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HUMBER ET CETERA

September 27, 2007

<http://etcetera.humber.ca>

v. 1 i. # 2



OUR OLYMPIC TORCH BEARER



Et Cetera graphic

Former CICE hospitality student, Troy Ford King, 30, has gone to China to carry the Torch of Hope at the 2008 Beijing Special Olympics.

Java Jazz employee to conquer Great Wall

Rebekah Williams
News Reporter

Special Olympics athlete, Humber graduate, and Java Jazz employee will carry the "flame of hope" this week in China for all Special Olympians in Canada.

Troy Ford King, 30, graduate of CICE (Community Integration through Co-operative Education)

hospitality program at Humber in 1998, is the only Canadian athlete chosen to carry the torch for one leg of the run. He will run from Beijing to Shanghai where the 2007 Special Olympics World Summer Games will take place.

King was chosen as one of twelve athletes around the world to represent Special Olympics through the Torch Run Program.

This is the first time the flame of

hope will travel all the way across the world for the Olympics.

"They lit the torch in Greece. For the first time ever it is going to be run around the world," King said.

The Law Enforcement Torch Run program works hand in hand with the Special Olympics and hold runs regularly to increase awareness about special disabilities.

It is a program run by the International Association of Chiefs

of Police and involves 35 countries around the world.

Toronto Police Sgt. Rob Radbourn knows King from the Torch Run Program and the provincial floor hockey championships, held here at Humber last May where King won gold. King was also successful at the provincial level where he won gold in a Special Olympics alpine skiing event at Blue Mountain last winter.

"The way it was explained to me once when I saw Troy and I saw his abilities was they described him as the poster boy for Special Olympics," said Radbourn.

Special Olympics has been a part of King's life for over 15 years.

"I heard about it through a teacher's aid at my high school," King said, "and I've been involved in it ever since."

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NEWS

The height of 8,300m above sea level is set as the final point for the Beijing Olympic torch relay at the peak of Mt. Qomolangma (Everest). — Beijing2008.cn

Former student goes to China to run with torch

continued from page 1

King has always been into sports but found it hard competing with people who did not share his disability.

"When I was growing up I would always try and compete with my brother in sports. And then I found out there was no way I could compete with him. He's always going to be better than me and do things I can't do," he said.

The Special Olympics allowed him to be competitive in a place where he could feel safe.

"I'm like wow, this is a place I can be myself and no one is going to make fun of me or tease me," he said.

King is involved in softball, and track and field in the summer floor hockey and alpine skiing in the winter. His next goal is to compete at the international level.

"I did qualify to go to our national winter games, that's the qualifier for the next world games in Boise, Idaho," he said.

These accomplishments only skim the beginning of what King has done as a Special Olympian.

President and CEO of Ontario Special Olympics Glenn MacDonell said one of King's highlights was he was the first Canadian athlete chosen as an international ambassador for Special Olympics from 2000 to



Rebekah Williams

Troy Ford King performs his duties at Java Jazz before leaving for China on Sept. 23.

2002.

"It was great that one, a Canadian could be seen to be chosen, but secondly Troy really stood out, was a tremendous leader and obviously from a world perspective and became really well known as an ambassador," MacDonell said.

CICE program co-ordinator, Rosanne To agrees his role as an ambassador is a great achievement.

"One thing that impressed me is when he became the international ambassador for Special Olympics and he toured all over the world

speaking on behalf of Special Olympics. We were quite proud and impressed when he had that title," To said.

King may be getting international recognition with athletic endeavours, but the contribution he makes to Java Jazz are not lost on To who views it as a success.

"He's been working at Java Jazz for a long time now. It started off as a placement for him and he did such a good job that they were able to hire him," said To.

Catering and special promotions manager Michelle Gillingham said

King's role at Java Jazz is key to its success.

"If it weren't for Troy Java wouldn't run. He makes everything neat organized and inventoried, but he also does so much more."

Co-worker Alberta Essien is happy to see King go to China after seeing his dedication every day.

"He deserves it and he's a very hardworking person and sometimes he has to have fun," said Essien.

King left for China on Sunday. His trip lasts for two weeks.

THE SKINNY

GM deal reached

General Motors and United Auto Workers have reached a tentative deal. It was reached after the two-day strike ended at 3 a.m. on Wednesday morning. All workers who are in the United Auto Workers union will vote on the deal this weekend. It is hoped that with this agreement there will be re-openings of GM plants across Canada.

—cbc.ca

Thou shalt not shop

The Vatican is warning it is sacrilege to buy pieces of former Pope John Paul II's clothing. The website of the Holy Diocese of Rome has been offering pieces of the clothing since early 2006, but recently has been swamped with requests since being reported in the Italian media.

—bbc.co.uk

Big Apple sour

Iranian President Mahmoud Ahmadinejad's visit was met with protest and controversy in New York City when he spoke at Columbia University. In his speech he again expressed disbelief in the Holocaust, claimed there were no homosexuals in his country and said he was unsure Al Qaeda was behind 9/11.

—thestar.com

Correction

The film *the Bumblebee Man* won the top prize at the student film showcase, not the Toronto International Film Festival as reported on page 18 of *Et Cetera* last week.

On page 2 of the same issue the wrong quote was attributed to Nick Farnell. It should have been attributed to Mohamed Boudjenane

We apologize for the mistakes.

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Raymond Andrew de Souza

SNAPSHOTS – 5:30p.m. yesterday in Arboretum. Summer is over and leaves now pile up.

A study suggests that women find men with deeper voices more appealing and also more likely to father children. —Canadian Press

Tight budget and overcrowding means tight fit for TTC users

Jennifer Conley
NEWS REPORTER

The promised increase of 320 buses by the TTC to help beat the transit crisis won't happen on Toronto streets anytime soon.

In early February, TTC chairman Adam Giambrone said new buses would arrive in September.

"We ordered new buses. Three hundred and twenty new buses are arriving this year, if you notice some of the older ones are being pulled off. We're also hiring 600 to 700 new drivers because we don't have enough drivers," Giambrone said in an interview with an *Et Cetera* reporter last February.

"I understand that the city needs to make more money but I thought that the TTC was supposed to be more affordable for everyone."

—Samantha Seebalack,
psychology student

"So today, if I said you're absolutely right, we should add more services and buses to the road, we couldn't do it. But in September, we are going to have the drivers and buses."

The end of September is approaching and the promise still hasn't been fulfilled.

Giambrone's secretary Pat Chastang said there is not enough money to put more buses on the streets.

Giambrone was unavailable for comment.

Humber students are not happy about the lack of buses on the streets and the fare increase.

"It's going to affect me because they're going to raise the price on the metropass," said first-year law student Danielle Drake. "Right now I can barely afford an adult metropass even with the student discount at the book store and I don't think that is right."

Second-year psychology student Samantha Seebalack said the demand shown by commuters has exceeded the number of buses.

"It's ridiculous, buses are way over-crowded. I understand that the city needs to make more money but I thought that the TTC was supposed to be affordable for everyone. They're raising the prices. I am a student and I can barely afford to buy the metropass now so you can only imagine how it's going to affect the poor."

With fares continuing to increase and service upgrades at a standstill, commuters will have to wait to see if the promise is true.



Jennifer Conley

Students who crowd into the 36 Finch will continue to wait for the TTC to add more buses.

Bad habits die hard despite seatbelt blitz



Jeff Wimbush

Humber student Thomas Giergont takes the safe and less expensive route and buckles up.

Jeff Wimbush
NEWS REPORTER

Even though police say experienced drivers have trouble breaking their habits of not buckling up, students have a bad habit to break as well: laziness.

The Seatbelt Enforcement Campaign is a weeklong crackdown by police on drivers and passengers not wearing seatbelts, and improper use of child seats.

23 Division Sgt. Dan Sutton said police are seeing "incredible compliance" of seatbelt laws and it may be "a sign the public is catching on." He added it might also be because the blitz is in the news and people know about it.

Sutton said young people are pretty good with wearing their seatbelts, it's the people who have been driving for a long time who have trouble breaking their bad habits.

Kyle Chappell, a first-year film and television production student, said he has a bad habit of not wearing his seatbelt despite having personally known several people who died in car accidents. Chappell said the crackdown is "a really good idea because it's a mat-

ter of life and death."

Chapelle still takes the chance of being caught and doesn't buckle up even after being pulled over by police at a seat belt check

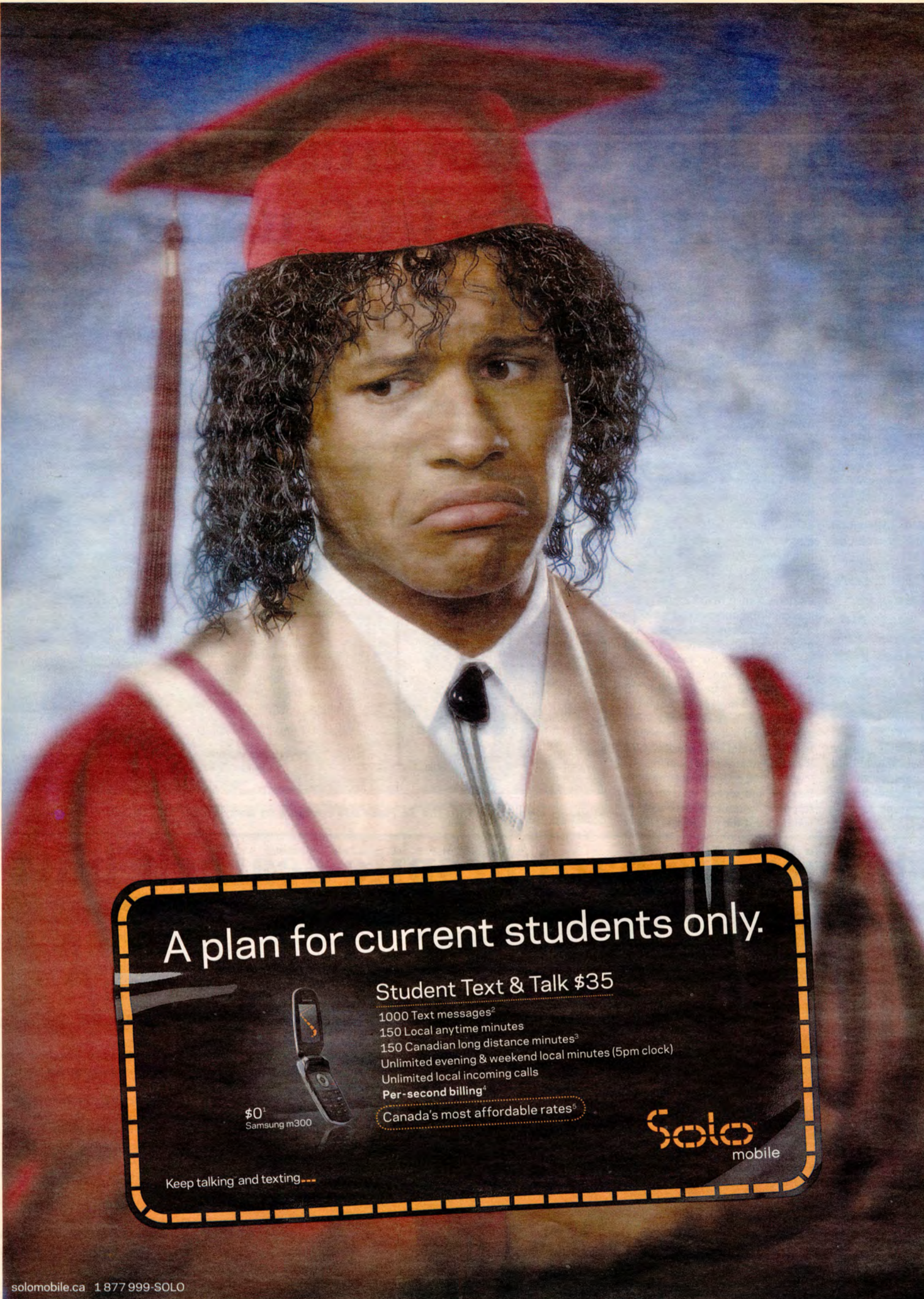
Jeff Bepalko, a culinary student, said he doesn't always wear his seatbelt because it's uncomfortable. Bepalko said he had heard about the seatbelt blitz in previous years, but didn't realize it was going on now. Bepalko said he thinks the crackdown is fair because it could save lives.

According to the Transport Canada website, www.tc.gc.ca, 2,923 people were killed in car accidents in 2005. Out of that, 34.9 per cent were not wearing their seatbelts.

Ontario has one of the lowest car accident fatality rates, per capita, second only to the Northwest Territories. Per 100,000 people, there were 6.3 traffic fatalities in Ontario in 2005.

The province/territory with the highest rate is the Yukon Territories at 19.4 traffic fatalities per 100,000 people.

Getting caught without a seatbelt can result in a fine up to \$180, according to the OPP website, www.opp.ca.



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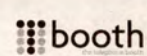
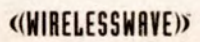
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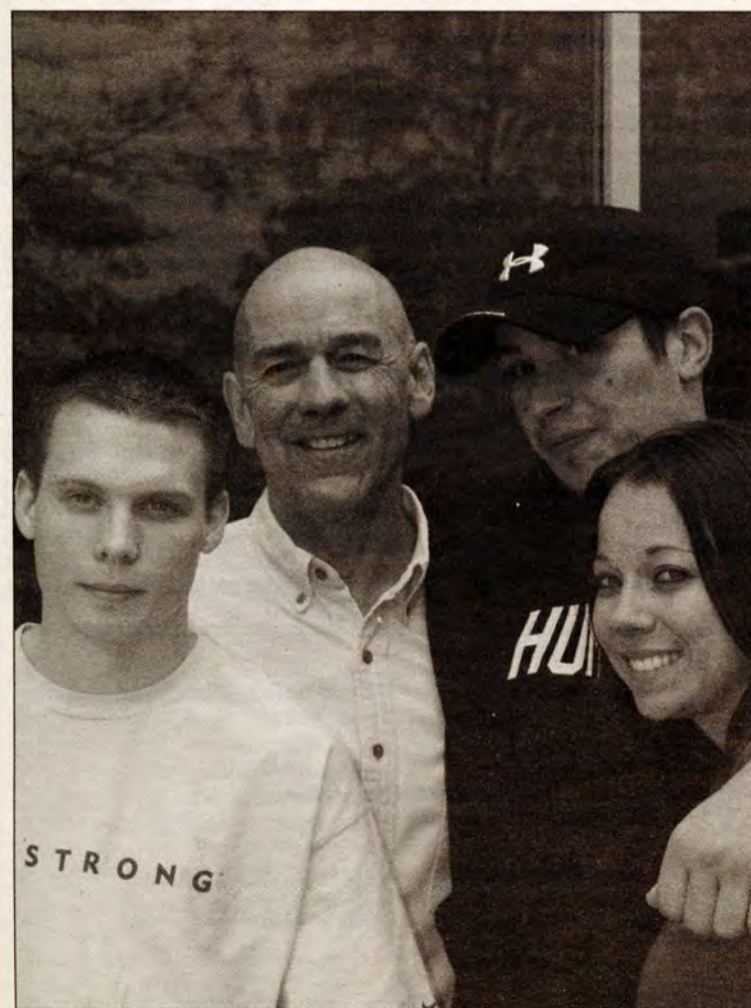
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For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others. - Nelson Mandela, brainyquotes.com



Raymond Andrew de Souza

The Humber Arboretum opened in 1977 and is the perfect spot for a moment of quiet contemplation and is home to a variety of wildlife and greenery.



Evan French

Arthur Lockhart with three of his students who also work with the Canadian Student Institute for Building Community.

Police foundations students target issues of difference

Zack Rhodes
IN FOCUS REPORTER

The police foundations program is making sure its students understand diversity and cultural issues when it comes to interactions with First Nations societies.

Following a violent confrontation with protesters last week that left a developer hospitalized with head and face injuries, a tentative deal was struck between the Six Nations Confederacy and Venture Custom Built Homes in Caledonia.

The deal allows land developments to continue for the time being.

"We would propose that people deal with Caledonia from a sense of developing a healthy community," said issues in diversity/First Nations people instructor Arthur Lockhart.

"And by that we mean not the aboriginal community, not the white community, not the political community, but the community where everybody is connected," he said.

In Lockhart's course students discuss subjects addressing discrimination in different social settings including race, religion, class and sexuality.

"This isn't police training," said program co-ordinator, Henri Berube. "This is a centre of higher education focusing on critical thinking concepts of policing, ethical issues and issues of diversity."

Second-year police foundations student Valoree Venator said the course material is all encompassing. "From gender roles to (people from other countries), we pretty much covered everything," she said.

"There are a lot of people who come into this course from towns that aren't very culturally diverse going into this profession, you are going to encounter different religions and people of different races," said Venator, who is from Nova Scotia.

"So to have an insight on how people think or how people see things is good because it's not always how you see things but how

someone else is perceiving it."

Students "can expect to walk away with self-reflection," said Lockhart. "What's my role in relation to everything? Not just in terms of my function as maybe a future police officer, but as what I like to call a planetary person. How do I exist in the world in such a way that I'm trying to nurture relationships as opposed to impair relationships?"

Classroom debates cover diverse subjects from religious headdresses and how they affect uniforms in the workplace to Toronto's problem with homelessness. But the main focus is aboriginal issues. The course spends up to one-third of its time increasing students' awareness and understanding of aboriginal cultures in Canada and the problems they often face.

"We really want to have our students understand and respect the historical state of justice as it relates to aboriginal viewpoints," Lockhart continued. "We've spent a lot of time on that and it's a really key component of the course."

WITH FILES FROM EVAN FRENCH

EDITORIAL

"An appeaser is one who feeds a crocodile, hoping it will eat him last." – Sir Winston Churchill, British Prime Minister

Beijing doesn't deserve Games

Turning back on China's horrendous track record is unacceptable

The great honour of carrying aloft the Olympic flame has been bestowed on many of history's greatest individuals.

Heads of state, accomplished athletes and heroes the world over have all run with the eternal torch towards its date with destiny.

Earlier this week, a Humber grad and current college employee Troy Ford King left for China to represent Canada and carry one of the symbolic torches on one of the final legs of its journey for the 2008 Special Olympics in Beijing.

According to the Olympic Museum, the flame is a "proclamation of the Games and a diffusion of a message of peace." Unfortunately for

the fans, athletes and for King, the message of peace is running straight into an oppressive dictatorship.

The awarding of the Summer Games to Beijing stands as a mockery of everything the Olympics, both ancient and modern, represent. This event is a call to all countries and athletes to engage in the true spirit of competition and comradarie, and now that a tyrannical, communist nation plays host, the experience may be spoiled.

At the heart of the issue is China's ardent opposition to democracy, its refusal to abide by the Convention against Torture and its shameful record in freedom of speech. Instead of promoting the true nature of peace and decency of

the Games, the International Olympic Committee (IOC) has served notice that the tradition – dating back to 776 BC – is on the market to the highest bidder.

The IOC awarded Beijing the Games with the stipulation of promoting the development of human rights. What the IOC should have done is award a country who does not oppose human rights watchdogs and freedom of the press.

It is an insult to all followers of the greatest sporting spectacle in the world that 2008 will be tainted by the blood of Tiananmen Square and the torture of thousands of Falloon Gong disciples.

It is a shame the catalyst for some of the greatest sport highlights ever – the Miracle on Ice in '80, Jessie Owens in '36, Nadia Comaneci's perfect score in '76 and Canada's double hockey gold in Salt Lake – will play out with the sour taste of oppression and tyranny for all the world to see.

Many organizations have already begun protesting the Games, some in the form of banner drops on the Great Wall and one from Mt. Everest featured on YouTube. Groups like the Committee to Protect Journalists have started pressing for freedom of the press and for the release of dozens of imprisoned journalists. It seems like it would have been far easier to reward the Games to a more diplomatic state and avoid the Chinese issue entirely.

At the heart of the issue is China's ardent opposition to democracy.

We can all bank on bad traffic

Plan well ahead as difficult commuting conditions continue to prevail

Getting to school can be a real drag. Every year Toronto's streets grow more congested.

Students who depend on the TTC to get to school are wondering why chairman Adam Giambrone promised them 320 new buses back in February.

Rocket riders are digging through their pockets deeper than ever before to cover the new TTC fare, and on top of that, there are still no new buses.

Giambrone's secretary, Pat Chastang said the problem is a lack of funding. The TTC doesn't have the money to put new buses on the street.

Debby Martin, manager of Humber's bookstore, has informed the *Et Cetera* that \$40,000 worth of tickets and bus passes were sold to Humber students by the bookstore alone this month.

Students cannot afford to be late because of bad traffic and expensive bus fares.

Thus, students have to find more clever ways to get themselves in the classroom on time.

For some the answer is carpooling. Traveling

with two or more passengers in your car gets you a free ride on the GTA's high occupancy vehicle lanes.

Find out who of your classmates lives closest to you and organize a carpooling schedule.

It can save valuable minutes and does a small part to reduce the province's greenhouse gas emissions to boot.

If you're waiting for the city to make your morning commute easier, you may find yourself in trouble with your professors.

Your short-term solution should be to get to bed earlier, so you can be up bright and early to beat the traffic or catch the bus.

And when you go to the polls in the next three weeks, remember your lost hours of sleep. Politicians are eager to pass the buck on this issue, so it is up to voters to hold somebody accountable.

Remember, we were promised better public transit and improved road conditions. In an age when cities like Vancouver are talking about making public transit free, why is Toronto continuing to raise the price?

Find out which classmates live close by and organize a carpooling schedule.



Mitch Ramlakhan, 23, Engineering Tech.

"I'm not sure actually. I've been hearing some stuff about education. Perhaps an issue regarding private school funding and religious school funding."



Cathy Prindible, 42, Funeral Services

"I have been hearing about but have absolutely no idea what it's about. I was sitting there on the weekend basically perplexed. Is it about our health care taxes?"



Angie Birgiolas, 22, Funeral Services

"Isn't this the MMP something? It has to do with not one party taking it all over. Say one party gets 40 per cent than they'll take 40 per cent of the parliament?"



Robert Parente, 20, Justice Studies

"I think it has to do with percentages – like the popular party gets the most seats. I know the basics of it, but couldn't tell you exactly what it is."

Word on the Street

The Oct. 10 provincial election includes a referendum on electoral reform. How much do you know about it?

HUMBER ET CETERA

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"The whole dream of democracy is to raise the proletariat to the level of stupidity attained by the bourgeois." — *Gustave Flaubert, French writer*

Future of Ontario's democracy rests with you

On Oct. 10 we face a decision that carries far more weight than who we elect to power



Jamie Sturgeon
OP-ED EDITOR

Unbeknownst to at least a few of Humber's eligible electorate, Oct. 10 marks a watershed moment in Ontarian democracy.

There is, of course, the provincial election, where voters will head to the polls to determine who will govern the province for the next four years.

Yet also on the ballot will be a question with a far greater scope: are you content with the current voting system, or would you prefer a new one?

This referendum is by no means anything to shrug at.

One outcome will entrench an archaic, outdated and unrepresentative system for the foreseeable future, while the other will serve to

broaden representation in Queen's Park and create a more stable policy trajectory.

The current system, called first-past-the-post (FPTP), is a colonial hangover from Ontario's Dominion forbearer, Upper Canada. Since 1792 — over 200 years ago — FPTP has been our prevailing system, where the person who wins the highest number of votes within their constituency, wins that riding.

The alternative, dubbed mixed-member-proportional (MMP), is a blend of FPTP and proportional representation, a system where the number of seats in the legislature allotted to a given party reflects the percentage of votes they've received overall, irrespective of individual success in any one riding.

What does this actually mean, though? To use an example, the Green Party, who is continually shut out of Queen's Park because they can never muster enough votes in any one riding to win it

yet have received between one and three per cent of the popular vote in the last two elections, would be guaranteed seats based on that percentage.

To be sure, the legislature's 107 seats would grow to 129 to make room for MPPs who are awarded seats by the popular vote, leading some to decry the new system as more expensive and cumbersome (www.nommp.ca).

One outcome will entrench an outdated system. The other, broader representation.

It may be at times, but so what?

Volumes could be written on examples of how MMP is a more stable — and democratic — model:

In every single nation that MMP has moved into, women's participation has ballooned. In Wales 50 per cent of their parliament are women; The Swedish Riksdag sits

at 43 per cent, in New Zealand, 29, while just under 40 per cent of the Scottish Parliament are women. Under the creaking apparatus of FPTP, only 18 per cent of Ontario's legislature is female.

If you've caught on to the trend above, many of those nations have their political roots in British imperialism of the 18th and 19th centuries. South Africa moved into a form of proportional representation in 1980 — well before the sickening Apartheid was abolished in 1994.

What's more, MMP makes majority governments much more difficult to attain. No one party can dominate parliament between elections.

This means that disruptive swings in policy like the massive tax cuts under the Harris conservatives in the 1990s followed by tax increases by the McGuinty Liberals will likely be replaced by greater co-operation between a broader party base, making for

more stable and lasting legislation.

So why is Ontario holding on to this relic? Complacency?

A brief (and by no means absolute) sampling across North campus drew the usual blank expressions that are found when the unglamorous topic of politics is drummed up.

A few students—three of 12—had some inkling of the referendum between the two systems, but most did not.

On Oct. 10, you'll be asked to make an informed decision on the future of Ontario's democracy. Whether you decide to vote for a particular party or not is your call. Beyond your personal politics though, lies a civic duty to vote in favour of the best way to administer democracy in Ontario, and that vote lies with MMP.

You can find more information on the referendum at Elections Ontario's non-partisan website (www.yourbigdecision.ca).

Stem addiction, don't promote it

Loosening rules on marijuana fails us all



Patrick Soltysiak
SPORTS EDITOR

Over the course of the past few years there has been a push to decriminalize and in some cases even legalize marijuana. The Liberals tried to pass the Marijuana Reform Bill in May 2003 and in the U.S. there are almost 20 states that have either decriminalized the drug or have made it legal for medicinal use. A recent Angus Reid poll shows that 55 per cent of Canadians believe it should be legal.

Is marijuana really so harmless that it should be made more available and the penalties for its possession should be relaxed?

Many people believe that because cigarettes and alcohol are legal, why not marijuana?

Firstly, it's not supposed to be addictive, but most medical studies only examine physical addiction. It's very hard to quantify the mental aspect. Let's take my friend "Jim" as an example. He's been smoking weed on a daily basis for the past five years and he claims he's not addicted. However, when asked to stop, he's unable to last more than a few days. To him it's an escape. He smokes his pot and sits in front of a fantasy world on his computer. He is unable to give it up even for his fiancée.

Secondly, smoking pot is often the gateway to heavier drugs. People who do marijuana regularly become increasingly immune to its effects. They have to smoke it in higher and higher amounts to get the same "buzz" they used to

get when they first started.

Another friend of mine, "Bill" started smoking regularly about a year and a half ago and is now engaging in heavier and heavier substance abuse.

He does ecstasy frequently; he's experimented with speed and lacing his joints with cocaine.

Marijuana use in Canada is four times the global average at close to 17 per cent, according to the 2007 World Drug Report, which puts us unsettlingly in fifth worldwide.

Finally, there's "John." He's an ex-cocaine and weed addict who used the drugs to deal with depression. To combat his addiction he went through rehab, but it didn't solve his emotional issues. He's still depressed and now that he's off of weed is sinking into alcoholism. His alcohol consumption has steadily increased and he is drinking alone more and more.

Again, marijuana was there to fill that void and start the spiral.

The only medicinal use that marijuana has is the treatment of glaucoma. Its ability to ease pain in AIDS and cancer patients shouldn't be overly praised. There are plenty of medical alternatives that do the job just as well and without the psychological addiction. Marijuana has also been linked to a 50 to 200 times increase in chances of getting schizophrenia according to a British study.

So why isn't there an outcry to halt its legalization? Shouldn't experts be speaking out?

Instead of making weed legal, we should stiffen the penalties and deal with the problems the youth of today are facing: depression, disillusionment, lack of focus or goals in life.

Feeling the burn from late-night infomercials from my couch

A new crop of quick-fix workout regimes have overtaken my television



Jef Catapang
IN FOCUS EDITOR

A war of new fitness gurus is taking place while you sleep safe at night. The battle lines have been drawn across the timeslots of late night infomercials. The weapons have been chosen, and they include giant squishy balls, clumsy covers of top 40 pop songs, and a chin-up bar that you can easily install yourself in your basement, bedroom, or bathroom.

The latest soldiers in the profitable war on laziness are Gillian and Teigh (surnames make you look fat), hosts of Yoga Booty Ballet, Shawn T of the Hip Hop Abs series, and Tony Horton of the masochistic P90X training system.

I've spent the last few weeks enthralled by the infomercials of each, not only because their soothing soft sales pitches cure my insomnia, but also because I'm out of shape and am looking for an easy way back in.

Five years ago I was in shape. I had my own class of kickboxing students to call my own. I had abs. They might not have been hip-hop abs, but they were abs nonetheless.

Over the past half decade, however, I've decayed to the point where running to catch a bus leaves me winded and sore. I eat Jamaican beef patties like they're potato chips. 'Getting some fresh

air' means I'm going out for a cigarette. In short, I've become the target market for easy-breezy DVD fitness plans.

But which to choose? I don't mean to judge a book by its cover, but the overdose of buzzwords in Yoga Booty Ballet crosses it off the list right away. I can't think of a goofier name for a fitness plan. Oh wait, yes I can — "Hip Hop Abs."

Which brings us to Hip Hop Abs. Shawn T promises a full abdominal workout without the tedious act of actually getting on the floor to do crunches. Because, you know, that's too easy and

I can't think of a goofier name for a fitness plan.

Oh wait, yes I can - "Hip Hop Abs."

costs no money. And, unlike the funky moves you learn from Hip Hop Abs, you can't do sit-ups in a club.

My girlfriend started testing this product a few weeks ago and she assures me that "it really works!" It's fun, she said, and it does get you moving around. But she doesn't have abs yet, hasn't lost weight, and, if anything, she's less hip-hop now than when she began. Which is unfortunate, because my ambitions in life can be boiled down to having rippling abs and being more hip-hop.

The winner of the bunch is P90X, a training system based around the concept of "muscle

confusion." Host and celebrity trainer Horton tells us that a constant rotation of intense workout plans keeps your muscles from adapting, increasing your fitness gains. Keeping my brain constantly confused is what made me smarter in university, I think. By that logic, P90X appears to be a sound fitness plan.

The only problem is that P90X also appears to be a lot of hard work. And unfortunately, lazy people like myself expect their workouts to be easy. Which might explain why fitness tapes sell like hotcakes but, for the most part, people remain inactive and out of shape, watching infomercials at 2 a.m. instead of getting on the floor and actually doing a couple of crunches.

Have Issue? Have your say

If you'd like to comment on one of the stories from this issue of the *Et Cetera*, send comments to etcetera_op.ed@hotmail.com

Letters must include your full name, contact information, program or occupation.

We reserve the right to edit for length and clarity.

Beware of scam artists who call, give their name and badge number and say they're with the security and fraud department at Visa. — www.thestar.com

Top culinary student competes with world

Kassina Ryder
BUSINESS REPORTER

Culinary administration student Melissa Salas is \$5,000 richer and on her way to Germany to compete in the 2008 Culinary Olympics. Salas won the national Knorr/Canadian Culinary Federation Junior Culinary Challenge in the summer of 2007.

Salas, 19, is a native from Vancouver who came to Toronto to Humber's culinary management.

She graduated from the program and is now attending the post-diploma culinary administration program.

"Two of my colleagues graduated from the Humber culinary management program and they really recommended it," Salas said. "So I decided to come for the adventure."

And what an adventure it's been. The challenge has been described

as the culinary world's answer to *American Idol*.

"It was five hours of preparation," said chef James Bodanis, culinary management professor and chairman of the board of the Toronto Escoffier Society (TES), chairman of the local CCF board.

"You're getting ready for eight meals of three courses. There are cameras there, the seating area is packed."

—James Bodanis, culinary professor

"You're getting ready for eight meals of three courses. There are cameras there, the seating area is packed. There's a lot of pressure. You're representing Ontario, you're representing the college, but she came through to the task."

Her menu included lobster ravi-

oli with mussel, leek and double smoked bacon cream and caramelized pineapple sorbet. Judges rate competitors on cooking technique, menu and cleanliness in the kitchen.

"This year we actually had judges from across the world," said Tim Belanger, TES president and an organizer of the challenge.

"We had one from Iceland, one from the U.S., these were individuals who had world association credentials."

In order to be eligible for the national competition, Salas had to agree to appear in the filming of the TV series *The Next Great Chef Season 3*. Unfortunately, the series isn't being continued.

Salas will travel as an assistant to Culinary Team Canada and Team Ontario at the World Culinary Olympics.

Both the national and regional teams will be competing in different categories.



Kassina Ryder

Third-year culinary administration student Melissa Salas.

Loonie sends shoppers south

Americans see tourism increase

Christopher J. Fry
BUSINESS REPORTER

The rising strength of the Canadian dollar is both good and bad news for the tourism industry, said Anna Kulinski, co-ordinator of the tourism management program.

"The travel industry is a booming business right now. Pre-bookings for winter vacations are higher than in past years because of the good prices, good economy and a strong dollar," she said.

Third-year architecture student Anthony Franchino recently took advantage of the strong dollar by vacationing in Florida.

"I did Miami in July — it was greatly, really affordable," he said.

And many experts expect the number of Canadians vacationing south of the border to rise substantially with the Canadian and American dollar now at par for the first time in over 30 years.

Business administration and management program co-ordinator Pierre-Pascal Gendron expects the loonie to remain strong thanks to the high demand for Canadian commodities like oil and gold.

However, an unfavourable exchange rate for American tourists is hurting those who depend on their business.

"Americans are big spenders when they come to Toronto. They stay at hotels and eat at restaurants. But in the last three or four years less and less of them are coming up because it's costing them more," Kulinski said.

First-year occupational therapy student Edward Eugeni wonders why Americans would even come to Canada and vacation.

"It's basically the same price to vacation here as it is there. It makes no sense to cross the border if you're an American," he said.



Greg Coyle

Information technology professor Scott Fielder



Greg Coyle

First-year game programming student John Borthiry

The guts of real gaming design

Greg Coyle
A&E REPORTER

Game programming is the newest course that might sound like all fun, but behind the scenes students are learning a lot more than just video gaming.

"They're going to have to do hardcore programming. We have a whole set of classes that were disguised so as to not turn people off," said information technology professor Scott Fielder. "We have a class called game dynamics, which is code for physics. We have numerical computing, which is code for math."

Students might be interested in storytelling and graphics, but Fielder wants them to realize the importance of sciences and math in developing a video game.

Game programming is in its first year at Humber and the origins began when Fielder went around to high schools and asked students if they would be interested in a course about developing video games. The response, he said, was overwhelming.

"One of the things we're separating ourselves here at Humber from everybody else is that we're taking the hardcore physics, mathematics approach to game programming," Fielder said.

"There are many other colleges here in the province that claim to do video gaming but they all coast over this issue of math and

physics, the sciences, the hardcore computing of it and, really, that's the guts of it."

As for competing with other established programs in the gaming realm, such as the International Academy of Design and Technology, Fielder is not worried about setting his students up for employability.

"For a student coming out of a brand new program that doesn't have a reputation, we're going to have to go against other schools that have really good reputations for this kind of course," said John Borthiry, first-year game programming student. "As for beating them when we're done, that's really up to us."

Borthiry, 25, heard about the program through his mother, who works at the Ontario College Application Service.

"I've talked to one student that went to International Academy of Design and Technology and he was very impressed with it. But hearing what he's going through, by reading the course outline over the next three years, it sounds like a lot of the same stuff," Borthiry said. "I know Humber's got the capacity and they're following the right trail to teach at least at the same calibre and possibly higher than those other courses."

Game programming is six semesters and graduates receive an advanced diploma.

With over 20 million units sold, the bestselling videogame of all time is *Pokemon Red and Blue* for Nintendo's handheld Gameboy system. — www.gamespot.com



John Smylie

Markus Madrid is victorious as first in line for Halo at Heartland Town Centre in Mississauga.

Gamers set sights on Halo 3 release

John Smylie
BUSINESS REPORTER

The three-year wait is finally over. Video game enthusiasts were able to get their hands on Halo 3 at 12:01 a.m. on Tuesday.

Hundreds of people lined up hours before the release time at major electronics retailers across the country hoping to be one of the first people to own the coveted Halo 3 for Microsoft's Xbox 360.

"I've been here all night and I don't even have the system," said Gordon Semple, 16, as he waited outside the Best Buy store at Sherway. "I'm hoping to play it at my friend's house. The next thing is to get an Xbox 360."

Semple isn't the only one who was eyeing Halo 3 without owning an Xbox 360. Tyler Ippolito, first-year media foundations, said he has thought about getting one too. "I don't own an Xbox, but after seeing the commercials it kind of made me want one," he said.

"There hasn't been a game I wanted that has come out that hasn't come out on Playstation, but this Halo game has me considering buying an Xbox."

Halo 3 is the final instalment of the already legendary Halo series. Its anticipation has been building since Halo 2 was released in November 2004.

To ensure being able to walk away with the game, retailers suggested that buyers reserve a copy by leaving a deposit well in advance. Pre-orders were being taken as early as May, when the

game's release date was announced. According to Microsoft, pre-sales for Halo 3 reached the 1 million mark in late July. The game is expected to shatter day-one sales records, even surpassing Halo 2, which recorded sales of US\$125 million on its release day.

"We are very confident that we will be able to meet our customers' needs," said Cheryl Grant, communications specialist at Future Shop. "After we meet our pre-orders, we will have lots in stock. We expect to constantly replenish it so we will always have it."

There are three different editions of the game available. The standard edition is the complete game by itself. The limited edition copy will include a hardcover guide as well as a second disc filled with multimedia extras, including gamer pics, artwork and a mini game.

The most sought-after edition of the game is the legendary edition. These are individually numbered and come in a collectable

Spartan helmet case. Inside, there is a copy of the game, exclusive storyboard art and limited edition bonuses.

According to High Road Communications, the public relations company that represents Microsoft, Halo 3 will be available in 17 different languages to accommodate the game's popularity worldwide. The Halo franchise has already won 235 awards from media and industry organizations in North America alone. Halo 3 is sure to add to that number.

Halo 3 will provide a thrilling conclusion to events started in the original Halo game, which was released in 2001. In the final chapter, the evil Covenant have discovered Earth and have released their aliens, collectively known as the Flood, and are trying to take over the planet. All hopes lie in the hands of one genetically superior soldier — Spartan John-117, the Master Chief.

The Halo trilogy was developed by Bungie Studios, which is owned by Microsoft. Each Halo in the series is a science fiction-based first-person shooter game.

The franchise has grown to be more than Microsoft originally anticipated. "We're totally pleased," said Monica Roddey, account supervisor at High Road Communications. "When you can get people to line up at midnight, it's a good thing," she said.



Addressing the issue of diversity in the workplace

Rock de Vera
IN FOCUS REPORTER

The college's human rights adviser says students entering the workforce must be sensitive to diversity issues.

"In a globalized world, we have to compete with globalized companies," said Roger Lewis, diversity and human rights advisor for the college's human resources department.

"So if you're letting your students leave here and they're not aware of what's going on out there, then they wouldn't be able to assist their companies."

Some programs incorporate specific courses that teach students how to deal with diversity in the workforce.

"Nursing students take all kinds of theory-based courses based on the diversity of patients and families," said first-year nursing student Jason del Prado. "They take caring courses that teach caring and talk about stereotypes, racism, and ignorance and how a nurse should handle himself or herself if these things should ever pop up."

What students get out of this is a better understanding of how to deal with situations concerning diversity. They will know more about it and will be prepared for the workforce.

Graeme Simpson, post-graduate

human resources management coordinator, said "it is important to understand diversity...that organizations are able to cater policies based on different cultures and sexes."

"An example of this is, and Humber has this internally, is that employees would ask for time off to observe religious holidays."

The benefits to having such an understanding of why organizations value diversity helps prepare students for what they can and cannot do within the organization.

"Humber was great at teaching this stuff," said graduate Stephanie Caalim. "They would use relevant examples from the field you are going into and try to apply it in today's standards."

After graduating from the nursing program, Caalim said she is more understanding towards people of different races.

"I think I've grown to be more sensitive to other people's background," Caalim said. "I understand better why people behave a certain way or eat a certain way."

In addition to having courses that indirectly teach dealing with diversity in the workforce, the career centre helps as well.

Karen Fast, manager of Humber's career centre, said "We provide resources on how should students deal with diversity issues." For more information, visit the centre at H107.

"In a globalized world, we have to compete with globalized companies."

—Roger Lewis, diversity and human rights advisor



Rock de Vera

Our student body indicates an increasingly diverse workplace.



With 61 per cent of the world's mobile subscribers in developing countries, global telephone service has quadrupled in the last decade. — *The Canadian Press*

Texting can wait, police say

Students are being warned to save their cellphone activity until later

Mandy Ross
LIFE REPORTER

Students should keep their eyes on the road and off their cellphones, according to the Ministry of Transportation.

MTO spokesperson Bob Nichols, said texting and driving can be dangerous — and costly.

If motorists are charged and convicted with careless driving, they could face jail time, up to a \$1000 fine, six demerit points and licence suspension.

Kirolen Yousif, a first-year Humber architectural technology student said she doesn't text as much as she once did.

She rear-ended a car stopped at a red light because she was text messaging while driving.

"My attention was on my cell phone," Yousif said.

Her advice is to set cell phones on silent mode while driving. "If you hear it, you're more tempted to open it and see who's texting

you."

Peel Regional Police Sgt. Tom Snelling said banning cell phone use while driving is difficult.

"The problem is where do you stop? What else do you consider to be another distraction?"

Snelling also said although he is trained to do his job, he must deal with in-car distractions.

"As an officer, is talking on my radio and microphone in the cruiser any different than a person talking on a cell phone?"

Peel Police Const. Sean

Bitmanis worked in the Mississauga Regional Traffic Unit for more than three years.

He said cell phones are serious distractions.

Drivers should pull into a gas station or if on a highway have a passenger answer the text, he said.

"If you are caught driving without your full attention on the road, you will be charged. The use of a

"If you are caught driving without your full attention on the road, you will be charged."

— Const. Sean Bitmanis
Peel Regional Police



Raymond Andrew de Souza

Sending text messages and using a cellphone behind the wheel are extremely dangerous.

cellphone can assist an officer in a laying of charges."

Moe Yousaf, a driving instructor at A All Safe Pro Drivers Academy in North York, said texting while

driving is dangerous. "How can police going to prove that someone was text messaging? No one is going to admit that they were texting."

He said even if a law was to be put in place, people would still break it. "You can't force people to stop texting on their cell phones."



Melanie Duke

First-year emergency telecommunications student Charlotte Lush says she is not bothered by her heavy load.

Back pain? It's all in the bag

Melanie Duke
LIFE REPORTER

It is national massage therapy week and although students may not know it, they wear a pain on their back everyday — their book bags.

Melissa Greenhow, a 23-year-old law clerk student, has been dealing with severe back pain for over five years.

In 2002, she put out three disks in her spine while lifting a heavy box on the job.

She said the everyday weight of her school supplies doesn't help. "On average I carry five to seven text books, my binder, and other stupid little things. The weight of it does strain my back a lot."

At the end of the day, she "usually ends up in the bath, putting heat on her back, or in bed, taking my painkillers."

She's had spinal surgery and has undergone years of massage and physiotherapy.

"I was in and out of my doctor's every two weeks," she said. "There isn't a day that goes by when my back doesn't hurt."

Eric Brubacher, a member of the Ontario Chiropractic Association,

School bag weighing you down?

A few pointers from the Ontario Chiropractic Association:

- Pack the heaviest items closest to the body.
- Choose a bag with hip straps or a waist belt. This helps distribute as much as 50 to 70 per cent of the weight off the shoulders and spine and onto the pelvis, balancing the strain on the bones, joints, and muscles.
- A backpack with several individual pockets instead of one large compartment will help to distribute the weight evenly and keep contents from shifting.
- Think about other options, such as a case with wheels and a handle for easy rolling.

said the OCA holds a program every September to educate students about the health risk of carrying too much.

"The young people that I see have often let things go, in the sense that they think it's going to

go away, until it gets to the point where their bodies give off enough symptoms that it effects their lifestyles," he said.

The OCA recommends that a mature student's backpack should be no more than 15 per cent of

their body weight, and this number drops to ten per cent for younger students.

The association also stresses the importance of waist straps and using backpacks with shoulder straps at least two inches thick.

"Waist straps take some of the pressure off the spine and distribute it through the hips," Brubacher said.

He said students who use shoulder bags frequently should switch shoulders in order to help alleviate the strain on just one side of the body.

Greenhow said she follows that advice. "I have two different kinds that I use, and I alternate... One day I will use my backpack, and the next I will use my over the shoulder bag to minimize the pain."

First-year 3-D animation student Cory Graham-Smith said he doesn't know the exact weight of his book bag, but he thinks it's a lot.

Every day, he carries a backpack containing at least three binders, four textbooks, and a sketchpad, as well as a large art portfolio.

"It kind of worries me. I don't want to mess up my back and not be able to work," he said.

Nuts, whole grains and berries are considered "power foods." Consuming these as snacks throughout the day will boost the immune system - *Food Network*

Students dish up affordable eats

Sahba Khalili
LIFE REPORTER

Eating healthy can be difficult when dining on campus, but eating on a budget can prove to be even harder.

But the Humber Room, with its affordable pricing and diverse menu, is arguably the best-kept secret on campus.

Most students don't know this restaurant is accessible to everyone. Students, faculty and visitors are welcome to experience the delights of fine dining at Humber's North campus.

I had the opportunity to sit down with the food and beverage manager Richard Pitteway and enjoy some of what the Humber Room has to offer.

"The Humber Room is completely student driven," Pitteway said. "It is essentially an education tool."

"Students from the culinary management program operate the kitchen, while students from the food and beverage program service the dining room. All profits go towards the program," said Pitteway. An appetizer can cost about \$4 to \$5, while a typical entrée will cost \$9 to \$10.

Director of enterprise assistance services Peter Khan said he has been eating there for a decade and it is his favourite place to eat on campus.

"Every year, it seems to get a lit-

tle better," said Kahn. "Everyone should eat here."

Patrons can enjoy a variety of dishes cultivated by certified master chefs and refined by their student protégés.

The selection of dishes offered makes this dining experience extraordinary. "Every element of a dish has been so composed to complement it. Every item is made from scratch so that students can really learn," said certified master chef Leonhard Lechner.

Featured daily is a roast prepared à la carte by the daily appointed student sous chef.

For the lunch time special that day, culinary student Allen Cruickshank prepared a tender prime rib served with sautéed zucchini and carrots, complete with garlic mashed potatoes in a peppercorn brandy sauce.

"The program is really fun," Cruickshank said. "It's always nice to learn about different cultures and cuisines, and it really gives you a sense of how to run your own business."

Antonio Lamacchia, a first-year food and beverage student said the ambiance is what makes the restaurant unique.

"Instead of going to the cafeteria, where it's noisy and there are a million people, you can come here and have a drink and a plate of pasta and relax. There are not too many places where you can do that on campus," he said.



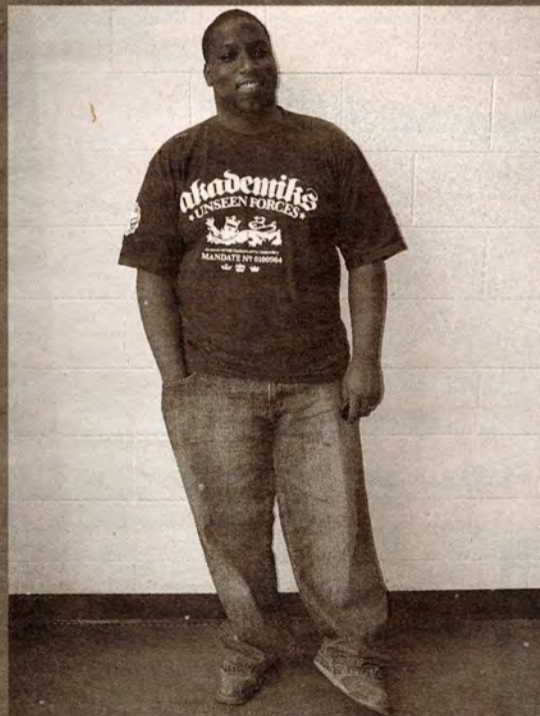
Sahba Khalili

Hospitality students serve meals to staff and students at the restaurant as part of their courses.

Student Bodies

The Et Cetera Fitness Challenge

Student Bodies participants met with personal trainer Crystal Radtke to establish their nutrition and workout goals. Radtke had many tips for our fitness challengers that will help them reach their target weight and improve overall health.



Bart Anestin
Current weight: 260 Lbs
Weight loss goal: 60 Lbs

"Doing anything to get exercise is a great idea. Taking the stairs, getting off a stop early or hitting the gym for a half hour are all good ways to get in shape. Lots of cardio will always help you lose weight as long as you follow it up with good nutrition."

-Crystal Radtke, personal trainer



Alyssa Winfield
Current weight: 180 Lbs
Weight loss goal: 40 Lbs

Nutrition is the number one thing you have to worry about when losing weight. Putting less in your body will help with overall weight loss. Keeping a food diary will help in keeping track of your daily intake.

-Crystal Radtke, personal trainer



Sahba Khalili

Second-year culinary student Allen Cruickshank (left) learns how to slice cooked roast beef from chef Jurgen Lindner.

Vegetarians consume an average of 35% of energy as fat, compared to non-vegetarians consume over 40% of energy as fat. — www.vegsoc.org



Raymond Andrew de Souza

Vegetarian options on campus include salads and vegetable pastas but some vegetarians think that is not enough variety.

Campus veggie options not being eaten

Tyler Trumbull
LIFE REPORTER

The college has missed the mark on providing a variety of vegetarian and vegan food on campus due to lack of demand, said Food Services manager James Burden.

The reason for the limited amount of veggie-friendly food is that it doesn't sell. "All of the meals need to appeal to all the students here," said Burden. "If there's a meal that would sell, we would love to get it."

"I didn't choose to live on rez because the options weren't too good for me."

—Helene Lephe
vegetarian

Burden said he does everything he can to meet the needs of the school's vegetarian and vegan population.

Burden pointed out there are many areas on campus where vegetarian food can be purchased.

"We do a KPI (key performance indicator) survey every year," Burden said. "We take into consideration all the requests that come in... If you go to the staff lounge we have vegetarian options and the food emporium downstairs, as well as in residence. Actually, all of our outlets would have them."

Peter Simon, the executive chef at Humber's North campus said there "aren't that many requests [for vegetarian and vegan food] on campus."

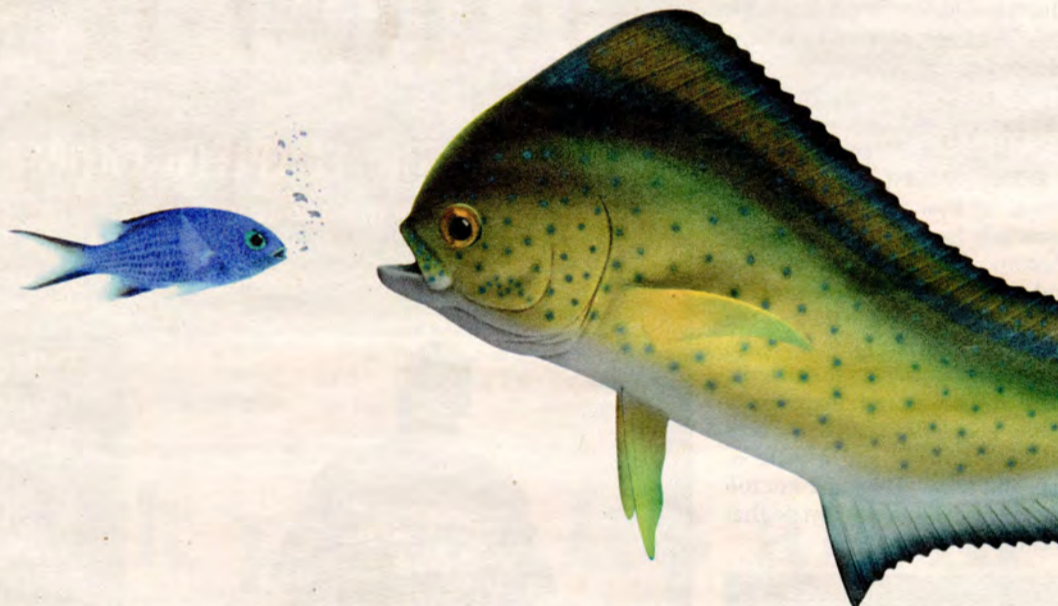
Despite any efforts made, some students still feel their options are just too limited.

"I didn't choose to live on rez because the options weren't too good for me," said Helene Lephe, a vegetarian and a visual and digital arts student.

Some students prefer to get their nutrients elsewhere. Katie Killiker, a fashion student and a vegetarian since the fifth grade, said she rarely eats on campus. "Maybe twice a week. I usually go for Mr Sub. That's it."

Yet, there are some vegetarian students who are content with the options Humber offers. Breanna Rawn, a visual and digital arts student said she enjoys eating on campus. "I saw they had tofu the other day — so that was cool — [in] the rez caf; you can put it in your salad or your pasta salad."

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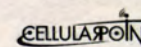
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In 1893, New Zealand became the first self-governing country to grant all women the right to vote. – <http://www.ipu.org/wmn-e/suffrage.htm>

Urgent need for men to be nurses

Anne Klein
IN FOCUS REPORTER

Men who are nursing in Ontario are still not accepted by many people, said Jason Powell, program co-ordinator of Humber's nursing program.

It's the worst time to redirect male students away from nursing and an impending human health resource crisis will be

"phenomenal," Powell said.

There is an excess of men in other professions. If these men could be enticed into the nursing program, the crisis could be contained. "My vision is for nursing to be accepted as a viable position that is attractive and full of possibilities," Powell said.

Faculty member Colin MacRae said this Canadian perspective is not mirrored in the U.K. He said

in the U.K. the number is about 20 per cent male where it is only five per cent in Canada.

Men who are nurses are more prominent in television in the U.K. MacRae said. There are entire storylines dedicated to following the lives of male nurses where it is considered a more established

career. MacRae said the lack of media acceptance in Canada could be a factor in the current shortage.

Alan Desimpel, a fourth-year nursing student, said the biggest issue he has encountered is patients that are uncomfortable with having a male nurse. "All that we can do in that situation is edu-

cate them that we are all nurses and that it would be no different if they had a male or female doctor," Desimpel said.

Humber College only employs three male teachers in the nursing program. MacRae said a possible solution could be for the college to hire more men.

Fashion bridges the culture gap

Laura Leslie
IN FOCUS REPORTER

From intricately woven saris to colourful Hindu scarves, diversity is making its mark in the ever-changing world of mainstream Toronto fashion.

"Toronto is extremely diverse and so there are often many trends that emerge each season," said Susan Robertson, head co-ordinator of Humber's fashion program.

The program is no stranger to the effects culture has on fashion. In the trend forecasting class students discuss the inspiration and progression of growing trends through Canadian lifestyles and economies.

In fashion and wardrobes, a photo styling course, students choose themes that are often culturally influenced, such as Indian, African and Egyptian.

"I feel that it gives people a better understanding of the world around us and how truly diverse it is," said second-year Humber fashion student Deanna Wood. "It also allows us to be more accepting of other cultures as well."

Multiculturalism is one of many factors that play a role in the development of fashion. World politics, major events, the economy and, of course, seasonal change, are all incorporated.

With such importance being placed on going green or being environmentally friendly, it has become evident that the fashion world should do its part as well.

"We have developed green fibres such as hemp and bamboo," Robertson said.

Celebrities are also influential.

"We have developed green fibres such as hemp and bamboo."

-Susan Robertson, fashion program co-ordinator

"We live in a celebrity-driven nation," said second-year fashion student Cherie Langstone. "With so many celebrities coming out with their own clothing line, they have become a major factor in dictating fashion trends."

Trends can also be adapted from places all over the world, based on their style or at times even climate.

Dynamite clothing store employee Geri Duarte explains how some of the current trends are Grecian influenced.

"Some of the shirts we have in now have flowy light material and adjustable arms, because in Greece the climate is very hot," Duarte said. "But it can also depend on the season. Last summer peasant skirts were in. They are middle-eastern inspired, with a bohemian feel."


Culture encompasses everything from our lifestyle, to our food and clothing. Now you may think more about where your fashion choices originated from.



Laura Leslie

Accounting student
Nooreen Bhasis.


I like to study it with my mouth.



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The Transformers will rise again when they return to the big screen in the much anticipated sequel due in theatres June 26, 2009. – www.comingsoon.net

Piano man is here to stay

Clinton Hosannah
A&E REPORTER

Thompson Thompson Egbo-egbo is dreaming big and giving back as he lives out his goal of being a jazz pianist.

Egbo-egbo emigrated with his family from Nigeria when he was four. He started playing the piano at age five.

The first place his family lived was the Regent Park community in downtown Toronto where they stayed for 14 years.

Growing up, Egbo-egbo stumbled on to music through his own curiosity. He was taught classically at first, and grew fond of the music's precision and layers.

It was not until he was in high school that he was introduced to jazz. Since then he has made it an integral part of his repertoire and is known for fusing classical and jazz when he is playing.

"I like to see the similarities between different styles of music so I try to mash them together. . . I'll listen to something classical and it sounds like a Dr. Dre string line or something like that and that's really where inspiration goes

from," he said.

Egbo-egbo attended Humber College's music program to strengthen his understanding of the fundamentals of music and composition as well as to improve his ability to play.

Since then, he created his own piece called *Yellah*, which is his girlfriend's name spelled backwards.

He graduated in 2006 and said that he received lots of help and encouragement to develop his style from the professors and the Humber environment.

"If kids are playing instruments then they are sort of forced to expand their mind, they're forced to be open. They're forced to see things differently and accept different things," he said.

Besides reading, arithmetic, geography and other more traditional subjects taught in school, Egbo-Egbo believes music is integral to cognitive development and a useful tool for keeping kids focused on their plans.

"Me as an example, without music I'm not really sure what I'm doing. It helped mould my life and it's helped sort of keep me on the

straight and narrow and you know, give me something to aspire to," he said.

Egbo-egbo has a dream to play in the best concert halls in the world, like Carnegie Hall in New York City and the world-renowned Musikverein Large Hall in Vienna Austria.

Regent Park is a low-income neighborhood with a high unemployment rate and crime issues. Despite this, Egbo-egbo said that it was fun growing up in that community.

He felt it was important to give back. Once he was older he joined the board of directors at the Regent Park School of Music.

The organization is non-profit and provides music lessons for under-privileged kids who live in and around the Regent Park area at a subsidized cost.

Many years ago when Egbo-egbo was still a child, he actually attended the Regent Park School of music.

Now, he acts as the director for the summer camp ensuring that the children attending get the opportunities they deserve to shine.



Clinton Hosannah

Egbo-egbo plans to do an album within the next six months.

Charlie Murphy superstar

Nicole Lane
A&E REPORTER

No topic was off limits last Wednesday night as comedian and *Chappelle's Show* actor Charlie Murphy took the stage at the Humber Amphitheatre.



Nicole Lane

Charlie Murphy does his best Eddie Murphy impersonation.

Students started to line up over an hour before the show began. As well, over 900 tickets had been pre-sold.

The show opened with Kyle Grooms, another regular on *Chappelle's Show*. His set lasted 15 minutes after which Murphy took the stage.

After a few opening jokes, he addressed the famous Charlie Murphy/Rick James skit.

He told the audience he gets asked all the time if he is tired of people coming up to him and saying, "Charlie Murphy!" in the token Rick James voice.

"I was known for 17 years as Eddie Murphy's brother. I'm just happy they're finally getting my name right!" Murphy told the audience.

Murphy says he talked about that issue because it was bound to come up sometime in the show. He was addressing the obvious so he could get on with his material.

"Some of the stuff I talk about is shocking because most people have never seen me do stand-up before. I start talking about Bin Laden and terrorists and they're like, 'where's he going with this?' I could have come out and been like 'Charlie Murphy' and the audience would have let me get away with it.

"But I'm a real comedian. I give my voice, my opinion, my take on different things that have nothing to do with what you've seen. You can really appreciate me for being a stand-up comedian, not just a person who shows up that you've seen on television," said Murphy.

Murphy discussed a lot of differ-

ent things in his set. While he made jokes about Lindsay Lohan and Rick James, he also threw out his opinion of how the world is handling terrorism, the "random selection checks" at airports, global warming and racism.

For his part, Spencer Irvine, a third-year music student at Lakeshore campus, enjoyed what he saw.

"A little boundary pushing, possibly, but funny," said Irvine.

Although Murphy loves to do stand up, he considers his strongest point to be the writing that he does.

He recently wrote the script for the film *Norbit* in which his brother starred. The film was very successful and grossed just under 100 million dollars.

As much as he loves writing he isn't completely ruling out the possibility of continuing with acting.

"I would love to be a movie star. I could work once or twice a year and then do stand-up for free. That's the best stand-up, when it's not motivated by money," Murphy said.

Murphy studied his craft by doing three or four shows a night, five days a week. Eventually, he hit the road and hasn't stopped since. He's been touring for five years now with no signs of stopping.

When asked how he would describe his show to someone who has never seen it, Murphy answered quickly.

"It's Charlie Murphy. That's how I would describe it. It's Charlie Murphy."

The Wire

Rapper Jay-Z was so taken by Denzel Washington's new film *American Gangster* that he decided to take it upon himself to create a new CD to accompany it. While it won't be an official soundtrack, it will carry the "inspired by" label on the package. The disc will drop Nov. 6. www.mtv.com

George Clooney broke his rib and got scraped up and his companion broke her foot after a motorcycle accident last Friday in New York. Clooney was in the big apple-filming *Burn After Reading* with Brad Pitt. Clooney's injuries are not expected to affect production. www.associatedpress.com

Director George Miller has been tapped to helm the *Justice League of America* film. The film has become a top priority for the studio and casting is underway. Even though Batman and Superman do appear in the film it is unlikely that Christian Bale and Brandon Routh respectively will reprise their roles. www.zap2it.com

Justin Timberlake received the most nominations at this year's *MTV Europe Music Awards*. In order to win one of the four categories he is up for he will have to beat out the likes of Fall Out Boy, Linkin Park and My Chemical Romance. The event will take place Nov. 1. www.canada.com

Brothers and Sisters star Sally Field has been tapped to play Mary Todd Lincoln to Liam Neeson's Abraham Lincoln in Steven Spielberg's long gestating biopic of the famous president. No word yet on when filming will begin. www.hollywoodreporter.com

Rapper Dr. Dre's eight years in the making third solo outing has been pushed back yet again so that he can help other artists, such as Eminem finish up his latest disc. www.latimes.com

Compiled by Josh Stern

"About seven years ago I was chilling and I saw a cow. It looked at me in a weird way. I stopped eating beef after that." — rapper Will.I.Am to Blender magazine

If at first you don't succeed, play, play again

Ana Josipovic
A&E REPORTER

It takes a hard work and dedication for independent bands looking to hit the big time.

Music promotions company

Paragonyx Entertainment Inc. hosted the Paragon Spotlight Band Competition Sept. 21 at the Reverb club in Toronto. This was the second of two preliminary rounds of competition.

Seven bands competed to win a

\$5,000 recording contract with a noted producer and a \$5,000 artist development deal with Paragonyx including a slot in three of Toronto's biggest indoor music festivals, among other prizes.

Three bands will advance to the

finals Oct. 19 with judging based on performance and style.

The seven bands that hit the stage to compete were Melodic Ritual, Untitled 3, Wednesday's Finest, Spider's Kiss, The Balance, The Randalls and Executive Religion.

Lead vocalist and songwriter of Wednesday's Finest Vic Carey said the main reason his band enters competitions is for the prizes they offer.

"It's recording time. For any musician who's starting out, the thing on top of the priority list is the free studio time." He stressed studio time is hard to get because of the high cost involved.

"It's damn near impossible to get it unless you know someone or have a great connection because producers and engineers who work in a studio full time, they charge like \$100 per hour. It's really unaffordable on a student budget."

Their sound has been compared to bands such as Sublime, Our Lady Peace, and The Police.

"I don't really pay much attention to that, because you're just trying to create your own sound," Carey said. "But I don't mind when people compare us to great bands. I mean, that's a compliment right?"

The Paragon Competition was tough and Wednesday's Finest was eliminated in Friday's preliminary

round.

Even though Carey's band was eliminated, it is still holding on to its dream. They sent their CD to one of Canada's oldest independent labels, True North Records a few weeks ago.

"They said they'll get back to me within a month. It's been about three weeks now," Carey said.

Even though things are tough, Carey refuses to give up.

"I want to share it with the world. I want the full blown record deal and world tour and everything and I'm going to fight as long as I have to to get that."

Carey is a former Humber student who took the developmental service worker program.

Now Carey is on the supply list for the Toronto School Board. He works at the Lucy McCormick school in Toronto, an institution for disabled and behavioural students.

"I find a lot of fulfillment out of that and I think it's a worthy thing. I really love kids and it's what I want to do besides music," he said.

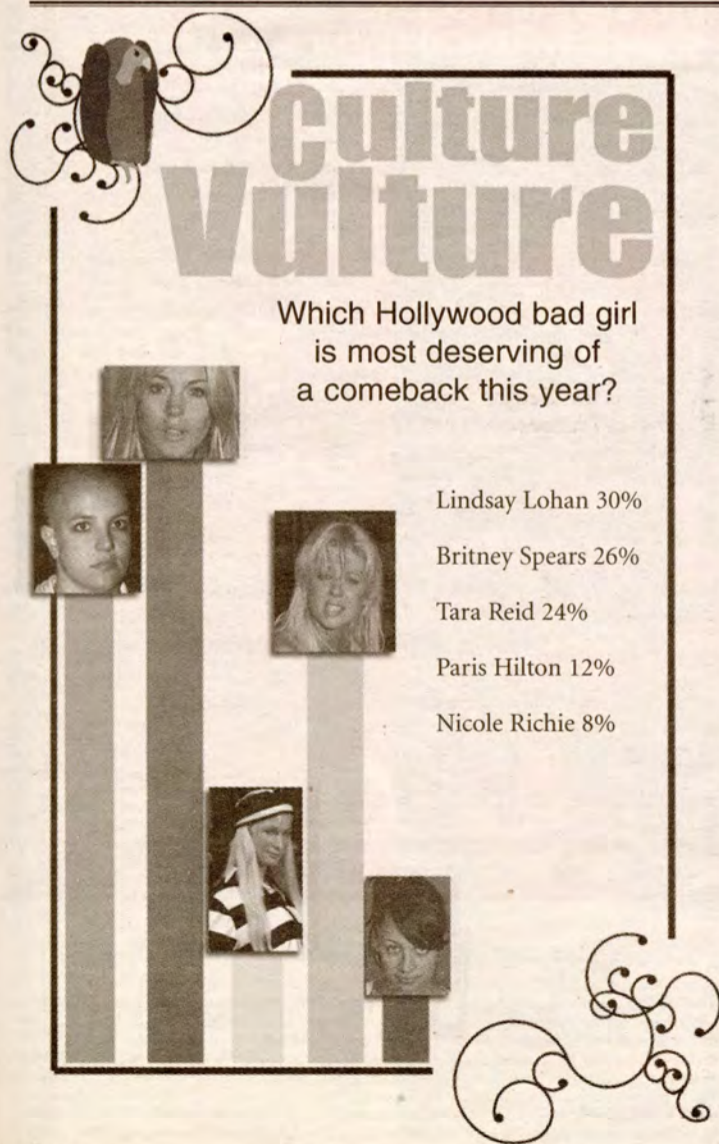
"But I can't really fathom not playing music at this point. That prospect kind of scares me. I'm just so obsessed with it, which I think you kind of have to be if you want to get somewhere."

In the mean time, the contest continues with The Randalls, The Balance and Spider's kiss vying for the top prize.



Ana Josipovic

Wednesday's Finest's (left to right) Jessie Roy, Vic Carey and Garret Scott rock the mikes.



Culture Vulture




Which Hollywood bad girl is most deserving of a comeback this year?

Lindsay Lohan	30%
Britney Spears	26%
Tara Reid	24%
Paris Hilton	12%
Nicole Richie	8%

A Humber for All

Humber wants to remind you that

- ❖ All members of our community are entitled to participate fully in College life free from any barriers that contribute to a poisoned environment
- ❖ We strive to promote a culture of inclusiveness among our increasingly diverse community
- ❖ Our Human Rights/Complaint Process Policy is readily available in hard copy from the Human Resources Department or online at <http://humanresources.humber.ca/downloads/HumanRights.pdf>
- ❖ The prohibited grounds of Discrimination and Harassment are race, ancestry, place of origin, colour, ethnic origin, citizenship, religious creed, sex, age, marital status, family status, disability, sexual orientation, receipt of public assistance or pardoned federal offences or record of provincial offences as defined by the Ontario Human Rights Code.

You may seek confidential advice on matters related to harassment and discrimination from the College's Human Rights Advisors at Extensions 4948/4425 or from a Union Steward, Counsellor, Nurse or the HSF

"When this happens to you - and I think other people would identify with this - suddenly, colors are brighter. You see everything." — Lynn Redgrave on Breast Cancer

Annual breast bash boosts cancer awareness

Europe in Colour performs at the Drake Hotel to raise money for CIBC's Run for the Cure



Alanna Brousseau
A&E REPORTER

Over 150 supporters raised more than \$2,000 for the third annual Breast Bash, created and hosted by 30-year-old Toronto resident Amanda Goundry.

Held at the newly renovated Drake Hotel, Goundry started Breast Bash three years ago after a family encounter with breast cancer.

The Breast Bash is part of the wider pink ribbon campaign, and though it is an independent fundraiser, Goundry has had many donors and volunteers including clothing designer Shelli Oh.

"We have such a great time," said Goundry. "It really is just like a fun party night. It's not like a big, heavy, depressing night where we're talking about how breast cancer hurts us. It's really just a fun party and everything is just about supporting and being positive."

Goundry said the Bash aims to increase awareness about the dis-

ease among younger people.

The number of guests and the amount of money raised has more than doubled from last year.

For a \$5 donation, guests were able to watch high-energy performances by Great Bloomers, Europe in Colour and Foxfire Forest, all Toronto-based bands that jumped at the opportunity to perform for the cause.

Humber comedy grad and drummer for Europe in Colour Kevin Corlis said it is his job to mention it, "and talk about it and bring awareness to breast cancer."

Breast Bash goers were able to enjoy DJ sets by Duncan Rands of Blow Up and Eat Your Greens as well as Ben Buchanan of Easy Tiger.

Buchanan plans to attend Humber early next year for the post-graduate public relations program.

Guests at the bash also had the opportunity to donate more money to the cause through a series of raffles, silent auctions and "kisses for the cure."

For \$2 a kiss, or \$5 for three, guests could buy smooches from volunteers wearing a "kisses for the cure" pin.

A number of exciting prizes were up for grabs including a night's stay at the Drake, and an original designer coat by Shelli Oh.

"Breast cancer is something that affects so many people, so doing anything to help raise money for research is obviously something we'd like to be a part of," said Europe in Colour's bassist and trumpet player Alt Altman.

"It brings the event of breast cancer closer to everyday experiences," said frontman and guitarist Ghalib Islam, also from Europe in Colour. "Music can bring people together and cause them to pause for a moment and reflect."

When asked about plans for next year, Goundry says she has not put much thought into it yet, but plans to continue the event in its fourth year next September.

All proceeds from the annual bash were donated to CIBC's Run for the Cure.

Neil Rankin of Foxfire Forest on stage at the Breast Bash.



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"I found I could say things with colour and shapes that I couldn't say any other way – things I had no words for." – Georgia O'Keeffe, *self-help-healing-arts-journal*

Exhibit offers art from the mouth

Melissa Rigon
A&E REPORTER

Vancouver-based quadriplegic Cody Tresierra sees the world through his mouth.

The Mouth and Foot Painting exhibit came to 183 St. Clair W. on Sept. 17 and is open until this Friday. Five artists with disabilities came for one day to demonstrate their technique and speak to people about their lives.

"I like what art represents," said Tresierra, 46, who was in a car accident that left him paralyzed from the neck down when he was 18. He was treated at Pearson Hospital in Vancouver where his life of an artist began.

"The hospital had all sorts of crafts to keep me occupied," he said. "I had always drawn, but at the hospital I saw a lady drawing with her mouth and I thought it was incredible."

Tresierra wanted to speak to other disabled people to show them there is life after injury.

"I spoke for elementary students to get them involved at an earlier age. It's not only exposing them to just art, I'm exposing myself and what I've accomplished."

The art exhibit's organizer

Husana Saravia says students with disabilities should be given the opportunity to incorporate this technique of art into college programs.

Tresierra says college students are already one step ahead. "Anything to get them out of the house is good. Students are adapting much faster than they were twenty years ago."

He said the basic course he had taken in rehabilitation was unfulfilling because it moved so slowly. "When I saw art, that's what interested me."

Coordinator of the visual arts and design program Gary Richardson said he has taught students at Humber with all kinds of disabilities.

"I taught Photoshop to students in wheel chairs and paraplegics," said Richardson. "It wouldn't matter if you held a paint brush with your teeth or your toes; I don't think that's the brain's limitation."

First year interior decorating student Lindsay Hoxey believes people with disabilities should be able to do anything they want to do.

"If you are disabled and want to be an artist, you should be," she said. "Disabled people have mostly gained experience from using



Melissa Rigon

The mouth and foot painting gallery shows the artist's top art.

other body parts as tools all their life.

"If you told Vincent Van Gogh to paint using his mouth or foot, he would probably look at you like you were crazy. You don't need a hand to hold a paint brush," she said.

One of the many paintings Tresierra showcased at the exhibit was a depiction of the eagle of freedom.

"Whatever inspires me, I paint," he said. "Most people become a hermit, but you have to get involved."

Word on the street in T.O. this weekend

Amanda Gomes
A&E REPORTER

A festival dedicated to the printed word will take over Queen's Park this Sunday to showcase some of the finest Canadian authors, artists, and presenters.

The 18th annual Word on the Street festival is held on the last Sunday of the month, Sept. 30. Admission to the festival is free, and it runs from 11 a.m. to 6 p.m. The festival is also held in Calgary, Halifax, Kitchener, and Vancouver.

"The Word on the Street is a celebration of the written word," said the festival's director Alexandra Moorshed. "This gives Canadian writers the opportunity to promote book releases coming up in the fall."

The festival is equipped with a marketplace of more than 250 books and magazines and literacy exhibits. Audiences can sit and watch live readings by authors, poets, storytellers and performers. The festival also has numerous workshops with helpful tips and advice for aspiring writers.

Humber College Journalism professor Matt Blackett will take part in the festival.

Blackett will host a two-part workshop on how to interpret publication ideas for those who are looking into launching a magazine. Aside from the workshop, Blackett also has a table where onlookers can purchase magazines.

"I have been part of the Word on the Street for four years now," said Blackett.

Artistic director of the Humber School for Writers, Antanas Sileika will also make an appearance at the festival. Sileika will host The Workshop Marquee featuring the Humber School for Writers.

The workshop will provide helpful tips in writing. This is the first year the school will run a workshop.

"Almost everyone who succeeds in creative writing has gone to a writing school," said Sileika. "Our workshop will give a taste of our writing school, and helpful tips for aspiring writers to lift off into their careers."



courtesy of Marli Bennett

Book and magazine lovers searching for great finds at festival.

Facts about Canada's Word On The Street

- First born in 1990 in light of International Literacy Year,
- With more than 40,000 people, the event was a success.
- This festival is now Canada's largest, and is now an event Canadians look forward to.

-www.wordonthestreet.ca

odori
A NOVEL

courtesy

The cover of *Odori* novel.

Dance more powerful in history

David Hamilton
SENIOR REPORTER

School of Writers alumnus, Darcy Tamayose made her book debut with *Odori*, a novel named after a sophisticated and highly refined traditional Japanese dance.

The story begins when Mai and her husband Eddie careen off the road in their Albertan farm truck.

Mai falls into a coma and is freed in time and space.

Tamayose, whose writing is heavily influenced by Gabriel Garcia Marquez, spins a tale in the tradition of magical realism, constructing a world where ancient Gods and mortals co-exist.

The narrative of *Odori* spans from the early kingdoms of the island of Okinawa and neighboring Japan.

When the Okinawans are faced with invaders, they welcome rather than oppose them, while preserving their unique culture. The storyline deals with the island during World War II.

Mai's grandmother, Emiko was a child obsessed with dancing the Odori when war spread to her home island of Okinawa.

The burning bright skies of Okinawa were extinguished as the inhabitants moved underground and waited in the dark for the madness of war to end.

Particularly chilling are Emiko's letters to her sister, Miyako. Fearing for their lives, Okinawans hid in the island's natural limestone caves. Emiko wrote haunting accounts hiding in these caves from American soldiers and Japanese soldiers who would have shot them.

While the book's subject matter is dark, it is uplifting that through such hardships, the human spirit lives on. Over one-third of the population of Okinawa was killed, and their memory and their culture lives on in dance, like the Odori.

The novel brings light to a chapter of history many are unfamiliar with. It is a powerful story that is skillfully told like the precise and beautiful movements of the Odori dancers, who tell a story that transcends generations.

FOR THE ATTENTION OF ALL HUMBER STUDENTS

Notice of Election

for the

Student Representative

to the

Board of Governors of Humber College Institute of Technology and Advanced Learning

An Election will be held during **September/October 2007** for the position of Student Representative on the Board of Governors of Humber College Institute of Technology and Advanced Learning. All Humber students are eligible for nomination. The term of office for this position is **October 2007 through August 31, 2008**. The basic requirements of this position are to:

1. Attend scheduled Board meetings (once per month, September through June).
2. Attend other Board-related events and activities as required.
3. Provide continual, responsible representation. Governors may not delegate their representation to any other person, and substitute representatives are not permitted.
4. Respect the confidences of the Board unless the information has been made public at an open session of the Board.
5. Receive no compensation, other than out-of-pocket and travel expenses.
6. Maintain communications with his/her electorate.
7. Be prepared to act as spokesperson for his/her electorate on issues and concerns as they arise.

**Nominations Packages can be picked up during the period
Tuesday, September 18 through Tuesday, September 25,
2007
from**

The President's Office, North Campus Room D 167 (Val Hewson) Ext. 4102	The Principal's Office, Lakeshore Campus Room A 116 B (Annette MacDougall)
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**The NOMINATIONS PERIOD for this position runs from
September 24 and closes on Friday, September 28, 2007**

Women's soccer season started successfully on the road with a 5-0 win against St.Clair on Saturday. They followed the next day with a 4-0 win against Lambton.

Weekend win and tie for men's soccer

Club finds offence in opener but fails to bring it in follow-up tie

Tyler Brooks
SPORTS REPORTER

On-field mistakes and lackluster defence in the second half almost cost the soccer team a 4-3 squeaker against the St. Clair Saints on Saturday.

The team then held the Lambton College Lions for a tie on Sunday, in a two-game season opening weekend that caught the team's attention.

A defensive lapse in the second half of Saturday's game almost cost the team the win.

"We started taking the lead for granted. Everyone was too laid back," said Michael Marchese, a fourth-year player.

A tremendous first half that saw the Hawks jump out to an early 3-0 lead was followed by a lack of defensive play in the second half.

"It was two different games for us," said head coach Germain Sanchez.

The Hawks controlled the majority of the play during the first half while showing terrific ball movement and control. Kadian Lecky striker got the Hawks on the board early, scoring the first goal of the new season off a Marchese free kick. Mike Aigbokie put the visitors up by two after redirecting a beautiful cross-shot from Marchese. He then added one of his own, late in the first half to round out the scoring.

Early in the second half a tremendous defensive play by Tony Holder kept the ball out of the net after it got past a sprawling David Ragno.

Lecky then scored his second of the game by blasting a shot into

the top corner, stretching the lead to four.

The lead seemed insurmountable but a series of defensive mistakes resulted in the Saints making a game of it.

The Hawks began losing all the little battles for the ball and the opposing strikers continued to get in behind the defence.

"No team is going to be an easy team to beat. This was a learning experience for us," said Sanchez.

The Saints came on strong in the second half scoring three unanswered goals but the Hawks were able to hold on for their first victory of the season.

The team traveled to Lambton College on Sunday to take on the Lions who had a win-loss-tie record of 1-0-1.

The smaller Lambton field made it difficult for Humber's speedy strikers to find open space. The Hawks managed to create opportunities and scoring chances but couldn't seem to find the back of the net.

"Not a good game," said Marchese. "We took that team for granted too."

The game ended in a scoreless tie with Ragno receiving the shutout. Coach Sanchez described the weekend

as being a disappointment and says the team cannot afford to give up any more points the rest of the way.

"Hopefully we can peak later on in the season," he said.



Tyler Brooks

Kadian Lecky walks in alone on Saints keeper but can't score on the play. Lecky finished the game with two goals in win.

Successful finish for cross-country teams



Juanita Horan

The Humber men's team from left: Bruno Morerriva, Matt Curtis and Mike Scipio.



Juanita Horan

The Humber women's team from left: Amanda Pryde, Lisa Lee, Nicole Paulichenko, Cynthia Black

Juanita Horan
SPORTS REPORTER

Despite losing two runners to injury, the men's and women's cross-country teams both finished first over 13 colleges at last weekend's invitational meet at St. Lawrence College in Kingston.

"It was a solid performance for both teams and it was a good view for the provincials. I think we are gearing up for it," said head coach Monique Haans.

The warm windy weather was a bit of a challenge for the runners.

"It seemed like every direction you turned your head was in the wind," said Wes Correa, 19, a second-year Guelph-Humber business student and second-year runner.

The women's cross-country team scored a total of 20 points. Fifty-nine women completed the five-kilometre race with relatively close times.

Placing fourth was Cynthia Black, a second-year fitness and health student. Lisa Lee, also a second-year fitness and health student came in sixth. First-year paramedic student Amanda

Pryde placed tenth.

Nicole Paulichenko, a third-year recreation and leisure student and third-year runner ended the race early when she aggravated a previous summer injury.

"I rolled my ankle a little bit and tried to run again but it was unbearable and I just could not run," Paulichenko said.

She said she did not let the summer injury properly heal and her ankle was inflamed from last week's race and stiff before this week's run.

"It was a solid performance for both teams and it was a good view for the provincials. I think we are gearing up for it."

—Monique Haans, head coach

Paulichenko suggests athletes try to target the injury before it happens. "Don't ignore it. I ignored it and it came back to haunt me," she said.

She is keeping a positive attitude and will be doing strength training

and physiotherapy this week to prepare for Saturday's meet at Fleming College in Peterborough.

Nursing student Shawn Forbes also aggravated a summer injury.

"When you have something that you don't take care of a little bit better, this is the result. I got to work on this a little bit more, and there should be no more excuses," Forbes said.

On the men's side they scored a total of 48 points. Mike Scipio, a third-year cross-country runner, placed second out of the 98 men who competed in the eight-kilometre race.

It may have been Scipio's new shoes that helped him.

"They are a lot better than the last pair, that's for sure," said Scipio.

The other top four runners include Matt Curtis placing seventh, Bruno Morerriva placing 11th and Josh Woods in 28th.

This week's track had different obstacles than the previous week's.

"All the little hills get to you after a while. Like at the ending everyone said it's down hill. No it isn't, there is a massive hill," said Andrew Rupoli, a first-year Guelph-Humber business student.

Tiger Woods will team with Charles Howell III to face K.J. Choi and Nick O'Hern in the final first-day match at the Presidents Cup. — www.espn.com

Golfer takes dead aim



James Shea
SPORTS REPORTER

Golf team standout Mike Zizek played well at world summer games and now looks to carry momentum this season.

Zizek, is a second-year business administration student at the University of Guelph-Humber and has been a member of Humber's golf team for the past four years.

This past August he played for Canada in Bangkok, Thailand.

Fighting stiff competition, extreme heat and difficult course conditions, Zizek battled amateurs to finish 15th overall in the world.

"Mike Zizek has developed into not only one of the best college players in the country but one of the best leaders we have ever had," said athletic director Doug Fox.

"He is a dedicated talented player who leads by example and acts like a coach behind the scenes. He has a great rapport with the other players, and is a great liaison between the coach and the team," Fox said.

Zizek sees plenty of promise for the Hawks golf team this year. As well as being in contention for both the OCAA and CCAA championships in early October, the team has had the good fortune of many returning players.

"Mike Zizek has developed into not only one of the best college players in the country but one of the best leaders we have ever had."

—Doug Fox,
athletic director

"Brett Pearl is in his second year and had an unreal summer in terms of top tournament finishes. James Castle has been working extremely hard on his game all summer and is ready to break out. Matt Sloan, who used to play at the University of Texas-Brownsville, is shooting consistently low scores and will pitch in a great deal towards team

success, and I'm returning as the new team captain," Zizek said.

Beyond Humber, Zizek doesn't have future plans set in stone. He says he may make the effort to get his professional (CPGA) card and play some golf full-time, either in the southern states or here in Ontario during the summer.

Zizek's been playing since he was four, and shot anywhere from the mid-120s to a miniscule 65 while playing with friends, he knows enough not to get too ahead of himself or too down on himself just the same.

"It sounds like a cliché, but you try to not get too high and not to get too low," said Zizek regarding his philosophy on the game.

Things can change in an instant and Zizek knows not every day is going to be his day.

"Holding it together and on an even keel is key to successful golf games. When it's not going well, try as hard as you can to make something out of nothing."

Courtesy
Mike Zizek takes a hard swing towards the upcoming season

Argonauts looking for cheerleading talent

Heather Senoran
ENTERTAINMENT REPORTER

Courtney Kelly keeps busy as a fashion arts student, Blue Thunder Argonauts cheerleader and Miss Argo 2007 contestant.

Being a part of the cheerleading team for the Toronto football club is a big accomplishment for Kelly but it's something she never thought of doing as a child.

Kelly, who was born in Scarborough but grew up in Pickering, has danced since she was two. She always aspired to do something in the entertainment field but she never thought cheerleading would come her way.

A friend heard about the auditions to be an Argos cheerleader over the radio and wanted to try out for fun.

"We thought why not, what's the worst that could happen? There were three auditions and I made it," she said. "But once I was at the first game, I cried during the anthem. I've seen cheerleaders at games as a child and I always wanted to be 'that girl'. I just never thought it would happen. And there I was, in front of thousands of people, cheering for the team. I was actually 'that girl!'"

The Blue Thunder is a team of veterans and rookies. Every year the girls have to go through the tryout process, even the cap-

tain. No one is guaranteed a spot so the girls have to bring it if they want to make the cut.

"The girls on the team are all nice. We try to be like family. We are always together three or four times a week," Kelly said.

Between all the practices, games and school, she admits it is hard to fit in anything else.

"It's good because I don't have time to get myself in trouble. I'm very busy but I like it," Kelly said.

"I don't know what the future

holds but I know I could never sit at a desk and type. I want to travel and meet new people. As long as I'm busy, I'm happy."

The contest to be crowned Miss Argo 2007 officially ends Oct. 6, but the first round ended Sept. 24.

The first round will depend on who gets the most online votes and the list will be cut down from 45 girls to five.

Visitors to the Argonauts website can see cheerleader profiles and vote for them online.

Miss Argo 2007 will be someone who demonstrates leadership and is thoroughly active in the community. Kelly and her team are always trying to give back to the community by helping at places like Sick Kids and they are involved with programs like "Stop the Violence."

"I'm not really nervous about the contest. There are 45 girls and they are all great. Whoever gets it, I'm sure they deserve it," said Kelly.

At press time first round picks were not announced.



Heather Senoran

Cheerleader Courtney Kelly looks to be the next Miss Argo.

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"The person that said winning isn't everything never won anything." — Mia Hamm, ex-member of the U.S. women's soccer team and two-time Olympic champion

Sideline Chat

Rob Hergott
SPORTS EDITOR

Athletes and coaches can only do so much to prevent injuries in professional and amateur sports.

Take a look back to week one in the NFL where the Buffalo Bills hosted the Denver Broncos. What seemed like a harmless special teams block off a kick return in the first half between Bills Kevin Everett and Broncos Brandon Marshall ended up being a career-ending neck injury for Everett.

As the 2007 rugby season is set to kick off, the *Et Cetera* sat down with head coach Carey French to see what he thinks of harmful neck injuries in rugby.

"The reason you get pressure on the neck is because other parts of your body are weak. To protect the neck it's all about technique—keeping your back and legs strong," he said.

"We teach them to tackle, we get a tackler on his knees, then we get somebody to walk by them, and he'll tackle from his knees."

— Carey French, rugby coach

"Total fitness is expected from athletes, working out on everything from their upper body to their legs."

French also said preparation and technique play a huge role in player injuries.

"When we get a new player with a football background or rugby

background we take them back to baby school," he said.

"We teach them to tackle, we get a tackler on his knees, then we get somebody to walk by them, and he'll tackle from his knees."

"With a rugby tackle, your head is to one side or the other of the body, never head on. A tackle has a twisting motion, you go to one side and you twist them away so that you come down on top."

"Not only do you come down on top of them, but by binding ties your face is close to the body so it absorbs the shock. If (you) don't bind hard the impact coming down will cause a concussion," French said.

Even with all the preparation and technique used, the chances of an injury depend on what position the player plays on the field.

"With certain positions players become more vulnerable. This would be the guys in the front row of the scrums, the guy in the middle is the hooker and on either side of him are the props. They are the ones making contact head first with the other side in the scrums," he said.

"In the scrums both sides are really low and the deal is you come in from the left side of the opposition. Once in the scrum you need to keep a tight bind and stay low. If you don't stay low the opposition will push them up and then you get all sorts of pressure around the neck."

Sports are sports and athletes take the risk of injury every time they set foot on any playing surface.

"There is always the 'shit happens' factor," French said.

Change room changes pending

Jamie Griffith
SPORTS REPORTER

The college's athletic facilities could look a lot different this time next year.

Athletic director Doug Fox is in the midst of planning out major changes to the facilities.

Minor renovations inside the athletic centre are starting now in preparation for March's men's volleyball national championships.

"As part of our long-term planning, we wanted to get our facilities to be state-of-the-art," he said.

The changes will begin by renovating the three permanent team rooms, he said, focusing largely on installing new lockers for the change rooms at a cost of about \$30,000.

He added the rooms will be occupied by the men's volleyball and basketball teams, with no decision yet on the permanent occupant of the third room.

There are many options for changes to the Athletic Centre next summer, with possibilities including new rooms built for larger squads, such as the soccer and rugby teams.

Fox said the upgrades are vital to building a successful sports program at Humber.

"When we want to have the best teams in the country, we need to make our program really attractive to recruits," he said.

Part of the plans may include expansion of the fitness area.

"They should have done it a while ago," said second-year fitness and health promotion student Mike Calaminici, 23. "This kind of facility for this size of college, it's not big enough."

"This is for a small community centre. This is not for a college," he added.

Sam Addo, 26, a third-year environmental technology student and frequent weight room user, agrees.

"I think it's a great idea," he said. "It needs to be upgraded. I've been here for three years, and it's been the same change rooms."

While more room for the gym area is in the works, nothing is set in stone for the renovations.

"It's an open market with us," Fox said. "I'm wide open to how we do it."

He said the plan is to start construction next May, with everything completed by the time school starts again.



Jamie Griffith

Renovations outside the Athletic Centre have already begun.

Women's Soccer Standings

School	Wins	Losses	Ties	Points
East				
Algonquin	3	1	0	9
Durham	3	0	0	9
Seneca	2	0	0	6
Cambrian	2	2	0	6
St. Lawrence K	2	1	0	6
Fleming P	1	2	0	3
Loyalist	0	2	0	0
Centennial	0	2	0	0
La Cite	0	3	0	0
West				
Humber	2	0	0	6
Fanshawe	2	0	0	6
Conestoga	1	1	1	4
Mohawk	1	0	0	3
St. Clair	1	2	0	3
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SPORTS

The Humber Hawks women's volleyball team showed grit and determination last weekend by winning the silver medal at the Ryerson Invitational tournament.

Cheerleading tryouts have very high hopes

Tonya Raymond
SPORTS REPORTER

Students hope hard work will lift them onto the varsity cheerleading squad.

About 30 women participated in the first of three cheerleading tryouts held Sept. 19. Head coach Tara Grozier said the numbers were down from last year, but added she was impressed with the amount of energy the women put forth and their willingness to work hard.

"I have to quit smoking in order to make the team," said Lily Briceno, a 20-year-old accounting student who is trying out for the first time. She is willing to do so because she enjoys the challenge and the workout.

Salwa Iriarte, 19, a first-year Guelph-Humber media studies student said "It's not too bad but if that's what it takes you have to put in the effort."

Grozier said the tryouts were formatted the same way as a regular practice session.

"We have warm-up, stretches and conditioning for the first 20 to 30 minutes. After that we broke into smaller groups to work on stunting, jumps and more conditioning drills." The women were then rotated to the three sections, said Grozier.

"Each section is designed with drills and exercises that help train and condition our athletes."

Hasina Joseph and Stephanie Bailey-Fletcher, both in their second year of Humber Lakeshore's public relations program found some parts of the tryout challenging.

"We want to be a part of the school this year and to represent Humber."

—Stephanie Bailey-Fletcher,
PR student

"It is very hard to completely trust people who you don't know on a personal level. You have to not only be confident in their ability

but more importantly you must trust the coach's coaching ability along with trusting yourself to do exactly what you're supposed to do. It's a two-way street. If one person messes up then the other is messed up as well," Joseph said.

Fletcher said the hardest part of the night for her was participating in the circle of death, where everyone does push-ups.

"The challenging part is you have to do ten each and wait for everyone in that circle to do the first one. I'm not good at push-ups at all."

Joseph, a gymnastics coach and Fletcher, a high school cheerleader, are both now settled in their college lives and they felt this was the right year to try out.

"We want to be a part of the school this year and to represent Humber," Fletcher said.

If Joseph and Fletcher do not make the team they plan to continue exercising and staying healthy.

Everyone will know whether or not they are on the team by Oct. 4.



Lily Lin, 20, is smiling as she is lifted by fellow cheerleaders. Tonya Raymond



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Didn't make the varsity team?

Extramural games are open to everyone

Juanita Horan
SPORTS REPORTER

Hockey players take note: registration for the extramural league starts Monday.

"There are almost super stars to just beginners. There are people who have only been on skates for one year and it's for fun," said recreation co-ordinator Jennifer Maclam.

Registration for league teams like volleyball, ball hockey and indoor soccer for fall have already closed, but sign-ups for the ice hockey league close Oct. 12.

These teams are different from intramural because students sign up at the beginning of the year instead of a day prior and submit a class schedule and work schedule so Maclam can work around it to fit their needs.

"There are people who have only been on skates for one year and it's for fun."

—Jennifer Maclam,
recreation co-ordinator

Assistant athletic director Jim Bialek said extramural events give the students who did not make the varsity team a chance to play. There are also sports that varsity does not offer.

Extramural teams include cricket, women's ice hockey, men's ice hockey, men's basketball, co-ed indoor soccer and co-ed volleyball.

Day events take place from 11:45 a.m. to 1:30 p.m. and leagues can run anywhere from 9:00 a.m. to 4:00 p.m.

Maclam said the games are at these times because the varsity

teams use the facilities at other times. Also, the athletic centre has a shared agreement with the City of Toronto.

"The college gets the fields until 6:00 p.m. and after that it is the city's," said Maclam.

She said campus recreation also offers non-physical activities such as the NHL pool and sports puzzles. "There's a little bit of everything going on with campus rec."

Students can drop into the recreation office located in A137 and sign up as an individual or as a team for day events and tournaments by 4:00 p.m. on the day

before an event and they can also receive a fall schedule.

She said students who do not sign up as a team are placed in an individual random team with people who have similar schedules, but they may get one or two fewer games than if they signed up as a team.

Second-year accounting student Gaurav Manocha, 19 and his friend Tahmoor Ghawar, 21, a third-year justice studies student played in the softball game at the last event. "We really enjoyed it," said Manocha.



Juanita Horan
Gaurav Manocha, Tahmoor Ghawar after the softball game.

Food, games and fun are in the plan for alumni weekend

Juanita Horan
SPORTS REPORTER

An evening gala will kick off the varsity alumni weekend, followed by several sports games and a barbecue the next day.

The fundraiser is to help support varsity and introduce team members. The event will begin tomorrow at 7:00 p.m.

"Fundraising this way is a win-win because moms and dads, brothers and sisters and friends can see them in their element and that's always good," said assistant athletic director Jim Bialek.

A fashion show will take place where athletes get the chance to present their new road uniforms.

"Every team will come out in their new uniform and we are also

doing team cheers," said Nicole Paulichenko, a student athletic association member and third-year recreation and leisure student.

The varsity captains will make \$100 theme baskets with the help of sponsored or donated items.

"They have to get together and make up a basket. The cross-country team is doing a couch potato theme with chips and popcorn," said athletic director Doug Fox about the \$10 ticket entry event. There will also be a silent auction that includes Leaf tickets, Raptor tickets and golf foursome packages.

On Saturday, there will be a barbecue in the athletic field and refreshments in the gym. Seven

games will take place throughout the day.

There will be three home games outside in the field, which are women's soccer at 11 a.m. against Fanshawe College, men's soccer at 1:00 p.m. against Fanshawe College and men's rugby at 3:00 p.m. against Fleming College.

There will be four indoor games against alumni. These games are women's volleyball at 2 p.m., men's volleyball at 4 p.m., women's basketball at 6 p.m. and men's basketball at 8 p.m.

"It gives our gym sport teams, like volleyball, an opportunity to play on an exhibition game before the tournament starts. It's a good learning curve for our teams," Bialek said.

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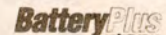
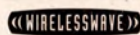
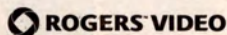
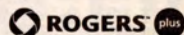
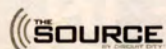
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- Lifestyle Communications
808 Brimley Rd. W., Unit 2
(905) 542-2800
- 6677 Meadowdale Town Centre
(905) 542-9911
- 6298 Mainway Rd. 102
(905) 813-8600
- Square One
(905) 276-1009 (905) 272-9899
- 25 Watline Ave.
(905) 507-2088
- 5100 Erin Mills Parkway
(905) 725-5500
- 102-3511 Argentia Road
(416) 467-8800
- 100 Chv Centre Dr., Unit 2-428
(905) 433-0707
- NEWMARKET
17415 Yonge St.
(905) 840-8844
- NORTH YORK
Simply Wireless
4905 Yonge St.
(416) 496-8111
- 1905 Avenue Rd.
(416) 496-8600
- Global Wireless Solutions Inc.
Sheridan Mall
1700 Wilson Avenue, Unit 72
(416) 496-1656
- Tread Communications Inc.
147 Don Mills Rd., Unit 10
(416) 949-4215
- Screech Mall
1800 Sheppard Ave. E.
(416) 513-1656
- 140C Kavel Rd.
(416) 493-3453
- 260 Sheppard Ave. W.
(416) 512-0911
- 4367 Steeles Ave. W.
(416) 690-0000
- 5815 Yonge St.
(416) 290-8800
- OAKVILLE
1027 Superior Rd.
(905) 842-4280
- OSHWATA
Lifestyle Communications
Taunton Harmony Plaza
789 Taunton Rd. East, Unit #6
(905) 447-5445
- 1053 Simco St. N.
(905) 725-5500
- PICKERING
Pickering Town Centre
(905) 420-0744
- 811 Kingston Rd.
(905) 831-9557
- 1809 Brock Rd.
(905) 886-6558
- RICHMOND HILL
Hillcrest Mall
(905) 770-4433
- 10 West Pearce St.
(905) 737-7318
- 550 Hwy. 7 East
(905) 886-6558
- 1480 Major Mackenzie Dr. E., Unit C3-1
(905) 777-8773
- 9196 Yonge St.
(905) 770-1010
- 10720 Yonge St.
(905) 884-5558
- SCARBOROUGH
ProMobility
505 Hood Rd. Unit 12
(905) 470-2848
- 2650 Lawrence Ave. E., Unit 28
(416) 755-8977
- Simply Wireless
411 Kennedy Rd.
(416) 466-7727
- 4438 Sheppard Ave. E., Unit #107
(416) 442-8888
- 1291 Kennedy Rd.
(416) 752-8050
- 3300 Midland Ave.
(416) 432-8383
- 19 Milliken Blvd.
(416) 279-6006
- 5095 Sheppard Ave. E.
(416) 446-2148
- Woodside Square
(416) 609-3200
- 4771-4779 Steeles Ave. E.
(416) 378-4423
- 5661 Steeles Ave. E., Unit 5A
(416) 949-8800
- 1900 Eglinton Ave. East, Unit 55A
(905) 453-8817
- 665 Markham Road
(905) 453-8817
- THORNHILL
No Wire Street
Promenade Mall
(905) 482-2731
- 1 Promenade Circle, Unit 180
(905) 482-2731
- 2708 Bathurst St., Unit 46
(905) 882-9777
- 1900 Eglinton Ave. East, Unit 55A
(905) 949-8880
- 665 Markham Road
(905) 453-8817
- TORONTO
ProMobility
2266 Eglinton Ave. W.
(416) 623-6674
- NEL Communications
2397 Yonge St.
(905) 453-8817
- 804 Bloor St. W.
(416) 531-5238
- 2400 Bloor St. W.
(416) 760-7450
- 548 Church St.
(416) 444-9044
- 272 Danforth Ave.
(416) 461-1010
- 1854 Danforth Ave.
(416) 423-8800
- Dufferin Mall
(416) 598-6448
- 3111 Dufferin St.
(416) 785-3011
- 421 Dundas St. W., Unit G8
(416) 591-0881
- 1451 Dundas St. W.
(416) 598-8888
- Dragon City Mall
(416) 879-8350
- 479 Eglinton Ave. W.
(416) 485-2755
- 939 Eglinton Ave. E.
(416) 467-8888
- Gerrard Square
(416) 466-8200
- 1006 Gerrard St. E.
(416) 466-8200
- 662 King Street W.
(416) 828-8000
- 1448 Lawrence Ave. E.
(416) 757-1668
- 228 Queens Quay W.
(416) 971-9700
- 1821 Queen St. E.
(416) 406-2355
- 2 St. Clair Ave. W.
(416) 934-1312
- 1248 St. Clair Ave. W.
(416) 852-2288
- 1350 St. Clair Ave. W.
(416) 631-2000
- 2200 Yonge St.
(416) 822-9079
- 154 University Ave., Suite 101
(416) 506-0809
- 8A Yorkville Ave.
(416) 921-7559
- 386 Sheppard Ave. E.
(416) 512-8800
- VAUGHAN
1600 Steeles Ave. W.
(905) 826-1910
- WHITBY
5969 Baldwin Street S.
(905) 820-0868
- 25 Thorton Rd. N.
(905) 433-0701
- WILLOWDALE
Uptown Communications
Centropoint Mall
(416) 512-8800
- WOODBINE
200 Whitmore Rd.
(905) 850-8157
- STONICOME
Cloverdale Mall
(416) 231-5973
- Woodbine Centre
(416) 798-0239
- MARSHAM
Markville Mall
(905) 940-6510
- NEWMARKET
Upper Canada Mall
(905) 853-1600
- NORTH YORK
Don Mills Centre
(416) 449-6085
- OAKVILLE
240 Leighton Ave. Unit 2088
(905) 840-8157
- OSHWATA
Oshawa
(905) 571-5663
- SCARBOROUGH
Scarborough Town Centre
(416) 291-1111
- TORONTO
The Exchange Tower
(416) 607-7979
- Toronto Eaton Centre
(416) 591-1522
- Yorkville Shopping Centre
(416) 783-0875
- 1 Yorkville Ave. Unit 180
(416) 785-6216
- Vaughan
8960 Jane St. Unit 108
(905) 760-8157