



Hawks' eye view

A collage of men's rugby team getting down and dirty

Sports page 23

1,2,3...throw

World rock, paper, scissors tourney hands over \$7000 prize

A&E page 10



HUMBER *et* CETERA

October 21, 2004

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Gina Jashewski

Actions speak louder than words:

Humber police foundations student Terry Sotha joins fellow members of Communities Advancing Valued Environments (CAVE) and Toronto police to help clean up neighbourhoods and re-establish a sense of community and safety. For full story see page 5.

Shots fired in local shop heist

Violent armed robbery only days after Fantino calls community safe

KIRK VILLAMARIN
SENIOR REPORTER

Two men risked being shot after they fought off a man who attempted to rob their convenience store with a sawed-off shotgun, a block away from Humber College about 9:30 p.m. Tuesday.

According to police, a man wearing a T-shirt pulled over his face walked into the Sunrise Food Fair, at 106 Humber Blvd., with a sawed-off shotgun and demanded cash.

When the two men working in

the store hesitated, the thief pulled the trigger. The gun misfired, police said.

A struggle occurred after the man pistol-whipped one of the victims. The two men fought the gunman outside the store and attempted to hold him until police arrived.

The man then fired a shot, missing both men, causing the bullet to rip through the front window of the store and into the drywall behind the counter. The man escaped. Shortly after, police

made an arrest.

"One of the victims in the store received three cuts to his head, requiring staples and stitches to close the wounds," said detective sergeant John Brown. "The other (victim) had minor cuts to his hands and knees."

The manager of another convenience store in the plaza who didn't want to be identified said he wasn't surprised such an event took place.

"What I want to address is how is it possible that a [young

man] can get a gun and rob a convenience store," he said. He added that events like this have forced the store to develop a robbery prevention program.

Ramona, another neighbouring store manager from Dollar Guy, said, "This plaza - it's really bad here. We've got to watch out all the time, especially when it's late at night after six."

She said her store has been robbed five times during the three years she has worked there. "I feel like selling the store,"

she said.

Brown said it is difficult to say what to do and what not to do in a robbery situation.

"People should always be aware of their surroundings and act appropriately."

Charged with two counts of robbery while armed with a firearm, use of firearm to commit indictable offence, disguise with intent, discharge firearm endangering life, and assault causing bodily harm is Paul Junior Nkrumah.

Et Cetera goes online! Visit us at <http://etcetera.humberc.on.ca>

News

Local city councillor blasts peers

Casts doubt about ability to prevent corporate donations

LAUREL SANDERS
CITY HALL REPORTER

With the new municipal ban on all corporate and union donations, councillors could be scrambling to replace nearly 50 per cent of all funds raised in the last election.

North-Etobicoke Councillor, Suzan Hall, doubts these regulations will make a difference. Hall said the only change would be in the transparency of how councillors get money from corporations, not the source.

"For those that have always received large donations, I think they'll just continue to receive them, only in a different manner," Hall said.

Michael Parent, Humber Students' Federation (HSF), executive director and business manager, said although this move to reduce potential corruption is commendable, there's still no guarantee of change.

"It's window-dressing," Parent said. "If a councillor is interested in taking money on the sly, this won't stop them."

The question of why corporations heavily fund Toronto councillors has been thrown around throughout the entire debate.

Hall admitted corporate donors are probably trying to influence city councillors, but said she hopes her colleagues are swayed more by common sense.

"I think anyone can be influenced by people," Hall said, "but you should be influenced in such a manner that you think it is a sound positioning that is influencing you, not because someone gave you money for your campaign."

As for Humber's own student elections, Parent said the HSF is cautious about these issues. To make sure every student has an equal opportunity to run, despite financial resources, HSF candi-

dates are subject to strict election rules.

"Within our election policy, we try to make sure these things are covered. An executive can only spend \$300 on their election," Parent explained.

Additional provincial changes include adjusting each ward's spending limit, and including all costs of fundraising and victory parties in the limit. To seal the deal, city council is asking Elections Ontario, the body that regulates provincial elections, to monitor and police election practices.

While the process is still in the works, Elections Ontario already says its current guidelines would not apply to Toronto politicians. The Director of Election Finances

at Elections Ontario, Michael Stockfish, explained that a separate body would work parallel to the provincial watchdog in monitoring Toronto's elections. Despite the fact that provincial candidates are still allowed to accept money from corporations and unions, some of the new regulations are already in place at Elections Ontario.

"There's a requirement for all entities, annually and during events, to provide us with financial filing, for tax receipts, that we check for any over-contributions," Stockfish said.

"In that case, (over-contributions) we tell the candidate to give the excess money back to the contributor or it goes to Elections Ontario."

Hall says councillors should think twice before accepting all the money offered to them in the next election if surpluses are stripped from candidates.

"If you are not going to be able to use it for the purpose for which it was given, then perhaps you shouldn't accept as much," she said.

Elections Ontario discourages illegal funding by publishing a list of every contributor who is \$100

over the contribution limit and penalties can include being charged by the Crown.

Is council's recent decision a sign of an upcoming trend to clean up politics? Parent isn't optimistic that everyone will follow suit.

"It could set a framework that could set broad sweeping limitations in other levels of government. But I think it just provides an awareness for people to consider when voting," he said.

Stockfish explained that the changes have already started to take place at the federal level.

"There was a bill introduced last year. It restricted contributions made by corporations and unions. They substituted the loss with a funding formula for elected parties. So, they've already gone some way down that path," Stockfish said.

As for Toronto, Hall says city council will have to find its way back into our communities in order to survive.

"I'm not going to be impeded as greatly as others," Hall said. "They have just got to start putting more effort in going to average citizens to get support for their campaign."



Courtesy Suzan Hall has one of the lowest corporate donation rates of all Toronto councillors.

'It's window dressing. If a councillor is interested in taking money on the sly, this won't stop them.'

Smoking ban may extend to 'while driving with children'

NO SMOKING

- Aug '99- workplace ban
- June '01- restaurant ban
- Apr '04- proposed public ban
- June '04- total bar ban
- NEW** Oct '04- Ontario Medical Association proposes ban on smoking in vehicles with kids



Thank you for your cooperation.

OLGA KIRGIDIS
NEWS EDITOR

A proposed smoking ban by the Ontario Medical Association (OMA) would like to see smoking banned in any vehicles with kids.

"I haven't seen all the evidence but it certainly makes a lot of sense to me because children are the most vulnerable to second-hand smoke," said Cindy Hunt, Humber's associate dean of nursing.

While smoking is scheduled to be banned in public places by 2007, that ban does not include the OMA proposal.

25 years of CAPS popping



Dawn Farrell

Nearly 100 former CAPS staff returned to celebrate the 25th anniversary.

Staff quotes

"Working at CAPS was the best time I've ever had."
-Leslie Walker

"I flew in from Calgary for two days, just for this."
-Chris Dymond

"It's a lot to juggle with school, but all in all it was worth it."
-Laith Albazirgan

IRAQ

Iraqi Prime Minister Iyad Allawi has implemented a program that provides cash in return for weapons handed over by Shiite militants in Baghdad's Sadr-City slum. The program is part of attempts to disarm the country. More than 1,000 U.S. soldiers have been killed since their mission was declared accomplished.

World Digest

SPAIN

Spanish police have averted an attempted terrorist attack in Madrid. The target was home to Spain's top anti-terrorism authorities. Police arrested eight suspected members of an Al-Qaeda cell.

AUSTRALIA

A Japanese whaling company is being tried in an Australian court at the behest of the International Humane Society. The whalers are accused of killing 400 minke whales in an Australian whale sanctuary.

IRAQ

The head of the Iraqi branch of Co-operative for Assistance and Relief Everywhere International (CARE) was kidnapped Oct. 19 in Iraq. Margaret Hassan was abducted as she was being driven to work. No group has claimed responsibility and there have been no ransom demands made.

Students angered by bogus salon offer

Phony sales at rez could be linked to a larger investigation in Toronto

KRISTEN KING
EDITOR IN CHIEF
JENN COWARD
RESIDENCE REPORTER

Phony salon packages sold last week to at least five Humber College students living in residence may have connections to a larger Toronto investigation.

The package offered the five students \$300 worth of treatments for a promotional price of \$57.50 at the Salone Simone.

Laura Brown, a first-year Guelph-Humber media studies student, purchased the package with her credit card. But when she called the salon to book an appointment, she was told the package was not authorized.

Ada Simone, owner of Salone Simone, says she never approved this package.

"No package was to be sold, and I will not deal with (this company) ever again," Simone said.

Simone explained that she had contracted the services of IPC eight to nine months ago. Dissatisfied with the company's performance, she discontinued the contract.

"I told them to stop immediately, and that there was no

Courtesy

If students have bought a pamphlet similar to the one above, they may be victims of a possible salon scam. The salon owner is investigating the misuse of the Salone Simone name.

longer a contract," she said. "Unfortunately, the Salone is caught up in the middle of this (confusion)."

"Please tell those girls [Humber students] I will get to the bottom of this," she added.

The salesman, who had illegally entered the North Campus Residence, was found and forced to return the students' cash and

credit card information and told to vacate the campus immediately.

Detective Steven Bone of 52 Division recently investigated a similar package scam at Hair Squared Salon on Queen Street.

In Bone's investigation, the Hair Squared Salon contracted a company to produce these packages and, not satisfied with the

company, cancelled the contract and asked for the packages to be returned. However, a few months later the packages started to resurface, without the company's consent.

"It wouldn't surprise me at all if this was connected," Bone said.

Calls to the pamphlets distributor were finally answered by Paul Hausman who said he was the company owner.

Hausman blamed the salon package mishap on "miscommunication" between him and his estranged partner.

Meanwhile, Zohra Charanya, a first-year business student at Guelph-Humber, said she didn't think anything was suspicious because the salesman got past the front desk.

"People at the front desk, they check our IDs. We're residents. How did such a person just come in?" she asked.

Derek Maharaj, associate director of ancillary services, said the salesman may have waited for front desk staff to be distracted and entered the building. He has since instructed front desk staff to be more vigilant checking IDs.

Beneath the Surface



Brett Walther reports on residence security

Although I've never spent a night in Humber's residence, I must confess to feeling a great deal of sympathy for those who call that block of cells "home".

But it's not that I pity them for their living conditions, because in all honesty, it looks quite cozy. Rather, I'm concerned with the level of security being provided by residence front desk staff.

One of the selling points of residence for any school—and perhaps Humber more so than most other colleges given its situation in Rexdale—has always been the notion that it is a secure building; a haven of tranquility in this not-so-peaceful community.

This sense of security seems to be an illusion, however, as we found out when a salesperson infiltrated the building last week to peddle unauthorized spa packages to unwitting students.

This is just the latest in a series of security gaffes that have plagued Humber this year, with officers running the gamut of inappropriate behaviour, from making harassing phone calls to students to giving appalling advice on how to survive a sexual assault.

To be fair, Humber officials acted quickly on each of these instances, making a genuine attempt to immediately remove the personnel in question from campus. But it becomes increasingly evident that those were not isolated incidents, and that there are perhaps larger, more deep-rooted deficiencies in the training and recruitment of these guards and other staff who are relied upon to provide a reasonable level of security.

Tuesday night's attempted armed robbery at a convenience store just a short walk from residence should serve as a grim reminder of how important security is on this campus. It's not just a matter of enforcing noise regulations or keeping booze out of the hallways—it could ultimately be the difference between life and death for the students who live here.

The next intruder might be packing more than a voucher

Rae days bring tuition debt relief

Former premier: Tuition should be repaid based on students' earnings

BEN RYCROFT
NEWS EDITOR

Forget a tuition freeze, the red hot sales event of the year is a 'no money down' promise on post-secondary tuitions.

At least it could be if the current provincial government takes former Premier Bob Rae and his Rae Review seriously.

Rae, who was at Guelph-Humber two weeks ago, has been

travelling the province, leading a review panel which consults with students, teachers and administrators on the changes they feel will ensure quality education in the years to come.

As expected the main topic has been tuition. The cost of post-secondary education has skyrocketed in the last decade.

"I don't agree with having no tuition," Rae said, citing the post-

secondary education in Sweden and Germany, which gives students a free ride.

Instead, he points to the systems used in Great Britain and Australia, where students pay nothing until their degree is complete and then repay the money based on their earnings.

"Under the current system of student loans in Ontario, you start paying back six months after

you graduate, regardless of your situation, and that's not very socially progressive," Rae said.

Before a large crowd in Thunder Bay, he was forced to defend his no-tuition stance.

"I think students should pay a share of the cost because those who go have an advantage over people who don't go – but I also think taxpayers should pay a share because education is a good economic investment."

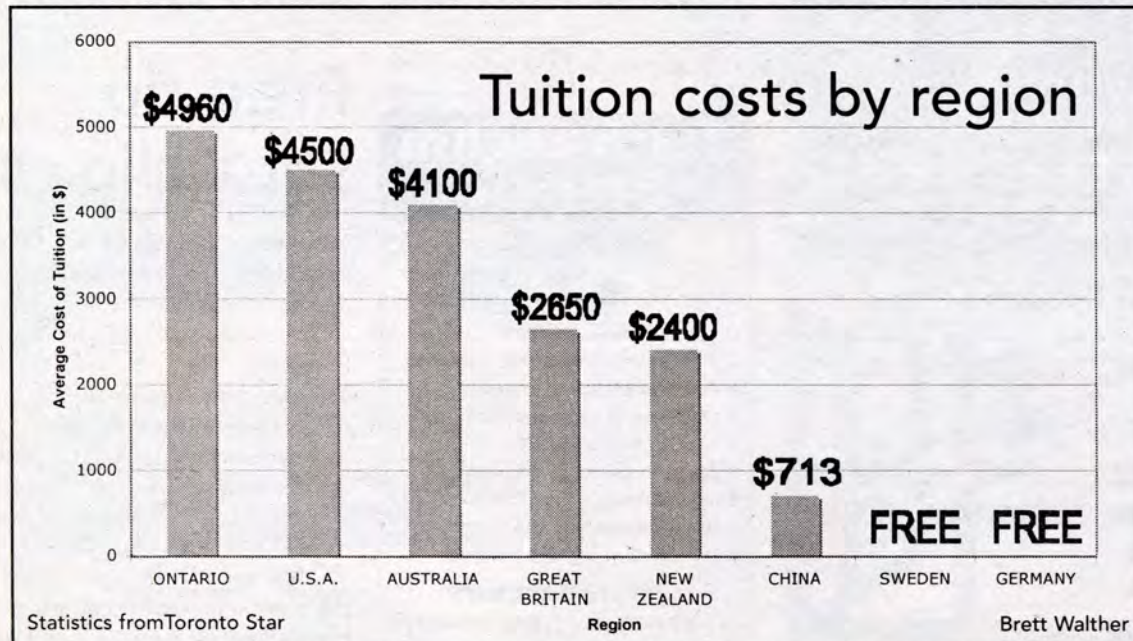
George Soule, president of the Canadian Federation of Students, disagreed. He insists that the proposed, learn now-pay later plan has hidden costs associated with it and will actually raise tuition costs.

But Rae was firm in his stance towards the move.

"If you're going to oppose income-contingent plans, think it through. It's like buying a car and having the bank guy say repaying the loan will depend on your earnings. Why would anyone say no?"

Rae's next Town Hall meetings will be on Oct. 25 in North Bay, Oct. 26 in Sudbury and the following day in Hamilton.

More at www.raereview.on.ca.



News

Students lack interest in HSF meeting

RANDI BOKOR

HSF REPORTER

Humber's student government held their bi-annual general meeting last week despite a small turnout.

Only 51 full-time students attended the meeting held on Oct. 13 at the North Campus student centre.

At least 50 students must be in attendance or the meeting has to be rescheduled.

The lack of interest from the student body has been a concern for the Humber Students' Federation (HSF).

"Unfortunately students don't care as much as we'd like," Jen Green, HSF president, said. "Hopefully in the future we can get more people out to the meetings."

Most recently, in an attempt to encourage students to attend, HSF offered free pizza to the students at the meeting. Unfortunately, most just took the food and left.

The bi-annual meetings allow full-time students to vote on constitutional changes brought forth by HSF and provides HSF with an opportunity to inform students about any changes in the upcoming year.

While many students say they're concerned HSF's decision's, they still feel uninformed.

It's not that I don't care about what's going on at our school," said Eric Philpott, a second-year computer programming student. "I just really don't know what's going on besides what events are coming up. If I went to a meeting I would

just sit there."

Other students are just unaware of what the meetings entail.

"I saw all the banners up around the school, but never really knew who the meeting was open to,"

said Alan Wisniewski, a second-year industrial design student. "In the future I'm going to be more conscious of their meeting because I would like to know how my money is being spent."

All HSF general meetings and board meetings are open to full-time students. Dates and times of these meetings are posted around the college or available at www.hsweb.com.

Food drive contest helps Rez students give thanks

JENN COWARD

RESIDENCE REPORTER

Students at North and Lakeshore residences went head to head in a four-day competition to collect canned goods for charity.

The students in S building came out on top, with the largest number of cans collected. More than 250 non-perishable food items were collected in total during the event, off of which will go to a local food bank in the area.

Gwen teBoekhorst, residence life coordinator for the R and S residence buildings, said she hoped the food drive helps students understand the importance of giving to people in need.

"It's important to help others that aren't as privileged as we are to have a roof over our heads," teBoekhorst said.

Resident assistants did their



Jenn Coward

Residence staff show off the large number of non-perishable food items collected during their food drive contest last week.

part to get students involved by knocking on doors and encouraging students to participate in the food drive.

Most students, like Felice Mastromatteo, were happy to give whatever they could.

"I feel it's necessary to help individuals in need," the funeral services student said.

Brian Bogar, a mechanical engineering student was also willing to donate to those less fortunate.

"I donate to help the community. I had extra food that could

go to a better cause," he said.

The residence life staff likes to do a food drive every year,

teBoekhorst said, to help get students pumped about thanksgiving, adding that helping those in need is a way of giving thanks for everything

they have.

"Even just giving a can of food to people who need it, who are more needy than we are, is going to help them out."

Free flu shot clinics

Students looking to avoid the flu this year can get their shot for free at the college.

A clinic will be held at Humber's North Campus Thursday, Nov. 4 from 10:30 a.m. to 3:30 p.m. at the concourse.

Students at Lakeshore Campus can get their shot Tuesday, Nov. 9 from 10:30 a.m. to 3:30 p.m. in room 105 in the H building.

No appointment is needed. For more information call 1-866-Flu-N-You (358-6968) or visit www.health.gov.on.ca.

Humber students 'give the gift of life' at donor clinic

RANDI BOKOR

HSF REPORTER

The Humber Students' Federation (HSF) hosted a blood donor clinic at Lakeshore Campus on Oct. 14.

Many students and faculty participated at the event which helped to collect blood donations for the Canadian Blood Services.


Canadian Blood Services is a

non-profit organization that manages blood and blood products.

They collect approximately 840,000 units of blood annually and administer it to thousands of patients each year.

If you are interested in giving blood, please contact the Canadian Blood Services by calling (416) 974-9900, 1-888-2-DONATE (366283) or visit www.bloodservices.ca.


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Cleaning up the communities of Toronto

Humber students get involved in a project to remove graffiti and restore sense of safety to city streets

GINA JASHEWSKI
CRIME AND SECURITY REPORTER

A group of Humber students are helping to improve the environment and restore a sense of security in Toronto communities.

Communities Advancing Valued Environments (CAVE) is a non-profit organization that works in association with Toronto Police, Humber College's Justice Studies program, Toronto District School Board and Bloor West Village Business Improvement Association (BIA) to help clean up graffiti in many communities throughout Toronto.

Last week, the group got together to clean the walls of a few businesses on Bloor Street in downtown Toronto.

Group members like police foundations student Devon Longpre enjoyed doing his part for the community.

"It always feels good to help out. I think the community will appreciate the work we've done

today," he said.

Police foundations student Brad Jewers said he enjoys giving back to the community, but is aware the work they did will not last forever.

"As soon as we go away, this [graffiti] will be right back up

'When graffiti grows and grows, people lose a sense of their own neighbourhood.'

again and we'll be back here cleaning it," he said.

According to group founder and Humber police foundations instructor Arthur Lockhart, CAVE has been responsible for cleaning up thousands of square feet of graffiti in much of the Bloor West Village, restoring a sense of security to the community.

He said the involvement of Humber students in the program has also had a positive effect on the youth of Toronto.

Art Biffis, principal of St. Pius X Catholic elementary school in Toronto, had nothing but positive comments for the students who participate in the program.

"Humber students are wonderful role models for our kids," he said.

"I can't say enough about this group. They take great pride in what they do and they will be very successful in the programs that they are taking at Humber."

Don Walker, head of the English department at Bishop Allen Academy in Toronto, said the idea behind the group is to improve the community.

"When graffiti grows and grows, people lose a sense of their own neighbourhood," Walker said.

For more information on the group or to learn how you can get involved call (416) 675-6622 ext. 3354 or visit online at www.cavecares.com.



Gina Jashewski

Humber police foundations students involved in CAVE cleaned up graffiti in Bloor West Village last week.

Unauthorized locker use raises costs for all students

JASON BOWSER
CRIME AND SECURITY REPORTER

Some Humber students who have shelled out cash to rent a locker are finding someone else has already occupied it free of charge.

Customer service associate Debra Baker said there is a problem with students simply finding an empty locker and putting their belongings in it without paying.

When someone who's paid for a locker finds it is already taken, the student is supposed to tell security staff about it, but

according to Baker, very few do.

"People are getting away with getting lockers for free," Baker said.

While she figures most students simply don't want to get anyone in trouble by telling security, she says they're actually hurting themselves, since the act leads to increased locker prices.

Gary Jaynes, Humber's director of public safety, confirmed they don't get many reports from students about this issue.

He added any locker being used illegally will have its lock cut and the contents removed.

"If their occupying a locker, meaning they have not paid for one, they need to remove the contents immediately," said Jaynes.

Humber students seem divided on whether it's okay for people to use lockers illegally.

Funeral Services student Melissa Broome paid for a locker last year and says students who are caught using them for free should be punished.

"Charge them \$24 (the price of a locker for two semesters)," Broome said.

But marketing student Nancy Jebran

said she has thought about finding a free locker this year for herself, since it appears so easy for others to do.

"I got screwed over last year," said Jebran, who switched lockers twice last year after paying the fee because the first two she was assigned already had locks on them.

Baker said if an occupant's contents have been removed from a locker by security, the person needs to pay a \$12 fee for the semester to get back the belongings, then another \$12 if he or she wants to rent one.

Editorial

Pit bull ban creates more problems than it solves

On Oct. 15, the provincial government announced a ban on all pit bull terriers province-wide, as well as increased fines for owners whose dogs bite.

The ban will go into effect next month.

Pit bull owners and other citizens are right to criticize the speed with which this law has been passed. Many questions have not been either satisfactorily answered or publicized.

For example, who will enforce this new law? Will the law apply to crossbreeds? Will increased fines also affect other breed owners?

Regarding enforcement, the province could follow the example set by Kitchener-Waterloo, a city that banned pit bulls seven years ago. It hired additional animal control officers. Such a move could be costly for the province, but if these officers are not hired, who will enforce the new law? The issue is still to be addressed. Understandably a concern for taxpayers is that costs have not yet been determined.

Also apparently to be included in the future legislation is a list describing what constitutes a pit bull breed. Current owners of pit bull crossbreeds have been left hanging in the balance. Will the new law affect their pet as well?

Taking a bite out of owners

The new legislation proposes stricter fines for dog owners of any breed that bites. Those owners will now face a fine up to \$10,000 and possibly six months jail time. What's unclear are the parameters of this section. For example, are the circumstances of the biting incidents taken into consideration?

The other problem with this legislation is that banning pit bulls will not stop the growing problem of dog attacks; it will, however, increase other problems. Namely it will drive pit bull owners underground where they can breed the dogs.

If owners also keep pit bulls out of the vet's office, not only would there be no record of them, without veterinary assistance, these dogs could also get rabies and cause further problems.

If the pit bull ban is successful, those who want aggressive dogs will just train Rottweilers or German shepherds, among other breeds. Will we also then ban these breeds?

The right action lies in the government recognizing that a dog owner needs to take responsibility for his/her pet. Those who don't should face increased fines and jail time if his/her dog attacks. But banning a dog is not going to make the change that is needed here.

Take care of our flu needs first

Health Minister Ujjal Dosanjh has hinted that Canada might hand over some of its flu vaccine surplus to help combat the shortage in the United States.

This week, Americans have continued to cross the border just to get a shot in the arm after nearly half of the U.S. flu vaccine supply was wiped out due to possible contamination.

That problem will not happen here because Canada orders its vaccine from different suppliers. However, it is crucial that a shortage not be created here by sending some of our supply south of the border. Such a shortage would put our own citizens, especially seniors, at risk.

Statistics show that in recent years more Canadians have opted to get the annual flu shot.

We would never suggest that Canada turn a blind eye to worrisome health concerns south of the border.

We do, however, suggest that those making the decision to send the flu vaccine south do so based on sound evidence that our current stockpile will, in fact, take care of our needs at home first.



Stale hip-hop rescued by innovative artists who blend musical styles to enhance sound



CHRIS RIDDELL
LIFE EDITOR

Hip-hop music is in a state of emergency. Many of the artists you hear on the radio, see in magazines and on television fall into the same style and format, but underneath the surface are some artists testing the boundaries of hip-hop in fresh and innovative ways. Artists like K-OS, The Roots, and OutKast are just a few musical mad scientists advancing hip-hop to new heights using live instruments and blending several musical styles together.

As an art form, music must always be in a state of evolution. Musicians must bring new ideas to the table. If not, the art will stagnate and become contrived and boring. If the music we hear on the radio today is the same as

we heard in the '70s and '80s it will drive us insane. Such music would be the same sounds and styles over and over again with no experimentation or development. Music must change and that is what is happening with hip-hop today.

Unable to settle with the standard form of music, some artists are incorporating a variety of styles and instruments in their music. Toronto's own K-OS is a prime example. He plays the guitar, sings and raps. He arranges violins and percussion. He recites lyrics that stimulate the mind and skip with the beat. He raps about spiritual and philosophical issues and sends socially-conscious messages. He reaches beyond the realm of simple hip-hop to pull elements of jazz, soul, reggae and occasionally even rock into his music.

Talib Kweli uses pianos and violins on his new album *The Beautiful Struggle*, and of course DJ

High-Tek is there spinning tracks and scratching samples. In concert, The Roots perform everything on live instruments and on their latest album *The Tipping Point* they use a mix of hip-hop, jazz and R&B to form their sound. OutKast's Andre 3000 has received much praise for the originality and brilliance of his latest effort *The Love Below* on which he used a full band in some of his songs.

The use of real instruments goes beyond the use of a DJ to produce music. It fuels the flow of the MC and is the new direction that hip-hop music is headed in. It's an inevitable next step.

Want your voice heard?

Write to:
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Opinions

Homophobia is discrimination and should not be tolerated anywhere A student's account of prejudice at Humber



JEREMY HILL
BUSINESS EDITOR

I am a 21-year-old man who is a son, a journalist, an employee, a student, a friend. I am also gay.

Sadly though, it is that last element of who I am that I have discovered people seem to have a problem with, especially here at Humber, where I have encountered ignorance and narrow-mindedness.

In mid-September, I was walking through the hallway in front of the registrar's office, I passed three young men leaving the athletic department.

In passing I heard one say, "Look at that fag."

My initial reaction was to turn around and say, "Yeah I know, so what's your point?"

But, I said nothing and thinking back, I made a mistake. It's tragic to think, in 2004 in a school as diverse as Humber that

such prejudiced people roam the halls.

This type of behaviour may be typical in a high school where immature students wander the halls, but as college students, are we not considered adults?

I was born and raised in a rural area. The closest town had a population of 2,000. Such narrow-minded behaviour wouldn't be as unexpected there, but we live in one of the most diverse cities in the world.

What I think this all really boils down to is a lack of manners in our society. I've always thought of respect and compassion for others as really basic qualities. Am I wrong?

It's not acceptable practice to discriminate against people based on culture or race, so why is it that some people believe they have the right to do so based on sexual orientation? Not that one is different than the other, but it's really about people minding their own business. My point is that racism is not acceptable, so

why is homophobia?

There continues to be the argument as to whether or not homosexuality is a choice or genetic. I pose a question to you all and ask, why would anyone choose to live a life full of judgment? As well, to all you straight folks out there, did you wake up one morning and say, 'today is the day I'm going to be straight?' Sounds like a ludicrous thought, but then why is it some people think I woke up and decided to be gay?

I remind you to think twice before judging others. Until you have walked in someone else's shoes, you do not have the right to judge. You can cause a perfect stranger a great deal of pain without realizing it. Nothing grants anyone the right to degrade another human in such a way.

I applaud the "Positive Space" program of the Humber Students' Federation (HSF), but I definitely think more could be done in terms of awareness on campus for minority groups.

Online dating for losers?

Finding ideal partner as easy as click of a mouse



GINA JASHEWSKI
STAFF REPORTER

Like many single women in Toronto, I'm finding it increasingly difficult to find a boyfriend. Actually, that is somewhat misleading. I can find plenty of guys, just not the dateable kind. It's almost as if I have a giant, flashing neon sign hovering above my head that reads: "Inadequate, freeloading, chauvinist pigs who still live with their mom HERE."

All I want is a decent guy who I can bring home to mom... and marry and have 2.4 children and a house with a white picket fence. Is that too much to ask?

After hours of griping and complaining about my most recent dud, my friend suggested I put up an online personal ad.

"Online dating?" I asked. "But that's for losers who can't get a date. It's a last ditch effort to hook up."

Somewhere after high school, between my job and too many classes, I had lost my dating game. Holy Dr. Phil. I've

become desperate.

So my online dating adventure began. As I quickly learned, it's not such an un-cool thing to do. In fact, millions of people across the world use the Internet as a dating tool.

With thousands of websites, such as Lavalife and eSpin, meeting great people close by has never been so easy. You can kiss a lot of toads in your life to try and find prince charming, or you can just get straight to the goods, minus the games, with one of these sites.

Many of the dating websites focus on a particular age range, region and group of people, and user profiles help you narrow down your choices even further.

It's like opening up a box full of chocolate men. You take a bite of one and if you don't like what's inside, throw it back in and take a bite of another. That's it. No hurt feelings, no awkwardness, no wasted money on a new first-date haircut.

Online dating is the future. Many of us have become too busy to find time to go out and meet people. From the comfort of home, you could snag a man that mom would approve.

Brilliant musicians should not write poetry collections, EVER!



SHAWN LOUGHLIN
ENTERTAINMENT EDITOR

I thought as the *Et Cetera* entertainment editor, I would try and impress my fellow writers with a column on a serious issue and maybe show everyone that I have some substance beyond the world of entertainment.

Who am I kidding?

Just as I decided that I should stick to what I do best, so should musicians. Great songwriters should stick to writing songs. Is the rock star poetry collection a right of passage for any self-indulgent songwriter?

I don't know if it's a collection of songs that they can't match music to, or if they've been told one too many times that their lyrics are poetic ... It's a mystery. I have never encountered a musician-penned collection that didn't suck.

It's a given that some songwriters use imagery and stories that can be hard to understand without knowing what they were going through when they wrote it. It might make sense in their head, but sometimes we're left a

little confused, and it's the music that makes it easier. A weird song can have a musical element that people can understand. Poetry doesn't.

Many established songwriters, who some consider to be poets, have left listeners in awe with their writing for years. But most also have poetry collections that many fans don't even know about. These paper-thin collections of poems are hard to get your hands on. Why? Because they pale in comparison to the music.

All of your favourites are there, Billy Corgan of Smashing Pumpkins, Tupac Shakur and Bob Dylan to name a few. They all have published poetry books, in most cases under 100 pages of impenetrable babble splattering down from their brain onto the page, and selling in stores for \$30 and up.

Jim Morrison started it by putting his acid trip musings on paper and now every singer-songwriter is riding the snake of poetic license. So, if you like Smashing Pumpkins for example, don't just pick up Corgan's new book and think it's for you. Read through it first. You might want to save yourself the money.

Public Opinion

Do you feel safer with the pit bull ban?



"It's sad to see a breed being attacked. When trained properly, pit bulls will behave."

Alicia Kielek,
2nd year Package and Graphic Design



"I am a proud owner of a lovable pit bull. There are more recorded attacks by German shepherds."

Oliver Bahoric,
2nd year General Arts and Science



"It's the owners of the dogs that should be trained. It should be no breeds or all breeds."

Matthew Saleh,
1st year Business Administration



"Pit bulls really haven't bothered me. In some cases they have been dangerous but, for the most part, they are just normal dogs."

Krystal Cotugno,
1st year Emergency Telecommunications



"I don't think that they should ban pit bulls. However, they should punish the owners more severely."

Karissa King,
1st year Emergency Telecommunications



"I'm not really worried about the pit bulls. It's careless owners who should be held responsible."

Feroza Shah,
3rd year Business Administration

In Focus

Step up into this year's fuzzy shoes

Retro comfort is in for winter footwear

JULIE BROADBENT
STAFF REPORTER

Are you tired of wearing those pointy-toed stilettos? Or those five-inch platform boots that have been sitting in the back of your closet since someone asked you if you were taking a walk on the moon?

It may be getting colder outside, but the weather is not the only thing changing. This new season comes with new trends and styles in footwear, and your ankles and arches are sure to thank you for them.

"The biggest trends in footwear right now are styles from the '70s and '80s like Mukluk boots and metallic coloured shoes," said Tori Mongrain, manager of Aldo Shoes at Erin Mills Town Centre in Mississauga.

"Comfort is really in, like kitten heels, flats and rounded-toed shoes," she added. "Anything that will catch your eye and has fur on it is also in style."

Natalie Kelenc, a second-year fashion student, described the trends for men and women.

"Shoes that look like slippers are in style for the girls and retro soccer shoes like Adidas are in for the guys," she said.

'Comfort is really in, like kitten heels, flats and rounded-toed shoes.'

Comfort is also the biggest trend in footwear right now.

Laura Mastrontoni, a first-year law clerk student says she still wears shoes from grade eight.

"They are the most comfortable shoes in the world, but I usually look for style and how the shoe looks with my outfit," she said.

Noelle Volpintesta, a third-year film and television student, says she is a fan of flat shoes.

"I look for comfort, but they can't be ugly comfortable shoes, they have to be pretty," Volpintesta said.

Volpintesta said she looks for trendy shoes in expensive stores, like Prada, and then looks for a cheaper version in stores like Payless Shoe Source.

According to the American Podiatric Medical

Association (APMA), women have four times more foot problems than men because they are more likely to sacrifice comfort when buying shoes such as high heels.

The APMA suggests one way women can relieve the abusive effects of high heels is to limit the time they wear them. They suggest alternating heels with good quality sneakers or flats for part of the day. Women should also experiment with different heel heights, look for shoes with reinforced heels and shoes with wider toe room.

The best shoes for men are good quality Oxford styles, or shoes with wing-tip or cap toe designs. Also suitable are slip-ons, dressy loafers and low dress boots.

•Properly fitted shoes are essential, an astonishing number of people wear shoes that don't fit right and cause serious foot problems.

•A shoe with a firm sole and soft upper is best for daily activities.

•Walking is the best exercise for your feet.

•Pantyhose or stockings should be the correct size and preferably free of seams.

•Never cut corns and calluses with a razor, pocket knife, or other such instrument; use over-the-counter foot products only with the advice of a podiatrist.

•Bathe your feet daily in lukewarm (not hot) water, using a mild soap, preferably one containing moisturizers, or use a moisturizer separately.

•Trim or file your toenails straight across.

•Inspect your feet regularly or have someone do it for you. If you notice any redness, swelling, cracks in the skin or sores, consult your podiatrist.

Courtesy of the APMA



Amy Ward

Take a look at some of the stylish shoes shuffling through the halls



Julie Broadbent

Comfort equals style for a number of Humber students, sportin' the latest fashions of student footwear from loafers to flats to sandals.

Gold-plated heels, huge feet and pricey shoes

Fascinating tidbits about feet and the world's craziest records

ZANDRA MILJAN
STAFF REPORTER
KELLY PECKITT
IN FOCUS EDITOR

You've worn out your favourite sneakers and are now faced with the task of finding another perfect pair.

Sound like an easy task? Not necessarily. Just ask Matthew McGrory.

When McGrory, who has the world's largest feet according to

sands on shoes, she could understand the urge.

"The most I've ever spent on a pair of shoes was \$200 and I thought that was expensive, but I didn't care," she said.

"They were gorgeous diamond-studded shoes that went perfectly well with my prom dress."

Good thing they weren't gold.

For designer Antonio Berardi's spring/summer catwalk show in 1999, shoe designer Manolo Blahnik created six pairs of shoes covered in 18-karat gold. Each pair, depending on size, started at a record-breaking price of \$9,944 US, making them the most expensive shoes ever.

If the old lady who lived in the shoe is looking for new digs she should head to the Philippines. It is there that shoemaker Marikina Colosan made a pair of shoes large enough to fit 30 people inside. The size 753 shoes are the equivalent to 250 pairs of normal shoes and used approximately 800 feet of leather, one kilometre of thread and 50 buckets of glue.

For some people shoes can be expensive because they have so many.

Jodie Naftel, a second-year hospitality student, said she feels the need to accumulate a large number of shoes.

"I have two pairs of boots, about seven pairs of sandals, two pairs of running shoes, six kinds

'They were gorgeous diamond studded shoes that went perfectly with my prom dress.'

of casual/skater shoes. Shoes can become an obsession," she said, "especially for girls."

But some students, like second-year computer programming student Eric Philpott don't understand shoe obsessions.

"Girls have so many pairs of shoes, and they spend a lot of money on them," he said. "I see some girls' shoe racks and they're loaded with a million pairs of shoes."

'The most I've ever spent on a pair of shoes was \$200.'

the Guinness Book of World Records, wants a pair of everyday runners, they don't come cheap.

The seven-foot-four, 617-pound man with size 23 1/2 feet, has spent as much as \$22,745 US for a pair of custom-made shoes.

While McGrory's custom shoes are expensive, they are not the most expensive pair ever made.

That record belongs to Emperor Bokassa of the Central African Empire. In 1977, he commissioned pearl covered shoes for his self-coronation. They cost \$85,000 US.

Jessie Sulidis, a first-year Public Relations student, said although she hasn't spent thou-

Interested in the history of shoes?

If you are interested in footwear you can check out The Bata Shoe Museum.

The Bata family took their obsession with shoes to a new level when they opened this museum entirely dedicated to shoes.

"We get over 85,000 visitors in a year," said Eliza Semmelhack, curator for the museum.

Located in downtown Toronto at 327 Bloor St. W., the Bata Shoe Museum is North America's only shoe museum and holds over 10,000 shoes within a five-storey building.



Amanda Mullin

Women are four more times likely to have foot problems due to the abusive effects of high heels.

Four most common foot diseases

Foot diseases can be embarrassing and painful, but there are methods to prevent some of the most common foot ailments.

The Foot Health Network, a website dedicated to information about feet, lists a myriad of foot conditions and what can be done to solve them.

Below are four of the most common foot problems and ways to prevent them.

Athlete's Foot:

•Athlete's foot is a fungal infection that causes red, dry, flaking skin, sometimes accompanied by pain or itching. The condition usually occurs between the toes or on the soles or sides of the feet.

Athlete's foot can be prevented by daily washing and thorough drying. It also helps to wear dry, airy socks and shoes.

Corns:

•Corns, like calluses, develop

from an accumulation of dead skin cells on the foot, forming thick, hardened areas. They contain a cone-shaped core with a point that can press on a nerve below, causing pain.

•There are very simple ways to prevent and treat corns. You should wear properly fitted footwear with extra room in the toe box (toe area). Avoid shoes that are too tight or too loose.

•Try to steer away from corn removing solutions and medicated pads. These solutions can sometimes increase irritation and discomfort.

Ingrown Nails:

• An ingrown toenail is a common, painful condition that occurs when skin on one or both sides of a nail grows over the edges of the nail, or when the nail itself grows into the skin.

•Ingrown toenails develop for

many reasons. In some cases the condition is congenital, such as toenails that simply are too large. Trauma, like stubbing a toe or having a toe stepped on, can cause a piece of the nail to be jammed into the skin. The most common cause of ingrown nails is cutting your toenails incorrectly, causing them to re-grow into the skin.

Heel Spurs:

•Heel spurs develop as an abnormal growth in the heel bone due to calcium deposits that form on the heel.

•Common treatments include stretching exercises, losing weight, wearing shoes with cushioned heels that absorb shock, and elevating the heel with the use of a heel cradle, heel cup or orthotic.

Compiled by Kelly Peckitt
Courtesy of Foot Health Network



Amanda Mullin

Runners are still a popular shoe of choice for many, as they can be worn for comfort and for style.

Arts and Entertainment

Rock, paper, scissor; only one came out on top

PIERRE HAMILTON
STAFF REPORTER

Although he crushed, covered, and cut up the competition to win the World Rock Paper Scissor (RPS) championship last weekend, Lee Rammage was by no means the crowd favourite.

Nearly five hours into the event, Rammage, a 34-year-old Burlington man and member of Team Everyman, beat his last opponent, Toronto's own Heather Birrell. He took home

the coveted RPS cup, \$7,000 in prize money, and the rock, paper, scissor gold medal at the Kool Haus. As he accepted his oversized cheque, a chorus of boos rang out from the audience.

Scott Reed, a 30-year-old truck driver, voiced his disgust with Rammage's win. "I don't think there's ever been a less popular champion," he said.

"He was a late thrower and that's what got him through the early rounds."

Coming to his own defence, Rammage, who graduated from Humber College's Public Relations program in 1991, dismissed the complaint as last minute bellyaching of a few sore losers.

"If there was a problem with the throws, the refs would've caught it," Rammage said. "It's sour grapes."

Sponsored by the World RPS society, an organization founded by Doug and Graham Walker, the contest, in its third year, attracted international competitors and unprecedented media coverage. Fox Sports Net, *Forbes*, the *New York Times Magazine* and even a Japanese television crew joined local reporters to document the event.

What is the purpose of RPS, you ask? Just ask former champion Rob Krueger. "[It's] the Wimbledon of lazy, drunken decision making."

Whenever or wherever conflict arises, RPS exists to settle it



Hunter Somerville

The competitor's winner, Lee Rammage (right), was accused of throwing late, but referees did not challenge his winning strategy which proved itself last week.



Hunter Somerville

Intense RPS competition is a long way from the childhood games used to settle issues, strategy as well as costumes all enter in.

In Review

The New Danger Mos Def

Mos Def is a man of many talents. After becoming a big screen star, he's returning to music, where he first made his mark.

His new album, *The New Danger*, plays out like an exploration through many musical genres. This is something that can transcend an artist defying all genres, refusing to be labeled and boxed in.

Mos Def, one half of the duo Blackstar, along with Talib Kweli, jumps from genre to genre, but actually creates a

flow uncommon in such albums.

Mos Def threads through the album experimenting with spoken word, funk, hard rock and even romantic melody to the tune of sleaze with *The Panties*.

Modern Marvel works through over nine minutes of what feels like a movement track working through spoken word, through to hip hop and a little bit of rock.

The entire album flows with an inconsistent song listing, leaving the listener not knowing what's coming next.

Unlike many albums that hold consistency and similar tracks at the heart of their album, Mos Def mixes it up, creating a constant flow through many different tracks.

The New Danger is a good listen throughout, and to catch the album performed live, be sure to check out Mos Def, Oct. 27 at the Docks.

SHAWN LOUGHLIN
ARTS EDITOR



Ruin Johnny's Bar Mitzvah Me First and The Gimme Gimmes

So, when a punk rock super band has already covered everything from John Denver to Andrew Lloyd Weber, what is there to do next?

Play a wedding? Been there and done that. But what about playing a Bar Mitzvah?

Clad in powder blue suits and red yarmulkes, Me First and the Gimme Gimmes did just that and recorded their latest release, *Ruin Jonny's Bar Mitzvah*, last October at 13-year-old Jonny Wixen's celebration of manhood.

Besides the rarity of it being recorded at a Bar Mitzvah, the live album is also different because it's full of songs the Gimmes have never done before.

Along with the traditional Jewish songs like *Hava Nagila* (which incorporates a riff from the Offspring's *Keep 'Em Separated*) the album also included a two



and a half minute version of Led Zepplin's *Stairway to Heaven* and, although ambitious, a lazy rendition of the Beatles' *Strawberry Fields Forever*. It seemed as though, instead of playing off the actual song, they simplified it - not adding anything too memorable.

This CD wouldn't have been worth it without the party footage, which lets fans get the chance to see their beloved punk rockers in a place totally out of their element. And, although it wasn't their element, they pulled it off in true Gimme Gimme style.

SARAH MANN
ARTS EDITOR

peacefully. Ted Graham, a magazine publisher from Cape Breton, guzzled a beer as he imagined a world without RPS. "Well, we would have a lot of undecided people," he said. "People who don't know whether to get married or not, who don't know who's going to eat the last slice of pizza, or people who are not sure whether they should reproduce."

Black curtains divided the venue into the 26 arenas and tables where competitors waged battle. As each match began, spectators shouted, team members cheered and steely-eyed competitors tried to intimidate their opponents.

From the custom-made costumes of the All Too Flat Superheroes to the short skirts and rainbow stockings of the three-woman Czech team, distraction was a major strategy.

Marc Rigaux, "Fist Full'O'Sneer," leader of the Act Random All-stars, predicted victory with an "unbeatable" mathematical equation called the "Act Random Effect."

"When you think you know what we're going to think, we already thought that you were going to think that, so we thought to out think you before you could think to counter," he said.

In a world where most athletes are the fastest and strongest, RPS is the great equalizer. Seasoned veterans fell to clueless rookies and modest women left brawny men shaking their heads.

So Rammage rolled up his sleeves and went for it.

"If a little gomer like Lee Rammage can go on to win the championship, then there's hope for a lot of people," he laughed.

Arts and Entertainment

What's Happening

In theatres Oct. 22

The Grudge
Surviving Christmas

This week on DVD

Arrested Development
Season 1
Garfield: The movie
Van Helsing

CDs in stores now

Elliot Smith
From a basement on the hill
Jimmy Eat World
Futures
Mos Def
The New Danger

Upcoming concerts

Gov't Mule
Oct. 24 - Palais Royale

Urban Magazine and Flow
93.5 FM present The New
Danger Tour with Mos Def
Oct. 27 - The Docks

Brian Jonestown Massacre
Oct. 31 - Lee's Palace

The Used
Oct. 31 - Kool Haus

k-os
Nov. 1 - CAPS
Doors open at 9 p.m. Free
Presented by Humber
Students Federation

Yellowcard
Nov. 2 - Kool Haus

Matthew Sweet
Nov. 8 - The Mod Club
Theatre

Beastie Boys
Nov. 8 - Air Canada Centre

Sparta
Nov. 20 - The Opera
House

Pixies
Nov. 24, 25 - Arrow Hall

The Tragically Hip
Nov. 26 - Air Canada Centre

Cradle of Filth
Dec. 12 - Kool Haus

Barenaked Ladies
Dec. 20 - Massey Hall
Tickets on sale Friday at 10
a.m.

B Sweet brings people Soulutions and Floetry

CAROL SANTOS
STAFF REPORTER

Canadian Urban Music Awards producer Alton Morgan has now decided to bring the urban music scene into Parkdale with his new bar, B Sweet.

"I like to think the atmosphere is a reflection of Parkdale," he said.

Morgan said he knew Parkdale was the perfect area for his club as far back as 10 years ago.

Parkdale is littered with rock 'n' roll clubs like the Rolling Stone and Rhino's, and Morgan said he wanted to bring the urban scene to the area.

Morgan doesn't think the Parkdale area is represented well. He is hoping that B Sweet might change that and give people a place to go to.

Morgan also said he doesn't want his club to be the typical one known for snobbery and large line-ups.

B Sweet offers a range of events from movie nights to house music nights called Soulutions, to Floetry Fridayz, an open mic night.

The club also offers a poetry/spoken word night held

the second Sunday of every month hosted by one of Humber College's own students, Sasha Allison.

Allison, a first-year accelerated Journalism student, became involved with B Sweet after doing a SLAM (spoken word) competition in June.

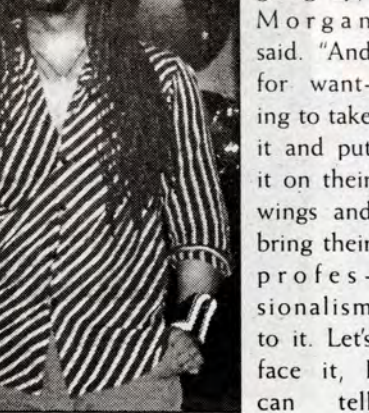
She said Tracy Moore from Toronto 1 called her and asked her to read her poem *Nappy Hair* on TV.

"[Morgan] told me he was opening a club and he asked me to promote a poetry night," Allison said.

B Sweet will also throw a party for the Canadian Urban Music Awards broadcast on CBC. The

live show will take place Oct. 21, but the awards show will be aired nationally on Oct. 28 at 8 p.m.

"I think it's fabulous that CBC has the foresight to see urban music as going up," Morgan said. "And for wanting to take it and put it on their wings and bring their professionalism to it. Let's face it, I can tell you that I brought it from the clubs and into the broadcast arena, but it's CBC's influence that's making this happen on a larger scale from last year."



Carol Santos
Alton Morgan offers up a bar with a many events with a diverse talent roster.

Morgan said he's really excited about the awards show because it will change people's minds about Canada not being "urban

enough."

"In the past, you heard 'Canadian' and 'urban music' in the same sentence and people kind of rolled their eyes and thought 'what is this?' 'Cause this is really hockey town. Like Maestro told me, we're a beer, hockey and rock 'n' roll type of town. That's Canada."

Morgan said Canadian urban music would be more accepted if the labels put more work into their urban artists.

"Next year we're hoping to try and get the record labels involved," he said. "This year one of my frustrations, is that they haven't been treating us like the Junos, or the Country Music Awards. We're still ghettoized in that way. The motivation is to try and take it to that next level and get [the labels] involved and get them on our side."

Nonetheless, this year Morgan will celebrate Canada's urban music scene at B Sweet where he hopes to get artists and "industry cats" from the awards show, to come and visit.

Be sure to stop by B Sweet at 1279 Queen St. W. to check out what they have to offer.

No strings, no problem

Toronto solo artist Michael Kelly plays *Under the Sun* at the Oasis on his way to acoustic rock stardom

AGATHA SACHS
STAFF REPORTER

Not even two broken strings in one night could hinder Michael Kelly's powerful performance at his CD release party downtown at the Oasis Monday night.

Kelly was forced to sing accompanied by just bass and drums when his strings broke during his song *Kingdom Come*. Without his guitar, Kelly was even more striking.

Kelly is a fresh new solo artist based in the GTA with a brand new CD featuring his songwriting and guitar playing talents.

His solo venture is called *Under the Sun*, a compelling album with five tracks featuring deep acoustic guitar reminiscent of Pearl Jam and U2. Soulful melodies laced with a tinge of folk can also be

heard on the CD.

Kelly said he has always been drawn to music.

"I just started writing songs as a kid, and as a teenager, and started forming bands." But last winter a U2 DVD that finally pushed him to rise above the glass and

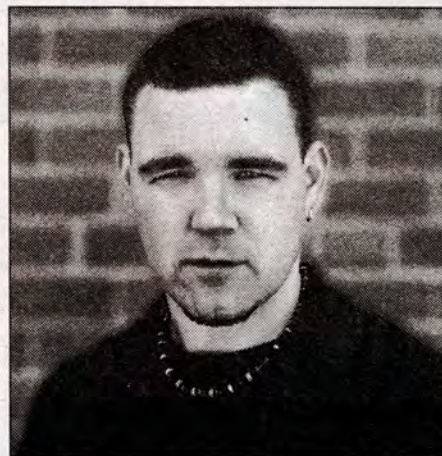
work on a solo project.

"It was really inspiring, so I started picking up my guitar again." In April, Kelly finished recording his solo debut. His songs

speaking out about unrequited love, politics, and he even questions religion.

"I've lived a little bit more, it allowed me to be a little bit more articulate," Kelly said.

Michael Kelly's CD is available through his website www.michaelkelly.ca.



Courtesy
Michael Kelly finds his calling via U2.

Hear This!

The fifth in a series of weekly profiles on Humber musicians



Lourdes Chaves

Dr. Payne and the Disease, formed at Humber's Lakeshore Campus call their music a mix of funk, jazz, rock, even latin.

Dr. Payne and the Disease is the cure for what ails you

LOURDES CHAVES
STAFF REPORTER

Formed in November of 2003, Dr. Payne and the Disease may have only one original song and six more on the way, but they have already landed cover gigs at bars and weddings.

This seven-piece band is fronted by Ben Payne on guitar, who describes the band as "Bitches Brew mixed with Tower of Power, but not as crazy."

The band features Payne on guitar, Mike Meusel on bass, David Chase on trumpet, Jeff Halischuck on drums, Diana Piruzevska on trombone, La-Nai Gabriel on saxophone and Sophia Perlman on vocals. All are in Humber's jazz program at the Lakeshore Campus. Dr. Payne can be seen at www.payneanddisease.blogspot.com.

Arts and Entertainment

No competition between two nominees

Humber teachers both nominated for Giller prize

SHAUNNA BEDNAREK
STAFF REPORTER

Two Humber faculty members are at the top of the shortlist for this year's prestigious Giller Prize.

Humber School for Writers teacher Paul Quarrington and summer workshop teacher Wayson Choy are nominated, along with four other authors, for the \$25,000 prize, recognizing the best Canadian English-language novel or short story collection of the year. The two men are the only Toronto writers represented on the list.

Choy is nominated for his second novel, *All That Matters*, set in Vancouver's Chinatown during World War II. Quarrington is nominated for his eighth novel, *Galveston*, about a group's experiences during a Caribbean hurricane.

Choy and Quarrington are currently touring the country to



Courtney Muir

Wayson Choy at a signing for his Giller nominated novel *All That Matters* on Oct. 5. Choy will also judge the student lit contest.

promote their works.

In an interview from Calgary, Quarrington made it clear that there is no sense of competition between him and Choy, and that he has high hopes for his fellow nominee.

"It would be great if Wayson won, of course, because he's the sweetest man that ever lived, so I figure I'm in a no-lose situation... He deserves it, [the book] is so well-loved and I think that's wonderful."

Along with the two Humber teachers, the other nominees are Shauna Singh Baldwin's *The Tiger Claw*, Pauline Holdstock's *Beyond Measure*, Miriam Toews' *A Complicated Kindness* and 1998 Giller Prize winner Alice Munro for her story collection, *Runaway*.



courtesy

Paul Quarrington

Quarrington recounted advice he was given by Toews, regarding the potential outcome.

"If Alice Munro wins, then [I] can say she deserves to win," Quarrington said. "If someone else wins, then [I] say, 'Oh, look. Alice Munro didn't beat that person, either.' So I'm in good company."

The Giller Prize was founded by Jack Rabinovitch in 1994 in honour of his wife Doris Giller, a literary journalist who died in 1993.

The Giller Prize will be awarded at a gala on Nov. 11 at the Four Seasons Hotel.

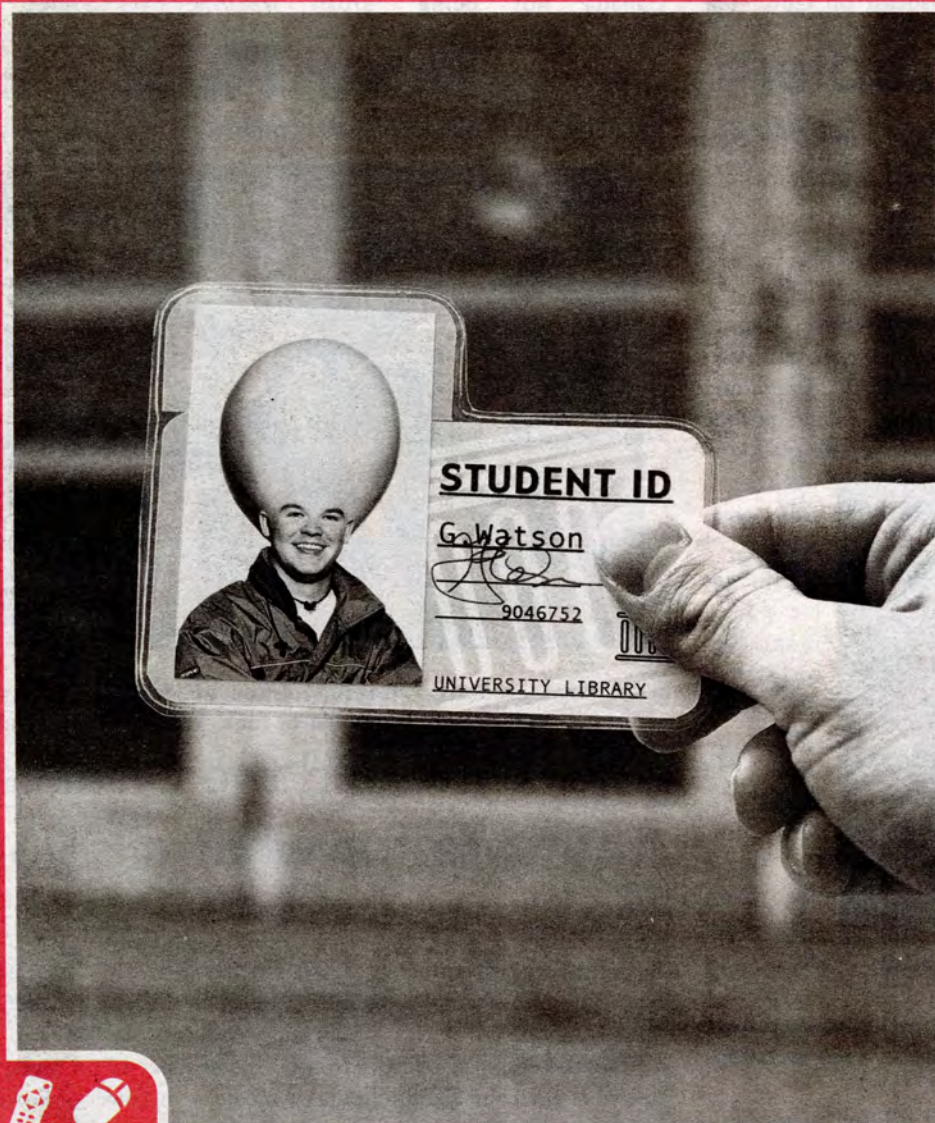
Flex your fingers and get writing

The annual student literary contest is currently underway at Humber and is inviting submissions from students in courses run by the English department at both Lakeshore and North campuses.

Winners in Humber's local competition are awarded prizes in Canadian funds as follows: \$250 to each first-place winner, \$100 to each second-place winner and \$50 to each third-place winner.

The monetary prizes listed on the entry forms, posters and on the website for the international competition are in U.S. dollars and refer to the international winners' prizes.

For more info:
www.humber.ca/leaguelitcontest/



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Arts and Entertainment

Parker and Stone continue to offend and entertain

LUIS HENRIQUES
SPORTS EDITOR

If you're in the mood to catch a flick packed with action and crude songs, look no further than *Team America: World Police*.

From Trey Parker and Matt Stone, the twisted minds who brought you *South Park*, *Team America* revolves around a team of politically minded heroes who fight terrorism and other forms of evil.

From blowing up the Eiffel Tower in Paris to destroying pyramids in Cairo, *Team America* tries to stop terrorists from using weapons of mass destruction, referred to by the characters as WMDs.

Did I mention that the characters are all marionette puppets?

Many actors make cameo appearances, though without their permission, including Alec Baldwin, Matt Damon and George Clooney. Even documentary filmmaker Michael Moore shows up.

North Korean leader Kim Jong Il teams up with the Film Actors Guild (you figure out the offensive short form). While the actors think they're at a peace conference, Kim Jong Il is planning on blowing up the world and *Team America* must stop them.

The team recruits Gary Johnston, a famous Broadway actor to go undercover in the Middle East to find out where the weapons of mass destruction are being kept. Armed with a new disguise, minimal training, remarkable acting skills and an emergency distress signal, Johnston sets out to achieve his task.

The 105-minute movie displays Parker and Stone's creative songwriting skills with such instant classics as 'Pearl Harbor

Sucked and I miss you' and Jong Il's 'I'm Ronrey.'

Team America: World Police goes the extra mile to offend, but it also amuses the audience with an extensive vomiting scene and an all-out sex scene involving two of the team members. Parker and

Stone had to cut the sex scene in order to rid the movie of an R-rating.

So if you can string together some money to go to the movies, Parker and Stone will entertain you as *Team America: World Police* puts the 'F' back in freedom.



Dawn Farrell
Nikolai Diablo, left, watches in horror and enjoyment as Countess Vanessa, right, places a creepy crawler in her mouth. The Carnival Diablo crew made its stop at CAPS last Tuesday night.

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Life

Working into their golden years

KIRK VILLAMARIN
SENIOR REPORTER

He has taught thousands of students over the 37 years he has been at Humber College, and just recently he was forced to teach part-time.

"If the college doesn't need people like me, they should get rid of me because they don't need me, but they shouldn't get rid of me because I happen to be 65," said 64-year-old English professor Gary Noseworthy, who turns 65 this week. Liberal arts and science professors Gary Begg, 62, and Patricia Burke, 61, say they share the same views.

"If mandatory retirement is abolished I will work after 65," Burke added.

Noseworthy, Begg, and Burke represent a minority of the 486 full-time teachers at Humber who will soon face the decision of either working part-time or retiring when they reach 65.

"We have a policy. We have a retirement policy that says everybody retires at 65. There are no exceptions to that," said the

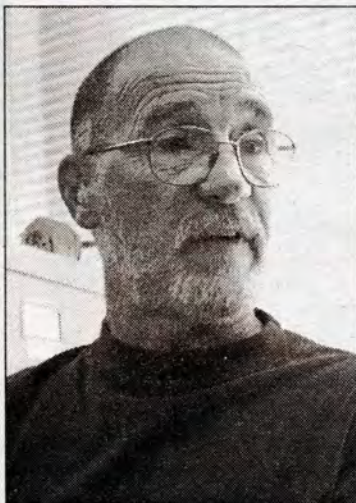
college's director of human resources, Deb McCarthy. McCarthy added that if professors want to continue teaching after the mandatory retirement age, they can only do so on a part-time basis.

But Noseworthy said teaching part-time isn't the same. "I don't have the same connection that I had as a full-time teacher. I don't have the same say in what goes on."

According to the Ontario Human Rights Commission, no law in Canada says people must retire when they turn 65.

Mandatory retirement is usually part of a collective agreement negotiated between the employer and union, according to the commission.

The province's Human Rights Code states employees should retire at age 65 after the Supreme Court of Canada ruled that mandatory retirement "does discriminate on the basis of age, but that is a reasonable limit on the equality of rights of older per-



Shiho Futaba

Noseworthy wants to continue teaching full-time after 65.

sons."

However, according to the commission, the British Columbia Court of Appeal recently found that a public sector mandatory retirement policy isn't justifiable and if it were to be abolished in Ontario, the Human Rights Code would have to be changed.

The college's faculty work contract would also have to be changed McCarthy said.

"We don't have any policies for anybody over 65. Our policies would all have to be negotiated if mandatory retirement is taken

away," she said. She also indicated benefit coverage alone would substantially increase for the senior professors.

Noseworthy said he was very upset, since the provincial government is taking too long to abolish mandatory retirement. "Had they done it in the spring, I'd still be a full-time teacher," he said.

On May 29, 2003, the provincial government introduced Bill 68, the Mandatory Retirement Elimination Act, 2003. According to the Emond Harnden law firm, if the Bill is enacted, mandatory retirement will no longer be in effect as of Jan. 1, 2005.

Humber President Robert Gordon feels mandatory retirement keeps the college teachers "current" and saves the college money.

"We don't have enough money and, of course, the older teachers are more expensive. They're at the top of their scales. So if you're looking at the financial terms, we need to have a healthy turn-over so that we hire people that are younger and updated as well, and therefore don't cost us much for the short term."

Noseworthy said he agrees,

but pointed out he is a better teacher than a younger teacher due to his years of teaching experience.

Humber's faculty union president Maureen Wall said she doesn't know many professors at the college who are hoping to work past 65.

"It seems as though there is a whole greater number of faculty who are in fact thinking about early retirement," Wall said, adding that most teachers retire before they turn 60.

Wall said she feels sympathy for teachers who feel they're being forced to retire at 65. She also said she believes the main reason the college would support mandatory retirement is so it won't have to hire full-time teachers after senior professors retire.

"There is no question about that. They can hire two part-time people with the same salary they would pay me as a full-time teacher," Noseworthy said.

Wall, Noseworthy, Begg, and Burke said they want to have the freedom to decide when it's time for them to retire.

The first part in a series showcasing different areas to explore in Toronto Modern shopping in an old building

Grab a cup of coffee and pick up a baguette with salami at the St. Lawrence Market

REBECCA PAYNE
STAFF REPORTER

St. Lawrence Market is the city's oldest market with plenty for students to see, taste and buy.

On Saturdays, the south entrance of the market at the corner of Front Street and Jarvis Street is lined with vendors selling jewelry and other trinkets.

"I love the market, it's such an earthy experience," said Joanna Sipos, who sells her handmade jewelry outside the market doors.

Once inside,

hunger sets in due to a cornucopia of food. Deli stands, fresh meat and produce outlets, and bakeries cover the top floor.

The Future Cafe, a European

bakery, sells biscotti for 75 cents and a small cup of coffee for \$1.05.

In the market gallery, which served as the council chamber for Toronto's city hall from 1845 to 1899, the eateries include the Chinese Deli and Mustachio's - home of the famous veal and eggplant sandwich.

If you like to make your own sandwiches, like Rachel Sisler, a culinary management student at George Brown, you'll find everything you need at the market.

"The meat here is always the freshest you can get, and you can find a lot of stuff here you'd have to go to a gourmet supermarket for, except it's cheaper," she said while picking up some ingredients after class.

The lower



Rebecca Payne

The market sells a large variety of meats, cheeses and mustards.

level of the market is also home to the Delicious Soap Co., where you can buy natural, handmade soaps from \$5.50 a bar with names like Lavendream and Magical Mint.

Just across from Delicious you'll find Bright Sky Jewellery, a little shop with showcases crammed full of handmade jewelry. It's made with sterling silver and a variety of semi-precious

stones.

If all this shopping leaves you exhausted, you can stop into Paddington's Pump for a pint of beer. It's the only licensed establishment in the market.

After a day at the market, if you find you just can't leave, you can also get a job there. Both Wittveen Meats and Chris Cheese Mongers are hiring ...



Rebecca Payne

The search for fresh food begins on Saturday at 5 a.m.

News you can use



Lauren Gilchrist gets answers

Q: I'm thinking about getting an organ donor card. What should I know before I do this?

A: Deciding to become an organ donor is a huge decision. Here is some important information to help you decide what's right for you:

- There are two main types of organ donors, living and cadaveric.

- A living organ donation, such as a kidney or part of a liver, is taken from a living person.

- To make a living or cadaveric donation you must be at least 16 years old, able to make a free and informed decision and mentally competent. You must consent in writing or verbally with at least two witnesses at your final illness.

- Cadaveric donation, or donation after death often comes from someone who has suffered sudden "brain death", but the vital organs are maintained artificially by a ventilator.

- Donation after death must come from someone who has died in a hospital so vital organs can be supported by a ventilator. The ventilator circulates oxygen in the blood so the organs can be transplanted.

- There is no age limit for organ donation. The oldest donor was over 90.

- Even if you have a medical illness, you may still be able to donate your organs.

- It does not cost you or your family anything to be an organ donor. All costs are covered by local organ procurement organizations.

- You can register your consent to donate at any time.

To learn more call 1-800-263-2833 or 416-351-7328 or visit www.bc-sc.gc.ca.

(Information gathered from www.givelife.ca, www.bc-sc.gc.ca and www.lhsc.on.ca/transplant/comquest.htm.)

E-mail your questions to: etcetera_lauren@yahoo.ca

In drastic need of donors

Statistics show people are dying because of shortage in organ donations

LAUREN GILCHRIST
SENIOR REPORTER

When Linda Rowe received her first organ transplant, the average waiting time for donated organs was four years. After two failed kidney transplants, she knew something had to change. So do the 3,700 Canadians currently awaiting organ transplants.

Rowe was born with Alport's Syndrome, a kidney disease that can cause deafness.

At 10, she went completely deaf. By the time she was 30, Rowe underwent three kidney transplants. Fortunately, her third transplant was successful.

Rowe is one of the founding members of the Canadian Transplant Society and Director for the Ontario region.

She participates in events around the world to help raise awareness for organ donation.

"More people are waiting for

transplants, but fewer are signing organ donor cards," Rowe said.

According to the Health Canada website, Canada has one of the lowest organ donation rates among industrialized nations.

'More people are waiting for transplants, but fewer are signing organ donor cards.'

Meanwhile, in 2003, 147 Canadians died waiting for an organ transplant.

In 2000 the government of Ontario created the Trillium Gift Network which assumes the role of Ontario's central organ and tis-

sue agency.

Trillium CEO Sue Wilson says one of the network's challenges is to increase organ and tissue donation across Ontario.

"There are things we know we need to do to improve donor rates," Wilson said.

She explains one way to increase organ donations is through education. The network is targeting various groups like college students who may have misconceptions about organ donation.

Another misconception is that certain religious and cultural groups are against donating. According to the London Health Science website, most major religions accept organ donation and there is general agreement that donating tissue or organs to help others shows love.

Another obstacle for people is discussing the inevitability of their death. "I think a lot of people don't want to deal with their own mortality," Rowe said. She encourages people to discuss



Courtesy

Linda Rowe proves organ recipients can lead a full successful life.

organ donation with family members once and then put the topic to rest.

Second-year accounting student Denise Guthrie believes in organ donation.

"I think it is important, you can save someone's life," she said.

Rowe will celebrate her 20th anniversary with kidney number three this Valentine's Day. "It's been great for me. I've been able to go back to work and live life to the fullest," she said.

Health centre saves the day

CELISTINE FRAMPTON
LIFE EDITOR

JACLYN BUCIK
STAFF REPORTER

Maria McFarlane did not know where to turn when she felt the need for medical care. An immigrant with a year in Canada and no OHIP coverage left her with limited choices.

"I wanted to see a doctor and every medical clinic I called told me I needed coverage or to pay a large sum of money," she said.

McFarlane says she wasn't working at the time so she could not afford the payments.

"I needed a pap smear and birth control pills," she said.

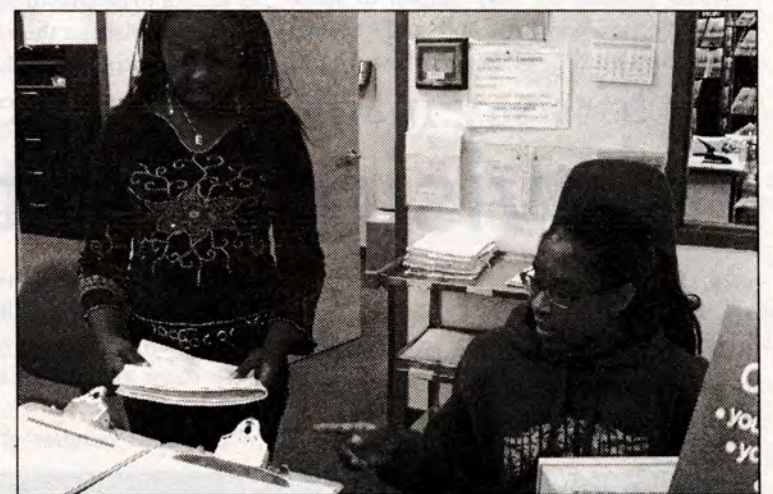
McFarlane said she did not receive medical attention until she moved to Rexdale where a friend introduced her to the Rexdale Community Health Centre (RCHC).

"I was happy to learn about the centre because I was eventually diagnosed with uterine fibroids."

The health centre, on Taber Road at Kipling Avenue and Rexdale Boulevard, prides itself on respecting, valuing and treating the individual needs of every patient.

McFarlane says she was pleased with the service at the centre.

"I was very comfortable with



Amy Ward

Evette and Celina are two of the centre's staff who help to promote health and illness prevention throughout the community.

the staff. They treated me in a professional manner and everything was kept private and confidential," she said.

Elizabeth Yohannan, RCHC program director, says the centre's objective is to provide health care to everyone in the community.

"Due to changes in immigration and social policy impact, there's a lot of people at more of a disadvantage," Yohannan said. "Rental housing as well as subsidized housing, those are communities that we specifically target because their income level may be a lot less."

The RCHC provides primary

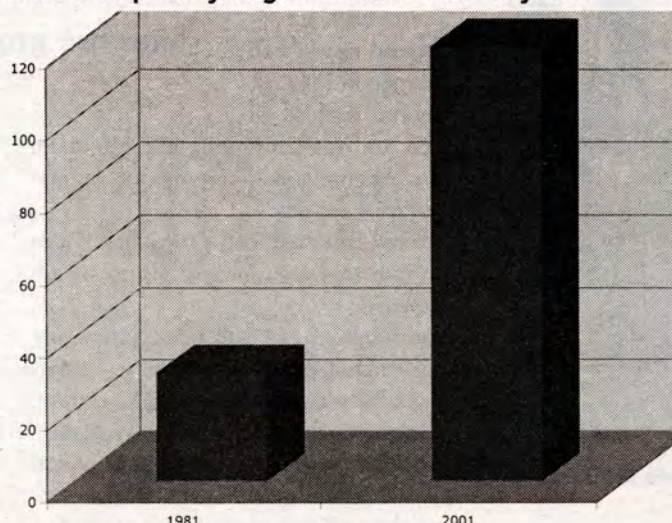
health care, sexual health clinics, healthy eating groups, prenatal and postnatal groups, speech and language services, diabetes information, legal advice, counselling and more.

McFarlane says after she became comfortable with RCHC she learned about the other services they offered.

"I was suffering from depression. My doctor referred me to a psychiatrist at the centre and this was also free," McFarlane said.

For more information on the services and programs, contact the Rexdale Community Health Centre at (416) 744-0066.

Information taken from United Way of Toronto shows the increase in the number of poverty neighbourhoods within 20 years.



Life

Balancing school with parenting

Humber daycare offers relief from the hectic schedule of the working parent

LATOYA WILLIAMS
STAFF REPORTER

Many Humber students find it tough being in college with the pressures of getting good grades, balancing schoolwork and working a part time job. But it is even more of a challenge for students who are also parents.

Dona Silva, supervisor of the Humber childcare centre, said many students who are parents use the childcare centre.

"We're closely connected to the college, so we do have a lot of students," she said. "School happens to be their job at this point in time, so I don't think they should be judged any differently from a working parent."

The pressures of being a parent and going to school can catch up with student parents. Parenting demands can lead them to contemplate dropping out of school.

Silva said the childcare centre is there to take some of the parenting pressures away.

"It's nice for them to know that they can drop their children off and know that they're cared for and not have to worry about them while they're in school," she said. "We're here for that person."

Their services are very helpful to some students. Second-year court and tribunal student and mother of one, Melissa Grant,

thinks it's all about prioritization.

"It's not that hard," she said. "You have to have a set schedule, set a time for study. It's not difficult to me at all."

But for former Humber nursing student, Hafsa Kurhsheed, things weren't so easy.

She was in her first year of the Bachelor of Nursing program with the University of New Brunswick at Humber, but eventually dropped out because balancing school and taking care of her three kids conflicted.

"I couldn't do it anymore. I always seemed to be behind in my work," she said. "My children are important to me and school seemed to be taking up all of my time, so I dropped out."

Kurhsheed insists she has not given up on her goal to finish the program. She is planning to return to the program next fall.

"I didn't know how to manage my time effectively," she said. "I think next year I will be more successful because I'm prepared and I know what to do."

Although they may face challenges, most student parents say being in school is a step in the right direction for them and the future of their children.

From Silva's point of view, "They're going to school to be able to better themselves and to get to a place in their lives where they are happy with their employment."

In school with kids

Percentage of students with children in fall 2004 at Humber:

- 83% have no dependants
- 8% have 1 dependant
- 5% have 2 dependants
- 2% have 3 dependants



Latoya Williams

Liza Thompson, a first-year Social Service student, depends on the childcare centre to take care of her 3-year-old daughter, Azaria, when in class.

Doctors say many city people aren't taking proper care of themselves

Television, fast food spawn obesity

JENNA ROSMAN
STAFF REPORTER

Toronto health officials are warning that an epidemic of obesity is spreading in the city.

"There are a lot of health problems

related to poor eating, poor nutrition and poor lifestyles," said Dr. Brian Klar, a family physician who also works in the emergency room at nearby Etobicoke General Hospital.

"The mass number of people are not

looking after themselves and the problems are growing," he said.

"There is inactivity and the availability of all that fast food," Klar added. "People are not eating the things they should eat because they take longer to prepare."

Nancy Day, a senior epidemiologist for Toronto Public Health, says nutrition is also essential to good health.

She cited a survey that found nearly half of the men in the city, and about a third of women are not consuming the minimum of five recommended servings of vegetables or fruit per day.

Overall, she said, bad eating habits can contribute to some chronic diseases such as diabetes.

Toronto Public Health reports that only 33 per cent of people in the city – about the national average – get enough exercise.

"People do things that are easy to do," Klar said. "They come home and watch TV, play Nintendo or play on the computer and they are just physically inactive."

Such lifestyles can later lead to diabetes or heart disease – the leading cause death for Canadians.

Klar said he sees a "wide spectrum of problems due to inactivity ... high blood pressure, many of the cardiac-related issues, the cholesterol issues, and type-two diabetes — all things (that) are generally preventable."

The Canadian Physical Activity Guide recommends people exercise 30 to 60 minutes a day in order to stay in shape. It varies depending on what you are doing for exercise.

Teresa Arnini, a Humber fitness coordinator says even a 30-minute walk each day can fit into a student's busy schedule. "The 30 minutes can be broken down into 10-minute intervals: 10 minutes in the morning, 10 minutes in the afternoon and 10 minutes at the end of the day. That accumulates to 30 minutes of activity."

She also adds that small things like taking the stairs instead of the elevator, and walking to the store rather than taking the car can make a difference.



Chris Riddell

The Humber gym offers a selection of fitness equipment and is free to students as long as they are currently enrolled in class at the North Campus.

'The mass number of people aren't looking after themselves and the problems are growing.'



Dawn Farrell

Colette Jones doesn't regret shelling out a few bucks for her raffle ticket.

United Way raffles bike

CHRIS RIDDELL
LIFE EDITOR

The United Way held a fundraising event in the Humber Student Centre and gym last Tuesday. They raised \$150 in a raffle for a mountain bike which was awarded to Colette Jones, a second year Recreation and Leisure student.

United Way representative Ainsley Burns presented her the bike in the student centre before a large gathering of students.

They were also accepting donations in the gym. People were able to give as much or as little as they wanted.

In total The United Way raised \$1150.

Want to make a donation? For more info on the United Way visit www.unitedway.ca, or call 1-800-267-8221

Student teaches Korean

New to Canada, and with little knowledge of English, Bongkeun Kim brings a piece of his culture to share

LAUREN WASLEY
STAFF REPORTER

Business student Bongkeun Kim has an alias but it's not because he wants to keep his identity secret. He unofficially goes by the name of Brian because it's easier to pronounce.

"Many students cannot say Bongkeun. I think it's very hard to pronounce so I wanted to make an English one and since my name starts with a B, I thought of the name Brian."

Three weeks ago Bongkeun placed an online advertisement offering Korean lessons. He confesses to not having started any lessons yet, but remains optimistic.

"I've gotten 20 calls from students, most of them send me e-mails and I reply to them... I will take the time to interview them," Kim said.

Kim said he offers Korean lessons because he wants to expose people to his culture.

"I want to let them know about Korean culture and our beautiful language. I think my language is very beautiful, there are descriptions that we have for colour and feelings and... I think that some of the descriptions of

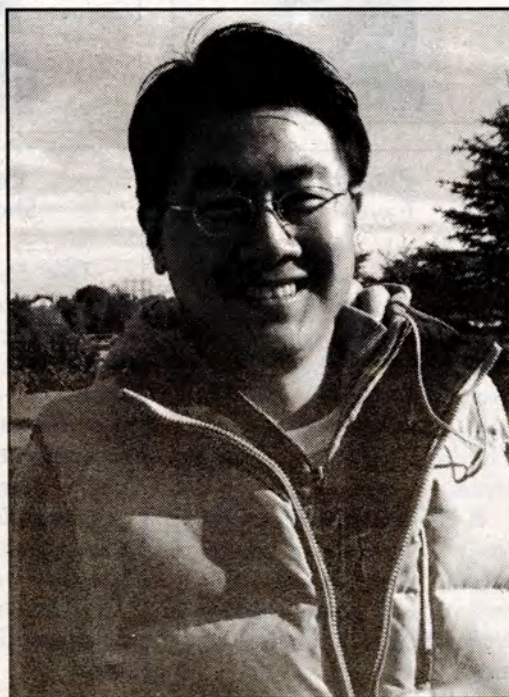
expressions and feelings are better than English."

Another reason he decided to offer classes is because he finds it fun. He adds having experience in the field makes it easier.

"I have some experience in ESL (English as a Second Language) institutes teaching English to some high school and junior students in my country."

Kim moved to Canada from Korea only 10 months ago after seeing pictures of Canada. He says the beautiful scenery helped him decide where to go to school. He adds tuition in Canada was also cheaper than that of the United States. Out of the colleges in Ontario he chose Humber over George Brown because he heard Humber has a good reputation as a business school and that was his area of study. However, outer appearance also came into play.

"I like the Humber campus. For example George Brown I think it's a good school but they don't have a campus, they just have buildings and that's not the kind of thing I like."



Lauren Wasley

Bongkeun Kim wants to teach his language so people can see the beauty in it.

Breaking up is hard to do

Experts share advice on the best way to end a relationship

JENNA ROSMAN
STAFF REPORTER

Breaking up is hard to do, but there are a number of things that can bring a much smoother end to a relationship gone sour.

Carrie Cardwell, a Toronto relationship coach says once the relationship is over, it must be over.

"It doesn't work to remain friends," Cardwell said.

"Sometimes it can, but if the person wants another relationship, it can mean more of a loss. It's tough, especially if the sexual attraction is still there."

According to Cardwell, a friendship can work if you haven't been with the other person for very long, but in most cases it is best to move on.

Cardwell advised the worst way to end a relationship is to "just disappear without a word, or to just sort of drop off the face of

the earth."

Psychotherapist Kali Munro says only a few people are able to continue platonic relationships with their former significant other.

"People need a break for a few months before they come back and get in touch with one another, but it depends," Munro said.

"There are many people who break up and later on can manage to become friends, but usually I'd recommend to just not see that person."

Some Humber students agree with Munro's advice.

"It's horrible when someone totally deletes a person from their life, when a person stops calling and doesn't return phone calls," said third-year nursing student Meghan Verheul. "I broke up with somebody in person, but it took me like two weeks to do. We'd been dating for a couple of months. I met him at his house one day and I told him that I didn't want to see him anymore. He kind of kept on talking to me, but I tried to avoid him."

Munro says that a break up must always be done in person and that email is one of the worst ways to do it.

"It's just a time to keep it real and try to be sensitive to the person who you have been in a relationship with," she said. "If you can listen to the other person, that's very helpful to them and they'll appreciate it. You'll also appreciate it if it ever happens to you."

Joann Samanigeo, a third-year nursing student, never formally broke up with her ex-boyfriend. She vanished and left her boyfriend wondering where she was.

"I just ignored my ex-boyfriend because he was much more than I could take," Verheul said. "I stopped calling him for about a week because he was kind of paranoid, and he kept on phoning me. He walked around the school and the library just to find me and talk to me."

'It's just a time to keep it real and try to be sensitive to the person.'

BIZ@humber

On-campus jobs benefit students

Work-study helps students become part of community

ASHLEY HOUSE
STAFF REPORTER

Every year, about 900 students take advantage of jobs offered at Humber College.

The Ontario government's work-study program, helps students make money and improve their career skills. Students have the opportunity to find a job in their field of study and earn some cash to help pay for their tuition and books.

'Jobs help you join the Humber community.'

"My teacher suggested the job," said Nathaniel Kessler, a third-year package design student who works in the tech print room at Humber.

"I've learned how to use the design programs that we use in class a lot better."

Kessler also said his employers work around his school schedule, giving him time for homework. In addition, living in residence makes getting to work easy.

Along with being convenient and flexible, on-campus jobs are helping students build confidence, encouraging initiative and helping them fit in.

"Work-study on campus is just an excellent way to belong," said Karen Fast, manager of Career Services at Humber.

According to Fast, resume building and other aids available at the Career Centre boost computer and interviewing skills, which in turn boost confidence in getting the dream job.

"There are teams and clubs you can be part of, but jobs help you join the Humber community," Fast added.

However, not every student can get a job on campus. Students have to be Ontario residents for over a year and demonstrate a financial need.

"Their expenses must exceed their income," Fast said.



Dawn Farrell

Cynthia Malagerio, second-year public relations student, has a work-study job at Humber Students' Federation.

"Students must also be carrying at least a 60 per cent workload in school."

How do you know if you are eligible? At North Campus, the work-study application form is found in the Career Centre in H107. Simply drop off your form at the centre and staff will authorize it if you are eligible. The centre posts all on-and-off campus job listings on boards.

Services offered at centre:

- Access to job posting site workopoliscampus.com
 - Networking and career events throughout the year
 - Mock interview and resume assistance
 - Free access to Internet, printer, photocopier and fax services (for employment related purposes)
 - Program specific resume disks to help you start your new job search
 - E-mailed job postings and 'Grad Kits' for graduate students
 - Access to various career resources, such as magazines and handouts
- To learn more about the services offered by the centre, drop by Room H107 (North Campus) or H201 (Lakeshore Campus).

Why not pump up your sound?

@tech update

NICOLE GRONDIN
STAFF REPORTER

If you've ever been trying to listen to your discman on the bus but found your tunes drowned by the roar of the engines, the problem may be with your headphones.

It doesn't matter how much you spend on your discman or MP3-player; without good headphones, the sound quality suffers.

That can affect your listening experience in a variety of ways: one being the lady on the bus screaming into her cell phone.

There are a variety of high-quality headphones available for every student's listening needs. Sporty designs to fit active lifestyles, outside-noise cancelling varieties, and foldable versions, to avoid being crushed in backpacks.



Panasonic Travel-Fold

These headphones are foldable, making storage convenient. It is also safer for the headphones, as they are less likely to be damaged in your bag when compacted. They're also great spaces savers.

If you are the type of person who has a lot of trouble keeping your electronic possessions in good working order, these would be perfect for you.

Price: \$29.99



Panasonic Shock-Wave

This design is perfect for those who exercise with their own music, rather than with irritating gym beats or the sound of car horns. They don't have a headband, but are secured onto the ears with a clip. They are shock-absorbent and water resistant, so you can sweat all over them and they won't get damaged. Try them on! The clips can pinch your ears if they are too small.

Price: \$14.99



Sony Extra Bass Sound

This style is known as 'street style', because it delivers high quality sound and has a cool design.

Your hair won't get messed up or tangled in it because the band wraps around the back of the neck rather than over the head.

The sound quality is very good, but "street style" does not have any noise-cancelling feature.

Price: \$49.99



Sony High Quality Sound

While the other designs mentioned go either over the ear or in the ear, this design completely envelopes and insulates the ear, blocking out 70 per cent of outside noise interference.

These come with a two-year warranty, and will cancel out most of the ambient noise if you're on public transit or if your roommate happens to be particularly noisy.

Price: \$79.99

Nicole Grondin



Dawn Farrell

Paul Sist, a second-year mechanical technician student who has been smoking for the past 10 years, lights it up at CAPS.

Facing rising costs, will smokers butt-out?

The average smoker usually spends between \$2,000- \$3,000 a year to support their habit

DAWN FARRELL
SENIOR REPORTER

After the costs of tuition, food and rent, the average student smoker will spend an estimated \$2,000 to \$3,000 a year on cigarettes.

Jared Lipton, a second-year general arts and science student, says he works to buy his smokes and is aware of the high-cost.

"I know it's a mismanagement of my funds. I know it's disgusting and I know it's wasting my money," he said.

According to Statistics Canada, the smoking rate among young adults is higher than any other age group, and 30 per cent of them smoke an average of half a pack a day.

From May to June 2004, cigarette prices advanced about eight per cent. On June 18, Ontario, Quebec and New Brunswick raised their provincial cigarette tax by \$5 per carton. The federal tax also increased by \$3.50 per carton.

Paul Sist, a second-year mechanical technician student, has been smoking for the past 10

years and spends \$30 to \$40 a week on cigarettes.

"I buy smokes from an Indian reserve," Sist said. "They're cheaper and they do the job."

Sist, also said he tends to smoke more on the weekends.

"On the weekend, I buy four packs because drinking alcohol induces my smoking," he said.

Eric Brouse, a second-year industrial maintenance student, buys a pack of cigarettes a day and works 30 hours a week to help pay for the habit.

"I spend \$56 a week on smokes and it's too much," he said. "I have thought about quitting."

The Canadian Pediatric Society (CPS) said that 80 per cent of adult smokers wished they had never started smoking in their youth.

The CPS also said approximately half of all adolescents who smoke on a regular basis will have their lives shortened by a tobacco-associated illness.

Students planning on quitting can drop by Humber's health centre to pick up pamphlets on tips to help kick the habit.

How to Quit

1. Set a target date
2. Ask your friends and family for support
3. Suck on cinnamon sticks
4. Write a list of the benefits of not smoking
5. Eat fresh fruit
6. Say "no" when you are offered a cigarette
7. Drink juice for a pick-me up
8. Eat popcorn
9. Plan a daily exercise program
10. Think of the money you will save

Courtesy of Toronto Public Health

Students take hands-on approach to their career

SHEENA FACCIOL
STAFF REPORTER

The demand has increased for the number of skilled trades people in Ontario, and Humber College apprenticeship students have adapted to this need.

After the number of skilled trades workers fell nine per cent over the last year, the government of Canada released a series of advertisements aimed to boost interest among students and those who have a passion for mechanical and electrical trades.

"In the plumbing industry alone, 60 per cent of the unionized work force is 50 years of age and older, so now is a good time to try and get your foot in the door," said Rick Snowdon, the plumbing apprenticeship co-ordinator at Humber.

Approximately 2,000 workers enter the Humber College

apprentice program each year.

Charles Girouard, a fourth-year electrician apprentice, said he has heard the advertisements, and finds them somewhat misleading.

"I find the ads kind of funny," Girouard said. "They tell you that there's so much money and work involved when you get into (trade jobs), but starting off, the money is not so good, and job security is the biggest problem."

Girouard suggests students interested in beginning an apprenticeship should do research before deciding.

Despite the dropping interest in professional trades, there are still students like Greg Mazur, a second-year electrician's apprentice who loves "opening a tool box instead of a briefcase."

"I find it's pretty good work, and there is always something

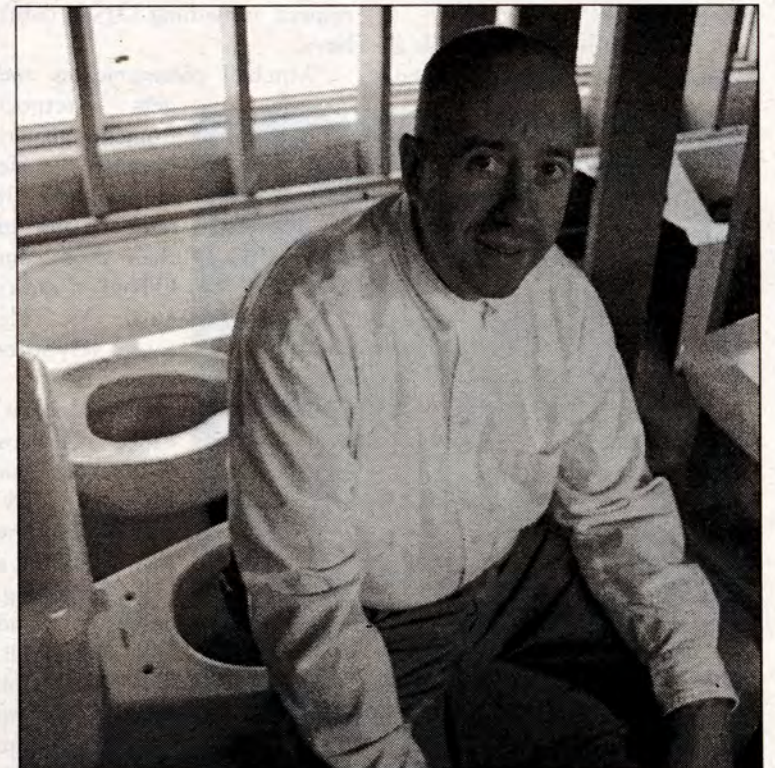
new to learn," Mazur said. "I would tell anyone who is interested in getting into the electrical trade that it's good, honest work, and enjoyable, but make sure you understand the theory."

Chris Paiva, a third-year mechanic's apprentice, said the government of Canada should give more money to support trades people and apprentices.

Experienced trades people can earn between \$20 and \$30 per hour. Apprentices can make between \$8 and \$15, depending on past experience.

"I'm afraid to finish my apprenticeship," Paiva said.

"Right now, I have it easy, but when I go salaried, I'm not even guaranteed work, which means, I can't guarantee paying bills. The government knows that, and they wonder why people don't want to get into that. It's a mess."



Cheyenne Morin

Rick Snowdon, the plumbing apprenticeship program co-ordinator at Humber, sits down to discuss the importance of trades.

Despite differing opinions, Snowdon said that no matter what the numbers are, the importance of trades will never change

"We've got to keep them going. Otherwise society will not benefit," he said.

Sports

Raptors are a 'hungry bunch' hoping to eat up the league

Seven-year broadcaster Chuck Swirsky predicts



a more unified and entertaining ball club

MARK KHOUZAM
STAFF REPORTER

It's been an off-season of change and turmoil for the Toronto Raptors, as they make strides to better last year's disappointing performance.

"They've changed a lot," said Chuck Swirsky, a Toronto Raptors broadcaster. "They really tried to improve themselves this off-season."

After the disastrous season that saw the Raptors win just 33 of 82 games, the team underwent renovations over the off-season.

First to leave was Raps general manager Glen Grunwald. Grunwald, who served seven seasons with the club, was let go late last season. Two months later, the Raptors named Rob Babcock their new GM.

Babcock, who left his job as vice-president of player person-

nel with the Minnesota Timberwolves to join the Raps, has a good understanding of players.

"Babcock is a very intelligent man. He knows what to look for in players and has a clear vision when it comes to this team," Swirsky said.

A week after Grunwald's exit, out the door next was head coach Kevin O'Neil. O'Neil, who only coached one year for the Raptors was replaced by Sam Mitchell.

Mitchell, who played 13 seasons in the NBA, was a former assistant coach for the Milwaukee Bucks.

Swirsky says that Mitchell, being a former player, understands and relates to his players. He also commands a lot of respect, something O'Neil didn't have.

"Mitchell communicates and gets respect

from his players because he knows how it feels to be in their shoes. But O'Neil didn't have that. He took a very strict approach."

With that, expect the Raps to change their style of play. Last season, the Raptors played a less entertaining, defensive brand of basketball. This year, look for the Raps to be a more aggressive, entertaining team.

"Last year, the team played a system they weren't built for. Under this



Courtesy

Chris Bosh and the Toronto Raptors hope to improve on one of their worst seasons in the NBA.

coach I think you'll see the team run a bit more and attack the basket. It's a system that better fits their players," Swirsky added.

But the Raps weren't only making noise in the front office in the off-season.

Vince Carter, the team's star player, publicly asked to be traded.

Rumour has it that Carter was upset when team president, Richard Peddie, hired Babcock without asking for Carter's input.

But according to Swirsky, who has broadcast Raptor games for the past seven years, that's not the main reason.

"I think Vince is just frustrated," Swirsky said. "He's tired of losing and he really wants to win even if that means being traded to another team."

But Swirsky adds that he doesn't think Carter will be traded.

"I don't see [Vince] going anywhere. I think he's here for the year and if they start winning, then he'll be here in the long run as well."

'I don't see [Vince] going anywhere, I think he's here for the year.'

Alvin Williams, the longest serving Raptor on the team, will likely miss the entire season if surgery is required on his injured right knee. That loss will give more playing time to players such as second-go-around Raptor Rafer Alston, who signed a five-year deal with the team.

Williams will watch from the sidelines as six new players join the new-look Raptors this season, including 7-foot-2 centre Loren Woods and first-round draft pick Rafael Araujo.

Jalen Rose and Donyell Marshall will also return after coming in a trade from Chicago late last season.

Sophomore Chris Bosh is coming off an impressive rookie season and may be asked to play at centre as he did last year much to the dismay of Araujo and Woods.

Swirsky says with seven players under 25, look for the Raps to be an athletic and exciting group of players willing to do anything to win.

"They're a hungry bunch and it should be a good year for the Raps."



Courtesy

Vince Carter will continue to slam the ball with the Raps this year even though this summer he publicly asked to be moved to another team.

Sports Shorts



Chris Daponte on CBC's top Canadians

Ever since the CBC announced the 10 finalists for its 'Greatest Canadian' contest earlier this week, people across the country have been debating the qualifications of the candidates.

Most of the attention has been directed towards Don Cherry, and whether or not he belongs on a list with the man who discovered insulin, the inventor of the telephone or the 'father of medicare.' I agree, there is no place on such a distinguished list for someone like Cherry. Being entertaining and controversial hardly qualifies him as 'great.' But why is no one saying anything about the inclusion of Wayne Gretzky on the list?

There is no doubt Gretzky is a Canadian icon. He single-handedly re-wrote the NHL record book over his 20 year career. At the 2002 Olympics he brought hockey supremacy back to Canada after a 50-year drought. And he is the best ambassador our national sport has ever had.

But I have a major problem with Gretzky, or any other athlete for that matter, being included in the top 10. This honour should be reserved for Canadians who had a fundamental impact on the military, social or economic history of the country. People who risked everything to get their message across or bring about revolutionary change. And Wayne Gretzky is not one of those people.

The inclusion of Gretzky and Cherry in the top 10 excludes Canadians who are much more deserving, like Nellie McClung, for example. McClung was a proponent of women's rights and was instrumental in achieving the vote for Canadian women in 1916. Surely she deserves to make the top 10 list ahead of Gretzky and Cherry.

As we'll all find out this winter, Canadians can live without the stars of *Hockey Night In Canada*, but we can't do without people like Nellie McClung.

etcetera_sports@yahoo.ca

Soccer success

Hawks enter playoffs unbeaten

KRIS HALINEN
STAFF REPORTER

The Humber Hawks men's soccer team completed its regular season on Tuesday with a perfect record of 8-0, clinching first place in the league.

In a closely contested matchup, the Hawks squeezed by the Mohawk Mountaineers 1-0.

Rain and wind were prevalent throughout the game at Mohawk, making field and playing conditions less than favourable.

"The playing conditions were a little different and it took us time to adapt," head coach Germain Sanchez said.

Vito Del Duca scored the winning goal mid way through the second half and then the tight Hawks' defence took over, keeping the Mountaineers scoreless.

"The goal was crucial," veteran Hawk Del Duca said. "I was just happy to get the goal and finish 8-0."

Hawks' forward/midfielder Matthew Palleschi watched the game from the sidelines as he served a suspension for having accumulated three yellow cards.

On Sunday, the Hawks devastated the Cambrian Golden Shield in front of a home crowd, beating them 8-1 and securing

first place in their division.

The Hawks scored early and often, with 5 goals in the first half alone.

Palleschi scored three times and Cameron Medwin scored twice. Kwame Osei, Dene Houdou and Kadian Lecky added singles. The lone goal that got by Hawks' goalkeeper Daniel Baker was on a penalty kick.

"We played as a team and we executed on all our chances," Palleschi said.

Last Thursday, the Hawks edged the Sheridan Bruins 2-1.

Some sloppy play and miscommunication led to a 1-1 score at the end of the first half, with Lecky scoring the lone goal.

"We were trying to do too much and we took the team too lightly," Del Duca said.

Del Duca scored the game winner off a Bruins giveaway with only minutes left in the second half.

The Hawks will play their quarter-final game either Oct. 22 or 23, depending on their opponent. Currently there is a five way tie in the eastern division.

The game will be at Valley Field regardless, thanks to Humber's stellar season and flawless record.



Cheyenne Morin

We have lift off. The Portland Trailblazers were in Toronto to play the Raptors at the Air Canada Center last night. In preparation for the showdown, the Blazers took to Humber's varsity gym to loosen up and have a little fun. No one was allowed to attend the practice but students in the upstairs workout facility caught a peek.

Extramural Hockey Clubs

Men's tryout - Oct. 21 @ 4 p.m. @ Westwood

Women's tryout- Oct. 26 @ 4 p.m. @ Westwood

Wins secure spot in postseason

After outscoring their opponents 7-1 in their final two games of the season, the Hawks women's soccer team is going to the playoffs for the eighth consecutive year

MATT CIVAK
STAFF REPORTER

With back to back wins in their last two games of the regular season, the Humber Hawks clinched a playoff spot and at least third place in the overall standings.

The women were dominant, despite cold and damp weather in both games, picking up a 2-0 win over Cambrian on Sunday and a 5-1 victory over Mohawk on Tuesday.

"We had to win this game as a part of clinching a playoff position," said coach Mauro Ongaro after Sunday's win. "They stepped it up and they were rewarded."

With the terrific offensive play of players like Connie Tamburello, who had 4 goals in the two games, Humber looks strong going into the playoffs.

Sunday's game featured more than just dominating play by Humber, but also a frightening injury to a Cambrian player.

Midfielder Lee Martin injured her neck in an awkward mid-air collision with another Cambrian player and was taken by ambulance to the hospital.

"It looked like the two players collided and she fell awkwardly on her back," Ongaro said.

"Hopefully it's not serious."

The quarter finals start Friday, Oct. 23. Humber's opponent has yet to be determined.



Matt Civak

Hawks' Connie Tamburello takes a free kick during their 5-1 victory over Cambrian College on Sunday.

Sports

Rugby playoff hopes fade after huge loss

Hard work not enough as Hawks look for a needed win

KATE SCHOEMAN

STAFF REPORTER

The Humber Hawks men's rugby team played a fierce game at home last week against the Seneca Sting, but fell short of victory in a heartbreaking 36-12 loss.

Both teams started out strong as Seneca scored the first try early in the game but missed the conversion kick.

Humber responded with a try of their own from Gerrad Harris-Smith, who charged through the Seneca defence, showing a great deal of strength. Humber also missed the conversion kick, which kept the score tied at five.

Although the Hawks continued to play a good game, they struggled both for ball possession and field position, playing mostly in their own end.

Seneca took advantage of gaps in the Humber defence and scored two more tries, converting both, giving themselves a 19-5 lead at half time.

"We're giving [Seneca] too much room to move," Hawks coach Alister Mathieson said at halftime. "We have to make contact with them before they gain any momentum."

Humber stepped up its game early in the second half with Erik Pearson scoring a try and Erik Peichatzek successfully converting it, bringing the score to 19-12.

Shortly after Humber got within seven points of the Sting, the team fell apart.

The Hawks missed key tackles, and allowed Seneca to score three more tries.

"This has been the most tenacious effort we've had all year," Mathieson said. "We did most things right. We just missed a few tackles that cost us, that is it."

The loss did little to dampen the Hawks' spirits. The team played courageously and enjoyed themselves out on the field.

"We played better than we normally do. We played a lot harder and we played for each other [as a team] for the first time," team captain Dean Spencer said.

Humber has one more game left in the season. A win or loss in the game will determine whether or not Humber competes in the playoffs at the end of the month.

A win will mark Humber's first ever playoff appearance in three years of play.



Kate Schoeman

The Hawks men's rugby team fights for the loose ball against Seneca during their tough 36-12 loss.

Veteran looked upon for help

Playing for the Hawks came as 'a big fluke'

SARAH HORBACZYK

STAFF REPORTER

The Humber men's volleyball team will look to veteran Milad Massoudi to help them capture a national championship this year.

It's hard to find all-around players like Massoudi, Humber coach Wayne Wilkins says. He loves players with the type of poise that Massoudi brings to the team, he adds.

"He's confident, he's competitive and he's dependable. I know his heart's in it," Wilkins said.

Massoudi, 23, is the oldest of three children and grew up in Guelph, Ontario. Massoudi played other sports, such as soccer, golf and badminton, but volleyball seemed to be his gift.

Massoudi is entering his fourth season as a Hawk, something he regards as a complete fluke. Wilkins saw him in the Humber halls one day while he was visiting a friend and told him about the volleyball program at Humber.

"He saw me wearing a volleyball shirt and asked me where I'd played," Massoudi said. "I told him I had played with a couple of pretty good programs."

Wilkins was impressed and within a few conversations Massoudi found himself wearing Humber's gold and blue.

He's been playing club volleyball for five years for respected clubs such as the Guelph Gryphons, Niagara Rapids and the Tri-City Oaks and also was on the 1998 regional team that competed in the Ontario Summer Games.

Massoudi provides his team with unity on and off the court. Aside from his experience in the league, he can also pass, hit, block and has one of the most deadly jump serves in the league.

"His competitiveness and his confidence is astounding," Wilkins said. "He always thinks he's going to win whether the odds are against him or not."

Although Massoudi is currently one of the leaders and more skilled players on the team, he wasn't in the same position four years ago.

"He has improved 100 per cent," Wilkins said. "His overall confidence and overall game awareness, as well as his defence, improved a lot along with his attack and jump serve."

When he first joined the team he was a setter and controlled the game a little more.

Now he is a power hitter, a position that draws a lot of attention from fans.

Of all his memorable volleyball years, the one that stands out the most in his mind was last season with the Hawks.

"My greatest memory was our season last year, how well we played, and how good the

team got along," he said. "The week at nationals was a great experience. It was awesome."

In the future, Massoudi would like to continue playing volleyball, possibly at a higher level. But for now, his main goal is to win a gold medal at the Ontario College Athletic Association (OCAA) championships.



Sarah Horbaczyk

Humber will depend on Milad Massoudi's leadership to guide them to the national's this season.

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Humber Hawks in action!

All photos by Kate Schoeman who is also the Et Cetera's photographer of the week. Congratulations!



Layout by Cheyenne
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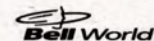
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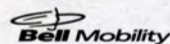
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