

Two Humber students killed



Tragedy struck on Monday as Humber students Christina Briand (top) and Holly Gillmore (bottom) were killed in an early morning car accident.

by Seanna Murray-Neck

Two best friends who travelled to Humber College together every day from the Welland area died after a horrific car crash on Monday.

Humber college students, Christina Briand and friend Holly Gillmore were on their way to class at approximately 7:15 a.m. Monday, when Briand's Plymouth Sundance entered the foggy intersection of Empire corners south of Hamilton, and collided with an oncoming northbound dump truck.

Constable Mark Foster, of the OPP, Haldimand-Norfolk Detachment said they are "still investigating the cause of the accident," and whether or not the weather was a factor. Both girls were pronounced dead at the scene.

Briand, 19 and Gillmore, 20 were in their first year of the Funeral Services Program at Humber College. Both of the girls graduated from Notre Dame College Secondary School in Welland.

The two "were inseparable, where one went so did the other" said a friend, from the funeral service program, who preferred to remain nameless. "They each had their own distinct personalities, which just matched," she said.

The friend remembered Briand and Gillmore as "always smiling,"

and said that she will miss their frequent late appearances to class. "We always knew it was the two of them when the door opened. Class won't be the same without them walking in late everyday... and everyone laughing."

They were happy girls and they left a lasting impression, said the friend.

Christina Briand is from Fonthill and is the daughter of Frank and Lori Briand and sister to Michael and Brandy. Prior to entering Humber College Briand was employed at Crystal Springs Water Company. She was very athletic and an accomplished skydiver, snowboarder, baseball and soccer player, and had a love for travel.

Holly Gillmore of Welland, is daughter to Donald and Heather Gillmore, and sister to Tracie and Darrin. Gillmore was employed at Nucomm, the former Alliance Call Centre during high school and before attending college.

Friends and family are invited to attend the joint service on Friday, Oct. 5 at the Faith Tabernacle church in Welland at 1 p.m.

Ken Harrison, chair of Health Sciences, said they will be "suspending all school activity that day so that students and faculty are free to attend (the service)."

A history of Humber
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Students can expect more increases

by Melanie Irvine

Humber's Student Activity fees could be as high as \$155 by next September.

Athletics wants an extra \$11 per semester on top of the \$21.98 students are paying now, pushing the total to \$65.96 for two semesters.

Last week SAC proposed a fee increase to the Council of Student Affairs (CSA), for a total of \$45 in SAC student activity fees. By next year, students could be paying as much as \$155.96 in SAC and Athletic student activity fees combined.

A decision for the increase was reached by CSA last week with the \$11 split into two parts – \$3 for athletics operating fees and \$8

into a building fund for the new addition. The proposal still has to be approved by the Board of Governors.

In addition to the fee increase, \$329,500 will be given to Athletics from the Student Development Fund (SDF). Athletics will have to pay \$150,000 back to the SDF after the new addition is paid for, which will be in about six years.

Doug Fox, director of the Athletics and Recreation department, said this increase is needed and has been talked about for five years now. The major changes would include upgrading the current athletics facilities.

Three different fee proposals were brought before the Council of Student Affairs meeting last week for the board to

decide the best way to handle the increase.

"The building will be paid for after six years and so that there isn't an expectation that this \$8 just drops off the budget," said Judy Harvey, Dean of Student Services. "We do expect to have an increase in athletics operation costs."

Money received from the increase will be used in order to build an addition on to the athletics facility, which Harvey said is "a badly needed addition that has been on the books and required for some time."

The plans include a second floor that will have a conference room, kitchen, and a multi-purpose room.

"The weight room is small and crowded. We don't have enough equipment. We don't have enough variety of equipment, and some of it is broken," she said. "We really don't have a fitness centre at all."

"The athletics centre was never designed to accommodate today's fitness trends. It was more geared toward squash," Harvey said.

About 200 Humber students were surveyed by Fox about the increase in fees. Half said they wouldn't mind paying for a \$5 increase per semester.

"There are lots of statistics that show we're losing business from the students who use athletics for the fitness and weight room aspects," Harvey said.

Gurb Bahia, 23, a first-year Mechanical Engineering student said, "it's not a good idea to raise fees. We pay too much already. I think there should be other types of funding for this addition."

User fees were also looked at for students to pay as they used the facilities like having a membership. But Fox assured that he wasn't planning on putting anything like that into effect.

Mike Hastings, 22, a second-year Professional Golf Management student disagreed and said that any improvements were welcome.

"It doesn't really bother me if the fee is raised. We need to have athletics. We can't go without it," he said.

Athletics has had problems in the past with going over their budget, paying for out of town travelling expenses.

Coaches and team trips were cut back in order to save money. In the last three years the program has had to rely

more heavily on money from fundraisers and donations.

"We do this for all our programs now, if teams want extra trips or scholarships they have to raise funds themselves. I never used to do this until about three years ago," he said.

According to Cindy Dragic the CSA business manager of the college who took care of the Athletics association and its budget before 1996, said any money left-over from the budget would be put into a reserve for the program to use in case of losses in future years.

But after CSA took Athletics on as their responsibility any losses from their budget were taken out of the student development fund as stated in CSA bylaws.

"The weight room is small and crowded. We don't have enough equipment. We don't have enough variety of equipment, and some of it is broken," she said. "We really don't have a fitness centre at all."

- Judy Harvey
Dean of Student Services

Dragic said what happens is any department that is associated with the CSA takes all their left-over money from their budgets (if any) and puts it back into the student development fund, "meaning that if you have a loss it comes out of the student development fund."

Students currently pay \$6.57 into the student development fund which originally started as a building fund.

Such things like the construction of the student centre, swimming pool maintenance, and both SAACnet came out of the money in this fund.

This project is hoped to be completed by fall of the year 2000 and SAC members agreed that, "this addition is greatly needed for students."



PHOTO OF THE WEEK
Second-year Creative Photography student, Anna Chow, captures a quiet moment in this woman's life.

CORRECTION

The Humber Et Cetera would like to apologize for two errors in the "Magna teams up with apprentices" article which ran in the Oct. 28 issue. We apologize to Bob Moulton for spelling his name incorrectly. Et Cetera also noted in the article, the School of Architecture and construction, when in fact it is the School for the Built Environment.

Ads coming down

by Erin Henderson

Advertisements aiming to recruit women for religious groups have been causing controversy and are coming down, said Gary Jeynes Director of Ancillary Services and Public Safety at Humber.

Two ads posted in the girls wash-room outside the Health Centre were deemed offensive by Humber students.

One of the posters advertised an all women's religious group, and the other was for an underwear company. One student responded to the underwear ad by writing that it was sexist across the poster.

Humber receives advertising from New Ad, an advertising company in Toronto that specializes in aiming ads at those ages 18 to 34.

John Mason, the director of Consumer Relations, said the ads went up without the knowledge of The College Standards of Advertising Committee, a committee designed by the college to review all ads placed within the school.

"There is an advertising committee and basically we have a set of criteria... then it's approved by Gary Jeynes and then if he has a doubt... or if [it's] obviously not supported by the criteria that we've established, then he would just decline it. And if it was a value judgment issue then he would consult with the committee," Mason said.

The College Standards of Advertising Committee generally follows the same

principles as the Canadian Code of Advertising Standards.

Specifically, the college will not promote any ad which "disparages, exploits, unfairly represents or is offensive based on race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, disability, age, marital, or family status."

Humber also rejects advertising for political views, an attempt to persuade an individual to one particular religion and its values, tobacco, and any advertising that is not within the best interests of the college.

The committee is made up of four or five members from administration, faculty, and support staff. Although they don't meet very often, the committee takes its role very seriously.

"If it [advertising] is received negatively, I'd like to know about it right away," said Jeynes. "Certainly if anyone has any concern with regards to the ads that are up there, then please get a hold of me."

Joe Bucci, a second-year Heating, Refrigeration and Air Conditioning Certificate Program (H. Vac) student said that the ads for women's underwear and religion doesn't bother him.

Nick Valerio, also a second-year H. Vac student added those ads aren't placed in the men's washrooms. Valerio said the ads are for beer, movies, shoes, and pagers. The only complaint they have with the advertising is the lack of change.

"Change them more often. I don't want to read the same thing every time in there," Bucci said.

All of the money received from advertising goes into the Ontario Student Opportunity Trust Fund, a bursary fund available to students with financial needs.

Besides the advertising money, a number of corporate donors as well as the Ontario government contribute to the bursary, said Mason.

Steph Fuller, the marketing project manager with New Ad, estimates that fees start around \$42 a week for the use of a mini-board, the poster that is displayed above urinals and behind stall doors.

She said New Ad's clients can decide for themselves where they'd like to see their advertisement placed and how big. Trish Izzard, director of Client Services, estimated that for one school, one campaign can cost about \$2,000 for one month.

"They [marketers] decided that that was the best way to get their [students] attention. They have no where else to look," Fuller said.

Nicole Gibbs, a first-year Public Relations student at Humber, said that she never really pays attention to the ads and for the most part they don't bother her. She does say however that there are better places to advertise religion.

"It's not that appropriate, I don't think," Gibbs said.

Holy ads

Nuns recruiting through ad campaigns

by Sonia Serbia

The Congregation of Notre Dame (CND) is a 300-year-old group of nuns dedicated to education and community betterment.

They launched an ad campaign on Oct. 1 through NewAd Media, and there are five different poster-sized advertisements. One of them is closest to the bathroom nearest the Health Centre at the North campus.

Some women on campus questioned whether the ads may be for a cult-like organization. First-year Nursing student, Lisa Blewett said, "I was disturbed by it. It looked to me, like a cult. I'm a catholic and I had no idea it was for nuns."

Jade Dy, also a first-year Nursing student agreed.

"It is pretty creepy."

Jay Haddad, a Psychology Professor at Humber, differentiated cults from legitimate religious organizations by saying that, "a cult is defined in two ways—how they recruit members, and how they indoctrinate people."

Haddad said that typical cult recruitment and indoctrination includes social conformation, protein and sleep deprivation, isolation and love bombing, which is a technique of invading a person's space.

"If the group uses deceptive techniques, and known techniques to indoctrinate, then it is considered a cult."

"Our hope," CND Vocation director, Sister Susan Kidd said, "was that (the ads) would attract some attention for women to find out more about us, not just to (rely) on the poster. If that's what they think, I really wish they'd visit the Web site."

"We have two purposes in our ads," she said, "one is to let people know we're still around, period. Once they know that, the second one

kicks in that they feel the desire to join us."

The sisters of the CND undertake a long and very serious process before they make their final vows. Sister Kidd said the entire procedure, which includes a psychological evaluation, interviews with herself and an interview board, community involvement of the candidate, and a series of preliminary vows, can take from nine to 12 years.

"People have ideas of what we are and sometimes they're not true. The number one focus is my relationship with God." She said the process is long because a woman really needs time to pray, decide and try to figure out if it really is the path that she truly wants to take.

Haddad also said the number one difference between a cult and something like the CND is the availability of choice - the person's opportunity to leave, or change their mind.

Traditionally, congregations found new members through other nuns. Women would be attracted to the lifestyle, and would find ways to meet sisters through churches and join congregations.

Sister Pat Boucher, the Vocation director for a different congregation, at St. Joseph's Morrow Park, said, "it's very difficult for us to make it known that we are still around and our way of life is still a viable option. It's a very happy life for me. How to let women know—that is quite a challenge."

Sister Kidd said, "for us right now, it's a now or never moment. The women that are in church on Sunday and know our sisters. They'll find us anyway. We're looking for women who aren't necessarily already in contact with sisters, and how can we get to where they are?"



Nasty weather conditions are a reminder for drivers to take extra precautions on highways. An accident on Tuesday at the intersection of Highway 27 and Humber College Boulevard damaged two vehicles.

c. etc.

Second car stolen from Humber lot

Alert Caps employee almost thwarts pair of hot-wirers

by Laurel Mikolalitis

Another vehicle has been reported stolen from Humber College's North Campus. This is the second incident of car theft from the college's parking lots this year. The silver 1987 Volkswagen Golf was taken from lot 13.

Stephen Armeaud, a staff member at Caps, was walking home from work when he witnessed the crime on Monday, Oct. 18 around 4:45 p.m. The VW was owned by Caps Operations Manager, Kenny Diamech.

"At first I thought they were mechanics or something in the car," Armeaud said. "I approached the car to see who they were and I motioned for them to roll down the window. I

then noticed the person in the driver seat had his hands under the steering wheel and he was fooling around with wires."

Armeaud described the men as young, well-dressed and clean-shaven, between five foot eight and six feet.

"The guy sitting in the driver seat had on a grey turtleneck sweater and black pants and the other guy had on a red jacket," Armeaud said.

The car started and then stalled after moving about two or three feet. Armeaud opened the door to the vehicle and asked the guys inside whose car it was.

"They said it was none of my business and told me to f---off," Armeaud said.

"I told him the car was owned by a buddy of mine and then I grabbed the guy by the shoulders to pull him out. The other guy in the passenger seat looked like he was starting to pull something out of his pocket so I backed off and slammed the door on the guy's arm."

A car drove by and Armeaud asked for help telling the driver that a car was being stolen, but the driver continued to drive by.

"I then stood in front of Kenny's car until it was pushing so hard against my knees that I had to move. Then the car started and they took off," Armeaud said.

Armeaud ran inside the college and told Diamech about the incident and the police were called.

"The police didn't look for the car until two hours later," Armeaud said.

Diamech who recently put a new stereo system in his car said, "I haven't even finished paying for it yet," he said.

Diamech suggested that cameras be installed for increased security.

I don't see why they can't have cameras all over the whole parking lot," he said.

Manager of the Public Safety office, Nancy Pinson, said they have looked into the idea of installing cameras to monitor the parking lots.

"It's a lot to consider, things such as costs, maintaining equipment, and staff to monitor," Pinson said.

When asked how students can protect their cars, she advised them

to put away any valuables in the car. "You shouldn't leave anything out to entice people to break in. I have a car alarm and a club in my car, but there isn't really a way to totally ensure its protection," she said.

Both of the cars that were stolen in the past month have been older vehicles. "Older cars often are easier to break into and hot-wire," Pinson said.

The car that was stolen earlier in the month was recovered in the parking lot of the Woodbine Racetrack. Pinson said it appeared to be used for a joyride.

Anyone with information about this incident can call Crime Stoppers at 222-TIPS.

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Handout for colleges

Humber College in line-up for cash

by Mark Bennett

With enrolment at colleges and universities expected to skyrocket in 2003, Humber College welcomes the government's recent announcement of \$742 million for post-secondary school expansion.

The Super Build Growth Fund program was announced in the 1999 Ontario budget. It will provide \$742 million to build and modernize post-secondary institutions to accommodate the expected surge of applicants who will finish high school a year earlier. Two thirds of that amount will be going to universities and the remaining third will go to colleges. The money will be distributed to the institutions based on proposals submitted by the end of November.

Dr. Robert Gordon, president of Humber College said more money should be given to colleges to help prepare for the future.

"The government should give us more money cause we're dying, and we want to get our students and faculty ready for the 21st century. They've got to make a bigger investment."

Gordon said Humber's proposal will address three key areas to improve its effectiveness including the completion of the psychiatric hospital on the

Lakeshore campus, collaboration with Sheridan College to bring polytechnic education to the Brampton area, and the development of a blended campus that will allow students to graduate after four years with a college diploma and a university degree.

"This is the biggest capital allotment for since the 1960s"

-Dr. Howard Rundle

"We think the government will favour collaborative efforts between colleges and universities so we'll be looking at some shared arrangements," Gordon said.

Changes to high schools from a five-year to four-year programs could double the number of students entering Ontario's college and universities.

"There's going to be growth in the system because they'll be phasing out grade 13 at high schools and, as a result, in the year 2003, more people will be injected into the higher education applicant pool," said Gordon.

Dr. Howard Rundle, chair-council of the presidents of the

Association of Colleges of Applied Arts and Technologies of Ontario said, "Ontario schools will be faced with what is referred to as the 'double cohort' of students in 2003, a double whammy of more high school students finishing a year earlier and the children of baby boomers who will also be entering colleges and universities."

Four years ago, Humber College's operating budget was cut 15 per cent as a result of reduced funding from the government.

"The government's new commitment is welcome news because Humber has to be prepared for the influx of students expected to come in 2003," Gordon said.

Rundle said that the government's pledge is the largest amount given to schools in 30 years. "I'm delighted by the budgeting commitment. This is the biggest capital allotment since the 1960s when schools saw a sharp increase in the number of students."

Rundle has some concerns about whether the government has pledged enough money to go around. "So much money is going to the universities that it may leave little for colleges to accomplish the many things that they want to do."

etc. etc.

Renovations scheduled for Nature Centre

by David J. Wylie

A dream to give the Nature Centre in the Humber Arboretum a major face-lift is slowly materializing.

Stephen Bodsworth, chair of the School for the Built Environment and director of the Arboretum said the project is necessary.

"Little consideration was given to maintenance in the beginning," said Bodsworth.

As the years have progressed the maintenance has become a real nightmare."

Bodsworth also said, "the cost of heating is phenomenal."

The plan to retrofit, renovate, and expand the Nature Centre could cost about \$400,000 to \$500,000, and the money will be obtained through partnerships and sponsors.

Fundraising for the project is a key factor.

There are big plans in the works for the Nature Centre, which hosts learning activities for about 8,000 children yearly, Bodsworth said.

"Here is a golden opportunity to create a facility that is a showcase," he said.

Bodsworth said he would like to incorporate solar power, wind power, and a whole range of environmentally compatible changes.

Architect Greg Allen, who specializes in environmental techniques, will head the project, and 18 Humber College architectural technology students will be highly involved in every stage of the process, Bodsworth said.

"One of the ways in which we can keep the cost down is by incorporat-

ing this into the (architectural technology) program," Bodsworth added.

"Instead of the students going to class, they will work with Greg."

Not to say that the students are being used as cheap labour, Bodsworth said. It's beneficial for everybody. The students will get hands on experience, and the cost of the project will be kept at a minimum.

Those interested were invited to participate. Students met with Allen, and listened while he discussed his past projects and philosophies.

The group of students who are to be involved with the project met for the first time in early October and continue to meet every two weeks.



photo: David J. Wylie

The Nature Centre will be getting a new look.

Cash bonus

More banking options

by Jeffrey Neal

Humber College students will have two full-service bank machines in the SAC centre by the second week in November.

The Bank of Montreal will be installing a second machine in addition to the one currently across from the bookstore, at no additional cost to the college.

The machine across from the bookstore will be moved. Both bank machines will be located in the same area.

The machines will be on the right hand side of the microwaves in the SAC centre.

"Rather than having to walk around the college having to find one machine that's available, concentrate them in the one area, lines can be shorter and the service better," Director of Financial Services John Sutton said.

SAC President Muhammad Virk agrees with the placement because it will ease the traffic congestion from in front of the bookstore.

"We need bank machines in the SAC centre for easy access."

However, students would like a variety of branches for their banking services.

"I wish they still had the one credit union machine by registration, or another Royal (bank machine) for \$5 bills," second-year Nursing student Yaisa McCarthy said.

There is one Royal Bank machine located in the athletic

centre.

"Bank of Montreal is the college's corporate banker. As a result, the opportunities to deal with the Bank of Montreal give us a little more clout because of the relationship we have with them," Sutton said.

That clout helped convince them to put in two machines.

Due to the low volume of use on the existing bank machine, the bank could not find the justification to put in two full-service machines.

"Because of our relationship with the bank we were able to nicely nudge them a bit and they have agreed to put in two full-service machines," Sutton said.

One reason for the move is the line-ups that clogged the hallway in what Sutton called the "highest traffic point."

"Definitely a lot of business," McCarthy, who also works in the Humber bookstore, said. Negotiations are still ongoing for a plan that will reduce the cost of use of the machines, or the avoidance of all costs whatsoever.

"They'll (Bank of Montreal) set up a small booth, for the first month, to deal with any questions the students have, and to help set up new accounts," Sutton said.

With the full-service machines students will be able to pay bills from school.

Originally they were scheduled to have them in place by Oct. 28, but Bell could not hook up the line until Nov. 9.

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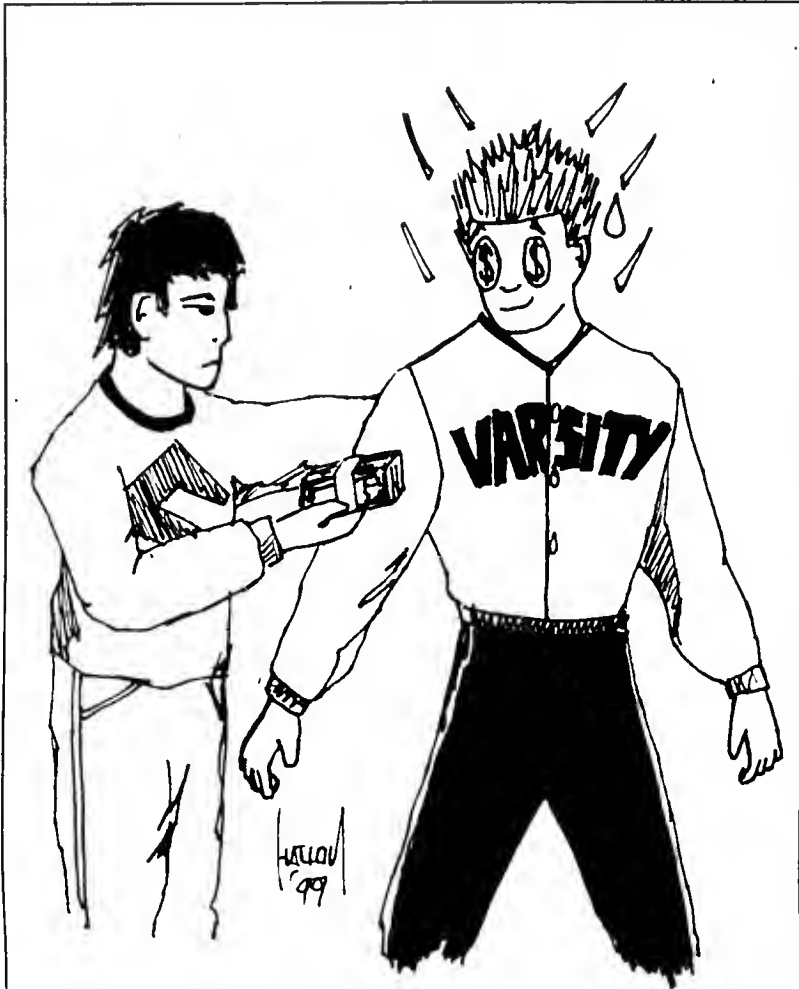
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etc. etc.



"This should cover it."

*Thanks to students,
Humber has the best
looking Varsity teams.*

Why does everyone have to pay for athletics?

We often chuckle hesitantly over the increase in our bank loans, being guinea pigs to pharmaceutical companies and lying in shoddy apartments on used mattresses in our thrift shop pajamas.

Now we can celebrate because regardless of our living conditions and debt problems we are going to have one very nice athletic centre.

Of course it will cost us a bit.

But, we'll get one new floor, a bunch of new equipment and windows overlooking the gymnasium – what else could we possibly ask for?.

A survey, conducted by Humber students, asked about 200 students, of the 25,000 enrolled at Humber College, if they agreed with a \$5 increase in their student activity fee. The increase would go towards improving the school's athletic facilities. Many Humber students never knew the survey existed.

According to athletics, half of the 200 surveyed agreed to the \$5 increase.

So, as of next year, students will pay an additional \$11 each for athletics in their student activity fee.

The Et Cetera would like to know how they arrived at this \$11 figure, which we'd like to point out is \$6 more than the figure the survey found students agreed with. If they needed to raise the fee by \$11 why didn't they put that figure in the survey? If they did would more than half of this so-called accurate representation of the college have agreed to it?

They cannot possibly reflect the student body.

Eleven dollars may not seem to some like a lot of money. Mind you, multiplied by the total student body that \$11 adds up to over \$270,000.

Next year, our Student Council is raising stu-

dent activity fees by \$8 per student. Athletics is getting an \$11 increase.

That's a total of \$470,000 from students' pockets.

Still a small sum?

Let's do some simple addition: \$270,000 + \$329,000 (from the Student Development Fund) = \$599,000 going towards athletics.

That's \$600,000 of your money. Do you think we need a new athletic centre?

The Et Cetera wonders on what grounds the decision to build and fund this new athletic centre was made.

By surveying 200 students?

The Et Cetera agrees that a school of this size needs a decent athletic centre, but at whose cost? Our varsity teams have probably close to, if not the best, uniforms, warm-up suits, coaches and facilities in Ontario.

Couldn't athletics redirect their funds?

Do they really need more of Humber students' money?

And if they get it who does it benefit? The small percentage of the student body who play on these varsity teams, or the minority of students who use the fitness facility?

Does this seem fair?

It's clear to us that the majority of Humber's students don't use these facilities or show any interest in varsity sports.

Go to a game, look at the stands, they're empty. As of next year our pockets will be too.

Let's prioritize carefully with everybody's input before we continue to charge students more because student government and athletics think it's a good idea.

It is, without a doubt, our money that is being spent.

Is nothing sacred?

Advertising is entering our private lives and invading spaces where we least expect it.

Living rooms and kitchens are increasingly being targeted as places to sell products and promote various organizations. Private phones now have scrolling messages, which are essentially commercials, and bananas are adorned with thumb sized stickers advertising TV stations (Toronto's Global Television Network has used this banana barraging campaign).

Public bathrooms are centres of commerce and Humber College's bathrooms are no exception.

Controversy has risen over two ads placed in one women's washroom in the L wing. One advertises an all-women's religious group and the other, a bra ad, has prompted one Humber student to deface the ad with "no respect for women."

As violent images become commonplace in video games and on TV have consumers become oblivious to the images thrown at them in public and sometimes private spaces?

Consumers have a choice as to whether they want to buy the banana with the ad or the phone with the scrolling message. There are other companies that offer these products. However, it is difficult to ignore and/or voluntarily remove an ad placed over a hand dryer or on the cafeteria wall. Controversial ads have a better chance of being pulled if there is public outcry (the religious ad was not approved by the College Standard of Advertising Committee and was recently taken down).

However, ads for make-up, movies and other commercial goods generate money that goes to bursary funds for cash-strapped students, a program that has made ads indispensable to the college.

As for staring at that clothing ad in the con-course, or the United Way ad bolted to a washroom stall, it is impossible to ignore these images. It is your space too, make sure your views are known to stop this creeping commercialism that threatens to engulf us all.

Of course, it may already be too late for that.

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etc. etc.

November 4, 1999

A look inside urinal paraphernalia

Today I received a piece of news that brought a chill to my core, and confirmed my nagging suspicion that something sinister is afoot at Humber.

According to a high-level source within the college (Student Crime Stoppers), those flat circular plastic strainer-like filter things found at the bottom of urinals – known in the exciting world of sanitation equipment manufacturing as “screens” – have been mysteriously disappearing from campus washrooms.

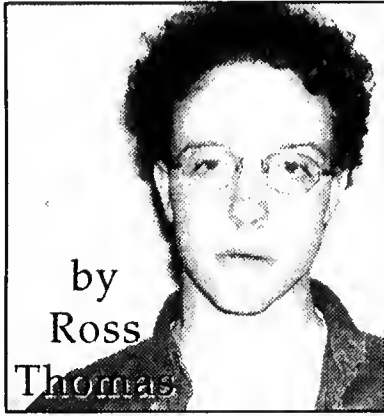
It seems obvious to me that these screens are not simply being worn away through frequent usage, or dissolved by harsh chemical cleaners. As Sherlock Holmes once observed to the ever-attentive Watson, when you have eliminated all other explanations, whatever remains – no matter how unlikely – must be the truth. I therefore conclude that the screens are, in fact, being stolen.

You may at this point be wondering what conceivable reason someone could have for stealing such an item. When I first heard of this disturbing new crime wave I too was puzzled, but some ideas

have gradually been occurring to me since then. The root cause of it, I have decided, is a well-documented sociological phenomenon: student poverty.

As we are all aware, students are increasingly taking on huge debts in order to attend college, with the result that very little money is left over for the basic necessities of life. It strikes me that these urinal screens are exactly the right size to serve as a plate for certain popular snack foods, such as toast. Can we in all conscience condemn a particularly impoverished student who, unable to afford proper crockery, resorts in desperation to theft?

Another possibility is that a hard-up group of students, starved of entertainment by lack of funds, decided to get together to indulge in some form of healthy outdoor activity. It further strikes me that these missing male toilet filters, once rinsed and dried, would serve as a passable free alternative to a Frisbee. If this turns out to be the explanation behind the disappearances then I say that the students responsible should not be punished, but instead commended for their initiative.



by
Ross
Thomas

Of course, these screens are not donated to the college by some kindly, albeit rather eccentric, benefactor. Nor can their cost be covered by the addition of advertising slogans, since no sponsor in its right mind would enter into such an arrangement. No – the college must pay for them just like everything else. But the potential impact on tuition fees aside, the recent thefts could have far more worrying consequences.

These unobtrusive and very much under-appreciated devices really do perform a vital function. Without them urinals quickly become blocked with all kinds of unmentionable detritus and, if said blockage is not cleared at once, the

problem spreads to the rest of the plumbing system. Before you know it, toilets across the college start overflowing.

Such unhygienic conditions provide an ideal environment for water-borne diseases such as cholera to spread. Cholera, in case you're not familiar with it, is a nasty bacterium that, left untreated, causes the unfortunate sufferer to produce a fatally prolific amount of diarrhoea. It is, in short, an illness you would not wish on anyone, with the possible exception of Dalton McGuinty.

Were such a frankly unpleasant disease to break out at Humber, the entire student body would have to be placed under strict quarantine, lest they spread the infection more widely.

As a result the college's washrooms would be overwhelmed by the demand – at least until extra prefabricated toilet facilities were airlifted in by government health officials – and mortality rates would be high.

The effect this would have on student and faculty morale is obvious. Those fortunate enough to escape the disease's awful clutches

would be faced with a nightmarish existence: the corridors would be strewn with the dead or dying, all sprawled in their own filth. It hardly bears thinking about.

I'm sure you will agree that immediate action must be taken to prevent such a scenario from occurring, and so the college must attack the very heart of the problem. While fitting anti-theft alarms to the urinal screens would provide a temporary solution, it would not be long before hi-tech “toilet hackers” found a way to disable them.

A much more sensible tactic would be to eliminate the *cause* of the thefts. Either tuition fees must be drastically reduced in order to leave students with money to buy proper plates and Frisbees, or the Student Association Council should set aside some of its budget for the provision of crockery and fun plastic discs to all new students.

Let us petition SAC, for in complacency lies our doom. And, most important of all, please remember to wash your hands afterwards. You'll thank me for it.

Ross hotly denies ever having used psychedelic substances

Plane crash gets phobia soaring

Many people fear insects, reptiles and most things Mother Nature has to offer. I personally find the presence of Earth's creatures very refreshing. What scares the dickens out of me? Flying.

My fear heightens anytime I'm preparing to take a trip. It seems like there's always some air disaster happening days before I'm ready to leave. Unlike many people who try to avoid things they fear, my career as a musician forces me to deal with my phobia whether I like it or not.

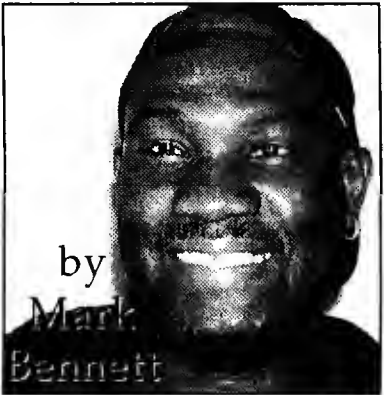
I detest flying so much that my regular routine the day before I travel, is staying up all night watching television or partying at some all-night bar. This renders me extremely tired. I'm perfectly set for my trip. As soon as I'm seated

on the plane I'm out like a light.

My do not disturb sign always accompanies me on my travels, so I'm one of the rare few who never complain about airline food, because when I do wake up my angry stomach, along with the movie credits, tell me I'm nearing my destination – much to my delight.

Sunday Oct. 31st was the scariest experience I've ever had. An Egyptian airline had crashed, hours before my return trip from New York, and to make matters worse I was embarking from the same airport the wrecked plane departed from.

It was obvious that those who consider flying a luxury were also touched by the tragic news. My stomach took a nosedive the



by
Mark
Bennett

minute I heard the news.

Most of my journey was spent in close proximity to the airplane washroom, and even though I felt tired from the overnight partying in Manhattan, sleep was the furthest thing from my mind. Until Sunday I've never been so happy to feel Toronto's soil.

Before I leave on any destination via airplane I try to speak to as many of my relative and friends as I can, knowing that once that airplane ascends I have no control whatsoever of my life.

So if anything were to happen my loved ones would have our last conversation to share with each other. Many will argue that everything we do can be perceived as life threatening, and it's documented that travelling by car is more dangerous than flying.

I totally agree but I guess my fear of height, which started when I fell from a mango tree when I was eight years old, has left me petrified of anything that is above ground level.

I've driven to New York on many occasions, but driving for

nine hours by yourself is a bit much – so the dreaded airplane wins. I've been teased and laughed at because of my fear and I've tried so many things to beat it, but it gets worse the harder I try.

Many fear rats, worms and spiders. I fear flying, and I know there's nothing in the world that can eradicate this feeling.

Traveling by airplane plays an intricate part of my life if I'm to succeed at what I do.

My next trip is already planned, so like most things in life I have to find some way to deal with my fear even though I'm overwhelmed just thinking about it. So I guess it's back to the old ritual.

I hear that raves keep you up all night...

Mark's favorite movie is The Fly

Hey smartass! Got somethin' to say?

Bring it on, let's see what you're made of.

Hand in your submissions to the newsroom in L231 or e-mail us humberetc@hotmail.com. Include name and phone #

etc. etc.

A festival for all people: Diwali

by Mona Patel

Diwali, one of the most significant festivals of the Hindu Religion will be celebrated by the Hindu community in Toronto beginning on Nov. 8.

The Sanskrit word 'Deepavali'—Deepa meaning light and Aвали, meaning a row, is another name for Diwali. In buildings where Diwali is celebrated, lights, which symbolize goodness, are put in rows to keep all areas lit and to keep out darkness, which symbolizes evil.

"Young and old, rich and poor, celebrate Diwali throughout the world to avoid darkness and welcome the lights into their lives," said Manish Patel, vice-president of Sanathan Mandir, a Hindu temple in the Markham area.

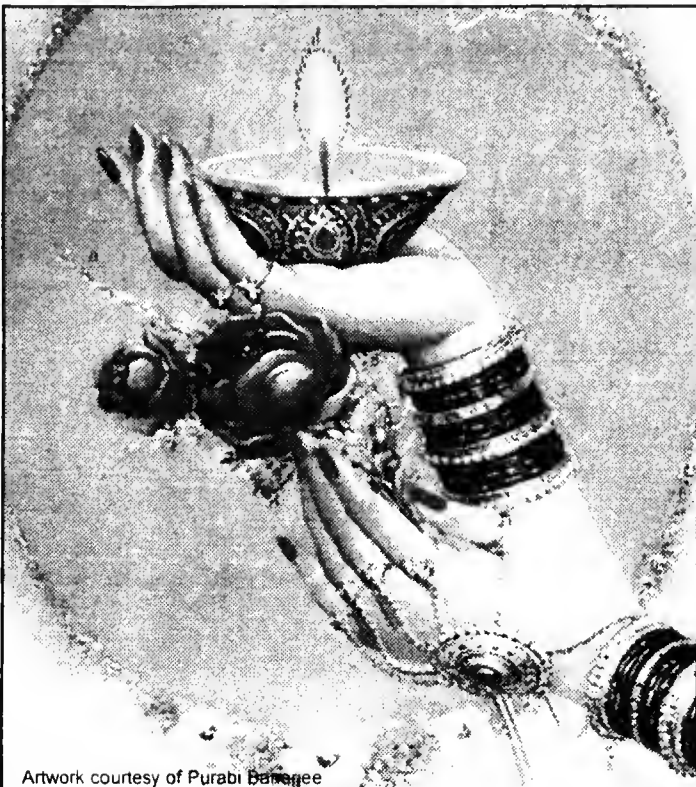
"This festival symbolizes the victory of righteousness and the unity in diversity as every country celebrates it in their own ways," Patel said.

In most parts of India, especially in the north, Diwali commemorates Lord Ram's return to his kingdom Ayodhya after completing his 14-year exile and killing one of the most evil men of what is now known today as Sri Lanka. It is known that while Lord Ram was in exile for 14 years with his wife, Sita and younger brother Laxman, no one in his kingdom turned on lamps or candles in the night. Without Ram, the kingdom was not the same, and no one was happy.

When the people in the kingdom heard that Lord Ram would be returning, they immediately started to prepare for his arrival. Women and children set up decorative designs or Rangolis (dyed rice grains of different colours) on the floors and walls. They prepared all kinds of Indian foods and sweets. As Lord Ram approached his kingdom, everyone lit candles and lamps in their homes and on the roads, and ladies danced in the streets in extravagant outfits in the midst of fireworks.

The Hindu custom of light signifies goodness. During this festival, twinkling oil lamps or Diya's are burned throughout the night. All homes (both indoor and outdoor) are filled with lit Diyas and firework displays are common across the streets. The lighting of the lamps is a way of paying homage to God for attainment of health, wealth, knowledge and peace.

The Diwali festival is a four-day celebration, which begins with Laxmi Pujan. Laxmi Pujan is the day to worship the



Artwork courtesy of Purabi Banerjee

Goddess Laxmi (Consort of Vishnu) who is the symbol of wealth and prosperity.

"This day is also very important for the business community, as it is the end of the financial year," said Navin Majithia, owner of Price War, a variety store in Toronto.

"Old accounts are settled, new books are opened, and account books are worshipped in an elaborate ceremony. All the business people start new business calendars and they worship Goddess Laxmi to bless their new account books."

The second day is celebrated as Narak Chaturdasi. The story goes that Narakasur, the ill-famed king was causing devastation in society by the excessive use of his powers. Lord Krishna decided to destroy this evil dictator. This day is celebrated as freedom from the evil king.

The third day is Kartik Shudda Padyami. King Bali, an ancient king of India ignored the divine thoughts of the Vedas and systematically removed organized philosophy from the society.

Despite his wrong-doings, he had one good quality. He was a generous donor who gave from the heart. To remember him on this day, his one good quality encourages us to perceive the goodness in others, even in our worst enemies. People who are blinded by Kanak—gold or wealth and Kanta—beauty or women become asur or demons. Lord Vishnu destroyed Bali and gave the unique outlook towards wealth and beauty. 'Bhau Beej' symbolizes society's respect for women. This gives every man the noble outlook to consider every woman as mother or sister. On this day, women are given gifts from their brothers and are held in the highest respect.

The fourth Day is referred to as Yama Dvitiya and on this day the sisters invite their brothers into their homes.

This festive occasion also marks the beginning of the Hindu New Year.

People from all age groups participate in the festivities to express their happiness by lighting diyas (candles), decorating houses, bursting firecrackers and inviting families to their households to participate in a feast.

Reena Mehta, a second-year Business student at Humber said, "Diwali, the festival of lights, apart from being the most widely celebrated is one of the most colourful Indian festivals. It is a festival of joy, splendor, brightness and happiness."

The mythology is more than 5,000 years old, and still promotes social and practical purposes of sharing, caring, forgiving and loving sentiments.

One of the largest gatherings to celebrate this occasion will be held on Nov. 5, at the Air Canada Centre in downtown Toronto.

More than 15,000 people are expected to attend the function, which will consist of Laxmi Pujan, several dances from different cultures within the Indian community like Bhangra, Raas and Garba. Admission to this show is free. For more information, you can contact any of the temples in the Toronto area.

"This celebration is not only for the Indian community but others as well," said Mehta. She also added that everyone should join together in spreading light, therefore making the world a better place—a place where there's no room for darkness.

GULAAB JAMBOON (A sweet to celebrate)

Ingredients:

500 gms. Khoya (obtained by boiling milk - milk residue)

125 gms. Plain flour

1/4 cup milk

1/4 tsp. cardamom powder

1 pinch saffron strands

250 gms. Sugar

ghee (residue left from boiling butter) to deep fry

1. Crumble the khoya. Sieve in the flour and soda together
2. Mix in the cardamom powder and crush saffron
3. Mix well to form soft dough. Use as much milk as required for kneading
4. Make balls of even size. Make about 25-30.
5. Heat the ghee very well. Take off fire and cool a little. Put in some of the jamoons.
6. When they rise up put back on stove and fry till they are a medium brown colour.
7. Remove from ghee and put in the syrup. Soak for 10 minutes. Drain and transfer to a glass bowl.
8. Repeat for all the balls. When done, pour the

remaining syrup over the jamboons.

9. Microwave lightly or warm over boiling water before serving.

To make the syrup:

1. Take sugar in a pot, add water to just cover the sugar.
2. Boil and add a tbsp of milk. Strain and boil again.
3. The syrup is done when, while dropping from a spoon, it falls in a thin single thread.

Serves: 25-30 helpings

Time required: one hour

Shelf life: 2-3 days, (one week refrigerated)

MAVA BURFI (Another sweet treat)

Ingredients:

500 gms khoya

300 gms. Powder sugar

1 tsp. Cardamom powder

2 sheets silver foil (edible)

Mash khoya. Mix in the sugar. Put into a heavy saucepan. Cook on slow flame, stirring continuously.

Cook till the mixture is a very soft lump.

Place on cutting board, roll to 1/2-inch thickness.

Let it cool a little. Spread silver foil on the cutting board carefully and evenly.

Make incisions with knife to cut in the desired size and shape.

Note: Burfi is usually cut into 1 1/2-inch squares.

Variation:

To make chocolate mava burfi: Follow same as above.

Divide the mixture in two parts 1/3 and 2/3.

In the smaller part mix 1 tbsp cocoa powder and 1/2 tsp chocolate colour.

Roll both parts separately. Place the chocolate on the mava layer. Roll lightly.

Continue as of mavaburfee.

Serves: 25 helpings

Time required: 1/2 hour

Shelf life: 10 days

etc. etc.

A history of H

Humber College opens new northern campus

Humber opens new journalism course in September to new location
Humber fills educational gap

College of Applied Arts and Technology (Boroughs of Etobicoke and York)

Applications are invited for the following positions:

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Humber course in nursing first of kind

Davis heays praise on Humber at new Lakeshore college
Student elections held at new Lakeshore college

Residence crisis at Humber

Booming Humber College gets permanent ho

etc. etc.

November 4, 1999

by Sabrina Divell

A tent city, year long protests, and banners of dissension marked the stepping stones of Humber's history. Walt McDayter a communications professor, was given a chance many years ago to collect some of that history in 'Past and Presence', the college's book of catalogued memories. A glance through the book at the pictures taken of the early '70s shows that not much has changed structurally. The hallways and classrooms still look the same, but it's the students who have marked the passage through time. Change in their hairstyles, clothing trends, attitude towards education and personal goals stand out. "The type of people we are dealing with now are totally different: their expectations, cultures, and prospects," said McDayter. "There has been a 360 degree turn in the type of students we have in terms of their age make up, gender mix in certain programs and the cultural background." The '60s and '70s marked an era of sex, drugs, and rock'n roll. While the rest of the out side world was distracted by the turmoil the decade created, inside Humber College something different was brewing. McDayter said he remembered listening to William Davis, the premier of Ontario, making a speech to the college and some guests from the community when a group of students interrupted the presentation. McDayter said a banner printed in huge block letters reading "Big business is killing us" came parading onto the stage where Davis was standing. One student took the microphone away from the premier and began to make a speech. "Do not be alarmed," said student John McCarthy. "This is a peaceful demonstration and we did not come here to cause too much trouble." "The only reason we are here is to explain to you

people that everything is not roses in Ontario." The words of McCarthy are forever etched in newspaper clippings the Associate to the President, Doris Fallon, has kept in her personal scrap book. "Not only were we (Humber College) radical, but we couldn't even spell radical," said McDayter laughing at the fact the protesters cause was marred by the huge misspelling of "business" on the banner they carried. "Not only were we (Humber College) radical, but we couldn't even spell radical."

Communications professor, Walt McDayter

In 'Past and Presence', McDayter explains the students were protesting against the Ontario community college system that was "training human beings to become mere components for company executives and very smug officials." McDayter said that protest on Mar. 3, 1970, marked the beginning of several events which have entrenched John McCarthy's name in Humber history. In May of 1970, McCarthy was voted in as the new student union official, which gave him an even louder voice. "He was a child of his age. He was a product of a period that really wanted to take action and believed that by direct confrontation you could create change," said McDayter. He said McCarthy was a remarkably quiet person but very serious about reform. He believed there were pathways reform should take. Just before the student elections, the first copy of Humber appeared around the college creating controversy for all of its readers. The magazine, put together by a group of journalists and non-journalists, was funded by student fees. "It was a useful voice for a group of people who were, during that sort of '60s period, trying to make changes," said McDayter. "They didn't want to have to worry about spelling, the laws of libel, good taste, manners, or any of the applications of journalism like checking your facts." He said the magazine only lasted through one or two issues before the funding was frozen because of the obscene language and articles. With McCarthy at the reins, McDayter said the group of very left wing students moved onto their next protest by taking over the field behind Humber College and staging a protest that lasted for a year. "Tent City" gave students a place to gather and talk about different issues the college and the world were facing at the time. "It wasn't just complaining about what was happening in Vietnam or complaining about the lakes being poisoned or complaining about the acid rain, they were actually trying to do something about it." Students pitching tents and camping out, made the headlines in the Toronto papers several times. Students would drift in and out of tent city making the size of the protest range in size. McDayter said the group of students invited people from Black Power groups and various left wing organizations to speak. "It tarnished the (college's) image with some people, but other people viewed it as an expression of tolerance," said McDayter. "Even though we don't agree with all the opinions being expressed, we at least leave room and give opportunity for expression," said McDayter. He said the former president, Gordon Wragg, always

encouraged his students Wragg wasn't happy protesting, but he was concerned. The former president of Humber College in the early years "It was Gord Wragg who was first campus," said McDayter. He said Wragg had a good communication with all the staff. Wragg brought food to eat out at the school and operated they could use the washroom. McDayter said Wragg gave the wood to student union. In the years since McDayter took over, Humber has done size. Wayson Choy started when it first opened. He remembers others back then. "We were allowed to build much structure - we were building it." There were only two courses in the regular program. "We couldn't do much more." Choy said teachers are often when, at one point in time, the system. "We (as teachers) were creative. We were creating a new culture." General Arts and Science. He said the school when Humber was only a few buildings were close in age, and the direction they were taking. Now the school's population has grown. Choy said there are additional buildings. "The school is in danger because, of course, we are not teaching - teaching you need time and the students," Choy said. McDayter said in early years he believed they really could have been more towards work and production. He said now the attitude among students is more about survival, rather than innovation. "There's very little fighting may be still some people throw their claws out a bit but no more roar," said McDayter. The changes over the years have shaped the teachers, but in a different direction education. In the '70s, students were more towards an academic direction. "The programs were where people would study basic languages in computer programming (last them for the most part)," said Choy.

Checking the Five Senses

by *Charlie Rashed*

The Five Senses by director Jeremy Podeswa is a poignant drama pivoting around the five senses - touch, taste, smell, hearing and vision - and the lives of five characters in search for significant and intimate human connection.

The story takes place over an intense three-day period where a young girl has disappeared. Against the dramatic backdrop, the five characters who live and work in the same building across from the park where the child disappeared are engaged in their own personal crisis. During the film each character discovers an essential clue to his or her own true desire. As the story of the missing girl is resolved, so are the five characters.

"We go through life," said Podeswa, "doing the same motions and routines everyday. It isn't until a tragedy occurs that we stop and realize what is going on around us."

In the film, the characters have been through, or are currently going through hardships. By the end, they either embrace life, love, and happiness or reject it. Through their trials and tribulations, emerges a gentle and

poignant affirmation, in favour of hope.

"The Five Senses has always been for me a film about the difficulties we encounter when we venture forward outside of ourselves and attempt to make meaningful connection with others," said Podeswa.

The script was written with an international component built into it. An Italian and French actor were needed. In late 1997, Podeswa chose Marco Leonardi (Cinema Paradiso). They joined an ensemble, which includes some of Canada's best actors: Gabrielle Rose (The Sweet Hereafter), Brendan Fletcher (Little Criminals) and Molly Parker (Kissed). Lastly, the beautiful and underrated American actress Mary-Louise Parker (Boys on the Side, Fried Green Tomatoes).

"This is the first script I've read," said Parker, "that deals with the premise of the five senses. It asks questions and leaves the door open. My character is a banker who cares more about the way her cakes look despite the fact that it tastes horrible. I thought using taste as a parallel to someone's emptiness is pure genius."

The Five Senses has something very humane, touching and tender about it. Podeswa's story is like a tapestry, a woven fabric of different emotions, senses and feelings. It reminds us that we are only connected to the world through our human relationships. It is a film about trusting in life and love.

Podeswa hopes the audience will be absorbed with the narrative of the movie and not get too distracted by the idea of the senses.

"I want them to be entertained but primarily, I want to communicate. All art is about trying to communicate. Through the film, I hope people will get to know themselves and other people better. If they recognize themselves in the work, the piece is strong. As long as they feel some sort of concealedness that links them to other people, or as long as it brings them together in an understanding of the universality of experience, that's the essential thing."

The Five Senses is now playing at select theatres in Toronto.

Ben Harper shines during soldout set

by *Michele Stefancic*

Ben Harper is a guy you'd just wanna take a bite out of. He's just sooo sweet.

In Toronto to perform the first of two sold-out shows at the Warehouse (holding 2,500 people), Ben Harper and The Innocent Criminals delighted the capacity crowd.

Modest, warm, kind and spiritual, Harper is a soothing relaxant for the musical soul.

Performing many older tunes and a few select new tracks from his latest album Burn To Shine, Harper and his three-piece band including Dean Butterworth on drums, Jaun Nelson on bass and David Leach on percussion, opened with 'Oppression,' the first of many tracks which got the crowd dancing.

Harper was greeted with a cheer and many well wishes for his 30th birthday after his opening song. Modest and appreciative, Harper repeatedly said thank-you to his fans as they shouted out "Happy Birthday Ben!" One fan presented Harper with a giant card signed by fellow fans - Harper read out a few statements made in the card. Laughing at one comment, he held the card up so folks at the back of the room could get a glimpse.

Breaking into rockin' number 'Faded' early in the set (second song) Harper's guitar genius was on display as he sat centre stage on a blanketed chair. Breaking in to a bluesy jam mid-song, Harper bounced his fingers across the neck of his guitar creating sounds one would think were impossible to create.

As the houselights were lit between songs, the soulful guitarist and glorious vocalist waved hello to his crowd politely saying "thank-you, thank-you very much," then introduced his crew. Separating himself from all other musicians out there, Harper thanked each crewmember individually for their efforts in making his performance a stellar one.



Ben Harper shines in concert last week during the first of his two soldout shows at the Warehouse.



led, only because the new tracks are absolutely amazing and I wanted to hear how the songs would translate live.

Harper did however fit in 'The Woman in Me', 'Please Bleed' and the title track 'Burn to Shine', into his set. The night's highlight came when the band performed 'Steal My Kisses', not a single body was standing still in the room. An up-beat, vibrant song, the band appeared to enjoy the set as much as the audience did - perhaps, even more so.

Humble from the moment he walked onto the stage, Harper is a must-see live. There's something about his performance that is trance-like. Sending you off into a different world with his folksy vocals and flawless guitar work. He allows for your listening pleasure to be a memorable one.

Closing his set with a solo acoustic mini set, Harper sat alone centre stage with an acoustic guitar. A silent hush fell over the crowd as they watched the California native gracefully strum his guitar and sing with passion.

Ben Harper, what a performer!

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Rascalz go global with new release

by Nick Jones

If the last album was just a cash crop, then when it came time to harvest this year, the crop must have mutated into something dangerous because the Rascalz is giving the world a Global Warning.

Since forming in 1991, Vancouver's hip-hop archetypes, Rascalz have been paving the way for other Canadian rap acts.

Originally called the Ragamuffin Rascalz, they released two albums independently before forming their own label Figure IV Records. In 1997 the Rascalz signed to ViK Recordings (BMG Music Canada) and become the second Canadian hip-hop group ever to sign with a major label. Both record companies then united to produce the critically acclaimed album Cash Crop, establishing the Rascalz as Canada's finest hip-hop force.

They've conquered Canada, but are they ready to take on the world with the release of their fourth full-length CD, Global Warning?

"That's the mission hence the name Global Warning. We just want to be known to the world as dope hip-hop," said Red-1 who makes up one-half of the Rascalz lyrical unit.

Misfit makes up the other half,



Rascalz from left to right are: Misfit, Dedos, Kemo, Zebroc, and Red 1

while Kemo is the man behind the turntables and is responsible for producing many hot beats. Zebroc and Dedos are the Rascalz break dancers who amaze the crowd at life shows and in video format.

In a music scene so intensely dominated by the U.S. has it hurt the Rascalz being from Canada? Red-1 doesn't seem to think so, "when they say Canadian it used to be 'they're good, but they're from Canada' these days it's 'they're good and they're from Canada.' It's kind of switched over to more of a proud vibe."

Global Warning displays the talents of some heavy-hitting all-stars from the South who blend easily with Canada's finest. Some might say it was a power move to have the Beatnuts and hip-hop legend KRS-1 on the album.

"We never sat down and planned on having them on the album. They actually asked us if we'd like to do a track with them after we played shows with them," explained Red-1 while in Toronto for their CD release party. Misfit added "it's our third album and we've worked within ourselves for

so long and now we're branching out, seeing more people and traveling the world. It's bringing more people into our work like KRS and the Beatnuts. So they got down and produced tracks which adds variety."

Global Warning on the whole, is more aggressive than the Rascalz previous releases.

"We're just coming heavy straight out of the box, we taken it to the world. The hunger is there, we're aggressive with it, we're determined with it and we're persistent with it," said Red-1.

Their new attitude shows up in their live performance, which showcases how they have attacked all the elements of hip-hop culture from rhyming to scratching to breaking.

"It makes it unique, but we could have all those things and just

not be tight with it and it wouldn't have the same affect. The aspects make it unique, but it's the practice and the involvement and the friendship and straight consideration we take between us that makes it a strong and powerful show," said Misfit.

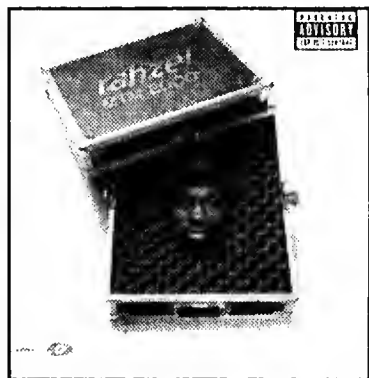
As the hip-hop world gains momentum The Rascalz aren't going to limit themselves this time around.

"Hip-hop goes wherever you take it. We're hip-hop just ourselves. To me it's just more of a nature confident, more directed effort," said Red-1.

He then added, "We put in the name (Global Warning) to let everybody know off the bat, we've got gig expectations globally for this. I think we've made an album, that can stand on it's own on a world wide level."

Spin this CD

Rahzel CD - Make the Music 2000



Back in the day there weren't a lot of cats who had access to the necessary tools for making phat beats. Future hip-hop stars had to huddle in stairwells rhyming on top of sounds made purely from the heart, lungs and throat. A few good men turned this vocal styling into an art, taking it from the streets to the people. As hip-hop took off, the human beat box was left behind, until now.

Rahzel is a member of The Roots, a unique presence in hip-hop, use a live band to rhyme over. Having Rahzel only makes them more authentic and gives their live performance an old school flavour.

Rahzel has mastered the vocal manipulations that is the human beat box. Unfortunately if you've ever seen The Roots live, you've heard a lot of the material on Rahzel's debut CD, Make the Music 2000.

From the opening cut you get a taste of what he can do with his mouth, mimicking the sound of a DJ scratching and making mechanical noises that you know he practiced for hours while watching the Transformers on TV. Throughout the duration of the CD you get some straight hip-hop tracks with live interludes in between songs featuring Rahzel at what he does best.

The single All I Know is the heaviest track, with the rest of the

Contest Alert

Film Canada's College University Tour showcasing 19 Independent Canadian films previously promoted at the 1998 Cannes Film Festival will be showing this Thursday and Friday at Humber College. We have 4 pairs of tickets to give away. Be one of the first 4 people to come to the newsroom (L231) on Thursday Nov. 4 between 1-2 p.m. and ask for Natalie. If you don't win you can still check out the festival here's all the details you need to know:

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Location: Room E135

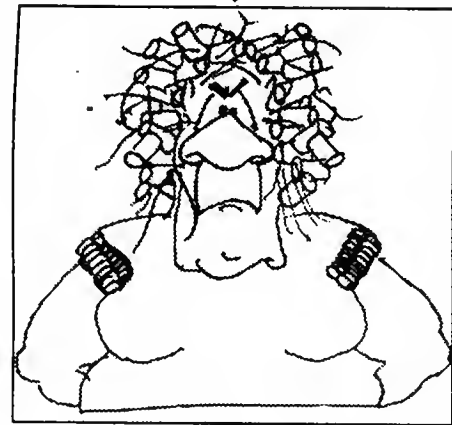
Cost: \$9 per night

Info: Call (416) 537-1401

disc coming off no better than average. Q-Fip and Slick Rick breath a little fresh air into Rahzel's debut, but the man should stick to doing guest spots and the Roots live performance.

Nick Jones

Having a bad hair day?

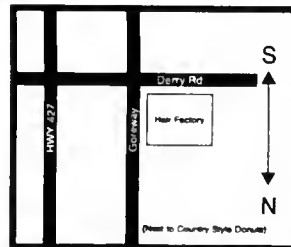


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November 4, 1999

Attacked by Student Syndrome

by Nikki Carswell

Are back problems, headaches or stiff muscles interfering with your studies? If you suffer from any of these problems you may have Student Syndrome and not even know it.

According to chiropractors Dr. Dean Stombolich and Dr. Dean Wright, Student Syndrome occurs after sitting for a prolonged period of time and/or having bad posture. Stombolich said Student Syndrome is a more common way to describe what students suffer from.

Stombolich said when people sit for a prolonged period of time in the same position, they strain muscles and sprain ligaments and joints. This is because the muscle is not supposed to be stretched for a long period of time because it becomes fatigued and weak, causing it to fail.

"Muscles were designed to move. They weren't designed to be in a constant position," said Stombolich, who practices at the Kleinburg Family Health Centre and the Toronto Institute of Spinal Health. He said over a period of time the muscles will contract and then they will cramp up. "If you put something in one position it's going to have a negative effect."

Dr. Dean Wright of the Leslie Davis Chiropractic Centre said the negative effect of Student Syndrome is "usually upper back and neck pain." Those are the most common, but headaches could be another result.

Symptoms according to Wright and chiropractic assistant Karen Minos, are achy sensations, stiff muscles, headaches, numbness in the limbs and maybe some difficulty sleeping.

Both doctors agree Student Syndrome is very common among students and they both have treated students for it. Back problems are mainly caused when students have bad posture. People tend to slouch or hunch forward when sitting at their desk or while working on their computer, they said.

Wright has some basic steps students should take if they are experiencing stiffness. He suggests taking frequent breaks while sitting, stretching, making sure your computer, keyboard or book is directly in front of you and to always remember your posture. If the problem persists then contact a professional.

"If people took structured periodic breaks, they'd be a lot better off," said Wright.

Wright said all students suffer a little bit and don't realize it. Most people tend to wait for pain before seeking help and both doctors recommend receiving help before that happens.

"If you wait until you have pain then it's going to be harder to bring a person back out of pain," said

Minos, of the Leslie Davis Chiropractic Centre in Newmarket is familiar with Student Syndrome. Her back pain was initially caused from a gymnastic injury and she found her pain became irritated in high school when she was sitting for a lengthy period of time.

Davis said she felt the seating in schools caused most of her back pain.

"The styles of the chairs are inappropriate for students who are sitting for a lengthy period of time. Most of the problem is that the chairs do not support your

Sponza felt differently about the office chairs used in the labs.

"I feel more aware as a student," said Sponza. This is because she is not fidgeting as much. "I'm always trying to find a good position (in the chair)," she said. The office chair is also better for her because she can adjust the height of it.

Schools are not thinking about getting the best chair for people's backs, said Stombolich. "They're saying 'well how much is this going to cost?' (and) most people take the cheap chair." He said if the schools thought about it in a long-run they "should've spent the extra money and got better chairs."

Patrick Kelly, director of

oughly" and tests for durability were done on the chairs.

For example, the stacking chair the committee chose was dropped about 25 to 40 feet off the roof of the Peel Board of Education. This test was done "numerous times" and there was "no bending or breaking" with the chair, Kelly said.

While both doctors suggested a chair with a back support Kelly said, "although the stacking chair is not so good for back support, it was the best (chair)."

"Humber College is way ahead of other colleges in furniture standards," said Kelly.

When the seven committee members voted, Kelly said the vote was unanimous. Although there are two different chairs, he said the office chair is used in the labs because it "needed more ergonomic features because you're on the computer."

Since the standard was put into place at the end of 1997, classrooms with new furniture look a lot better. Previous to 1997 it was almost like a personal choice, he said. None of the furniture matched in classrooms.

To reduce the chances of Student Syndrome, basic stretching and exercising can be done at home or at your computer or desk. Exercises like shoulder shrugs and gently rolling the neck from side to side can help stretch the shoulders and neck. To stretch the upper back, interlock your fingers behind your head and pull your shoulder blades together. All these stretches should be done slowly without bouncing and done at least twice a day.

Wright also said a healthy diet and a regular workout can help the problem. "A good diet means less fatigue (and regular exercise) can make the muscles stronger."



Top: Sitting improperly with no back support, knees, feet in wrong position
Right: Proper way to sit: upright, good posture



Stombolich. He believes nine out of ten people will have back pain sometime in their lives.

To reduce the chances of that happening Wright said most people would benefit by having periodical spinal examinations.

Stombolich advised if you feel back pain, never ignore it. "(Back pain) can go away but often times when it comes back it'll come back more severe and it will stay longer."

"If your back falls apart there's no easy answer," said Stombolich. "Surgery is very risky and not something suggested."

Chiropractors relieve pain by massaging the muscle or adjusting the spinal cord. This is "a specific adjustment to the vertebrae to bring it either back into alignment or to get a joint to move properly," said Stombolich.

Not getting your back pain treated is not going to kill you, according to Stombolich, but it could cause arthritis.

lumbar spine, the lower part of your back."

Dr. Wright recommended a chair that varies in height and stabilizes the back. He said the chair has to have a rigid back so that it can fit into the natural curve in a person's back. Understanding that school cannot provide the proper chair for everyone, Wright suggested rolling up a towel and putting it behind your back for support.

Lisa Sponza, a second-year Travel and Tourism student, has experienced some back pain but thought it was caused by her school bag being too heavy. She said she slouches and crosses her legs while sitting.

Sponza, who has used both types of chairs in the classrooms, the stacking chair and the office chair used in the computer labs, finds a difference between the two. She tries to sit properly in the stacking chair but said, "I try to sit up (straight) but it's kind of hard cause the chair is uncomfortable."

Purchasing Services at Humber said in 1996 Humber decided to get a standard for classroom furniture. Humber invited furniture suppliers to the school and arranged to have a committee to decide on the best furniture.

"We wanted to get a high quality chair (within the range of money)," said Kelly. "You have to pick a good quality chair and I believe this college did." Kelly said this process was "investigated thor-

Proper Way to Sit

- * Back flat against the chair. (Tuck a pillow behind your back, if needed.)
- * Sit in an upright position.
- * Have computer, or book directly in front of you.
- * Both feet flat on the floor.
- * If you can adjust chair do so to your height.
- * The best chair has armrests.
- * Shoulders back -not hunched forward.

Improper Way to Sit

- * Slouching or hunched over desk/computer.
- * Crossing legs.
- * Resting head on desk while writing.
- * Sitting forward in the chair.

Dr. Dean Wright and Dr. Dean Stombolich

etc. etc.

Operation Eyesight Universal helps

by Erin Henderson

Each year thousands of people worldwide lose their sight due to lack of medical treatment and funds. By donating used glasses to local Lens Crafters stores, you can help bring sight back to someone's life.

Each year, Operation Eyesight Universal (OEU) helps about 2 million people in 10 countries regain their eyesight. The only Canadian charity of its kind, OEU performs more than 100,000 eye surgeries annually. Even at the reduced cost of \$25 Canadian per operation, it still works out to be an annual total of \$2.5 million.

Dawna Crawford, the OEU's national director of fund development, explained why sight restoration is pricey in Canada, and is seemingly cheap overseas.

"In India the average salary is

\$100 a year... it [eye surgeries] works out to be between \$25 and \$30 Canadian. They're quite a deal when you look at it; we have Canadians phoning and asking for that deal."

Besides surgeries and examinations, the OEU provides thousands of people with glasses.

In 1998 alone they shipped more than 250,000 recycled pairs to countries as far as Tanzania and Vietnam.

"In reality there aren't that many different types of prescriptions... A lot of times, once they know the visual acuity in a person that's tested, they can find an exact match," Crawford said.

OEU relies heavily upon volunteer support. In 1998, 127 volunteers across Canada worked a total of 10,729 hours. They even implemented constructive pro-

grams for convicts.

"We work in conjunction with the Alberta Correctional Institute. We have a program that's held within the prisons. We've trained inmates to actually restore the glasses," said Crawford.

People also volunteer their time picking up eyewear, gathering donations, and doing office work.

Wanda Peddle, a volunteer with the Scarborough branch, does the general work they need done, and said she enjoys working for the OEU.

"I find it very rewarding to do something for a charity of that nature," said Peddle.

Alanna Scott, regional manager in Scarborough, said there are about 10-15 volunteers in the GTA. She said they're trained for their specific job description at the

office in Scarborough, and the time that's expected of them is minimal.

"We have a wide variety of different kinds of volunteers. We have honorary board members... we have people who come in and help us in the office... lots of people that help us with collecting eyeglasses. We also have volunteers that help us with special events and with public speaking," said Scott.

Shirley Stewart is an area representative for Orillia. She sells gift cards for the organization and occasionally speaks at different meetings. Stewart said she's been volunteering for the OEU for almost 11 years.

Phiroz Dastoor is a retiree who has been working as a volunteer for the OEU for over eight years. He collects donations for charity.

"I've been working from childhood with blind people," Dastoor said. "I find the program very rewarding."

Scott said one of the obstacles the OEU encounters is ensuring that children under the age of six receive proper nutrition.

"We work in blindness prevention. The World Health Organization estimates there are 500,000 children that go blind due to vitamin A deficiency each year. Basically, if they don't get enough vitamin A before the age of six, they can become permanently blind."

It costs approximately \$10 in Canadian funds to prevent one child from going blind," Scott said.

If you would like to make a cash donation or volunteer, please contact Alanna Scott at (416)-438-7280.

Think twice before you bite into that burger

by Sean Cousins

If you're the type of person who likes a little bit of pink in your burger, you might want to reconsider your eating habits.

Health Canada reports eating partially cooked meats, especially hamburgers, could lead to a potentially fatal E.coli infection.

Ministry of Health spokesperson Dr. Chuck LeBere said, "We're very concerned about the effect on the very old and especially the very young."

Although there are many strains of this bacteria, there is one in particular that has health officials concerned.

"The most serious form of E.coli is virotoxin-producing E.coli (VTEC)," LeBere said.

The VTEC bacteria is usually found on the surface of foods, because when the food is cooked, all of the bacteria is killed. However, E.coli becomes more of a problem when food is processed.

"If you've got some organisms on the surface of a large cut of meat," Dr. LeBere explained, "and then in your home you make it into mince-meat, essentially what you've done is turned a few surfaces into millions of surfaces. If you allow that meat to sit at room temperature for a couple of hours, the bacteria in it will grow."

Once contracted from contaminated food, VTEC will incubate in its host for a period of three to

eight days after which it will begin to wreak havoc on the body.

Fortunately, it's easy to prevent infection by making sure that all of the meat you eat is completely cooked. It also helps to keep preparation areas like countertops and cutting boards clean and disinfected, and to use different plates when cooking and serving raw and prepared meats.

The trend in restaurants is to serve all of their hamburgers well-done. In fact, many restaurants will not serve a hamburger any other way.

VTEC occurs frequently among the very young and the very old, but the bacteria has the ability to infect a person of any age, especially those with a weak immune system.

"With children under five years of age, this organism has the ability to cause bloody diarrhea," he said.

It is estimated that about one out of every ten children under five years of age who contract VTEC will develop haemolytic ureic syndrome.

This is a form of kidney failure that occurs in small children and, about five to ten per cent of those cases that develop kidney failure will die, said LeBere.

"If you're a person that is immuno-compromised, like you might have HIV, or you might be on steroids, it takes a lower dose level to cause disease," LeBere said.

"One of the big problems with

E.coli is what is called the 'hamburger disease,'" Environmental Health Department spokesperson Howard Beatty said.

"Because the meat is ground up, the bacteria may be uniformly spread throughout the entire beef patty, and if you don't cook all portions of the beef patty properly, then you're in for trouble."

"Another situation that has come to our attention lately is unpasteurized juices and apple cider," he said.

There have been incidents of E.coli bacteria found on apples and other fruits and vegetables because some farmers allow livestock to defecate in their orchards. When the feces contact apple skin, the fruit becomes infected.

All of the beef sold to consumers is inspected by Federal agriculture inspectors.

Beatty added, "the local health department regularly inspects retail stores."

Rather than face litigation, most major supermarkets have taken a pro-active approach to food safety.

"Our guidelines for all of our operations at store level would probably be above the guidelines required by the government," Loblaw's spokesperson Geoff Wilson said.

"We get inspected regularly, and we do our own self-inspection."



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Lady Hawks take gold in OCAA final

by John Maida
with files from Frank Monaco

When the Humber Hawks women's soccer team began the 1999-2000 season, they had one goal in mind, to capture the gold medal in the Ontario Championships.

That goal was achieved last weekend, as the Hawks defeated archrival Mohawk Mountaineers 3-0 in the gold-medal game at Mohawk Sports Park in Hamilton.

In a rematch of the 1998-1999 gold-medal game, the Hawks showed great poise and tenacity to become Ontario Champions for the first time.

The road to glory was paved by an outstanding victory over the St. Clair Lady Saints in the semi-finals. The Hawks walked all over the Saints, defeating them by a score of 4-1.

Mid-fielder Claudia Marmo opened the scoring in the 19th minute when her cross from the right flank went off the outside post and into the net.

The Lady Saints tied the game in the 26th minute. Following that goal, it was all Humber. Defender Sandra Troiani scored two goals for

the Hawks and striker Joanna Vitale added another. Troiani, also known as the Saints killer, because of her dominating play against the Saints this season, was ecstatic about the win.

"We showed excellent teamwork, we showed skill, and everyone on the field did their job," Troiani said. I don't know what it is when we play St. Clair, but I always seem to step up my game and score goals. That is usually not my role on the team. I am more of a playmaker."

In the gold-medal game, Humber charged out of the gates. They controlled most of the game and kept the pressure on the home team Mountaineers. Hawks' keeper Angela MacDonald came up big when she had to, keeping the Mountaineers off the scoreboard.

Vitale netted all three Humber goals. She finished with four magnificent goals in the tournament - earning her tournament MVP.

"I really wasn't expecting to win MVP. There were so many players who performed exceptionally well, especially on our team," Vitale said. I knew I had won the award for most goals in the season, but when I found



Halfback Claudia Marmo and defender Sandra Troiani celebrate a decisive win at Mohawk.

out about this one I was happy.

"Undisputed team leader and All-Canadian Adriana Cataldo was relieved that they finally beat Mohawk in the finals and the burden and heartache of last year's defeat was off their backs.

"We were confident, we were ready, and we were definitely pumped. All of the veterans like myself, knew what we were going into because of what happened last year," Cataldo said.

"I was really nervous in the last 12 minutes. I just kept saying to myself 'relax'."

Team coaches Mauro Ongaro and Vince Pileggi said that the secret to the team's success were the things that they had been preaching all year long: experience, maintaining level of play, aggressive play, possession, and winning 50-50 balls.

"The girls had the experience, and that's one reason why we were so successful. The girls played the full 90 minutes and together that made a world of a difference," said Ongaro.

Physically we did the exact same things as last year's team. We used our skill and talents but we never had the experience. This year's team is loaded with talent and skill and losing last year made us realize that we needed to learn from our mistakes and to develop a bit more to be successful, and that goes a long way," Pileggi said.

Troiani was still in shock after the Hawks gold medal victory.

"This is unbelievable. It still hasn't hit me that we are Ontario champs and now we are going to the Nationals," he said.

The Humber Hawks will now travel to Oshawa next week for the Canadian National Championships.

It will run from Nov. 10-14 at Durham College.



Anna Bella Lopes fights for a 50-50 ball in the win

Opinion

by Michael Stamou



A week of mourning

Tragedy has struck the sports world three times in the past couple of weeks, with the climax being the horrific death of Canadian race car driver, Greg Moore.

The first death involved professional golf star, Payne Stewart. Stewart was on the way to his next tournament when his plane crashed and he and five others were killed.

The next tragedy occurred not even a week later, when Moore was killed in an unbelievable crash while driving 350 km/h at the Marlboro 500 in California. Moore was a young 24-year-old when his life came to an end on Halloween.

The third and most recent death in the sporting world happened three days ago on Monday, when Walter Payton, former Chicago Bears running-back, died from a rare form of liver cancer.

Out of these three sporting tragedies, the Moore death was, by far, the most tragic for young Canadians.

Moore died doing what he loved to do - racing cars at unbelievably suicidal speeds.

Moore was known to be a cocky and talented young driver who was going to go places in CART Racing. Then, one day, his life was over.

His death was tragic because of the job he performed and the fact that he died on the job.

Moore suffered severe head and internal injuries, after he lost control around turn two of the 3.2-kilometre California Speedway.

The wall Moore crashed into had no protection in front of it, like tires or haystacks. Auto racing is a dangerous sport in itself but the governing body of CART racing should take more precautions, if they are to prevent more injuries or deaths.

Moore was racing at California after breaking his finger and bruising his hip in a scooter accident on Saturday.

Dr. Steve Olvey, director of medical affairs for Championship Auto Racing Teams Inc., said Moore's hand was not a factor in the crash that led to his death.

Moore was always wary of the dangers of his sport, but he always gave it his best to perform to the best of his ability.

After a 1996 crash at the Molson Indy where driver, Jeff Krosnoff, was killed Moore had this to say about his driving and the business he was in.

"If I crash, I crash. I have no family, hardly any bills to worry about. So I'm out there giving 150 per cent," said Moore, as quoted in the Toronto Star.

This was the type of man that Greg Moore was and this is why his tragedy is so hard to forget.

- | |
|---|
| <p>Greg Moore
1975 - 1999
1995 - Indy Lights
Champion
1996 - CART rookie of the
year runner-up
1997 - two CART wins
- youngest winner in
history
1998 - two CART wins
1999 - one CART win</p> |
|---|

etc. etc.

Humber soccer team boots it at OCAAs

by Frank Monaco

The Humber Hawks' quest for gold ended when they managed only silver in the Ontario College Athletic Association (OCAA) finals last weekend.

Anticipation was high among team members when the Hawks reached the finals after beating the Conestoga Condors, 4-1, in the semi-finals Friday Oct. 29. Humber was in their usual form and started the game by allowing the first goal against, something they have permitted in half their games this season.

"It's not that we do not play well. We don't make mistakes. It's just that we can't score in the first half," said head coach Germain Sanchez.

The Hawks looked like a different team in the second half with



Humber and Conestoga players leap for ball possession during first half semi-final action.

speedy forwards Nathaniel Singleton and Marko Milicevic coming off the bench. Singleton tied the game and opened things up for Jesse Calabro who found his form and scored a late hat trick to give Humber the 4-1 victory.

Milicevic agreed the half-time substitutions had an impact.

"Our speed helped out. (Especially) on the long balls on the ground," Milicevic said.

Defender, Jason Mesa earned

player-of-the-game honours while one of Humber's top mid-fielders Luigi Landauro injured his ankle and will be out of the line-up indefinitely.

In the other semi-final, the Algonquin Thunder won their match and faced Humber on Saturday. Humber knew the Thunder would be their toughest challenge yet.

"We are not going to change anything. We are just going to play the way we know how to play and hopefully we'll win with a lot of heart," John Mustica predicted.

Sanchez adjusted the starting line up based on the scouting report on Algonquin.

"Algonquin has very good speed, very good ball control and a couple of under-19 national team members," he said before the game. "We are going to put a little more speed on the field, especially with Brendan (Harris) playing defence."

Humber started fast and strong after the opening whistle. They had solid scoring opportunities including a hit goal post by Calabro. However, the Thunder lit-

erally struck first. Algonquin scored on a free kick that hooked over a wall of Humber players and into the open side of the net.

Shortly after, the Mustica was given a yellow card for the second time in the half (two yellow cards means the player receives an automatic ejection and his team plays a man short for the rest of the game).

After Mustica's ejection, Humber stepped up their game. Calabro continued to get scoring chances. On one glorious chance, he nailed the crossbar and later hit another post.

Finally, with five minutes left, the Hawks ran out of gas and Algonquin started to score at will and won 4-0.

"When you play short-handed for 75 per cent of the game it affects you. Instead of that, we had them. We hit the post twice and we were very close in the game until the last five minutes when we just couldn't do it anymore," Sanchez said.

Singleton said that it is especially difficult to play with only 10 men considering the calibre of soccer in the Ontario finals.



Jesse Calabro neutralizes a Conestoga opponent.

"We gave it a good try. We just couldn't put it in the back of the net. There (are no) excuses, they came out, beat us to the ball and they played like they wanted to go to the nationals."

The Humber squad was visibly shaken but four-year veteran, Angelo Nero, had a positive outlook on the team's future.

"I know that (we) have a good team and I know that they'll get here again," Nero said.

The Hawks will try to soar again in about a month when they gear up for the indoor season.

Snipers take home hardware

by Frank Monaco
with files from John Maida

The Ontario Athletic Association (OCAA) handed out league awards and highlighting the evening were awards given to Hawk snipers Joanna Vitale and Jesse Calabro.

Vitale and Calabro beat the odds and won their respective scoring titles for varsity soccer last week. It is the first time any Hawk has won the scoring title in Humber's OCAA history.

Vitale enjoyed a fine season as a rookie with the Hawks. She netted 15 goals in 10 games for an average of 1.5 goals per game. She outscored St. Clair's Misty Findlay who scored 13 goals this season. She also was voted to the OCAA league all-star team and won Player of the Month award.

"I didn't expect it. Especially the ones for the (all-star) and (player of the month). It was tough because I know that Claudia (Marmo), Adriana (Cataldo) and even Anna (Tripodo) could have (won)."

Calabro beat out Durham Lord's

Jimmy Kuzmanovski by a goal in a tight race that was decided in the last game of the season.

Down the stretch, Kuzmanovski had 11 goals in eight games with two games left to play while Calabro had 10 goals but with only one game remaining. Calabro won



Humber's leading scorers Jesse Calabro (left) and Joanna Vitale show off their OCAA awards

the title by scoring two goals in his final game, while Kuzmanovski was held scoreless. Calabro was also voted to the OCAA all-star team.

Although he was happy with his accolades, Calabro was disappointed in not being nominated for All-Canadian status.

"It's a little disappointing to see players that did not have the stats get voted to All-Canadian status."

Other awards went to women's co-coaches Vince Pileggi and Mauro Ongaro. The duo won the Coach of the Year award for the region.

Coach for the men's team, Germain Sanchez, was not voted coach of the year despite an undefeated season.

"I expect (not winning the award). Humber has been at the top for the past six years and when you are at the top no one is going to vote for you," he said. "I was more disappointed that Jesse (Calabro) did not get to be an All-Canadian when he was the top forward in the province."

One player that did get to be an All-Canadian was girls midfielder Adriana Cataldo. She proved to be a driving force for the women's squad all year long.

Humber's men's and women's goalies capped off the evening by winning the award for best goal keepers. Mike Silva and Vito Capone and female keeper, Angela MacDonald, were named Keepers of the Region.

Up coming Events Compiled by Jeffrey Anderson

- Sat. Nov. 6, **Humber Cup Volleyball Tournament Men & Women**
- Tues. Nov. 9, **Women's basketball @ Mohawk 6 p.m.**
- Wed. Nov. 10, **Men's Volleyball vs Niagara**
- Thurs. Nov. 11, **Women's Soccer vs British Columbia 10:30 a.m (National Championships)**
- Women's Basketball vs Durham 6 p.m.**
- Men's Basketball vs Durham 8 p.m.**
- Friday Nov. 12, **Women's Soccer vs Atlantic Provinces (National Championships)**
- Men's Hockey @ Sault College 2:30 p.m.**

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