers of the printed word will be in literary heaven, as *The Word On The Street* takes over Queen Street West between University and Spadina Aves.

- Queens Of The Stone Age and The Distillers will unleash their music Monday night at Kool Haus.

- R.E.M. are going to show they still have what it takes when they perform their first show in years at the Air Canada Centre on Tuesday night.

Shiny promotion company helps out band

By Amy Ward

Independent musicians everywhere can take comfort knowing they don't have to struggle with exhausting self-promotion in pursuit of stardom - Newmarket is here to help.

Soul Shine, a Newmarket-based online music magazine co-founded by Lindsay Bloemink and Humber College graduate Paul Whitfield, welcomes independent artists to its online community.

"Soul Shine was created to allow talented indie artists to coincide with mainstream talent. We wanted to give everyone an equal opportunity to get exposed and be involved in the Canadian music scene," Bloemink said.

The site has places to post gigs and areas for band profiles if artists need publicity.

The Top 10 on Soul Shine radio

is a free service that allows artists to submit their work to be played on Soul Shine's site.

Whitfield, Webmaster and co-founder, is a graduate of Internet Management at Humber.

"There is a lack of real support for musicians in this country, which is why most of them end up going to the U.S. or England to start their careers," he said. "We want them to stay here in Canada and build a reputation of Canadians producing great music."

When more people become aware of its services, the company

"There is a lack of real support for musicians in this country... most end up going to the U.S."

has plans to become a print publication and host indie music venues in Toronto.

Bloemink says she hopes Soul Shine can become recognizable to Torontonians looking for new music. She and her team also hope that many

people will take the time to view the site and help make a difference in Canadian music.

The site would help struggling self-promoters like Mike Only. The 21-year-old founding member of the band MIT City, who performed at Caps last year, plastered the Yonge and Eglinton area with

thousands of posters this past summer in hopes of recruiting new fans to the band's Web site.

The posters were strewn with various comments to grab the attention of passersby. Some captions included, "Girls: What's really so bad about the word VAGINA?" and "Admit it guys: You had a crush on the chick from Hanson."

"We're going to do everything in our power to promote. Some people would see that as selfish but I see it as ambitious," Only said. He also promoted his band by handing out 4,000 swear word dictionaries and selling SARS masks branded with the MIT City logo. Proceeds from the masks went to The Hospital For Sick Children.

This promotion may have worked to recruit a few people to Only's Web site, but with Soul Shine he could have reached more people with a lot less trouble.

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Line-up stretches around building

First pub night packs Caps

By Mat Langford

As Caps opened its doors last Thursday for pub night, some students opted to find another bar rather than wait in the line that stretched around the outside of the building.

"It was my friend's birthday, and the line-up to get into Caps was huge," Paula Pequegnat, a third-year Humber student, said. "We didn't feel like waiting, so we just left and went to another bar."

The strictly 19+ event brought out hundreds of Humber students and guests.

Caps was filled to its 458 person capacity within the first hour, and after that, students had to be let in

five at a time when others left.

It may have taken a little while, but the majority of students did get in. Once they were in the pub, they were entertained with music, drinks and pool, and they partied until the wee hours of the morning.

Songs like Bon Jovi's *Livin' on a Prayer* prompted the DJ to cut out the chorus and let the crowd of hundreds sing a cappella, and favourites like 50 Cent's *In Da Club* got the crowd riled up as well. But, this was only a taste of what is to come.

Single people get ready, because you may not be single anymore after tonight's **Nut and Bolt: Singles Night** pub.



Within an hour, Caps was filled to capacity for the first pub night of the year last Thursday.



Patrons had a good time once they finally made it into Caps.

CLARIFICATION:

In last week's issue we implied that the Bif Naked show was sponsored by Caps when it was in fact sponsored by HSF. We apologize for any confusion this may have caused.

Have any comments about our section? Anything else you'd like to see? e-mail us at: humberarts@yahoo.com

Sam Roberts finds good people at Toronto shows

Montreal-born singer played to enthusiastic audiences at the Kool Haus last week.

By Shawn Loughlin

Few musicians have achieved the notoriety and success that Sam Roberts has prior to the release of his first full-length album.

Roberts' debut album, *We Were Born in a Flame*, was released in late May of this year, but many Canadians already knew him as an aspiring hockey player from Montreal who turned to music after a debilitating injury.

We Were Born in a Flame contains new versions of songs that made Roberts recognizable to the Canadian car prior to its release. *Brother Down*, *Where Have all the Good People Gone?* and *Don't Walk*

Away Eileen, which appeared on his EP, *Inhuman Condition*, are all reborn on the new album.

Roberts and his band sold out back-to-back Kool Haus shows last Thursday and Friday, as part of the Higher Learning tour to promote *We Were Born in a Flame*.

The stage was set with a red Heinken-filled cooler placed in the middle. The band began

playing at 10:30 p.m. as Eric Fares sat at his keyboard and played and the rest of the band entered.

"Are you ready to rock and roll, Toronto?"

Roberts introduced himself to the audience with the song *Rarefied* and then stopped to talk to them.

"Are you ready to rock and roll, Toronto? Well, let's fucking do it then," he said to the cheering crowd.

The enthusiastic show was balanced perfectly between Roberts and his band, who

rocked out for fans on many songs and slowed it down on others.

Roberts surprised fans with the hits *Don't Walk Away Eileen* and *Where Have all the Good People Gone?* after long intros.

Fans calmed down with slower songs like *Taj Mahal* and *Paranoia*.

After playing for an hour and 15 minutes, Roberts and his band left the stage.

Roberts returned alone and started playing *This Wreck of a Life* on an acoustic guitar. He was joined by his band later on in the song.

Roberts' passion for his music, and his enthusiasm on

All about the music

By Sarah Mann

Spike Slawson, of the punk rock outfit, the Swingin' Utters, is making music to be heard regardless of how fans acquire it.

As bass player for the San Francisco quartet and vocalist for punk rock super-group, Me First and the Gimme Gimmes, Slawson makes his living in music but has a simple and refreshing opinion on downloading music.

"Honestly, if you're making music, you're making it to be heard," he said. "The people that are resisting are big record companies because they see their whole livelihood threatened."

From the beginning, the Swingin' Utters have captured a solid and loyal fan base while

remaining true to themselves and their punk roots, but Slawson says it's not for selfish reasons.

"You know, if we had it more together we might be more successful but we're not interested in screwing people over. There's no need for that and we've done fine getting by without doing that."

After working with numerous indie labels, the Swingin' Utters were signed to Fat Wreck Chords in 1996 and released *A Juvenile Product of the Working Class*, later that year.

Since then, they have released four albums on Fat Wreck Chords, including their latest release, *Dead Flowers, Bottles and Blue Grass*.

The group rolled through Toronto recently, playing to a very spirited and appreciative crowd at

the Reverb, as it was their first show in Toronto in the last three years.

Interestingly, the band didn't play many songs from their new record as noted by singer Johnny Bonnel in between songs.

"We should play more songs off our new record," he said with a grin while beer and sweat saturated his shirt.

Their set did include mention of the death of Johnny Cash, who they hailed as "the original punk rocker."

"Without him," Bonnel said, "there would be no punk rock."

For Slawson and the rest of the Swingin' Utters, the answer to their success is simple: music is made to be heard, and you don't have to step on people to succeed.



Johnny Bonnel of the Swingin' Utters encourages fans to download his music.

After 17 years arts festival is still going strong

ArtsWeek draws largest crowd in festival's history

By Melissa Louie

Canada's largest arts festival kicked off last Saturday with events at hundreds of locations across the GTA.

ArtsWeek, now in its 17th year, is shaping up to be the largest yet with about 500,000 people expected to attend events throughout the nine-day festival.

Among the main events is H.Y.P.E. (Helping Young People Excel) III at the Art Gallery of Ontario. H.Y.P.E. III will highlight the urban arts, showcasing young talent who use audio, dance and visual arts to experiment and push

the standard. It will take place on Sunday between 1 p.m. and 6 p.m. Admission is \$12 with student ID.

For Art Deco 1910-1939, the Royal Ontario Museum features masterpieces from such artists and designers as Cartier, Coco Chanel, Jean Dupas, Pablo Picasso and Elsa Schiaparelli, among many others.

"Art Deco combines the elegance of the machine age with luxury in materials and ebullience in spirit unmatched, perhaps, by any other popular style," William Thorsell, Director and CEO of the Royal Ontario Museum, said. "Art Deco is expressed in every medium from furniture to jewelry, fashion

to transportation."

Art Deco 1910-1939 runs throughout ArtsWeek. Admission is \$15 with student ID.

ArtsWeek also features free events. Theatre City, held at 401 Richmond Street, will turn the whole building into a stage, with plays throughout the building and improvisers to guide from play to play. Theatre City runs today until Saturday.

Arturo Parada, one of Canada's leading street muralists, will spray-paint a canvas this weekend, which will be donated to The Hospital for Sick Children at the Toronto Eaton Centre between 1 p.m. and 4 p.m.

On Saturday, the Canadian Opera Company is holding its open auditions for aspiring opera singers. This annual event provides amateurs with advice and feedback from the COC's staff. Auditions begin at 2 p.m. at the Joey and Toby Tanenbaum Opera Centre.

Co-ordinators of ArtsWeek are hoping the festival will boost the economy after the struggles Toronto faced earlier in the year.

"It's critical at this juncture that Toronto reinforce its reality as a vibrant, healthy, fully functioning destination," Jim Garrard, executive director of Toronto Arts Council Foundation said. "ArtsWeek is ideally positioned to benefit our damaged arts and entertainment sector as well as significantly boost business and tourism. Great art makes a great city."



Canada's largest arts festival runs through to Sunday.

Reviewed this week



By Antonella Lombardi

New Jersey's Save The Day (STD) have clearly been influenced during their two stints on the road with Weezer in 2002, as it is a reflection on their latest release, *In Reverie*.

STD have always evolved within their emo/punk genre, however, with pianos, mellotrons, and organs making an appearance on *In Reverie*, STD have taken a step beyond with their latest release.

The sound on *In Reverie* is not poppy as it is wholesomely melodic. The melodies are reminiscent of those that have graced Weezer albums.

What does remain consistent from STD's prior albums are the lyrics crooned out by singer/guitarist, Chris Conley.

"I'm all out of time/ watching a swaying tide/ tomorrow has died/ guess no one gets out alive," he sings on *Morning In The Moonlight*.

The album should not be a complete disappointment for fans of STD's last album, 2001's *Stay What You Are*. However, for those who are into their earlier work, this one may just be a push over the edge.



By Shawn Loughlin

Since their self-titled release in 1970, Kraftwerk has created a unique sound and has paved the way for modern electronic music.

Tour De France Soundtracks, the band's latest album, is no exception. The group's first album of new material in 17 years doesn't exactly take a step forward, but it fits in well with its

previous releases.

The transition between songs is done well and the album flows along seamlessly from beginning to end. From *Aero Dynamik* through to *Regeneration*, each song is diverse.

Kraftwerk had 17 years to record this album of new material, but it seems as though they may have not made the most of their time.

After growing accustomed to Kraftwerk being ahead of its time, and innovators of modern music, fans may be left wondering where the step forward is on *Tour De France Soundtracks*.

It's a matter of economics

Student shopping calls for attentive decision-making and spending

By Colleen Rousseau

The setup is perfect. You've moved into a great house with three friends, and finally have a taste of real freedom. Your expectations for the year are sky high, that is, until you get your monthly bills.

And then reality sets in.

For some students, the biggest concern with post-secondary education isn't classes or homework. It's knowing how to properly manage their money. Often, students don't realize how much money is involved in living independently, until it's too late.

"Before I started school, all I had to worry about saving for was school," Steffen Reinhart, a third-year communications major at the University of Toronto said.

"Since I moved away, the value of money has become more obvious. There's more places my money has to go, and I have to stretch my paycheques further."

And since most students have to rely on part-time salaries to pay the bills, they have to be conscious of where their money is going.

Holly Langley, a certified financial planner and branch manager at the Investment Planning Counsel of Canada, advises students.

"First of all, students should always be saving 10 per cent of each paycheque," she said, adding it should be put somewhere where you won't be tempted to spend it. "And second, everyone should do a monthly budget, so they know exactly how much money is going in and out. When students start spending more money than they have to spend, that's when they get in trouble with debt," Langley said.

If not knowing how to properly structure a budget is what's keeping you from doing it, there are several Web sites for students that can help. Check out www.debt-freegrad.com.

Another useful site is www.royal-bank.com, which features a printable version of a student budget planner.

But if writing down every little expense isn't your thing, there are other ways to keep a close eye on your money, such as being a cautious shopper.

"My entire view of things is to not buy them at normal cost unless I really need or want them," Reinhart said. "A two litre bottle of brand-name pop will cost a lot



First-year business administration student Umar Kahn faces a decision. Wise spending means balanced budgets.

more than a two-litre bottle of a no-name pop that tastes exactly the same," he said.

Reinhart reminds us to watch food expiration dates. Buying food that goes bad before you get a chance to eat it means losing money. Besides groceries, necessities such as toiletries and cleaning supplies are often an unplanned expense and should be taken into consideration.

Students to get in the habit of bringing a set amount of money when they go out and leaving credit and debit cards at home. Students should also buy used textbooks, or pack lunches for school.

Reinhart warns students that dining out quickly adds up.

He also said that apart from saving for monthly expenses, he makes sure to put aside some money for entertainment.

"You need to allocate money for going out. By doing something to pick yourself up from feeling broke, you get your mind off of it, and you're doing yourself a huge favour," he said.

Going out doesn't have to be expensive. Almost every bar or club offers cheap drink nights, and it's hard to find places that don't offer student rates.

If you want to stay in, Rogers

Cable, offers a student discount that is not widely advertised.

"It's mostly done by word of mouth," Sales Consultant Kwesi (whose last name cannot be revealed due to company policy) said. "If a student inquires about cable installation, we verify their student I.D. number over the phone. They receive their first two months of any cable package at half price, and we drop the \$75 cable installation charge."

Rogers Cable isn't the only company that offers a little-known way to save money. Labatt Blue has a Web site that offers free long distance to most major cities in Ontario. By going to www.labattblueline.com, you can register

your phone number, and the site gives you a number to call. The only catch is you have to listen to a 30 second commercial.

The Web site offers a map to show the cities the number is compatible with.

Also, if you find your bank is hitting you with charges you can't afford, Langley recommends switching over to a virtual or "no-fee" bank account.

Presidents Choice Financial is a no-fee banking service affiliated with CIBC and is accessible by phone, Internet or bank machine. To sign up, a person must be 18 or older, and it can be done by PC Financial pavilions inside Loblaws stores.

Of course, if all this doesn't help you stay out of debt, at least there are ways of dealing with it.

"Once students get themselves into debt, they have to find the most efficient way of financing it, so it won't cost them an arm and a leg," Langley said. "They can take out a student line of credit, or, if they've worked, put money into RRSPs and save it so it grows tax free."

Langley said saving money may seem complicated at first, but all it takes is a little discipline.

"The best time to learn about money is when you're in school because you're in a situation that forces you to be aware of everything you're spending," Langley said. "If students can get a handle on limiting debt at a young age, those values will stick with them for the rest of their lives."

"The best time to learn about money is when you're in school."

Residence or off-campus?

By Tracy MacDonald

Moving away to school is a new and exciting experience for most young people, but since many students will spend around \$12,000 per year during their post-secondary education, it can also be a very frightening time.

Out-of-towners basically have two options for living arrangements when deciding to move away for school: student residence or living off-campus.

Many first-year students favour residence because of the social interaction and the close location.

"I wanted to live in residence because it's an easy way to meet people," Andrew Gardner, a first-year graphics design student, said.

Second-year business administration student Sourabh Dhawan also likes the residence experience.



Zack Coby, Chris Sherman, Terence Yip, Andrew Hunt and Jon Hodd all agree. They enjoy living off-campus.

"It doesn't cost so much. It's basically \$500 a month for living and then maybe \$300 for the food," he said. "You have the Internet and

the phone included. I think it's worth the money, and it's a good experience because there are lots of people around and you can study

with them," he added.

The second option is to live off campus in a house or an apartment. Off-campus housing is usually a money saver, and many students prefer it because of the freedom they have, compared to living in residence. It also means learning how to deal with landlords, balance a budget and cook meals.

"I always pictured residence as a National Lampoon type movie, but it is far from that," Josh Pekar said. The second-year film and television production student previously lived in Humber residence. "The freedom in rez is minimal, and I didn't want to go through that again, especially during the double cohort year," he added.

Alex Swidersky, a third-year industrial design student, lives in a basement apartment. He said he was annoyed with the younger

continued on pg 15

Healthy eating doesn't come at a price

By Zoë Hamilton

When the conveniences become too convenient, we often find ourselves turning to fast food out of sheer laziness. It's a problem many students face. They're busy with school and jobs, and it's just way too easy and tempting to grab fast food instead of making their own meal.

It's happened to all of us. You're sitting in class watching the clock slowly run through the minutes and your stomach rumbles. You regret not eating breakfast and contemplate pulling out the peanut butter sandwich you slapped together early this morning. Then the thought of a delicious hot burger from Harvey's perks you up. Class ends and you holt to fast food heaven to devour the mouth watering food.

At week's end, you look into your wallet and scream. Where did the money go? Around the house you find nothing but pennies and left-over groceries. You're hesitant to dip into next week's budget, but you do it anyways.

The cycle continues.

Carrie Taylor, a first-year funeral services student at Humber, lives in a house with two roommates and says she spends about \$25 a week on groceries. She said fast food is very bad for you and too expensive.

Marg Anne Jones, health centre manager at Humber's North campus, said the only good part of fast food is that it's fast. She said that if people put in the extra effort, they can still eat "fast" food while avoiding Harvey's and McDonalds. She said that most fast food is high in fat, while low in nutrients and has no health value.

"Peel a banana, grab some yogurt or eat a whole wheat bagel,"

she said, explaining some health foods are transportable.

The bottom line is that grocery shopping is still the best way to save money. At first, try to cut out snacks. Bring your own food from home. Then try to stop depending on fast food services to provide your three meals a day. Make food at home and make a lot of it at one time so that you can have left-overs for the next day. Spend the extra five minutes making a lunch that will save \$6.

When grocery shopping, try to buy house brand products, such as President's Choice or Smart Choice. Often these brands are the same quality but a dollar or two cheaper than a name brand.

Sara Davidson, a first-year Guelph-Humber student studying business, says that she spends about \$10 a week on food.

"I try to only buy food when I'm really hungry and I have a long day," Davidson said. "I really only buy coffee and bring my own food from home."

We can learn something from Davidson.

To the right is a single-day comparison between fast food and food bought at the grocery store. The first table indicates the type of meal and the fast food price. The second table displays the same meal, but what each item would cost if you went to the grocery store and made it yourself. All prices are without taxes, and grocery items are priced at Fortinos, located on Hwy. 27 between Humber College Blvd. and Rexdale Blvd. Keep in mind when grocery shopping, things should be bought in bulk.

The comparison is based on an approximate amount of food someone would eat in a day.

With files from Jason Bain

Students enjoy freedom with off-campus life

continued from pg 1

students who were living in residence, and he likes it better off-campus.

"I moved into rez in January, and I lived there for four months," he said. "This is a little less convenient, but it's fewer rules and there are no little kids running around."

Third-year business administration student Mike MacFarlane tried

the rez experience and is now living on his own. He is enjoying the extra cash in his pocket.

"There are four of us in our apartment, so we each pay \$362.25 every month, which includes everything," he said. "It's a lot better of a deal. There is more freedom."

So which one is cheaper, and which one will save you the most money?

Isn't this every future student's



Second-year multimedia design student Adam Buckley bites into the new Big Harv from Harveys. He says eating healthy will have to wait until another meal.

Fast Food >

Breakfast (McDonalds)

-egg mcmuffin
-coffee \$4.49

Lunch (Harvey's)

-burger w/fries
-coke \$4.99-\$6.99

Dinner (Pizza Pizza)

-medium pizza \$13.66

Snacks

-chocolate bar
-fruit juice
-bag of chips \$6.75

Day Total \$29.89-\$31.89

Six Day Total \$179.34-\$191.34

all prices do not include taxes
groceries from Fortinos

Grocery Store >

Breakfast

-eggs \$3.79/12 eggs (0.32/egg)
-cheese slices \$3.89/24 slices (0.16/slice)
-english muffins \$.99/6 muffins (0.17/muffin)
Total = \$0.65

Lunch

-hamburger patties \$9.99/8 burgers (\$1.25/burger)
-fries \$0.99/1kg (0.10/1 serving of 100g)
-coke \$6.99/24 cokes (\$0.29/can)
-buns \$2.19/8 buns \$0.27/bun
Total = \$1.91

Dinner

-medium pizza \$4.99/8 slices \$0.62/slice
Total = \$1.86 (3 Slices)

Snack

-granola bars \$1.99/8 bars (\$0.33/bar)
-juice \$2.29/1.89L (\$0.01/1 serving of 250mL)
-chips \$2.99/240g (\$0.11/1 serving of 28g)
-muffins \$2.99/6 muffins (\$0.50/muffin)
-cookie \$2.99/400g (\$0.12/cookie)
Total = \$1.07

Day Total \$5.49

Six Day Total \$32.94

question? How can I save money for living while still enjoying the college life?

Here are some answers.

Student loans, money from parents and summer jobs are all great ways of paying for post secondary education. If your sights are set on going to school in Toronto, you'll have to plan for the added expense of living in a big city.

Humber College residence costs \$540 per month, while a

three-bedroom house off campus costs around \$435.

The college offers a variety of resources to help students living off-campus. An information board at the residence posts listings, or you can check out off-campus student housing on the internet at www.humber.ca/housing/offcampus.

Whether you choose to live in residence or off-campus, keep in mind the pros and cons of both.

The trick is just deciding which one is best suited for you.

With files from Dawn Farrell

**Questions?
Comments?
We welcome your
feedback!**

infocusfall2003@yahoo.ca

Canada, Japan celebrate together



Kyogen performer Kaoru Matsumoto honours the 75th anniversary of the political partnership between Canada and Japan with ancient Japanese theatre.

By Shiho Futaba

Toronto has begun celebrating the 75th anniversary of diplomatic relations between Canada and Japan with various cultural activities throughout 2003.

The Japan Foundation Toronto is presenting Kyogen, an ancient form of theatre on Sept. 25, which includes Japanese medieval comedy, theatrical lectures and demonstrations with a professional Kyogen player, Kaoru Matsumoto.

"An actor creates an unknown world on the stage by thinking of his own role and the harmony with the others, no matter what type of performance it is," Matsumoto said.

"We would like many Canadian people to come to the event to see Japanese traditional culture," Japan's Consulate General, Hiroko Kaizuka, said.

Matsumoto will demonstrate a

wide range of cultural practices, from basic theatrical techniques, such as use of body and laughter, to dressing in traditional costumes.

"Canadian people enjoy the difference in Kyogen's unique, rhythmic movement, and the invisible beat of dance," Matsumoto said, recalling his experience with workshops in Toronto, Ottawa and Montreal.

Kyogen is one of Japan's four theatrical styles of art. Although it is well known in Europe, Kyogen is rarely seen in North America.

"I think it's a good opportunity to promote Japanese traditional culture," Japanese Humber student, Risa Ishande, said.

To celebrate the anniversary, both countries are hosting various events throughout the next year.

For information, visit Japan Foundation Toronto at 131 Bloor St. West or go to www.japanfoundationcanada.org.

Upcoming events

-Akira Kurosawa film posters: to Sept. 27 at The Japan Foundation Toronto. Free admission.
-Shin Matsunagu Poster Exhibition: Oct. 3-Feb. 7 at The Japan Foundation Toronto Weekdays 11:30 a.m. to 4:30 p.m. Saturdays 12 p.m. - 5 p.m. Free admission.
-Toronto Japanese Film Festival: Nov. 11 - Nov. 19 at Innis Townhall Theatre (2 Sussex Ave.) Tickets on sale Oct. 10 at Queen Video and Little Tokyo-Book Net.

Autumn activity, winter wellness

By Steffani Mowat

Bathing suit season has come to an end, but that's no reason to get lazy with your fitness routine.

For second-year Humber fitness and health student Miako Kawasaki staying fit is a priority.

"I do aerobic classes and exercises. I work out six days a week for an hour," she said.

If you need a group of people to encourage you to get active, the Toronto Bicycling Network (TBN) always welcomes new members.

Imatiaz Mawji, director of publicity and promotions at TBN, said the club offers cross-country skiing, bicycling and in-line skating.

A membership fee of \$25 for one year includes discounts for members at various stores advertised on the Web site.

"This is not a competitive club, it's a leisure club," Mawji said. "There's a lot of cycling going on well into November and on-going weekly and bi-weekly hiking events."

Chris Palmer, a third-year industrial design student, enjoys maintaining a healthy lifestyle.

"Yeah, the [TBN] club sounds interesting. I like the outdoors," he said. "I stay active outside of school, and in school. I keep busy. I [stay active]. I play hockey, basketball, and go to the weight room four to six days a week."

Toronto's passion for fashion

Diverse designers display vintage, modern modes

By Rhonda Herry

Combine groovy vintage and new-fangled designs with thousands of people, and you end up with one fantastic Clothing Show.

Over 10,000 people attended the annual fashion event this past weekend at the Automotive Building on the CNE grounds, to see what hundreds of designers - mostly Canadian - have been up to.

Bonnie Meacham, organizer of The Clothing Show, said it targets women between the ages of 18 and 35.

"We think about what sort of stuff would interest them and that's what we try to achieve. But women who come to the show also bring their boyfriends, so we have plenty of vendors that cater to men as well," she said.

All items showcased were sold wholesale and displayed on hundreds of tables, surrounded by crowds pulling and grabbing. In one corner of the space, a vendor was selling old *Rolling Stones* records, and not too far away, another was trying to make a few bucks off the newest J. Lo velour suits.

The Clothing Show, formerly

known as The Old Clothing Show, was founded by Marlene Cook in 1977. After 23 successful years, Cook sold the show to Meacham in 2000, who frequently had attended the popular vintage show.

Meacham changed the name to "The Clothing Show" after deciding to add new designers to the exhibition.

"The market for vintage waxes and wanes," Meacham said. "One season it gets [many] sales and sometimes it doesn't at all. The new clothing makes the show larger."

The show is a great opportunity for budding and established designers to display their labours of love. Many come back for more of the fun and great exposure.

Designer Ron Ferroni of Kool-Wear has been a vendor at the show for five years, specializing in both men's and women's fashions.

"My clothing is alternative, a little more cutting edge," he said. "I try to be a little more mainstream. I always do well here. It's a good clientele for me."

Accessories were also sold at the show.

Designers Jennifer Kluger and Suzie Orol of Foxy Originals Inc. participated in The Clothing Show



Jewellery designer Jennifer Kluger (right) exhibits her craft at The Clothing Show last weekend.

for the second time.

"It's always been a hobby for both of us," Kluger said. "We are both crafty individuals. Before we could sew, we would make necklaces."

According to the design team, inspiration for their jewellery comes from as near as the kitchen sink and as far as east Asia.

"We're always looking for inspiration," Kluger said.

The young jewellers started their business in 1999 during their first year in university. The demand for their products grew tremendously, so they decided to sell on a larger scale.

For more information, visit www.theclothingshow.com.

On edge, overweight

Fries, Fritos, Freshman 15

Weight gain is so common in rez that it has its own special name

By John Mammias

Move over broccoli and brussels sprouts. Make room for burgers, pizza and a bigger waist-line. Gaining weight is so common during the first year of college, that the process has been dubbed "The Freshman 15."

Students living in rez are aware of the Freshman 15, but are not too concerned about it, according to Liz Calverley, a first-year Fashion Arts student.

"I don't really think about it, it's not a huge deal for me," Calverley said.

When students leave the comforts of home for the fast and hectic campus life, one of the first things they miss is mom's home cooked meals. But instead of preparing "homey" meals, students socialize with pizza parties, late night snacking and binge drinking.

Don Henriques, general food services manager, attributes the Freshman 15 to poor lifestyle choices like drinking too much alcohol and not nearly enough physical activity.

Henriques said the new resi-

dence dining hall is much larger than last year's, and will accommodate rez's current population and caters to a wide range of tastes.

"In terms of variety, we have a sandwich bar [and] a culinary station which features daily specials such as grilled steaks and baked salmon. In addition, we have a pasta bar, a stir-fry bar and a salad bar," Henriques said.

Niki Bezdikian, a first-year design foundations student doesn't think the dining hall offers much to choose from.

"They need more variety. It's always burgers, sandwiches and pasta. They should spice things up a bit."

Nutritionists advise best way to deal with the "Freshman 15" is to avoid fast-food like burgers and fries and instead opt for healthier choices like fresh sandwiches. Also, keeping healthy foods in your dorm room, like cereal bars and fruit, can be helpful when a snack attack creeps up.

Cutting down on pop and limiting alcohol consumption is also helpful. Last but not least, exercise! Take advantage of the free facilities offered at the Athletics Centre.



Walter Cortez sinks his teeth into convenient, fast-food lunch at the Humber cafeteria.

Junk food, old friend

By Kristen Brownell

Stressed out? Watch out. School has begun, and students are easing the pressures of assignments with tasty treats.

Stress can often give students the kick in the shorts they need to help them accomplish their goals and increase their ambitions, but too much stress can be harmful to physical and mental health.

When stressed, people often overeat, according to Dr. Mark J. Berber, lecturer of Psychiatry at the University of Toronto and Consultant Psychiatrist at the Markham Stouffville Hospital.

Favourite crutches include, chips and fries, pastas with rich

sauces, chocolate and highly salted foods. Berber's advice is to get a "proper sleep, exercise, and eat a balanced diet with low calorie foods."

Laura Randamma, a dietitian with Health Connection, a telephone health service, said people should choose the best diet for them, and avoid eating comfort foods because "there are no magical foods that will take away peoples' stress."

Christine Colebrook, a second-year Humber student of Architectural Technology, said she eats less, but snacks more.

"I like crackers and Cheerio's snack mix," said Colebrook, but recognizes this hardly constitutes a meal.

Stress is a constant in life, but it is how we handle it that matters.

Humber College counsellor Bohdan Turok said that in times of change, students become stressed more easily.

"At the starting point, students may feel overwhelmed with the task of adjustment and naturally personal life events may occur at any time and in certain cases may interfere with students' ability to perform," Turok said.

When considering how to cope with stress, he suggested strategies which include physical activity like playing sports, walking or exercising at the gym, in your daily routine. On the spiritual side, meditate, do breathing exercises, and take a bath.

Yield to vacation temptation for health

By Kristen Brownell

Although school has just resumed after a four-month break, it's not too soon to start thinking about your next vacation.

Vacations are not just an indulgence anymore. They can also be beneficial to your health.

It's all about taking a holiday, Dr. Mel Borins, author of *Just Go Away For The Health Of It*, and *An Apple a Day*, said.

According to Borins, a high-stress lifestyle can result in heart attacks, and contributes to other health problems, both physical and mental.

Vacations are known to reduce the stress of everyday life. Anyone who has ever been "away", whether it's to another city, another

continent, or simply camping in the woods half an hour from home, can vouch for that.

Alan Wisniewski, a first-year industrial design student, agrees that people need to pick up and go for sanity's sake.

"It's nice to leave things behind and get away from it all," Wisniewski said. He has travelled to Florida and Mexico.

The sun provides vitamin D, which our bodies absorb through the skin. In the winter our bodies lack this nutrient, making us more vulnerable to mild depression.

"It's a real problem," Borins said. "People up here in Canada aren't exposed to the sun all the time and can become depressed."

While some vacations may be expensive, especially for students, there are other options to decrease

stress. Camping, staying with relatives out of town, a day in the park, or even a mini-weekend getaway can offer the same benefits as Mexico, just on a smaller scale.

"You don't need to stay in a fancy place," Borins said.

When the need for a vacation can no longer be resisted, and you need a break from school, work, phone calls and e-mails, Borins suggests you choose a healthy and relaxing getaway and focus on the positive aspects of going away.



Alan Wisniewski browses for his next vacation.



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Camille Griffith and Virgilia joined the crowd of volunteers and walkers at AIDS Walk Toronto last Sunday.

Raising money and awareness for AIDS

By Steffani Mowat

The 15th annual AIDS Walk Toronto took place at Nathan Philip's Square on Sunday and raised an estimated \$350,000.

Ellen Bruce, a representative from AIDS Walk Toronto, said 1,600 registered walkers were involved but because they didn't have to register, at least 10,000 attended.

"AIDS is something that affects everyone, and I wanted to show my support," volunteer Damian Salter said. "I'm just here to cheer them on and motivate."

Camille Griffith, executive director of Black Coalition for AIDS Prevention (Black CAP) brought 20 of her friends to the walk.

"This is my fifth or sixth year in the walk. We're actually disappointed in the turnout this year, and there is less sponsorship than usual," Griffith said.

Richard Bell, volunteer co-chair in charge of walk preparations, was pleased with the turnout.

With a line-up of bands including Brother Love Canal, In Essence, Barlow and Nasri, the after party at Nathan Philip's Square was entertaining.

Both In Essence and Barlow donated proceeds from CD sales at the performance to the AIDS

organization.

The AIDS Walk Toronto has raised over \$7.5 million in the last 15 years.

What's Up

Arm Wrestling: Sept. 30 at Humber North Student Centre, 12 p.m. to 2 p.m.

Small World Festival: Sept. 25 to Oct. 3, 416-973-4000

Deaf Worldwide: Sept. 26-27 at Metro Toronto Centre

Gallery 1313: Urbane and Urbana Group show, Sept. 28 at 1313A Queen West

The Downtown Comedy Festival: Sept. 24-26 at The Rivoli and The Oasis, 9 p.m., \$10

Safety still important issue

Sex class turns on students to technique

By Julie Gauthier

Gone are the days when women took pottery or cooking classes to fill their spare time. Now, they can bone up on their sex techniques.

Laila McDaniels is a sex educator who has been teaching sex workshops in Toronto for over five years.

One workshop, Giving Head, teaches students about the male anatomy, how to read their partner's reactions and oral sex techniques. Students are also encouraged to voice any questions or concerns they may have about fellatio.

Other topics discussed during the workshop are the risks of unprotected oral sex and ways to minimize them by using condoms and dental dams.

But workshops aren't all talk. Each participant gets a chance to test her newfound skills using dildos. Workshop participants must be 19 years of age or older, and must be female.

"I'm an advocate for expressions of sexuality, but having lost three quarters of my friends to AIDS, I really have a mandate to talk about safety," McDaniels said.

For all of you who thought grandma was home knitting on Saturday night, think again. According to McDaniels, the oldest person to ever attend one of her workshops was 72 years old. McDaniels believes there is always something more to learn, regardless of age.

And don't worry guys, there is a workshop designed specifically for you too. McDaniels says the men-only 'Pleasuring Women' class teaches them how to make love to women's bodies.

"It gives them a lot of anatomical information about a woman's body, how to gently massage her genitals, how to perform oral sex, and how to give her body a massage that will enhance her arousal level," McDaniels said.

She added that the main goal of the workshops is to give people more confidence and the confirma-

tion that they're fine the way they are.

"It's important for them to hear from another group of women who are complete strangers that they've had the same concerns. You know, they're not the only person who

gags or has jaw strain," she said.

Most of McDaniels' workshops cost between \$35 and \$40 and are based out of Good For Her, a downtown Toronto sex shop

Not everyone is convinced that McDaniels' workshops are a good investment.

"I'm not going to pay \$35 for that. If you're talking to the person you're with, they'll tell you what they want or don't want. It's called communication," J. Rodman, a fire services student at Humber, said.

On the other hand, women like Akiko Hyodo, a second-year Radio

Broadcasting student, seemed to think that workshops are a good idea, at least for men.

"Sex workshops are made for men. They need the help," she said.

Hyodo's classmate, Andrea Gabriele, agrees.

"For guys, it doesn't matter what you do to them. They get pleased very easily. For women, it's a lot harder. We get the shaft," she said.

As far as privacy is concerned, McDaniels maintains that it is the 'hallmark' of her workshops.

"It is private, and it is discreet. What we say there hopefully stays there," she said.

For more information on upcoming workshops, call Good For Her at 416-588-0900

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First regular season loss since 1999

Women's soccer streak ends

By Phil Messina Jr.

The Humber Hawks women's soccer team suffered their first regular season loss in five years on Thursday with a disappointing score of 1-0 against the Fanshawe Falcons.

Heading into their season opener against Fanshawe, the Hawks were a combined 32-0-7 over the last four seasons but were playing for the first time since 1998-99 without OCAA all-time leading scorer Joanna Vitale. Vitale scored 56 goals with the Hawks during a four-year period.

"We can now put this loss under our belts and kick butt the rest of the season," Anna Tripodo said after being picked player of the game. "I still think we played

excellent and everyone had a great game."

The Hawks had many scoring opportunities before Fanshawe scored the winner in the 82nd minute.

"It was a tough goal," coach Vince Pileggi said. "The ball took a bad bounce over our defender and then it was a foot race from there."

The Hawks controlled possession for most of the game but had trouble executing on the rough grass at Humber's Valley Field.

"We have to learn to work with that because this is our home field and we have to know the way it works and the way the ball moves on it," Tripodo said.

Despite the loss, Pileggi was pleased with his team's effort and

felt they deserved a better fate.

"I thought we were very good at times," he said. "We showed very good ball movement."

Pileggi was also pleased with the way his team won the battles for loose balls.

After the game, Pileggi and Tripodo said that fitness and size played a big factor against the tough Fanshawe squad.

"Fitness is huge because we get knocked around pretty easy because our team is fairly small," Tripodo said.

The Hawks go on the road to play back-to-back games against the St. Clair Saints on Sept. 27 and the Lambton Lions on Sept. 28.

The Hawks return home Oct. 1 when they host the Redeemer Royals at 4:30 p.m. at Valley Field.



The Humber Hawks women's soccer team suffered its first regular season loss in five years last week.



The Hawks coaches blame a lack of fitness for the team's 44-14 loss to Seneca.

Rugby team loses opener

Coach: "...[we] will see Seneca in the final."

By Kristine Hughes

Humber's 44-14 loss to Seneca last Wednesday could not be blamed on a lack of skill, but a lack of physical fitness, the team's coach says.

Humber also had four injured players, losing three out of their four props. With less than five minutes left in the game, they were unable to sub any more players on the field.

"These injuries are a question of

fitness," coach Carey French said. "We have to get used to the idea that if you're going to play college rugby, you need to be getting fit in June, in order to play in September. You can't expect to come out on Labour Day and be fit in two weeks."

Seneca has dominated the college rugby season for two years in a row, winning the championship last year. The Hawks knew their first game of the season might be the toughest game all year.

"This is my first time playing, but like everyone else, I have no fear," winger Jahmal Thomas said. "I don't have much experience, but

I have speed and I have aggression, like all the guys here."

Humber gained the most territory and possession throughout the game, but the Hawks' mistakes cost them.

"Despite making four bad mistakes, we've got the basis of a good team and will see Seneca in the final," coach Alister Mathieson predicted. Both coaches said the score wasn't indicative of Humber's play.

"We'll fix the things that need fixing and polish the things that we do well," French said.

The Hawks next home game is Oct. 8 at 5 p.m. against Fleming.

Hawks blank Fanshawe in season opener

Pair of goalies shut down Falcons as men's soccer team goes 1-0.

By Geoff Rohoman

The Humber College men's soccer team started its season off on a winning note, dominating the Fanshawe Falcons 2-0 at Valley Field last Wednesday.

The game and the victory were both firsts in the new season.

"I think we played really well," assistant coach Arturo Alava said. "Overall, we had a good game."

Kwame Osei opened the scoring for Humber in the 18th minute, taking a giveaway by the Fanshawe goalie and depositing it into the net. "I got lucky," Osei said.

The Hawks continued to dominate when veteran Vito Del Duca rifled a shot just inches wide of the far post.

Fanshawe was on the attack in the 43rd minute, but defenceman Shawn Correia stopped what could have been a dangerous rush.

Matt Palleschi, who had just come off the Hawk bench, gave the Fanshawe defenders fits with his precision crosses.

Humber put the game away in the second half, after a brilliant pass from midfielder Kevin

Peterkin that sent Osei on a break-away. Osei calmly tapped the ball past the Fanshawe goalie for his second goal of the game.

"I had to work for it," he said. "I was on at the right time."

Goalies Dominic Politano and Dennis Marijanovic secured the shut out with several big saves.

Despite the convincing victory, the Hawks still feel they are not at the top of their game.

"I think we take our opponents too easily because we are that strong," Alava said. "We need to punish them in the second half."

Humber's next home game is next Tuesday, Sept. 31 against Redeemer at 4:30 p.m.

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Girls just wanna have fun

Humber Hype dance hopefuls learn the ropes

By Shannon Henry

Many talented dancers turned out to compete for a spot on Humber's dance team, The Humber Hype.

Returning Hype members held tryouts last week from six to eight o'clock in the Humber aerobics room.

Katie Hagan, this year's team director, has been a member of the team since it began two years ago, and started tryouts by telling newcomers about the dedication that is expected.

"We take this very seriously," Hagan said.

The aerobics room was packed with 35 hopefuls trying to keep up with returning dancer Paige Murray's warm-up exercises.

It was then time for the participants to show off their talents. The

dancers were asked to perform specific dance moves, such as basic spins and footwork, to show what they could do.

The original 35 dancers were cut down to 21 by the end of the first day.

By the second day of tryouts, six new dancers had joined the 21 that had made the first cut.

"When you dance, think Raptor cheerleader, but funky. Like you're hardcore, but cute."

The night began with warm-ups, then continued into a little hip-hop dancing led by team choreographer and assistant director Shelley-Anne Richardson.

Hagan then took over and taught the group a hip-hop routine to Beyonce Knowles' song, "Crazy

In Love".

Richardson provided the group with some words of wisdom as well as some comical facial expressions to help improve their performance.

"When you dance, think Raptor

cheerleader, but funky," Richardson said. "Like you're hardcore, but cute."

By the end of the night, the final roster had been determined, with seven returning members and eight newcomers.



Thirty-five dancers packed the Humber aerobics room last week for Humber Hype tryouts. In the end, 15 dancers made the team, which competes in a number of events.

Attn: Bike enthusiasts

Annual U of T bike races held across southern Ontario for camaraderie, not competition

The University of Toronto is once again organizing an annual series of mountain bike races in the fall. The races, which are held within southern Ontario, are divided into men's and women's groups, with a more competitive and longer 'A' level race and a shorter, less difficult 'B' level race.

Races are 40-90 minutes long, and stress camaraderie over competitiveness.

The series has only been open to University students until this year. The OUMRC is now allowing colleges to participate on a trial basis, to gauge reaction and involvement.

Race dates are:

Sunday, Sept 28 - Hardwood Hills, Barrie

Saturday, Oct 4 - Ganaraska, Port Hope

Sunday, Oct 19 - Boler, London

For more race information, interested riders can visit the Ontario University Mountain Bike Race Council (OUMRC) at: www.campuslife.utoronto.ca.

Riders can also call Andrew Kittner for more information at 905-877-5001.

Preseason starts this Saturday

Hockey roster finalized

By Eric Collins

The Humber Hawks have released their final roster for the 2003/2004 season with some definite talent picked up through the open tryouts last week.

In total, three players were added to the roster through the tryouts, including Mat Neely, who spent three and a half years in the Ontario Hockey League with the Kingston Frontenacs and the Oshawa Generals.

"[Neely] worked hard in training camp," Humber head coach Joe

Washkurak said. "He has good size, good hands and he skates pretty well. Hopefully he will grow into a pretty good player and be physical and he's got pretty decent hands so he can whip in the odd goal."

Neely was equally enthusiastic about joining the Hawks.

"It's really exciting," Neely said. "They are a great bunch of guys. Hopefully I can chip in with a little offence, but mostly I am a physical player."

The top spot in the ongoing goaltending battle has been solidified, with much confidence being

placed in returning starting netminder Nick Grainger. But with two solid goaltenders behind him in Luc Lamothe and Chucky Lea, Washkurak is confident that any of his goalies will perform well when called upon.

"If [Grainger] keeps playing the way that he is, then he is going to keep playing. If he falters or gets hurt, I am comfortable that [Lamothe or Lea] can walk in and play great for us. Our goaltending is phenomenal right now and that's the way it will stay."

With the final cuts fresh in the minds of the remaining players, the Hawks head into their final week of practices before facing a hefty pre-season schedule.

One area the Hawks are hoping to improve in is fan attendance at Westwood Arena, which is just a few blocks from the North campus.

"Support around the league isn't that good except for St. Clair," Washkurak said. "Playing there is a great experience for guys [because] you can't jam any more people into that arena. It's just that we have so many great sports [at Humber] that it's hard to put emphasis on just one sport."

Fans will get their first chance to support the hockey team on Saturday at 7:30 p.m. when the Conestoga Condors are in town.



Humber Hawk hockey coach Joe Washkurak illustrates drills during tryouts this week. The roster was finalized and the team begins the exhibition season this weekend.

OffSide

By Joe Mucio



After nine months, the WWE finally decided to take the world heavyweight title off the waist of Triple H and put it around another competitor, in this case Goldberg, and the timing couldn't be better.

Since *Armageddon* last December, Triple H has mowed through Shawn Michaels, Scott Steiner, Booker T, Kane, Rob Van Dam, Kevin Nash, and Goldberg—that was before this Sunday.

During the past year, *Monday Night Raw* has experienced its lowest ratings since before the "Attitude" era debuted in 1997. Raw routinely draws a 3.1 Nielson rating, compared to the near 5.0 it drew during the height of the Vince McMahon-Stone Cold feud. No matter how much is changed during the rest of the show, the success or failure of a wrestling promotion still lies with its heavyweight champion. But, at this point, Triple H's gimmick has simply grown stale.

Don't get me wrong, he is still one of the best in-ring performers the WWE has seen in years. I still remember his match with Cactus Jack at Royal Rumble 2000 that absolutely stole the show. When the main event lights are on, Triple H always seems to step up.

Today's wrestling fan, however, has a much shorter attention span than those who grew up with Hulk Hogan, Randy Savage and Ricky Steamboat. The days of Bob Backlund holding on to the title for over five years have passed, although it seemed that Triple H was going to hold on to the title for at least that long.

Triple H's character of telling people, "I am the game, and I am that damn good," and then proceeding to hit his opponent in the head with a sledgehammer, has grown tiresome.

Just look at what a break from the WWE has done for the Rock, who is as popular as ever after a hiatus making movies.

If the WWE takes Triple H off television, they can bring him back and rekindle his feud with Goldberg and make it fresh again. Who knows? Maybe at that point, Triple H is right, "the game will have just begun."



A Humber Hawk volleyball hopeful spikes the ball during a recent tryout last week. The women's team is preparing for the upcoming season. The team plays an exhibition game Oct. 4 against a Humber alumni squad.

Women v-ballers on the road again

Women's team will use Hull, Que. tourney to build team chemistry

By Josh Grunberg

The Humber Hawks women's volleyball team will start the season on the road, playing in their first tournament of the year in Hull, Quebec this weekend.

The Hawks have been practicing hard for the past two weeks, but will only have played one exhibition game in preparation for this weekend's tournament.

With a handful of new players on this year's roster, starting the season on the road may help to build team chemistry.

"With new faces the biggest thing is for us to be together," Hawks Head Coach Chris Wilkins said. "Team unity is very important."

The Hawks have been working diligently to fine tune their team and they hope to be strong on both ends of the court this season.

"We feel we're a very strong

team offensively, we'd like to improve our defense," Wilkins said.

After returning from Quebec the team will play an exhibition game on Saturday, Oct. 4 against Humber

"With the new faces [this season] the biggest thing is for us to be together...Team unity is very important."

Alumni. They will then travel to Kalamazoo, Michigan for a tournament on Thanksgiving weekend.

The Hawks will play a number of tournaments leading up to the national championships, which will be held at Humber in March.

Humber was awarded the right to host the event two years ago when the Canadian College Athletic Association approved its bid.

Humber hosted the Men's National Championships two years ago, and the positive feedback from that

event aided Humber's bid.

Doug Gellatly, executive director of the Ontario Colleges Athletic Association, said that hosting the tournament is a big job, but he has no doubts that this tournament will be a success.

"They are able to generate a lot of interest within the college. They have an excellent athletic department and staff that lead it," Gellatly said. "They have a lot of things going for them as a host that contributes to the success of the event."

To help draw students to the games the Athletics Department will be working with the school residence and federations, and will hold a skills competition and have draws for computers and other prizes.

Attendance at the tournament will most likely depend on how the Hawks have fared during the season, according to Humber's Athletic Director Doug Fox.

"The crowds will be based on success. The competition is very high, and it's a difficult tournament to win," Fox said.

Humber Et Cetera Sports Great for many places... including the can

Men's volleyball

Counting on experience

Humber team hoping to erase memories of fifth place finish with winning year

By Christina Bernardo

Following a developmental season where they finished fifth in the playoffs, the men's volleyball team is hoping their experience translates into wins.

"They're a little more upbeat," head coach Wayne Wilkins said about this year's team. "They know what to expect, so there's that experience factor, which is huge. It builds so much confidence."

With eight men returning from last season, and all four new players from club teams, Assistant Coach Dean Wylie said the difference from last year's team is the experience. "It's a different team," he said.

"[Traditionally] we've been strong with outside hitting. This year we are making new hitters outside, so we're still going to be strong."

Wilkins said the new players will add great depth to the volleyball squad.

"Brad Thompson, who is a setter, has great poise. He's got a

"They're a little more upbeat. They know what to expect, so there's that experience factor, which is huge. It builds so much confidence."

decent set of hands. Jeffer Chian is a utility player and he's got good court awareness. Ian Brown has a great attitude, seems to work pretty hard and a decent-sized kid. Andi Dimushi [a transfer from Montreal] is going to be our foundation in the middle, he's gonna help solidify the middle position for us and give the guys something to strive for."

With the attitude he sees in this year's team, Wilkins feels the pieces are in place to contend.

"I think we have a possibility of getting back to the finals," he said.

The first test for the men is the Outaouais Tournament in Quebec this weekend.



Eight returning players and four new recruits are hoping to lead Humber's men's volleyball team to a winning record this season.

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High hopes for women's hoops

Coaches like what they've seen in tryouts

By Luis Henriques

With tryouts coming to an end, the Humber Hawks women's basketball team is showing that this could be a promising season.

One of the returning players, Fayola Creft, is impressed with the

amount of talent at tryouts compared to last year's team that lost in the semi-finals.

"We have a chance to be pretty good," Creft said. "We have a lot more girls that can run the court. We can be more competitive."

After the first tryout, the roster was trimmed from 24 to about 17 players, and there are a few more cuts to come before the final team is picked.

"We have a rough idea but that can change depending on how hard

people work," Hawks assistant coach Koren Bogle-Glenn said.

Many of the players at the tryouts showed they had enough skill to make the team, which made the last cuts more difficult for the coaches.

"There was a wide range of talent," Bogle-Glenn said. "We are pretty optimistic from what we saw."

The coaches were also impressed with some of the recruits who tried out.

"The girls we recruited over the summer have surprised us with how good they are," Bogle-Glenn said. "They are very strong players."

The five returning players from last year's team also showed that they didn't lose a step over the summer, giving Bogle-Glenn high hopes for the season.

"We have a lot of potential. It will take a lot of individual work but we should be strong this year."

Behind the camera

By Ashley Molnar

Bob Harwood is no stranger to the world of sports journalism.

As the Toronto Maple Leafs prepare for the upcoming season, the 36-year-old Leafs TV reporter will follow their every move and tell the world what's happening with one of the NHL's original six teams.

Harwood graduated from McGill University, with a degree in physical education and a coaching certificate.

In university, Harwood became interested in sports broadcasting.

"I just sort of backed into it, because of my interest in the sport teams at McGill," Harwood said. That translated into a job as the school's hockey and play-by-play man.

"I realized how much I liked the theatrics of it, the spontaneity of it, the sort of energy and stuff like that. And then I pursued some freelance radio work.

Harwood spent two years freelancing and working as a stringer in Montreal, where he built contacts with both news and sports directors from TV stations in Vermont and N.Y.

"I'd see these guys at Montreal Expos or Montreal Canadiens games, and I asked them what would it take to get a chance," he said. "The CBS station in Vermont, which is WCAX, eventually showed some interest in me, and they did all the immigration paperwork for me to be able to get a job in the U.S."

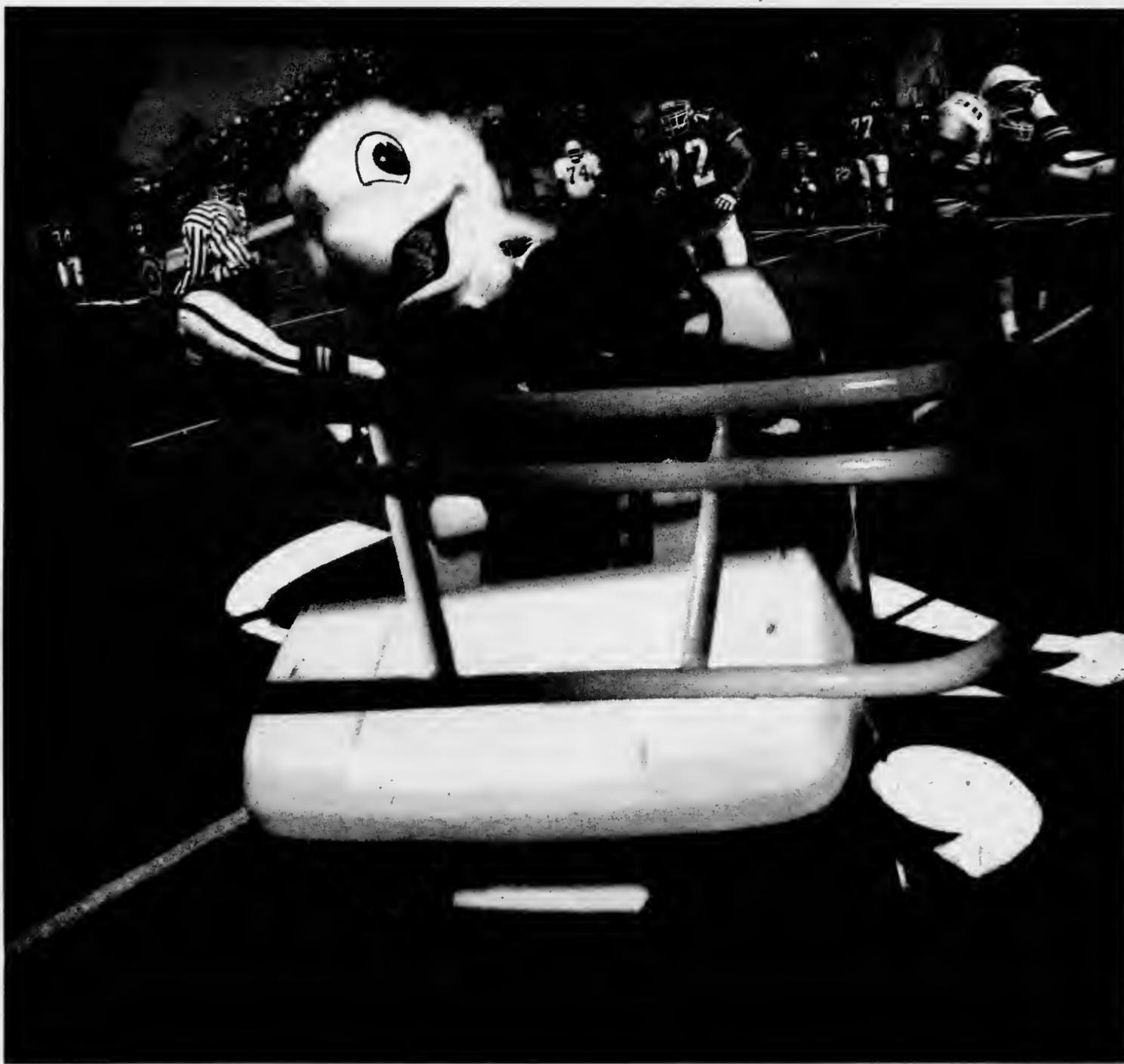
Harwood's career in journalism has always been sports oriented, which allows him to stay away from the unpleasant issues facing news journalist everyday.

"I just think TV news can be very sleazy. There is just as much sleaze in the world of professional sports, but you don't necessarily have to deal with it."

Harwood said that he hopes to see more intellect in sports.

"I think that one of my strengths is having a good sense of creating a conversation with the person I'm interviewing," he said. "A good follow up question, the next question after that, sort of tells that person that I've thought this through a little bit."

Since 2001, Harwood has been a host for Leafs TV, broadcasting the latest news during the post-game shows, Molson Game Face, After the Horn and Leafs Today.



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Ryan Lamb takes a drive during soggy conditions at the Durham tourney last week.

Wet day on the links

Men's golf team endures heavy rain during first tournament of new season

By Andrew Hopkins

The Humber Hawks men's golf team had to battle through British Open-like conditions at the Durham College invitational tournament on Monday.

Led by returning player Jason McGrath, who shot a 35, the team played well, considering the constant rain they had to deal with.

Defending national gold medalist Ryan Lamb came in with a 36.

"Despite the rain, I kept my composure and I made some key putts to keep myself from blowing up," Lamb said.

Ryan McInerney, who finished with a score of 37, followed by Brad Kerfoot and Steve Smith, who both shot a 39.

A rough start to a round might be trouble for a lot of players, but Lee French, a former Titan at the

University of Detroit Mercy, showed a lot of determination by finishing with a score of 41.

The tournament, which was a warm-up to next week's OCAA provincial championship, was shortened to nine holes after the rain wreaked havoc on the course.

This year's team has three new players who haven't competed in the OCAA.

The Hawks are hoping that veteran leadership combined with a new supporting cast will translate into their fourth straight provincial title.

Course composure

By Andrew Hopkins

Jamie Trowbridge wasn't distracted by the torrential rain as she went out and shot a low 39 at an invitational tournament hosted by Durham College this past Monday.

On a day where many players were having problems with the surroundings, Trowbridge was consistent all day sinking key putts to put her hold on the course.

Leslie Painter started her round off with problems on the first hole, but she showed some composure and battled hard to shoot a 47, which still put her ahead of other golfers.

Hillary Salvian was the first player to take to the course for the

Hawks. She had a day of ups and downs, but fought the course and ended up with a 47 as well.

"You can't expect much when you play in weather like that, because it's hard to keep the club in your hands," Salvian said.

Even though the tournament was cut short, the experience should be beneficial for the players down the road.

"It's good to have them out there in the rain," coach Doug Fox said. "There's a good chance the weather will be like that at other tournaments."

The tournament included players from five other colleges, but had to be shortened to nine holes due to the weather.

Men's hoop team set for gold rush

By Jesse Grass

The Humber Hawk's men's basketball team is looking to bring the national championship back to Humber this year.

After finishing second at the provincials and third at the nationals last season, head coach Mike Katz is confident the team can meet their expectations of being champions once again.

"I feel that we'll be a very competitive team," Katz said. "Our expectations are like every year—we want to obviously make the playoffs and then try to win a provincial and then a national [championship] and those are our goals all the time."

With many returning players, Katz feels that depth is one of the team's main strengths this season.

"We got a lot of players, we have a fair amount of experience, we have some size and I think overall we have some team quickness," he said.

Katz added that his team still had some questions to be answered.

"I'm not sure if we have the consistent scoring," he said. "I don't know how good we will be defensively. Those are the things you always worry about."

Katz said they have added a few new players to their roster, including John Joseph, who transferred from McMaster University.

"We have a good nucleus of players now."

The Hawks play an alumni game Oct. 4, which starts at 8 p.m. at Humber College and an exhibition game in Guelph on Oct. 15, also at 8 p.m.

Registration ends Oct. 13

Intramural hockey set to start

By Chase Kell

Although the Humber varsity hockey team has a full roster, there is still some competitive hockey available for students looking to hit the ice this winter.

Humber Campus Recreation is getting ready to run its annual intramural hockey league, along with other sports such as basketball, floor hockey, co-ed volleyball and indoor soccer.

The last date to sign up for hockey is Oct 13. Individual registration is available but team entry is preferred.

Each team enrolled will have to pay a \$600 entry fee, along with a standard "performance bond" of

\$50 per player that, based on the player's attitude, could be returned at the season's end.

According to Assistant Athletic Director Jim Bialek, players will have their \$50 deposit taken if they indulge in illegal conduct, such as fighting, on or off the ice, or if they neglect to attend the games on a consistent basis.

"It is just a performance bond to make sure that they are good guys and that they show up," Bialek said, who predicts that about eight to 12 teams to compete this winter.

Although the price to play may seem a little steep, potential players must keep in mind that a full roster of nine forwards, four defencemen and a goalie would equal about \$42

per player.

"Some teams put 30 guys because they know that on any given night only 10-12 will show up," Bialek said.

Every team will play each other during the regular season, but at the beginning of the playoffs, the top teams will enter the 'A' championship and the bottom will teams enter the 'B' championship.

"We split the playoffs so that the playing field is more level," Bialek said. "Weaker teams compete against their own calibre, and stronger teams play their own calibre as well."

Games will be played at Westwood Arena on Tuesday, Wednesday, and possibly Monday.

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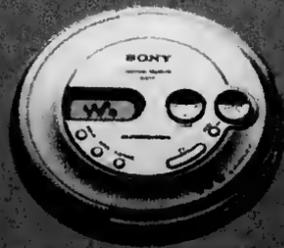
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