



Shark attack

Professional billiards player visits North Campus p.4

Scissors beats paper

World Rock-Paper-Scissors competition held in Toronto p.16



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BlackBerry M.D.

By Ryan Glassman

BUSINESS REPORTER

When the BlackBerry was first introduced in 1999, it allowed people to phone, send and receive e-mails and plan the day ahead. Now, it's changing how hospital staff communicate.

The Intensive Care Unit (ICU) at Mississauga's Trillium Health Centre is the first hospital in the world to implement the use of the BlackBerry as a communication instrument.

Continues p.21



photo illustration Vakis Boutsalis

Camera phones create trust issues

Justine Lewkowicz
NEWS REPORTER

The faculty members of the funeral service education program are no longer allowing their students to observe the embalming procedures performed on campus because they are worried about camera phones.

"Although we would like to be able to trust the students in our program, we just don't know, especially in the first semester, who it is who is in our classes," said Jeff Caldwell, funeral services program co-ordinator. "And with modern technology - video phones and camera phones - it

opens too much of a liability that people could be up there and snapping off pictures of what they're observing."

The embalming is performed on bodies that are sent to the college from Toronto funeral homes. The process is carried out by three to four students at a time with the help of instructors who are licensed funeral directors.

The increased security is a result of liability issues that come with being subcontracted by funeral homes.

Caldwell said another issue that led to the new policy was students feeling self-conscious while peers watched them perform the

embalming. He said students should be comfortable and focused in the learning environment.

"There's a whole respect issue that we're just trying to tighten up a little bit more and key into."

-Jeff Caldwell,
funeral services
program co-ordinator

The main reason for the security measure, Caldwell said, is the faculty is trying to maintain profes-

sionalism during a procedure that family have trusted them to perform on their loved ones.

"They're not necessarily giving their permission for countless number of students to be filtering in and out of that room and viewing that body. So there's a whole respect issue that we're just trying to tighten up a little bit more and key into."

The faculty members also free themselves of liability by not forcing the students to perform any of the steps of the embalming when their group is called into the lab.

"The range of experience is huge and as a result of that, the comfort level of students is also going to

vary," Caldwell said. "So we are not going to force our students to do anything more than they feel comfortable doing."

He said they are taking this security measure to be proactive as they have not yet had problems with camera phones, no matter how the students respond.

"Certainly some of the students in our program are saying, 'You know what, I don't mind if you frisk me when I'm coming in to make sure that I'm not carrying anything that I could potentially take some pictures with.' Yeah, that would solve that issue but it wouldn't solve the other issues that we are dealing with."

NEWS

Betsy Ross is the only real person to ever have been the head on a Pez dispenser. She sewed the first American flag – www.funny-junk.com.

Miller wants 'city of tomorrow'

Susana Silva
NEWS REPORTER

Students at Humber College are anxious to see what Toronto Mayor David Miller will do to help ease their commuting woes.

Miller, who won a resounding second term as mayor of Canada's biggest city Monday night told Humber students during his campaign tour of the newsroom Tuesday Nov. 2 he wanted to pursue the possibility of a U-Pass.

At that time, Miller said Humber's transit concerns have been ignored.

"The key for people is that you have a reliable service so your bus or streetcar comes every five to seven minutes and you know it's going to be there. And the service is also rapid," he told *Humber Et Cetera* then.

"I was happy about it," Krystal Petty, a part-time student at Lakeshore said about Miller's win. She also said she would have voted for Miller had she lived in Toronto and she was glad the rest of the city agreed with her. "I think he needs to make sure that the U-Pass he promised happens, because I think that was the reason that students voted for him."

About 57 per cent voted for Miller.

After his victory, Miller said although he did what he could to get students involved by visiting college campuses like Humber and Centennial, not all candidates did enough to get students to vote.

"Municipal elections affect people directly in their personal lives," Miller said. He added the way to get students interested is to talk about issues that affect them personally.

"I did my best to address issues that I thought were important to the students. I made two policy announcements and

one was to students about the U-Pass. The problem with getting them involved is that students who live in Toronto don't necessarily 'live' in Toronto. The city as a whole needs to do more [to get them involved]."

Results were in shortly after polling stations closed at 8 p.m. Jane Pitfield received about 32 per cent and Stephen LeDrew about one per cent.

Celebrating at the Steam Whistle Brewery in Toronto, Miller thanked all the candidates who ran for mayor, with mentions to Pitfield and LeDrew, his strongest opponents and Guelph-Humber student Shaun Bruce, who came in ninth place out of a field of 38.

In Miller's speech, he congratulated all the councillors who won and talked about his accomplishments.

"It's a great foundation upon which to build. And build we must," he said, "We can't be satisfied with what we've achieved today. We must build the city of tomorrow."

He went on to talk about his plans for the next four years. He said people should look at the upcoming provincial elections and eventual federal elections as a chance to show politicians that Torontonians want to see change.

"It makes you feel proud and very helpful," Miller said. "[Winning again] is an honour and I hope to be working with all Torontonians."

Nick Navrotski, an advertising and graphic design student said he expected Miller to win, but he did not vote for him.

"He hasn't done anything for me so far, so I think he has to work on doing more to make the students happy," he said. "I think there are many things he should work on."

Miller will begin his new term Jan. 1.



Susana Silva

Guelph-Humber student and mayoralty candidate Shaun Bruce, 22, congratulates Mayor David Miller Monday night. Bruce placed ninth in a field of 38 candidates.

Etobicoke north veteran heads to Ottawa for talks

Adam Mc Lean
NEWS REPORTER

Etobicoke North councillor Suzana Hall's first order of business will be to attend the Federation of Canadian Municipalities in Ottawa from Nov. 22 to Nov. 25.

Hall won her third term representing Etobicoke North, which includes the Humber North Campus, in Monday's election.

"Then I am going to take a week off," Hall said about her plans after the meeting. "I am taking my daughter and my two grandchildren to Cancun, Mexico for some relaxation, and then I can start back to work."

"Our campaign reflects the diversity of Ward 1. Volunteers for this campaign come from all the four corners of the globe."

-Suzan Hall

During Monday's victory celebration, Hall laughed off suggestions she will run for the mayor next time around.

"No, I don't think so," she chuckled. "I like it right here."

Just before 9 p.m. Monday at the Consolata Missionary on Islington Ave., Hall's son Davin announced her win.

"I would just like to announce that my mother has won the election," he said toasting the crowd, which led to an eruption of loud whistles and applause.

Hall took the podium, hugged her son and with arms raised pronounced, "We did it!"

The crowd of supporters represented the diversity of the ward, which Hall described as one of her campaign's greatest assets.

Lakeshore gets its man back

Matt Shilton
NEWS REPORTER

The man who brought a store front police station to the Lakeshore and Islington area has been re-elected as city councillor for Ward 6 – Etobicoke-Lakeshore, which encompasses Humber's Lakeshore campus.

Friends and family celebrated Mark Grimes's victory at Strates Banquet Hall at Kipling and Evans Ave. Monday night.

Grimes, who has served the Etobicoke community for the last three years, is being given another opportunity to shine for the next four years. He defeated runner up Jem Cain by under 3000 votes, taking 42.6 per cent of the votes in the ward.

"We're going to continue on with the plan," Grimes said. "Community safety is a top priority down here. The store front police station was one of my proudest things I've brought to the Lakeshore. We've got a multi-million dollar police college going in which should be complete by 2009."

As far as Humber is concerned, Grimes is proud the school is in his ward.

"Humber College is the centre of our ward. It's just a great place. You couldn't



Matt Shilton

Councillor Mark Grimes celebrates.

ask for a better school to be in the ward."

The area surrounding Humber is and was a big part of Grime's platform. Revitalizing the Lakeshore and the waterfront is one of the top priorities in Ward 6. Grimes wants better shops, better restaurants and more businesses.

"One of the great assets we have is the water," he said. "Not many councillors can boast a waterfront community. I'm very fortunate to have that, so we've got to build on that."

Grimes grew up in the Etobicoke-Lakeshore area and before entering the political scene, operated a logistics business in the community.

Corrections

On Nov. 9 the *Humber Et Cetera* put quote marks in a headline on p. 9. There should not have been quotes.

On Nov. 2 the *Humber Et Cetera* reported half of the Humber Students' Federation budget is spent on salaries. The HSF spends half of the administrative budget on salaries.

We regret the errors.

"Young people are in the condition like permanent intoxication, because youth is sweet and they are growing" Aristotle – www.quotationspage.com.

Police start pedestrian safety initiative



Margaret Murphy

Pedestrians cross at Highway 27 and Humber College Boulevard intersection where Humber student, Andres Maldonado was killed Oct. 29.

Chinese university and college celebrate ten year collaboration

Jen Cialini
SENIOR REPORTER

Humber's VP academic, Michael Hatton, has received a medal in an anniversary celebration of Humber's and Ningbo University's partnership in China.

The collaboration is an international business administration program jointly managed by Humber College and Ningbo University. The program gives Chinese students the opportunity to live and learn in different parts of the world.

"The program is the most successful of its kind in China and in Canada, in terms of the flow of students," Hatton said. "At the end of the second year, students have to apply for a Canadian Visa. We have a 95 per cent acceptance rate for Visas, which is extremely high."

Humber faculty members attended the anniversary celebration in China on Oct. 28, in which they received a medal.

"Ningbo University is so pleased with this program. Because it separates them apart as an institution of China, that at the anniversary celebration they awarded a university medal to three members of Humber College," Hatton said.

The three members were Hatton, founder Frank Franklin, and Diane Simpson, director of Humber's international centre.

A composition of photographs from the ten-year partnership were given to Ningbo's founding President Wu, Dr. Ye Feifan and the dean of the international college.

Hatton gave a speech at the ceremony in which he congratulated them for their determination and hard work.



Courtesy

Michael Hatton, VP Academic, receives award in China.

In his speech he said, "Many people dream, but not all are willing to do the hard work required to make dreams come true. I discovered that these three people were a rare group: dreamers who were committed and capable when it came to turning ideas into reality."

Hatton met with the president and vice president of Ningbo university in 1996 to discuss possible partnerships.

They settled on the Humber-Ningbo program, which they restructured to allow two years of study in China and a final year in Canada.

There are currently 65 students in their final year of the program in Canada and more than 150 in their first year in China.

"Ten years has gone by very quickly. A lot of effort was put into this. Initially, my role was to develop a sustainable design that would have the academic, social, political and economic reality," Hatton said.

Chinese students have good

English skills prior to applying for the program but continue studying English in the first two years.

In the first year of the program, students are taught by Ningbo faculty, but in the second year they are taught by Humber faculty as well to help them get used to Canadian teaching styles. The final year is taught at Humber Lakeshore.

The curriculum is drawn from both the Chinese and Canadian economy to create a balanced understanding of the principles being taught. Case studies are used to enhance learning of both Canadian and Chinese situations.

"The majority of students enrolled in this program have never been outside of their home province in China. The culture shock is considerable. None of them has been as far as Hong Kong. Few would have ever been to Beijing, let alone come to Canada," Hatton said.

Students arrive one month before classes begin to familiarize themselves with the city.

Hatton explained why Humber was interested in partnering with Ningbo University ten years ago. "We found a partner who was keen, flexible and innovative, essentially those are characteristics that mirror Humber College," he said. "It was two institutions in two very different cultures on different sides of the world that shared a desire to be innovative and creative."

Upon completion, students receive a business administration international diploma that may be used in China or to apply to universities in Canada or the United States.

Program begins two weeks after student's death

Margaret Murphy
NEWS REPORTER

During the past week, Toronto Police have been paying special attention to busy intersections and crosswalks in the hopes of saving a few lives.

Two weeks after Humber student Andres Maldonado was killed at Hwy. 27 and Humber College Blvd. in a hit and run, Toronto Police kicked off an initiative called Smart Ped.

Const. Lee Bishop from Traffic Services said it's a safety program that uses education, awareness and enforcement to focus on motorists, intersections and seniors. Police run this program twice a year.

"The programs certainly do help, but they are effective in a short period of time," Bishop said.

"Unfortunately it takes a collision or a death for people to take notice."

Bishop said giving a person a ticket will make them remember what they did wrong the next time they are in the same situation. But it eventually wears off and they forget again. This is why the police run these campaigns.

So far, 52 per cent of traffic deaths this year have been pedestrians struck by vehicles. During

the campaign officers ticketed drivers, cyclists and pedestrians who committed a Traffic Act violation that put pedestrians at risk.

Bishop said motorists feel pedestrians step out in front of their vehicle, where pedestrians feel motorists forget about them.

"Even if pedestrians are in the right, metal beats calcium every time," Bishop said.

According to police reports, Maldonado was crossing Hwy. 27 against a red light when he was struck by a northbound car, then run over by a second car.

The first driver pulled over, but the second driver fled the scene.

"Even if pedestrians are in the right, metal beats calcium every time."

-Lee Bishop
Traffic Services

No charges were laid against the first driver.

Police are still looking for the second driver.

Some students still feel that intersection is too dangerous.

"I think people aren't used to seeing

so many (pedestrians)," said Catherine Castellan, a first-year early childhood education (ECE) student. "It's a school area, so there should be big signs."

Fellow ECE student Michael Burns said he would like to see pedestrian signals that count down how many seconds are left before the light changes. These would help students judge whether they have enough time to cross the four-lane roadway.

That particular intersection does not have the new countdown system yet, but the city is planning on installing the system at all major intersections over the next several years.

Deputy minister tours new digital newsroom and broadcast centre

Meaghan McBride
NEWS REPORTER

Humber's new digital newsroom and broadcast centre is a leader among colleges, says Ontario's deputy minister of Training, Colleges and Universities.

"I've been all around the college system and this is the most advanced, leading edge facility I've seen," Philip Steenkamp said of the newsroom.

The radio station was by far what was most impressive to Steenkamp.

"The fact that Humber even has a radio station is quite amazing. I haven't seen that in many other colleges," he said.

The new newsroom has put

Humber high above many colleges in Ontario when it comes to readying journalism as well as radio and television students for the jobs they will get after graduating.

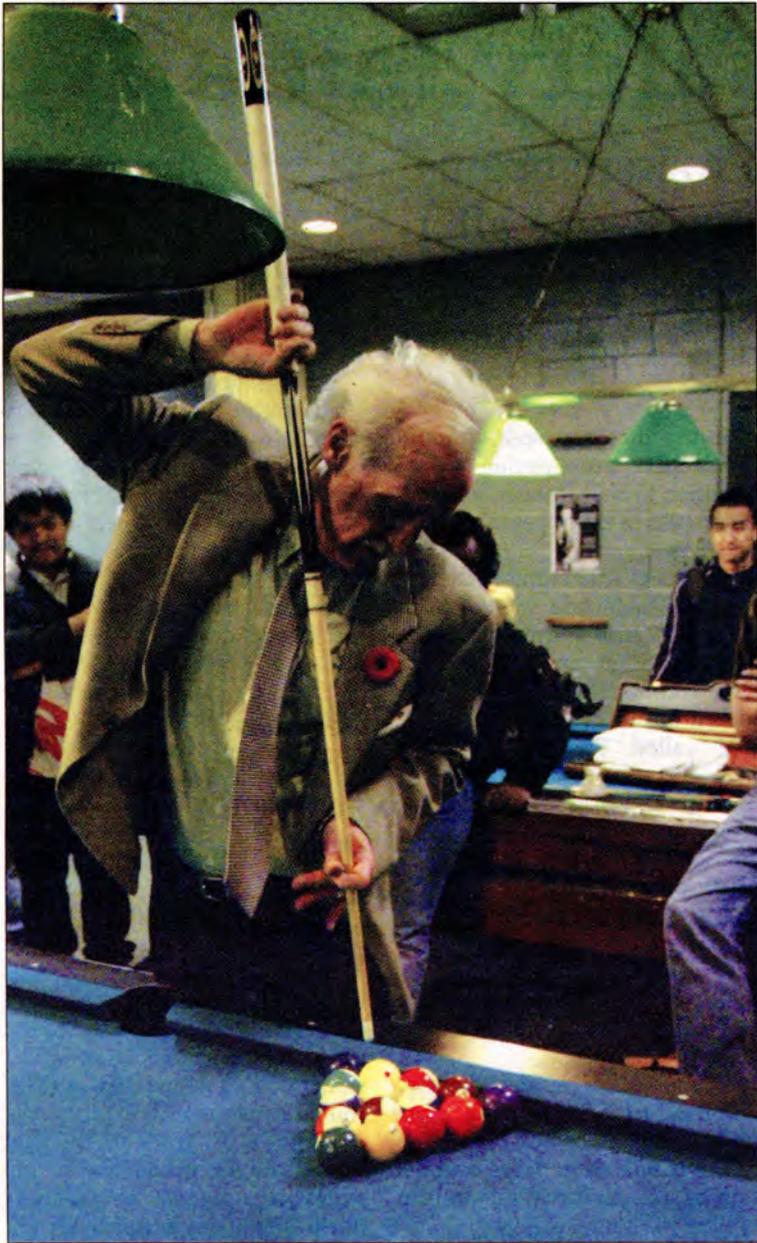
"The technology develops so quickly that you constantly have to run to keep up. I've seen some very good facilities, but I've also seen some which are very dated so I know this will be the envy of some of the colleges in Ontario," he said.

The Minister also met with senior management, union presidents, Humber Students' Federation and Humber's President Robert Gordon.

See photo spread p. 12-13

NEWS

The first car to be imported from Japan was the Datsun in 1958. That year, 83 were sold in North America – www.funnyfact.com.



Pool shark Gerry Watson challenges students at his game. Drew deSouza

“The Ghost” shows his tricks

Drew deSouza
NEWS REPORTER

Three-time Canadian 8- and 9-ball champion, Gerry “the ghost” Watson entertained Humber’s games room crowd on Nov. 8 with jokes and trick shots as he challenged some students.

Watson showcased his world-class pool skills and was humbled by Humber’s own pool players.

Of the five players that he challenged, Watson, a tall, moustached man who always seems to be laughing and making people laugh, beat only two.

He blundered several trick shots but was not dismayed, jokingly blaming both god and the table and adding that failure added to the realism of the show.

“This is going to sound ridiculous,” Watson said with a smile, “but if you want perfection, go to McDonalds. The only problem is it’s going to be a little boring. I try my best and sometimes the table won’t allow me to make the shot.”

Of course, the shots Watson missed and the games he lost were over-shadowed by his skill and

showmanship, which often drew impressed gasps of amazement and applause from the audience.

Yusif Shahnava, a first-year business administration student and pool player said, “It was awesome, something new, something different. Gerry is an amazing pool player, he can do amazing tricks.”

Watson, who tours constantly around colleges and universities throughout Canada, said Humber College topped his list of interesting places he had been to, which included Los Angeles, England and Germany.

“The students are very responsive. They’re ready to have fun. It’s reflective of a good atmosphere on the campus. It’s something I notice, the atmosphere and the intellect,” Watson said.

When the show was over, Watson packed his suitcase full of cues, chalk and prizes and expressed a desire to come back.

“Some campuses, I’m there one time a year. But several – and I’ve got a feeling that Humber is one of them – I come twice.”

“It’s always fun, you can see the students enjoy it,” Watson said.

Rez gets rowdy

Meaghan McBride
NEWS REPORTER

An increase in vandalism and rowdiness throughout the halls of Residence has forced its managers to think about revising the guest policy.

Michael Kopinak, Residence Life manager said when guests are signed in, it greatly increases the amount of people in Residence and therefore increases the probability that things could get out of hand.

“We have a lot of people living here, as well as being signed into Residence, and it becomes difficult to keep track of what every individual is doing,” Kopinak said.

According to a formal letter to all residents warning them of the possible changes, the vandalism and problems included noise and

drinking and damage to some windows, bathrooms and elevators.

Although it is impossible to pin the vandalism and rowdiness on one person, if any person is proven accountable, several consequences could occur.

“Normally, with something like this, it could lead to the eviction of that resident or them having their guest privileges taken away,” Kopinak said.

If one person is not held accountable, the entire floor on which the vandalism occurred will be fined.

The current guest policy says each resident may have two guests at a time, for a maximum of three nights in a row.

If the vandalism continues, however, the number of guests allowed could be reduced to one on

Thursday, Friday and Saturday nights, as well as possibly allowing no guests on certain nights of the week.

Patrick Chartrand, 21, in the electromechanical engineering program, fears the changes could affect his school work. “I sign in guests three or four times during the week. I sign in people from my course so we can all work on projects together,” he said.

Chartrand has noticed a few smashed lights outside rooms and vandalism in the stairwells.

“I hate vandalism. It’s complete disrespect for everyone that lives here,” he said.

Since the release of the formal letter, Kopinak said there have been improvements in behaviour, but it is still too early to tell whether the revised guest policy will be used.

Beer Fridge Bounty will save energy

Kevin Da Rosa
NEWS REPORTER

While the provincial government has taken steps to conserve energy, Humber’s administration is continuing efforts to cut energy usage on campus.

According to Humber Vice-President John Davies, the college has already taken steps to conserve energy, such as installing light sensors in campus rooms that detect movement. When there is no movement, the lights go off.

He said the North Campus is getting its two large, outdated air conditioners replaced by three medium-sized units. The replacement will cost about \$2 million, including the cost of the units and renovations to the facilities where they operate.

“The ability to centrally control heating [and] air conditioning throughout the college is really important from a conservation

point of view,” he said. “But it won’t actually reduce the costs that we put into energy on an annual basis because of the escalating energy costs. But it will, in fact, help us avoid even higher escalating costs in the future.”

The provincial government plans to expand three energy conservation programs. They said it will help people save money and reduce energy consumption.

The three successful programs, Beer Fridge Bounty, Peak Reduction and Summer Savings 10/10, went through trial programs over the summer, according to a government press release from Nov. 3. The release said the programs will be renewed this coming summer.

The Beer Fridge Bounty was created to have old, inefficient refrigerators and other retired appliances recycled instead of being dumped in a landfill site.

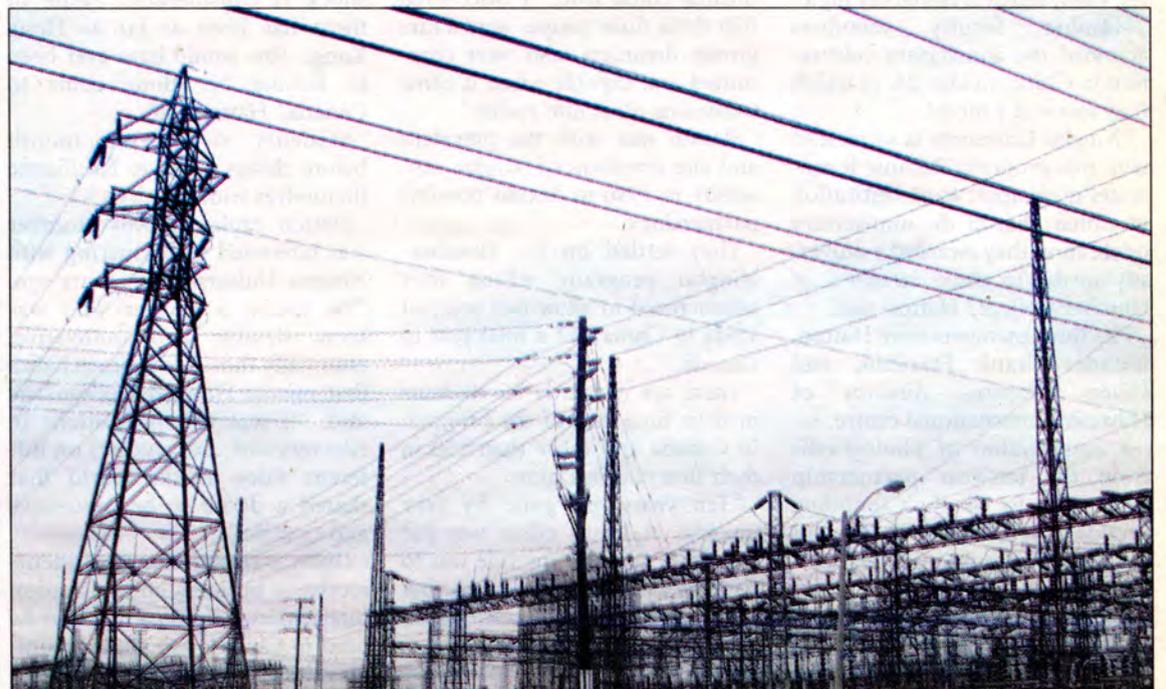
Peak Reduction reduces energy

use during peak hours by getting subscribers to install devices that reduce the use of air conditioners, pool pumps and water heaters for short periods when energy supply is stretched.

The Summer Savings 10/10 program offers an economic incentive to homeowners and small businesses to reduce energy use by 10 per cent by giving an equal per cent rebate on energy bills.

“Anything to help the environment I think is great,” said bachelor of nursing student Natalie Costa, 25. She said she would look into the Peak Reduction program if she owned a house. She also thought the Summer Savings program is a good idea so everyone can have equal usage of electricity and to avoid blackouts.

Davies added that Humber leads the way in lobbying the provincial government to fund energy conservation programs in Ontario colleges.



The transformer station on Kipling Ave. south, close to Kipling subway station. Kevin Da Rosa

Tourists visiting Iceland should know that tipping at a restaurant is considered an insult – www.funnyfact.com.

Wayward deer crashes through Harvey's

Margaret Murphy
NEWS REPORTER

Employees from Harvey's were stunned when a deer crashed into the restaurant at the North Campus last Friday.

The deer stumbled into Humber through a shipping and receiving door attached to the restaurant at about 8:40 a.m.

"I was cooking on the grill and I

heard sounds. It was a deer," said Moraima Fuentes, a Harvey's employee. "I started screaming, and it was clear that [he] was trying to get out so I just stepped back." At the time Fuentes was the only employee behind the counter as another worker was in a different location in the restaurant.

Fuentes said the deer ran into the seating area, where it charged toward the windows and got stuck.

"It's absolutely bizarre. How he got here we have no idea."

— Gary Jeanes,
Director of public safety

It then ran towards a customer, who jumped out of the way. The deer crashed right through the window and ran.

"He just scared us," Fuentes said. The Director of Public Safety, Gary Jeanes, said, "It's absolutely bizarre. How he got here we have no idea."

Fuentes said they sometimes leave the shipping door open a little bit.

The only damage was the broken window which was replaced that afternoon.

"There are a lot of deer and

wildlife in the valley by the school, but the poor little guy must have been frightened," Jeanes said.

He also said there was some blood left behind, indicating the deer was wounded.

Security called police to notify them that there was an injured deer in the area. There was no further investigation by the Toronto Police and the deer has not been seen since the incident.



Alex McCuaig

This year's winners of the annual Rudder Rally on Lake Ontario, Indy Singh and Cheryl Hewitt.

All aboard, commodore

Alex McCuaig
SPECIAL TO ET CETERA

The largest sailing and powerboat program in eastern Canada has a new commodore. Klaus Myer has been elected to take over from Peter Lowes as the head of Humber College's Sailing Centre and Club.

The program has been a part of Humber's continuing education curriculum since 1972, offering courses in navigation, radio operations and bi-weekly racing for members of the sailing club and students.

Located at Humber Park West on the shore of Lake Ontario, the sailing center has a two-story clubhouse built in 2001.

The faculty has boats ranging in size from 12-metre pleasure crafts to 7-metre racing vessels and four powerboats.

"It's the best kept secret in Toronto," said Lowes who is stepping down after five years at the helm. "It's a wonderful way of getting practical experience in sailing."

This was Lowes' second stint as commodore. He saw the membership of the club rise to 225 members from 60.

"At the end of the day people are out on the lake having fun."

— Scott Hughs,
sailing instructor

"It's believed to be the largest keel-boat facility in Canada," Lowes said, who will continue as an instructor.

"It's a great opportunity to learn how to sail," Myer said, an instructor since 2001, adding he "really enjoys the teaching aspect of the job."

While Myer has officially been the commodore since September, the ceremonial transfer of the position occurred last Saturday at the annual awards dinner.

The year-end event was held at the Mimico Cruising Club.

The dinner also saw the Rudder Plaque presented to club members Indy Singh and Cheryl Hewitt who won the annual Rudder Rally on Lake Ontario.

Championship racing trophies were also presented to instructor Sil Salvaterra and club member Susan Bianco.

"At the end of the day," said Scott Hughs, who has been an instructor since 1986, "people are out on the lake having fun."

What happened to peacekeeping?

Sofia Gallo
NEWS REPORTER

Canada has abandoned UN peacekeeping, says Steven Staples, author of *Round One: Missile Defense* who spoke at Metro Hall last Wednesday.

A recent report, "Marching Orders," released by the Council of Canadians shows that Canada has abandoned peacekeeping and has instead given support to military missions in Afghanistan, during a time when UN peacekeeping is on the rise, said Staples, a member of the council.

His goal is to create awareness of his findings and hopes to make Canada, in the next five years, part of the top 10 global military contributors for the UN.

He said that according to a recent poll, "59 per cent of Canadians believe that we are taking on a mission we cannot win."

"Our money should be going towards human life, not dehumanization."

— Jackie Hernandez,
hospitality student

Jesse Nicol, a tourism student said, "It's interesting how they (Canadian government) waste money on war when it's not our problem."

Staples said there is a growing disquiet among Canadians who clearly support Canadian troops around the world, but have a problem with the current mission in Afghanistan.

Staples spoke to the crowd of a common sentiment that "nobody does UN peacekeeping these days, so Canada doesn't need to contribute to UN troops anymore."

Jackie Hernandez, a hospitality student said, "Our money should be going towards human life, not dehumanization."

Staples presented a few charts by Professor Walter Dorn, from the Canadian Forces College.

One chart showed Canada's monetary contribution to the UN peacekeepers in 1992-1993 and "out of every \$10 spent on UN land missions, \$9.37 went to peacekeeping" he said.

But in 2004-2005, only 31 cents out of every \$10 went to the UN peacekeeping.

With the current military spending in Afghanistan of \$1.6 billion and only \$6 million going to UN peacekeeping, Staples said to the crowd "it's Canada that has abandoned UN peacekeeping."

Staples said there is a growing belief among Canadians that "Canada spends too little money on defense, as much as Luxembourg."

But, according to a review done by NATO, military spending in 2004 ranked Canada seventh out of 26 nations.

Staples continued by saying that just over \$20 billion will be used by Canada towards military defense in the coming years, "that's 36.2 per cent higher than at the end of the Cold War," Staples continued.

"Dollar per dollar, Canada is the 15th highest military spender in the world," he said.

He also showed a photo published on the front page of the *Ottawa Citizen* of a Canadian soldier sleeping with a kitten.

Staples said the media is playing on the idea that "Canada is at war in Afghanistan to help the poor, send girls to school and maybe even save kittens."

But, according to him "Canada took part of the 2001 invasion to assist U.S.'s war on terrorism and to carry favor on the Bush Administration."

He then presented a speech by President George W. Bush after 9/11. It was an "important speech in which he issued a challenge not just to his enemies, but also to his allies, like Canada, 'either you are with us or with the enemies,'" Staples said.

EDITORIAL

The idea of an election is much more interesting to me than the election itself ... The act of voting is in itself the defining moment – Jeff Melvoin, author.

Don't snooze away final term

The final weeks of first term are fast approaching and staying focused towards the end of the semester can be challenging. Plans for the holidays start to materialize and winter employment becomes crucial to pay for tuition and gifts. Employers will seek more commitment from employees as preparation for the holiday rush begins.

Around this time, after mid-term marks are revealed, students will either make a concerned effort to step up heading into the final half of the semester or choose to coast the rest of the way. The truth is, the second half of the semester is the most important. Slacking off at this time can leave students scrambling when final exams come around. Dates for final exams are known well in advance but students still manage to get caught off guard. The hardest exams are usually ones worth 40 to 50 per cent, leaving many students relying on the final to boost grades. Those exams should receive the most attention and proper organization can help while looking ahead to goals for the rest of the semester.

Stuffing loose papers into bags, or grabbing different notebooks for the same class because they're close at hand means it's time to regroup and reorganize.

The one binder that holds all six subjects will only add to the chaos when trying to find specific notes.

According to Suite101.com, carrying a different binder for every class, or one that has separate sections is essential. Another idea is to take notes in one notebook and at the end of each day rewrite them in a separate binder. This takes more time, but is a great study skill because it allows for reading, writing, and hopefully summarizing of all that was important during the class.

Important lectures and assignments follow mid-term exams and are designed to prepare students for finals but some choose to blow off late semester classes.

Harsh winter mornings make it more appealing to hit snooze several times, remain in bed and forget about the 8 a.m. class. Students feel they have more time to complete assignments and improve grades than they actually do resulting in all-night studying and lack of sleep. A good sleeping schedule will help avoid exhaustion and will help when studying long hours.

The weeks between mid-term and finals are vital to reflect on the first half of the year and determine areas where improvement can be made. Staying focused and determined after mid-term will produce the desired results when final grades are issued.

Miller's victory not a big surprise

At 8:01 p.m. Monday night David Miller was re-elected as Toronto's mayor. The polls closed at eight.

It took exactly one minute of counting votes for City TV to realize that Miller's closest competition, Jane Pitfield, was actually no competition at all.

And while 29 candidates finished behind Guelph Humber student Shaun Bruce, who managed to finish ninth in the mayoral race, the biggest losers in this week's elections were the people of Toronto.

Miller received 56 per cent of the vote in the mayoral race, seemingly securing victory and a mandate without breaking a sweat.

Still, the question remains, was the wide margin of victory enjoyed by Miller indicative of a strong race by the mayor, or was the lopsided win the product of a weak field?

In 2003 Miller secured a sizeable victory in the mayoral race, taking 43 per cent of the votes. But that win came against as many as five legitimate candidates, including Ontario's current opposition leader John Tory, and former Toronto mayor Barbara Hall.

What's more, there was never a time in the weeks leading up to the election where Miller's victory seemed imminent. The mayoral race was always in doubt right up until election night, when the mayoral race morphed into a two-way struggle between Miller and Tory.

The people rallied around Miller because they believed in his politics. He was the only one of the five frontrunners who opposed expanding the island airport by building a fixed bridge, an election issue that caught fire amongst the city's voters. Miller's victory in 2003 was accompanied by a sense of optimism and hope for the city.

In 2006, Miller's victory was never in doubt. Despite what Stephen Le Drew would have the electorate believe, there were only two front running candidates this time around, and an argument can be made that there was only one.

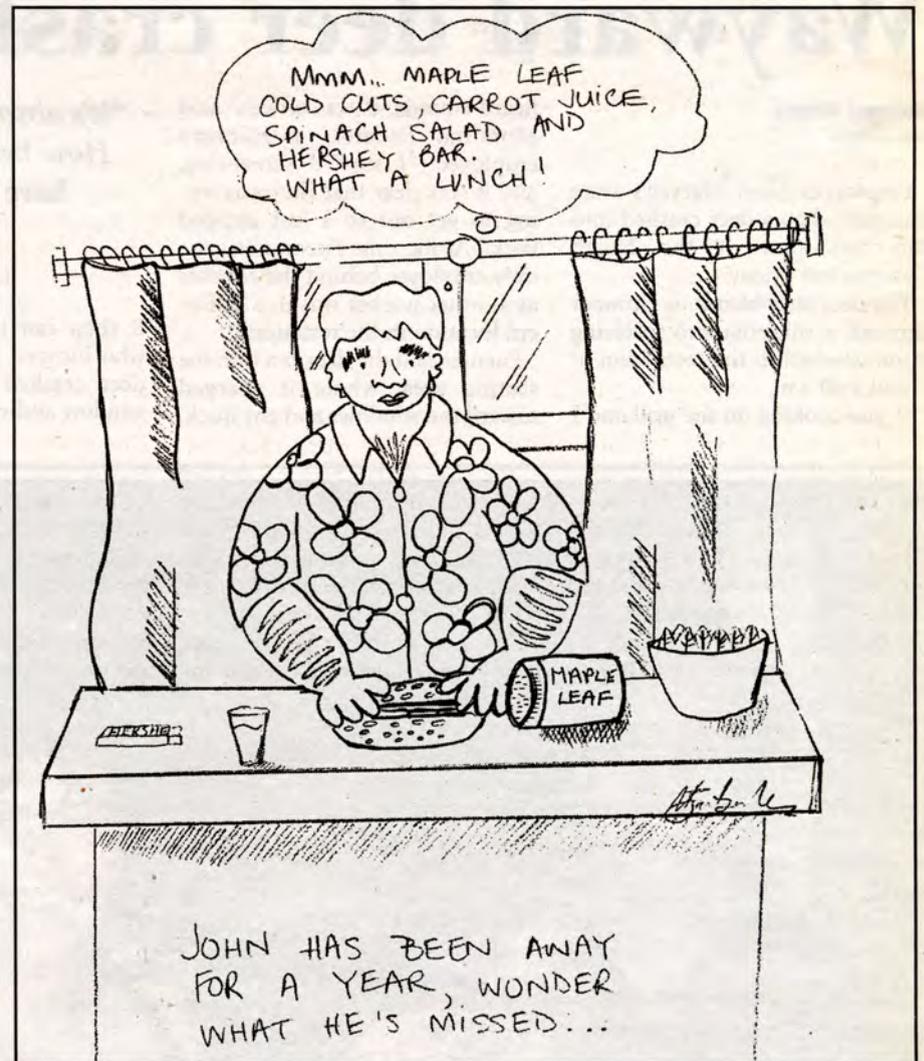
No one ever really believed that Jane Pitfield was going to be the next mayor of Toronto.

The lack of competition undoubtedly had an impact.

Less than 25 per cent of Torontonians voted this time around, with the number of total voters dropping by over 100,000 people when compared to 2003.

There is no sense of optimism, no public discourse, no hot election issue to capture the attention of disinterested voters.

Instead Toronto now has an incumbent mayor who remains popular, but is not as inspiring as he used to be, a city that continues to grow, but with no real direction, and an island airport with no fixed bridge, but daily flights to Ottawa.



Omed Tahir,
22, hospitality management

"Now when I eat I think about it."



Hailey Kean,
21, film and television

"I'll probably stay away from Hersheys for awhile."



Arriane Fian,
22, media foundation

"I don't eat chocolate, but I'm more aware of the problem now."



Thomas Crelier,
20, business administration

"Not in the slightest. Everybody dies anyways."

Word on the Street

Are you worried about food contamination?

HUMBER ET CETERA

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On Feb. 9, 2003 a baby boy was born weighing 24 pounds 8 ounces. At six months the boy weighed a whopping 130 pounds – www.weeklyworldnews.com.

Flu is least of my worries



Erica Shupe
PHOTO EDITOR

It's that time of year again and this year stores aren't alone with their advertising. The government is doing some of their own as well.

With flu season approaching, the government will be asking people to get their flu shot with a flood of media campaigns and free clinics. Like every year though, I plan to be truant on flu shot day.

There are probably some people reading this who are gasping at my total disregard for my health and the health of others. That's okay. I'm used to the government brow-beating me over the same thing.

I'm one of those people. The ones the government likes to portray as having no consideration for those around them because I won't get my shot. Everyone has seen the commercials each year, various people ranging from young to old, mothers to doctors, talking about how they got the flu shot because they don't want to get the flu from you.

I have my reasons for not getting the flu shot and no, they don't include not liking needles (who does?).

Since the government has offered the program, I haven't once got the flu. My problem is the amount of information people are given prior

to rolling up their sleeve.

The most common side effects, also listed on the Health Canada website include soreness at the injection site, fever, fatigue and muscle aches.

The site also notes that some people develop "oculo-respiratory syndrome" after the shot, which causes symptoms similar to a cold. These are the effects most people are suffering from when they say that the flu shot gave them the flu. If they had researched the shot or been told by public health, they would know about these effects. In most cases, symptoms and side effects are mild and disappear within 48 hours.

However, there's a risk of more serious side effects like Guillain-Barré syndrome (GBS) that the government and local health authorities rarely address until you are sitting in a chair with your sleeve rolled up.

GBS causes paralysis. It is usually temporary, but can be permanent, according to the Health Canada website and the National Institute of Neurological Disorders and Stroke.

Symptoms can last from only a few days to years. A friend of mine got GBS. Her symptoms started as what looked like a gastral intestinal virus and resulted in the paralysis of her digestive system. Her doctors diagnosed her with GBS and linked it to her only time getting the flu shot.

Though rare, GBS is still a risk I feel like people should know about before they sit down to "stop the spread" and get their shot.

According to a Statistics Canada report released in May 2006, 35 per cent of Ontarians get the flu shot – well above the national average of 28 per cent. With the amount of public health boards across Ontario toting the shot as more of a responsibility than a choice, no wonder Ontario's average is so high.

Even walking into town hall one night this week, there was a poster saying anyone above six-months-old should get their shot. Humber even has its own "Stop the Spread" campaign, encouraging students to get their shot.

Yet, if you go on any government website, it mentions only specific groups should get the shot; the elderly, children at the pre-school age level, health care workers and those with immune system deficiencies. That doesn't include college students.

It is true that some groups of people should get the shot, because the benefits outweigh the risks, but for a normal, healthy student it's probably not worth it.

While the flu can make some people sick, so can the shot. So before sitting down and getting your yearly dose, make sure you do your research because the government ad campaigns aren't going to tell you anything.



Video game players of the past.

Video games can be active



Agata Waliczek
LIFE EDITOR

Canada is growing.

And it's not just our population that is growing but our waistlines as well.

A recent study by Statistics Canada found that while fewer Canadians are gaining weight, those who are tend to gain more weight than they used to. But, overall the rate of weight gain is slowing down, a Nov. 2006 study states.

Citypulse News has questioned what could be causing the weight gain and suggests that unhealthy habits, such as mindless eating in our busy lifestyles are to blame.

Are we forgetting something?

What about our technology?

In this tech-savvy world we live in today, everything seems to get done at a click of a button on our computers. You can buy just about anything and everything online – CDs, books, clothes and even food. You can find your news online, find the TV guide online and even watch shows online. Why ever get off the computer when it's all there on your screen?

Technology is enhancing everyday and supposedly making our lives easier. Sure, it may be making things easier but easier isn't always better. Kids are unhealthy. Young adults are lazy. I remember my childhood and how my summer days were spent outside playing one sport or another, riding my bike, rollerblading, playing tag or hide and seek with my neighbours. Where are all the kids now? Everyone seems to be hiding

indoors and on their computers or their PlayStations.

Technology hasn't always been negative for us though. As Canadians have become increasingly aware of our obesity issue, programs have been created to help fight this battle. Programs are being put in place for children to get fit. More games are being created which require movement.

A fine example of this is Dance Dance Revolution (DDR), a game that requires stepping on arrows on a platform. As the arrows appear on the screen you step on them on the platform. This requires you to move around and believe it or not, break a sweat. It doesn't need to be that difficult though to get children and adults to be more active.

It's as simple as taking the stairs, instead of the elevator, enjoying the weather outside (it may not be the best at this time of the year but it's still refreshing) instead of sitting inside on the computer all day.

Not only does being active help you feel better, it protects you from serious health risks. According to Health Canada, health risks of physical inactivity include heart disease, high blood pressure, adult-onset diabetes (Type 2 diabetes), osteoporosis, stroke, depression, colon cancer and even premature death and disability.

Technology enhancements aren't going to stop but our bodies will if we continue our unhealthy lifestyles. We're becoming living maggots, rotting away as life passes us by. But we're not aware of it; we're too busy on our computers.

High octane Iverson takes over



Stephen Leithwood
SPORTS EDITOR

The most electric player in the NBA is a 31-year-old from Virginia.

Entering his 11th season with the Philadelphia 76ers, Allen Iverson, bounces around the court like nobody's business.

Nicknamed "The Answer," the All-Star point guard is considered to be one of the greatest guards of his generation.

He can be seen nightly cutting through defenses like butter with his high-octane speed and trademark crossover dribble.

An average of 30 points a game, he currently leads all guards with 178 points in only six games.

Iverson showed some guts in the second game of the season, scoring the winning basket on a running eight-foot bank shot with two seconds left to play. He put up 39 points that night against the Orlando Magic.

It was of no surprise this past summer, when the tattooed veteran was the subject of trade rumors. He's had a love-hate relationship with the Sixers for as long

as anyone can remember.

The outspoken Iverson is often late to games and practices, thus clashing with management. The team has had four coaches in the past five years.

Iverson famously addressed the issue of his attendance record at a press conference after an early first round exit from the playoffs in 2002.

"I'm supposed to be the franchise player and we're in here talking about practice. I mean listen, we're talking about practice. We're talking about practice. Not a game that I go out there and die for, and play every game like it's my last," he said. "I know I'm supposed to be there. I know I'm supposed to lead by example. I know it's important. I honestly do. But we're talking about practice, man."

The next day former coach Larry Brown wittingly responded.

"He said practice more times than he's actually practiced."

The club ultimately decided to keep their prolific scorer even though it means no wiggle room for the salary cap.

On the court, the Sixers can't afford to lose an offensive weapon like Iverson.

The talented guard has led the NBA in scoring four times and

chases legendary all-time leader Michael Jordan with an average of 28 points per game throughout his career. So, it can't be a shock to hear Iverson has made over \$96 million playing basketball.

The team lacks sufficient depth. Shooting guard Andre Iguodala is a great defender but isn't enough to replace the scoring methods Iverson brings to the table.

Drafted first overall in 1996, "The Answer" made an immediate impact that could be felt throughout Philadelphia. Fan interest exploded and ticket sales improved at the box office.

The tattooed veteran really isn't as selfish as his critics make him out to be. With 51 assists already, he's out to prove them wrong.

And as a point guard, there's naturally going to be some turnovers because the position demands passing the ball.

Iverson can't stand sitting on the bench. He's playing roughly 40 minutes a game.

Observing Iverson play, it could be a sign of age that he wears a black compression sleeve on his arm because of tendonitis in his right elbow, but right now this 31-year-old isn't slowing down for anyone.

NEWS

On this date in 1380, the French King, Charles VI declared no taxes for ever – www.brainyhistory.com.

School snacks not affected by recall

Josh Stern
NEWS REPORTER

Humber students who have a sweet tooth need not worry – none of the recalled Hershey chocolate was found on campus.

"As soon as we saw it on CityTv, we pulled the list and checked the bars and there weren't any [contaminated chocolates] found," said Debby Martin, the manager at the Humber Bookstore.

On Nov. 12, Hershey Canada and the Canadian Food Inspection Agency sent a warning telling consumers that certain popular chocolate bars, such as Reese Peanut Butter Cups, Oh Henry and Glosettes may have been contaminated with salmonella.

According to Hershey Consumer Relations representative, Tracie Calvarum, salmonella was found at an Ontario Hershey plant, and as a precaution Hershey voluntarily recalled all the chocolate bars and baking goods that were released between Oct. 15 and Nov. 10.

According to Don Henriques, general manager of Food Services, all the bars at any location run by Food Services have also been checked.

Martin explained the chocolate bars are sent out months in advance, so none of the affected chocolate ever made it to the Humber stores.

While the products in Humber stores were dealt with quickly, the bars in the vending machines were of some concern because an exter-

nal company runs the machines.

When he found out about the recall, Derek Maharaj, associate director of Ancillary Services, contacted the company and said that all the bars in question have since been pulled.

"That was done as of [Monday] when they learned about it," Maharaj said, "and they are providing me with written confirmation ... sending a letter to the effect that they have done so."

He explained that every Tuesday and Thursday a representative from the company comes to restock the machines. "Today [Tuesday] would have been the D-day to make that judgment."

Maharaj did not know if any contaminated bars were found in the machines.

Fortunately, the recall does not affect any products in Halloween or Christmas packaging.

In order to identify a possibly contaminated bar, consumers should look at the date code printed on the back of each bar. Calvarum said consumers should avoid products with date codes 6417 to 6455.

While this incident is definitely of concern, Calvarum said consumers should not be too worried. "Obviously salmonella is a huge concern to the public, but there have been no cases that we know of so far of people being affected by salmonella poisoning from Hershey chocolates," she said.

"It is very probable that none of the chocolates have in fact been contaminated, however, Hershey has pulled these products off the shelf simply as a precaution."

Concerned customers can go to www.inspection.gc.ca for more information and a complete list of affected products.



Chocolate at Humber has been declared safe to buy and eat. Josh Stern

Orangeville programs announced

Christine Teskey
NEWS REPORTER

Humber's new Orangeville campus will welcome its first group of students next September. They will be studying police foundations, business administration or business management.

The three full-time programs were chosen based on a survey of Grades 10-12 students at eight high schools in the Orangeville area, said Joe Andrews, the director of community relations for the new campus.

"The survey was designed to give us an idea of what their general post-secondary education would be," Andrews said.

The three programs were the top three choices requested by students, he said. The next two choices were interior decorating and applied technology, which might be considered for 2008.

The two-year police foundations program will provide the skills to

work as law enforcement officers or with law enforcement agencies.

The three-year business administration program will deal with careers in management, finance, human resources and marketing.

Business management, also a three-year program, will explore the Canadian business world and look at running a business.

"The campus design is proposed to be built in three phases," Andrews said.

Construction on the first phase will start in early 2007 and be ready by summer 2008. This includes a temporary building that will hold up to 500 students when the school opens next fall.

"Humber has allocated \$10 million for the first phase," Andrews said.

Phase two and three will be completed around 2011 and 2012, including a residence for up to 400 students.

The completed campus will hold more than 2,000 students.

Andrews said the location will also feature an arboretum surrounding the campus and an amphitheatre.

"This is a regional campus that will be servicing the area northwest of Toronto that in fact doesn't really have an educational representation. That's why it's a really vital opportunity for Humber," he said.

Ruth Phillips, the co-ordinator of the Orangeville and Area Small Business Enterprise Centre, that provides guidance to small businesses, said the arrival of the new campus is a good thing. "It will provide a variety of post-secondary opportunities to a growing community."

Marful Carr, 19, a second-semester business management student at North campus said "It's a good opportunity for those who don't live near Toronto." He lives in Toronto, but thinks it would be good for others so they wouldn't have to travel so far.



Nick Kyonka

The restaurant is staffed and run by Humber students.

All welcome at Humber Room

Liz Balsom
NEWS REPORTER

A recent survey done by the Humber Room showed many students were not aware they could dine there.

"One of the challenges we face here is that a lot of students think they can't go to the Humber Room," said Richard Pitteway, food & beverage manager at the Humber Room. "They think it's just for administration, or that it's too high priced for the actual average student. It really isn't. We do encourage and we do want students to come here."

The survey was to determine whether the student population knows about the restaurant, and how many of them actually go to the restaurant.

"What we're trying to do is to increase the number of students," Pitteway said.

Every semester, the Humber Room updates its menu so that everything listed is brand new. The menu currently offers such choices as crab cakes, soups or salads to start, followed by plates of pasta, fish or chicken.

One culinary student said changing the menu would attract more customers, but there may be challenges that come along with doing so.

"I think more [people] would come, but you would have to get a stable clientele if you change the menu so often. People won't like that because it might not be as good as before," said Coulson Armstrong, a second-year culinary management student.

The Humber Room is the same

price as a lot of the other food outlets located around the college. To further awareness of the restaurant, Pitteway plans to include the marketing students in this job.

"We're planning on trying to get the marketing class to actually do marketing in the actual college," he said. "[We want to take] the marketing class and get them out there and try to get the information across to more students so that they can come to the Humber Room."

The restaurant, which seats 120 people, is a classroom when in operation. There are two different classes going on at the same time.

"There's a culinary class in the kitchen, and the front of house is hospitality management," Pitteway said. "So the students are running both the

front and the back of the house and doing every operation from dishwashing, to host, to cooking and everything in between."

Pitteway added the Humber Room was a great choice for students who are in programs that require a student to be able to take future clients or co-workers to lunch.

"We're a casual fine dining restaurant and the advantage, for the people let's say in the business program, is they get an experience to get the idea of going to a casual fine dining restaurant without having the pressure of being out in a really heavy duty restaurant," he said.

The Humber Room is open to the public and its hours of operation are for lunch, Monday to Friday from 11:45 a.m. until 1:15 p.m., and dinner only on Wednesday evenings from 6:15 until 7:45 p.m.

In 2002, it was estimated that 96 per cent of girls are illiterate in Afghanistan, and 60 per cent of boys – www.observer.co.uk.

Maj.-Gen. defends Afghan mission

Melissa Candelaria
NEWS REPORTER

Canada's involvement in Afghanistan is the country's duty to NATO, a major-general told a Humber audience this week.

Major-General J. Ivan Fenton spoke to students from the general education program and faculty last Thursday in the Seventh Semester Room at Humber's North Campus.

Fenton, of the NATO military committee, lectured on his reasons why Canadian troops are in Afghanistan.

"I want to give you some context for why we're there, what Canadian troops are doing there and why the troops serving there feel it's the right thing to do," Fenton said.

Melanie Chaparian, humanities and general education program co-ordinator said the presentation is one example of how Humber wants more interesting voices of Canada in the public today.

"We tended to have a perspective of a critical view of the military and [Fenton] is here to bring a dif-

ferent perspective," Chaparian said.

According to Fenton, when terrorists from the government of Afghanistan attacked the United States on 9/11, NATO publicly declared it was an attack on the rest of the nation members, as described in article five of NATO's charter, "An attack on any one of us is an attack on all of us."

"The United States lead a coalition which removed the Taliban government and that coalition continues to operate in Afghanistan, continues to seek out the remnants of the Al Qaeda organization," he said.

Fenton said NATO recognized not only the type of government in Afghanistan, which was a threat to peace, security and stability, but that Afghanistan is in a tough part of the world. Nations surround Afghanistan that either have nuclear weapons or say they will have nuclear weapons.

Afghanistan suffered years of war against the Soviet Union, a civil war and finally suffered under the Taliban rule, which Fenton described as a perverted applica-

tion of the Koran to its citizens.

NATO took over the leadership of the International Security Assistance Force in 2003, first in Kabul, the capital of Afghanistan. Fenton said it was essential to start in Kabul because it is the centre of the economy.



Melissa Candelaria

NATO Major-General Fenton.

He said there are about 60 countries working in collaboration and partnership to help the government of Afghanistan.

For the first time in its history,

Afghanistan has an elected president and parliament. About one-third of parliament is women.

"If you know anything about the history of the Taliban government, you would know that it a radical, radical shift," he said.

Canada has a small team of advisors working in Kabul called the Strategic Assistance team. Fenton said this team is giving advice to 'the brand new type of Afghan' called the Civil Service to improve their country and serve their people.

General arts student Melanie Johnston, 25, said she came for information on NATO.

"[I wanted] to know what Canada's position is in Afghanistan, so it was nice to hear about that."

Letoya Christmas, 22, also a general arts student said she came to the presentation to learn, "generally what NATO's role is on the wars and the conflicts in the world especially in current events."

Fenton said coming to Humber was important to show students that Afghanistan wants national security and most Muslims want women to have an education. Six

million children are in school and Fenton said two million of those children are girls.

"It takes a lot of courage to be a student, especially a female student in Afghanistan," he said.

Fenton has a message for Canadian students. "I would say I hope you take away the power you have as a voter. Your elected leaders ... are the true leaders of our country. Almost every single one of them go into that thankless job, not for power or glory and certainly not for money, but trying to serve their country."

Fenton also said traveling and learning more than one language will be an excellent resource for students who want to know and understand more about the world.

"If you are a native of Canada then you probably have no idea how blessed you are. If you've come from another country you may know very well how blessed you are," he said. "I hope you take that and from that I hope you recognize the value of education ... Any type of education you take will teach you more about other people."



Introduction to Reason (PPFT 001)

This **workshop** explores all the main aspects of music making in Propellorheads' Reason software. Learn how to set up a Reason song and **input your own musical ideas**, work with a variety of **virtual synths and samplers and effects**, and create a polished mix of your music.

Introduction to Reason (PPFT 001)

When: Nov. 13, 20, 27, Dec. 4
7 PM - 10 PM

Where: Humber North Campus
205 Humber College Blvd.
Toronto, Ontario

Cost: \$150

To register or for more information contact:

416.675.6622 ext. 4508

Seating is limited. Register early.



HUMBER

School of Media Studies
& Information Technology

THE AGE OF REASON

LIFE

A matchmaking cruise for millionaires is due to set sail from China later this month. It requires passengers to be "good-looking and desirable" – *Ananova*.

Men worry about their bodies too

Kelly Chatsick
LIFE REPORTER

Women aren't the only ones suffering from lowered self esteem as a result of glamorous media images, men are feeling the effects as well.

According to a recent study by psychologist Deborah Schooler and L. Monique Ward of the University of Michigan, men often feel bad about themselves after viewing certain images of other men on television. Schooler said people begin to perceive what they see as a reality.

The study also showed students who watch more television than average are more uncomfortable with their bodies.

Although men do face body image issues, they are not as talked about or even seen as common as female body image concerns.

"We are bombarded by hundreds of messages daily, telling us that we cannot be happy unless we have the perfect body," said Jennifer Carter, a psychologist at the Ohio State University Sports

Medicine Center. "Women have begun learning how to ignore or challenge these messages, but men may not have learned these skills because there is such secrecy about negative male body image."

Women have been concerned for years about how they are portrayed in advertisements and how it can have a negative effect on their self esteem. However, men are beginning to notice that the way they are portrayed can lower their self esteem as well.

I don't think guys look at bodybuilder magazines and think those guys have normal bodies.

- Adam Campbell

Adam Campbell, sports and nutrition editor at *Men's Health Magazine*, said although people are shown certain images of men in the media, they should not see

this as the norm but rather, as a positive.

"If anything, it raises awareness about our bodies, and for most of us that's a good thing" said Campbell. "I don't think guys look at bodybuilder magazines and think those guys have normal bodies."

"Most would rather look like Brad Pitt in *Fight Club* – very lean and defined, but given that most guys are overweight, it's not a bad thing to aspire to, as long as it doesn't become an obsession"

Robert Taverner, a 23-year-old business student, said media images can have an effect on how men feel.

"You see a lot of really fit guys on billboards and stuff and it kind of makes you wish you looked like that," he said. "But it is really no different from girls. They have it a lot worse."

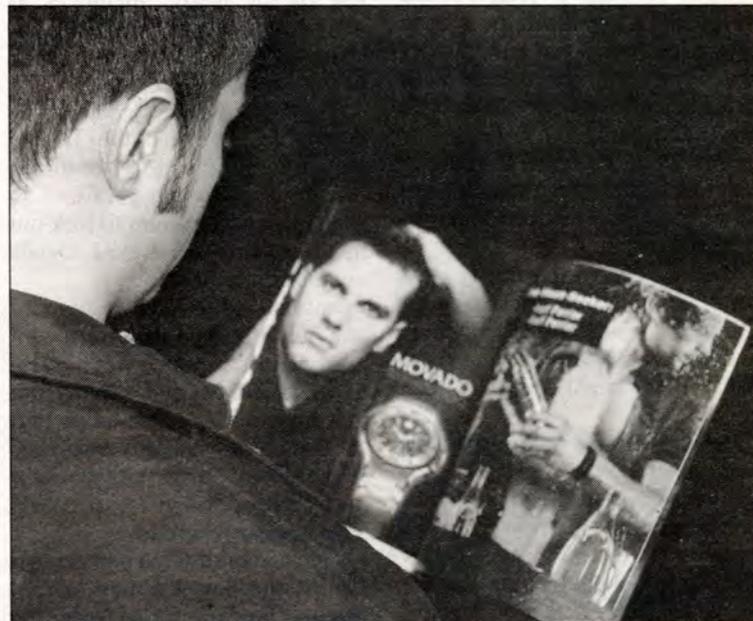
Although women are affected by body image issues which can sometimes lead to eating disorders, men can also face the same drastic outcomes. However, Carter said it is not as common.

Muscle Dysmorphia is a body image disorder characterized by endless hours in the gym, restrictive dietary habits, and supplement and steroid use said Carter.

It can also be referred to as

reverse anorexia.

"Men can also suffer from anorexia or bulimia; about one out of every ten people in treatment for eating disorders is male," she said.



Nick Kyonka

People are often unaware that men worry about body image.

THREADS personal style on campus



Megan Oquias, 20, film and television production.

"I do a lot of thrift shopping. I guess if I see anything on TV I like, I try to tweak it and make it my own."

Her shirt is from Value Village, while everything else but the shoes came from Black Market Clothes on Queen Street West.



Greg Darwin, 19, computer programming.

Greg's fashion look of leather jacket, t-shirt and jeans is inspired by the music he listens to.

Media vs. Condoms

Teens follow TV's lead when it comes to safe sex

Cristina Cesario
LIFE REPORTER

Media messages are discouraging young adults from using condoms, a survey says.

According to a study out of London, England that surveys men and women under 25, social expectations created by TV shows have a greater influence on sexual behaviour than any campaign.

The study also reveals that most young women feel pressured into sexual acts, with or without protection.

Some also feel that carrying condoms gives them a trashy reputation, while some beg to differ.

"I think a woman who doesn't insist on using a condom is dirty, condoms should be used without thinking before marriage," said Peter Clegg, 21, of the electrical apprentice program.

Mike Haymes, the co-ordinator for *sexual-ityandyou.ca*, an interactive website that acts as a "travelers' guide" to sexual health said, "Condoms, like any form (of protection) are not 100 per cent effective. But despite that, using condoms is far less risky than unprotected sex."

"People today know that," Haymes said, "because of things like the internet, television and advertising."

"Media and safe sex have a 'do as I say, not as I do' relationship – they tell young men and woman to practice safe sex, but you never see examples of safe sex or abstinence being desirable."

"I don't think today's media has a negative influence, but there is no influence for my generation," Wray said. "During a passionate sex scene on TV, nobody ever whips out a condom

before they get it on – they (TV shows) makes it seem like it spoils the mood. That's more of a message than any ad for condom use."

Television shows with heavy sexual content such as *Sex and the City*, *Friends* and *The OC* promote sexual activity and rarely show consequences to a lack of protection.

"Advertising has been carefully developed, and is for the most part in good taste."

"It usually targets young adults who choose to delay childbearing until a more appropriate time in their lives. The STI factor is often unmentioned and that should also be a focus in ads," Haymes said.

Some think that, media aside, people are in charge of their own sexual activity.

"I am not influenced by it (the media) because in the end they can't make up your mind for you. The media only makes you aware of what's available and it's up to you to use it," Clegg said.

The use of a condom plays a role in preventing pregnancy and sexually transmitted infections (STIs), formally known as diseases (STDs).

"Personally I feel condoms are a great method to prevent STDs, for birth control, not so much," said Birchmount Park secondary school student Alexandra Wray, 18.

"The best thing about (the condom) is their accessibility," Haymes said.

"You can buy a box at the drugstore or you can grab them for free at your nearest clinic."

"They come in all sizes and varieties, so people can experiment to find out which ones are the best and make safer sex more enjoyable. The reason this is common knowledge today is because of all the media exposure."

Humber's Health Center offers free condoms to students all year.

LIFE

A matchmaking cruise for millionaires is due to set sail from China later this month. It requires passengers to be "good-looking and desirable" – *Ananova*.

Men worry about their bodies too

Kelly Chatsick
LIFE REPORTER

Women aren't the only ones suffering from lowered self esteem as a result of glamorous media images, men are feeling the effects as well.

According to a recent study by psychologist Deborah Schooler and L. Monique Ward of the University of Michigan, men often feel bad about themselves after viewing certain images of other men on television. Schooler said people begin to perceive what they see as a reality.

The study also showed students who watch more television than average are more uncomfortable with their bodies.

Although men do face body image issues, they are not as talked about or even seen as common as female body image concerns.

"We are bombarded by hundreds of messages daily, telling us that we cannot be happy unless we have the perfect body," said Jennifer Carter, a psychologist at the Ohio State University Sports

Medicine Center. "Women have begun learning how to ignore or challenge these messages, but men may not have learned these skills because there is such secrecy about negative male body image."

Women have been concerned for years about how they are portrayed in advertisements and how it can have a negative effect on their self esteem. However, men are beginning to notice that the way they are portrayed can lower their self esteem as well.

I don't think guys look at bodybuilder magazines and think those guys have normal bodies.

- Adam Campbell

Adam Campbell, sports and nutrition editor at *Men's Health Magazine*, said although people are shown certain images of men in the media, they should not see

this as the norm but rather, as a positive.

"If anything, it raises awareness about our bodies, and for most of us that's a good thing" said Campbell. "I don't think guys look at bodybuilder magazines and think those guys have normal bodies."

"Most would rather look like Brad Pitt in *Fight Club* – very lean and defined, but given that most guys are overweight, it's not a bad thing to aspire to, as long as it doesn't become an obsession"

Robert Taverner, a 23-year-old business student, said media images can have an effect on how men feel.

"You see a lot of really fit guys on billboards and stuff and it kind of makes you wish you looked like that," he said. "But it is really no different from girls. They have it a lot worse."

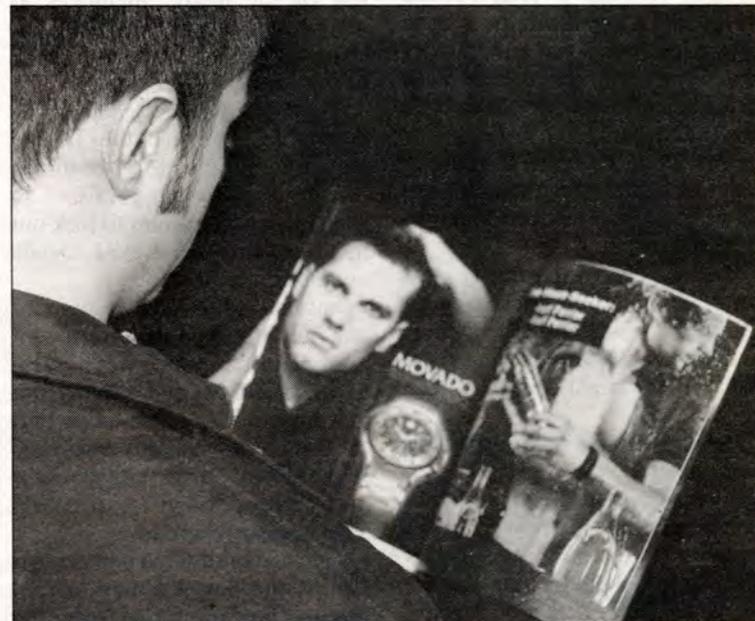
Although women are affected by body image issues which can sometimes lead to eating disorders, men can also face the same drastic outcomes. However, Carter said it is not as common.

Muscle Dysmorphia is a body image disorder characterized by endless hours in the gym, restrictive dietary habits, and supplement and steroid use said Carter.

It can also be referred to as

reverse anorexia.

"Men can also suffer from anorexia or bulimia; about one out of every ten people in treatment for eating disorders is male," she said.



Nick Kyonka

People are often unaware that men worry about body image.

THREADS personal style on campus



Megan Oquias, 20, film and television production.

"I do a lot of thrift shopping. I guess if I see anything on TV I like, I try to tweak it and make it my own."

Her shirt is from Value Village, while everything else but the shoes came from Black Market Clothes on Queen Street West.



Greg Darwin, 19, computer programming.

Greg's fashion look of leather jacket, t-shirt and jeans is inspired by the music he listens to.

Media vs. Condoms

Teens follow TV's lead when it comes to safe sex

Cristina Cesario
LIFE REPORTER

Media messages are discouraging young adults from using condoms, a survey says.

According to a study out of London, England that surveys men and women under 25, social expectations created by TV shows have a greater influence on sexual behaviour than any campaign.

The study also reveals that most young women feel pressured into sexual acts, with or without protection.

Some also feel that carrying condoms gives them a trashy reputation, while some beg to differ.

"I think a woman who doesn't insist on using a condom is dirty, condoms should be used without thinking before marriage," said Peter Clegg, 21, of the electrical apprentice program.

Mike Haymes, the co-ordinator for *sexual-ityandyou.ca*, an interactive website that acts as a "travelers' guide" to sexual health said, "Condoms, like any form (of protection) are not 100 per cent effective. But despite that, using condoms is far less risky than unprotected sex."

"People today know that," Haymes said, "because of things like the internet, television and advertising."

"Media and safe sex have a 'do as I say, not as I do' relationship – they tell young men and woman to practice safe sex, but you never see examples of safe sex or abstinence being desirable."

"I don't think today's media has a negative influence, but there is no influence for my generation," Wray said. "During a passionate sex scene on TV, nobody ever whips out a condom

before they get it on – they (TV shows) makes it seem like it spoils the mood. That's more of a message than any ad for condom use."

Television shows with heavy sexual content such as *Sex and the City*, *Friends* and *The OC* promote sexual activity and rarely show consequences to a lack of protection.

"Advertising has been carefully developed, and is for the most part in good taste."

"It usually targets young adults who choose to delay childbearing until a more appropriate time in their lives. The STI factor is often unmentioned and that should also be a focus in ads," Haymes said.

Some think that, media aside, people are in charge of their own sexual activity.

"I am not influenced by it (the media) because in the end they can't make up your mind for you. The media only makes you aware of what's available and it's up to you to use it," Clegg said.

The use of a condom plays a role in preventing pregnancy and sexually transmitted infections (STIs), formally known as diseases (STDs).

"Personally I feel condoms are a great method to prevent STDs, for birth control, not so much," said Birchmount Park secondary school student Alexandra Wray, 18.

"The best thing about (the condom) is their accessibility," Haymes said.

"You can buy a box at the drugstore or you can grab them for free at your nearest clinic."

"They come in all sizes and varieties, so people can experiment to find out which ones are the best and make safer sex more enjoyable. The reason this is common knowledge today is because of all the media exposure."

Humber's Health Center offers free condoms to students all year.

A man arrested for "overt sexual activity" with his girlfriend on an airliner was lying with his head on her lap because he wasn't feeling well – *Associated Press.*



Erica Shupe

Bartenders say students often get drunk between classes.

Drinking away morning blues

Jesse Kinosh-Goodin
SPECIAL TO ET-CETERA

Jimmy La, a bartender at CAPS, has just served four rum and cokes, two vodkas, one pitcher of beer and a Tom Collins within five minutes. It's 11:30 a.m. on a Tuesday.

"At first, it surprised me how early people drank, but not anymore," La said. "It's normal here. They don't really come here to party during the day, just to drink and socialize between classes."

Early drinking isn't uncommon at Humber's campus pub, which offers drink specials beginning at 11 a.m.

"Wednesdays are the busiest," said Dan Dabek, doorman at CAPS. "There's always people in there drinking."

Alcohol abuse is a problem on campus, according to Health Services at Humber.

"Unfortunately we won't be able to focus on alcohol until next year," said Carole Gionet, manager of Health Services. "Our current focus is sexual health and we're just too short staffed to deal with both right now."

Leanne Henwood-Adam, fitness co-ordinator and nutritionist for Humber, defines the difference between social hour and

time for alarm. "If someone is drinking excessively during the day on a regular basis, I would say it's cause for alarm. There's an issue," she said.

The key is moderation, she said.

"With some people, once they start drinking they just keep going to the point of throwing up, blacking out or doing something they regret."

CAPS isn't without its problems concerning early drinkers, said Dabek.

"We've had to throw people out during the day. Someone threw up in the bathroom," he said. "It's happened twice since the beginning of the school year."

Henwood-Adam said it's important to ask why.

"It's a real problem if they're drinking to help them get through something, whether it be a personal relationship, stress with school or a problem at home, then turning to alcohol as an escape," said Henwood-Adam. "That's not healthy."

La offers another reason to explain the high volume of early customers.

"No homework, nothing else to do – some people just like to drink."

It's a real problem if they're drinking to help them get through something.

- Leanne Henwood-Adam

Knowing limits pays off

Students who learn when to stop can avoid hangovers

Laura Finney
LIFE REPORTER

Partying students learn the consequences of a big night out after waking up for class feeling groggy and nauseated, but the cure doesn't always come easily.

"The results of drinking are going to produce symptoms similar to dehydration – headache, dry mouth, tiredness. Direct irritation of the stomach lining can result in feeling nausea," said Humber nursing student Erika Kukucska.

Aside from the personal pain and discomfort, hangovers can be an economic burden.

The Costs of Substance Abuse in Canada 2002, a study released by the Canadian Centre for Substance Abuse (CCSA), revealed that hangovers and alcohol consumptions have an impact on health care costs, criminal justice costs and productivity loss.

Kukucska's advice to avoid hangovers is simple.

"All I can say is know your limit. Prevention is the key. If you don't drink as much in the first place, you won't need to worry about the hangover."

But sometimes this advice is washed away.

According to Health Canada, over 40 per cent of Canadians aged 20-24 reported heavy monthly alcohol use between December 2003 and April 2004.

"Heavy drinking monthly alcohol use" is classified by Health Canada as having five drinks or more on a single occasion for men, and four drinks or more on a single occasion for women at least once a month.

"I know I shouldn't drink as much," university student Shannon Taggart said. "But I am in school and there are a lot of parties."

It seems for every drinker, there is a different hangover cure.

Taggart starts her rough mornings with coffee.

Registered nurse Paula Conning advised against this. "Caffeine is also dehydrating so you should drink a lot of decaffeinated fluids."

Some people drink alcohol in the morning.

"It (alcohol) sounds like a bad idea if you are trying to get the toxins out of your system," Conning said.

Conning and Kukucska agree the best cures for a hangover are rest, food, water and sometimes a



Laura Finney

Hangovers can cause nausea and headaches.

painkiller (such as Advil or Tylenol or any other painkiller which has ibuprofen or acetaminophen), but they also cautioned about mixing medications with alcohol.

Not everyone takes advice like Conning's and Kukucska.

Long time pub owner and self proclaimed "Hospitality Doctor," Max Hitchins published a handbook entitled *Handy Hints for Hangovers* in 2006.

In the handbook are a number of unique hangover remedies he gathered from around the world.

Some of the cures include getting naked (Australia), eating pickled sheep eyes (Outer Mongolia) and having sex (France).

In Haiti, there is a tradition of sticking 13 black-headed pins into the cork of the alcohol bottle.

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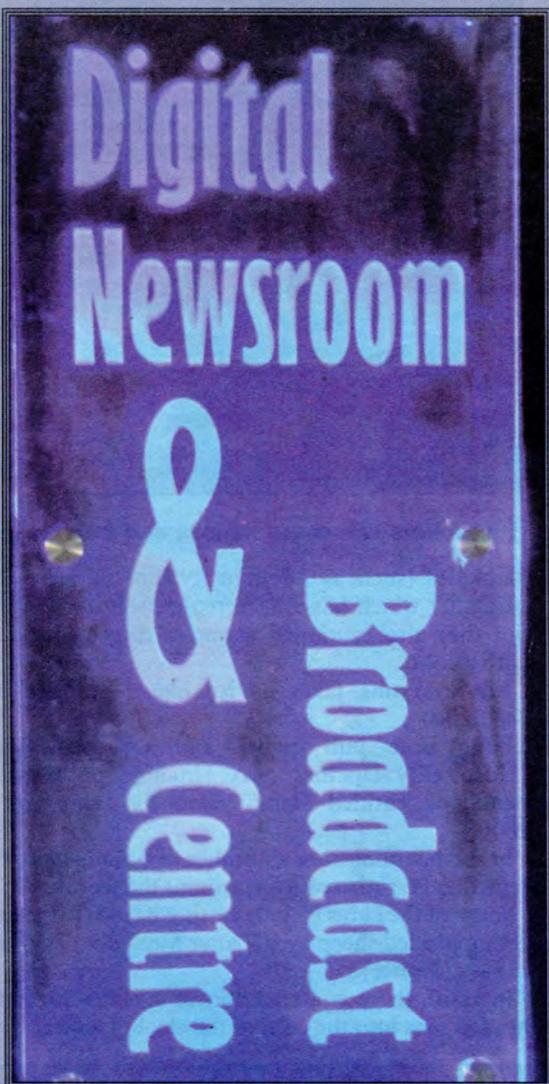
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SPECIAL

Coca-Cola was the first soft drink to be consumed in outer space— www.hookedonfacts.com.

Checking out t



General education program co-ordinator John Elias looks at Humber's six different magazine publications.

Jackson Hayes
INFOCUS REPORTER
Matt Shilton
NEWS REPORTER

Humber unveiled its state-of-the-art executives and corporate support. Representatives from Sony, Apple, Humber faculty and students turn students have been using the newsroom last night marked the official opening that houses the newspaper and production studios. "The new centre has been described as the best installed some of the equipment as a training centre in Canada," said William L. Studies and Information Technology. The newsroom, officially known as the Broadcast Centre, took six years to



Newsroom architects Philip Hastings and Valerie Gow with Humber facilities manager, Richard Barak.



Les Lum, project manager of Humber's digital newsroom.

All photos by Nick Kyonka

Nearly 22,000 checks will be deducted from the wrong account over the next hour.- www.hookedonfacts.com.

the new digs

state-of-the-art newsroom to roughly 60 industry supporters last night. Sony, Apple, Precision Camera Inc., as well as students turned out for the reception. Although the newsroom since the start of the semester, the official opening of the \$2-million digital newsroom newspaper and magazine and radio and television. Each of those projects is very custom tailored for the particular program," said firm co-founder Phillip Hastings. "I believe this is the new vision of journalism."

The newsroom boasts 24 new G5 Macintosh computers, 12 new Dell Precision 380's and three Sony flat screen televisions. The newsroom is equipped with four professional television news cameras and a variety of technical newsroom tools that CTV Toronto and former Humber journalism student Karlene Nation said is on par with the equipment CTV is using.

"I would have given my eye teeth for the opportunity the students have at Humber at this particular time," Nation said about the new facilities. "What you students are being trained on now will put you in good stead when you graduate."

Sony Canada executive Fred Fox said, "If I were starting again, because I wanted a career in TV production, I would want to come to Humber."

The newsroom is set to keep Humber at the forefront of journalism and broadcasting education for years to come.

tion was held to thank the people who made it possible. "It gives us a chance to thank the donors," said Humber president Robert (Squee) Gordon. "We can't do this alone. This may handle about four programs, but we've got about 180 more and they all need money. Unless we go case by case and get industry connections and get support with donations or really deep discounts, it's tough."

Gow Hastings Architects, which designed the newsroom, is the same company that designed the Student Federation Amphitheatre, the Canadian Plastics training centre and the culinary program's demonstration kitchen.

Gow Hastings is working on the design of the music studios at the Lakeshore campus.

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Third-year journalism student Maryann Simson shows CTV's Karlene Nation around the television studio.



Product manager of Sony Canada, set up all of the electronics in the new newsroom and broadcast centre.



Sony Canada executive Fred Fox with student volunteer Jaimie Kehler in one of the newsroom's studios.

U.S. President George W. Bush and infamous Playboy founder Hugh Hefner are cousins – www.hookedonfacts.com.



Black tea cuts levels of the stress-causing hormone cortisol. Gavin Young

Drinking black tea can reduce stress

Gavin Young
LIFE REPORTER

Humber students who are feeling the pressures of college life can now look to a new tool to fight stress – a good old-fashioned cup of tea.

Scientists from the University College of London have found evidence that black tea can cut levels of the stress-causing hormone, cortisol, circulating in the blood. In a study that looked at black tea, not the green or herbal counterparts, 75 male, regular tea drinkers were split into two groups. Each person stopped drinking coffee, tea and any other caffeinated beverage. Then one group was given a fruit-flavoured tea mixture made up of the ingredients of an average cup

of black tea. The other group was given a caffeinated beverage identical in taste, but devoid of the active tea ingredients.

Both groups were subjected to challenging tasks, while their cortisol, blood pressure, blood platelet (which promotes blood clotting) and self-rated levels of stress were measured.

The tasks triggered substantial increases in blood pressure, heart rate and subjective stress ratings in both of the groups.

Fifty minutes after the task, cortisol levels had dropped by an average of 47 per cent in the tea-drinking group compared with 27 per cent in the fake tea group, according to the study.

While the scientific findings are limited, some students agree.

“There’s nothing like a nice tea at the end of the day,” said Nick Beal, 19, a health sciences student. “I like to drink a black tea with a little sugar. It helps me calm down for some reason. Like, I can just relax and forget about everything when I’m sitting down with a cup of tea.”

Beal, who balances a hectic schedule of school, working, and competitive sports says tea is the ideal drink at any time.

“It warms you up when you’re cold, cools you off when you’re hot, helps put you to sleep or wakes you up. It’s so much better than drinking a coffee or a coke or something like that.”

“I can just relax and forget about everything when I’m sitting down with a cup of tea.”

– Nick Beal
Health sciences student



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- Money Maker (Pharrell Chorus) – Ludacris (feat Pharrell)
- My Love – Justin Timberlake
- Push It – Rick Ross
- Sexy Back – Justin Timberlake
- Shortie Like Mine – Bow Wow
- Smack That – Akon

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PHONES REDEFINED

Nicole Mitskopoulis, a health sciences student, likes the affects tea has on her.

“I like tea at the end of the day. It doesn't give me the same buzz that coffee does, but at the end of the day it's very soothing,” she said. “I mostly just stick to Earl Grey, but I like green tea too. A nice, hot tea with a cookie or something just melts the stress away... I find it very relaxing.”

Due to gravitational effects, you weigh slightly less when the moon is directly overhead – www.hookedonfacts.com.

Cutting the fat not so easy

Sera Ozel
LIFE REPORTER

While the federal government is trying to eliminate artery-clogging trans fats from the Canadian diet, it admits it can't eliminate all of them.

The problem is foods with fewer than 0.2 grams of trans fats can be labelled as "trans fat free," Health Canada notes.

"Some of the trans fats occur naturally (in such things as meat and milk), so you can't eliminate all of them," said Paul Duchesne of Health Canada.

Such healthy-sounding products as veggie burgers and Eggo waffles contain trans fats.

"I know what trans fats are and I know why they are bad for you, I just don't understand why they used them at all," said Erika Kukucska, fourth-year nursing student.

Duchesne said Health Canada has a task force that recommended a bill

in the making to fight the trans fats.

The bill is waiting to be passed by the minister.

"The purpose was to look at how trans fats can be eliminated in Canadian food," he said.

Since last December, nutrition labels have specified whether the product contains saturated or trans fats.

"Trans fats have to be labelled on pre-packaged food, it's mandatory," Duchesne said.

Kukucska said she believes nutrition labels are good.

"I like to know everything about what I'm eating, I don't want to eat things with

trans fats, it's gross to think about," she said.

Trans fatty have no nutritional value, according to Health Canada.

"I don't believe it was known when they started using it," Duchesne said.

"It's a cooking oil and when they started to see that there was a negative side to it, they started to eliminate it."

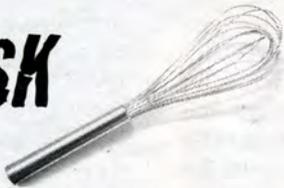
Trans fatty acids are hydrogenated vegetable oils that raise cholesterol levels and help extend shelf life.



Sera Ozel

Food products, such as milk, have trans fats which occur naturally and can't be eliminated.

WHISK



BOLD RECIPES BY HUMBER'S CULINARY ARTS STUDENTS

TUNA CASSEROLE

Chef: Devin Davis

Ingredients:

- 2 170 g. cans light chunk tuna
- 1 284 ml. can cream of mushroom soup
- 1 900 g. bag pasta (penne or fusili work best as they hold the chunks best)
- Salt and pepper.
- Hot sauce.

How To:

1. Fill a large pot 3/4 with cold water and a teaspoon of salt then bring to boil.
2. Add noodles and let boil for ten minutes or desired tenderness. Make sure to stir occasionally to prevent noodles from sticking to pot.
3. Drain water and add tuna and mushroom soup. Mix together.
4. Add salt, pepper and hot sauce as desired.

Approx. Cost: \$5.

Approx. Cooking Time: 15-20 minutes.

Serves: 4-8.



A taste of Taiwan at Humber

Wendy Coates
LIFE REPORTER

Taiwan exchange students will give Humber a taste of Taiwan in a banquet being held to educate Humber students and faculty about Taiwanese culture and cuisine.

A New Year Celebration will showcase art and traditional dishes from Taiwan.

The eight Taiwan exchange students hosting the event are in their first semester in the hospitality and tourism program.

Humber's partnership with Kaohsiung Hospitality College in Taiwan includes faculty exchanges and an abundance of students attending Humber.

Kaohsiung has over 4,000 students and many of them look to Canada's education opportunities to create diversity in their program.

"We would like to show how the culture of Taiwan is different from other Asian cultures," said Adrian Chen, a first-year Humber hospitality exchange student.

Chen completed university in Taiwan but came to Canada to learn differences in hospitality that he can share with other students when he returns home.

Dr. Sally Yu is the exchange professor teaching the course. She teaches event planning, like holding this banquet and an accounting class.



Wendy Coates

Taiwan exchange students are holding an event which will give Humber students a look and taste of the Taiwanese culture.

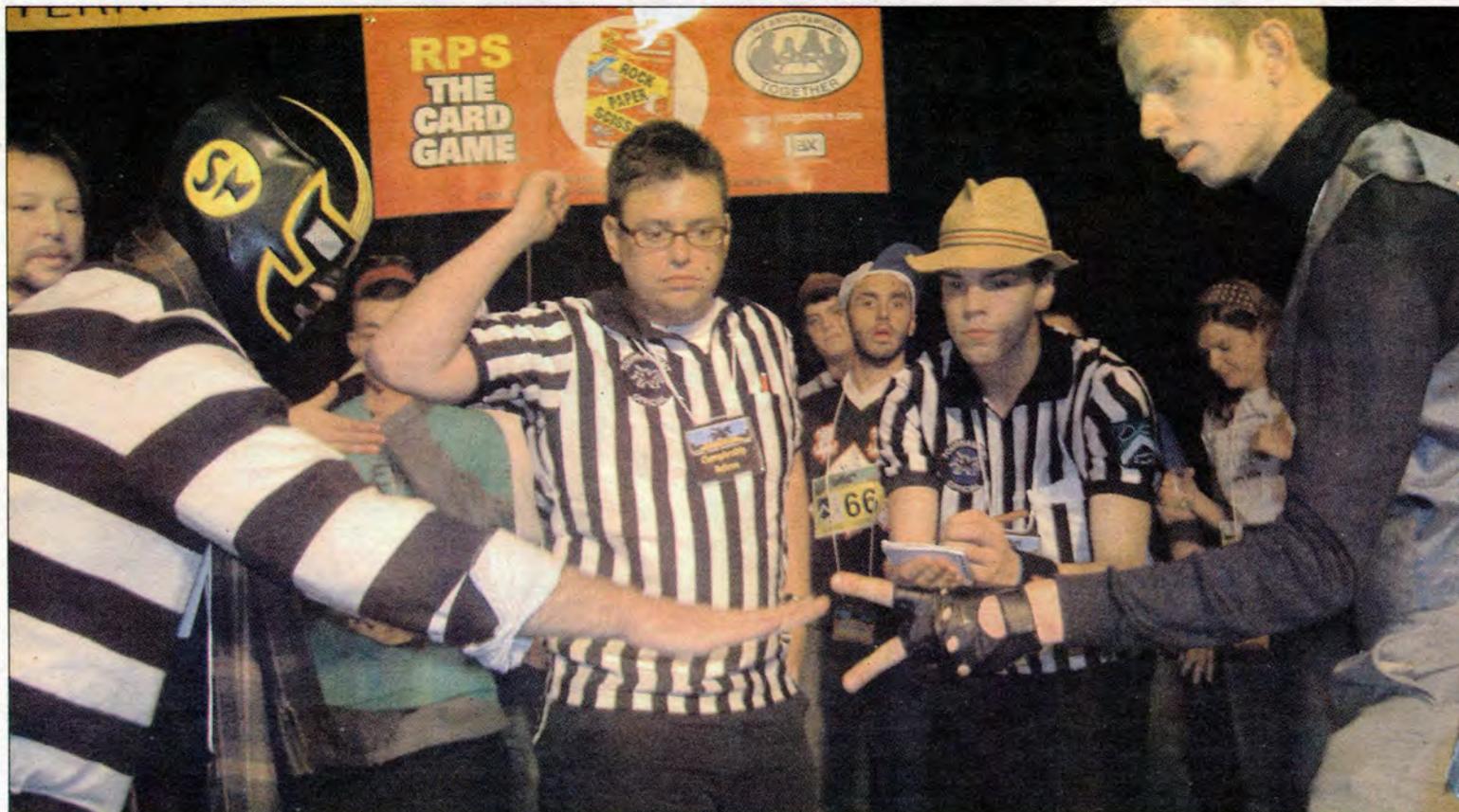
"We want Humber College students to participate to see how well the exchange program works for both colleges," Dr. Yu said.

"We would like to show how the culture of Taiwan is different from other Asian cultures."

Jimmy C. Yung, president of Kaohsiung Hospitality College, will be speaking at the event along with Alistair Mathieson, dean of hospitality, recreation and tourism and Cynthia Malagerio, HSF president.

Tea and toys from the students' childhood will be displayed. During dinner, a PowerPoint presentation on Taiwan will be shown. All in attendance will participate in a raffle draw of their tickets for prizes. All proceeds from the raffle will go to charity. The banquet will be held Nov. 30 at 6 p.m. in the Humber Room. Tickets are \$30. Contact Pat Cuda for reservations and ticket purchases at 416-675-6622 ext. 5497.

Rocker Ted Nugent had manufacturers at Quicksilver Guitars create a custom guitar with a gun holster in back. It holds a 32 Caliber Derringer pistol – CP24.



Anthony Vasquez-Peddie

New Zealand national RPS champion Matthew "The Fist of Steel" Martin (right) competes on stage as part of the final sixteen.

Rock! Paper! \$10,000!

Toronto holds fifth annual world championship tournament

Anthony Vasquez-Peddie
ENTERTAINMENT REPORTER

Over 500 combatants from around the world met in Toronto on Saturday to battle for who could throw the hardest rock, the strongest paper and the sharpest scissors.

The 2006 International World Rock Paper Scissors (RPS) Championships saw over 20,000 RPS matches and hundreds of teams (including such gems as Rock, Paper, Shocker and Team Bukkake) compete over a five-hour period.

Players from across Canada, the United States, Ireland, England, France, Norway, New Zealand, Australia and dozens of other nations met at the Steam Whistle Brewery to vie for a share of the \$10,000 prize pool.

"For one night, you can be a professional athlete," said tournament director Graham Walker. "Everybody knows that they can do it, but they just don't know if they have the ability to take themselves to the final podium."

Only one warrior survived in the end and was crowned the World Champion.

Bob Cooper of London, England vanquished his final opponent with a so-called gambit move called the "scissor sandwich" (scissors, rock, scissors). His win took the title away from Canada for the first time in the competition's five-year history.

"Strategy. Cold, cunning strategy," is how Cooper explained his

victory. "And lots of hard work."

Runner-up Bryan "The Saint" Bennett of New Jersey congratulated Cooper.

"England's always a strong competitor. They're absolutely great people. I feel good about the loss," he said. "He was just a better player in the end. He deserved it."

Handing out an international title requires strict and universal regulations. In 2002, the World RPS Society (WRPS) standardized a rule set for competitive play.

"When you're giving away a world championship title, you've got to make sure that it's done fair," Walker said. "You've got to make sure that everyone's playing with the same rules."

**"It's a beautiful thing,
Rock Paper Scissors . . .
There's a winner, there's
a loser, and no one can
be upset about it."**

B.J. Nibert,
RPS competitor

Official WRPS referees oversaw each elimination match. Each referee was trained to make sure they were up to snuff on the rules and were prompted to watch out for cheaters. According to the WRPS rulebook, throws of "dynamite" and "vertical paper" (as opposed to horizontal) are grounds for immediate disqualification.

"It's the major tournament of the year," said senior referee Rob Fox. "You have to make sure your offi-

cial are very qualified to be refereeing."

Aside from being a global battlefield, the event also served as an opportunity for players to socialize with other RPS fans from around the world.

"You don't have to know English, Spanish, German, French, Japanese," said Charles Robert Simmons II of Pennsylvania. "Everybody knows Rock Paper Scissors, so you can communicate on that level."

The WRPS sanctioned the tournament. The organization devotes itself toward promoting the use of RPS as a tool for peaceful conflict resolution.

"You know what you threw and he knows what he threw, and that's it. It's over from there," said B. J. Nibert of Washington D. C. "You can't dispute that. It's a beautiful thing, Rock Paper Scissors . . . There's a winner, there's a loser, and no one can be upset about it."

RPS has played a role in many a childhood. While some may scoff at the idea of RPS as a professional sport, others embrace it.

"I just heard there was a game at a bar and thought, shit, I've been playing this since I was five years old," said New Zealand national RPS champion Matthew "Fist of Steel" Martin, speaking of his first tournament. "I just went to the bar, played and ended up winning. And here I am."

The attraction people have to the fringe sport is undeniable.

"This is one of the funniest

things I've ever heard of, that people actually took this seriously," said Steve Bissett of Michigan. "It turned out being a lot of fun and the actual connections you make with people are amazing and it's turned out to be a great experience overall."

The most appealing part about RPS may be that it is the ultimate equalizer.

"It's so absurd and bizarre and it's fun," said Joe Giordano of New Jersey. "No one here takes it too seriously. Everyone's friendly. It's not like people are competitive or people get in fights and stuff. You're here to have fun."

Anybody can play and anybody can win. The rules are simple and the results indisputable. The beauty of RPS lies in its civility.

"When you play RPS, you're usually playing it for something, and you have to abide by that outcome," Walker said. "It's very fair."

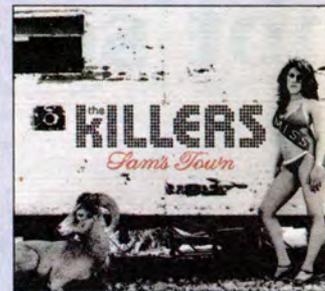
Go to www.worldrps.com for more info on RPS strategies and upcoming tournaments.



Courtesy

Regulation pre-throw position.

REVIEW



Courtesy

The Killers Sam's Town

Tricia Esposito
ENTERTAINMENT REPORTER

The boys in the Killers have ditched their smudged eyeliner and neo-new wave melodies in favour of a scruffy, rougher look to mark the release of their high-energy sophomore album, *Sam's Town*.

With this record, the band seems to be testing how far it can go to adopt a brand new sound and separate itself from like bands.

By far the best track to showcase the new direction is the hooky, metaphor-laden first single, *When You Were Young*. But tracks like *For Reasons Unknown*, a song about falling out of love, and *Bones*, a song about convincing someone to give in to temptation, could easily be mistaken for tracks off the band's 2004 smash release, *Hot Fuss*.

Bling (*Confessions of a King*) is one of the most theatrical songs on the record and will have some mistaking front man, Brandon Flowers' voice for Freddie Mercury of Queen. Whereas *The List*, written for Flowers' wife, quietly induces goosebumps in the listener.

The inspiration of Bruce Springsteen, which Flowers has claimed in recent interviews, can be felt on *This River is Wild* with its easygoing, highway-driving feel.

But fans of the band's first album (which produced such hits as *Mr. Brightside* and *All These Things That I've Done*) shouldn't worry. The band hasn't wholly abandoned the old retro-rock sound. The fast guitar riffs and synth that the band is known for is still there. The delivery is just more mature.

On the opening track, *Sam's Town*, Flowers croons, "I'm so sick of all my judges/so scared of what they'll find." Whether it is good or bad criticism the media is sending to the Las Vegas quartet, there is no doubting that *Sam's Town* will hover at the top of the billboard charts for some time.

"Thank you for photograph. I do not know who this boy is." – Borat, aka Sacha Baron, when shown actress Lindsay Lohan's photograph – *Dose.ca*.

House of Commons spotlight on HUMBER

Ashley Hampson
ENTERTAINMENT REPORTER

Toronto-based outfit House of Commons may be new to the scene, but the band is already receiving great response.

Bass player and Humber College graduate Gene Carney, along with guitar player and vocalist Mike Baker, work for Media Services at Humber. Drummer Trevor Pierobon, also a Humber graduate, and guitarist Sergey Stephanoff round off the group.

The experienced musicians formed House of Commons earlier this year as a means of weaving their eclectic tastes and styles together. The band classifies itself as straight up rock-n-roll, although the band members try to make their music accessible to

everyone by incorporating various musical constituents like hooks and melodies without going overboard.

"[Musically] we're somewhere between Queens of the Stone Age and The Who," Carney jokes, "with a little Misfits thrown in for spice."

So far, the band has only played two shows, but Carney said the response has been incredible. The band's first gig was a benefit show for Kids Help Phone at the Reverb in July.

The acoustics at the Reverb made it a great place for the band to play.

"Our band, we make a lot of noise," Carney said. "So it was a really good venue to project from."

Word-of-mouth support helped the guys assemble the biggest crowd out of all four bands that performed — no small feat for a virtually unknown group.

"It was really encouraging to have such a warm and gracious turnout. When the response is positive there's nothing like it. It's a really great feeling," Carney said.

The band's second show, at the Savannah Room on College Street, on Nov. 3, went equally as well.

"It was a great show with a warm crowd, an excellent turnout and a really good atmosphere," he said.

The band hopes to release a demo within the next year.

House of Commons will play another gig in Toronto in early December and plan to play one show a month until they can start booking gigs regularly.

Check them out online at www.myspace.com/houseofcommonsband.



House of Commons played to aid Kids Help Phone.

From the street to gallery walls

Guelph-Humber hosts graffiti art

Christopher Ferreira
ENTERTAINMENT REPORTER

It was art in a graffiti kind of way at the University of Guelph-Humber this past week.

With a vibrant grand opening, featuring a DJ, break dancers, food and videos, students were drawn to the exhibit to see what all the fuss was about.

The photo exhibit was created by fourth-year business student Jenna Placey and her fellow business management students.

The exhibit featured photos of graffiti from around the world, many of them taken by Placey and a friend last summer while they travelled through Greece and Amsterdam. Other photos were taken by other group members while on the streets of Toronto and Montreal.

While travelling, Placey realized that the graffiti art would be perfect for a future exhibit.

"A lot of graffiti has no boundaries and it is definitely a form of art," she said. And art is is. The room was created for visitors to get the feel of a regular downtown Toronto alleyway. Photos of all different types of graffiti were presented — words, portraits, sculptures, were all there

"I wanted for whoever visited the exhibit to get the feel of the art," Placey said. "That's why we set it up like you were walking down the streets of Toronto and Europe."

Amanda Ramsay, a fourth-year business administration student, was part of the team that created the exhibit.

"The turnout was awesome and we're really grateful for that," she said. "It was very time-consuming, but the work was worth it."

The exhibit drew many visitors. There was a sign-in book in which students created their own graffiti from the inspirations of what they saw.

"I wanted whoever visited the exhibit to get the feel of the art. That's why we set it up like you were walking down the streets of Toronto and Europe."

- Jenna Placey

Fourth-year business student Hebba Balbaa enjoyed the the exhibit. "I think it was really well put together. It was very unique."

This graffiti art exhibit is over, but students can see another graffiti exhibit at the main entrance to Guelph-Humber until Nov. 21.



Chris Ferreira

Graffiti photographed from the street.

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A&E

"I see a lot of fine ladies in here. You know I'm a free man, right ladies? You wanna dance with a pimp? – Kevin Federline, at his Chigaco concert – *Dose.ca*.

A chance art encounter

Brenton Plourde
ENTERTAINMENT REPORTER

Local and international artists took over two downtown hotels this weekend, showcasing art made with everything from popsicle sticks to skeletons.

The third annual Toronto Alternative Art Fair International (TAAFI) was at the Gladstone and Drake hotels on Nov. 10 to 12.

Featuring 25 exhibitors and 35 invitational artists,

the TAAFI also had panel discussions, movie premieres and live bands.

Director of YYY Artist's Outlet, Greg Elgstrand, said these types of exhibitions "give people quick access to a very wide range of work that they might not be able to see, a chance encounter."

One standout exhibit was Gregory Elgstrand's *The Cycle of Terror and Tragedy: September 11 2001*. It had two blindfolded men portraying the twin

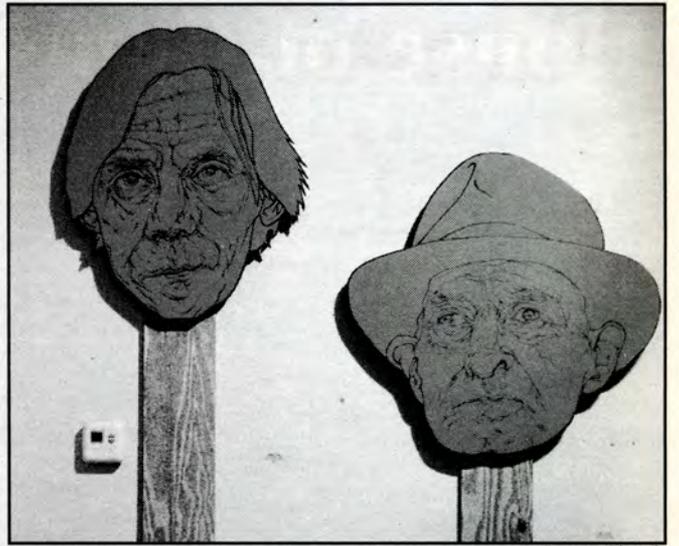
towers and blindfolded children in control of the planes. This was part of a larger collection of more than 600 pieces that Elgstrand took from five contemporary magazines from October 2006. He selected the best clips and used them to tell a story, to follow a path using the entire hotel room.

Another interesting piece, Barry Lorne's work entitled *Op-Popsicle Jack and Billy*, takes two men's heads and

puts them on popsicle sticks which Transit Gallery curator David Brace calls "fiction within a fiction."

Hamilton artist Andrew McPhail also took a different approach and had people following connecting skeletons via Christmas lights.

"It's all about giving the artists exposure and have people see the artists and who they are dealing with," Brace said.

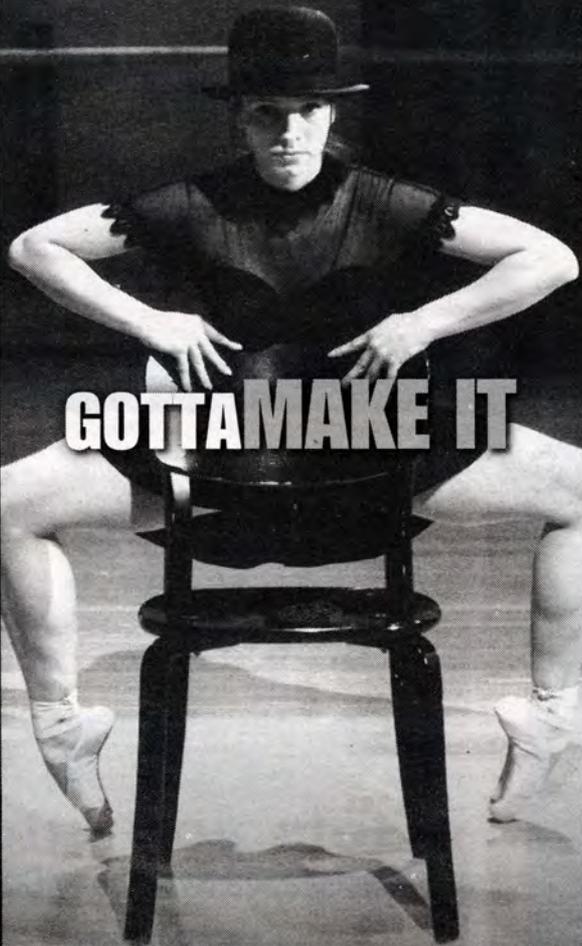


Barry Lorne's art exhibit *Op-Popsicle Jack and Billy*.

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A survey of 202 European IT directors and managers by eMedia found only 47 per cent said their companies recycle old computer equipment – *Itpro.co.uk*.

Hand-me-down computers given to Little Geeks

Stu Hood
BUSINESS REPORTER

Old computers can now get a new life helping underprivileged children thanks to Little Geeks.

Technology journalist and former G4techTV personality, Andy Walker, recently started Little Geeks, a philanthropic venture with the hope of providing underprivileged children in the GTA with donated computer systems.

"It's something I've been wanting to do for a long, long time," Walker said, explaining that despite his successes, a recent lack of fulfillment inspired him to give back to the community. A course on self actualization gave him an excuse to start the project.

The organization's website, littlegeeks.org, is expected to soon be fully interactive, providing a place where anyone can sign up to donate computers. Children and parents in need of computers can also sign up online or over the phone to request a donation.

Little Geeks clears the hard drive and installs a fully licensed operating system and security tools on donated computers. Other ideas in the works include installing word processing tools, anti-spam features, internet filtering software and educational programs such as a CD-ROM based encyclopedia.

"I want to give a child [a computer with] the functionality of at least a year or two years. It should be able to run Windows XP as the minimum," Walker said, who clarified the project's minimum acceptable donation as being 500 MHz Pentium III machines. "Anything over and above that would be great. I'd like to provide printers with a year's supply of

toner as well. Minimum specs on the monitors will be 17 inches."

One of Walker's inspirations for starting the project came from remembering the first computer his father bought for him when he was younger.

"As a direct result of giving me that computer I became proficient and really built a career around technology as a journalist," he said.

Walker helped launch Canada.com in 1995 and later went on to work for Microsoft's MSN.ca among other jobs in television and radio.

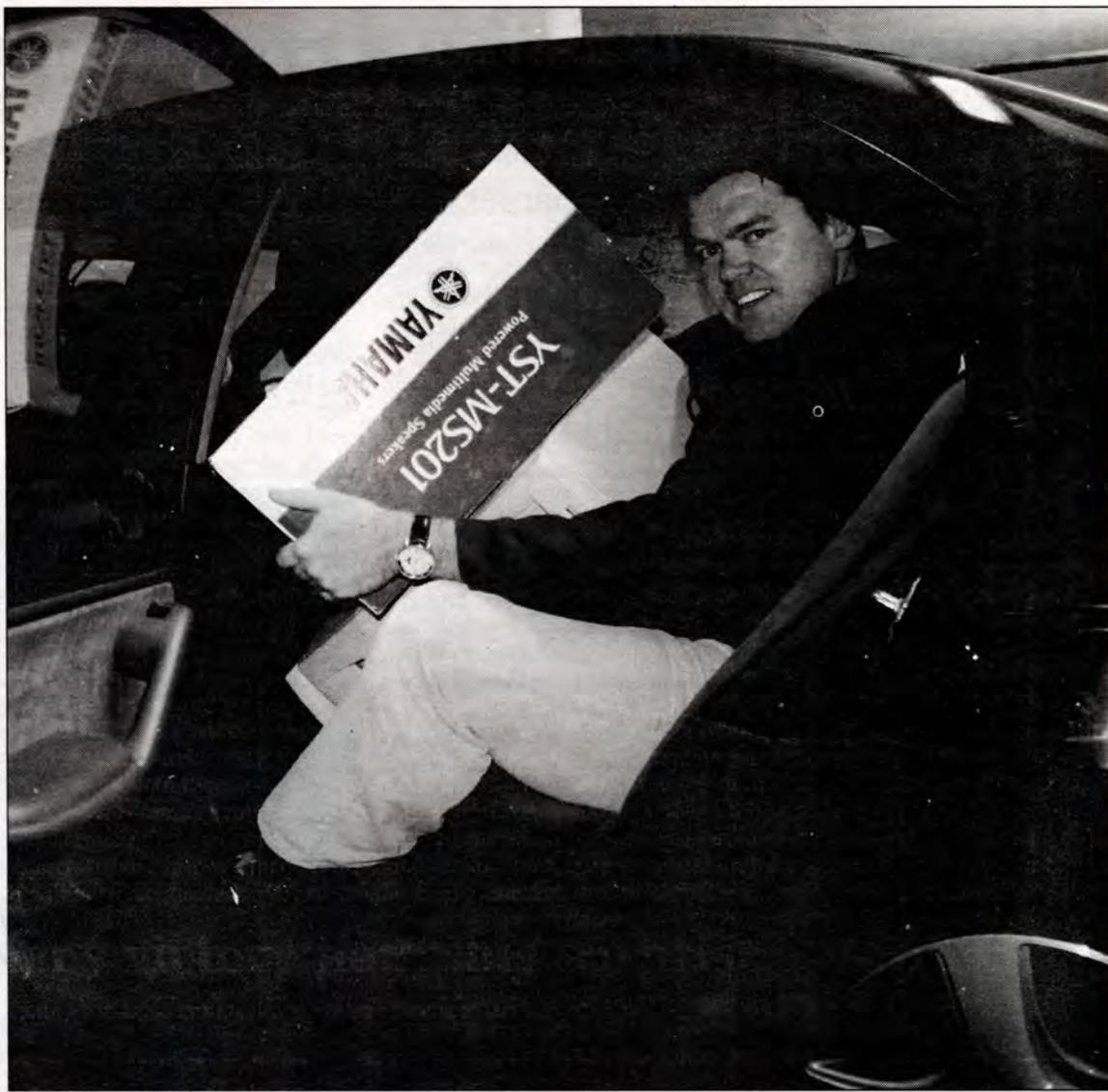
"I thought, 'well if it did that for me, if it inspired me and opened up my world, then for a child who is on the wrong side of the digital divide... then it can really change their life.'"

Still in its beginning stage, the project has been seeking help from the corporate sector.

"We're talking to a major search engine and media company that has offered to help us," Walker said. "A key component of this is to get the computer's Internet connected. We want to be able to get it connected and to get the Internet connection guaranteed for a period of time."

With positions still in need of being filled, such as a fundraising director and a donor liaison, Walker said volunteers have so far been helpful in getting the word out.

Walker is also hopeful the project will address the large amount of technological waste a city like Toronto goes through. "It's one of those hidden resources in the economy that's actually going to waste and is actually consuming resources to get rid of it. So I think not only is it a great philanthropic



Stu Hood

Andy Walker getting ready to deliver refurbished computers to underprivileged children.

and altruistic project, but it's also an environmental project as well," Walker said.

Similar organizations that Little Geeks hope to co-ordinate with include the One Laptop per Child project which has been working on designs for a \$100 laptop to be distributed around the world, and Reboot Canada, an outfit that has been providing computers to non-profit organizations since 1996. Reboot, which is based in Toronto, has so far donated over 60,000 pieces of computer equipment since they first started.

Working off an idea from fellow board member Amber MacArthur,

Walker hopes to one day take the Little Geeks idea a step further by opening a technology bank. Similar to a food bank, it will be a place where people in financial need can go to get their computers fixed, get toner for their printers, or even get their hands on an iPod or DVD player.

"I think technology should be a basic human right. It's not absolutely necessary for survival but I think it's necessary for success," he said.

Humber's old computers are handled in a similar way to Little Geeks. After being used by various departments around campus, the

computers are shipped elsewhere. "We do donate to schools and school boards whether it be high school or grade school, and church groups," said Pat Kelly, Humber's Director of Purchasing.

As for computers that no longer work, Humber has an agreement with a recycling company based out of Hamilton.

"We've been dealing with this company for probably eight or ten years at this point," Kelly said. "[They've] done a great job and [have] signed an agreement not to have them end up in, for lack of a better description, the Humber River or something."

Female gaming market neglected, study says

Stephanie Kelsey
BUSINESS REPORTER

A British-based agency has discovered what it calls the ideal video game recipe for women.

A report, called Games Women Play, concludes that women like confrontational games where they can influence the outcome, and prefer games of achievement rather than destruction. They also want female characters to be stronger and not portrayed as sex objects.

The report by Strange Agency, a video game market research group, is based on a survey of 76 women about their favourite games and game franchises. Of the

232 titles and franchises mentioned, 33 were selected for further analysis.

Jo Clay, technical director of Strange Agency, said she doesn't think the gaming industry knows what women want.

"They have this general idea, and they don't think women play games. I don't think there's the realization that they play," she said.

"Women don't mind playing violent games, as long as there's a strong story behind it." Clay said women tend to see themselves in the character they choose in games.

Survival-horror games were found to be the most popular with women, with the Resident Evil

series topping the list. Tomb Raider and Silent Hill round out the top three, with Final Fantasy, Legend of Zelda and The Sims also in the top 10.

Clay said women enjoy confrontation, and the need to protect and save themselves and others. "Women enjoy actually getting something back [by] influencing something."

Mark Marshall, a manager with EB Games in the Bramalea City Centre, said the store only gets about 20 female customers a week.

"They (women) usually get The Sims – it's one of the most common (games)," he said. "The Sims is more towards real life, so they kind of have control over the char-

acters and that, and run their life." Marshall said women tend not to buy as many violent games as men do.

"The games that guys buy generally are either sports-related or they're the ones where there's violence and you're blowing stuff up. It's got the adrenaline rush to it."

Clay explained that since 90 per cent of game developers are male, games do tend to be geared towards men.

"Women need to feel like they're encouraged to play games," she said. "It's getting better, but it's a long process."

She said she hopes more women will be encouraged to take computer software and game design

courses to help balance out the gaming industry.

Amy Boutilier, a 21-year-old advanced studies and special needs student at Humber, said she plays video games once in a while. "Whatever seems to be easy enough for me to play, and whatever looks interesting," she said.

Her favourite game is Banjo Kazooie for Nintendo 64. "It is a kid's game, but it is really neat," she said, adding that the graphics, story line and ease of play are among the reasons she likes the game. But Boutilier agrees most video games are directed at men.

"I think women think they are a waste of time and they'd rather watch soap operas."

WORK & PLAY

In Japan, line-ups for pre-orders for the December release of the Nintendo Wii were comparable to last Saturday's PlayStation 3 launch - IGN.com.

Round two: Sony versus Nintendo versus Microsoft

This week three gaming companies battle to steal Christmas

Stuart Service
WORK AND PLAY EDITOR

The history of console wars is set to repeat itself. About every six years, new and improved video game consoles are released near the same time. Each six-year cycle unravels into a war between rivaling game companies and usually includes consoles by Nintendo, Sony and a wild card.

In '93 that wild card was Panasonic's 32-bit 3DO which had an astronomical price tag of \$700 US. Seven years ago it was Sega's Dreamcast which arrived on store shelves a year prior to Sony's PlayStation 2 (PS2). Both 3DO and Sega eventually discontinued their respective consoles to become game publishers instead.

The demise of Sega's Dreamcast came from its handicap in comparison to 128-bit consoles unveiled the following year (PS2, Xbox and Nintendo's GameCube).

Microsoft tried to get first dibs

on the multi-billion dollar gaming industry by releasing the Xbox 360 last year. However, unlike the Dreamcast's inferiority to its competition, both the 360 and Sony's PlayStation 3 (PS3) are similar. Both require a high-definition TV to see either console's true visual potential.

The PS3 will be available Friday in either a basic or premium package. The premium PS3 includes a 60-gigabyte hard drive, built-in Wi-Fi, flash card readers and will cost \$659. The basic PS3 will have a 20-gigabyte hard drive, no Wi-Fi, no flash card readers and will cost \$549.

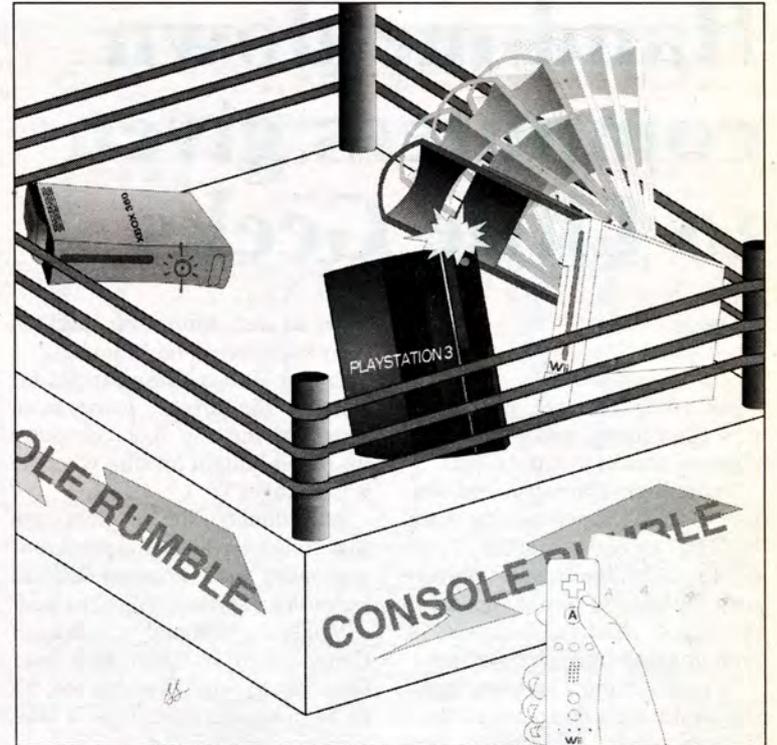
There will be 400,000 PS3s for sale at launch time in North America compared to the 100,000 units that were available for the Nov. 11 release in Japan. Gamespot reports one Tokyo store had a lineup of more than 1,200 people the morning of the Japanese PS3 debut.

The PS3 would be set to become

this holiday season's Cabbage Patch Kid or Tickle Me Elmo if it weren't for Nintendo releasing the Wii on Nov. 19 for \$280. The Wii offers a different approach to gaming being the wild card of the current console war. A one-handed controller allows the user to physically interact with a game using a sensor bar. For example, in *The Legend of Zelda: Twilight Princess*, the controller can be swung like a sword or cast like a fishing rod. Game play aside, Nintendo will do a better job of meeting the demand with a supply of one million Wiis available on Sunday.

Launch day history also brings hardware malfunctions. Problems have already come from the Japanese launch regarding the backwards compatibility of the PS3 as it is unable to play certain PS2 and PS1 games.

Some earlier PS2 models malfunctioned after Sony's one-year warranty expired. The optical lasers in the first PS2s would even-



tually become misaligned, allowing gamers enough time to order a pizza before a disc would finally load.

Microsoft stumbled into the console war last year with many of the first Xbox 360s refusing to boot up while frustrated gamers stared at a blinking red light.

Previous console wars have shown that prices will always drop once the demand settles down. Gamers willing to approach the next generation of entertainment systems with patience will be awarded with lower-priced consoles and no hardware problems.

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November 22/06	10am-3pm	Lakeshore Campus, H105
November 23/06	10am-2:30pm	North Campus, GH Atrium
November 24/06	10am-2:30pm	North Campus, K137



Collaborative Bachelor of Nursing HUMBER UNB

Hyatt Hotel spas are introducing "BlackBerry Balm," which relieves pain from strained hand muscles from overuse of the popular device – *MSNBC.com*.

Hospital boosts communication with technology

continues from p. 1

ICU specialist, Dr. Chris O'Connor, said the BlackBerry has vastly changed the unit.

"The ability to be able to contact people wherever they are and find them is essential if you want to coordinate the activities of a health care team," O'Connor said. "That's why having a BlackBerry has been so helpful because I can now reach anyone, anywhere in this unit instantly and they can reach me wherever I am."

O'Connor, who helped launch the use one year ago, recalls how difficult it was to communicate in the ICU before the use of BlackBerrys.

"Finding me before we had BlackBerrys was a considerable challenge. They did it one of several ways. They would either page overhead, (but) the problem with that is it's disruptive to patients," O'Connor said. "Or they would use a numerical pager and page me to a number. The problem with that is there's not any information – I don't know what they're paging me about."

O'Connor said that BlackBerry use also stopped people from physically going around the 26-bed ICU looking for him and writing notes on a piece of paper.

"Replacing that with this tool (the BlackBerry) allows me to receive the message instantly. I can check the content of the message, I instantly know what's going on and then I can respond appropriately," he said.

Using the BlackBerry also allows O'Connor to reply to a nurse's message and start treatment for a patient immediately. He responds to the message later if it's non-urgent or forwards it to another member of the health care team.

O'Connor said the BlackBerry use has brought the ICU together as a team.

"You could ask anybody in this unit if they would go back to life without this. No way. It would be like living without the telephone," he said.

Laurie Van Dorn, a registered nurse in the ICU, claims BlackBerry use is the "wave of the future." Van Dorn, a nurse for 15 years, believes the BlackBerry has

helped make her job easier.

"When I started out, I was more intimidated by the doctors. It's hard to approach them. You get the brush off a lot of the times," Van Dorn said. "This way you know you're getting through to them. You know they have to hear you."

O'Connor said there are currently 39 BlackBerrys being used by ICU members. He said 35 were donated by the creators of the device, Waterloo-Ontario based company Research In Motion in August 2005. Rogers Wireless donated six months of air-time to test the use of BlackBerrys. The ICU at Mississauga Trillium Health Centre has a \$16 million annual budget, \$17,000 of which will be spent on BlackBerrys.

"At the end of the six months, we assessed the impact of the project and it was overwhelmingly decided this has a really positive impact for our patients, and the care we're providing and we started operating the project," O'Connor said.

Kathleen MacMillan, dean of the School of Health Sciences at Humber College, praises the use of BlackBerrys in a hospital setting. While BlackBerry use has been successful in the ICU, MacMillan said there are other sections of the hospital such as homecare, rural practices, outpost and general medical surgery that would benefit from the use as well.

MacMillan added BlackBerry use would be beneficial to students of Humber College's nursing programs.

"You have the Internet access, so you can google for information, download patient teaching and practice guidelines that will be available," MacMillan said.

There is no timetable for when nursing students will be able to use devices such as the BlackBerry, but MacMillan said the process has already begun with faculty.

"We are doing some initial experiments with handheld PDAs (Personal Digital Assistants) with faculty," she said.

"I see this coming," MacMillan said. "A big issue will be funding it. It's not just the cost of the device and programming it but it's the ongoing maintenance costs and Internet costs."



Ryan Glassman

Dr. Chris O'Connor uses his BlackBerry to communicate with staff at the Trillium Health Centre.

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Entry deadline is Friday, November 24, 2006.

 HUMBER

SPORTS

"How you respond in the second half will determine what you become after the game, whether you are a winner or a loser"— NCAA football coach, Lou Holtz.

Male hoopsters slam dunk Huskies 59-32

Defending OCAA champions recover after tough exhibition loss

Rosanna Araujo
SPORTS REPORTER

The Humber Hawks men's basketball team started the regular season off by winning its first game.

The defending champions won the season opener by more than 30 points versus the George Brown Huskies last Friday and showed the type of cohesion that helped lead them to the OCAA title last year.

After losing their final tuneup game by 30 points against the University of Toronto Varsity Blues, the Hawks stepped up defensively, out rebounding the Huskies 59-32.

Assistant coach Shawn Collins said the exhibition games helped "to prepare us for the league games (which) are what counts and what is going to get us to the nationals."

Assistant coach Chris Cheng was most happy with the team's "ability to compete with their rebound-

ing and free throw shooting. It was their best performance thus far."

The Hawks shot 88 per cent from the free throw line.

He attributes the win to defensive execution and their "ability to be aggressive on both ends of the court. But I was not happy with how much we turned the ball over and our decision making. We still aren't reading the plays right."

In upcoming practices, Cheng intends to emphasize the importance of ball protection when dribbling, passing and converting fast breaks.

"We need to make better passes to our posts and guards. We are still weak in our passing."

Head coach Darrell Glenn wants to help his team "maintain focus. We still need to see some maturing."

"We are still not disciplined in shot selection and decision making when passing the ball. Our shot selection definitely needs to improve."



Rosanna Araujo

The Hawks dominated the paint, rebounding and getting to the line.

Glenn was pleased with reserve forward Michael Swaby's performance, scoring and rebounding off the bench.

He also thought that guard Nolan Gooding was aggressive defensively and that team captain Sebastien Hunziker performed well in the second half.

The Hawks are playing with five less players on the bench due to academic-related suspensions.

Glenn sees the roster depletion as a catch-22.

"It is hurting our depth. We can't go as deep off the bench. But is also good because these guys (the active players) have the opportunity to put in more minutes which helps them further down the stretch."

The Hawks host the Centennial Colts today.

05/06 Hawks' Basketball Highlights

- 13-2, OCAA Champs
- Jadwey Hemmings;
1st Team, OCAA League All Star
- Jonathan Tyndale;
OCAA Rookie of the Year
- Jose Araujo;
OCAA Tournament MVP
- Shane Dennie;
OCAA Tournament All Star

Women b-ball team comes back to win

Rosanna Araujo
SPORTS REPORTER

The Humber Hawks women's basketball team improved its record to 2-2 Friday, defeating the George Brown Huskies 70-62.

Assistant coach Koren Bogle-Glenn said the team "started off slow, not being able to score any points until seven minutes into the game. They (the Huskies) were leading 11-0 right off the bat."

She attributes the slow start to an inability to adjust quickly enough to a new gym and pro-Huskies crowd.

"The set up here is very different. The crowd is practically on the court here. There are no bleachers."

The Hawks turned the ball over (17 times) repeatedly during the first half but only trailed by two points at the break.

"Our bench kept on cheering loudly, they were like a sixth man for us."

- Denise Perrier
head coach

Humber adjusted in the second half and limited lost possessions (three) the rest of the game.

Bogle-Glenn was pleased with the way the women "kept their composure, the intensity and their ability to fight back. I am most happy with how they finally stepped up as a team and came together. To continue to see this improvement is good."

She was less thrilled by the team's slow start.

"The fact that we couldn't score for (the first) seven minutes of the game is bad. We came back with heart but we can't get ourselves in holes like that."

Head coach Denise Perrier was very proud of how her team "showed a lot of character and a lot of heart. That's what we want to see."

She said she was pleased with the team's competitive nature.

"Our bench kept on cheering loudly, they were like a sixth man for us." Perrier said that the team needs to improve on its free throw shooting.

The women shot 47 per cent from the field and just 25 per cent from the free throw line.

"We need to address and repeat on our offence. We need to improve on our free throw shooting," Perrier said.

The women play again at the Durham Invitational Tournament in Oshawa next weekend.

Varsity volleyball veteran loves to play

Heather Cairns
SPORTS REPORTER

New Tecumseh, Ont., native Heather Longland understands the importance of a short memory and optimistic thinking.

"You need to keep a positive attitude," said Longland, 22, an occupational and physical therapy student.

"When you're not doing your best you need to forget about the last point and move on."

Longland has been playing volleyball for ten years and is beginning her final year on Humber's varsity team.

She played the sport all throughout high school at Alliston's Banting Memorial and said her love for the game increased each year.

"Everyone wants to be on a school team," Longland said. "It's one of those tryouts where everyone wants to play."

She enjoys the camaraderie of team sports and also plays soccer and basketball.

"You always have support," Longland said. "Sometimes it's easier when you can lean on someone else."

It was tough for Longland to give up varsity soccer this year, but she realized that it would be too hard

to play for both teams.

Longland is in her fourth season of varsity volleyball at Humber, but it was her freshman year that stands out.

"There were very few rookies and I wasn't recruited. I was just a walk on," Longland said. "Being on a varsity team is amazing."

Student athletes are often challenged by time management issues, balancing both academics and sport, but Longland feels she has learned a valuable lesson.

"You need to know when to have fun and when to do work," Longland said.

The varsity veteran's level of experience will likely be a key to her team's success this season.

This year's roster is an almost even split between rookies and returning players.

"When I played first year I was a lot more nervous," Longland said. "I still get nervous sometimes, but I'm in a position now where I just go out and play."

She tries to be there for the rookies, whether it's a question about school or volleyball and wants to show new players the value of various roles that help make the entire team better.

"It's like one big family here at Humber," Longland said.

The support of family and

friends has been invaluable.

She said it's reassuring to know that there are people close to her that support her through good times and bad.

After graduation, Longland said she wants to take a year off and travel.

She hopes to go to Europe and Australia and play some volleyball while overseas.

"I'll always have something to do with volleyball," Longland said. "When you've played something your whole life, it's hard to just give it up."



Heather Cairns

Heather Longland practices serve.



Heather Cairns

Longland wants to play overseas.

"I don't believe professional athletes should be role models. I believe parents should be role models" – Charles Barkley, former basketball all-star.

Women's volleyball spikes at home win

Rob Hergott
SPORTS REPORTER

The women's volleyball season kicked off on home court last Wednesday with a hard fought win against the Fanshawe Falcons.

"Overall the team played very well, but obviously there's room to get better, whenever you get a win it's always a positive step," said head coach Chris Wilkins. "We worked hard but ran into some roughs at time we'll work on that in practice and try to fix those roughs, but overall I'm really pleased with the win."

The women started the action last Wednesday by winning the first set 25-22, but lost in their second set 20-25. They managed to storm back and dominate the third set 25-15, and finally took the fourth set 25-19 to win their season opener 3-1 during a family and friends night at Humber's gym.

"I thought we had moments of greatness and moments of mental break downs. We're a championship team and our bar is set pretty high, so I don't think we should be making simple mistakes," said assistant coach Dean Wylie.

"It (the game) was okay. We've played better in practice. We really didn't bring our full a-game, but it was still a good game all-in-all because we played good enough to win," said first-year child and youth work student and second-year team member Kris Dowling.

With injuries hitting captain Jolande Amoraal and setter Alex Steplock, the team will look for other players to fill in the rotation.

"With the injuries we have, our centre has a broken hand, and our captain blew her knee out. So we're trying to establish everybody has a rotation in the lineup and we have

to win ugly. We're in survival mode right now," said Athletic Director Doug Fox.

"We have some key people out right now, and our substitute centre (Heather Longland number 16) is doing a fantastic job – she is leading the team. Being a fourth-year kid, I've asked her to come in and do stuff she normally doesn't do and she stepped in and is doing a great job," Wilkins said.

"All the girls on the team are stepping up and helping each other. They're all playing like a team which is important to us until we get healthy."

As the team comes together and starts learning the system and forms chemistry with each other the Humber Hawks will be the team to beat.

"We learn something every game, like if we have to try harder or make the extra reach or dive for the ball, things like staying together, or talking to each other and being vocal with one another on the floor," said second-year team member Robyn Stafford.

"We feel like a team with the way we have bonded, we are one team right now."

Coaches should be able to call referees on bad calls



Matt Durnan
SPORTS REPORTER
OPINION

NHL referee Mick McGeough's blown call against the Edmonton Oilers, where he called off what would have been the game tying goal in the Oilers' game on Nov. 3 against the Dallas Stars, raises a few questions.

Craig MacTavish was fined \$10,000 for calling McGeough's decision, "a retarded call."

NHL senior executive vice president and director of hockey oper-

ations Colin Campbell issued the following statement.

"While the NHL regrets the missed call, Craig MacTavish's comments after the game regarding the call were totally inappropriate and crossed the line."

For those who missed the play, here's a recap.

Edmonton was down one goal with very little time left, the Oilers won the face-off in Dallas' zone and scored what would have been the tying goal.

The goal was called back by McGeough, who said the Edmonton center had won the faceoff by using his hand to pass the puck.

The replay showed there was no hand pass, and McGeough himself admitted he blew the call.

This brings up the first question: Why should MacTavish have to pay a fine when the referee himself admitted he made a mistake? Maybe the ref should pay a fine for costing a team a point.

A ref admitting a mistake in itself is such a rarity that MacTavish should have been allowed to say what he wanted. He's not slandering McGeough and he's not wrong in saying it was a horrible call.

I'm all for sticking up for the referees, they have a very difficult job and they are bound to make mistakes from time to time. But, when

a ref admits to one of those mistakes and it costs a team a game, the coach should be allowed to vent without fear of being fined.

Question two: Why doesn't the NHL have a coach's challenge rule like the NFL does?

On a call like this, MacTavish should have had the option to throw a flag, or maybe blow a whistle since we're talking hockey, and have the refs look over the play to reconsider the call.

The rules would work the same as football, if the call isn't overturned, the team is charged with a timeout or even a minor penalty.

Give the coaches the option to challenge once a period and if they

choose not to exercise that, then fine.

A challenge isn't going to slow the game down enough to make it bad for the fans, and when it comes to a call that can change the game's outcome, it would be more than worthwhile.

What's the point of having 20 cameras in a building if they aren't used to their fullest?

Say, a player is slashed behind the play, but no ref sees it, the coach could make a challenge on the next break in play and the ref could make the proper call.

Give the coaches a bit more freedom, since their jobs are on the line year in and year out.

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