



Runners raised \$3 million for cancer at Sunday's CIBC Run For The Cure. See story page 5

Food, food, food. Check out some vegan and non-junk-food alternatives. In Focus pages 14-15



Humber EtCetera

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Gas line break empties rez



Emergency staff evacuated both rez buildings and construction crews at the new residence site Tuesday morning after workers from Four Winds Construction Inc. ruptured a gas line with a backhoe near the residence loading dock. Enbridge Gas capped the line and gave the all-clear after an hour and a half.

What's Inside This Week

Take time out for yoga and meditation at the athletic centre. **Page 9**

Get free career advice Oct. 15 at Humber's Career Centre. **Page 11**

Humber students robbed at gunpoint

By Olga Kirgidis

Two masked men held up three Humber students and their friend at gun point last Saturday night just minutes away from North campus.

The students, (two women and a man), and their female friend visiting from the University of Guelph, were walking along Humberline Dr., across from parking lot 13, around 11:30 p.m. on their way to a party nearby. What the group

expected to be a night of fun, soon turned into a nightmare when two men approached from behind.

"At first we thought it was just some people who wanted to walk to the party with us," one of the female students said. "We couldn't really see their faces because they were far behind. But then, they came up to us and pointed their guns at us and told us to get into the bushes."

After the students were forced

into a wooded area, the robbers demanded money and belongings, and told the students to get on their knees.

"They were upset that we didn't have more money, because all we pretty much had on us was \$20, because we were going to take a cab back," the girl said.

While trying to hand over his wallet, the male student accidentally dropped it on the ground.

"I told them it was just in the

bushes there, so they told me to go and look for it. They were basically saying things like 'I'll kill you if you run,' and stuff like that," he said, adding the wallet was hard to find because it was dark in the bushes.

"When I couldn't find it, they got mad at me. ...They kicked me, they kneed me, they punched me, and then they said I was f-ing stupid and smacked me over the head with the gun."

continued on page 3

Clean sweep for varsity Hawks last week. See sports page 20

Qaadri landslide win

By Peter Armstrong

Liberal red has covered the province as Ontarians chose a new majority government last week, including Dr. Shafiq Qaadri representing Etobicoke North.

Qaadri received about 54 per cent of the votes, almost double that of Conservative Baljit Gosal.

"It's a good and bright day for Ontario," Qaadri said after the election. "We're leaving a lot of the negativity, the division and cyni-

cism behind."

Local NDP candidate Kuldip Singh Sodhi received just over 11 per cent of the votes, with independent Frank Aeri at six per cent, followed by Teresa Ceolin of the Family Coalition and Mir Kamal of the Green Party.

With the Etobicoke North riding having one of the largest visible minority populations in the province, candidates from the three major parties were all from visible minority groups.

Qaadri lost the 1999 election to

PC John Hastings who had to resign due to health reasons.

Since then, Qaadri has gained exposure nationally as a health specialist for newspapers, radio and television.

The 40-year-old is also very familiar with Etobicoke North where he works as a family physician, speaking regularly with Humber nursing students.

The new Liberal government is focused on restoring a depleted health care system, stopping the trend of private clinics.

"For-profit means somebody is going to cost cut somewhere, in the delivery, monitoring, frequency or the quality," he said during his campaign.

The Liberals have also promised a two-year tuition freeze, eliminating tax credits for private schools, and raising the minimum wage to \$8 over the next four years.

The NDP lost official party status capturing only seven seats across the province, one short of the minimum that would get them a staff and budget.

Their platform included raising the minimum wage to \$8 and cutting tuition by 10 per cent.

Although leader NDP Howard Hampton was easily re-elected in his Kenora-Rainy River riding, it will be difficult for the NDP to pressure the Liberal government without having official party status.

Former Ontario Premier Ernie Eves won his seat in the Dufferin-Peel-Wellington-Grey riding, but he has hinted that he may step down as leader of the Conservatives.

Poll shows voting down

Some students who did vote were not aware of party platforms

By Kathleen Yetta and Nick Vassallo

Seventy-six per cent of Humber students polled did not vote in the provincial election, and some of those who did were unsure why they voted for a particular party.

The Humber Et Cetera polled 200 students the day after the election and found of the 24 per cent who did vote, sixty nine per cent voted Liberal, 23 per cent voted PC and eight per cent voted for the NDP.

Some students admitted they voted for a certain party even though they weren't well informed.

Mechanical Engineering student Raj Riarh voted Liberal, but he didn't know the name of the NDP leader.

"I voted Liberal because my dad told me to," he said.

Mechanical Engineering student Paulvir Grewal says he voted Liberal because he doesn't like the PC government.

"I hate PC and I wanted to see a different government in Ontario," he said.

The survey also shows only 43 per cent of the students polled knew who the leaders of the three major parties were.

First-year computer programming student Jason, who didn't want to give his last name, voted

Liberal because of how he perceived them through the media. However Jason didn't know the PC leader and thought Ernie Eves was the leader of the NDP.

"I voted Liberal because they seemed to be the only party not at war with itself," he said.

Adam Crognale, a first-year business student at Guelph-Humber, said he didn't know who the leaders were and didn't want to waste a vote.

"I never took the time to research the candidates and what each had to offer," Crognale said. "I didn't vote because I didn't want to vote for someone I knew nothing about."

Some students voted for a particular party because they believed in their campaign promises.

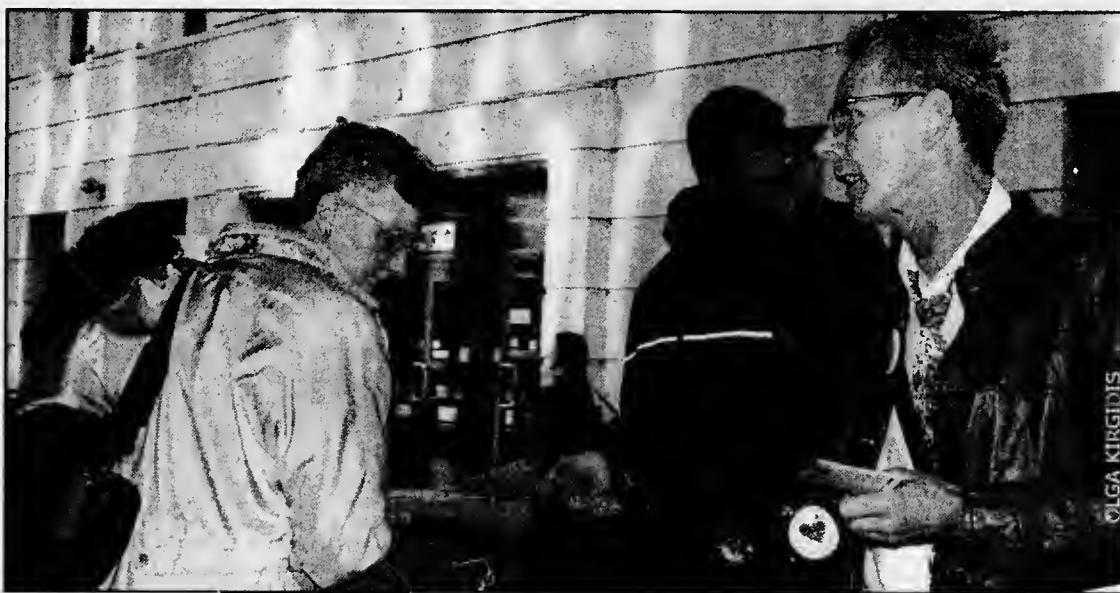
Business administration student Mike Attard believes the financial management of the province is the most important issue.

"The economy is important and the PC platform is the most economic friendly," he said.

Second year early childhood education student Lisa Ram voted Liberal because they support her future career.

"I voted for the Liberals because they promise to support the education system and give everyone a tax break," she said.

First-year mechanical engineering students Elie Harfouche and John Anthony did not vote on Thursday and both admitted that they didn't have any idea who the three competing party leaders were.



Stephen Seaborn passes out anti-Eves literature at a CUPE protest on election morning.

CUPE tells Liberals:

Schools need money now

By Olga Kirgidis

Toronto's education assistants and administrators want the new Liberal provincial government to show them the money.

"We need a huge cash infusion into the public school systems in Ontario immediately and I expect to hear that, when [Dalton McGuinty] talks about...what a wonderful job he is going to do," said Marjolein Winterink, a Canadian Union of Public Employees (CUPE) organizer.

CUPE is Canada's largest union with more than half a million members working in health care, education, airlines and other public services.

Members of Local 4400, who represent Toronto District School Board employees, protested at Union Station last week, trying to send voters a message before they went to the polls.

"Do something good for our children and fire Ernie Eves,"

Stephen Seaborn, an arts administrator, shouted while passing out buttons and anti-Eves literature during the protest.

"Words are fine. Promises are fine. But these are children we're talking about."

Hilary Scott, a parent advocate, stressed the need for more money in the public school system.

"I have children in the system and I care about their future. I hope whatever government gets in puts their money where their mouth is," Scott said.

Though planning on voting NDP, Scott said she hopes that McGuinty, whose wife is a teacher, will govern not just as a politician

but as a parent as well.

"I'm hopeful that McGuinty, being a father as well, will fund the system the way it is supposed to be," Scott said.

Winterink said that schools are desperate for money and that Eves has stripped them of vital resources.

"Kids are sharing textbooks. There is not enough toilet paper or soap in the school systems. It's nuts," Winterink said. "Children are being asked to pay fees to take science and music classes. Over 800 teachers have been cut. The public school system has been dismantled."

In his campaign, McGuinty and his Liberal party promised to put more money into education and put a cap on class sizes.

"Well, he's promised a few things," Winterink said. "Monday morning I want see the money. Words are fine. Promises are fine. But these are children we're talking about. We're not exactly talking about rocket science."

OPSEU votes no

By Kirk Villamarin

Thousands of custodians, technicians, secretaries, and other community college support staff rejected a new work contract offer on Tuesday.

"It's not a big surprise. They don't think the offer is good enough," Humber College President, Robert Gordon said.

Ninety-five per cent of support workers for 24 Ontario colleges rejected a work contract that covers wages, benefits, work schedules and provisions to hire students during the summer.

Of the 332 Humber support workers who voted, 96 per cent rejected the new contract offer.

Before the vote, the union recommended the offer be rejected, and secretaries and other office workers at Humber wore pins saying they would follow the wishes of their union. Talks will now

continue once a month until the issue is resolved.

Humber support worker Union President, Helen Hrynkiw, said neither the proposed wage increase nor the benefits package is acceptable.

Once support workers accept a new contract, it will be retroactive to Sept. 1 of 2003.

The proposal included a drug card identical to the one given to the administrative staff, which requires the employee to pay 15 per cent of the price of prescription drugs.

"We do not want to accept the drug card because it would not give us access to new drugs," Hrynkiw said, explaining the current drug plan automatically covers all new drugs.

Under the rejected plan, new drugs would not be covered until they are reviewed and assessed by a committee.

Despite the increased benefits in

the contract offer – from footwear to meal allowances – Hrynkiw said support workers feel discriminated against.

"Faculty got a much better offer, at least in percentage of raise," Gordon said.

The new contract introduced "appendix G workers," which allows students to be hired over the summer as temporary support staff and to be protected by the union. The union is fighting the idea because it fears that students will have low hourly rates, affecting the wages, pensions, benefits, and holiday times for full-time workers.

Gordon said what council offered was what management could afford.

Parking woes cured

By Jaime Taylor

Humber students can receive help from security if they miss the last shuttle bus to the Queen's Plate parking lot, Gary Jeynes, director of public safety, said last week.

Jeynes said students concerned about walking alone at night from the North campus have alternatives.

"After 6:30 p.m. just go to the main entrance at the library...the security desk, and they will arrange for the student, or students to get to Queens Plate [Dr.] to pick up their car," he said.

The free bus shuttles students from Queen's Plate Dr. where the off campus parking is located, to the campus and back again Monday to Friday from 7:30 a.m. to 6:30 p.m.

An escort security service is also available for students parked on campus, but Jeynes says it's too far to have an escort walk to Queens Plate Dr. and back again.

"It's not efficient to walk somebody that far. So, if the student's vehicle is there after 6:30 p.m. we will take one of our vehicles there and drop them off."

Although this service is available, Jeynes encourages students to pick-up their car before 6:30 p.m. and drive back to campus.

"We have less volume there [in the campus parking lot after 3 p.m.], and we have night school students coming in, so after 3 p.m. students parked at Queen's Plate can pick up their car and return to the North campus and park anywhere they want," Jeynes said.

'The other guy put the gun to my head.'

continued from page 1

As the robber searched for the wallet, one of the female students looked up to see what was going on.

"I had my head up, because I was just watching him look for it and then he turned around and said 'are you looking at me?' and I'm like 'no I'm not.' So I put my head down again and the other guy put the gun to my head," she said.

"All I could think about was my mom and that she was going to have to hear that I died on the side of a road in Toronto," she added between tears.

After the robbers found the wallet, the male student said that they took out his visa and debit card and then tossed it back at him.

"They were laughing about how they were going to spend this money tonight. Then they told us to stand up and move farther into the forest," said the male student.

"They took us another 20 metres into the forest... They kept telling us not to look at them, but they had masks on, so we couldn't see them anyways. Then they told us to get on our knees, keep our heads down and said not to move until we counted to 50. They said 'if you turn around we'll kill you.'"

Once the culprits ran off, the students returned to rez and report-

ed the crime to the residence assistant, who called campus security and police. Once the crime was reported, the male student said he called to cancel his Visa and debit card, and was told that his Visa had already been maxed out after the robbery.

Campus security issued a security alert describing both robbers as black men, about 6' tall, wearing baggy blue jeans, hooded sweaters, and beige/brown balaclava or scarves over their faces.

"Anytime anything happens to Humber students we take it very seriously and that is why we have issued the security alert," said Gary Jeynes, director of public safety.

Toronto Police would not comment yet on their investigation.

"As far as the investigation goes, I can't say anything because it could deter the investigation," said Constable Sue Fisher of 23 Division. "That is an area known for street robberies and is an opportunistic area because of the trees."

Fisher added that police are doing the best they can but that crimes like this are unfortunately a common occurrence in the area.

"We always try to get patrol in that area but the problem is lack of man power. Officers are always running from call to call," Fisher said.

By Priya Ramanujam

Humber students are not surprised by a recent study that shows that racial discrimination still exists in Canada.

Statistics Canada's ethnic diversity survey was conducted in 2002 to gather information regarding Canadians' ethnic and cultural backgrounds.

Part of the study focused on discrimination in Canada. The survey found that 20 per cent of visible minorities felt discriminated against often or sometimes.

In an informal survey of approximately 125 visible minority students at Humber College, 41 per cent said they experienced discrimination often or sometimes.

According to those surveyed, students experience the most discrimination in the street, but also a fair amount in school, in stores and at work.

Sudaf Quais, a first-year accounting student, said since she arrived in Canada from Pakistan two years ago, she has faced workplace discrimination on several occasions.

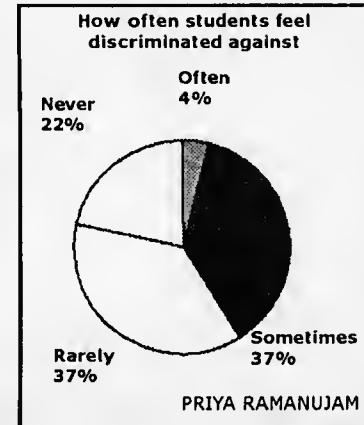
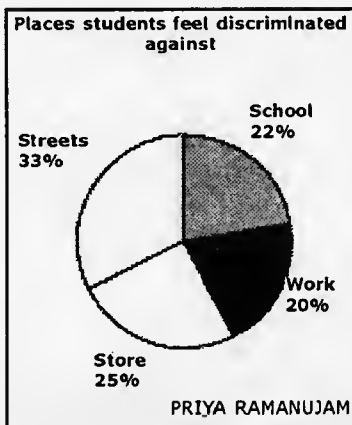
In one instance, Quais was asked if she could work without her "scarf" during a job interview at Burger King.

When Quais pointed out that the hijab was religious, she said the woman interviewing her did not look pleased.

"I was sure she didn't give me the job because of the scarf."

Dionne Gooden, secretary of Humber's Caribbean Cultural

Racism still a problem



Society, said discrimination is a result of ignorance.

"People don't like what they don't understand," she said. "That's a major part of the problem."

Statistics Canada reported that one third of the black people surveyed felt discriminated against, more than any other visible minority group. For example, she said she believed young black men are pulled over simply for driving expensive cars as a result of stereotyping.

Clinton Reid, a first-year mechanical engineering student, said that although racial discrimination may be an issue in Canada, he has experienced worse in South Africa.

"The whites and the blacks do not interact there at all," he said. Sixty-eight per cent of the students surveyed were born outside of the country, or were first generation Canadians, according to Statistics Canada.

But whether the students were

first generation or second generation (Canadian born with one or both parents born in another country) held no bearing on whether they feel discriminated against. Even if it occurred rarely, approximately 80 per cent of both groups experienced some degree of discrimination in Canada.

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Degrees get cyber-savvy

By John Mammias

Thanks to the Internet, you can shop online, download music, and even earn a College degree.

Distance learning, or online education has gained popularity since it was first introduced in the late 90s.

It's a viable option for people who want to keep their full-time jobs but also pursue an education. Stay-at-home parents can also benefit, by being able to look after their children while completing their studies.

Distance learning also eliminates commuting.

"I am taking a Java programming course online to upgrade my skills and love the flexibility and convenience it offers. I don't have to worry about what to wear, or sit in traffic to get to school," online student Bill Anasis said.

Course work is distributed online along with related articles and students can view classes using real time videoconferencing.

Professors even hold office hours in Internet chat rooms to consult with students.

Experts say the number of stu-

dents learning online is expanding by 30 per cent a year, with more than 75 per cent of traditional colleges and universities catching on. As long as the college or university is known and respected, the degree is as valuable, whether completed online or in the classroom.

"The world leader in that is the British Open University, which has a long term track record of doing wonderful work. They combine online with materials that are sent out to the student," Humber Vice President Richard Hook said.

Humber offers a wide variety of online courses, mainly in the IT department. Included are Certificates in Java Programming, Computer Programming and Systems Analysis and Design. Early Childhood Education Certificate programs and Accounting certificate programs are also available.

Toronto's Herzig College and The International Academy of Design also offer online education.

However, researchers warn that many online schools offer phoney degrees, and it is essential to do research on any institution before enrolling.



Twelve students battled their bladders in a bid to win an XBOX last Thursday. Competitors were drawn from a pool of names and had to keep one hand on the XBOX while drinking a cup of water every minute. Laith Albazigan took home the prize.

XBOX giveaway

By Liza Wood

Keep your eye, er, hand on the prize!

That was the motto for 12 lucky Humber students who were given the opportunity last week to take home a brand new XBOX courtesy of the HSF.

Twelve names were drawn and each student got up on stage with a styrofoam cup in their left hand, and their right hand on the XBOX.

The rules were simple: don't take your hand off the prize, and drink a full cup of water every minute without spilling or spitting.

It sounds fairly easy, but within 10 minutes one participant gladly exited the stage for the consolation prize, the *Old School* DVD.

Nineteen year-old Justin Robinson simply said, "My stomach was killing me!"

Within 15 minutes, as participants downed a full case of water, there were fewer and fewer hands on the XBOX...

And then there were four. Nineteen year-old business management student Brian Calhoun

had a little trouble keeping his water down and whittling down the contenders to three.

Soon after, 22 year-old journalism student Andrew Smith withdrew, winning *The Fast* and the *Furious* DVD.

The next to go was 19-year old David Anderson, who took home a pair of Leafs tickets for Sunday's game.

Although it was a great prize, Anderson said, "I'd prefer the XBOX but I'm just too full."

The last man standing was Laith Albazigan, who lasted 30 minutes and drank roughly 12,500 ml. of water.

Humber in second place after Seneca

By Ben Rycroft

The first Board of Governor's meeting was told recently Humber has knocked George Brown College out of second place for student recognition.

A year ago, an independent study showed that Humber placed third among the province's colleges in student recognition behind George Brown and Seneca.

The same study shows this year that after Humber changed its branding logo, (Humber Institute of Advanced Learning), students in the province recognized Humber second to only Seneca College.

In other business, board members discussed the allocation of funds for the coming year, celebrity honorary degrees and the increase in student enrolment.

Members also discussed the Tory government's pledge of \$4.8 million to the college called the Quality Assurance Fund.

The QAF will be used to increase faculty and support staff, and replenish educational resources such as library materials and computer hardware. The board also voted to re-distribute \$1.1 million of those allocated funds to a renovation project at the Lakeshore campus.

Humber will also bestow honorary degrees to Triumph guitarist Rik Emmett and comedian John Flaherty.

Discussion also turned to the double cohort and over-crowded classrooms. Humber experienced a spike of nearly seven per cent in enrollment since last year.

Out of power

By Dawn Farrell

Sleeping in because you didn't hear your alarm isn't just a lame excuse these days— it's possible the alarm really didn't go off.

Second-year package and graphic design student Anna Mussakowski lives close to Humber and has been having problems getting up in the morning because her alarm clock sometimes fails to go off.

"[The power] goes out about once every couple of days and two or three times on weekends," Mussakowski said. "It's been going on for awhile. Ever since I've lived here it goes out many times a week."

Toronto hydro companies are investigating the power lines in the Humber College area. Karen Zeppa, communication and public affairs representative for Toronto

Hydro, explains the power is going out due to momentary power interruptions.

"Basically, the power gets cut off to help prevent damage to the electrical system," Zeppa said. "They're very brief interruptions in the service that usually last no more than a few seconds. They're caused by a temporary fault in the electrical distribution system. So, it's basically a short circuit."

Lightning, animal interference and tree branches are the main causes of the problem. Anything that comes in contact with the power lines turns the circuit off. The power comes back on when the problem is clear.

Zeppa said the company does its best to make sure the power lines are secure.

It's actually a good thing for the system, but first-year police foundation student Rob Aukema

lives in residence said the power outages have affected his computer.

"I went to a meeting at Lakeshore campus for about two hours and when I came back my alarm clock was flashing," Aukema said. "So, I turned on my computer and my monitor was fried. The power goes out about twice a week, maybe three times sometimes."

Until the hydro companies determine and remedy the problem, students may want to consider using battery operated alarm clocks to make it to those early morning classes. To prevent computer problems, students can protect their equipment by purchasing a UPS, an uninterruptible power supply or a surge protector.

For any problems or questions involving power outages, contact Toronto Hydro at (416) 542-8000.



Gloria Epstein and friends were among the 28,000 men, women and children who gathered at Nathan Phillips Square to take part in CIBC Run for the Cure event to help raise money for breast cancer research.

CIBC cancer walk raises \$3 million

By Celistine Frampton

Last Sunday, thousands of people participated in the 12th annual CIBC Run for the Cure to help raise funds for breast cancer research.

The fundraising event took place at Nathan Phillips Square.

Participants had the choice of walking either the one or five kilometre route.

Meni Pitoscia, 30, of Toronto is a survivor of breast cancer and has been volunteering for the foundation for the past four years.

"I was diagnosed with breast cancer when I was 26. Being diagnosed was not painful but the treatment was," Pitoscia said.

When I was diagnosed, my son was two and the half months old and because my husband had to work, my father raised my son. My father passed away two years ago of cancer."

Last year, 140,000 people from 32 communities across Canada participated in the Run and raised more than \$14.6 million for the Canadian Breast Cancer Foundation (CBCF).

In Toronto, 25,000 people raised more than \$2.7 million last year.

Thousands of runners, walkers, parents pushing strollers and kids on skates raised \$3 million to support breast cancer research, diagnosis and treatment, last weekend.

For the first time this year, participants were able to walk with celebrity teams which included the

Barbara Hall Rockets, CFTO Anchor Team, Team Argonauts and Team Marnie McBean.

Barbara Hall has taken part in the event for the past 10 years, and ran the five kilometre route.

"I am a big supporter of the Run and have a number of friends who died and others who have survived it," Hall said.

This is a way of raising money profits to try and end breast cancer."

Many participated in memory of loved ones who lost their battle with the disease, or for breast cancer survivors.

Others participated to help with future improvement for the foundation.

"I am running for my mom who died of cancer in 1977," Sirkka Tossavainen of Toronto said.

Approximately one in nine women will be diagnosed with breast cancer, an increase from the 1970s when one in 20 women were diagnosed.

Lifestyle choices, such as not smoking, healthy eating and staying physically active, can play an important role in reducing breast cancer.

The CBCF was established in 1986 and is the leading national volunteer-based organization in Canada dedicated to the fight against breast cancer.

In 1998, the CBCF joined the Canadian Breast Cancer Research Alliance (CBCRA) to help fund breast cancer research in Canada.

Study reveals that ecstasy drug is lethal

By Allison Moorhouse

A recent European study suggests that the drug called "ecstasy" (MDMA) is deadly when taken on its own.

Human Psychopharmacology – a medical research journal from England – published the findings of the study in their October issue.

According to the study, 17 per cent of ecstasy-related deaths resulted when the victim had taken ecstasy and no other drug, and four out of five were male victims.

"I think the male predominance simply reflects the fact that young males are, in general, heavier users of all drugs than females are," said Dr. Harold Kalant, a professor at the Department of Pharmacology at the University of Toronto and author of *The Pharmacology and Toxicology of "Ecstasy" (MDMA) and Related Drugs* (2001).

"It isn't that males are biologically more vulnerable. It's simply

that if you use more, you stand a greater chance of suffering harm from it."

Patrick Bartens, a second-year multimedia design student, said he tried the drug but doesn't do it anymore.

"Ecstasy can kill you, but so can everything. . ."

"I experimented when I was younger," he said. Bartens said he believes that everything has a risk.

"Going to sleep can kill you," he said. "[ecstasy] can kill you, but so can everything else."

Kalant said that recognizing a person that has taken ecstasy may not be as easy as it seems.

"A number of other drugs can have closely similar effects," Kalant said. "But you can at least have reasonable grounds for suspicion if somebody you know seems far more excited, talkative and irrational than is usual for that person." He added that if the person is sweating and thirsty, they may have used ecstasy.

Irene Bond, a full-time registered nurse at the Humber College Health Centre, said not many people have come to the health centre with ecstasy-related problems.

"It's more of an underground issue," she said, adding that the health centre is willing to help anyone who may want to talk about ecstasy or need rehabilitation services.

For more information on drug use or rehabilitation, visit the Humber health centre, or call the Centre for Addiction and Mental Health information line at 1-800-463-6273.

A cup of tea a day will keep cholesterol at bay: new study

By Nicole Catney

Tea drinkers have yet another reason to reach for that jolt of caffeine.

According to a study conducted by the United States Department of Agriculture, (USDA) people who consume 30-32 ounces of black tea a day can reduce their bad cholesterol levels (LDL) by more than 10 per cent.

The news gets even better for smokers. A study conducted by the Arizona College of Public Health, tested heavy smokers who consume four eight-ounce servings of green tea a day.

The results show that the DNA damage that is a common side effect of smoking had been reduced by 31 per cent after a four-month test period.

Tania Morrison, a third-year business management student, drinks an average of four cups of tea a day.

"I drink green tea when I'm at home. It's good for you. It sort of flushes out your system," Morrison said.

She's also a smoker and said she believes the findings will encourage others to pick up this tea drinking habit.

Humber students can get their fix of tea at Bubble Tease, located near the gym.

Jennifer Tahm has been working at Bubble Tease since it opened last October and said the report has made them consider expanding their selection.

"I think new flavours will be created after the release of this report," Tahm said.

The main types of tea, black, green and oolong, are derived from

the same plant species. The difference between them is the method by which they are processed. Black tea undergoes several hours of oxidation, whereas oolong receives less. Green is not oxidized at all.

The Tea Association of Canada believes that the important benefits of tea may have a large impact on the prevention of diseases.

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To our new MPP: Humber's watching

The ballots are counted and Liberal Dr. Shafiq Qaadri is Etobicoke North's new MPP. Congratulations to all parties for their hard work. But a warning to the Liberals especially - they cannot rest on their election success for long. They have more hard work ahead of them.

Qaadri and all Ontario Liberals, including Premier-elect Dalton McGuinty, outlined several campaign policies, all of which we now expect them to live up to.

Those policies which directly affect us as students include promises regarding the economy, safe communities, health care and education. What does this all mean? It means they promised to push for a minimum wage hike (an increase to \$8 over the next four years) and to provide a balanced budget without adding to the existing debt.

As well, one of the biggest issues in Etobicoke North is crime and our

individual safety, both on and off campus. Promise #2 - 1,000 new police officers on the front lines for Ontario. Crime-prevention was high on the agenda for Dr. Qaadri, so we should expect to see some of those officers out on our riding's front lines.

Dr. Qaadri also focused his campaign on two other hot topics - health care and education. As a doctor, he has made it clear that he knows the health needs of the people in this riding. He promises more nurses and doctors in emer-

gency rooms and hospitals. The provincial Liberals share this view and, on top of more staff, they promise 1,600 new beds in overcrowded hospitals and ERs. Will Etobicoke North's William Osler Health Centre get its share?

As for education, we should expect to see an immediate tuition freeze for at least two years at all colleges and universities. We should also expect to see a 10 per cent expansion in colleges and universities, which they say will allow new faculty members to be hired - a very important promise considering this year's double cohort conundrum. These issues directly affect Humber and we need to remind Dr. Qaadri that Humber is a thriving community in itself with

over 14,000 full-time and 20,000 part-time students. We also need to remind him of the disappointment we felt when he didn't show up for our all-candidates debate

prior to this election.

We will, and we ask you to follow our lead, keep our eyes and ears open to see exactly what happens in the next few years. We can expect, and should demand, that the Liberals live up to their promises. Only time will tell. In the meantime, remember one other promise made during the campaign: all MPPs will be given a stronger voice in parliament and will be there to represent your views. Let them know what those views are and that we are all watching.

"We can expect, and should demand, that the Liberals live up to their promises."

Let's hear it for our teams

Three cheers for Humber's varsity teams.

Last week saw the men's and women's sports teams win a complete sweep of their games. Additionally, no Humber sports team has lost an OCAA sanctioned game this week, an accomplishment in itself.

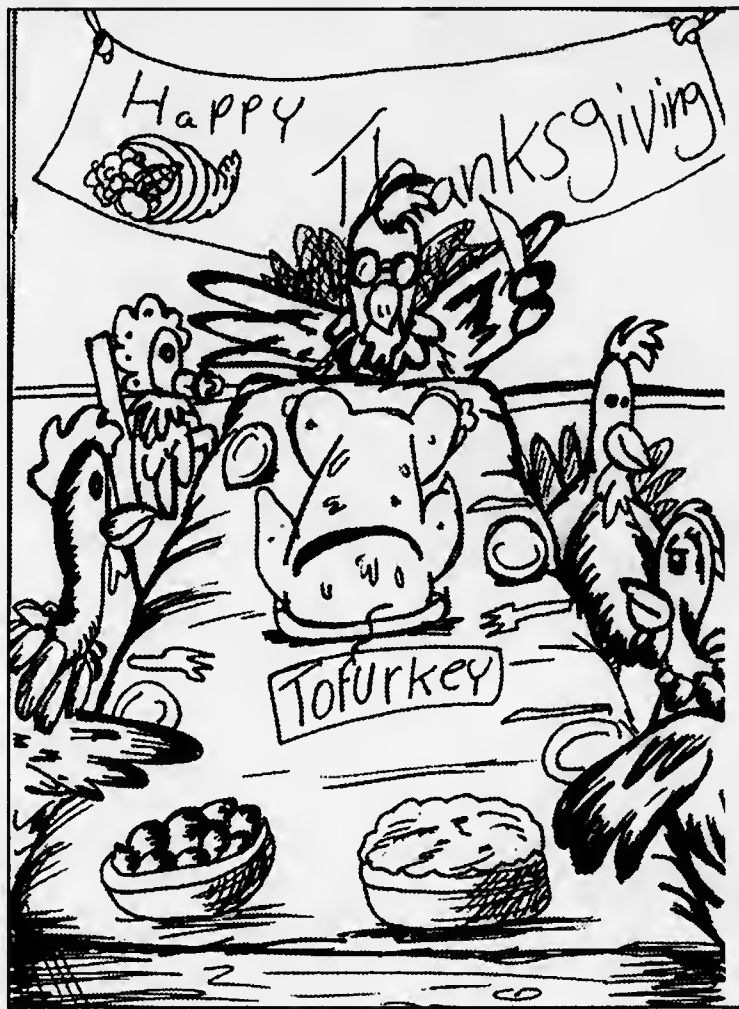
Both men's and women's golf teams were in top form on the weekend when they won first place in provincials held at St. Lawrence College.

The winning continued with Humber's soccer teams. The men's team continued to be undefeated this season with their victory over Redeemer, and the women added another victory to their already impressive winning streak.

Varsity rugby bounced back from a rough opener, first by winning against Georgian, then with a huge 40-19 victory over Mohawk College.

South of the border, men's varsity hockey won two games against the University of Michigan in Dearborn.

Let's hear it for our varsity teams. Go out to a game and show your support for our athletes as they compete for our school. With the support of Humber's students and staff, our varsity teams will continue to win awards and recognition for Humber College. Athletics are an important part of any college community, so let's give our teams the support they deserve.



Forget Prozac, open your eyes



By Sherri Wood

"It's a beautiful day, Don't let it get away." -U2

The sun is shining. But it doesn't matter. Your family's healthy. But it doesn't matter. You bumped into an old friend on the bus today. But it doesn't matter. The radio played your favorite song. But it doesn't matter. The girl at the coffee shop had a radiant smile, but, you guessed it - that doesn't matter either.

Every day, whether we choose to acknowledge it or not, there are hundreds of reasons to be happy. Surfacing as the day unfolds, small treasures - like the smiling stranger or the chance meeting - continue to go unnoticed. To most of us, they're completely meaningless. Or so our actions convey.

We're actually so busy focusing

on that which is truly meaningless - the price of gas, the forehead zit, the dream job we don't have, the student loan and those new DKNY kicks - that we fail to see the real value that is our daily lives.

This obsession with everything we do not have blinds us to every beautiful thing we DO have.

Buddhists believe suffering is attached to desire and in order to end suffering, we must let go of restlessness and yearning.

Christians believe everything in this world is a gift from God and that we should treat it as such.

But this isn't an insight necessarily attached to spiritual belief. It's a universal truth that most of us need to acknowledge. We are our own worst enemy. And until we realize that the joke that the kid on the bus told you DOES matter and that the tomatoes you finally learned to grow DO matter and that the weird card you got in the mail from your grandma DOES matter - until we realize this, well, we'll forever be the one holding AND following that stupid carrot on a string in front of us.

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Black America and Bush's magic



By Pierre Hamilton

"I'm a uniter not a divider."

And so George Bush promised to rebuild America, promised being the key word.

But recently, the U.S. president asked congress for \$87 billion to rebuild not America, but Iraq. The money is for nation-building, a business he once said America had no plans on running.

Bush's presidency ran the 110-metre political hurdles full-out, leaping over campaign promises with relative ease. Then he started

to trip up.

As citizens of the United States of America grow disenchanted with foreign policy in Iraq, the issue of nation-building is rearing its ugly head at home.

Black America is screaming for equal opportunity in the U.S. and no one's listening.

Black America is largely poor, uneducated, and bitter because of promises that have been unfulfilled since 'reconstruction,' when former slaves were to receive 40 acres and a mule. That policy vanished as the Jim Crow segregation laws took effect and forced blacks into a new model of industrial exploitation.

Meanwhile, Martin Luther King Jr.'s dream of equality was shot dead outside a Memphis hotel by a

'southern man.'

Black America responded with violent rebellion, which resulted in the great white flight to the suburbs. Added to the long list of broken promises are prevalent problems like drug addiction, underfunded schools, a biased legal system, and inner-city poverty that plagues blacks under the American regime.

"Leave no child behind." No child...except for those who live in the inner-cities and rural towns. Bush cut money to a program he praised. The future of any group rests with the children, and on CNN, America's poor children can watch Iraqi children wearing uniforms as they learn about the new 'U.S. approved curriculum' in newly renovated schools. Ironic.

"President of the people, not just for those who voted for me."

In 1999, Bush had nine per cent of the black vote, because he ignored black voters and their issues. Affirmative action was not on the to-do list, because, hey, the list was made by Condolezza Rice and Colin Powell. They made it specifically because of favouritism and a desire to appeal to the black population - affirmative action in disguise.

He also cut funding to energy assistance programs for low-income families. In Iraq, he helps the locals pump their oil and makes sure it gets to the right people - rich Americans with their gas-guzzling SUVs.

Is it easy to blame Bush? Why not, everyone's doing it:

Republicans, Democrats, France, the UN, and even Jean Chretien. He's not the only president to ignore America's racial problems and he won't be the last. America is a melting pot, and with its chef focused on Iraq, things could spill over at any time.

The situation in Iraq is an important issue, but hundreds of years before Sept. 11 slaves were picking cotton and making the 13 colonies rich.

The fact that America has rebuilt two former enemies - Germany and Japan - and now Iraq, proves that for blacks, America's promises are like magic - now you see them...

President Bush said it best: "You can't say one thing and do another."

A hurt not forgotten but a lesson learned



By Jason Bain

"I didn't mean to hurt you."

This has to be the most nonsensical statement in the English language, particularly since the statement is simply used as a cushion to back out of a situation so unbelievable that it causes one to question love.

It also means someone cheated on someone.

Coincidentally, I just heard this line.

It's amazing how two individuals once so bound together, can drift apart with distance and with time. A lack of discipline bold enough to breach a partner's trust epitomizes the deterioration of a relationship. When those once strong columns supporting everything fall, there is nothing left to build on.

It means one thing for certain, it is time to move on.

People change, grow, become accustomed to different situations in their life, and forget. Strange,

how people can forget.

Here is a little advice, from the University of Saskatchewan student health centre, for others forever marked by the mischievous circumstance known as infidelity.

Or at least for those trying to get over a breakup.

What You Can Do

No set formula will help you get over a breakup. These are just tips to help you through the healing process.

Acknowledge the loss. Do not feel that you need to forget about the relationship in order to heal.

Let yourself grieve. Dealing with strong emotions can be very painful and unpleasant.

Self-reflection. Examining your previous relationship can help you discover what you want in a partnership. This may benefit future relationships you have.

Focus on yourself. Allow yourself to have fun and spend time doing things you enjoy.

Talk about it. Putting emotions, feelings, questions and hopes into words may help clarify the experience.

Take care of yourself. It is important that you maintain your regular eating and sleeping patterns.

Do what works best. Use what coping strategies work best for you and take note of the progress you do make.

Be patient. Some days will seem better than others, but things will get easier with time.

Oh, and just for the record - I will never forget.

Solving the problems with student transportation: Just make an ass of yourself



By Brookes Merritt

Public transit is loathsome. Most of us have had to endure it at one time or another: as a student to school, as a drone to work, or - like me - as a victim of circumstance without a vehicle.

Essentially, we're forced to travel in a tightly packed tube, ripe with the sweet aroma of body odour that emanates from the grim looking strangers at our sides. Despite the monotonously slow ride, the jerky habits and questionable moods of the drivers, there are ways we can improve the quality of our commute.

The salvation of every commuter lies just beyond the understanding of the enigma that is public transit. It is inherently antisocial despite the depths of people with something to say, and none with the gumption to converse. It's why most of us put our bag on

the empty seat beside us, why we look out the window when someone sits there and why we generally look as unapproachable as humanly possible. Most of us.

The next time you're riding the roach-coach, think of the select few who refuse to follow the flock. They fight the call of quietude and, I dare say, they reap the benefits. Such defiance makes a long and boring ride interesting, transforming it into an experimental journey of abandon and glee.

So sit next to the person who looks the most uncomfortable, the person who looks like they wish to be left alone. Strike up a conversation - ask them if they have the time. Worst-case scenario: you've found a friend and your destination is a few stops closer. Best-case: they rebuff your advance, forcing you to go to work on them.

Make faces at children; sit uncomfortably close to others, lean on them; utter benign comments about people that board while gently elbowing the person closest to you in friendly secrecy; sneeze and bless yourself; pas-

sionately pick your nose; sing to the tune of someone else's walkman.

There is a buffet of gestures and dialogues at your disposal, all of which invite others to share in your suffering, or at least to ensure that their ride is made less enjoyable than your own.

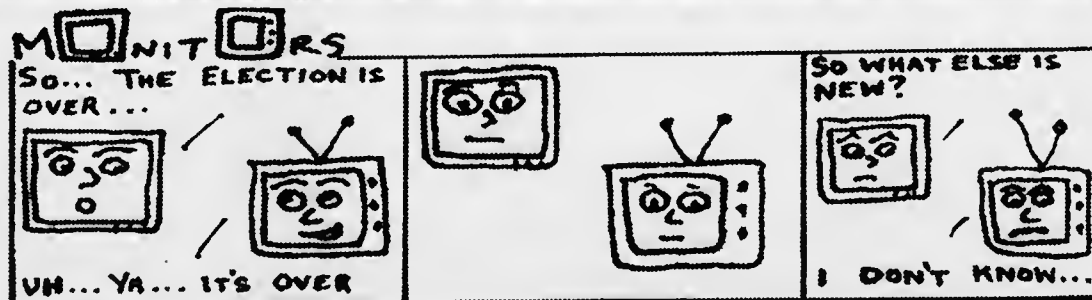
Such selfishness is rewarded with a true feeling of power - you are among the few who refuses to be silenced by the social mores that keep us from piercing each other's bubbles of personal space.

You will quickly learn the joy that can be taken from a once dreaded routine.

The feeling is infectious. It can even break the tension that keeps us all so very private, and introduce all riders to a social outlet they never-knew existed.

Most times, however, the feeling just helps to add a laugh into your day.

It helps you to smile when you finally reach your destination. Ultimately, you can step off the bus, the train, or the subway, feeling like you got there just a little bit quicker.



Ponder plan to purchase pets

By Steffani Mowat

As many of the GTA's animal shelters are crammed with animals, students who've longed for a pet may find it a good time to look.

But pet experts warn potential owners to make a rational, not emotional, decision.

The Toronto Humane Society has reduced its price for cats and kittens. Prices range from \$15-\$25, down from the usual \$95, and include a microchip, vaccinations,

food and a pet care information booklet. In addition, some animals are already spayed or neutered.

Aside from the growing number of cats in shelters that need homes, dogs are also up for adoption.

"I just moved into a new apartment with some friends. We're considering adopting a dog to keep us all company. We love dogs, [and] splitting the cost of food and care will not be a great expenditure," Joe Fotheringham, a second-year graphic design student, said.

While cats are more independ-

ent than dogs, and might make a better pet for a busy college student, both require a lot of attention and can be pricey.

Helena Drydak, the veterinary technician at the Brampton animal shelter, said that the price of licensing and registration ranges from \$35 for a dog and \$10 for a cat.

According to Drydak, the decision to get a pet and what kind depends on the student's lifestyle.

"Students who have a small schedule and who go for daily jogs might make great owners to a dog," she said. "But students who have a busy workload and are overstressed may not make the best owners."

Drydak says the first six months of a pet's life involve the most expense due to costs of neutering or spaying and inoculations.

Adult dogs and cats are also offered at every shelter and have already been spayed or neutered and have had their shots.

The bottom line from the expert: A pet is a lifetime commitment and you should examine your situation as a student, and also where you will be in a few years once school is out, before deciding to adopt a pet.



Christina McKay and her kitten Jag both enjoy the benefits of Toronto Humane Society's pet adoption program.



This year's Fall Home Show was complete with experts and exhibits. Canadian Mortgage & Housing Corp. says Canadians spent \$29.8 billion on renovations in 2002.

Renovation inspiration

By Alex Blonski

Students looking for home improvement advice were in luck last weekend, as the 2003 Toronto Fall Home Show opened with an abundance of decorative ideas on display at Exhibition Place.

The show featured over 300 exhibitors, each claiming they had the perfect solution to brighten up a dull room.

"When you only have one room as your home, it's important to paint it a great colour," said Jane Hall, the owner of Jane Hall the Voice of Colour, a colour consulting business. "It's your workspace and your living space. You need colour to make you feel good inside your room no matter what you're doing."

According to Hall, places like

HomeSense, Ikea, and Pier 1 offer fabulous, inexpensive accessories.

Hall, along with her colleague Ian Levack, led a seminar at the show demonstrating the importance of colour.

Levack said that many houses today are dull and uninviting. "Everybody is doing it. It's the bare minimalist beige thing."

"Lime green is the new neutral. It goes great with oranges, purples, and blues. Oranges and yellows are very warming," he said. "If you wanna chill out in your room they are great for that."

"[Students in rez] have got to feel good about your room especially because it's like your home," Hall said. "It's a big transition. It's part of making a space your own."

Other experts on hand offering tips on home improvement included John Bruce of TLC's *While You Were Out* John Sillaots of HGTV's *In the Workshop*, Jon Eakes of HGTV's *Just Ask Jon* and Karen Kirk of *Renovation & Decor Magazine*.

While most of the show was dedicated to home renovation and decoration, many exhibits featured food ideas and products.

Kelly Frank of Tupperware Canada had storage tips for students who wish to save time and money.

"Students can get big value by buying in bulk and saving their food in the freezer or in air-sealed containers," Frank said.

"You could buy a value-sized bag of chips, put them in a really big Tupperware container and they would last you days longer than an unsealed bag. Also, it would be a really good and cheap idea to make soup or chili and store it for weeks at a time in our containers. They are really good for quick, easy, reheatable meals."

The Home Show runs again from Oct. 10 to 13 at the International Centre on Airport Road.

Digital delights at photo show

By Marco Recouso

The biggest brand names and the latest technologies were on display at The Photographic and Digital Imaging Show at The International Centre last weekend.

At the show, a vast array of products were targeted to students with a limited budget.

However, according to show manager Namrata Vaya, digital is the most fashionable field at this year's show.

"Digital is the newest and hottest thing and it keeps growing," Vaya said.

The show also offers many free seminars on a wide range of topics such as video editing and digital photo basics. For consumers like Tajuddin Mir, the seminars made it easier to find the right product for the job.

"I was looking for a Canon G5 camera and I was comparing the prices of the other brands which

were close to the G5 specifications...buying a camera is really challenging, what to buy, what not to buy, but the seminars and the information help you come to a final solution."

The show, sponsored by Henry's School of Imaging, continues to grow in stature and attendance.

"This is our third year running it and we generally get anywhere from 5,000 to 10,000 people [over the three days]," Vaya said. "All the major manufacturers of camera and imaging products, including Olympus, Epson, Canon, Panasonic, Nikon, everybody is here with their technical representatives, [and] their newest products."

Manufacturers agree that the show is great for introducing new technologies and products to consumers.

"It's a great venue for us because Henry's has such a great reputation for imaging," said Ken

Jure, marketing director for Fuji. "It puts us in front of generally very knowledgeable consumers and enables us to explain our technologies, features, benefits and our broad range of cameras."

Walter Eadie, attending the show for the first time, was looking into the latest cutting-edge

digital cameras.

"I guess like everybody with digital cameras, you're always looking at what's the next one you're gonna buy. So this was a great chance to see everything in one place, [and] ask a bunch of questions without the pressure of being in a retail store."



Fuji Marketing Director Ken Jure represented Fuji at the Photographic and Digital Imaging Show last weekend.

What's Up

Bucks 4 Baldies: Oct. 9 in Humber concourse centre, 11 a.m. to 2 p.m.

Pumpkins, Puddings and Pie: Oct. 11-13 at 5172 Yonge St., Gibson House Museum, 12 p.m. to 2 p.m.

Wataybugaw, An aboriginal Thanksgiving: Oct. 12-13, at Harbourfront Centre.

Traditional Thanksgiving Dinner: Oct. 12-13 at 1000 Murray Ross Pkwy., Black Creek Pioneer Village. Call 416-661-6600 ext. 5256 for reservations.

The Rolling Rampage: Oct. 13, 10km race at Queen's Park

Sports and Spin-A-Thon: Oct. 14, at North campus gym, 10:30 a.m. to 2 p.m.

Blood Donor Clinic: Oct. 15, at 1201 Wilson Ave. Ministry of Transportaion, 10 a.m. to 2:30 p.m.



Humber staff Woodian Barcho serves up a Thanksgiving meal deal in the cafeteria to student Jennifer Don. Thanksgiving meals were also served in the staff lounge.

Breathe easy

Humber offers yoga class, helps relieve stress

By Chris Riddell

Students finding it difficult to deal with the pressures of school work can sooth away the stress through classes offered at Humber's athletic centre.

The classes teach meditation and yoga techniques to create a state of relaxation where worries and problems melt away.

"What you're doing in meditation, basically, is you're focusing on a thought or a specific body part. You want to focus your mind into that spot or even bring your mind into yourself," said Maureen Martin, one of the yoga instructors. "You make [your mind] focus on your breathing. Some people meditate and stare at a candle and just absorb their whole thoughts into that candle. Then it's almost as if there is nothing around you."

Meditation also benefits your mental health.

"Most people, when they start to meditate, probably the first thing they notice is it calms them," said Louyse Vigneault, a yoga and pilates instructor at our college.

"With meditation, the health benefits are primarily a renewed sense of overall well-being. It increases your level of productivity. It really helps you to focus and become calmer [and] remain calmer in specific situations," Martin said.

Martin teaches yoga classes on Mondays in the Athletic Centre. Classes are an hour long and include 10 to 15 minutes of meditation.

"In yoga you will develop more strength, flexibility, endurance, balance, concentration. It will help your overall self-esteem and self-confidence," Vigneault said.

The health benefits don't end there either.

"After a few years, or even months of practicing, they have a feeling of calmness after they finish. They can feel better," she said.

"You can come to class with a headache. You could be tired, stressed out, feel like you're going to blow up or feel like you're going to fall asleep, and you leave class feeling so rejuvenated. It gives you a sense of renewed energy and vitality," Martin said.

Meditation can be particularly helpful to your emotional

well-being.

The Centre for Addiction and Mental Health has a program which helps victims of depression overcome their afflictions through meditation and cognitive therapy techniques.

"People who have had

three or more relapses into [clinical depression], really benefit from this and do well," Kate Kitchen, a clinical social worker, said.

In the program, participants are taught meditation techniques that train them to observe their thoughts and keep their mind focused on themselves. It acts as a cure for those who suffer from stress and depression.

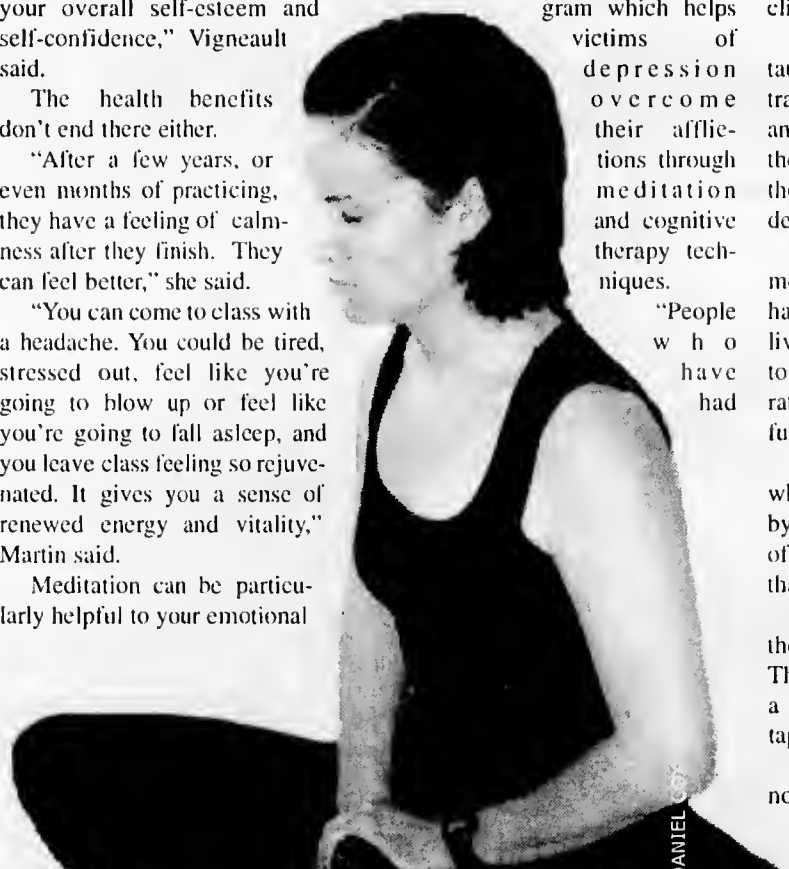
"People who use mindfulness meditation daily would say that it has a positive impact on their lives," Kitchen said. "It helps you to live your life in the present rather than getting caught up in the future and what else is going on."

Meditation isn't only for people who are constantly bogged down by their own worries and the rigors of everyday life. It is something that anyone can get into.

"There's a lot of resources out there for anyone who's interested. There's books and videos. There's a lot of Web sites that people can tap into," Martin said.

However, according to Kitchen not everyone can get into the habit.

"It depends on the individual. Some people get it, some people don't get it. Some people, it's not for them," she said.



Paramedic student Katrina Carbone practices yoga exercises.

Seaweed wrap helps fight dry skin

By Shiho Futaba

The seaweed body wrap has become a new fad for those who want better skin care for long Canadian winters.

Dorothy Simmonds, an esthetician at Absolute Indulgence Esthetics, says the human body can get toxins from anything: the food you eat, the air you breathe, and stress or anxiety in your daily life.

"The essence from seaweed breaks up the toxins and releases [them]," Simmonds said. "It also moisturizes your skin and relieves muscular fatigue."

The seaweed body wrap comes as a paste, mixed with natural essence oil.

The procedure is: cleanse the body, put the seaweed on, wrap the body with cellophane and towels, and leave on for about 60 minutes.

At some spas, the wrapped body is put under a heater.

"[Seaweed wrap] improves circulation," Ravara Vanvlait, a Health Winds esthetician, said.

Seaweed wrap is popular for those who are in their 20s or 30s and is not only for women.

"We have more men than we expected," Vanvlait said.

Simmonds recommends it for skin balance, especially during the winter when everyone has to deal

with dry skin.

"The entire process is all natural. We create the environment to help circulation, so it's very healthy for your body," Simmonds said.

Compared to skin lotion at a drug store, seaweed paste consists of only natural materials, and the benefits last longer.

The price is \$55 for 90 minutes at Absolute Indulgence Esthetics.



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Bone marrow transplant offers hope for illness

Rare blood disorder hard to diagnose

By Cheyenne Morin

In a world full of cancer, AIDS and diabetes, little attention is paid to the lesser known aplastic anemia, a rare blood disorder struggling for recognition and support.

The illness is often associated

with nutritional anemia, a disorder where the blood is lacking in iron.

"People have a hard time taking you seriously. They tell you to go eat a steak or eat some more spinach," said Lori Lockwood, executive director of the Anemia Institute in Toronto.

Aplastic anemia is a rare and very serious blood disorder. It

occurs when a person's bone marrow fails to produce enough blood cells: red blood cells which contain hemoglobin and transport oxygen throughout the body, and white blood cells which fight off infection

and platelets which help produce blood clots when bleeding.

The only cure for this disorder is a bone marrow transplant. If a family member is not compatible, it may take months to find an unrelated donor through bone marrow registries.

Diagnosis of this disease is not always immediate as many health professionals are not familiar with it.

"Most severe cases will be diagnosed when a person goes into a hospital and they're bruising, they're weak, they can't stop sleeping all of the time and they are bleeding through the nose," Lockwood said.

She herself was diagnosed nine years ago with myelodysplasia, a severe blood disorder that can develop in people with aplastic anemia.

"So many people die from these diseases and they are told by their doctor to go home and die, we can't do a transplant because you are too old or we can't do a transplant because you don't have a related donor or we are going to give you all these drugs with horrible side effects," Lockwood said.

However, other treatments are available to those who do not have a transplant. A drug called Cyclosporine is the most common treatment often used in combination with Antithymocyte globulin (ATG), a horse or rabbit serum.

Together they target T-lymphocytes, the cells responsible for the destruction of the stem cells in aplastic anemia patients.

"If you don't have a bone marrow transplant or you don't respond to any of the drug therapies then it is a death sentence," Lockwood said.

Alexia, whose name has been changed to conceal her identity, was diagnosed with aplastic anemia two years ago. She has not received a bone marrow transplant because she has no siblings to donate.

"I just didn't want to risk having a transplant from an unknown donor because of all the complications that can come with it," Alexia said.

She has undergone many drug treatments which have caused her nausea, pain, dizziness, headaches and muscle weakness.

"I have days where I look and feel fine and then I have days where I can't bring myself to get out of bed and go about my day. On those days I push myself because I want to be normal and I want to feel normal."

If you know someone with aplastic anemia or myelodysplasia, there is help out there. There are Internet support groups like AA-MDS-TALK, www.aafaner.org/aa-mds/. Also, the Anemia Institute is helpful. Visit www.anemiainstitute.org.



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Humber
Et Cetera

Buy Now

By Jason Pushee

nYco's Air-Flo Controllers

nYco Technology has produced the next generation of video game controllers, and they are cool indeed. Using patented 'air-flo' technology that cools the hands of the user, the company will offer controllers for game consoles and types of optical mouse for use with computers. Air-Flo controllers are available for PlayStation 2, Xbox, Gamecube, and plug and play for PC. The controllers start at \$29.99 U.S. at www.nyco.com.

Optimus Prime

Hasbro, celebrating its 20th anniversary, and partner company Takara have decided to give fans the ultimate toy: the Optimus Prime Masterpiece figure! Featuring over 20 points of articulation, rubber wheels, an energy axe, an actual suspension in truck mode, LED chest chamber with matrix, Megatron gun, and a perfect likeness to the character in both robot and vehicle modes. Optimus, due out December, will retail at Toys 'R Us for more than \$100.

Pass On Buy

Playstation 2 Console

With market demand increasing, the prices on gaming products are falling. This holiday season you might want to wait to buy that new Playstation 2 system. Entertainment giant Sony recently unveiled its newest product, the PSX, offering gamers an all-in-one entertainment package. The system includes a DVD recorder, television tuner, hard-disk drive and the Playstation 2 console all in one box. Expect PSX in North America early next year.

Napster 2.0

Napster, the pioneer program of file sharing over the Internet, is being resurrected by Roxio Inc. Users will now have to pay for their music to abide by copyright infringement laws. The site will offer 500,000 songs, more than any other program of its kind, but will probably not have the library of live and rare songs or the software available through free Internet file-sharing programs like Kazaa.

Career kick-start

By Julie De Carlo

Humber's second annual Career Conference is approaching and is a great way for students to get a head start in finding a new job.

The Career Conference, free of charge and open to the general public, will be held Oct. 15 at Humber's North campus. Located in Community Room NX111 from 6 to 9 p.m., the event is sponsored by Humber's Career Advancement Service.

"The main focus of this event is

to provide students, as well as people of all ages, with strategies and advice on career transitions," said Karen Fast, manager of Humber's Career Centre.

"Basically, we want to encourage everyone to take stock of their skills and talents and learn how to utilize them best," she said.

The speakers at this year's conference include clothier Harry Rosen along with the company's human resources manager, Carm Fazio-Adile. Freedom 55 Financial, Canadian Tire and RBC will all be on hand to talk about

successful career changing strategies.

In addition to the scheduled guest speakers, this year's conference will include one-on-one, 10-minute coaching sessions for registrants to talk with staff members at Humber's Career Advancement Service.

The sessions will not only include tips for reaching career aspirations, but will also allow registrants to participate in a mock interview with feedback, as well as a resume review.

Fast said the one-on-one meet-

ings were added "due to popular demand made by last year's participants."

According to Fast the response to the conference last year was quite positive.

"The feedback was wonderful last year. It really does make people take the first step in finding the right career for anyone going into, or coming back, to the workforce. This is an easy way for them to approach it without feeling intimidated."

Joan Conlan, 56, signed up for the conference after leaving her job of 16 years and hopes the event will be a step in the right direction towards a better job.

"My motivation for registering for the upcoming conference was a genuine desire to know where I should go from here," Conlan said.

"I tried office work, then took on a receptionist/administrative assistant position. Out of all this I realized I am not an upfront greeter type of person but rather an introvert.

"I was wondering why I detested reception work so much!" she said.

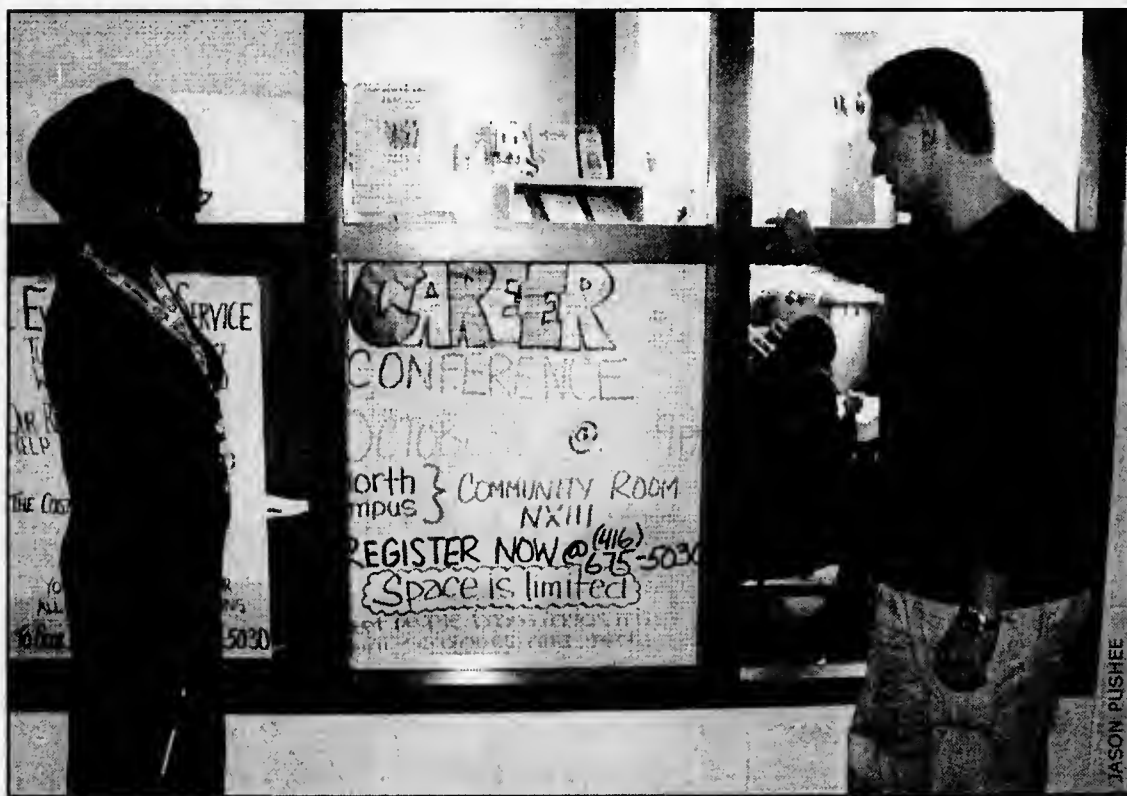
Humber students who are interested in getting a head start on entering the job market are urged by event organizers to register.

Currently, 75 of the 100 available seats have been filled for the conference.

Fast projects high hopes that the conference will positively affect both Humber and its Career Centre.

"I would expect it to increase our Career Advancement Service for appointments and for our resume critiquing as well. And since the service is free anyway, students might as well take advantage of it," she said.

Interested Students can sign up at Humber's Career Centre in H107 or by calling 416-675-5030.



First-year early childhood education student Joanne Gedrue and Leonard Biblekas, a post-grad Internet management student are resume tutors to students job searching.

Former student's career in good health

By Marjorie Lamperein

Felicia Pizzonia has turned her health care training and marketing skills into a successful business.

"I'm combining the two: nutrition with my marketing expertise," Pizzonia said, whose Nutri-Health-Program is the showpiece of her Web site.

She describes her business as an online health yellow pages.

"The goal of *nutri-fit-health.com* is to offer free information," Pizzonia said.

The Web site focuses on young people, providing links to informa-

tion on nutrition, healthy savings, natural remedies and doctors who specialize in such problems as eating disorders.

Pizzonia is proud that she's made it easier for health information to be marketed and available to a population on the Internet.

Born in Toronto, she started working at age 16 for stockbrokers and an online advertising company. She took some classes at Humber College and later attended Ryerson University, where she obtained a bachelor's degree in service and marketing. She is also a graduate of the Canadian School of Natural Nutrition.

Now 26, Pizzonia is organizing, through Nutri-Fit-Health, the Mission Nutrition Show next May 14 - 16 at the International Centre. The show will feature more than 20 speakers, including Canadian talk-show host Dini Petty and Dr. Earl Mindell, author of the famous *Vitamin Bible*, who has appeared on Oprah.

Exhibits will include food, vitamins, minerals and equipment relating to health and good nutrition.

"The Mission Nutrition Show is basically very fun and interactive," Pizzonia said. "It'll be like a party without the alcohol."

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Web Wanderings
By Brian E. Wilkinson

Something's rotten on the Internet

To get the full picture of what critics think about any movie, it takes a Web site like Rotten Tomatoes.

The site www.rottentomatoes.com breaks it down simply. If 60 per cent or more critics like a movie, it gets a positive rating or a plump ripe tomato.

Each review receives either a vote of "fresh" or "rotten" and the site treats each critic with equal measure.

One critic, one vote. "The system is designed to level the playing field, giving the small-town newspaper critic as much voice and visibility as an American national icon like Roger Ebert," said Paul Lee, RT's marketing director.

Rotten Tomatoes is the creative brainchild of Senh Duong, a graphic designer who is also a film buff. Jackie Chan was

coming out with *Rush Hour* and *Senh*, being a fan, wanted an easy way to keep track of all the newspaper reviews without having to go to 20 different sites.

According to Lee, the system worked so well that the site began tracking other movies and soon thousands of people were flocking to the site.

"By the end of 1999, Internet use had exploded, and with most newspapers and magazines publishing their content online, Rotten Tomatoes really came into its own," he said.

The site currently features more than three million monthly visitors, 500,000 professional movie, DVD and game reviews, a message board and an online store.

"We acquired U.S. \$1.1 million in investment capital to build the technologies that power the site today," Lee said.

"The site generates revenue from a healthy mix of advertising, licensing and e-commerce."

The site will continue to be free for users but a premium service with enhanced features may be offered later for a small fee.

It can be fun to go to the site just to read some of the negative reviews. The recently released vampire film, *Underworld*, is shown as having the approval of only 30 per cent of the listed critics, placing it firmly in the "rotten tomatoes" category.

Comments on dealing with *Underworld* currently include "has one heck of a poster" and "somewhere out there Dracula is turning over in his grave."

Rottentomatoes.com has been featured in print by several publications including the *Toronto Star* and *Rolling Stone Magazine*.

Television programs like *The Tonight Show with Jay Leno* (thanks to Roger Ebert who used the term 'tomatoemeter').

Movies like *Underworld*, starring Kate Beckinsale (shown above), may be a big hit with fans, but the critics of Rotten Tomatoes aren't as forgiving.

Cash to go the way of the dodo?

By David Ros

Humber students who hate carrying around small change and can't be bothered with the hassle of making small purchases through debit may soon have another option.

Dexit Inc. has launched a new debit system that allows small purchases to be made with the simple tap of a key tag.

The company is looking to talk to Humber sometime later this fall to see if the program can be introduced here.

Dexit comes in both key tag and phone tag format and has a small microchip inside that instantaneously transmits your account information into the Dexit terminal.

This will allow customers to make purchases in seconds without having to type in a pin number.

However, Dexit is only intended for small purchases and can't be used for purchases in excess of \$100 per day. The only transaction fee is \$1.50 for every \$100 spent using the card.

Right now Dexit can be used only at participating stores and restaurants in downtown Toronto.

The company is looking to expand to more places in the future.

"We're going live in January with George Brown College," Renah Persofsky, president of Dexit Inc., said about the company's plans to hook up the Dexit system there.

"Every [George Brown] student



Dexit hopes that its plans to replace paper with plastic will catch on with the public.

will receive a tag."

If a tag is lost or stolen, customers can call Dexit to get it deactivated right away, and the account will be suspended until a new key tag is received. The new tag should arrive within days of the

call.

Persofsky said that thousands of people have already signed up since the card's launch and expects more people to sign up as the company expands.

Similar attempts at electronic

cash systems, such as Mondex in the mid-90s, have met with limited success.

For more information on Dexit and places that accept it, visit the company's Web site located at <http://www.dexit.com>.

Humber
EtCetera

Extra purchase required on top of tuition



Mini-disk system puts dent in students' wallets

By Mat Langford

Imagine paying for your college tuition and your books, and then having to fork over upwards of \$600 for a mandatory item listed in your course outline.

If a Scarborough based company, AVR Communications Ltd., hadn't stepped in and offered the

players at a discounted price of about \$385 (thanks to Jerry Chomyn, coordinator of the radio broadcast program), that's exactly what would have happened.

First-year students in the radio broadcasting program found out that they had to purchase a Sony Mini-Disk player in order to participate in the program.

After paying \$2,400 in tuition and then adding the cost of the player before even buying books can add an unwanted strain to students' wallets.

Students also need to buy headphones and a microphone for the player.

Jon, a first-year broadcasting student, said the price of the Sony device is unreasonable for what it actually does.

"These are really nothing more than glorified portable CD players," he said.

"The only difference really, is that you can plug a microphone into them and record your voice, and that's really the only reason we need them."

Although the quality of the Sony Mini-Disk may be slightly better, a standard tape recorder could achieve the same effect for a considerably lower cost.

Humber business student finds success in the banking world

By Jordan Neal

For years Humber has done its best to provide a quality education to students like Ali Zamani, as well as the tools needed to begin a successful career.

Zamani graduated from the Business Administration Finance program in 2002 and has gone on to become a personal banking associate at the CIBC West Humber and Kipling branch.

Originally from Afghanistan, Zamani has been in Canada for five years where he has made his education a major focus. He com-

pleted high school and began his studies at Humber immediately after.

"I got my job at the CIBC during my first year of school, I did my co-op there, and after they offered me a job part-time as a teller. Then once I finished school they offered me a job full-time," Zamani said.

"I work on the front line, serving clients. I'm a personal banker, so I help them set up accounts and help them with investments."

As a recent graduate, Zamani is quick to offer advice to students in the business program. He says the program itself could be altered a little to give students a better chance of getting a good job.

"The program I took at Humber was too general. They should narrow it down, focus more on certain aspects of the program," Zamani said.

"The program covers things like accounting, finance and marketing, but not enough in each that you can become really good at it."

But that's where the co-op experience enters the picture. It provides further depth.

Zamani said his volunteer co-op experience at CIBC was a good way to get your foot in the door. Zamani believes that a good work placement is key when it comes to applying for a job.

So, too, is experience in the real world.

"If someone would like to run their own business, or try to get into business, try to get experience. If you see what is going on in the real world, the projects and the assignments you're doing in school will make more sense," he said.

Zamani hopes to eventually take his love of business to the next level and start his own financial company.

His education is still a top priority as Zamani plans to get his MBA by going to school part-time while he works at the bank.

"I'm a business oriented person and I love dealing with people. When you know exactly what you're doing, and you're helping customers, it feels good. Especially when you see people with problems, and are able to solve them," Zamani said.

Humber's radio.com

By Ashley Molnar

Although the Humber radio station, CKHC 90.7 FM, is not available to students far beyond the hallways due to a limited broadcast range, it can be heard worldwide on the Web.

Kristen Whitmell, a Humber business student, was shocked that students could listen to the Humber radio station over the Internet.

"I just can't believe that students aren't informed about this. I personally would be very interested in listening to a station run by Humber students," Whitmell said.

The 10-year-old site features student portfolios as well as weekly news and alumni information. Job postings for radio broadcast students are also available.

"I also think that it's really cool

that the broadcasting program informs students of industries who are looking for new employees," Whitmell said.

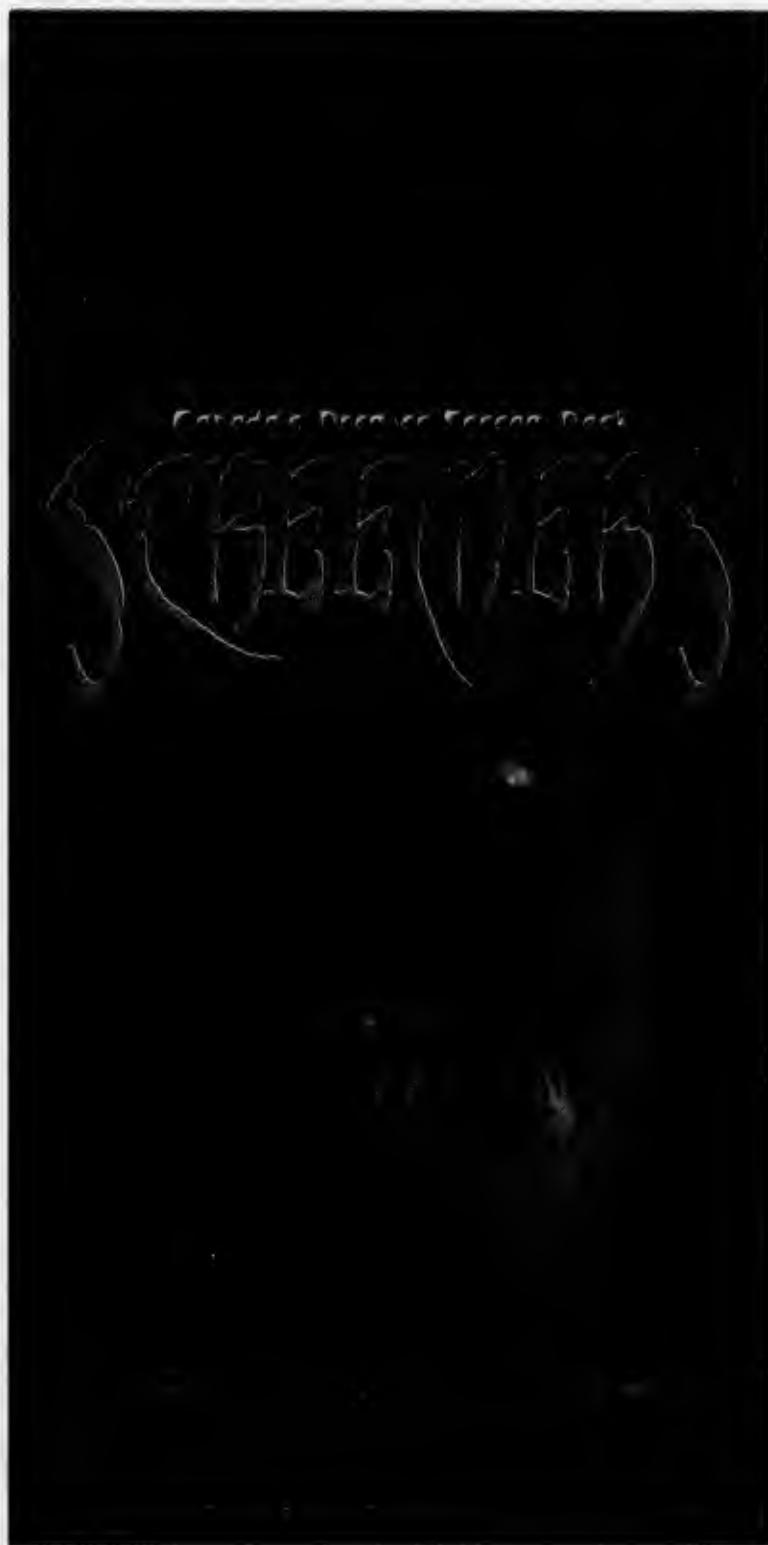
"I wish other programs thought the same way, because it would help students who are new to the working world."

Jerry Chomyn, coordinator of the radio broadcast program, said the station gets little attention from students.

"We actually get a lot more reaction from people around the world," Chomyn said.

Chomyn writes weekly newsletters for the site, giving updated news from the radio broadcasting program and the industry in general.

Windows Media Player Series 9 is required to listen to the station at <http://www.radiohumber.on.ca>.



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Food for thought, food for health

Eating healthily shouldn't be such a chore

By Colleen Rousseau

It's 6 p.m., and you've just returned home from a full day of classes. You're starving, but the motivation to cook a proper meal just isn't there. You take a box of Kraft Dinner out of the cupboard, just like every other day this week.

No matter what the excuse, be it laziness, fatigue or incompetence, people are constantly coming up with ways to justify why they don't eat as well as they should.

And while stopping at a fast-food restaurant or defrosting a Pizza Pop is fine once in a while, it's easy to learn to prepare healthy meals.

Steve Storey, a first-year chemical engineering student at Humber, finds simple ways to concoct proper meals.

"I use common sense and keep it cheap," he said. "One of my favourites is adding instant rice to a can of Chunky soup. It makes for a bigger, healthier meal than just the soup alone."

Storey's recipe for chicken alfredo is a grilled chicken breast and a package of Sidekicks noodles, while his tuna casserole combines a can of tuna with white cheddar Kraft Dinner.

Genevieve Couture, a first-year culinary management student who spends long days in the kitchens at school, often doesn't feel like cooking at home.

"I turn to a lot of easy foods that are quick," she said. "I eat a lot of cereal and a lot of sandwiches."

Couture still suggested ideas for students who want to eat well.

"Pasta salad is nice and easy, as well as fairly quick to make," she said. "Just add some vegetables, olive oil and herbs for the dressing."

She advised students to check out www.kraftcanada.com.

"It's a pretty good Web site, it

what you're going to eat, you're more likely to eat well."

She suggests that students stick closely to Canada's Food Guide, www.hc-sc.gc.ca, which stresses a balanced diet. And, if students don't think they're getting proper nutrition, she recommends a daily multi-vitamin.

Storey sets a routine that involves what and when he eats.

"I usually eat carbs in the morning for energy, and save protein and vegetables for later in the day," he said. That way, I have protein to digest overnight, and it makes me hungry for more carbs in the morning.

"The key [things] to remember is that carbs are cheap but give lots of energy, protein is expensive, but good for you, and fat is bad, but needed in moderation. It's easy to get these, but harder to combine



Second-year film and television production student Mike Jack knows how to make Kraft Dinner. Its quick, its easy and it tastes good. But there are other options just as likeable and more beneficial to your health.

has a lot of nice, simple recipes."

But while Couture and Storey have a handle on their diets, many students don't.

"What tends to happen with students is they'll go for filler when they're hungry," said Diana Deakin-Thomas, vice-president and general manager of the YMCA in Mississauga.

"High fat, comfort foods are full of carbs that take longer to burn off," she said. "If you plan out

them. Keeping them balanced makes for both healthy and cheap," he said.

Deakin-Thomas recommends keeping cut up veggies in the fridge, so students will be more likely to reach for those over a bag of potato chips.

"Typically, what students don't get enough of are fruits and vegetables. One half cup of veggies, or a small apple is one serving, and it's these that keep our systems running properly."

She warns students to restrict fast-food pizza or burgers to once a week. "It's everything in moderation," she said. "Sometimes lettuce, tomato, cucumbers and a can of tuna fish can be fast food too."

Here are a couple of quick, foolproof recipes that even college students can't mess up.

Pasta Salad

Ingredients:

6 oz. dried tri-colour rotini pasta
1 tbsp olive oil
3 cloves garlic
20 medium grape tomatoes
salt and pepper
2 tbsp flat leaf parsley, cleaned and chopped
10 small basil leaves

Directions:

Heat a large pot of water for the pasta. In a small bowl, combine the garlic and olive oil. Cook in the microwave for 30 seconds on high to infuse the garlic flavour into the oil. Set aside.

Rinse and dry tomatoes. Halve the smaller ones, and cut the larger ones into 3 or 4 pieces. Place them in a bowl and sprinkle with salt and pepper.

When water comes to a boil, add salt and dry pasta. Cook according to the package directions.

Before draining the pasta, remove 1/4 cup of water from the pot, drain, and return pasta to pot along with garlic, olive oil and tomatoes to the pot. Toss in parsley and basil leaves. Stir and taste for seasoning. Serve warm or chilled. Makes 4 servings.

www.eecooks.com

15 Minute Chicken and Rice Dinner

Ingredients:

4 boneless, skinless chicken breasts
1 tbsp vegetable oil
1 can (284 mL) condensed cream of chicken soup
1 soup can milk
2 cups uncooked minute rice
2 cups broccoli florets

Directions:

Brown chicken in oil in large frying pan on medium heat for 5 minutes on each side. Remove from pan.

Add soup and milk to pan and bring to a boil.

Stir in rice and broccoli; top with chicken and cover.

Cook on low heat for 5 minutes. Makes 4 servings.

www.kraftcanada.com

"Typically, what students don't get enough of are fruits and vegetables."

Eating alternatives can be hard to find

By Zoë Hamilton

Sometimes it's hard for vegans and vegetarians to find proper food to eat, particularly at Humber, where only a limited number of alternatives are available.

While vegetarians will not eat meat, vegans will not eat anything that has animal by-products, including dairy.

Rob Horvat, a first-year creative photography student, has been vegan for three years, and vegetarian for three years before that. At Humber, Horvat usually eats a salad, a cheese-less calzone from Pizza Pizza or a cheese-less sub from Mr. Sub.

"I think there is a serious lack of variety and choices for vegans at our school. I can only eat those three things so often during the week before it gets boring and unappetizing," he said. "It would be nice to have some more vegan dishes offered in the cafeteria that are healthier choices as well," he said.

The Web site www.torontoveganproject.com is dedicated to helping vegans survive in the city. The site hosts vegan profiles on people

and restaurants and has product reviews along with recipes. The site also has links to other vegan Web sites and to the Toronto Vegetarian Association (TVA) which has a directory of all the vegan and vegetarian restaurants in

and restaurants and has product reviews along with recipes. The site also has links to other vegan Web sites and to the Toronto Vegetarian Association (TVA) which has a directory of all the vegan and vegetarian restaurants in



Humber College Harvey's supervisor Rita Murad dresses a veggie burger, a tasty soy alternative.

"I beat it from natural nutrition. No chemo, no radiation, nothing," she said.

The menu at Ruby's consists of a variety of meatless and dairy-less foods such as tofu steak, the ever popular tofurkey, a soup named after the United Nations, and a roti to die for. All dishes are served with rice, beans, curry and gravy. Ruby's foods can also be found in Toronto at the Whole Foods

Market located at 87 Avenue Rd.

Although it can be frustrating for people who are vegan and vegetarian to find food, the variety and choices of food products have grown tremendously within the last couple of years.

Restaurants and grocery stores are beginning to cater to vegan and vegetarian needs. Some grocery stores like Dominion or Fortinos designate special sections for vegan and vegetarian foods.

Toronto. In a small restaurant located in Oakville, Ontario, a Trinidad and Tobago native cooks meatless meals for people. She has owned the restaurant which thrives on vegan and vegetarian culture, for 13 years.

Diners from across the GTA come to this restaurant to eat and experience the great atmosphere. Ruby settled in Mississauga after moving to Canada, where she stud-

Stressed students turn to food

By Tracey MacDonald

Chocolate, pizza, candy and mashed potatoes with gravy are just some of the comfort foods students turn to when they are stressed out.

"Most foods can actually alter your mood," said Brenda Crawford-Clark, an American mental health counsellor, writing on workplaceblues.com.

Studies show foods such as cookies and ice cream react chemically in the body in ways that make people feel temporarily calm or content.

But eating stress away can

result in problems, including excessive weight gain, guilt and self-loathing.

"I don't deal with stress, all I do is eat," said Lisa MacIver, a first-year Tourism and Travel student at

ice cream all by myself." Melissa Ware, a first-year general arts and science student, recalls when she broke up with her boyfriend. "I pretty much spent the whole day eating junk food. But, in a way, it made me feel better."

Comfort foods vary from person to person.

"I eat ketchup chips," said Gemmaire Ho, a first-year media studies student at Guelph-Humber.

"I go for a steak dinner when eating my problems away."

Humber. "It comforts me. It's a comfort thing."

"I ate an entire one-litre tub of

," said Nicole Bezdikian, a design foundations student. Generally, women are more likely



Don't do it! Eating away stress only results in problems.

to fight stress with food.

"I lose my appetite when I'm stressed, and drink lots of juice instead," first-year Comedy student Nick Guibord said.

"When I'm stressed, I blow off steam by going to the gym," John Redhead, a student employee at Caps, said.

Experts from workplaceblues.com said the best recipe against stress is to avoid it. This can be done by planning ahead, getting plenty of sleep, eating healthy foods, keeping priorities in line and setting aside personal time.

Questions? Comments? We welcome your feedback! infocusfall2003@yahoo.ca Send us your ideas!

Eggless Egg Salad

- 1 1/2 pounds firm tofu, mashed
 - 1/2 cup eggless mayonnaise
i.e. Nayonnaise
 - 1/2 cup chopped fresh parsley
 - 1/4 cup sweet pickle relish
 - 1/2 medium onion, chopped
 - 2 stalks celery, chopped
 - 1 1/2 tsp. garlic powder
 - 1 1/2 tsp. salt
 - 1/4 tsp. tumeric
 - 1 1/2 tbsp. prepared mustard
- Prep time: 10 mins. Serves 6

Combine all ingredients in a large bowl. Spread on sandwiches or crackers.

Citrus Dressing

- 3/4 cup orange juice
 - 6 tablespoons mustard
 - 1 cup olive oil
 - Salt and pepper to taste
 - Mixed lettuce
- Prep time: 5-10 mins. Makes 2 cups

In a blender, puree the orange juice, mustard, and olive oil. Season to taste. Serve over mixed fresh greens.

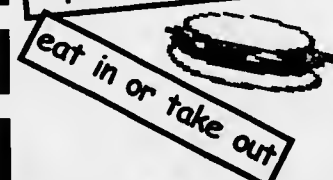
(www.torontoveganproject.com)

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Canada

Yuk it up Humber style

By Crystal Stewart

Humber student John Paul McGlynn knows that stand-up comedy isn't easy, and not just anyone can get on stage and be greeted with laughter.

He prepared for his first on-stage performance, accepting that it could turn out badly.

"Some people just bomb," McGlynn said while waiting to go on stage. "I can't do any worse than that."

Larry Horowitz, a stand-up comedy teacher at Humber, said that stand-up is difficult because you can't practice it by yourself.

"It's something you can only practice in front of a live audience," Horowitz said.

In the greenroom before the show, McGlynn said this was his first time in front of an audience relying on his own material.

"This is the first time I've done it, and it's good



Comedy student John Paul McGlynn wasn't nervous about his first Yuk Yuk's performance.

for me, McGlynn said.

Every Tuesday night from 7:30 until 9:30, students from the Humber School of Comedy take the stage at Yuk Yuk's in down-

town Toronto to try out their material.

Students from both the one-year post-graduate and two-year diploma programs are encouraged to perform

at clubs several times a year.

"I want all the students to get up and try it at least a few times," Horowitz said.

McGlynn seemed distracted before going up, glancing at a television in the greenroom that showed the comedians on stage, but said afterwards he wasn't worried about performing.

"I've gotten really nervous about the tiniest little exercise in class," he said. "I'm totally the opposite now."

When McGlynn took the stage and began, he looked comfortable, easily moving around as he spoke to different sections of the audience.

Dressed casually in jeans and a T-shirt, he looked younger than his 25 years. It's surprising to find out he already has a degree in philosophy.

Some of his jokes were delivered in a thick Irish accent, as he uses the experiences he had living in

Ireland since the age of 15. He also poked fun at the lack of enthusiasm Toronto subway drivers have when calling out the next stop. His jokes went over well and he received laughs from most of the crowd.

After finishing his set, he asked where the red light is to signal his departure from the stage, drawing another laugh. He said later that he only wrote four and a half minutes of material and might have done it a little fast, although he didn't think he left anything out.

McGlynn said he thought his set went pretty smoothly, and felt good on stage. Although he knew it could end up being a good or bad experience, he had to get up and experience it least once.

"I prefer to fail rather than to not have tried at all," McGlynn said after his performance. "I surprised myself tonight; I really thought I was going to f... up."

Ticketmaster to implement new on-line auction system

The days of scalping tickets could be coming to an end

By Amy Ward

Ticketmaster will soon implement an online auctioning system where the highest bidder will be awarded the best seats in the house.

But the new eBay-style system may have frequent ticket buyers searching for Ticketmaster alternatives.

"It's a money making ploy and it's unfair," said Julie Bayliss, a 21-year-old emergency telecommunications student at Humber.

"If I want to buy tickets, I'm not going to waste my time checking every 10 minutes to see if the price goes up," Bayliss said. "Let me buy them and be on my way."

Patti Babin, the national director of promotions and publicity for Ticketmaster

Canada, defended the system and said there are two main reasons for its development.

"There are a very large number of tickets being sold over the Internet on auction sites now. The people who are selling these tickets, for prices often far exceeding what they paid for them, are scalping. They are making a lot of money," Babin said.

"Through Ticketmaster Auctions, the money would be going to the artist - the person who is actually putting on the performance, not some guy on the street."

Also, when purchasing tickets through a resale auction site, customers have no idea if the tickets they are purchasing are counterfeit or stolen. Even if the tickets are legitimate,

problems can still arise.

"If an event cancels, the original purchaser (the person from whom you bought your tickets from) gets the refund and they have your money too - good luck finding them to get your money back," Babin said.

If you think there is a chance you can avoid the auction process because you are an American Express, club member or VISA card holder, think again.

"The deals that occur now giving specific credit card holders advance access are sponsorship deals that are made between the credit card companies and the promoters of those events," Babin said.

"Once again, we only follow the rules that are



Concert fans, like Bianca Bertucci, will have to auction for front row tickets.

given to us by the promoters. So they would be the ones to decide on that course of action. I have no idea if that would occur."

The auctioning system will take effect by the end of the year, but whether or

not promoters, venue operators or consumers will use it remains to be seen.

"There will always be someone out there with more money than you. Besides, scalpers can bid, too," Bayliss said.

What's Up

Thursday: Eric Idle, of Monty Python fame, brings his comedy act to Massey Hall.

Friday: Canada's premier fear park, Screemers, kicks off its Halloween events running through October 31.

Friday: Rock n' Roll specialist Danko Jones sends out the *Lovercall* from Lee's Palace.

Friday: *Puppetry of the Penis* makes its arousing return to Toronto at the New York Theatre.

Friday: Toronto punkers Hostage Life play the KOS, w/Carrer Suicide and The Choice.

Saturday: Mellow-core rockers The Constantines have their CD release party at the Horseshoe Tavern.

Sunday: Blackwood Gallery. Godzilla vs. Skatboarders. A group show examining skateboard culture.

Tuesday: New York City drunkards, The Strokes, play the Hershey Centre in Mississauga.

Wednesday: RadioHead plays a make-up date from July to a sold-out crowd at the Skydome.

Canuck music industry goes easy on downloaders, U.S. not so lenient

Recording Industry Association of America files over 200 lawsuits while its Canadian counterpart files none.

By Crystal Stewart

Although downloading music for free has become a popular passtime for music lovers, according to the recording industry, it shouldn't be free. They say they, along with retailers and musicians, are paying a heavy price for the freeloaders.

"Retail sales have dropped by 20 per cent in three years," Brian Robertson, president of the Canadian Recording Industry Association, said.

Robertson also said the idea that artists don't lose money because most of their income is from concerts and merchandising is false.

"It's absolutely inaccurate," Robertson said. "The sound recording drives almost all an artist's income."

For students who don't have the extra money to buy CDs or think the price is too high, downloading seems to be an alternative.

"On a student budget I'm not going to be buying many CDs," Humber student Joseph Blaire said. "A lot of albums have only a few good songs. If I download an album off Kazaa and I really liked it I'd go out and buy it."

He also added that he thinks downloading is a good way for people to educate themselves about new music.

"I think it helps independent artists get discovered as well," Blaire said.

Colin Puffer, who runs the Canadian Online Musicians Association (a Web site that sells CDs for independent Canadian artists), said independent artists can benefit from free downloading, as long as they are the ones putting the music out.

"People can get out there and hear the stuff and not have to pay for it," Puffer said.

"People will take a chance if it's free."

However, the music industry in the U.S. has been fighting back against file-sharing by taking action against those who have downloaded over 1,000 songs.

The Recording Industry Association of America began by filing 261 lawsuits, including some against college students. They have also sent subpoenas to universities for the names of file-sharing students.

The Canadian Recording Industry Association hasn't followed the lead of their American counterparts. Instead, they launched the Value of Music campaign to send their message that the

best way to support an artist is to buy their album, and buying music helps create more music.

Robertson said lawsuits are possible in the future, but for now they are trying out the campaign.

"We have the same option as the U.S. has," Robertson said. "We would much pre-

"If I download an album off Kazaa and I really liked it I'd go out and buy it."



With CD sales already having dropped by 20 per cent in the last three years, those who download music for free are smashing any hopes of sales increasing in the near future.

fer that our educational program worked."

Some speculate it would be difficult for lawsuits to be filed in Canada because copyright laws were written before file sharing became common and some areas aren't clearly defined. The confusion surrounds a clause that allows people to copy music for

their personal use. It is, however, illegal for people to distribute the music.

For now, users in Canada only have to worry about receiving warnings. In the future though, heavy users may face lawsuits alongside those they share their music with in the United States.

Rez cracks down on downloaders

By Antonella Lombardi

Despite many warnings by staff, students in Humber's residence continue to download their favourite songs, movies and music videos.

Residence staff held mandatory meetings at the beginning of the year to warn students that downloading certain programs would not be tolerated.

Thanks to memory hogging programs such as Kazaa, IT Service Delivery Agent Eric Moffatt said policies must be in place for students all over the college.

"Kazaa is technically illegal because the purpose is to transmit music without the author's consent," Moffatt said.

However, students paying for tuition and residence do not see other options due to high CD prices.




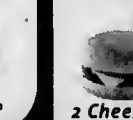


First year Police Foundations student Robert Aukema said that before he was on Rogers he downloaded from legal programs on the Internet.

"During the first couple weeks of school I downloaded off legal places like mp3.com," Aukema said. "[Humber] blocked using peer to peer services like Kazaa, so I just found different means of getting music."

However, school and residence policy claims that if students are found downloading illegal material that may be copywritten, telephone and Internet privileges will be immediately revoked, as well as possible dismissal from Humber.

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One exact match

Exact Match make their demo happen with their indie-tinged, progressive-rock music

By Ambarish Maharaj

Many rock musicians start bands with stars in their eyes and glory in their dreams. But bands who have the most to say are often the ones with their feet planted firmly on the ground.

"Everyone seems to wait for something to happen," said Jay Hosking, singer and guitarist for Ajax-based band, Exact Match. "We're just doing what we enjoy doing."

What Exact Match enjoys doing is playing vocally-oriented, indie tinged, progressive rock music, coupled with a heavy sound and often adventurous time signatures.

The genesis of the band dates back to an online ad, placed by bassist Tome Solakov, looking for a rock singer. Hosking responded with demos that immediately impressed Solakov, and despite various time constraints, plans were made to start a band.

The rest of which would eventually become Exact Match, drummer Mark Wallis, keyboardist-backup vocalist Mark Meeks and guitarist Chris Gilligan, fell into place.

The band has since played a slew of shows and recently received a \$2,000 grant from FACTOR music, making them studio bound to record a short demo they

will use to shop around to labels.

Although signing to a label may be part of Exact Match's motivation, it is not their only drive.

"Music is rewarding," Hosking said. "It produces a euphoric sensation. It's confirmation that there's something else."

Solakov shares Hosking's belief in the inherently liberating power of music, yet admits that for him part of the attraction is the same reason people have played in bands since rock began.

"I'd like to be noticed and remembered," Solakov said.

Exact Match brings their version of rock to Lee's Palace on Oct. 9.



Exact Match ignites the stage while doing what they enjoy.

Planet In Focus gives taste of Africa



Cosmic Africa took an in-depth look into how Africans view astronomy and science.

Focus on planet's environment

By Shawn Loughlin

The fourth annual Planet In Focus Film Festival changed Bloor Street West last week, giving Toronto a taste of Africa for one night.

Bloor Cinema was the spectacle of the street before the screening of the film, *Cosmic Africa*. A band played an assortment of African instruments, providing a soundtrack to people walking the famed Toronto streets, advertising the film being shown at the opening night gala of the festival.

Cosmic Africa is a story of an

African astronomer who travels through Africa to see how his fellow Africans view astronomy. The film is a blend of African history and modern science.

Thebe Medupe, the main subject of the documentary said in the film, "my Africa and my science are coming together."

The directors, Craig and Damon Foster, are recipients of over 30 international film awards and have been featured at the festival before.

"The way they approach their work, and what they're trying to do in terms of bringing the voice of

people in Africa to a larger audience, I think is very important," Mark Haslam, founder of Planet In Focus, said of the Fosters.

The festival wrapped up last weekend with viewing of festival finale, *One More Dead Fish*.

At the closing night gala, awards were given out for categories such as the Community Eco-Hero award, the BigPitch award, the Programmer's Choice award and the Eco-Hero award, which commended promotion of environmental awareness, the target of the whole festival.

Planet In Focus Film Festival wrap-up

And the winners are...

- John and Janet Foster won the 2003 Eco-Hero Award, for raising environmental awareness through film or video.
- Jean-Dominic Rene-Levesque won the 2003 Community Eco-Hero Award, for outstanding achievement in raising environmental awareness.
- Yung Chang and Sean Kelly split the 2003 Big Pitch Award, given for best environmental film or video project.
- Allan and Stephan Forbes won the 2003 Programmer's Choice Award for *One More Dead Fish*.

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Hawks win provincials

Golfers strike gold

Men's team blows away field with 19 stroke victory

By Andrew Hopkins

For the fourth straight year, the Humber Hawks men's golf team won the OCAA Championships.

Shooting a two-day total of 612, the team won in convincing fashion over second place Niagara College by 19 strokes.

"I'm very proud of our team," coach Ray Chateau said after the tournament. "We set a goal to win our fourth consecutive OCAA, and accomplished it in very difficult conditions."

The frigid, windy weather didn't seem to bother the team, as not only did they win the team competition, they also walked away with silver and bronze in the individual competition.

Winning gold with a total score of 147 was Niagara College's Robert Pelletier, with Humber's Brad Kerfoot shooting a 149 and Jason McGrath shooting 153 rounding out the top three.

"It's disappointing on the individual side of it," Kerfoot said. "I had a goal of winning gold in both the OCAA and the CCAA. On the other hand I am really proud of the



Humber's men's and women's golf teams won the OCAA provincials last weekend in Cornwall. Pictured from left to right: Top row: Jason McGrath, Steve Smith, Ryan McInerney, Lee French, Doug Fox (coach). Second row: Ray Chateau (coach), Ryan Lamb, Leslie Painter, Hillary Salvian. Bottom row: Brad Kerfoot, Jamie Trowbridge.

team for grinding it out in those conditions."

McGrath admitted that the team's past success created a lot of pressure on the group this time around.

"It's really tough to win when you are expected to win. It might not seem like that big of a deal but it was a big weight on our shoulders and to come through like that made the day a memorable one."

Other team members Lee French, Ryan Lamb, Ryan McInerney and Steve Smith all fought hard over the two days and are looking forward to the nationals.

"I would be surprised if anyone said they played their best golf this week," McInerney said. "That means there is room for us to improve. Our next stop is nationals and we are all hungry for gold."

Men's hockey

Born [to win] in the USA

By Eric Collins

The men's hockey team returned Saturday night after a winning, but costly, road trip.

Jamie Chikoski, Jason Goldenberg and Curtis Hamilton joined Mat Neely and James Rodak on Humber's injured list.

"It concerns me because you



The Hawks went 2-0 against American university teams last weekend in Michigan.

don't want to drop three or four games in a row because [then] we can't ice a competitive team," Hawks Head Coach Joe Washkurak said.

The team faced the University of Michigan-Dearborn Wolves Friday night and played a spirited game in a come-from-behind win. The Wolves jumped out to an early 2-0 lead but the Hawks responded in the second period with two unanswered goals from Seth Gray and Kenny Sousa.

The Wolves scored two goals in the third but the Hawks came out on top with goals from Gray, Sousa and Pat Smith to win 5-4.

Goaltender Nick Grainger played a strong third period after a shaky first two periods and made 36 saves in the game.

On Saturday afternoon, the Hawks travelled four hours to Grand Rapids, MI to play the Davenport University Panthers.

The Panthers struck one minute into the game, firing a one-timer past Humber goalkeeper Tucker Madder, who split the game with Luc Lamothe.

The Hawks tied up the scoring late in the first period getting a goal from Gray.

In the second period, Sousa put Humber back on top just over a minute into the period before the Panthers scored two more goals. Defenceman Corey Kilmartin tied the game at three but the Panthers took the lead once again.

With seven minutes remaining, Humber scored three unanswered goals en route to a big 6-4 win.

"This might have been one of the biggest games that I have coached," Washkurak said.

The Hawks next host North Country Community College from Lake Placid, NY on Saturday, Oct. 18 at 7:30 p.m.

OffSide

By Joe Mucio



"...and in a landslide, the Liberals have won the majority government in Ontario, knocking down Ernie Eves and taking official party status away from the NDP..."

Oh, I forgot, this is a sports column, but it seems lately that the line between societal issues and athletics has become harder and harder to distinguish.

Case in point, what political commentator Rush Limbaugh said during ESPN's NFL Countdown two weeks ago. While no one can condone what he said in reference to Philadelphia Eagles quarterback Donovan McNabb, insinuating the media has over-hyped him just because of the colour of his skin, if he does have these views this was the wrong forum in which to share them.

When ESPN hired him, the network was hoping that his famed 'shock' antics would help increase ratings. This is why ESPN has to share in the blame for this controversy. Their current panel includes Steve Young and Michael Irvin, two former NFL pro-bowlers whose experience on the gridiron helps them offer insight into last week's games.

I don't see where Limbaugh fits into this equation. Hands up, all of you, who tune in Sunday mornings to ESPN with the purpose of hearing some commentator rant about the media, politics, or the ethical issues that are plaguing the world today.

Fans tune in because they want to know how many touchdowns McNabb threw for, or how many yards Kansas City Chiefs running back Priest Holmes ran for last week.

Instead, this time, in a two-minute diatribe, Limbaugh completely took the focus away from football, and had the network scrambling for damage control.

I feel badly for the position host Chris Berman was put into this past Sunday, having to apologize for what happened during the previous week.

ESPN says it's the "world-wide leader in sports." Maybe this episode could serve as a wake-up call that sports is where the commentary should remain, and if viewers want a debate on the racism issue, they can change the channel.

Six stroke win captures women's OCAA crown

By Andrew Hopkins

On a day when the winds were better suited for sailing, the Humber Hawks women's golf team won the OCAA championships by six strokes, and also took home the gold and silver medals in the individual competition.

Led by Jamie Trowbridge, the team was able to hold off a charging Georgian College to post a final score of 353 over the two-day event, which was hosted by St. Lawrence College in Cornwall.

In the individual competition, Trowbridge won the gold with a two-day total of 175, while Leslie

"Playing in weather like that... I'm happy with the way everything turned out."

Painter won the silver, shooting 178 during the tournament.

"I wasn't putting as well as I expected I would, so to come out with the individual gold on top of the team gold is a really good sign leading up to the nationals," Trowbridge said.

After winning provincials for the first time in three years, the team has renewed confidence.

"Playing in weather like that, and especially with this being my first OCAA tournament, I'm happy with the way everything turned out in the end," Painter said.

Hillary Salvian said she expected more from herself.

"I'm really just looking forward to the national tournament, so I can forget about how I played," she said. "I know I can play better than how I did."

With the team headed to the nationals this weekend at Georgian College, coach Ray Chateau was pleased with the performance.

"Each member of the team displayed the sportsmanship and skill we have come to expect from Humber."

Hawks flying high

Men's soccer team first place in East after six games.

By Geoff Rohoman

Humber College's men's soccer team remained undefeated, winning both its games last week.

After playing Redeemer College last Tuesday, the Hawks took a break from the competitive regular season to play a friendly game against the Humber Alumni on Saturday.

Playing against past players, the current Hawks team defeated the Alumni, 4-2.

"It's great coming back," Humber Alumni player, Jesse Calabro, said. "It feels good to touch the ball around with these young guys."

The current Hawks opened the scoring in the 12th minute when

rookie Alex Musso deflected a Diego Galeano cross into the back of the net.

The Alumni answered back in the 23rd minute, when Brendan Harris, who flew in from Bermuda for this game, beat Hawks goalie Dominic Politano on the dribble and placed the ball into the unguarded net.

In the ninth minute of the second half, a diving Politano robbed Calabro, the Humber Hawks all-time leading goal scorer, on a breakaway.

Calabro would have his revenge in the tenth minute though, as he beat Politano on a penalty shot, giving the alumni a 2-1 lead.

Humber answered right back in the 14th minute, when Galeano shot the ball from a difficult angle and somehow managed to put it into the net, tying the game.

"I got lucky," Galeano said.

One minute later, Bererdinucci

rifled a shot from outside the 18-yard box for a 3-2 lead.

The Hawks put the game away in the 34th minute when a goal-mouth scramble allowed Ricardo Gordon to tap it past Mesa for the 4-2 win.

Both the Alumni and the Hawks agreed that having former players compete against the current squad is a great concept.

"I've always loved playing with Humber," former Humber Hawk and current sweeper for the Canadian Jr. National team, Andres Arango, said. "It's great to meet up with the players and coaches. It's a fun environment to be in."

Arango was named National Championship MVP in 2001/02, for Humber.

The Hawks remained unbeaten in OCAA after they blanked Redeemer College 1-0.

Continually dominating Redeemer for the past several sea-



Humber's Mehmed Mehmedoglu, right, outmuscles a Redeemer player during the Hawks 1-0 win last Tuesday.

sons, the Hawks failed to score a goal until into injury time of the second half.

Houdou Dene played a perfect through ball to a streaking Kwaine Osei. Osei sprinted down the right side of the field, depositing the ball into the far corner of the net for the 1-0 win.

The Hawks were disappointed with the effort.

"It was our worst game in the last five years," Head Coach Germain Sanchez said. "They were mentally off their game."

Humber's next home game is tonight against Sheridan at 4:30 p.m. at Valley Field.

Women's soccer team moves into first place

Lady Hawks on five game win streak

By Phil Messina Jr.

The Humber Hawks women's soccer team needed two late goals to extend their winning streak to five games, beating the Sheridan Bruins 3-1 Tuesday night.

The win moved Humber two points ahead of the Bruins for first place, with two games remaining.

Sandra Coelho opened the scoring in the 19th minute before Sheridan tied it at the 33rd minute.

Dorothy Aniak scored the winner, and her team leading third of the season, in the 87th minute off a Bruin defender.

Allison McHenry scored the insurance goal in the 90th minute off a cross from Sonya Furtado.

"This was one of the biggest wins we've had here in a long time" said coach Vince Pileggi. "We're very, very proud of our girls today."

Humber's fourth straight win came Oct. 1 against Redeemer.

The Hawks put together a strong effort and controlled possession of the ball for most of the 90 minutes during the 2-0 win.

"I thought we played excellent," Hawks goalie Vanessa Galle said. "This was one of the best games we played all year."

The Hawks match against the Royals was tightly contested until Sandra Coelho was tripped for the second straight game in the penalty area. That allowed Dorothy Aniak



Humber fought its way to a 2-0 win over Redeemer.

to net the ensuing penalty shot in the 35th minute for her second goal of the season.

The Hawks put the game out of reach in the 86th minute when Elissa Molino scored a brilliant goal from just inside the half mark.

Humber's next home game is Oct. 15 against Mohawk at 4:30 p.m. at Valley Field.

Men's rugby team hammers Mohawk

By Kristine Hughes

Matching their opponents physical play, Humber's men's rugby team pounded Mohawk 40-19 last Thursday.

Humber recognized that it would be a physical contest, but as tempers flared, Humber's forwards came together and played with more coordination than they had all season.

"[Mohawk was] frustrated. You can hear 'em swearing, their coaches are yelling 'pop 'em, hurt 'em,'" prop Warren Shum said.

The Hawks have shown major improvements in team effort, discipline and fitness since the beginning of the season.

"This team's an evolution,"

scrumhalf Dave Jones said. "We've been slugging away in practice. This team is destined for greatness."

Dale Essue, averaging two tries a game this season, broke the game's tie near the end of the second half, when he ran the ball down the field for another try.

Minutes later, Darryl Vermuelen scored his first try of the season. Marc Freer scored two tries and Chris Palmer scored his first of the season to complete the route and Humber's second straight win.

"It was the first day you gave me a full game," coach Carey French told his players after the game. "I saw the full potential of the team. We saw flashes of awesome rugby."

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Humber EtCetera

Men's volleyball team welcome back Alumni

By Christina Bernardo

In its 24th year, the current Hawks snapped a three-year losing streak that resulted in a 3-2 win last Saturday over the Alumni.

Even though coach Wayne Wilkins thought that his team was going to beat the Alumni in three straight games, the Hawks failed to stay content after winning the first game.

"From a pride perspective, [we are] proud that we won," Wilkins said to his players.

"You've accomplished something that a lot of teams before you haven't. However, don't be happy with the fact that we won in five to a team that was comprised of some Alumni who were All-Canadians and great players. We truly didn't play like a championship team

should play."

Despite the win, the Hawks still made mistakes and Wilkins feels his team has a lot of work to do.

"From a pride perspective, we are proud that we won."

"I think that what we need to do is learn to realize that when one thing is not going well they've got to do what is going well, better. So if one person is not blocking well, but he is a great passer then he needs to pass the ball better."

Wilkins said that the Hawks

looked confused and lackadaisical while playing.

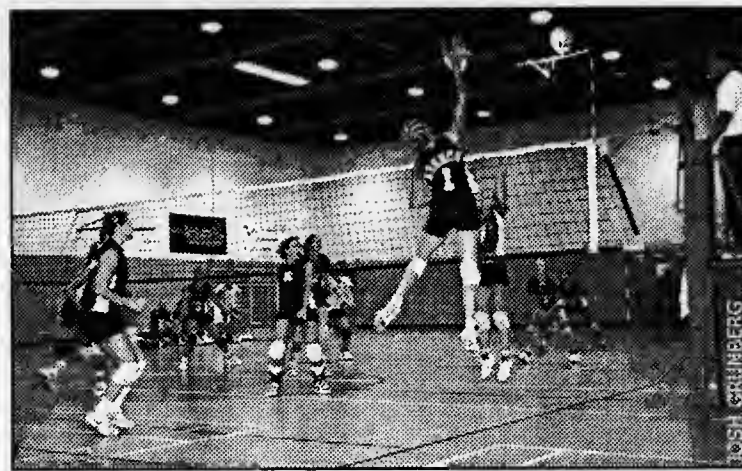
"That's not the team that I want to see. I want a team that goes out and out-works, out-plays and out-hustles their opponent every night."

Since the Ryerson game and the Outaouais Challenge, Wilkins constructed a new defence system.

"This allows us to dig balls a lot better than if we were standing up on the tees. It's called read and react defence and hopefully what it does is it allows them to read that ball off the setters' hands and then react to it as the hitter hits it."

Wilkins said the new style worked during the Alumni game.

"Tonight was very good evidence of it. When we did hit it, it worked, but when we didn't do it, it really stunk."



Before the season starts, the women's volleyball team battled in an exhibition game against the Humber Alumni.

Women celebrate volleyball victory over Alumni

By Josh Grunberg

Although it was an exhibition match, the Hawks women's volleyball team exacted revenge this past weekend against the Humber Alumni team, beating them in five games.

The victory came almost two weeks following a disappointing loss against the Alumni team where the Hawks were swept 3-0.

Playing the Alumni is no easy task as it features former All-Canadians Christine Rudics, Jennifer Edgar, and current assistant coach Caroline Fletcher.

"It's a good team over there, it shows we're moving in the right direction," head coach Chris Wilkins said.

The Hawks held a commanding two-game lead, winning 25-20 and 25-23, but the team could not finish off the Alumni, as they were blown away 25-11 in the third game, and lost a nail-biting fourth game 28-

26. The Hawks fought back and won the fifth and deciding game 15-7.

Although Wilkins would have preferred to sweep the Alumni team, he said the experience gained from coming back and winning the fifth game is something the team can learn from.

And although it was only an exhibition game, Wilkins said it was an important game to win.

"Today our goal was to make sure Quebec was a success," Wilkins said after the game, referring to the tournament the team played in Hull two weeks ago. "It was really important for us to win, to make sure we are improving."

This weekend the Hawks will head to Kalamazoo, Michigan where they face stiff competition playing against U.S. division two schools. The U.S. schools are well over halfway through their season, while the Hawks have only played a handful of matches.

Lack of turn-out prompts cashgrab

By Chase Kell

Humber is offering a chance to win cash prizes in an attempt to boost student attendance at varsity games.

Men's basketball, one of Humber's most attended varsity sports, features a shoot for cash sponsored by Spalding.

The 'shoot for cash' features three shots, all of which have to be made in order to claim the \$5,000 prize. Women's basketball features the same shots, but for a different cash prize. The shot from the free throw line is worth \$5, three-point

line is worth \$10 and centre court is worth \$20.

Men's and women's volleyball offers a 'serve for cash,' where mats are placed at the centre, the far corners and the near corners of the opposing court.

Participants get three consecutive serves to hit the mats, all of which have different values in terms of cash to be won.

"The centre is worth \$5 because it's the easiest one to hit," SAA varsity representative, Jason Mesa, said.

Men's and women's soccer features a 'shoot for cash' that allows

participants to continue only if they score. A missed shot means a loss, but participants can keep whatever money they win on previous kicks.

The first kick from the penalty spot is worth \$5, and the next kick from the 18-yard line is worth \$10. If the shooter scores, a kick from mid-field worth \$20 could put up to \$35 in the participant's pocket.

Men's hockey features a 'shoot for cash' very similar to that of soccer, with three shots all of different values.

The SAA's 'Team Op' representatives scour the crowd and hand out tickets for the draw.

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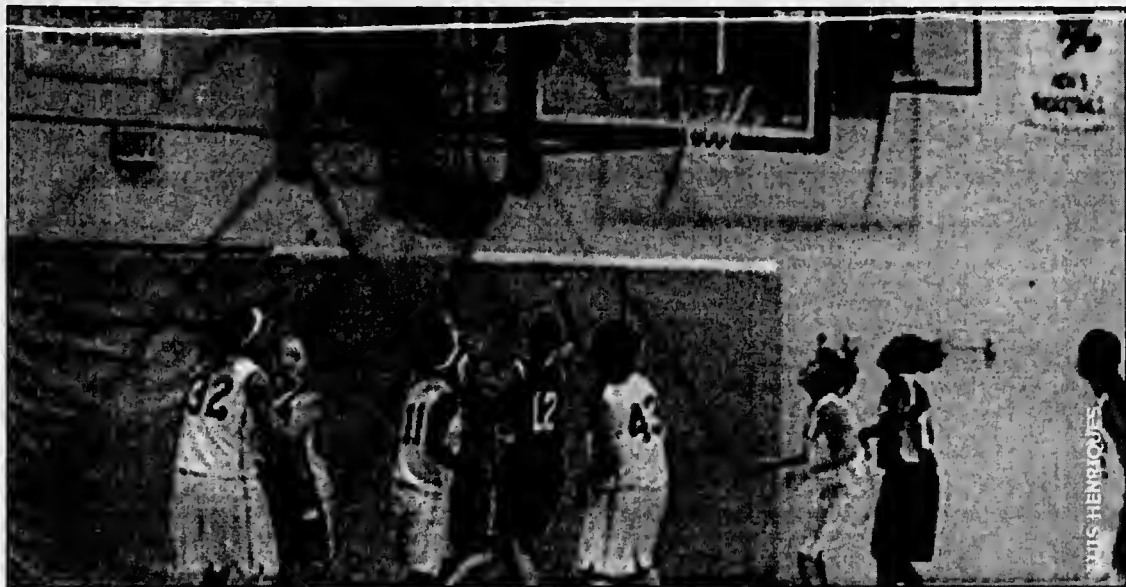
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Humber's women's basketball team used an exhibition game against the Alumni to help prepare themselves for the upcoming season. The Alumni defeated the current Hawks.

Hawks feel prepared despite loss to Alumni

By Luis Henriques

The 2003 - 2004 women's basketball season got off to a rocky start on Saturday for the Humber Hawks.

The Hawks, in their first game as a team, lost to a more experienced Humber Alumni team 52 - 40.

But they used the exhibition game to get familiar with one another for the upcoming season.

"We worked well," said Erin Chamberlain, player of the game. "They were more experienced and we are just coming together as a team. It was an experience game to [identify] our flaws."

Chamberlain scored seven points to go along with six rebounds and three steals.

The Alumni led 28 - 19 at half-

time, and started the second half strong with Natalie Wood scoring seven straight points.

But the young Hawks went on a 10 - 1 run near the end of the game to keep the contest within reach.

"I knew it would be shaky but we are a rookie team who played a good Alumni team," coach Denise Perrier said. "We saw some good things but we just need to clean some things up."

The Hawks' positive attitude was something Perrier liked about their performance.

"Our hustling, our diving for loose balls and our second opportunities were strong," Perrier said. "We are a young team but we weren't afraid."

The Alumni's Brenda Chambers led all scorers with 17 points earning player of the game honours for

the Alumni.

Sarah Moxley led the Hawks in scoring with eight points, adding two rebounds and an assist with a consistently strong inside game.

Moxley made some good shots from the inside post like a spin around lay-up off the backboard and a hook shot to the left after spinning off her guard inside.

The Hawks Jessica Simpson also had a solid game scoring seven points with two steals, a rebound and an assist while shooting 50 per cent from the charity stripe.

The Hawks were pleased with their performance.

"We have some stuff to work on but we're shaping up to be very good," Perrier said. "We are athletic, quick and we have some smart playmakers on the team."

Off to a good start

Men's b-ball team uses win against Alumni as a tune-up for regular season

By Jesse Grass

The Humber Hawks men's basketball team played its first game of the season this past weekend, defeating the Humber Alumni squad 95-61.

Neriya Tsur and Dejvis Begaj led the team in scoring with 17 points each, both getting most of their points in the paint.

"I was happy with our offence.

We shot the ball well," Head Coach Mike Katz said. "It was our first game and I thought we were fairly organized. We played structured on the offensive end."

Katz was also pleased with the play of Shane Dennie, who scored 10 points, playing his first game in two years after having knee surgery.

"It's tough for a kid to come back after almost two years out, I thought he played well."

Katz said the team still needs to work on its transition defence.

"Getting back on defence after we shoot was weak, so we have to get better."

"Getting back on defence after we shoot was weak, so we have to get better."

Jamaal Fletcher helped the team out with 11 points, nine of them coming from behind the arch.

Tsur was named player of the game for the Hawks and Fitzroy Woolery picked up the

honours after scoring 20 points for the Alumni.

The Hawks' next game is on Wednesday Oct. 15 in Guelph.

Men fit in on Hype squad

Duo shows that dance team is not just for women anymore

By Shannon Henry

Louis Campos and Terrence Pettit are proving that dancing is not just a woman's sport.

The only two males to ever be part of the Humber Hype dance team, they are having no problems fitting in.

Campos was on last year's squad and said he's happy another male has joined this year's team.

"The team is totally cool. No one has a problem with there being two guys on the squad," Campos said. "It's not even an issue."

Newcomer Pettit says his friends are very encouraging about the fact that he's on the dance team.

"My classmates think it's awesome. They are all like 'we'll come out to games' and stuff,'" Pettit said.

Neither of the guys has much dance experience. Campos became a member of the Hype last year when he showed up for tryouts

thinking it was a kick boxing class.

"I didn't even know I was at a tryout for a Varsity team," he said. "Then they told me I was on the team, which was an unexpected surprise."

Pettit stumbled across the team while roaming through the halls in athletics.

"Over the summer I was checking out the Humber Web site. It didn't say anything about a dance team," Pettit said. "Then I saw Humber Hype tryouts painted on the windows. Katie told me all about it and said I was welcome to come and tryout."

Pettit was nervous at tryouts, but with a background in gymnastics, he said it was no big deal.

"I did gymnastics for seven years and I've done other musical performances, so the performance aspect was no big thing," he said.

Both Campos and Pettit are comfortable with the dancing

aspect, but say it's the jumps and leaps that make them feel a little too 'girly'.

"We have to do it this year," Campos said. "It's fine, I just feel kind of weird doing that stuff."

The two hope they can help the team succeed in meeting its goal of capturing a third straight national title in early February.

"My classmates think it's awesome. They are all like 'we'll come out to the games' and stuff."

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