



Lethal cocktail

Are we harsh enough on drunk drivers?

In Focus page 16

Sum 41

Humber show proves there's life after Avril

A & E page 18



HUMBER *et* CETERA

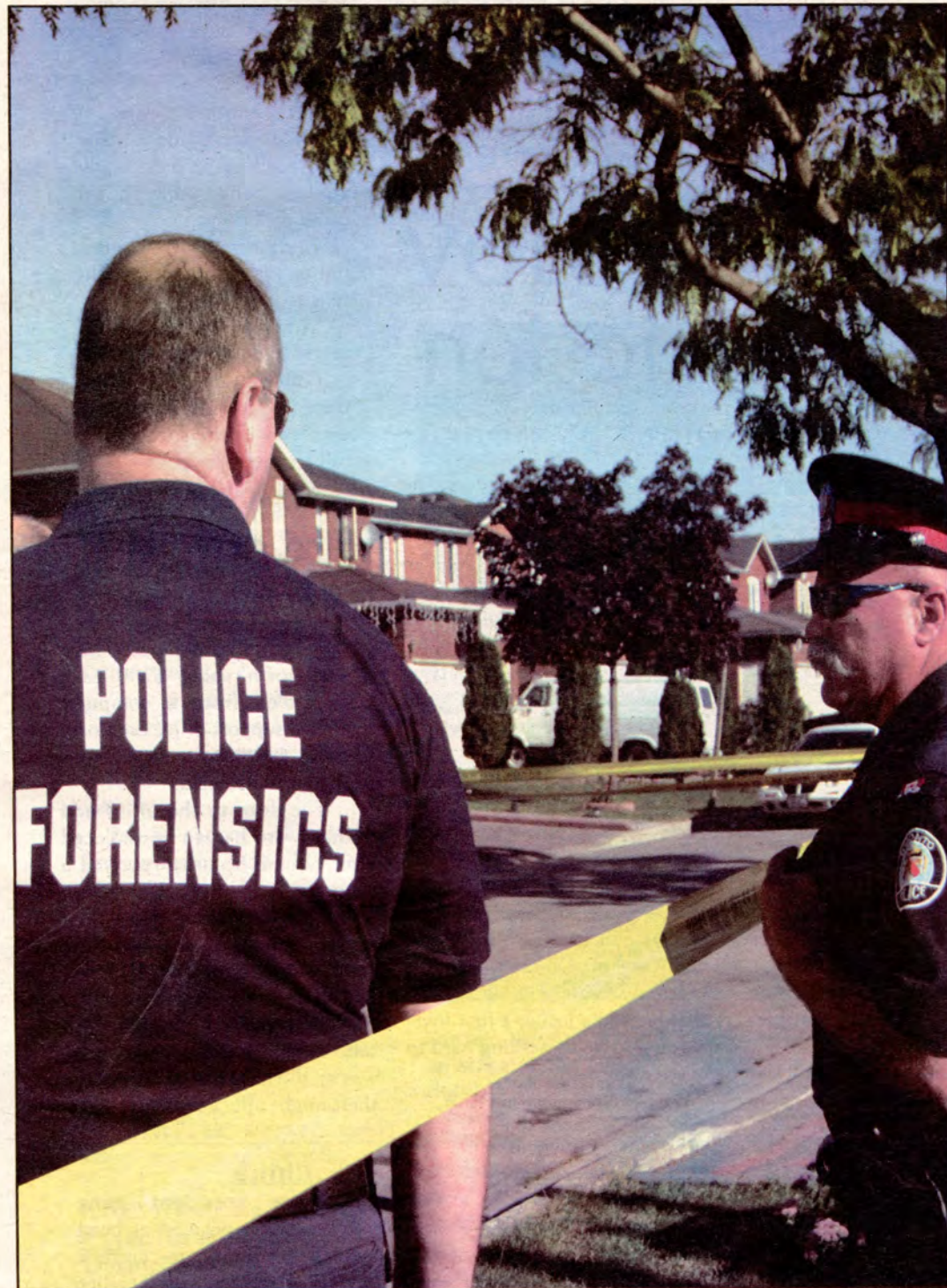
September 23, 2004

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

Volume 34, Issue 1

Student safety concerns resurface

Fatal shooting steps from school



Kristen King

Searching for clues:

Traffic along Humberline Drive was rerouted Wednesday as police investigated a fatal shooting overnight. Police have encouraged potential witnesses to come forward by calling Crimestoppers at 416-222-TIPS or the Homicide Unit at 416-808-7400.

Kristen King and Olga Kirgidis

In an ironic twist, just two days before Humber Student Federation (HSF) staff were to propose an off-campus walk home program to college security, a 32-year-old man was gunned down on Humberline Drive just steps from the North Campus.

Police from 23 division said the man was shot after 8 p.m. Tuesday in the driveway of an apartment building at 30 Humberline Drive, an area that houses many Humber students.

The man, whose name has not yet been released, died two hours later at Sunnybrook hospital.

HSF president Jen Green cautioned the walk-home proposal, known as Steps, is in preliminary stages.

"It would be hard to implement because of insurance costs," she said.

"But, something definitely has to be done, and we are looking into it."

Humber College President Robert Gordon warned that students must consider that the environment they live in is different from when he was young and guns were not an issue.

"It's a different world we live in and it's a bit scary," he added.

Meanwhile, some students on campus worry about the escalating crime in the area near campus.

In the past two years crimes in the Rexdale community have included, home invasions, muggings, car theft, and shootings.

N. Mohammed, 24, a first-year nursing student, said she doesn't think college administration is concerned enough about student safety in the community.

Continued on page 2

"It's a different world we live in and it's a bit scary."

U.S. soldiers bring anti-war protest to Humber

Kirk Villamarin

The war in Iraq is unlawful and immoral, two U.S. soldiers seeking refugee status in Canada told Humber students recently.

"I will not kill another person or risk losing my own life for lies and a cause my own government cannot justify," said Brandon Hughey, 20, alongside David Sanders, 19.

The soldiers were invited to speak at the college by the Humber International Issues Discussion Group and the War Resisters Support Campaign.

Humber College student Chris McNeil, working with Ryerson stu-

dent James Clark, organized the event in hopes of gathering student signatures to support any U.S. soldier who wants to avoid fighting in Iraq.

The petition is asking the Canadian government to allow U.S. soldiers to live in Canada as refugees, as it did during the Vietnam War.

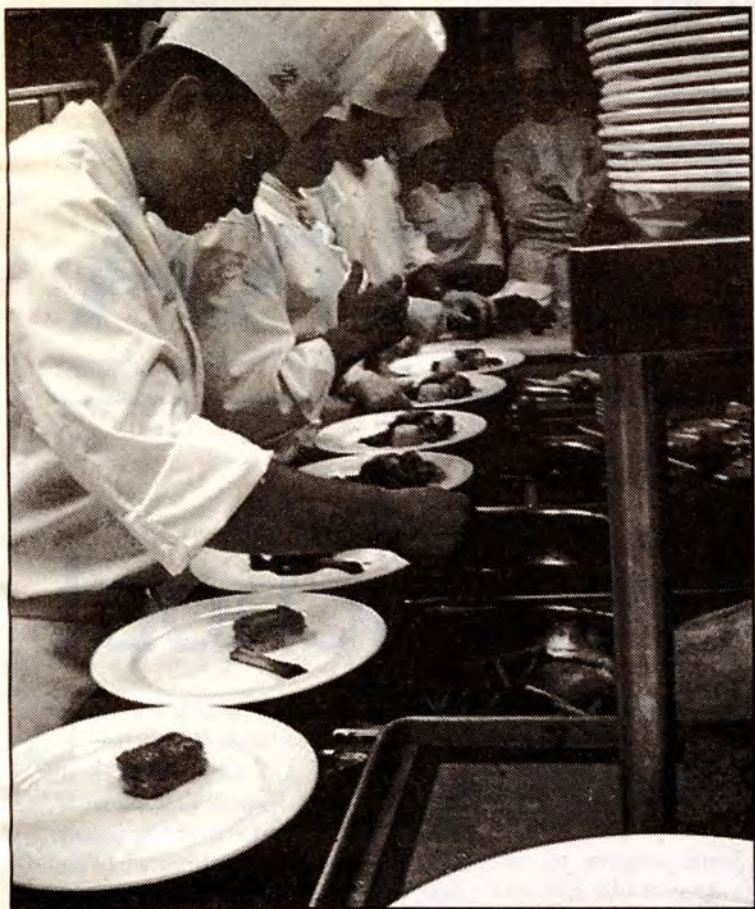
"It's a very difficult stand to take. Doing what we have done is something that I would not recommend to someone who doesn't truly believe in it," Hughey said. "Once you make that move you can't change it."

The two soldiers are afraid that if they aren't granted refugee status in Canada, they will be forced to return to the U.S.

Continued on page 3

News

Culinary team fired up



By Kirk Villamarin

Culinary Team Canada came to the college's Humber Room last Wednesday to prepare a three course meal for 110 college staff members, but was interrupted by a fire alarm.

"It wasn't us. We didn't burn anything," Culinary Team Canada's logistic manager, Joan Simpson, joked.

The culinary team, 16 of Canada's most recognized and established chefs, were preparing the menu they plan to serve at next month's World Culinary Olympics in Erfurt, Germany. Their competition will include teams from 32 countries.

At 12:20 p.m. a fire alarm rang, interrupting the practice run, forcing people and chefs out of the Humber Room. The team's captain, Shawn Whalen, explained the problem the alarm created.

"It's a little bit challenging because the food is all hot and ready to go, and now it's going to be kind of cold."

Team coach, Fred Zimmerman, who also judged at

the event, downplayed the alarm's interference.

"I'm just going to have to take it into account because there is nothing I can do," Zimmerman said, adding that it's best that the alarm rang at the college and not at the Olympics.

College staff, like nursing professor Sandra Filice, said they hoped the alarm wouldn't negatively affect the team.

"I'm concerned for the cooks because it might spoil their food and it'll put a damper on in the festivities," Filice said.

Everyone returned to the Humber Room just before 1 p.m. and the chefs continued their practice run.

The cooks weren't phased by the alarm and enjoyed their time at Humber, Simpson said.

"We came in and started working at 7 a.m. At noon we started service," she said. "They're enjoying their practice here very much. They find that the kitchens are very good to work in."

The cause of the fire alarm is not known. The Culinary Olympics will take place Oct. 17 - Oct. 20.

Shooting raises safety concerns

(continued from page 1)

"I was here in 1999 when there was a bunch of rapes. And now that I am back a few years later I haven't seen a real difference in security," she said.

However, Gordon and John Davies, vice-president of Humber College, said there is not much the college can do to when crime occurs off-campus, but say they will discuss the safety issue further.

"It's another constant reminder for students that they need to be particularly vigilant when they're off campus," Davies said.

Gordon said his administration's primary responsibility is to keep campuses safe.

"And I think we're doing a pretty good job," he said.

Police are continuing their investigation and urge witnesses to the shooting to call Crimestoppers.

Kirk Villamarin
Canada's top chefs finish cooking meals for Humber Staff in preparation for the Culinary Olympics, after a fire alarm went off.

Student appealing rez eviction

Student kicked out for gun claim, but no weapon found by police

By Kristen King

A Humber student who has been evicted from residence and withdrawn from his course for claiming he was in possession of a gun has filed an appeal.

Claudio Santos, 19, a first-year computer networking and technical support student, was evicted from residence on Aug. 31 after people overheard him saying he had a gun.

"The student in question had informed people that he had a gun in his room, on several occasions," Mike Kopinak, manager of residence life, said.

"It's like going into an airport and saying you have a bomb," he added. "There is zero tolerance for violence...and we don't put up with idle threats."

According to 23 division police officers, a thorough search

of the student's room was conducted and no weapon was found.

However, Santos was immediately removed from campus. Santos admits he had lied about having a gun in his room, but said he never threatened anyone.

"Who did I threaten? And if I am wrong for saying this, I will be willing to apologize."

According to Kopinak, students on Santos' floor were concerned for their safety and were happy to know he had been

removed from residence.

Resident and first-year justice studies student Monika Klein said, "if he was stupid enough to say he had a gun in his room, then he shouldn't be in residence."

Santos said he was informed of his eviction and withdrawn from his course in two separate letters, stating two different reasons for his removal.

"In the first letter it said I was evicted from residence for hiding

'It's like going into an airport and saying you have a bomb. There is zero tolerance for violence... and we don't put up with idle threats.'

Hard drive theft

By Olga Kirgidis

Two portable computer hard drives worth about \$200 each were stolen from a computer technical support office on North Campus early last week, campus security officials said.

The door to the office and its hardware had to be replaced after campus security received a report at around 10:30 a.m. on Sept. 13, notifying them that someone had broken into the room, stealing the hard drives and some tools.

Staff in the tech support office said they're not aware of what was on the hard drives or how the theft might affect students.

United Nations

The Director General of the International Atomic Energy Agency says that nuclear activity must be more strongly policed. According to Mohamed ElBaradei, 40 or more countries are already capable of altering their nuclear energy programs to build weapons. He added that simply trusting countries to divulge all nuclear information isn't wise.

World Digest

Iraq

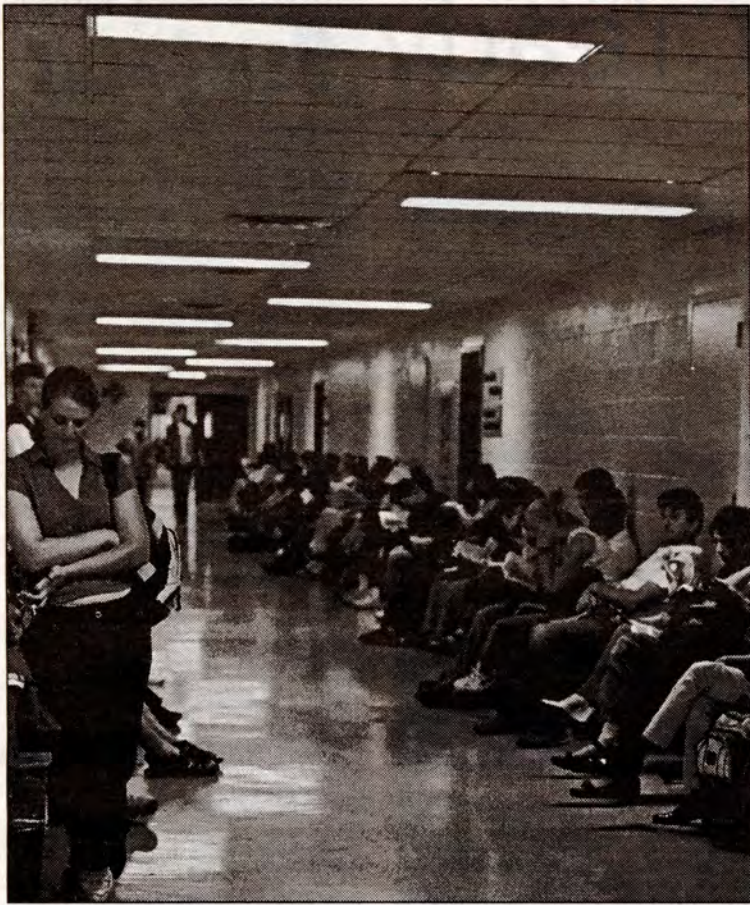
A second hostage was beheaded in Iraq just a day after the decapitation of American civilian Eugene Armstrong. The kidnappers had threatened to behead the man and another hostage if all Muslim women weren't freed from Iraqi prisons.

Haiti

Tropical Storm Jeanne has claimed more than 700 victims after it swept through Haiti this week, causing mass flooding and mudslides. Calls for aid have been made to help the poorest nation in the Western hemisphere recover.

China

Former Chinese President Jiang Zemin has given up his position as head of the country's military to current President Hu Jintao three years earlier than expected. This marks the first time that China has seen leadership of the country change hands without conflict since the communist revolution in 1949. Jiang's term was expected to end in 2007.



Samantha Wu

Students lined the hall outside the Registrar's Office last week, enduring wait times of up to two hours or more.

Fall registration lines "inevitable"

By Samantha Wu

The estimated wait time of around two and a half hours left students cooling their heels rather than rushing to class during the first week at registration.

With new and returning students vying to pay course fees, pick up OSAP and schedules, change timetables, and buy lockers and parking passes - the hallways around the Registrar's Office were filled with hundreds.

"It's the busiest time within the school term. Most of the work I do falls around September start up," Sheron Bailey, the information clerk at the registration office, said.

Student ambassadors, hired by the Awards and Alumni and Student Recruitment offices, were asked to help with crowd control

and answer directional questions. The ambassadors had their work cut out for them, as they too felt the pressures of registration during their first week.

"I didn't find it too stressful. However it affected me in strange ways, I found myself having dreams about people asking me questions. The people and the questions were unclear, but they were always asking me something," Bryan Calhoun, a Business Administration student joked.

"It was not easy. We have to satisfy them. We have to suggest ideas (so they could) complete their job easily," Manjit Singh Dhir, an Electronic Engineer Technology student.

But Bailey said, beginning of the year crowds at registration are inevitable.

"It's start up. People are brand

new [and] exploring college life for the first time. Some of them haven't gone to school in a while and are returning after a long time and schedules need to be made up, [people are] trying to find classrooms and updating fee payments, so it's all happening at once," she said.

Soldiers seek refugee status

(continued from page 1)

If deported, they could be sent to prison, have difficulty finding jobs and be denied access to student loans.

Student loans were the main reason they joined the army. "I, like Brandon, joined so I could get money to go to college," Sanders said.

Hughey said he knows he joined the army voluntarily but still felt pressured.

"This was a poverty, draft," Hughey said, adding the U.S. army sends its recruiters to poor neighborhoods. "I had been recruited when I was 17-years-old with the promise of a college education and a better future," he said.

However, while both soldiers were in training, they began to question the morality of the war.

"I realized that this war was a wrong thing to do. The government lied to us. There were no weapons of mass destruction. There was no proof that there were Al Qaeda ties," Sanders said.

After the discussion, Humber English professor, Nina Butska said she supports the soldiers.

"They're young people who don't want to go off and kill innocent men, women and children in another country," Butska said.

Jeremy Hinzman, a third U.S. soldier seeking refugee status in Canada, has a two-day hearing starting Oct. 20 at the immigration and refugee board.

Students who want to support the soldiers can log on to www.petitiononline.com/resister/petition.html

Tories vote in new leader

Party looking for new appeal

By Laurel Sanders

In a tight race for leadership of the Ontario's Progressive Conservative (PC) Party last week, John Tory beat his competitor MPP Jim Flaherty (Whitby-Ajax) with 54 per cent of the votes.

The convention, which attracted PC members of all ages, was held at the Crowne Plaza Hotel in Toronto Don Valley last weekend.

Youth supporters followed Tory onto the stage last Friday when he made his final speech before the party members voted the next day.

Part of his success may be attributed to new PC youth leader, Mike Wilson, who has spent his time spreading a pro-conservative message to anyone who will listen.

"Everything we say makes sense to young people, you shouldn't spend more than you make," Wilson said.

The third candidate in the Ontario leadership race, MPP Frank Klees (Oak Ridges), dropped out after the first day of voting, receiving 22 per cent of the vote. Flaherty gave Tory a close call by getting 46 per cent of the 33,506 votes cast across



Laurel Sanders

Former Toronto mayoral candidate and Rogers Cable CEO, John Tory, kisses wife Barbara Hackett on stage at the Ontario Progressive Conservative leadership convention held at the Crowne Plaza Hotel in Toronto last weekend.

Ontario.

"We've spent a lot of money on building a lot of buildings. Now, we need to go inside those buildings and start spending," Tory said.

Some of that spending may go a long way in attracting young new voters.

Tory's former competitor, Flaherty, has already developed the new Excel scholarship, providing every high school student

with a 75 per cent or above average, half the cost of their college or university tuition.

"I want government to invest heavily in our universities and colleges. It's my number one priority. If we don't invest...we will become a mediocre place" Flaherty said.

Klees said at the convention that getting a good education is something all youth deserves.

"I believe strongly in income

contingency loans. I start from the premise that no young person should be kept from education (by) their income," Klees said.

Increased government funding and relief from credit bureaus after graduating could have been enough to turn the tide on Tory's victory, if more students had been at the polls.

"Young people can respect the fact that you can make a difference," Wilson said.

News

Amphitheatre late but ready

Students divided over value and cost

By Dawn Farrell

After three months of construction, one missed frosh week and \$700,000 later, the new Humber Students' Federation (HSF) Amphitheatre is finally complete for students to access.

All project costs, including landscaping, concrete, electrical work, labour, demolition and the tent itself, came from an un-restricted capital fund.

On June 23, Compass Construction began bulldozing the gully located behind the cafeteria. Compass is the same company that has built both the Molson Amphitheatre and done work for the Stratford Festival.

Superintendent David Woorow described the amphitheatre as unique, since it was made from products around the world.

"I think the students will love it. The tent came from Australia and the steel for the poles came from Texas," he said.

Although the HSF Amphitheatre wasn't done in time for the Frosh Week festival, it was ready for HSF's first concert with sum 41 last Tuesday.

But despite the concert's success, some students still didn't see the value.

Mike Yuill, a third-year business administration student, attended the concert at the new amphitheatre. He said that the HSF could have put more money into school supplies.

"I don't think it's worth it," he said. "They could have done a lot more for the college by putting in new chairs and desks."

Michael Parent, executive director of HSF, explained where the project money came from.

"As the account builds over the time, it has an 'x' amount of dollars from student contribu-



Dawn Farrell

Michael Parent and HSF President Jen Green justify Humber's costly new amphitheatre

tions, office venues, contract vendors and advertisements," he said.

Though some students don't see the value in spending three quarters of a million dollars on one project, HSF President Jen Green said that the student government wanted to add a more suitable space for concerts and events that would include the student body as a whole.

"We wanted to build a place that would hold a lot of people outside. Everything the HSF does is for the students and it's a great addition for HSF, as it was for Humber," Green said.

Paul Sist, a first-year mechanical technician student, likes the idea of having more

places to go during his breaks.

"This will give the student's entertainment and another place to hang out instead of always going to the same place," he said.

Currently there are few designated lounge areas at Humber and the amphitheatre is expected to relieve overcrowding.

Christine Woodward, a third-year package and design student, said she's interested in finding out what the amphitheatre will be used for.

"If they're going to hold other events other than concerts, then I can see it being very useful for Humber," she said.

For pictures of the construction visit www.bsweb.com/amphitheatre.

Beneath the Surface



Ben Rycroft reports

I have to admit it, the new amphitheatre is pretty nice.

Sum 41 rocked. The sound quality was great.

The venue is state of the art.

But even better, it does exactly what it's supposed to, open concerts and events up to the underage student.

Even the \$700,000 spent on construction came from un-restricted accounts, which means that no student events were cancelled to, pay for it.

But what does concern me is not who HSF gave our \$700,000 to but who it didn't.

Meet Stelco. Canada's largest steel producer employs 6,400 plant workers in Ontario, and 5,000 in the Greater Toronto Area alone.

Earlier this year, Stelco filed for bankruptcy protection, blaming its downturn on the restructuring rival American firms were able to do by having fewer workers and higher yields.

Now meet Birdair. It was the primary company involved in creating and designing the amphitheatre. Based out of New York City, it is internationally known for its amphitheatre tents and also for its smaller companies who are able to produce higher yields with fewer workers.

Connecting the dots?

Birdair got the tent for our amphitheatre from Australia and the steel from Texas. In fact every product used in the construction came from its own company.

But for an amphitheatre built at a Canadian school, for Canadian students, Birdair did not use one Canadian product.

Business stresses buying from within your own system. Because like Birdair does, you keep the money you spend close to home.

HSF came up strong in a big way by funding the amphitheatre, but for a group that prides itself on doing everything it does for its students, it fell drastically short when considering the working families of those same students.

Last days for dental opt out

Growing number of students cashing in could raise costs

By Randi Bokor

A growing number of Humber students are opting out of the \$81 dental plan included in tuition.

To be reimbursed, students must hand in forms by Sept. 24. Forms can be picked up and returned at the Humber Student Federation (HSF) main offices at either campus by full-time students.

The HSF has had people lined up out the door the past few weeks as students prepare to opt out from the school's insurance policy.

"A lot more have (opted out) this year than last year because we're telling more students," Jen Green, HSF president, said. "There's been way more advertising. It was on the website, in the newsletter and talked about at orientation."

"The more people that opt out, the more the price goes up," Green added.

The students will get back the full \$81 paid in activity fees if they decide to stay with a parent's, spouse's, or their own insurance company.

Cheques will take six to eight weeks to be sent to the school. Students will be informed when

to pick them up by banners and posters put up around the school.

Students have acknowledged that the money will be in right before the holidays.

Others are going to use it to relieve some stress before fall term exams.

"I think that CAPS is going to have a good week when those

cheques finally come in," Daniela Tofano, a first-year student, said. "It should be a

good pub night."

Although students are also paying for the health coverage with their tuition they are unable to request a rebate from it. The \$8 health coverage is part of the activity fee included in tuition.

The health plan covers 80 per cent of prescription prices and other health procedures, and can

'The more people that opt out, the more the price goes up.'

Car hits student

By Pete Armstrong

A Humber student suffered a minor leg injury when she was struck by a car while using the crosswalk on Humber College Boulevard on Sept. 8.

Kavitha Sanathirajah, a first year nursing student, was crossing north at about 3:30 p.m. to catch a bus when she was hit by a silver Honda just before she reached the island in the middle of the road.

"It looked like (the driver) couldn't wait to get away from school and go home," witness Adrianna Trpevska, a first-year practical nursing student, said.

The driver failed to stop immediately after clipping Sanathirajah, continuing about 15 metres past the crosswalk before exiting his car.

Sanathirajah limped to the island after being struck and witnesses suggested that she contact her parents.

"My parents aren't home, but I'll be okay," she said after deciding the injury was not serious and she didn't want to phone police.

"Everyone could hear it," Trpevska said. "I thought it was really bad at first because it was so loud."

The driver of the vehicle that struck her offered to take her to Etobicoke General Hospital.

"You probably think that I'm a bad driver now," he said, "but can I take you to the hospital to make sure you're okay?"

Sanathirajah agreed and she was accompanied by her friend.

"She's lucky, it could have been a lot worse," first-year paramedic student Steve Werbin said. He heard the loud impact while he was waiting to catch a bus.

Werbin added he was surprised to see students had to cross such a busy street to catch buses, and that an on-campus bus station would eliminate incidents like this.

"We can't bring buses on to our property," Humber head of Public Safety and Security Gary Jaynes said. "It's a Toronto Transit Commission (TTC) issue and our roads aren't wide enough."

He noted that York University brings buses right on to the property and Humber has tried to use the same system, but the facility does not meet transit guidelines.

"We went through that about 10 years ago," Jaynes said. "Our roadways aren't wide enough and the TTC has refused to come on to our property."

With files from Gina Jashevski

Sexual assault numbers down

By Jennifer Coward

Mandatory sexual assault seminars for students living in residence have resulted in a reduced number of reported sexual assaults, Residence officials said.

The presentations, started three years ago, were spurred by a rash of sexual assaults at residence during that time. But in the last year, no sexual assaults have been reported.

"We always did some sort of

programming, whether it had been on boards or giving out information, but we really felt like we needed to do more," Michael Kopinak, manager of residence life and international services said.

He added that he hopes students learn the importance of safety and alcohol issues regarding decision making.

Michael Rumsey, a sexual assault awareness speaker said last week at a seminar that myths

regarding sexual assault still exist. As an example, he pointed to the myth that "if it wasn't sex it wasn't sexual assault".

"It's not true. It becomes a pretty fine line around if you touch someone sexually is it sexual harassment or sexual assault? But the law's pretty clear. If it's physical, it's sexual assault," Rumsey said.

Rumsey added that one in four women would be sexually assaulted in their lifetime.

"I thought it would be more like one in 10. Not one in four," Jassia Rana, a first-year tourism and travel student who was surprised by the statistic, said.

Micheline Mooney, a student life officer at the University of Guelph-Humber, assisted Rumsey in the presentation. She stressed that students should use the buddy system when going out and being aware of how much they are drinking as ways to prevent an assault.

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News

Mock terrorist attacks

By Jason Bowser

In the aftermath of the Sept. 1-3 terrorist attack on a school in Beslan, Russia, an emergency exercise conducted at Humber last spring to determine Toronto's ability to respond to such a threat seems more relevant than ever.

"We're fooling ourselves if we think that something like that could never, ever happen here," Humber College President Robert Gordon said.

The exercise, carried out in the Guelph-Humber building and areas of the North Campus, simulated a terrorist attack. More than 400 police officers, firefighters and paramedics were involved in the operation. Sunnybrook Hospital and Women's College Health Sciences Centre staff were in charge of a field hospital set up in the gym.



Officials preparing for the mock terrorist attacks on Humber.



Firefighter walks with a bio-hazard safety worker.

"It was the largest exercise of its kind held in Canada," Ron Tavener, 23 Division superintendent said, adding communication was the main focus they were working on.

Citing the September 11 attacks on the World Trade Centre in New York, Tavener said the lack of communication between the emergency services contributed to the mass confusion.

With everyone working together though, he said Toronto is now much better prepared to handle an unexpected disaster.

According to Gary Jaynes, Humber's public safety director, security procedures since the exercise have been reviewed. However, Jaynes said he doesn't expect any drastic changes to Humber's security.

Body found near lakeshore campus

By Liz Worth

Police are asking for the public's assistance with their investigation into how a man ended up dead in the Humber River, only four kilometres from Humber's Lakeshore Campus.

The body of 51-year-old Clifford Nicholas Costiuk was found by a security guard on Sept. 9, near Palace Pier and Lakeshore Boulevard.

Detective Lester Wright of 22 Division said police are considering this a suspicious death because the injuries on Costiuk's body appeared to have been there before he hit the water.

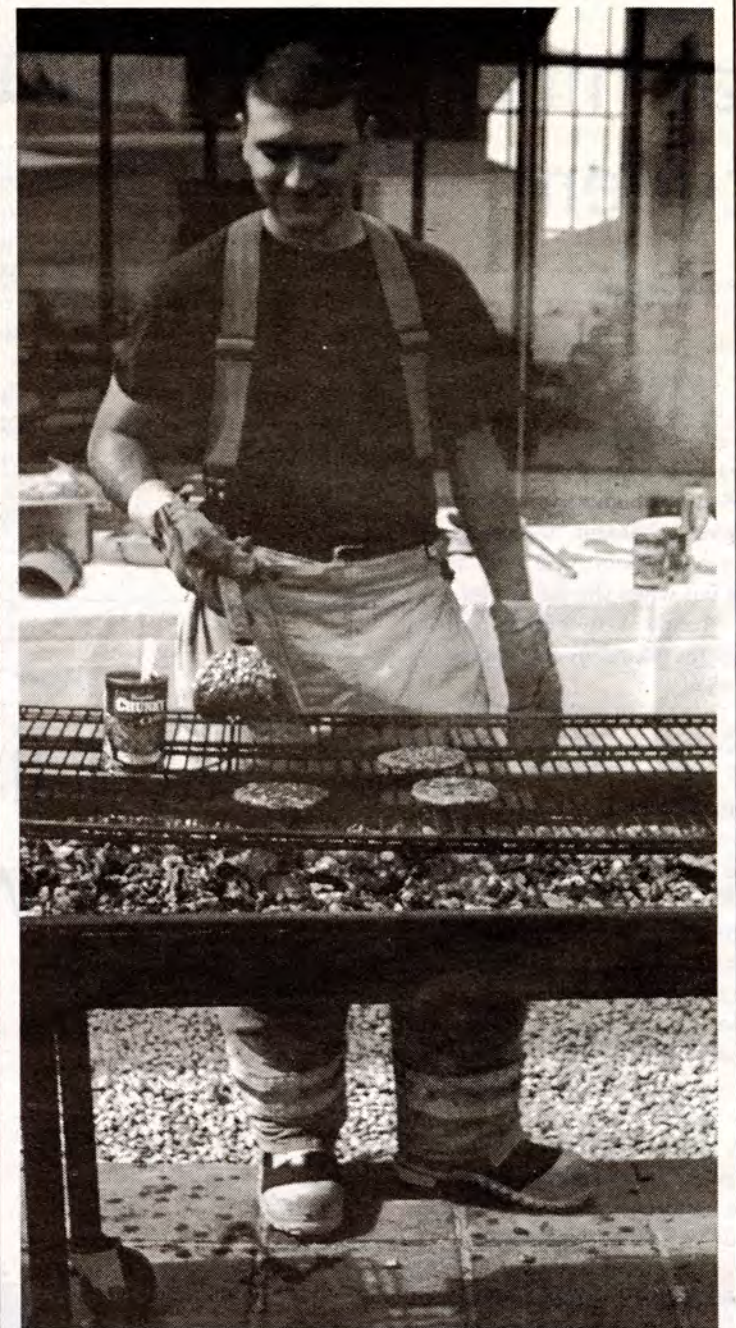
"I think this is an isolated incident," Wright said. "We'd like the public's assistance on finding out how he ended up at the rocky shores of the Humber River."

Police do know that Costiuk had once led a successful life working in the oil business and had been in Toronto for about a month looking for work. He was recently seen staying at Seaton House, a downtown hostel.

Police are trying to track Costiuk's movements on that day but few area residents have spoken up.

"We only saw the police car and that's it," a Palace Pier employee who didn't want to give her name said. Most of the residents hadn't even noticed that anything happened, she said.

Anyone with information is asked to call Crime Stoppers at 416-222-TIPS.



Amy Ward

The firefighter BBQ raised \$980 for Sunnybrook burn centre

Campus security beefed up

By Lorena Rosati

With additional cameras in place and an emergency intercom added near the bus stop in front of the school, security is urging students to be informed of services and to come forward with safety concerns.

When an emergency button is pressed, security can see and speak to that person right away.

Third-year graphic and packaging design student Anita King said that's not enough.

"There's many cases where I have to stay late but I don't because of taking the bus and getting across that parking lot," King said.

King takes the bus across the street from the emergency intercom and said it won't help her if a situation arises.

"That means I'd have to run across the street in traffic to push the emergency button if I need it," she said.

Public Safety Director Gary Jaynes said anyone who has concerns with campus safety, or who is uncomfortable with calling security, should come to him.

"It's not how safe you are, it's how safe you think you are," he said.

Humber offers a number of services such as a Safety Escort Program for students who need an escort to their cars, residence or around the property, especially at night.

Students or staff who feel threatened in any way should not hesitate to use the security phones around the campus, he said.

Humber has made other changes since the shocking home invasion last Hallowe'en when two Humber students were robbed and one sexually assaulted. The off-campus robbery caused an uproar among students who live in the community.

The Department of Public Safety put out a new Campus Watch pamphlet this year, available at several locations around campus, highlighting important steps to take when entering a potentially dangerous situation.

"I think the best thing for people and students to do is to be armed with information," Jaynes said.

back to campus

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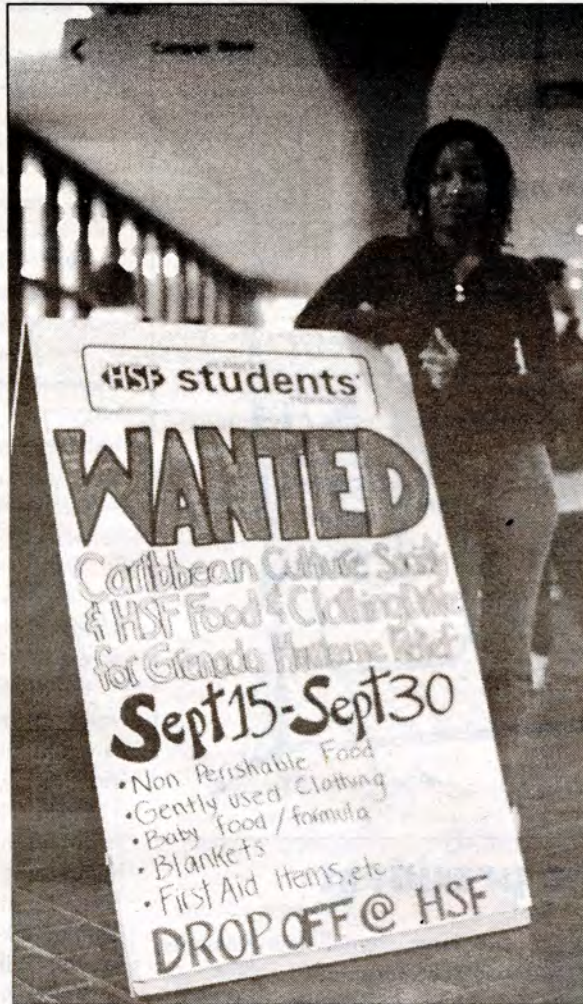
Humber hurricane relief

Late start but group willing to go the distance

By Lauren Gilchrist

The end to the hurricane season is still three long months away. Already thousands of people are just beginning the painful process of healing shattered lives and rebuilding towns that have been reduced to rubble.

The Caribbean Culture Society (CCS) at Humber is running a relief fund for the people of Grenada who were hit the hardest by hurricane Ivan. Ivan pounded its way across the Caribbean just over a week ago. In early September Ivan first slammed into the Caribbean Island of Tobago. Many more lives were lost as Ivan struck Cuba, Jamaica, Barbados, Venezuela, the Dominican Republic, the Cayman Islands and



Lauren Gilchrist

Group plans to raise money until it meets its goal

Grenada.

The storm hit Grenada's capital St. George's with full force. The hurricane destroyed many schools, damaged the main hospital, and left 90 per cent of the houses without a roof. Two thirds of people who live in Grenada are now displaced and hundreds of people have been hospitalized.

"Any form of whatever you don't want at home bring it in, Grenada will need it," Kamimura Alexander, president of the CCS, said. The CCS is collecting non-perishable food items, baby food, first aid items, clothing and whatever else people can donate.

The relief campaign will run until the end of the month. Alexander said so far they have received no donations and added the end date could be changed if donations continue to be sparse. Currently students can drop off donations at the HSF office. The Caribbean Culture Society will meet Sept. 23 at 4 p.m. in KX 100A.

Rising text book cost funds school service

By Sergio Elmir

Students may feel like victims to rising book prices at Humber's bookstore, but what they don't know is that their money is coming full circle.

"Some of my books range from \$60 to \$200 and I usually have to buy one book for each class, sometimes two," Angel Tigrero, a third-year business student at Guelph-Humber, said.

It's a sentiment echoed by many students in the lines at Humber's bookstore, but as Derek Maharaj, associate director of ancillary services explained, the bookstore provides the school with anywhere between \$5,000 and \$6,000 a year which goes back into school services.

"One of the things people have to understand about the bookstore in general is that it is a contracted out service and that there is revenue back to the college because of that," Maharaj said.

"We have a contract with the

bookstore which stipulates how much of a mark-up they can put on their textbooks," he added.

"Whatever the publishers deem the cost of the book is, the bookstore automatically applies our contract terms to it, and that's what they can put the book on the shelf for."

Maharaj estimates the standard range for the mark-up is anywhere between 20 and 25 per cent, which he said is the standard for most post-secondary institutions.

For those students who just can't afford to pay full price for new textbooks, an alternative option is Scorpio books.

Located across the street from Humber's campus for the past eight years, the store provides used copies of current texts.

"The number of students coming here increases with every year," Eva Beyatli Suntay, manager of Scorpio Books said. Humber is a good market for us and have supported us a great deal over the years."

Mini-fridge recalled



A potential safety concern has caused Radio Shack to recall a popular mini-fridge used by college students. Anyone

who has recently purchased the Nexx Tech mini fridge/heater, product number 6118224, is being urged by Radio Shack to discontinue use and return it.

Another Humber campus considered north of Toronto

By Joanne Legin

The growing number of students enrolling at Humber has college officials investigating the option of a third campus north of Toronto.

There are currently 14,721 full-time students at the North Campus and close to 5,200 at Lakeshore. The growing number of students is reflected as a five per cent increase in 2003 and three per cent in 2002.

At a recent meeting, the Board of Directors brought up the idea of a third Humber College campus in the areas of north Brampton, Orangeville, Collingwood, Alliston, Nobleton or Owen Sound.

"A campus in those areas can not only provide direct access to programs for people living there, but can diminish the traffic flow and competition," Vice-President John Davies said.

Davies said that they could expand the capacity here at the North Campus, creating large class sizes, but it would be detrimental to student learning.

Sylvia Bonnici, a Child and Youth Worker student at Humber, says it's a great idea. "I think they need a Humber College in Barrie. A lot of people live north of the city now and it would be much more convenient," she said.

Currently there is no planned funding source.

Enjoy your summer break?

Why not upgrade your diploma to a degree in Sydney, Australia? and enjoy the sun all year 'round !



The University of Western Sydney (UWS) has been working with ACAATO Colleges and providing study opportunities for Ontarians since 1999.

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With over 1000 Canadian graduates you can be sure you are making the most of both study and travel.



Editorial

Canada's game is not a corporate tax write-off

With our national pastime currently in peril, now is a good time to think about a question nearly as disturbing as missing an entire season of NHL hockey.

Sure, many of us watch our hockey heroes do battle on the ice on television, but how many of us actually get to see them in person?

The fact of the matter is that season ticket holders occupy 95 per cent of the seats at Toronto Maple Leaf home games. With Leafs season tickets harder to come by than an audience with the Queen, only 5 per cent of the seats in the Air Canada Centre are left available for the average fan to attend.

Combined with the fact that upper level tickets to see a game at the Air Canada Centre start at \$37 per seat and climb to \$132 per seat if you want to get a little

closer to the action, it's pretty evident that most young fans with small pocketbooks are left outside the arena.

While the NHL and the NHLPA bicker back and forth about salary caps and player value and teams losing money, now might be the time to raise some legitimate questions. How many of the season ticket holders are corporate clients? And why do we continue to allow them to use these tickets as tax write-offs?

You can't afford to go to a game but your tax dollars are in effect subsidizing these corporate suits with the hottest tickets in town.

It is time for the federal government to stop allowing companies to use NHL season tickets as tax write-offs, opening them up for average fans to enjoy our national game.

Humber College club lends helping hand

There is nothing like warm sunny weather to start off the fall here in Toronto, but unfortunately, not everyone has shared our sunny skies.

The Caribbean has suffered gravely through the recent hurricane rampage. It started with hurricanes Charley and Frances brushing the Caribbean briefly before crashing down on Florida.

Then Ivan blasted through Grenada decimating 90 per cent of the island's housing, moving quickly to Jamaica and eventually to the southern states.

Following on Ivan's heels is tropical storm Jeanne, which has already claimed 647 lives, mostly in Haiti and the Dominican Republic. Currently, Karl and

newborn tropical storm Lisa pose less of a threat to the Caribbean, but things could change.

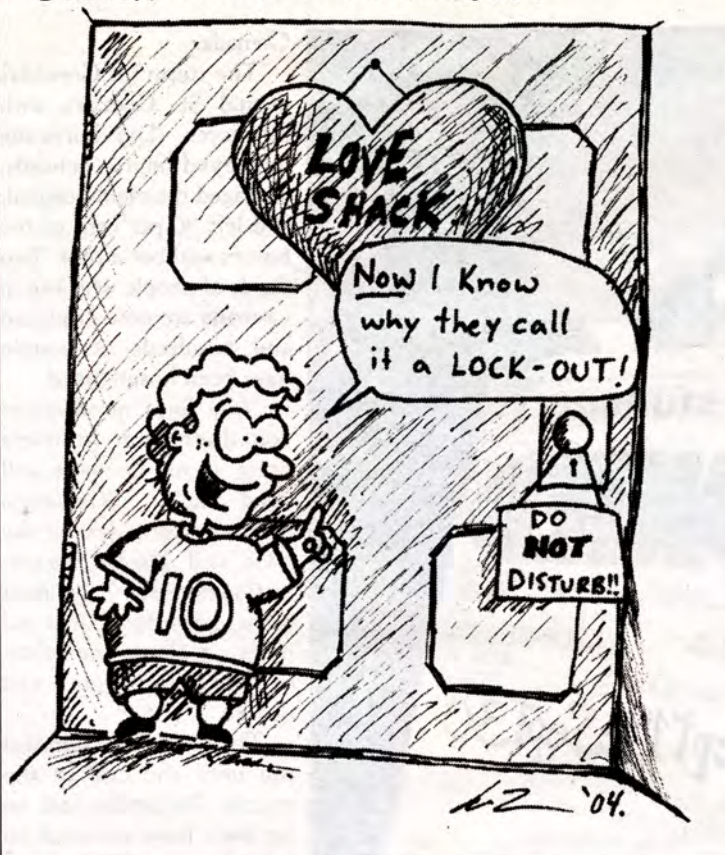
There is no doubt the residents of the Caribbean are in need of a lot of help.

To that end, Humber College's Caribbean Club has proposed plans to host an event in support of hurricane relief.

As of press time, the type and timing of the event was not yet decided. However, a food and clothing drive will be ongoing from Sept. 15 - 30.

We encourage all Humber students to contact the club and offer their support. We should all join together and show our college community that we all are unified in our concerns.

IN LIGHT OF THE RECENT NHL STRIKE,
CANADIAN MEN & WOMEN RETURN TO OUR
OTHER NATIONAL PASTIME...



A word from the president



Jennifer Green
Humber Students' Federation
President

Hello Humber students and welcome back to academic life. I'm sure all of you enjoyed your summer and are excited to be back at school.

For some of you, this will be your last year at Humber. For others, your journey is just beginning. Regardless of which path you are on, I encourage all of you to get involved in the college community in some way - school is more than just classes, although they are important.

The Humber Students' Federation (HSF), your student government, has been busy all summer with many initiatives. Namely, we have just completed

two large capital improvements, one at each campus.

At the Lakeshore Campus we are proud to offer students the H building: a new student centre facility in the cottage complex.

This building hosts the HSF offices, a TV lounge, a games room, the health centre, career services and counselling services and a brand new food court.

At the North Campus, the HSF Amphitheatre, located outside the HSF office, has recently been completed and Canadian artists Sum 41 opened the venue on Sept. 14. I encourage all students to make use of this great new outdoor space.

I want to reiterate the importance of getting involved and staying informed about what happens at the college. If you have comments or concerns, don't hesitate to visit either of our campus offices - we are here to make your college experience as positive as possible.

Dear readers



Kristen King
Editor-in-chief

With the new school year upon us, the Humber Et Cetera staff welcome everyone, both new and returning.

Our staff of student editors and reporters have been hard at work preparing for this issue.

It is our priority that the Humber Et Cetera continues to engage, challenge and inform the college community with progressive and contemporary content, reflecting the diversity of our readership.

With this said, we urge you, the readers, to take the time to share with us your opinions, thoughts, ideas, and concerns.

Every week we echo your voices through three very important forums: *Public Opinion*, *News You Can Use*, and *Letters to the Editor*.

Public Opinion showcases a different question each week reflecting current issues that affect you. Staff reporters will be around campus taking pictures and asking for your views.

News You Can Use is a new column that finds answers to your burning questions. Both faculty and students will have the opportunity to submit questions on any topic and Lauren Gilchrist, senior reporter, will find the educated answers you need.

Finally, *Letters to the Editor* is an outlet that lets you, the reader, comment on our performance. Let us know what you like, dislike, or what we are missing. It is your chance to hold us to our promise.

So I encourage you all to send us a line, drop by the newsroom, or give us a call, and engage yourself in our publication.

I promise it will make for a much more fulfilling experience.

Got a gripe?
Write to:
etcetera_opinions
@yahoo.ca

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Opinions

Salary cap is not only solution



Courtney Muir

The National Hockey League (NHL) lockout is undoubtedly a huge source of contention among hockey fans and members of the hockey community alike.

The average fan has little sympathy or understanding for the players, whom they perceive to be a bunch of overpaid, indulgent prima donnas.

Although the issue of a salary cap is front and centre of this labour dispute, several other potential bombshells may be meted out in the collective bargaining agreement.

"People are all focused on the salary cap issue," Bryan Muir, a former defenceman for the Colorado Avalanche, said. "But there are a lot of other issues that are being ignored, like the arbitration clause."

The NHL owners cite examples such as the NBA and the NFL as proof of the efficacy of salary caps in professional sport.

What is often neglected in this argument is the fact that the public is not fully aware of the

league's revenues and expenses. As a result the public is also unaware of the bottom line on which the league would base salary caps. This lack of awareness has led to mistrust between the players, owners and fans.

"When a team owns the arena, the owners can earn money from the parking and popcorn sold during a hockey game," Muir said. "They don't necessarily report these as hockey-related revenues. But they wouldn't sell the popcorn or parking were it not for the hockey game."

The fact that the salary cap will be based on what the smallest market team can afford to pay further calls into question owners' motives. A large market team like the New York Rangers would make money hand over fist, paying a salary cap based on numbers generated from the Calgary Flames.

A possible solution to the salary cap issue is the concept of a luxury tax, wherein teams that exceed a set salary limit pay smaller market teams a portion of the over-payment.

Sadly, even if the issue of the salary cap is resolved, the arbitration clause and entry-level bonuses are guaranteed to delay the hockey season even more.

Bullies marred film fest



Amy Ward

As an avid moviegoer and someone who has an appreciation for film, I had great difficulty enjoying one aspect of the Toronto International Film Festival this year.

Let's forget for a moment that the film festival is supposed to be about watching and appreciating great films.

It wasn't the movies I had a problem with. They were great. It wasn't the celebrities that I came in contact with. They were gracious and kind. I had a problem, a big problem, with the people who solicit autographs for the sole purpose of selling them at a high price.

As I photographed over 15 premieres during the 10-day festival I found myself on many occasions, leaving an event with countless cuts and bruises.

Waiting outside Elgin Theatre for my chance to shoot photographs of various celebrities, I

found myself being yelled at by two older, balding men with clipboards. They knew what I was there for; it was not the first time I had crossed their path.

According to them, the security guard said they were the last ones allowed in. One of them placed a velvet rope in front of me, as if it were some sacred line I was unable to cross. If I wanted to push my luck, I would have just stepped over the sagging rope, which was only hanging a foot off the ground. I restrained myself in fear of receiving more bruises as they pushed their way like little children to the front to get an autograph.

It is those small few who ruin the hobby for the rest of us who seek autographs for pleasure.

Sadly, as an avid participant and photographer at the festival I partially rely on the sellers to attract the celebrities. In my experience, the easiest way for an amateur celebrity photographer at the festival to get the attention of a celebrity is to have them drawn to the fans that have glossy photos of their faces, just waiting to be signed.

Prisoners of society to be freed



Sarah Mann

An acquaintance of mine works at an institution for people with intellectual disabilities. She comes home after work and cries because of what it's like for people to live there. When someone suggested she change jobs, she replied, "those people need me there." She feels like she is their only hope.

I now have an understanding of where she is coming from.

During the summer I worked at a non-profit organization that supports people with intellectual disabilities. The people I met are the same as you and I, except many haven't been given the same opportunities as we have. I met people who have the same dreams, who share the same emotions, who drink the same beer, who curse the same words and have the same fears as you and I.

Soon these people will be getting the freedom they've been fighting for.

The freshly-elected Ontario government promised us change

and we're finally getting it with a commitment to close institutions for people with intellectual disabilities by March 31, 2009.

On Sept. 9, Sandra Pupatello, the province's minister of community and social services announced \$110 million will be invested into closing the Southwestern Regional Centre, the Huronia Regional Centre and the Rideau Regional Centre. This money will be used to increase community supports and create places for people with disabilities to live.

Society is slowly starting to recognize that people with intellectual disabilities are more than able to live a "normal" life in the community and it may also benefit them.

Take Donald Parent of Wallaceburg, for example. This 58-year-old man lived in all three institutions, and as a result he says he'd like to see them closed. After counsellors helped him get a job at a processing plant, he moved into the community. At first he lived in a group home but now he is married with a family and works as a crossing guard. He would not have had this chance had he stayed in the institution.

Different organizations have

been saying for years that these institutions must be closed and the government has finally listened and acted.

Segregation is not tolerated so why should people who have an intellectual disability be shoved away from the community?

Society has changed. Doctors no longer suggest institutionalization for children with Down's syndrome. Instead, community supports are in place to help the person, and their family, move on with daily life.

People with intellectual disabilities are valued employees, family members and friends. Finally, all citizens of Ontario will have the chance to see for themselves.

All we need now is for the rest of Canada to follow in Ontario's footsteps.

At the Huronia Regional Centre in Orillia there are 1,600 graves that have no names or markers. These people, who lived and died in this institution, were not even granted the dignity of having their names posted by their body — almost like we're supposed to forget they were here.

Is this really the mark of a civilized society?

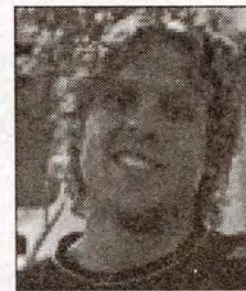
Public Opinion

What will you do without NHL hockey?



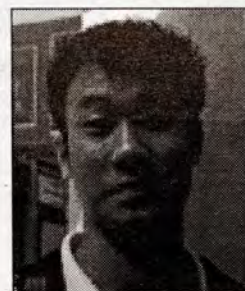
"I'd rather play hockey than watch it."

- Laura Bross



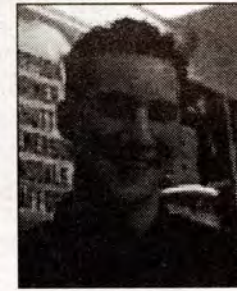
"I'll spend more time with my girlfriend."

- Dave Chantigny



"I'll watch football."

- Vincent Ng



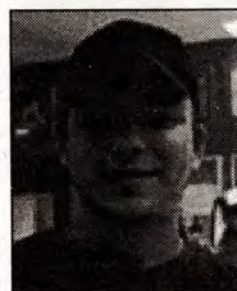
"Drink less without hockey."

- Mike Yuill



"I'm going to watch 'Making the Cut'."

- Christen Smith



"I'll watch soap operas."

- Michael Madsen

Life

Humber student helps raise awareness for skateboarder's personal cause Skateboarder goes distance for cancer

By Josh Measures

After losing his mother, grandmother and a close friend to cancer in the span of a year, Newmarket, Ontario, resident Rob Dyer decided it was time for action.

His plan? Skate4Cancer. "I started [Skate4Cancer] to open the eyes of today's youth to what we can do if we put our mind to it.

"Every person, no matter who you are or where you're from, can make a difference," Dyer said.

The 8,000 km skateboard marathon began in Los Angeles on March 3. Dyer skated five to eight hours every day. He made frequent stops at hospitals along the way to meet with children who had been affected by cancer.

Janet Donaldson, a first-year child and youth worker student, who has already completed two years at Humber in interior design, became involved in the

Skate4Cancer project in March. "I thought it was amazing that some regular, everyday guy, who was the same age as me, wanted to make such a difference," Donaldson said. "It was inspiring."

'Every person, no matter who you are or where you're from, can make a difference.'

Donaldson, with the help of the Residence Life staff, held a "RA auction" in March. Students bid against each other to have Humber's Resident Assistants do anything from cook them meals to wash their dirty laundry. The auction raised nearly \$500 and all proceeds were donated to the Canadian Cancer Society.

While Dyer was on the road, the Skate4Cancer team organized events including raffles, car washes, concerts and visits to local

high schools to raise awareness of cancer and the importance of finding a cure.

"After everything he had been through, I thought what he was doing was courageous," Michelle Courneya, another Skate4Cancer member said. "The marathon provided hope within everyone."

By the time Dyer completed the last stretch to Newmarket on July 25, he was riding his seventh skateboard and tenth set of wheels. Chris Stephenson, a close friend of Dyer's, lost his battle with cancer the same day.

"Chris' death was another reminder of the importance of what we were doing," Dyer said.

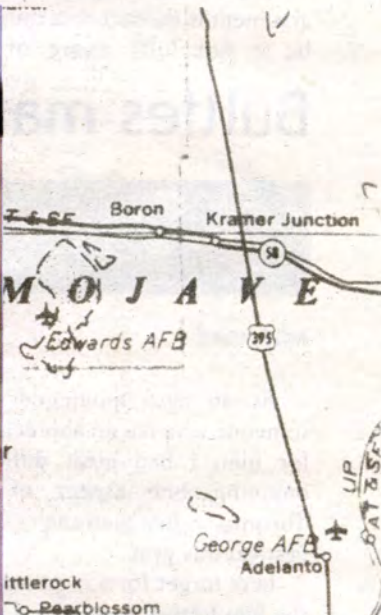
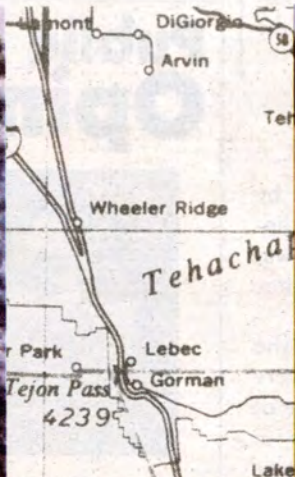
To date, Skate4Cancer has raised nearly \$20,000 in Canada and \$15,000 in the US.

Skate4Cancer is planning to attend the West 49 Canadian Open in Mississauga, Ontario, from Oct. 1 to Oct. 3.

For more information and upcoming events, please visit <http://www.skate4cancer.com>



Photos courtesy of skate4cancer.com
Skate4Cancer's Rob Dyer and his board take a break from the road. Dyer skateboarded from California to Toronto.



News you can use

Lauren Gilchrist gets answers



Q: I always get the worst hangovers. Is there any remedy out there that can help me?

Signed: Sick Again

A: There doesn't seem to be any scientifically proven way to cure a hangover. A quick search on the Internet yields the following remedies that might lessen your suffering. Try at your own risk.

1. The Cowboy Cure - Collect some jackrabbit droppings and place in a glass of tea. Strain and drink it every 20 minutes. Not for the faint of heart.

2. Norwegian Remedy - Drink a glass of heavy cream the night before going out and the morning after. You can use ice cream as an alternative. This refreshing treat is said to settle the stomach and calm the jitters.

3. Chicken Soup - The all around cure for anything.

4. Ancient Roman Remedy - Eat an owl egg seasoned with powder from ground-up amethysts.

5. Anchovies - Place three anchovies in a cup of ice cream before going to sleep. The cream will coat the stomach and the anchovy salt is meant to absorb the alcohol.

6. Cucumber Solution - Squeeze the juice from three cucumbers, add a teaspoon of salt and drink quickly.

7. Pepto - Bismol - A sure thing to help the stomach.

8. Swedish Remedy - Bread dipped in olive oil and a plate of herrings followed by a glass of milk.

9. Ancient Assyrians' Remedy - Mix a quarter of swallow beaks with bitter myrrh.

10. Alcohol abstinence - Guaranteed 100% effective

Answers are from:
<http://www.hhp.usl.edu/keepingit/article/remedy.htm>

Email your questions to:
etcetera_lauren@yahoo.ca

Keeping off the pounds

Experts say staying active is key to healthy lifestyle

By Lauren Gilchrist

Tasha Holtham is a veteran at avoiding the "freshman fifteen."

But it took her quite a while to figure out how not to gain these dreaded 15 pounds, as it does most freshmen.

Her battle began during her first year at York University, where her day started at 9 a.m. and ended at 7 p.m.

While on campus for those 10 hours, Holtham said she exercised little and consumed a lot of fast food, so it wasn't long before she gained 15 pounds.

But now a first-year student in the Law Clerk program at Humber's North Campus, Holtham said she is aware of the mistakes that caused her to gain the unwanted weight.

"Freshman fifteen" is a phrase coined to describe the pounds students gain during their first year at college.

In an informal survey conducted by the Humber Et Cetera staff, 65 per cent of students surveyed said the "freshman fifteen" is a reality and 35 per cent said it's simply a myth.

Rosie Schwartz, Toronto-based consulting dietitian, nutritionist and author of *The Enlightened Eater's Whole Foods Guide* (Viking Canada, 2003) said the "freshman fifteen" is a reality. "I've seen a lot of people who have come back from school who have gained weight."

However, Krystyna Lewicki, registered dietitian at the Four Villages Community Health Clinic in Toronto, said she believes there is little evidence for the "freshman fifteen."

"From my experience, I found that people actually lost weight in the beginning," Lewicki said.

Mahrish Fatima, a second-year business student said she lost weight during her first year. "It was too much stress in the first semester and a lot more studying than in high school," she said.

Knowing your enemy is the first step to defeating it. If weight gain is a concern this year, there are safe ways to keep unwanted pounds at bay.

Dr. Judy New from Anishnawbe Health Toronto said weight gain during first year is due to many factors such as stress, budget, time and the lack of activity. If students start to gain weight they should "recognize it as an issue and try and work on it," she said.

"The key thing is that there are no good foods or bad foods," Lewicki said. The focus, she added, should not be on dieting, but rather "concentrating on good eating habits."

"Some foods should be eaten every day and some foods should be eaten in smaller amounts," she added.

Schwartz agreed students should be "focusing on what you should eat, not what you shouldn't eat."

Dr. New suggested that keeping off the "freshman fifteen" can be as easy as eliminating one bad snack a day.

Schwartz said one of the main reasons students gain unwanted weight is because of their irregular eating habits. Not eating on a regular schedule "promotes eating too much at the wrong time," she said.

Many students either miss breakfast entirely or do not eat it first thing in the morning. Schwartz said if breakfast is missed then the appetite is thrown off for the rest of the day.

High school students have a set time each day to have a lunch break while college and university students may have three or four hours of classes over the lunch hour. This new schedule may mean students don't eat all day, and then eat too much at dinner, she explained.

She recommended students look closely at their schedule and plan snacks if need be. Small packs of nuts or dried food will help to keep the metabolism going until the next meal, she added.

Schwartz advised, "eating every three to four hours throughout the day to keep fueled. This will enhance learning and give you energy for a good year."



Cheyenne Morin

Grabbing unhealthy food on the run can contribute to the extra weight gain during the first school year.

Lewicki recommended students look at Canada's Food Guide to Healthy Eating on the Health Canada web site at www.bc-sc.gc.ca

Amanpreet Atwal, a second-year media studies student at Guelph-Humber, said she gained weight her first year because "you eat and don't exercise. My break from studying would be to eat something."

Christine Ellerby, a GTA certified fitness instructor, said keeping active is key to keeping off the "freshman fifteen."

"Ideally students want to be doing some sort of physical exercise everyday," Ellerby said. This doesn't mean strenuous exercise. Dr. New recommended being more active in small ways, like taking the stairs instead of the elevator.

"Whatever activity you do, make it something you enjoy," Ellerby said.

"If you get bored, you won't want to do it," she said.

"A lot of women also only think about cardio, you have to do weights as well. When you have muscle you will burn more calories."

Ellerby added that women would not get bulky if they use light weights with high repetitions.

She also recommended using gym time efficiently. "People have this misconception that they need to spend a long time at the gym when 20 to 30 minutes a day is all you really need."

Students can check Canada's Physical Activity Guide To Healthy Active living at the Health Canada website at www.bc-sc.gc.ca

Weight gain during freshman year is not inevitable.

If armed with the right knowledge and motivation, the myth of the "freshman fifteen" will stay just that, a myth.

Tips on staying fit

1. Eat regularly.
2. Become more active.
3. Drink plenty of water.
4. Eat leaner meats (try chicken, poultry and fish).
5. Choose low fat dairy products (low fat yogurt, 1% milk).
6. Use less animal fat (butter) and opt for a low fat margarine.
7. Choose whole grain products over white breads.
8. Limit salt, caffeine and alcohol intake.
9. Eat plenty of fruits and vegetables.

Life

Part 1 of a 4-part series that follows two students managing their money

Where did all my money go?

By Alicia Meahan

Now that school has geared up and hours at work have been cut, Humber students could use some serious budgeting skills so they can make it through the year without going broke.

Et Cetera reporters will be following two Humber students for four weeks to monitor the ways they budget and to make suggestions on ways to improve budgeting methods.

Matt Fisher, 18, a media foun-

dations student, and Sheelagh McLellan, 19, paralegal studies student, have very different ways of maintaining a monthly budget.

"I have a rough [budget]... rent, Internet, metropass and phone are the things I can't live without," McLellan said. "I always make sure I have enough for those things. If I have extra money, I get extra stuff. If I don't, I don't get anything extra."

A \$700 monthly budget is tight for McLellan, considering her monthly rent is almost \$500,

Internet is \$29, a metropass is \$89 (through Humber) and phone bill is usually over \$35. This doesn't leave more money for food or anything else she may need.

"I'm not really trying to save for anything, but I always have enough to cover my expenses. I wouldn't spend my savings on a pair of shoes if I knew I needed it for rent," McLellan said.

"It's hard because I have two jobs, but I have no choice because I have to come up with my rent."

Fisher, who lives in residence has other ways of facing monthly budgeting challenges.

Every two weeks he spends \$40 on a 24 case of Coors or Molson Canadian. "I buy drinks at the bar, but I pre-drink as well, then you don't spend as much," he said.

Fisher has some of the same types of expenses as McLellan, but he receives a lot of help from mom and dad. They, for example, pay for his residence fees, Internet, cable and long distance

bills

Although this is the case, Fisher said he keeps a close eye on his bank account so that it doesn't decrease too much. He also keeps all his receipts organized in a drawer so that he knows what he spent his money on. Fisher is currently in the process of looking for a job in order to maintain his bank account.

Check out next week's edition to see how these students are progressing.

Students relax and release with Yoga

By Jillian Tremblay

Close your eyes, stretch and take a deep breath. Didn't that feel good?

That's what yoga is like.

Yoga, the practice of concentration and meditation, is becoming more of a mainstream hobby today and is one of the most popular fitness classes at Humber.

Maureen Martin, who introduced yoga to Humber College, has been instructing the weekly classes for four years, but has been practicing yoga almost all her life.

The benefits of practicing yoga are incredible, Martin said, noting it not only tones the muscles, but can also provide temporary relief of allergy symptoms, headaches and migraines.

"[Yoga] opens up the air channels, clears the mucus membrane and really opens up the sinuses" she said. "Oxygen gets into the bloodstream and it cleanses your whole system."

But Martin warned not to practice any upside down poses if you are suffering from a migraine because the pressure on your head can cause a lot of pain.

Whitney Shanfield, a student at Guelph-Humber and a regular at Martin's classes, said she enjoys yoga because it gives her a break from the stress of school. This is why many people now practise yoga.

"People want to participate in yoga because it relieves stress levels in their lives and allows escape



Cheyenne Morin

Students at an on campus yoga class escape from the hustle of homework, classes and part-time jobs.

from their busy hectic schedules," Martin said.

Basically, it lets people take time out and focus on themselves instead of their problems. And they get fit at the same time.

However, yoga is not designed for weight loss. It tones your muscles, allows you to become more in tune with your body and increases flexibility, she said, but only with a proper eating regimen will a person see positive results.

Martin also stressed that yoga

is non-competitive. It allows people to go at their own pace and to only do what they feel comfortable doing.

"It's never forceful," she said. "It's so you only do what you can do: Pushing [your limits] is not what yoga is about."

Martin's class is on Wednesday from 12:10 to 12:50 p.m. and combines different types of yoga and focuses on alignment, balance and flexibility.

The class ends with a visualization type of meditation.

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Love and abuse are a bad combo

Expert says look out for hidden signs of violence

By Abigail Santos

No one should have to endure the pain of being in an abusive relationship, but unfortunately it can be hard to get out of one.

Sally (not her real name) who is a first-year Humber student, agreed to speak about her abusive relationship.

She said that the physical abuse began around five months into the relationship, and she had attempted to leave a couple of times but felt trapped.

Her boyfriend pushed and slapped her in the face in front of his friend. "He started to cry after the fight. He grabbed me, saying sorry and it'd never happen again, and it worked. So, I decided to stay," she said.

Sally said she believed her boyfriend loved her, and justified his anger by thinking that she was the cause of it. She felt she needed him and nobody would want her but him.



Abigail Santos

An overpowering boyfriend could indicate that your relationship is headed for rough waters

A site for Assaulted Women's Helpline, found in the Health Services Links of www.humber.ca, says, "In 1999, more than 27,000 cases of spousal violence were reported to police departments across the country," and that "87 percent of the victims were women."

Neil McGrenaghan, a Humber psychology professor, said abuse

at home can be easily hidden.

"If they think their partner will change, they may be wrong and it may only get worse," McGrenaghan said.

He explained that one can use abuse to dominate the other partner. It gradually becomes worse until the other is trapped.

McGrenaghan said women can detect early warning signs of

abusive power. For example, when she goes out, the boyfriend may call to check where she is, demand to see her, and try to dominate her social life completely.

The health of the victim of an abusive relationship can be affected. They can definitely end up with illnesses and depression.

"Being in a relationship that

you can't get out of can be very destructive for your mental health," McGrenaghan said.

"The attachment is hard to break because of the familiarity, the routine, the good times," he added.

After being slapped in the face and punched in the stomach by her former boyfriend, Sally admitted to lying to the police to prevent him from being arrested.

Moments before the police arrived, he used his drunkenness as an excuse for hitting her.

McGrenaghan said "a relationship should be a partnership – equal partnership where each contributes... to create a balanced life for each other and gain strength in each other's support for each other."

The Student Services department, located near the registration desk in room D128, provides counseling and peer services.

All students are welcome between 9 a.m. and 3:25 p.m. If students arrive before or after these hours, they receive referrals.

"What they say behind that door is confidential," Claudette Reid, a clerical assistant at the Humber College Student Services department said.

"It's free of charge and it will help in the long run," she added.

Great sex will not stop good grades

By Anthony Pagliaroli

Whether it's your first time or your 100th time, getting laid during your college years shouldn't affect your grades.

Ka Tat Tsung, Associate Professor of Sexuality at the University of Toronto, said that students who have sex for the first time in college or university shouldn't necessarily experience difficulty studying or have lower grades.

"It's up to that student, if they're alone or in a relationship, to balance their duties and responsibilities and adjust them accordingly to their lifestyle while they're studying the books. If there's no balance, there's no success," Tsung said.

Having a partner can provide

an extra boost of support. Whether project due dates are approaching fast, or even if exams are lurking around the corner, some Humber students feel that having a partner can help relieve scholastic stress.

'The stress of school seems to leave your body and fly out the door.'

Second-year Early Childhood Education student Jen Stumpo said that being sexually active has brought up her grades compared to her first year at Humber when she didn't have a boyfriend.

"Having sex helps so much. First of all, you forget all your problems, for a while, and the stress of school seems to leave your body and fly out the door," she said.

However, not all students agree.

Danielle Cordina, 19, a gradu-

ate of the Media Foundation Program who is still a virgin and proud of it, said that being a virgin is a great way to get her through the school year.

"You don't worry about getting pregnant at such a young age. It's better knowing that I don't have to worry about having any kinds of diseases or infections," Cordina said.

Stumpo agreed that the risks involved in having sex are high, but it's up to the individuals themselves to take precautionary measures.

"Having sex doesn't mean you'll get pregnant or catch something. If you're smart about it and wear protection, then you'll be okay."

But Cordina doesn't follow that same train of thought.

"Guys nowadays are only after one thing anyways," she said. "Besides I'm not ready to commit right now."

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Arts and Entertainment

Celebrities walk the red carpet

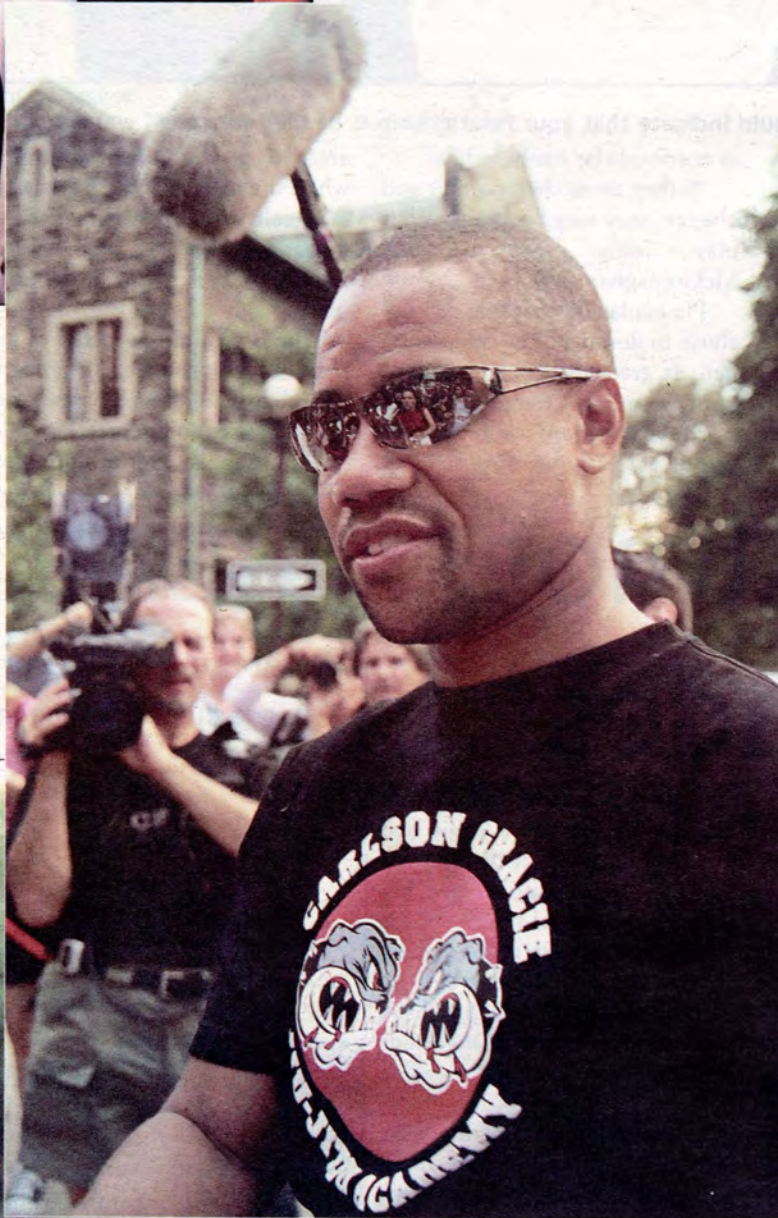


Dustin Hoffman at Roy Thomson Hall for the screening of his new project, *I Heart Huckabees*.

Cuba Gooding Jr. arrives at Isabel Theatre in support of Kevin Bacon's new film, *The Woodsman*.



Hilary Swank with the fans at Roy Thomson Hall just before the screening of her new movie, *Red Dust*.



Film festival pays tribute to former Humber teacher

By Amy Ward

The 29th Toronto International Film Festival wrapped last weekend with a special presentation honouring former Humber College teacher Brian Linehan.

On the eve of the festival's closing day, *Celebrating Brian Linehan* was shown to a full house at the Wintergarden Theatre.

The 105-minute presentation paid tribute to the late Hamilton-native, celebrity interviewer and former Humber College teacher, who lost his battle with non-Hodgkin's lymphoma last June at the age of 60.

The Humber College sponsored event, hosted by well-known film critic Roger Ebert, featured personal remembrance from close friends Norman Jewison, Martin Short, Joan

to a laughing crowd, as he crossed his legs, folded his hands in lap and answered Ebert in a very low, serious Linehan-like tone. He later said he used to speak to him about the character, and, "Brian never had a problem with Brock Linehan."

Sharon Gless, better known from the television series *Cagney and Lacey*, spoke fondly about meeting her close friend at a cocktail party thrown by Canadian and former cast mate Al Waxman.

"I know Brian, I still speak about him in the present...I'm still adjusting. I met Brian three years ago, I was just lucky enough," she said. "We were so rude, we never spoke to anyone else the rest of the night."

Gless, although never professionally interviewed by Linehan, said she once asked him to interview her because she wanted it for her family, but the two never got the chance.

Rivers flew repeatedly to Toronto during the last few months to be with him at the hospital, and shared a memory of a specific day they spent together.

"He put his coat on over his jammies and we got into this major white limo and we drove all over Toronto and dropped into book stores, we looked like idiots," she said. "We bought books and we bought flowers for his room."

Linehan helped raise funds for the festival and covered the first Toronto International Film Festival in 1976, formerly known as Festival of Festivals. Last year he donated the materials from his 30 year career interviewing celebrities to the festival's Film Reference Library. The collection included research files, more than 2,000 television interviews, over 500 books and more than 10,000 photographs.

Other celebrities in attendance to view the film were *The Notebook's* Rachel McAdams, Kiefer Sutherland's mom Shirley Douglas and CHUM FM's Marilyn Dennis.

Page design by Amy Ward, Cheyenne Morin and Shawn Loughlin

All photos by Amy Ward except Neve Campbell and Hilary Swank by Cheyenne Morin



Film pays tribute to Brian Linehan at Toronto film fest.

Rivers and Sharon Gless.

The film was shown in intervals, with commentary and memories shared by each guest in between the footage of Linehan's journalistic work.

"We're here tonight to honour a friend, a colleague, an inspiration," Ebert said. "I think you all know that you had an enormous treasure and asset in Brian here in Canada, but I wonder if you know how good he really was...he took his job very seriously, he was a professional."

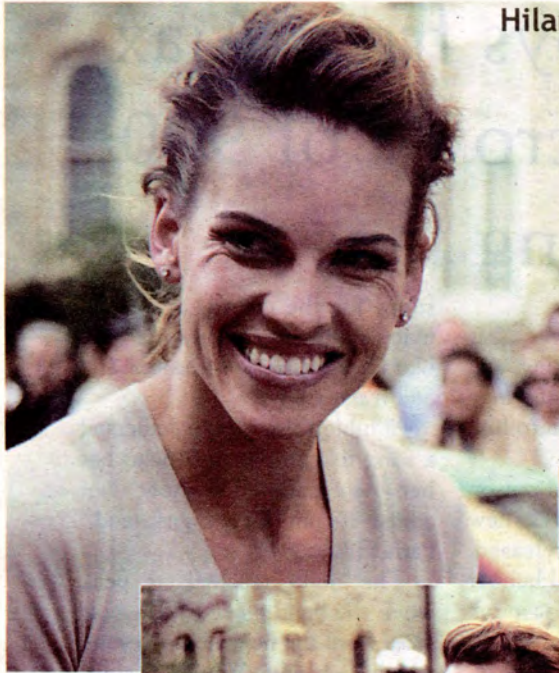
Jewison attributed Linehan's success to his tireless research skills and love of film. "He loved good movies and bad movies. He was the ultimate fan," he said.

Footage included Martin Short's SCTV character Brock Linehan, which respectively spoofed Linehan's serious, in-depth journalistic talent.

"Brian just had those great distinctive mannerisms," Short said

Arts and Entertainment

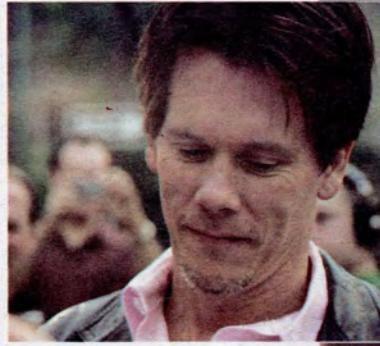
at Toronto's annual film fest



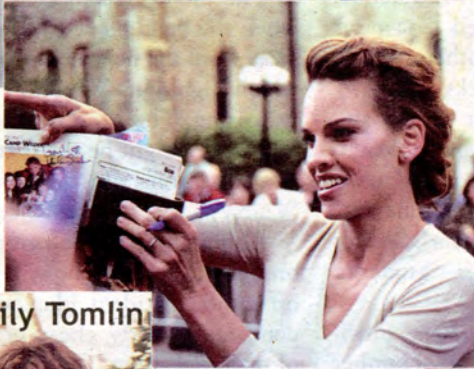
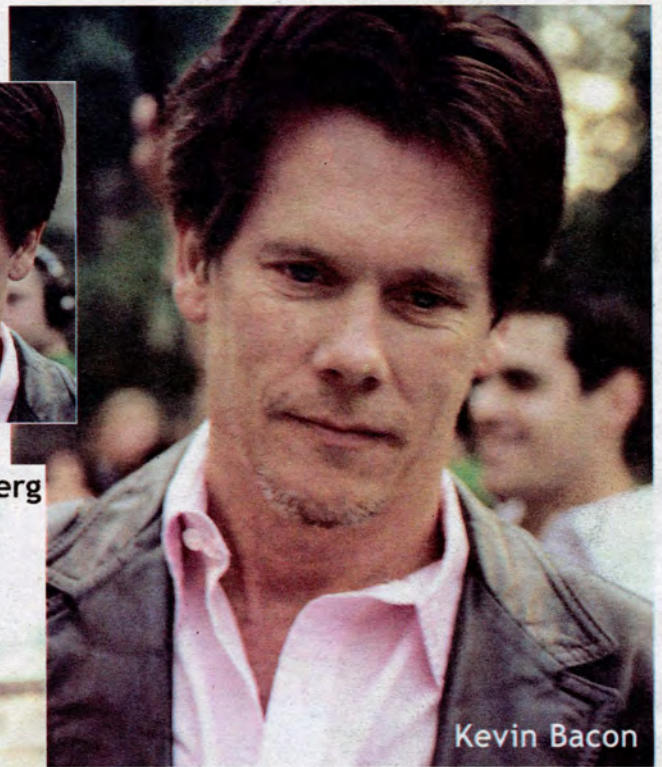
Hilary Swank



Mark Wahlberg



Kevin Bacon



Lily Tomlin

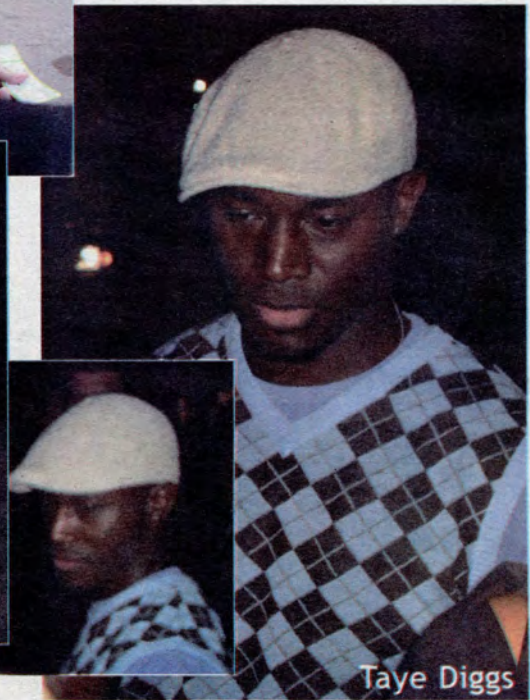


Selma Blair

Neve Campbell



Jamie Foxx



Taye Diggs

Arts and Entertainment

Sum 41 rocks for huge crowd



Four boys from Ajax rock a crowd of 900 screaming fans

By Shawn Loughlin

Deryck Whibley can sing, and Humber College students may have been among the first to find this out.

Everyone else will find out on Oct. 12, when Sum 41's new album, *Chuck*, is released. However, on Sept. 14, Humber students were treated to a punk rock show like few others, and all for a measly five bucks.

"We had almost 1,000 students, a pretty big band, a beautiful night. It went really well, everybody seemed pretty happy," Aaron Miller, program director for the Humber Students' Federation, said.

The boys from Ajax introduced themselves to Humber after the last note of AC/DC's *Thunderstruck* blasted through the amphitheatre's speakers amid the screams of female fans.

Chuck is being hailed as the musical maturation of the band. However, they have managed to accomplish this without losing the solos and volume that made them famous.

The band played some new

songs for the crowd, as well as many of their recognizable hits, like *Over my Head*, *Motivation* and *Still Waiting*.

Whibley also kindly dedicated a song to a "blonde girl who has her own reality TV show," but added "it's not [his] ex-girlfriend," Paris Hilton.

The night reached its peak when the band played *We're All to Blame* from the new album, a song which highlights Whibley's ability to sing. The song is loud and fast, but it might be the first Sum 41 song on which we hear Whibley's true singing voice.

Although extra security was brought in for the show, it went off without incident. Humber students got an early, cheap preview of material from *Chuck*, and it looks like it's going to be worth the money.

And what will the HSF be bringing students next?

"We'll do some independent music nights and some smaller stuff in CAPS. I'd like in January to do like a k-os," Miller said. "Yeah, that would be a goal, if we could do that with availability. We'll have to see."

Clockwise from top: lead guitar/vocalist Dave Baksh likes 'em fat; the front-row crowd shows the band some love even while being pushed against the barricade; singer/guitarist Deryck Whibley and bassist Cone McCaslin in the power rock stance.

Photos by Sarah Mann



Arts and Entertainment

Grad on the road with Toronto band

Aaron Sawyer goes on tour with Bombs Over Providence and he wouldn't have it any other way

By Sarah Mann

When Sum 41, Bombs Over Providence and Protest the Hero came to the school last week, a former Humber student was with them.

Aaron Sawyer was the Arts and Entertainment editor for the Humber Et Cetera two semesters ago and now he is the tour manager for Bombs Over Providence.

When Sawyer was a reporter for the Et Cetera, his first interview was with Closet Monster, fronted by London Spicoluk. Spicoluk also heads up Underground Operations, the label Bombs Over Providence and Protest the Hero are on.

"Through that interview we hit it off and he asked me to join the team and I pretty much became a full fledged member of Underground Operations right off the bat," Sawyer said in an

interview before the show.

From there Sawyer started doing a little bit of everything, but concentrated mostly on promotions and publicity about-which, he said, nothing is exciting.

Sawyer said tour managing basically consists of doing everything except playing.

"From making sure we get out of the hotel in the morning on time to making sure we get to the show, to dealing with promoters and setting up interviews with the press. All the little tasks that have to be done in order to make something like this happen."

While Sawyer wouldn't trade in touring with a band for anything else, he did admit it's exhausting.

"We'll get up at 8 a.m., drive for eight hours, get somewhere at 5 p.m. and chill out for half an hour — maybe get something to

eat or have a beer," Sawyer said.

"And then it's right back at getting ready for the show, making sure the band is ready, making sure the merch table is set up and everything is going smoothly. Then, after the show, it's tear down and deal with the promoter, go to the hotel and get to bed around 2 a.m. Then get up at eight and do it all over again."

The drummer for Bombs Over Providence, Chris Corless, knows how difficult it is to be a tour manager because he did it for a few years before Sawyer.

"It involves a lot of confidence when dealing with promoters, organization and keeping the numbers straight on everything from how much you're getting paid to how much is spent on groceries," Corless said after their set.

The band wanted Sawyer to be tour manager for a reason, because they wanted someone who was easy to get along with, but would also provide them with the best service possible.

"What we're doing with Aaron is we're creating this symbiotic relationship of learning how we would like to deal with people, whether it be sound production, stage production, security, promoters," Corless said. "It's about



Sarah Mann

Aaron Sawyer, centre, with band members Chris Corless and Adam Cook before packing up equipment after the show.

how we, as a band, want to put our name out to all these people. Do we want some dickhead doing it? No."

While one might think it would be difficult for a political band like Bombs Over Providence to tour with a mainstream band like Sum 41, bass player and vocalist Adam Cook said they are undertaking this opportunity wholeheartedly.

"As a political band it is our ultimate mandate to access new people - to give our ideas to people who never heard them before," Cook said. "I don't think

we're doing anything fantastically new but, at the same time, maybe the average Sum 41 listener hasn't heard some of the things we have to say."

Sawyer said the past three weeks have been the best of his life and wouldn't give it up for anything.

"There's nothing better than being on the road with a bunch of really good dudes and just having the time of your life. I don't make very much money, but I bet you I'm a lot happier than people working office jobs and that, to me, is what's most important."

In Review



courtesy

Mr. 3000

Bernie Mac's new baseball flick, *Mr. 3000*, is a home run.

Mac plays the role of Stan Ross, a retired baseball player who's in love with himself.

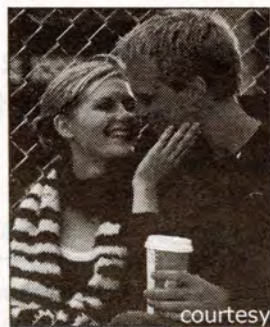
After reaching 3,000 hits, Ross leaves his team and relies on that record to get him into the Baseball Hall of Fame.

But, when the league learns one of his games was counted twice, the Hall of Fame vote is revoked and he is hailed more accurately as Mr. 2997. Now he must rejoin the league and regain his pride with three more hits.

The best laughs come from Ian Anthony Dale's character, a Japanese pitcher named Fukuda, who gets his languages mixed up.

I did learn something about baseball from *Mr. 3000* - the ice cream truck melody is the ultimate baseball song.

By Carol Santos



courtesy

Wimbledon

Love, luck and tennis balls are served up in Richard Loncraine's aptly named, *Wimbledon*.

Peter Colt, played by a beefed-up Paul Bettany, is a veteran tennis player with a lowly world rank of 157. But, Colt is given a chance to win Wimbledon and the heart of fellow competitor, Lizzie Bradbury, played by Kirsten Dunst.

Dunst cleverly plays the role of Bradbury, a character reminiscent of tennis star Anna Kournikova. Bettany is charming as the sweet, but self-conscious, Colt.

Wimbledon is visually stunning, but occasionally resembles a music video more than a movie. But Loncraine manages to put a nice spin on the popular, though stodgy, Wimbledon championships.

By Laura Thompson



Sarah Mann

Political punks, Bombs Over Providence, hit the stage first at the Frosh Week concert and put on an energy-driven set, pumping up the crowd for Protest the Hero and Sum 41.

Arts and Entertainment

What's Happening

In theatres Sept. 24

Shaun of the Dead

First Daughter

The Forgotten

This week on DVD

Mean Girls

Coffee & Cigarettes

Star Wars Trilogy

Upcoming concerts

Green Day
Sept. 24 - The Phoenix
Nightclub

Chevelle
Sept. 25 - The Mod Club

Tegan & Sara
Sept. 27 - The Mod Club

In stores now

Green Day
American Idiot

Elvis Costello & The
Imposters
The Delivery Man

Ben Harper &
The Blind Boys of
Alabama
There Will be a Light

le. gallery's first birthday

By Diane Petricola

The one year anniversary of Toronto's le. gallery is quickly approaching. To commemorate the occasion, 22-year-old owner Wil Kucey is holding an art show titled le. one.

The show runs from Sept. 22 to Oct. 10 and will feature artists who have had their work displayed in le. throughout the past year.

"It's kind of our big push to let the other galleries know that we're here," Kucey said. "My goal is always to get my artists into bigger spaces."

In September of 2003, le. gallery opened its doors to the public in hopes of getting emerging artists to display their work.

Many of the 12 featured artists have participated in over 20 shows at le. gallery.

All but one are from Canada, and they all flocked to Toronto for its art schools. The majority



Diane Petricola

le. gallery, opened by 22-year-old Wil Kucey, celebrates its first anniversary.

are artists from the Ontario College of Art and Design, including Kucey, who is in his final year with a major in Criticism and Curatorial Practice.

The art displayed at le. one ranges from anime to fine art.

"As an emerging gallery I need

to be able to bring in as many things to bring in the biggest audience I can," Kucey said.

Artists have been given a chance to display two pieces of work, depending on the size.

Kucey said one artist makes flipbooks, which are 3x3 inch

pages. He could bring in 40 or 50 pieces because they won't take up a lot of space, although there are some artists who paint 6x6 foot pieces and will only be able to display one.

Because of the limited space, Kucey allows the artists to bring in some extra pieces to the gallery so it can be refreshed.

If someone is interested in an artist's work, extra pieces will be on hand to purchase.

The showcase will take place at le. on 1183 Dundas St. W. Times and dates will be posted on the website at www.le-gallery.ca.



Christine Flynn

Suggest a scene, the cast of Hairy Patter is waiting for it.

Bad Dog Theatre gives us Hairy Patter

By Christine Flynn

Bad Dog Theatre is set to present a night of improvised entertainment with its latest show, *Hairy Patter and the Improviser's Stone*.

A live parody of the book, *Harry Potter and the Philosopher's Stone*, the show aims to involve audience members allowing them to give suggestions for scenes or themes or to possibly get on stage. "The audience is constantly influencing the show," producer Barry Wilson said.

Wilson said the play, which opens for preview Oct. 1, has been in production for a few weeks, but the rehearsals are not typical of a common play. In addition to the play, the group also puts on workshops.

Wilson said that anyone is welcome to attend a free, hour-long drop-in workshop on Saturdays at 7 p.m.

Regular workshops occur weekly for two months, each class lasts about two and a half hours and are available to beginners or advanced students.

No experience is required and the cost is \$170. Ralph MacLeod, performer and workshop teacher, said the reason people take the workshops depends on what they want to get out of them.

Hairy Patter and the Improviser's Stone will run for six weeks starting Oct. 8. Admission is \$12 for adults or \$8 for anyone under 16.

The show is located at 138 Danforth Ave., east of Broadview Ave.

Hollywood comes to Humber actors

Merv Griffin signs show, but students concerned about potential problems

By Mark Herbert

A proposed comedy reality show has some students worried that the school's reputation may suffer if the show is unsuccessful.

"I don't like it! I'm worried about the school losing its credibility if the show's a failure," Adam Cawley, second-year Comedy student said.

Dean of the School of Performing Arts Joe Kertes thinks that only good things can come out of the show. "The show will give students a chance to catapult to international stardom," Kertes said. The possibility of stardom doesn't exactly comfort people, "I don't want any cameras in the classrooms," Lauren Cochrane, second-year Comedy student said.

Kertes was also honoured by the Association of Canadian Community Colleges with their 2004 National Academic Leadership excellence award.

The show has been signed by Merv Griffin Entertainment, and

will provide six to 10 Humber grads a chance at stardom.

Humber has been given complete veto power over any decisions made by the production group, an important step for the show to take. The main concern for the school is that the reality show will impact the classroom.

"We don't want to have a circus at the campus," Kertes said.

Fifty graduates will audition for 25 spots on the show. The show will be a competition and comics will be voted off on a weekly basis.

Mike Myers, Jim Carrey and Rick Moranis are all being considered as possible judges.

Merv Griffin Entertainment is currently pushing the idea to various networks and, if approved, taping may begin as early as November.

"It won't cost us a single penny," Kertes said. He also added that current negotiations with Merv Griffin Entertainment include the possibility Humber will receive some royalties from the show.

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Arts and Entertainment

Incarceration sparks a man's artistic inspiration



Lourdes Chaves

Randall Charboneau with the art that turned his life around.

By Lourdes Chaves

Randall Charboneau has turned around a life spent mainly in prison by escaping through painting.

"Everything has a meaning in my paintings," Charboneau said. His powerful images of native culture are being shown at the Assembly Hall on the Lakeshore campus this semester.

Charboneau uses vibrant colours to reflect the earth and broad brushstrokes to emphasize strength and spirit. All have a common message he says. "Once we love our family, then we can love our communities. That's my whole intention - to give back to the community."

Charboneau spent 17 years in jail for multiple armed robberies, a time he refers to as the dark part of his life.

He said one morning he woke up in his cell and decided he was tired of being angry and wanted to change. He reached into his aboriginal roots for help, gaining spiritually through the guidance of the Midewiwin Society, a group of elders who educates young natives about their culture.

"I started by drawing skulls and violent things," he said. Then, he turned to other subjects, such as eagles.

But in prison there were obvious obstacles to becoming a painter. For one, he had trouble getting supplies. Still, he said, "something was telling me to do it."

He cut bed sheets and stretched them over scraps found in the trash. "Next thing you know, I'm making canvases," he said.

He taped strands of his hair on a stick to make brushes.

"It has been a long journey," he adds during an interview at Assembly Hall, his jet-black hair flowing down his back, his arms covered with tattoos.

Charboneau now lives in Hamilton with a woman he met after he was released from prison. He has also drawn on support from a close friend, Arthur Lockhart, a teacher at Humber's Lakeshore campus.

Lockhart arranged for Charboneau to help young people facing problems with the law. He now works with a few groups, including Youth at Risk.

"He's a giver," Jeff Powis said. Powis is a documentary filmmaker who has been tracing Charboneau's life for the past three years. "He keeps going up and up and up."

Humber author brings home the bronze on his third novel

By Shaunna Bednarek

Jealous lovers, topless dancers, a transvestite, murders and suicides. Does this sound like the 1920s to you?

Antanas Sileika's third novel, *Woman in Bronze*, follows a Bohemian sculptor named Tomas

Stumbras as he moves to Paris to better learn his craft.

Sileika is the artistic director of the Humber School for Writers. His last book, *Buying on Time*, was published in 1997.

In *Woman in Bronze* he brilliantly portrays fictional characters interacting with historical figures such as sculptor Jacques Lipchitz and entertainer Josephine Baker.

Unlike other authors who may use famous names as sensational name-drops, rather, Sileika uses them as legitimate characters that work around and with him.

Artistic or not, *Woman in Bronze* is a story for anybody who has ever romanticized over the idea of living, loving and learning under the lights of a big city.

Sileika will be reading from *Woman in Bronze* Sept. 29 at 7:30 p.m. at the Harbourfront Centre, 235 Queen's Quay W. Tickets can be purchased by calling (416) 973-4760.



Hear This!

The first in a series of weekly profiles on Humber student musicians

Mornington Drive



Courtesy

Formed: November 2002 in Midland, Ontario.

Members: Steve Hamelin plays drums and studies journalism at the University of Guelph-Humber. Luke Lalonde plays guitar and sings and Mitch DeRosier plays bass guitar.

Mornington Drive has played more than 15 live shows since forming in 2002, and they have made a 12 track demo entitled *The Makeshift Metric Catastrophe*.

Hamelin is confident in his role as a drummer, "I wouldn't have it any other way," he said. "A drummer is the cornerstone of the band."

The band describes itself as a rock-driven trio, and they cite their influences as spanning from Broken Social Scene to The Strokes to French Kicks.

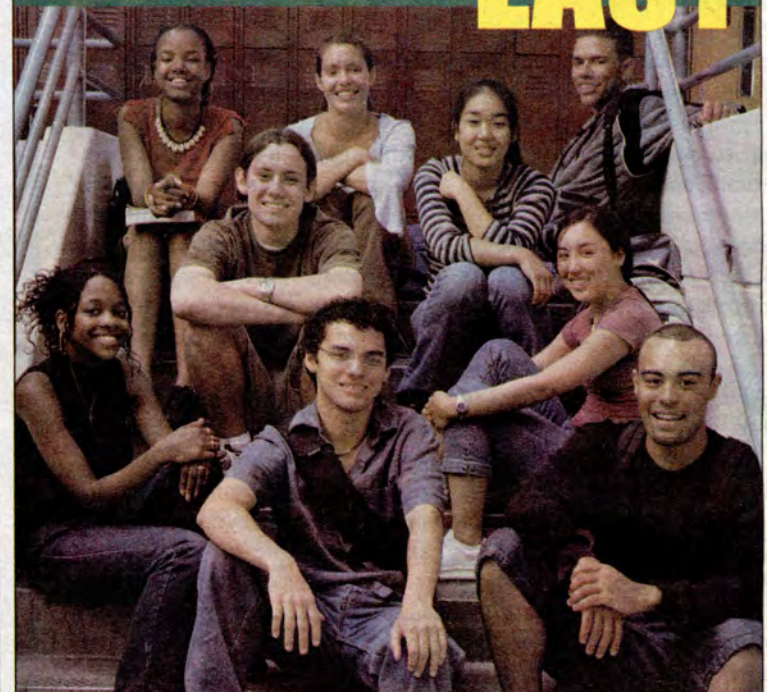
"We have a genre crossing," Hamelin said. "We jump from jazz to psychedelic to indie rock in seconds."

For a closer look at Mornington Drive visit: www.morningtondrive.cjb.net, where you can download the band's tracks and find out dates for their next live shows.

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E-mail the Et Cetera entertainment staff to be featured in this weekly column at etcetera_entertainment@yahoo.ca or call the newsroom at (416) 675-6622 EXT: 4514

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In Focus

Hitting the bottle?

Zero tolerance of underage drinking on campus

By Julie Broadbent

A study done by the Centre for Addiction and Mental Health shows underage Canadian students are more likely to drink than students of legal drinking age.

This is a potential problem for first year students at Humber College that can be as young as 16-years-

old. To prevent this complication, CAPS and Rez staff will enforce strict regulations.

Carol Ballinger, resident assistant and

second-year public relations student, said underage drinking is a huge problem in residence for young students who are away from home and are trying to fit in with a new crowd.

"Some of them have never drank before and think that it's like the movies and everyone will be carrying a beer bong," Ballinger said.

CAPS, the student pub, has to enforce strict drinking regulations for the student population.

"We have zero tolerance with underage drinking," pub manager Kenny Dimech said.

"We use the wristband method to identify underage students on nights when they are allowed in, and we also mark an X on their

hands, because a lot of students were covering the wristbands with their sleeves."

At CAPS, students must be at least 19 to attend pub night on Thursdays. On Mondays and Tuesdays, the first 50 people under 19 are allowed entrance after 8 p.m. At the door they hold onto your ID and give it back to you at the end of the night once staff assess that you

have not been drinking.

According to the student residence handbook, any one under 19 and drinking in Rez is placed on an alcohol contract. Students who further violate this policy are evicted.

The subject of underage drinking sparks lively debate amongst students of all ages and backgrounds.

"It's stupid that you can vote at 18, and gamble at 18, but you can't drink," Monika Klein, a first year justice studies student, said. Some stu-

dents find drinking an essential part of social life and going out.

"In a way, pub night is about drinking, but it's also about meeting new people and becoming friends with people of different ages," first-year journalism student, Maria Martinat said.

"There are opportunities to socialize and also have fun on campus without drinking," Residence Life Manager Michael Kopinak said. "Students have the opportunity to attend CAPS during the all ages events, which has been one Friday every month, for the past couple of years, some-

times even more when there are special events."

Although some students are disappointed with having to wait until they turn 19 to be able to join their

friends on pub night, they are still coming out for all ages nights and events at CAPS.

On Monday nights at CAPS, the entertainment is DJ FRESHMAN at 9 p.m. and football on the big screen TV. On Tuesday, DVD movies are screening from 10 a.m. to 4 p.m.



This bartender won't be serving any underage drinkers tonight.

Julie Broadbent

Don't drink? There are still fun events coming up for students to take part in

• Humber Idol Tryouts-
Sept. 27-28
11:30 a.m. - 1:30 a.m.
Student Centre

• Argos Game
Sept. 29 @ 5 p.m.
Pick up free Tickets
@ HSF Office

• Men's Soccer Game
Humber vs. St. Clair
Sat. Oct. 2
Game starts at 4 p.m.

• Dustin Diamond of
Saved by the Bell fame
is live in the Student
Centre Oct. 6

Other activities off campus:

- Bowling
- Playing pool
- Going to the movies
- Playing sports
- Yuk Yuks
- Seeing a live band

Leave the keys at home when drinking

Students say penalties for drinking and driving fatalities are not strict enough

By Amanda Mullin

A national survey conducted last June showed over half of Canadians believe drinking and driving laws are inadequate.

"Impaired driving deaths and injuries are falling, but it's not falling fast enough," Gail James, Ontario regional manager for Mothers Against Drunk Driving (MADD), said.

MADD is a non-profit organization that holds nothing back in its graphic TV commercials, radio ads and billboards showing the consequences of driving drunk.

Statistics show alcohol con-

tributes to four deaths and 200 serious injuries on Canadian roads every day.

Some students say the message from MADD and others aren't too shocking.

"Impaired driving deaths and injuries are falling, but it's not falling fast enough."

advertising it takes," Chris Collins, 22, a first-year electro mechanics student, said.

Both the Humber Students Federation (HSF) and CAPS have regulations in place to ensure students get home safely after a night of drinking.

"For HSF events held at CAPS,

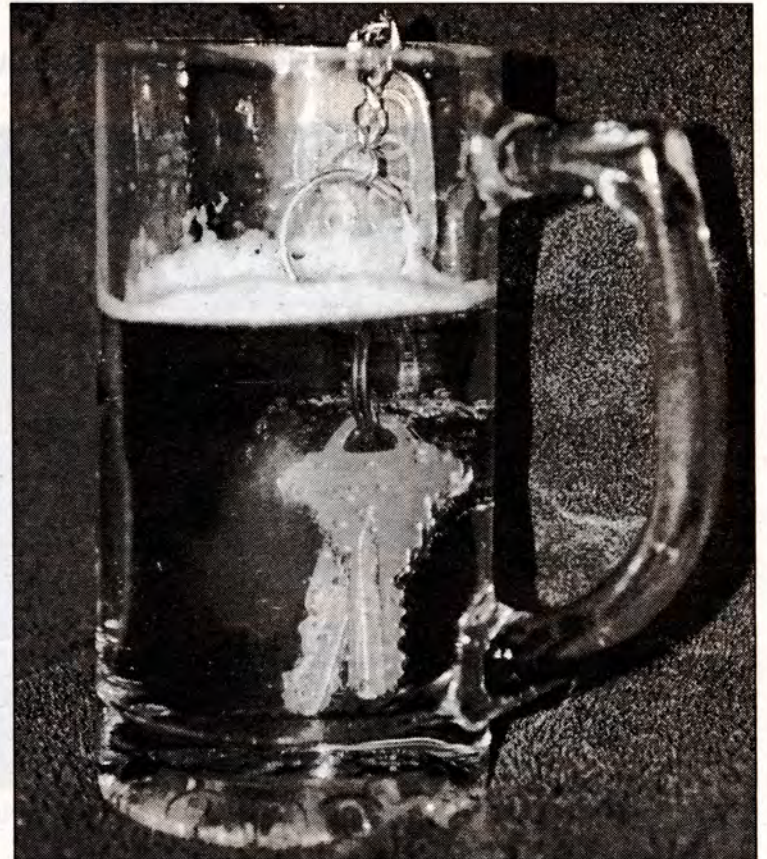
there are HSF staff trained and CAPS staff trained to monitor the drinking behavior of the students attending the event to provide a safe atmosphere for all the students," HSF President Jennifer Green said.

There is no official "drive safe" program on campus. However Green said, for special off-campus events HSF will purchase a bus shuttle service for the students, to ensure a safe trip.

The consequences of drinking and driving can include jail time, a minimum fine of \$600, a revoked licence and the installation of a vehicle inter-lock device, which costs up to \$1,500.

Collins said the penalties of drinking and driving are not adequate.

"There should be a permanent withdrawal of the licence and hard time in jail," Collins said.



Amanda Mullin

Consuming five or more drinks in a night is binge drinking

You pay the price

Item	Cost
legal Costs	\$2,000 – \$10,000
criminal code fine	\$600
back on track	\$475
licence reinstatement	\$100
increased insurance	\$9,000
ignition Interlock	\$1,300
Total Minimum Cost	\$13,475

Source: Ontario Ministry of Transportation

Drinking yourself into debt

By Alexandra Miljan

A student's budget can be complicated enough with rent, groceries and tuition. Add in buying alcohol and it can be enough to empty any student's pockets.

A study done by the U.S. Department of Health and Human Services in 1991 showed college students in America spend \$5.5 billion on alcohol in an average school year.

"Now that I think about it, I do spend a lot of money on alcohol when it could go to groceries or other things that I really need. Alcohol isn't something that I need, but I need food to survive," Jen Harting, 21, a business stu-

dent said.

The same study found that each student, on average, will

'Alcohol isn't something that I need, but I need food to survive.'

spend approximately \$466 in a year on liquor and 430 million gallons of alcohol will be consumed across campuses in America.

"I could go out and buy myself a new pair of shoes, or a new out-

fit, but instead I go out to have a good time," Jessie Sulidis, 20, a public relations student, said.

"I need a stress release once in a while, and blowing money at a bar with your friends and having a good time is something every college student needs."

One way to cut down the cost of going out can be to choose what you drink wisely.

"I try to look classy and spend the least amount of money as I can when I pre-drink. I usually buy Bambino. It's a champagne type wine, which is just under \$10 but doesn't make me look cheap," Angela Martin, 19, a Guelph-Humber's public relations student, said.

Abstaining from alcohol may not be as rare as you might think

By Courtney Muir

More and more students are choosing to abstain from consuming alcohol – but not for the reasons you might think.

It is not uncommon today to find religious convictions and morality responsible for a student's attitude toward drinking, with aspects such as its destructive capabilities figuring heavily into their decision.

"It's just killing you slowly," Safia Imam said. She is a first-year business student who is one of the

many students on campus who abstain from drinking alcohol for religious reasons. "My religion promotes resistance to all things evil in the eyes of God."

According to the website, www.tamilislam.com, soaring crime rates, domestic instability, and health issues are but a few of the many reasons Muslims such as Imam choose to abstain from drinking alcohol.

"Islam, according to the Qur'an, forbids the state of drunkenness as it is the main

cause of many social implications," Imam said. "But that doesn't mean that you can't drink alco-

'It's just killing you slowly.'

hol at all. You can still drink a little bit."

A similar message of moderation is observed in the Christian faith. However, contrary to Islam,

individuals are permitted to make a personal choice regarding their own alcohol intake.

"Christians do not promote alcohol," Pastor Duane Henry, Minister of the Discipleship Queensway Cathedral, said.

"But at the same time, the Bible never says 'don't drink'."

In fact, the Bible mentions the benefits of wine – but only for medicinal purposes.

"One of Jesus' first miracles was turning water into wine at a wedding," Henry said.

"It also states that John the Baptist and Jesus Christ never had any strong drinks."

Even though Christianity and Islam may differ in their treatment of alcohol, both send a similar message of the damaging effects of overindulgence.

"Purity starts from within," Imam said. "To carry it forward to my outside world, I have to start with myself and keeping myself pure."

With files from Robina Kumar

The Humber View

Back 2 School

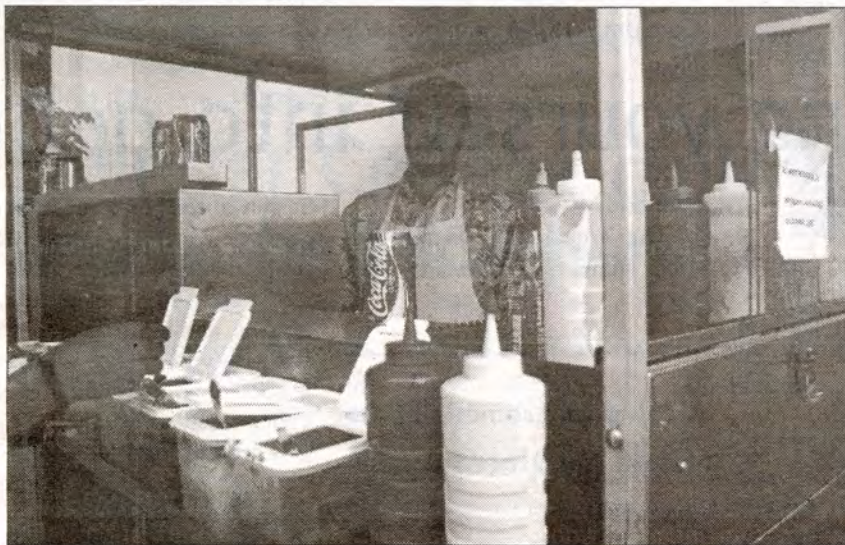
Summer's over and now that you're back at school, here's what goes on around Humber...



Skipping classes. Two students already tired of seeing their professors.



Studying. The key to your success!



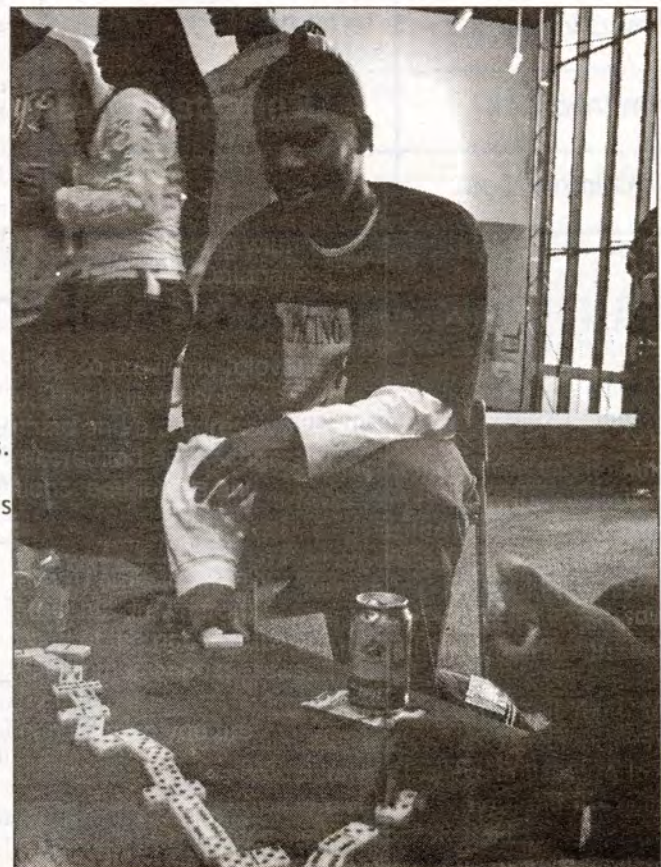
Jabbar, Humber's official hot dog vendor. He demanded five dollars for this picture.



Holding on to some wood and shooting some balls in the game room.



School spirit. Mike Pumtillo is showing us he will do anything for some Chunky soup.



Playing dominos. Andre Blair demonstrates his mad skills here.

School to keep floppies for now

But without staff and student support floppies will stay

By Enza Diaco

Is it now time to say goodbye to the floppy drive?

The recent talk about the elimination of the floppy drive from Humber's computers has many students considering other means for storing information.

Mark Naylor, Humber's chief information officer, said

Humber purchased computers that are equipped with floppy drives this year.

"We have no plans at this time to do away with floppies. That is plainly not true," Naylor added.

"It is true to a vendor's point of view, but it is not true here at the college."

However, there could be a time in the near future when the college may do away with the

floppy drive.

According to Naylor, faculty and students must be on board with this decision before any definite plans will be made.

Apple Computers was the first computer company to get rid of floppy drives from their models. Apple's competitors, Dell

and Gateway have just started to follow suit and removed the floppy drive from all new models. Instead, each new computer has been equipped with Universal Serial Bus ports (USB ports).

According to Naylor, portable storage devices are the newest way to store information and are gaining popularity.

This key-like device works the same as a floppy disk would, but instead can be plugged into any



Cheyenne Morin

USB devices allow students to transfer information from different systems with more ease.

computer's USB port, regardless of the brand.

Naylor also said every student in the college gets space to save information on the shared hard drive. With that in mind, there really is no need to carry around a floppy disk to store information unless it needs to be taken off campus.

"I now rely more on the USB storage drive. I don't really use

floppies anymore," first-year Internet management student Leanne MacLeod said. She said she was already accepting and adjusting to the new technology. "I still think that it would still be nice to have the floppy drives still available for use, just in case."

Karen Upton, a second-year business management student, was not too happy about the new change. "I don't really keep that

up to date with computer stuff and as far as I go right now, floppy disks are all that I use."

Peter Gentile, a Best Buy sales associate, recommended that every student should get a portable storage device.

"The drives contain more memory, are more durable, faster, and are a lot easier to carry. They are just a lot more reliable than floppy disks."

Going digital? Have a closer look

@tech update

By Shannon Smydo

Students looking to buy a digital camera shouldn't get hung up on camera appearances, but concentrate on matters like resolution, pixels and ease of use.

Resolution refers to the quality of an image, which is made up of pixels. More pixels allow greater detail, larger images and file sizes.

A memory card is the storage amount allowed on any camera. More pictures can be stored on a larger card.

When buying your own digital camera, personal preference and needs come first. The price tag will always drop if you buy an older model or wait until a featured store has a sale, which occurs at least once a month at these retailers.

Don't forget, it's important to know what you're getting when purchasing your digital.

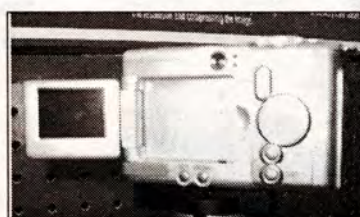
This week we zoom in on top-selling digital cameras Here are retailers' top 'pics' for Humber College students



Sony DSC-P93

Sears offers a Sony DSC-P93 as top quality. The camera is packed with features including settings suitable for all lighting conditions, whether your at the beach or on the slopes. At five mega pixels, the pictures taken would be excellent. Short movies with sound can be recorded and the zoom lens is comparable to any decent 35mm camera.

Price: \$499.99.



Canon PowerShot A85

Canon PowerShot A85 is Staples Business Depot's top seller. The features are slightly complex and geared towards a skilled photographer, which might not be suitable for a casual user. With 4.1 mega pixels, regular zoom lens and a fast ready-to-shoot time, the only downside is the hefty size and weight, which means no pocket storage.

Price: \$399.99.



Canon A75

The Canon A75 is Future Shop's bestseller. This camera is easy to use, with an exceptionally reasonable price. The camera is considered a great all around camera for anyone. The design of the camera and the button layout are also very logical. The zoom lens is the same as the A85, as well as the size and weight. The downside is that it only has 3.2 mega pixels.

Price: \$349.99.



Fuji S3000

The Fuji S3000 offered by Radio Shack is one of the best digital cameras for long distance pictures. An extended zoom lens takes up the bulk of the camera making it quite large. It only has 3.2 mega pixels and doesn't have many complicated features, which allows easy use.

Price: \$399.99.

Christina Arico

BIZ@humber

Beetles threaten arboretum

Destructive pests already discovered close to Humber's North Campus

By Ashley House

A tree-eating pest called the Asian long-horned beetle could pose a threat to Humber College's most scenic natural feature.

It would be a catastrophe if the Humber area got hit, Sid Baller, superintendent of the Humber Arboretum said. "An infestation would be the end of the arboretum."

The beetle, which attacks and kills healthy trees, has been found about two kilometres off the campus, near the Humber River. It has already destroyed more than 15,000 trees in the Toronto area.

Federal inspectors have checked the arboretum and will

be returning this winter.

So far, Baller said, "No news is good news."

Although the arboretum is not within the zone infested by the beetle, it has a large supply of trees favoured by the insect, including maples, poplars and willows.

Regulations set by the Canadian Food Inspection Agency (CFIA) require the removal of all trees within 400 metres of an infected tree.

"Cutting down a huge old tree and replacing it with a seedling changes the dynamics of the forest," Baller said.

Besides altering the appearance of the arboretum, such measures would also cut down

"This is one of the more devastating infestations Canada has had...All of Canada is at risk."



Ashley House Sid Baller, superintendent of the Humber Arboretum, inspects an arberetum tree for infestation by the beetle.

shade, and reduce the habitat for animals.

The CFIA said the beetle, if not controlled quickly, could infect one quarter of Canada's forests.

"This is one of the more devastating infestations Canada has had," Howard Stanley, CFIA spokesperson, said. "All of Canada is at risk. These insects have been in Canada for five to

seven years and just now the population is big enough for us to recognize the problem."

Infected lumber could have unknowingly been sent all over Canada for years, he said.

"Public awareness is a big part of helping the problem," Stanley said.

"I haven't seen a beetle yet but I keep my eyes peeled just in case," Vanessa Zenuik, a second-year business student at Guelph-Humber and a frequent visitor to the arboretum, said. "It's the most beautiful place I have ever done homework in and I would hate to lose that to pests."

The CFIA has posted signs around the affected zone in the Toronto area.

Anyone who wants information or may have spotted the beetle is asked to call a hotline:

1-800-442-2342.



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Sports



John Sokolowski

Toronto Argonauts Offensive Lineman Frank Hoffman, a rookie who resides in Etobicoke, watches from the sidelines.

Living the dream

Etobicoke native enjoys rookie season

By Brett Standen

Frank Hoffmann is living out his dream of playing professional football and he is doing it in his own backyard with the Toronto Argonauts.

Hoffmann grew up in Etobicoke where he attended Michael Power St. Joseph High School. This is where he had his first real taste of competitive football.

His success began to mount and before long Hoffmann found himself at Temple University in Philadelphia on an athletic scholarship. He played two seasons with the Temple Owls and then decided to come back to the city he loved, where he joined the York University Lions.

Hoffmann and the team enjoyed two very successful seasons and he soon found himself as the captain of the eastern squad at the annual all-star game.

Hoffmann not only left York University a better football player, but he also gained the knowledge of the business world, completing a Bachelor of Commerce degree.

Fresh off an amazing experience at York, his good fortune continued when he was drafted 30th overall last year by the Argos. Hoffmann is now playing in his rookie season as an offensive lineman, and according to Offensive Line Coach Ken Miller, he will have a long tenure in the league.

"Frank is a very gifted football player. He has tremendous strength, agility and quickness," he said. "He is a great athlete who has a very bright future in the CFL."

Although he would be happy to play anywhere in the CFL, he said it is just icing on the cake that he is able to do it in his hometown.

"It's great to play in Toronto," Hoffmann said. "I grew up watching the Argos and Coach Clemons, and it's great to have the support of all my family and friends."

Hoffmann still resides in Etobicoke where he lives with his parents and said he is in the process of saving money to eventually get his own place.

"It's my first year with the Argos and I just finished school so I really don't have much money saved," he said. "I've decided that I'll play a few years

in the league, save up some money and then move out on my own."

He said he loves the community where he was brought up and believes that there is no better place to be. Whenever he has time the Toronto native does whatever he can to help out youngsters in the area.

"Anytime there is kids around I like to get involved with them and teach them how to play different sports," Hoffmann said. "My friends and I like to show them how to play the game."

Many schools, including Humber, are missing a football program, Hoffman said. He believes that it is difficult to generate genuine interest in Canada for the sport.

"The community [of Etobicoke] doesn't really concentrate on developing football. They don't want to put money into the sport," he said.

"I think if Humber had a program in place from the beginning it would be successful to this day, but to bring one in now, it would be too hard to get people interested."

In Hoffmann's mind the time is now for both the CFL and Canadian football players.

"I think the CFL is moving up," he stated. "I remember growing up watching the games not a lot of fans came. The last few years we've been averaging around 25,000 people and the team has been connecting with the people in the community a lot more."

The Torontonian admits that as a Canadian trying to make it as a pro football player, he doesn't have the luxuries that many Americans have. He said that even though the talent pool is very strong in Canada, we do not have the proper development programs in place to get our athletes to the next level.

"You have to look to yourself and be your own motivator because you can't look for other people to motivate you," he said.

The Argos are in action at the Skydome on Sept. 29 to battle the Calgary Stampeders. The Humber Student Federation (HSF) has purchased 500 tickets for the game. For information on free tickets to the game, visit the HSF office.

"The community [of Etobicoke] doesn't really concentrate on developing football."

Humber graduate gets cut loose

By Luis Henriques

A Humber graduate who tested his skills against other amateur hockey players in Canada just missed the cut.

More than 4,200 players tried out all across Ontario for CBC's new reality TV show, *Making The Cut*. The top five players are granted a spot on a National Hockey League training camp roster.

D.J. Marchese, a graduate of Humber's firefighters program, who played for the Hawks varsity hockey team two years ago, made the top 100, but was cut on the season premiere of the show Tuesday.

"They told me I had a lot to be proud of and they wanted me to come back next year," Marchese said. "I was a bit out of

shape because I hadn't played since I left Humber.

Making the cut was a difficult task due to the tremendous amount of talented players who tried out.

"It was tough, there was a lot of talent out there," Jack Birch, Director of Hockey Operations, said. "In the end we only had 68 spots."

Coaches Scotty Bowman and Mike Keenan, along with other scouts and trainers will evaluate players during drills to make a final roster of 68 before the camp moves to Vernon, British Columbia.

Keenan is impressed by the excitement level he has seen so far in the participants.

"These people are so fresh and so excited, just for the chance to get on the ice,"

Keenan said. "Just for the love of the game."

For Marchese, the idea to compete for one of those spots came up as just a joke between him and his best friend.

"I was at a buddy's house when we saw the commercial, so he joked about trying out, so I just said sure, why not," he said. "It was just initiated from shits and giggles really."

As part of the joke, Marchese got his sister Theresa, who played for Team Canada's Under 22 team, to try out as well.

"To stir the pot a bit, we got my sister to come out as well," Marchese said. "It was fun and it was something we could look back on and joke about."

The show airs every Tuesday night on CBC at 8 p.m..



Kristen King

Mike Keenan answers questions at the media premiere of the new reality TV show *Making the Cut* in Toronto.

Sports

Sports Shorts



By Chris Daponte

The National Hockey League (NHL) lockout is only eight days old and I'm already sick of it.

The problem I have is that the solution seems so simple...the league needs a salary cap.

Whenever the owners bring up this point, the NHL Players' Association (NHLPA) refuses to even consider the proposition, opting instead for a luxury tax.

But luxury taxes have never worked. A salary cap similar to those used in the National Football League (NFL) or National Basketball Association (NBA) is the only real solution. There is far less disparity between team payrolls in the NFL and NBA, and the majority of the teams are actually competitive in those two leagues.

The players don't want a cap, and why would they? According to the NHL, players' salaries have increased 240 per cent since 1995, while revenues have only increased by 160 per cent. And according to the Wall Street Journal, two-thirds of the 30 NHL teams lost money last season.

The NHLPA has accused the league of under-reporting revenues, but the Penguins, Sabres and Senators have all filed for bankruptcy over the last six years.

So there is clearly a major problem with escalating salaries, and the problem won't be fixed by a simple tax. The miniscule salary cut that the players offered to take this year is also not going to solve anything. And the rookie salary cap, restrictions on free agency and new arbitration rules of the previous collective bargaining agreement have proved to be equally fruitless.

The owners have over \$300 million saved to carry them through a lengthy work stoppage, and they seem to be more determined than ever to get their way.

Hopefully the players will come to their senses. And for the sake of the fans, and the league, they better do it sooner rather than later.

What a gym

Lakeshore updates facility

By Kris Halinen

Students at Humber College's Lakeshore Campus finally have a nice place to work out, now that their newly constructed athletic facility is open.

The facility, built between the new residence and the main building, is complete with a weight room, cardio training room and re-furbished gymnasium.

"We've dressed up what we could with the old to combine with the new," Doug Fox, Humber's athletic director, said.

A new Humber Hawks logo has been painted at centre-court of the gym and the floor has been re-sanded and varnished to give it a fresh new look.

The weight room underwent the most drastic makeover, transforming from a small, windowless room, to a larger room with windows overlooking the campus courtyard.

"The weight room makes it easier to stay in shape, especially for us forgotten varsity athletes who attend Lakeshore," Darryl Vermeulen, assistant captain of the Humber men's rugby team

said. "It was pathetic what we had before."

The new weight room offers a glimpse of natural light, breathing space and high quality equipment. There are several brand new treadmills, cross-trainers, weight machines and free weights.

"I've had a lot of great, positive feedback from the students. I think they're really happy with what they see," Sonya Herrfort, athletic facility director, said.

Memberships for Humber students are free and a number of classes are planned to start this week.

The facility was supposed to open earlier this year, but took a lower priority due to the construction of the new residence.

"We did want to get (the facilities open), but construction wouldn't allow it. There was not a lot we could do about it," Herrfort said.

There are currently no varsity games scheduled in the new gym this year, but the gym will be rented out much like the North campus gym and used as an occasional practice facility.



Kris Halinen

Humber students down at the Lakeshore campus try out their brand new machines in the recently renovated facility



Kate Schoeman

Humber players fight Conestoga for the ball.

Tough losses

Key players out with injury

By Kate Schoeman

pain subsides.

All hopes of a rugby home opener win were dashed Tuesday after lost to Mohawk College 10-7.

Dean Spencer suffered a shoulder injury early in the game and with Steve Fennelly already lost to concussion, injuries have become a big problem for the Hawks.

Although visibly tired in the second half, the Hawks pushed forward when Jason Wilson scored a hard earned try just a few minutes after Spencer was taken off the field.

Things looked positive for the Hawks after Prop Erik Piechatezek, converted another try giving Humber a two point lead.

The team had difficulty keeping up the pace as they made mistakes in their passes and turned the ball over to Mohawk repeatedly.

"Bad hands, bad tackling, I'm afraid," Coach Alister Mathieson said. "They beat us on fundamentals. We got a long way to go until playoffs."

Spencer did not suffer any broken bones, but doctors said that he might have a torn ligament and should rest until the

In their previous game last week, the Conestoga Condors took the match 3-0, scoring all their points on a penalty kick that was awarded after a late tackle by Humber.

The Hawks were looking for revenge after losing to them in the bronze medal game last year.

Coach Mathieson said starting the season against the tough Condors should help his players. "We're striking a tough team early on, but that's good," he said. "Then they know exactly what kind of standard to expect."

Coach Carey French was pleased with his team's effort. "I'm proud of them," he said. "We have no complaints. There were no passengers today."

The Hawks definitely displayed their strength and skill in the line outs and in field territory. "The greatest threats to the line were from us," he said.

The Hawks plan to work on starting and finishing strong, as well as keeping possession of the ball in all the key situations.

"Six more games left - and 95 practices and we'll get it right by the end of the season," Mathieson joked.

The Hawks next game is on Sunday against Niagara.

Women's volleyball begins

Returning players will be looked upon to lead rookies

By Alistair Tennant

This year's version of the Humber Hawks Women's Volleyball team will be decided this week as tryouts come to an end.

This year's team will follow a team that finished on top last season, winning gold at the Ontario College Athletic Association (OCAA) championship.

There are only six returning

players from last year's squad, which leaves room for another six rookie players to compete for the final spots.

Returning from last year is OCAA first team all-star Kirsty Goodearle, as well as OCAA all-star Amanda Arlette. It will be these players who will have to play a leadership roll in the coming season.

Arlette, who was also last year's OCAA championship

MVP, knows that this year's team will have its work cut out for them.

"We have a lot of young talent this year, where last year we basically had two new starters," she said.

"We have more height this year than last, but younger players with less experience."

Last season's OCAA coach of the year, Chris Wilkins, and his staff, will be returning for this

year's campaign.

Wilkins said this year's Hawks team has as much talent as the team he coached to gold last season. "I think without a doubt there is as much talent this year as last year," he said. "Youth could be good or bad."

The team will face its first test in an alumni game to be held at Humber College this coming weekend where the team will be set.



Courtesy

The Humber Hawks men's golf team are all smiles after capturing their third straight championship.

Hawks strike gold

Both men and women win big at nationals

By Andrew McNab

The Humber Hawks finished off the year in style capturing the men's and women's national golf titles.

Brad Kerfoot, recipient of the Ontario College Athletic Association (OCAA) silver medal, was also named the team MVP.

"Brad Kerfoot is the most outstanding golfer I've ever seen,"

Doug Fox, athletic director of Humber College, said. "One day he will be a shoe-in for the Humber College hall of fame."

Not only did Kerfoot help regain the team's national championship, but he also won the individual title, shooting a record 69, two under par.

On the women's side, Jamie Trowbridge, an OCAA gold medal winner, was just as strong as Kerfoot.

"She showed nerves of steel on the last day of the championship, posting the best score of her career," Fox said.

Kerfoot and Trowbridge were also voted athletes of the year by Humber's coaching staff.

This marks the first year that both the men's and women's teams of the same sport have won the national championships at Humber College.

Men aim for first

Main core of players return for better finish

By Sarah Horbaczyk

The men's volleyball season is approaching and the Humber Hawks have one thing on their mind—the nationals.

The core of last year's team is returning and all the Hawks are talking about is improving their performance from a season ago.

Last year the Humber Hawks placed second in the Ontario College Athletics Association (OCAA) and seventh at the nationals, but the pressure is

mounting this year.

"Absolutely enough potential to do better. Our goal is to medal at the nationals; anything less would be a disappointment," Coach Wayne Wilkins said. Wilkins, who played for the Hawks for four years, has coached the team for 15 years and has an impressive record of 123-13.

During their second last tryout, Wilkins and assistant coach Dean Wylie, had the Hawks running constantly in between any other warm-ups they had. The remaining players at the tryout were working hard to make the final cut.

"Probably the most competitive tryout I've had," Darryl Burton, a third-year veteran, said. "We're a lot deeper, definitely going to be deeper this season."

Even though it has been about four to five months since most of the guys have played, they looked strong and seemed to be gelling together well during scrimmage.

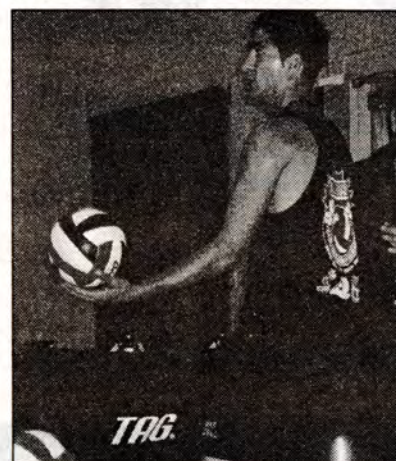
The Hawks lost a few players from last year's team but Wilkins, as well as the players, aren't wor-

ried. So far, the coaches said most of the positions are looking stronger.

"Based on returning players, along with newcomers, I'm predicting bigger and better things," Humber newcomer Daniel Sherman said.

Sherman, along with Paul Kennedy and Adam Kinosheta are the three rookies Wilkins said would make an impact this season.

"Our main goal is to get to the Nationals," Burton said.



Sarah Horbaczyk

One MVP lost

New talent should help out

By Mark Khouzan

Hopes are high as the women's basketball team looks to soar past their opponents this season to the OCAA championship.

The Hawks are looking to capture their third championship in the past five years; something head coach Denise Perrier believes her team can achieve.

"We like what we've got and we feel we've added a lot with some new players," Perrier, a former Humber basketball player, said.

With seven returning players, the core looks to be intact from last year's team which finished 11-1.

However, Sarah Moxely, who was named a first team all-star last year, will not be returning to the

team as she left to pursue university.

Although the move left the Hawks small upfront, Perrier said the team has solved the problem.

"We lost a couple of players up front from last year but we feel that we've got some new talent that will help us this season," Perrier said.

Erin Chamberlain, who was also named a first team all-star last year, will return to the Hawks for another season. Chamberlain will look to repeat her stand-out season from a year ago.

After starting last season 8-0, the team was favoured to win the OCAA championship.

Unfortunately, the team lost to the eventual champs from St. Clair in the semi-finals.

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