



The Game

A comprehensive guide to Canadian politics p.14-15

Movie Guide

This season's big box office hits p.18



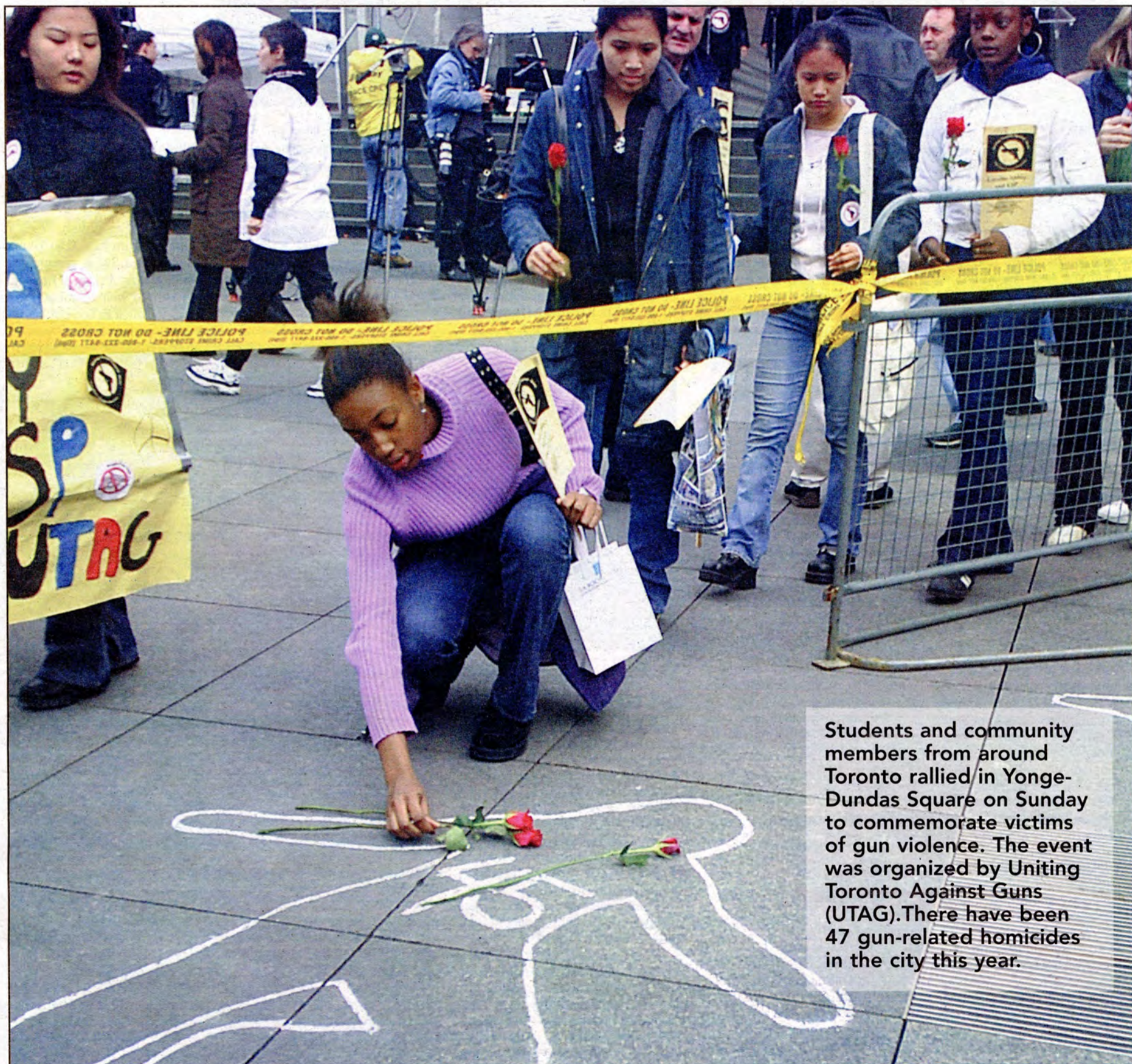
HUMBER ET CETERA

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v. 36 # 9

No more gun violence



Students and community members from around Toronto rallied in Yonge-Dundas Square on Sunday to commemorate victims of gun violence. The event was organized by Uniting Toronto Against Guns (UTAG). There have been 47 gun-related homicides in the city this year.

alana lowe



Is Organic Better? p.12



Winter Wardrobe, p.10



X-Country Medal, p.23

"Liberals feel unworthy of their possessions. Conservatives feel they deserve everything they've stolen." – Mort Sahl, Canadian comedian and political satirist

Crime Prevention Week comes to Humber

by nick kyonka
NEWS REPORTER

Officers teamed up with Toronto Crime Stoppers and Humber security last week to tell students it was up to them and the community to help keep the neighbourhood safe.

"We have to do something to stop crime," said Const. Robin Harvey, a crime prevention officer with Etobicoke's 23 Division. "It can't be just a police thing. Typically results and stats show that what reduces crime is communities. When (people) come together and just look after their own community and take care of each other, you see a great reduction in crime."

Harvey and other 23 Division officers handed out safety brochures to Lakeshore Campus students on Nov. 9 and North Campus students on Nov. 10 as part of Ontario's Crime Prevention Week.

The brochures included information from apartment and car safety to robbery prevention. Officers stressed the importance of staying alert and warned students not to let their guard down.

"I think being diligent and observant is the most important thing," Harvey said. "Gangsters sit back and pick who they're going to attack ... If you look like a victim



nick kyonka

(Left to Right) Mary Ann Gregoris, Humber's public safety department secretary, Maxine Cortez, Campus Walk Program, Const. Robin Harvey, 23 Division, Gary Jaynes, director of Humber public safety, Lorne Simon, chair of Toronto Crime Stoppers and Det. Larry Straver, co-ordinator of Toronto Crime Stoppers, at Crime Prevention Week booth.

and act like a victim, then you're more likely to be a victim."

Harvey said people walking alone tend to walk more quickly and are more attentive to their surroundings. She also said students walking in groups often don't pay

enough attention to their surroundings and may be at risk as a result.

"One of the biggest misconceptions is that people think if they're walking alone that they're going to be a more likely victim than two or three people together," Harvey said.

"I go over the (police) reports in the morning and I look at them and see who's getting attacked. It's typically two or three people at a time."

Harvey also said the neighbourhood surrounding Humber's North Campus is safer than most people

think, but did admit that street crime may be "a little bit higher" than in other areas.

"Is it safe to walk around here at night? Lots of people ask me that. Of course it is ... It's not like you're going to be out on the street and get shot every night in Rexdale," she said.

Gary Jaynes, Humber's head of security, said he was glad to have the officers on campus to help promote Crime Prevention Week.

"We're promoting security on campus," said Jaynes, who was formerly the chair of the Toronto Crime Stoppers. "This is crime prevention week, so this is our way of getting literature out promoting security on campus, promoting community policing."

"We like to be in the community. We have to work with our partners and our partners are the students. They're probably the most important group that we have because there's a significant number of students on the campuses. Quite frankly, they're our eyes and ears out there."

Crime Prevention Week ran in Ontario from Nov. 6 to 12 and was highlighted by a pledge of \$1.9 million by Prime Minister Paul Martin to help combat the rising gun violence in the city of Toronto.

Police probe hate material scandal

Anti-Semitic fliers stuffed into library books shock three T.O. universities

by samantha wu
NEWS REPORTER

Toronto Police are still searching for the culprits behind anti-Semitic pamphlets found in three Toronto university libraries.

Leaflets entitled Jewish Supremacism Unmasked cited American white supremacist websites and attacked Jewish politicians and influential Israelis and claimed there was a Jewish conspiracy against 9/11.

The leaflets were found at York University, Ryerson University and the University of Toronto, all of which have significant Jewish populations.

Toronto's Jewish communities said they are shocked by the blatant display of hate.

"It's sad to say that the Jewish community is getting used to this sort of thing," said Tania Garshowitz from the forming Jewish Student Union for Guelph-Humber and Humber College. "There's still no excuse for anyone to do that kind of thing."

"I know that Guelph-Humber does have such a small Jewish population," Garshowitz said. "At York, I know so many Jews that go there. At U of T, there's also a large percentage of Jewish students. By putting up the anti-Semitic flyers there, they know they'll get a reaction. But there are so few of us here that it almost doesn't make sense to bother."

At York, the Jewish community is still contending with hate propaganda appearing on campus.

"We were shocked and really surprised to see something like this happen at York," said Adam

"It's sad to say that the Jewish community is getting used to this sort of thing."

– Tania Garshowitz, Humber Jewish Student Union

Hummel, president of the Hillel Jewish community at York. "This is classic anti-Semitism that we thought we'd never see at a university campus as diverse as York."

Hummel said the community's response has been encouraging.

"It's really touching how many groups have shown their support," he said. "They really support us."



ashley house

Teodros Emaneul, at Nathan Phillips Square, eats a lunch left for him by a neighbourhood child.

Sleepover to end homelessness

by ashley house
SENIOR REPORTER

Spare some change? Lend a smoke? The homeless of Toronto have asked us all these questions. You can't walk down the streets of Toronto without encountering a homeless person.

Sometimes we give them our change or lend them a smoke, but have we really helped?

That's where Humanize Toronto, a grassroots group, comes in.

The organization planned a protest for this Saturday, Nov. 19 – Sleep-Out in Solidarity – to put pressure on the city to end homelessness

"We need to set clear targets year by year in order to fix this. It's not a mysterious issue. The city and housing officials, they all know what needs to be done," said

Roberto Verdecchia, a volunteer with Humanize Toronto.

Almost 32,000 people make use of Toronto's emergency shelters. Five thousand of them are children.

The group is asking the city to implement a multi-year plan that has clear goals and milestones to end homelessness in Toronto by 2015.

"Right now our affordable housing is based on average market rent and in reality that is not affordable for the poorest of people. We need truly affordable housing," Verdecchia said.

The protest will take place in Nathan Phillips Square from 9 p.m. to 9 a.m. There will be speakers from various organizations and hot drinks and music will be provided.

In February 2004, the city passed a by-law prohibiting sleeping in the square, day or night.

"We want to make big noise to get the attention of city hall," Verdecchia said. "It's an activist protest but we also want it to be enjoyable."

People are asked to bring noise-makers to participate in a moment of noise instead of the usual moment of silence.

"We are tired of standing in silence. We shouldn't be silent and we have to do something," Verdecchia said.

Vanessa Zeniuka, a business administration student at Guelph-Humber who plans on attending, agreed.

"It is important for students to get involved. We should stop turning a cold shoulder or frowning upon the homeless and embrace reality. It could just as easily be you or me on the streets," she said.

Andrew Stimpson, 25, a Scottish man diagnosed HIV positive in 2002 named himself "one of the luckiest people alive" after further tests came back negative. — Harper's

Toronto mourns victims of gun violence at Dundas rally

by alana lowe
NEWS REPORTER

They laid roses on 46 chalk drawn outlines, symbols of those who have lost their lives to gun violence in Toronto.

That was on Sunday.

On Monday the death toll from guns rose to 47 when Mario Pereira, 29, was killed in a laneway off Turnberry Avenue, near Old Weston and Rogers Roads.

Pereira's murder adds another name to the list of victims remembered at Sunday's rally, which was organized by Uniting Toronto Against Guns (UTAG), a group of political and business leaders and neighborhood groups. Hundreds of people came to Yonge-Dundas Square to hear the messages condemning gun violence.

"We need to send a strong message to the bad guys," Spider Jones, CFRB radio personality and moderator of the event, told the crowd. "If you get caught carrying a gun we're gonna put ya so far under the jail that they're gonna have to pump sunshine into ya and feed you with a slingshot."

Conservative leader and UTAG committee member John Tory said jail time has to be increased.

"We need tougher guns laws," he said. "We need to make sure that people go away ... for a long time when they commit a crime with a gun."

The crowd cheered as Tory said there is a need for more co-ordinated programs for youth and families. He also said community policing is

needed to "keep (youth) on the right side of the tracks."

Tory said he needs more details of Prime Minister Paul Martin's three-point plan to combat gun violence unveiled Nov. 10. The plan called for tougher minimum sentences, a commitment to seizing illegal handguns and funding for youth programs to curb gang involvement.

Number 46 was 17-year-old Jamal Hemmings. He was a youth who frequently participated in programs at For Youth Initiative (FYI), a community agency for youth, by youth, located near Keele Street and Eglinton Avenue West.

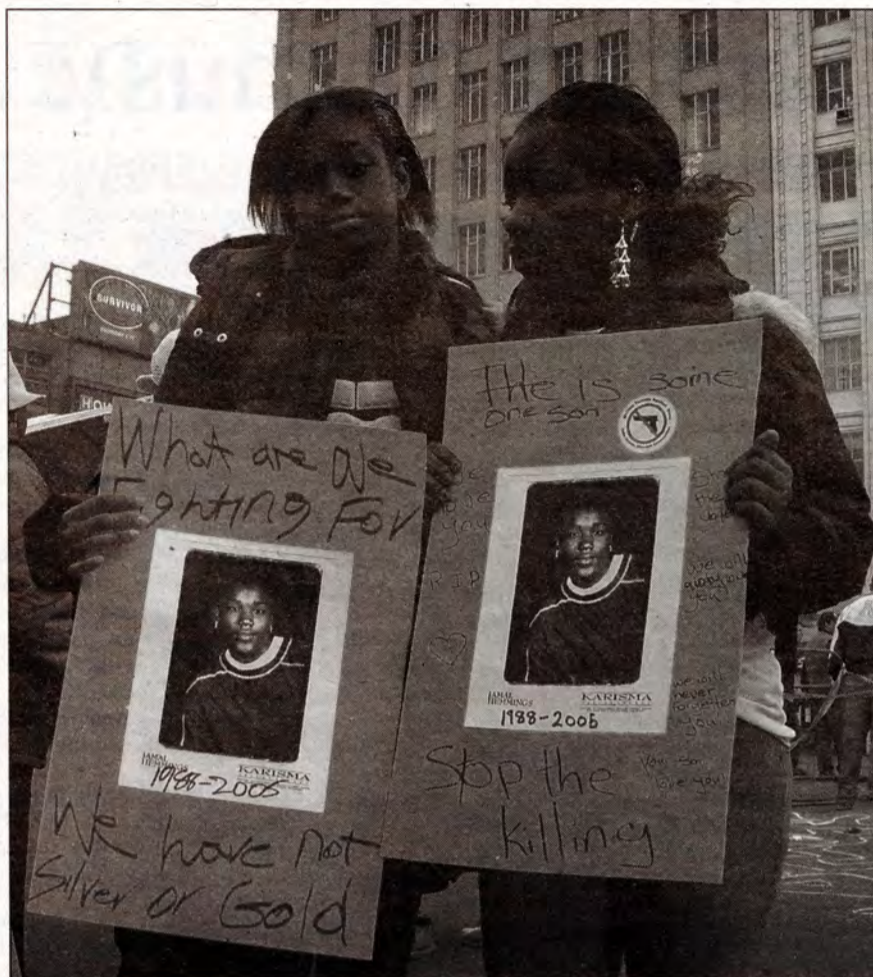
He was shot on Nov. 9 in a parking lot on Eglinton Avenue West and Oakwood Avenue and was pronounced dead upon arrival at Sunnybrook Hospital later that day.

Community workers at FYI said tougher guns laws don't make sense.

"Youth need more opportunities," said Kimani Laqua, FYI's program co-ordinator. "If you have a youth that has nothing, has no way to get out of the 'ghetto,' they'll turn to crime and find a way to make money."

Sam Syed, a first-year early childhood education student, said there needs to be more community involvement and increased border security to prevent guns from coming into Toronto.

Throughout the rally UTAG speakers urged onlookers to sign a petition they will be sending to Ottawa, asking the federal government to increase mandatory minimum sentencing for gun crimes.



rebecca granovsky-larsen

Friends of Jamal Hemmings, 17, Toronto's 46th victim of gun violence this year, created and displayed memorial signs in his honour at Sunday's rally.

Local tile store held up at gunpoint

by nick kyonka
NEWS REPORTER

Mario Pizzuti was getting ready to close for the night when three masked men burst into his store, waving guns and demanding cash.

"These guys just came storming through the door ... with their guns in hand," said Pizzuti, manager at Dufferin Tiles on Steeles Avenue West, just a few minutes from Humber's North Campus. "At that time, it was only me and the guy in the back. It was very easy to take over the place."

Pizzuti, a veteran of the Italian army, was uniquely trained to deal with the situation.

"I didn't show that I was scared, though I was. I mean, anybody would have been. We did things in a way that was calm — not agitated, not nervous. If you feel calm, they feel calm."

The ordeal began at about 8:15 p.m., 15 minutes before the store was set to close, on Nov. 8. Pizzuti said he and the other employee were tied up and held at gunpoint by one of the robbers while his accomplices spent about 20 minutes searching the store.

"They thought that they could find some cash or something but this is not the kind of business to have cash around. This is tiles, it's all large purchases — people use credit cards," Pizzuti said in an interview a few days after the robbery. "Obviously they expect you to say, 'there is no cash here,' so they still went through the whole thing."

In the end, the robbers got about \$500 from the cash register and fled with a fourth man in a getaway car.

"We were not hit, we were not pushed on the floor or anything like that, so long as we complied with their rules. They tell you to get down, you get down. They tell you to shut up, you shut up," Pizzuti said.

Det. Sgt. Les Stasiak of 23 Division said Pizzuti handled the situation well.

"He did the right thing," Stasiak said. "He stayed safe."

According to Stasiak police did not believe this incident was related to a string of similar store robberies throughout the city.

Anyone with information is asked to call police or Crime Stoppers at 416-222-TIPS.



nick kyonka

Three masked assailants made off with \$500 last week when they held up a local tile store managed by Mario Pizzuti (above).

No one injured as bullets fly at Woodbine Mall

by nick kyonka
NEWS REPORTER

Police are searching for suspects and witnesses after shots were fired in the parking lot of the Woodbine Shopping Centre on Nov. 11.

As many as 10 shots were fired from three different guns outside the Rexdale Boulevard mall, shortly before 12 a.m. last Friday night.

Const. Robin Harvey of 23 Division said police are not sure why shots were fired.

"All I can really say is that there were no injuries that have been reported to us," Harvey said on Monday. "Whether they were shooting at someone or something ... we're not quite sure."

A nearby bus shelter and a vehicle in the parking lot were both struck by bullets. Although police have spoken to several witnesses, they still don't have a clear picture of what happened.

"There were witnesses that came forward," Harvey said. "But everyone sees things a different way. We're just hoping that people will call Crime Stoppers if they saw anything."

Some Humber students said they feel uneasy going to the mall, knowing something like this can happen there.

"It kind of makes me nervous," said Jennifer Mack, a second-year fashion arts student who works in the mall. "We just went to a movie there on Friday night and the movie finished around 11:30. It's kind of creepy."

With the holiday season quickly approaching, mall officials said they are serious about patron safety.

Chris Eversely, head of security at the shopping centre, said there will be increased police and security presence in and around the mall.

"We've stepped up security basically for the holiday season but we have stepped it up even more so because of the shooting," Eversely said.

Italian police arrested four street cleaners Monday as they tried to pocket hundreds of euros scooped from Rome's famed Trevi Fountain. - Reuters

The art of music

by daniel lui
NEWS REPORTER

The School of Business at Guelph-Humber teamed up with United Way last week to bring The Story of Music to the art gallery.

Fourth-year students in the events management course put on a two-week exhibit in an effort to educate Humber students on all genres of music.



daniel lui

The exhibit featured artists like Michael Jackson and the Velvet Underground.

"We wanted to put on something that explains the evolution of all musical genres," said Stephanie Dellemonache, a Guelph-Humber business student. "The first movers and the most influential is what we try to centre around."

The showcase featured photographs and biographies of many artists including Michael Jackson for pop music, Tupac Shakur for rap, Marvin Gaye for Motown and the Velvet Underground for classic rock.

Joanna Montanaro, 21, an events management student, said anyone who visits the exhibit should have a renewed appreciation for different genres of music.

"These artists have created history, and they've probably done a lot for our civil rights and for social empowerment," she said. "And when you have more knowledge about the subject, then you can learn to respect it."

Money was also raised for the United Way's Axis of Justice program, a coalition formed by musicians to fight human injustice around the world.

The Axis contributed by donating posters, brochures and T-shirts for the raffle draw.

Other raffle prizes included food baskets from Whole Foods and Sobey's as well as four cakes from Dairy Queen.

Over \$400 was raised for the United Way's Axis of Justice. High schools from across the GTA will also have a chance to visit the exhibit and view an example of management in the business administration course.



kathleen tomlinson

A ceremony commemorating the life of Rosa Parks was held Nov. 11 in the rotunda of Metro Hall in downtown Toronto. Parks, who died Oct. 24, sparked a civil rights movement in 1955 when she refused to give up her seat on a Montgomery, Ala. bus to a white man. Speakers at the commemoration included, from left to right, freedom fighters Courtney Betty, Murphy Brown and Charles Roach.

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"I'm saying: to be continued, until we meet again. Meanwhile, keep on listening and tapping your feet." – Renowned jazz musician Count Basie

Former music prof remembered

Brian Harris' music will be missed at the President's Breakfast where he played every year

by karalee agar
NEWS REPORTER

Brian Harris, a retired Humber College professor with the Faculty of Music, passed away last Thursday after a brief struggle with cancer.

Harris taught Ear Training and Functional Keyboard, before becoming the Keyboard Department Head for the school. He retired at the end of the last school year in April of 2004.

Harris was well-known for his hard work, dedication and passion for the music program.

A funeral service was held for Harris this past Sunday where family, friends and colleagues reminisced about Harris' personality through words and music.

"His nickname was Mr. Chords," said Doug Zimmerman, a close friend of Harris' for over 40 years. "Brian would never play in just one key, but would have to play in all 12 keys."

Harris and Zimmerman met when they attended McMaster University together. They played

together in the McMaster Jazz Septet and the Bruce Litteljohn Group.

Harris was once asked by Count Basie, the lead member of a popular jazz group by the same name, to take his place while he attended to issues back home. "Brian wouldn't tell anybody this story because he wasn't the type of person to brag, but he sat in and played at the Royal York (hotel) for one of the most well-known bands in jazz music," Zimmerman said.

Harris' achievements were not only teaching and playing music, but being an accomplished musical arranger and composer.

During Harris' years as a department head, he was responsible for overseeing intake auditions and interviews. After auditioning approximately 70 students, Harris would choose 16 to 18 to study in the program.

He played an active and important role in shaping the future of each student in the keyboarding program.

"I have only been here at Humber for about five years, but I knew Harris most to be an organ-

izer," said Denny Christianson, director of Humber's Music program. "He had many skills that he fulfilled completely."

Harris was not only dedicated to teaching, but to giving back to students. He worked with various organizations, gathering donations which would be put towards scholarships for students in the music program.

As a result, Humber College will be accepting donations for a scholarship that has been set up in Harris' name.

A memorial service will be held at Humber College's Lakeshore Campus on Wednesday, Nov. 30 at 12:30 p.m. in the auditorium. The service will include performances by some of his colleagues, friends and students.

Harris is survived by his wife Marlene and son Kevin.

Christianson wished to extend a message to all, that "Brian will be deeply missed by his colleagues (and students) for his integrity, musical talent and skill and exceedingly good humour and wit."



courtesy

Not a fan of recorded music, Harris believed that playing live music did the pieces the most justice.

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"We journalists make it a point to know very little about an extremely wide variety of topics; this is how we stay objective." - Humour columnist Dave Barry

Praise and protests for peace process in the Middle East

by **sunil angrish**
NEWS REPORTER
jen cialini
ENTERTAINMENT REPORTER

The United Jewish Communities hosted its annual General Assembly this year in Toronto, bringing in thousands of Jewish attendants from across the globe, and inviting some protestors along the way.

Prime Minister Paul Martin and Federal Justice Minister Irwin Cotler both addressed attendants at the event Sunday. Israeli Prime Minister Ariel Sharon spoke by videotape Monday.

Martin spoke about the peace process between Israel and the Palestinians, saying the Israeli pull-out earlier this year from the West Bank and the Gaza Strip was "a first step in a long difficult journey."

Martin said both Canada and the U. S. have a stake in the success of the peace process, saying Canada has a "special role to play" — being close to both Israeli and Palestinian Authority.

Martin also stressed Canada's role in helping the Palestinian Authority effectively govern and help to reduce the plight of Palestinian refugees.

He addressed the recent comments from the newly elected president of Iran, Mahmoud Ahmadinejad, who in October called for Israel to be "wiped off the map." "Canada will not stand for such hateful speech or hateful implications," Martin said.

Cotler called the Iranian president's remarks "a clear and present danger," saying it was the "worst



sunil angrish

Israeli PM Ariel Sharon.

kind of genocidal intent.

"We must make it clear, not only are these words beyond the pale, but Iran must be held accountable," Cotler said.

He also said Ahmadinejad's remarks and Iran's attempts to develop nuclear weapons present a "standing threat to international security."

Cotler spoke to an audience discussing human rights and public policy at length.

"If we do not involve ourselves in the larger struggle of human rights and human dignity in our time, we will diminish ourselves," said Cotler, a former international human rights lawyer.

He added Canada intends to develop a strong justice-based human rights policy, saying it should underscore public policy.

"What is true domestically must be true internationally," he said.

Cotler said there is a "moral urgency" to human rights issues around the world, saying, "it's not something you can march once a year for." He referred to annual

marches and protests as "cocktail advocacy."

Sharon was introduced by GA Israeli chair Ofra Strauss, who said Sharon was unable to attend the event because of the ceremonies taking place in commemoration of the 10th anniversary of the assassination of former Israeli Prime Minister Yitzhak Rabin.

Sharon said the disengagement from portions of the West Bank and Gaza strip was "painful but necessary."

Hundreds of people protested outside.

"I feel very angered that Sharon was invited to speak at a conference considering his history and atrocities he has committed against the Palestinian people," said York University student Ghadael Sadek. "We are here to oppose Israeli apartheid state and to tell Canada that war criminals are not welcome in this country."

Many students attended the event and a variety of organizations were involved, including the Jewish Women's Committee to End the Occupation.

"We are here to point out that Ariel Sharon is a war criminal and should have never been invited," said Rina Cats, a member of JWCEO.

Human rights appeared to be the main concern of the public.

"Canada is a country that, in theory, upholds human rights and shouldn't allow such a person to enter Canada and if he does enter Canada that he should be arrested like any other criminal," said Davin Charney, a York University law student. "Ariel Sharon does not represent the Jewish community."



jen cialini

Protesters outside the Metro Convention Centre complain about the Israeli government policy.

Calls get louder for election in January

sunil angrish
NEWS REPORTER

Conservative leader Stephen Harper told the media in Ottawa yesterday he will bring forward a non-confidence motion before the end of November.

Harper hinted Wednesday that next Thursday, Nov. 24 could be the day a non-confidence motion is introduced into the House of Commons, which if all the opposition parties support, would force the government to call an election for January.

A vote on the non-confidence motion would be expected to take place on Nov. 28 or 29.

Last week, federal NDP leader Jack Layton proposed introducing a bill which would call for an election for early February. That proposal is expected to be debated this week.

All three opposition parties have encouraged Prime Minister Paul Martin to agree to Layton's proposal, or face a non-confidence motion.

But Martin has rejected Layton's proposal, saying his government will continue to function until a non-confidence motion is passed. Martin has said he will call an election within 30 days after the second and final Gomery report is published Feb. 1.

The calls for a winter election increased last week after Layton pulled his party's support from the Liberal public health care plan and withdrew his support for the minority government.

Conservative and Bloc Québécois parties have called for an election ever since Justice John Gomery published his first report on the sponsorship scandal Nov. 1.

Gov't to match post-secondary bursaries

by **sheri bolton**
NEWS REPORTER

A new program called the Ontario Trust for Student Support (OTSS) will lead to more bursaries for Humber students, but only if the college can increase its fundraising efforts.

Launched last week, the OTSS replaces the Ontario Student Opportunity Trust Fund. Under the new guidelines, colleges and universities that have historically received nominal donations specifically for scholarships and bursaries could qualify for a \$3 to \$1 government matching of funds if they raise more than their past average.

"We're going to reward them if they make (a stronger) effort to achieve more," said Peter Fitzpatrick, the senior communication adviser to the minister of training colleges and universities.

The government will put \$50 million a year into the program,

about a \$5 million increase. Schools will receive money based on the number of full-time students enrolled. Fitzpatrick said this may create over 2,000 more bursaries.

Fitzpatrick said the program is meant to encourage post-secondary institutions that have been unsuccessful at raising money to multiply their efforts.

"Colleges, for whatever the reason, haven't done as much fundraising as we think they could," he said. "Humber's one of the ones that will qualify for the three for one matching."

James Allen, Humber's director of advancement, said he's excited by the new initiative.

"Anything that can help me raise more money for student financial aid is a good thing," he said.

As for Humber's plans to solicit more donations, Allen said he's working on it, but until he sees something in writing, he won't know how much money the col-

lege will get if endowments improve.

Allen said the college began to actively solicit for cash gifts last year. The school raised \$263,000 during that time, which turned into \$526,000 due to the old program's \$1 for \$1 matching.

"It's sometimes difficult to get corporations to invest in endowment funds," Allen said. "We're trying to get corporate support."

Last week, Humber received a \$100,000 cheque from Labatt. In 2004, two law firms and a foundation established scholarship funds.

Under the new trust, schools whose endowments exceed more than \$1,000 per student will still receive \$1 for \$1 from the government.

"It only lasts for three years and our hope is that over that time, everyone will get more even with each other. And after three years, everyone will just get dollar for dollar," Fitzpatrick said. "It's a good program for everyone."

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A Kelowna, B.C. mayoral candidate says crack could be used as a reward to motivate the city's homeless to do constructive work. – Kiro Channel 7 News

Young and the iceless

For the first time in recent memory, Humber's intramural hockey league has been cancelled. The reason: lack of interest. In a Canadian college, who would think that a hockey league would suffer from a lack of interest?

It's not that the league wasn't well publicized. Seemingly every college or university in Canada has intramural sports, ranging from soccer to volleyball to hockey. Humber's athletic department has a section on its website about sign-ups and ads posted around the department facilities. Perhaps, next semester, a different approach must be taken to publicize the intramural hockey league.

But why, out of all the programs available, is hockey the one to bite the dust, especially in a hockey crazed town like Toronto? One would think that the male population would be itching to put a team of friends together and get on the ice for some fun and casual competition. Apparently this is not the case.

Perhaps a change in demographics is the reason. With the steady increase in Toronto's immigrant population, maybe the majority of the Humber student body is no longer made up of hockey players. Or – a more likely reason – people are just getting lazier.

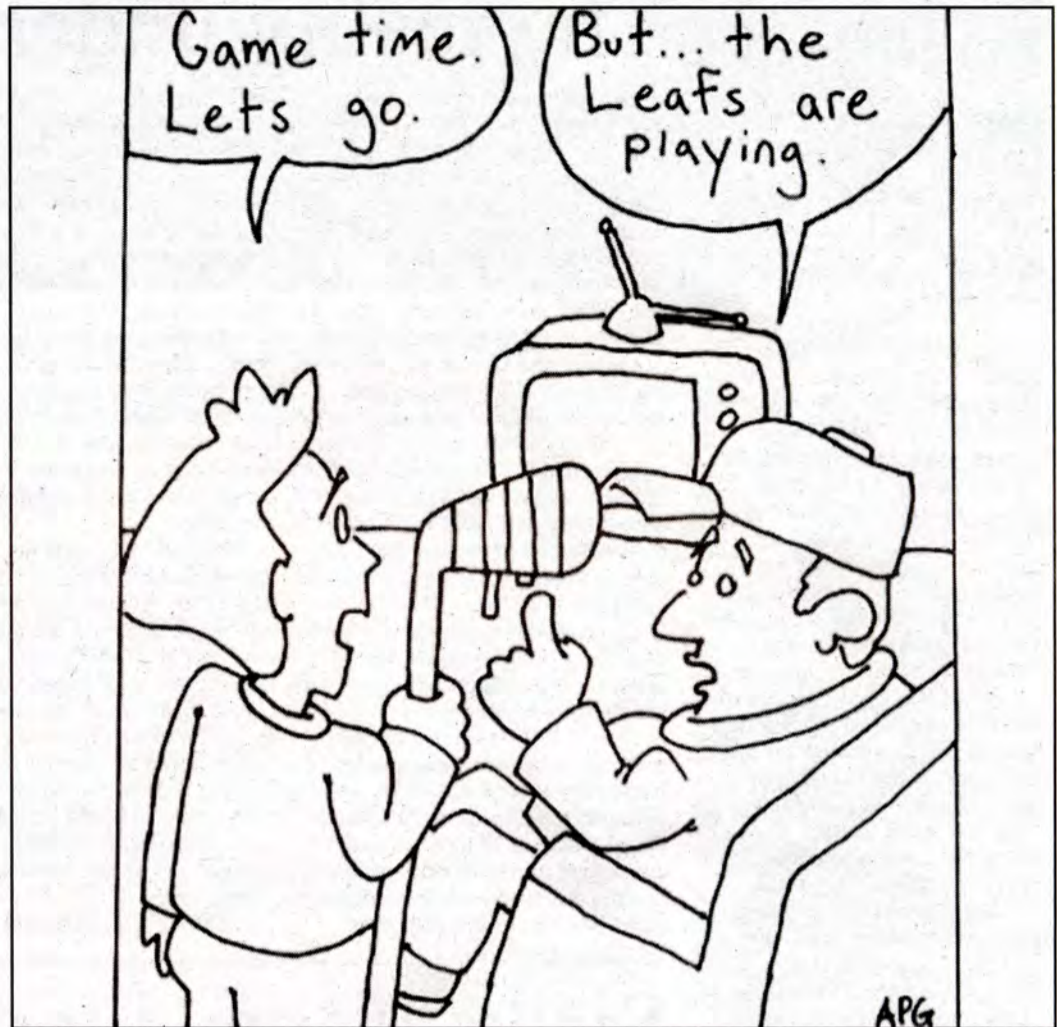
There comes a point in every guy's life when he outgrows playing the sport he grew up loving. Once he realizes that a career in hockey is out of the question, the desire seems to fizzle away, leaving the game less appealing than it once was.

By the time they get to college, those whom the intramural hockey league is geared at have been out of the game for years and have become more content sitting at home playing video games or going out drinking.

But these can't be the only explanations for the drop in hockey interest. This semester saw three teams sign up for the league, compared to the eight to 12 that normally do. Demographics don't change that drastically over a semester and college students didn't just become lazy party-animals overnight.

Could the NHL strike be to blame? Did people lose their faith in the game because of some whiny players and owners, and now they can't play it themselves? Or did the casual players, in an effort to emulate their favourite players, decide to go on strike as well? Maybe the answer is "all of the above."

Either way, the athletic department has said it will try to have intramural hockey in the new year, hopefully with better results. In the meantime, any self-respecting Canadian and former hockey player should be ashamed, for the cancellation of a hockey program in Canada truly is a travesty.



Letter to the Editor

I recently read your article on organ donation entitled *Donate an organ – save a life*. I found the article to be quite informative and well-written, however, it did have a flaw in it. For someone such as myself – a funeral services student here at Humber, and a man who feels passionately about the new career he has chosen – I feel obligated to point out the error so that it may be corrected. The statement "...you are prepared for cremation or burial which includes the removal of your organs..." is incorrect.

Firstly, organs are never removed from the deceased by a funeral director. The body of the deceased will be prepared for burial or cremation by a funeral director, that is true. However, that does not entail the removal of organs. It is important to make the distinction between a funeral director and a pathologist, who performs autopsies on individuals in order to discover the cause of death. Sadly, those individuals who die suddenly and suspiciously often undergo this procedure, but frankly I admit to not knowing exactly who does the removal of organs for donation. I can, however, assure you this will never be a function of my job after graduation.

Secondly, funeral directors are in the business of creating a lasting memory of a loved one for those remaining alive and to honour a life recently passed. While they are only interested in the last wishes of the deceased and their family and friends – organ donation is not one of the wishes the funeral director has any say in making a reality. For those who *do* wish to donate organs – their philanthropy is not the same as the philanthropy a funeral director shows in his/her profession.

– Stuart K. Lender

PROPS & BURNS

Props to all those who attended last Sunday's Uniting Toronto Against Guns rally at Yonge & Dundas Square.



Burn on the entire OCAA Women's Volleyball league, since nobody can beat the Lady Hawks.

Props to Brent Butt for creating the Comic Genius contest for up-and-coming Canadian comedians.



Burn on bosses in Ontario, who scored third-lowest in the country in a Monster.ca "rate your boss" online poll.

Props to the International Project Management Postgraduate program for sending Humber students to help out in developing countries.



Burn on Fox for cutting *Arrested Development* from their lineup and shortening this season.

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opinion

A new study has shown that meditation actually thickens the brain's cortex in areas that deal with attention and sensory processing - *NewScientist Magazine*

Concerts sell out while fans shell out

by shanen crandon
PHOTO EDITOR

On Nov. 8, I attended a Keith Urban concert at Hamilton's Copps Coliseum. My mother purchased three tickets - one as a birthday gift for me, one as a Christmas gift for my sister-in-law, and one for herself. The tickets were priced at \$52 each, yet she paid a total of \$191.80 for them - almost a full ticket extra in service, processing, convenience and building fees.

Would it really be that hard for Ticketmaster to sell tickets with all the charges added in? Sure, tickets would cost more, but you would at least know what to expect, instead of being surprised when you check out and see the total.

One alternative is printing your tickets online. Fast, easy and convenient, right? To tell the truth, it just isn't the same. Many people keep ticket stubs as souvenirs, and a piece of computer paper just doesn't look the same in a scrapbook. It also lets Ticketmaster charge \$8 extra per ticket when you choose to have them mailed.

Even buying them from a Ticketmaster outlet doesn't completely cut out the fees, and it's not logical for everyone. My mother lives in a small town where the closest outlet is a few hours away. She doesn't mind driving to a concert, but to buy tickets it's a little excessive, and it doesn't save her that much money.

On top of the almost \$200 for tickets, my mom paid an additional \$20 for parking and \$70 on merchandise and concessions. What do we have to show for it? One shirt, one hat and one bottle of \$4 Pepsi. We didn't *have* to buy it, but it's nice to leave a show with something to remember it by.

The week before, I had seen The Road Hammers at the Horseshoe Tavern in Toronto. Their tickets weren't bad (\$18 through Maple Music, which was still cheaper than \$15 plus Ticketmaster service charges), but the merchandise was insane. Twenty dollars for a pair of panties? No thank you. Maybe it's because most of the bands I see are local, and sell their CDs at concerts for \$5 and their shirts for \$10, that I see this as such a ripoff. Still, I caved and bought a T-shirt.

It's amazing how many people don't even flinch when they see these prices. They just plp down their money. Who knows, maybe I'm just cheap. It's either that or the rest of the world is crazy.

The reality underneath Canada's image

by beth macdonell
CONTRIBUTING REPORTER

Canadians must stop believing that we are exemplary world citizens. Living next to the United States can at times make us look like saints, but just because we're not as bad doesn't excuse some of the appalling things we do. People in Canada and abroad are suffering because of the policies and practices our country promotes.

"Canada is exercising a system of apartheid both nationally and internationally," said Jaggi Singh, one of Canada's most well-known political activists, in a recent speech at the University of Toronto.

These are very strong words to describe a country that is recognized for upholding the highest standards of human rights.

But Singh, whose commitment to social justice struggles has led him to arrests and notoriety, points to the almost half a million illegal residents of Canada, who are denied access to education, health care, or chance for citizenship. Now that Immigration

Minister Joe Volpe has announced that the number of immigrants will drastically increase in the next five years, how are going to reconcile inviting more people to Canada without integrating those already here?

The same applies for the indigenous population in Canada. They have consistently been denied adequate living conditions, opportunities and support. Recent events in Kashechewan demonstrate how pathetic and dire the situation is for the more than 90 communities living in inhumane conditions.

International examples are equally troubling. In February 2004, our military and policing role in Haiti helped bring about the coup of an elected leader. Canada has contributed \$100 million to Haiti, which has been used by NGOs to suppress the poor majority that is opposed to the military regime. Canadian soldiers have trained Haitian police who kill non-violent protesters and kidnap and jail people without charge.

Singh also says Canada is indi-

rectly supporting the war in Iraq by making it possible for the United States to divert more troops from Afghanistan. We are increasing the number of soldiers in Afghanistan to 1,250 by February 2006. This week troops are moving to Kandahar, where they will almost definitely encounter gunfire and casualties.

It is time Canadians acknowledge that we are fighting and intervening in complicated wars, and no longer playing our traditional role as peacekeeper and mediator.

Singh was initially attracted to activism in high school after learning about the apartheid struggle in South Africa. Ten years later, he speaks about injustice and inequality in Canada in an attempt to force us to examine ourselves.

He raises important questions that need immediate attention. What kind of international citizen do we want to be? Are we going to acknowledge our failings and live up to our image? The problem is that Singh has more questions than answers.

Though an eloquent speaker and a talented man, Singh fails to offer concrete solutions. It's easy to blame politicians and corporations for the ill treatment of others. It's even easier explaining it to a room of people who think along the same lines.

Coming up with ideas and plans that will draw public support, addressing the needs of the vulnerable fairly, effectively and efficiently - these are not such easy tasks.

Understanding the injustices we face is the first step. To his credit, raising awareness is what Singh does best and without that, ideas and plans would never develop. But it's tiring always hearing about the ignored tragedies of our world without being offered ideas on how people can act.

Canadians must face who we are and the way we affect the world. We need to admit our failures. Most importantly, we need to act. We must read, write, get involved, brainstorm, help others, listen, debate and vote. These are the ways to make change happen.

Sirius Canada too stern with Howard

by stuart service
ENTERTAINMENT REPORTER

Sirius Canada has announced its 100-channel satellite radio lineup, with a key omission: Howard Stern. Neither of his two new upcoming channels are included. To make up for this, Sirius Canada is offering CBC Radio One, CBC Radio 3, a French Canadian music station and a couple of French Canadian news stations, among others. With all of the exclusive Canadian content, Sirius Canada seems to want to minimize its profits by limiting access to satellite radio's number one selling point: uncensored, commercial-free content.

Why couldn't Sirius' Canadian branch provide Stern's channels and leave the decision to subscribers? All Sirius radios can

block channels. When Stern announced his whopping \$500 million contract last year, there were approximately 600,000 subscribers to Sirius. Satellite radio was in its infancy, when all of a sudden the stock jumped, tripling in value from \$2.72 per share to \$9.01 in less than three months. This month, Sirius CEO Mel Karmazin told CNBC that the company is "very much on track" to reach three million subscribers by the end of the year.

Stern's problem is largely his animated history in Canadian broadcasting. He was thrown off Toronto's Q107, a Standard Radio station, in 2000. Gary Slaight, president of Standard Radio, told the *National Post* last year, "the ratings were pretty good. It was just a lot of work to deal with the complaints."

Stern was also thrown off Montreal airwaves in 1998 after he made derogatory comments toward the French. Stern's show revolves around free expression, even if its content often offends.

By comparison, CTV airs *The Sopranos* uncensored. This is a network every Canadian can watch, even with a bunny-eared TV set. The language in the popular mafia drama would never appear on a similar American network, because the U.S. has a particularly active government agency regulating content - the Federal Communications Commission. The FCC has doled out fines to obscene broadcasts on radio and television networks. But despite the FCC fining Stern millions of dollars throughout his more than 18 years in syndication, the media regulator won't

touch his show on Sirius. Pay services like Sirius or HBO, which produces and broadcasts *The Sopranos*, play by different rules.

In Canada, the equivalent of the FCC, the Canadian Radio-television Telecommunications Commission, may be responsible. Many believe they interfered, perhaps to save us from Stern's show, which has been deemed inappropriate. His two channels would have been hugely popular with Canadians. Sirius already offers 20 fewer channels in Canada than in the U.S. XM, the other U.S. satellite radio service in Canada, offers 70 fewer channels.

Sirius Canada will kiss thousands of potential subscribers goodbye if all they offer is a few CBC stations, some Canadian music channels, and Martha Stewart's new show.

Says You!

What do you think about the price of merchandise for sale at concerts?



"Better than what you'd buy in the store"

-Lars Gonera
Mechanical Engineering
Technology



"I haven't bought anything because it's too expensive."

- Destine Lewis
Multimedia



"Can't complain. It would be better if drinks were cheaper."

- Dustin Thibodeau
Small Business Management



"It all depends on the band, I guess."

- Amanda Maltvy
Early Childhood Education

According to *CBC Marketplace*, the average Canadian student debt among those who borrow and graduate from four-year programs is \$22,700.

Cutting the credit to save the budget

by **anita bell**
IN FOCUS REPORTER

Between Christmas and New Year's Eve there is a lot of pressure to decorate, entertain and buy presents, prompting people to spend money they may not have.

Philip Brown, a client care representative from Credit Canada, says people tend to spend more during the Christmas season and suggests setting goals and sticking to your budget.

"One of the best ways to prevent overspending during the holiday season is to make a budget," Brown says.

In 2001, Statistics Canada reported that 47 per cent of all Canadian households were spending more than their pre-tax income.

The Credit Counselling Service of Toronto is a non-profit organization run by Credit Canada and receives calls from students, professionals and seniors.

"Our busiest time is almost here. People call all the time for budgeting advice," Brown says.

The following are helpful hints to stay within your budget this holiday season:

- Set limits. Look at all your usual expenses for the months before and after the holidays and figure out how much can be set aside for gift purchases.

- Make a list of all your holiday expenses and estimate prices. Remember to add 15 per cent in taxes, especially to big ticket items.

- Take out the amount of cash needed to buy the items on your list. Spending cash is harder than using plastic. If you don't trust yourself leave the credit cards at home.

- Wait for Boxing Day. If there is a big item you want to buy for family members, simply give a gift card or description of the gift and buy it on sale.

- Start early. If you don't leave

everything to the last minute, you'll have time to compare prices.

- If your budget is very tight, make gifts. Some examples are baking, crafts, scrapbooks, sewing or knitting.

- Once you reach your budget limit, STOP.

"It's better to do your shopping with cash rather than credit cards so you're sure you can afford the gifts you're buying and that way you don't have to pay interest," Brown says.

Bringing a credit card while Christmas shopping tempts people to buy gifts that aren't in their budget.

Visa Canada estimates Canadians spent \$1.6 billion on Boxing Day alone last year.

"I don't make a budget and I overspend on Christmas shopping," says Adam Roosenboom, a Humber horticultural student.

To know your exact budget all bills should be paid before the holiday shopping begins.

"I start my shopping two weeks before Christmas," says Amy Shadlyn, a second-year Guelph-Humber image arts student.

Shadlyn says the amount she spends on someone varies.

"On family I usually spend about \$25. For friends, I either make something or buy at the dollar store."



chisoni clarke

Many fitness classes are offered at the Humber fitness centre. All fees are included in tuition.

No excuses – you can stay active this winter

by **chisoni clarke**
IN FOCUS REPORTER

Students can take advantage of Humber's free indoor fitness activities to help beat the winter blues.

"Exercising during the winter is good because it helps to release endorphins in the brain, which help you feel good," said Leanne Henwood-Adam, fitness co-ordinator at the North Campus.

She points out that the school offers everything from individual activities and personal training to fitness classes – including yoga, pilates, kickboxing and indoor cycling.

"Since not a lot of people like to participate in outdoor winter activities, Humber offers a lot of different indoor activities," she said.

Henwood-Adam has been a Humber fitness co-ordinator since the early '90s. All fitness facilities are free for use by all students, since it is included in tuition.

Schedules for classes are posted in the A building and on the athletics website, www.athletics.humber.ca.

"Personal trainers are available on campus, and the prices are reduced by 50 per cent for students," Henwood-Adam said.

For \$25, students receive a half-hour consultation, plus two personal training sessions. A \$75 package includes six sessions.

Other packages are available, including one-on-one personal training and Buddy Training, which is two people per trainer.

Students often try to get something specific out of a workout.

Gagon Chopra is a third-year business administration student who plays squash three to four times per week on campus.

"I enjoy playing squash because it helps to build up my stamina and endurance," he said. "During the winter my workout is limited, so I have to find other ways to keep my body fit."

Michelle Ferracci has different

needs as captain of the women's soccer team.

"I try to workout at least two times per week," she said. "I dedicate time to exercising, so I can maintain balance and expand my lung capacity."

"Exercising during the winter is very important, because it helps your breathing and makes you have more energy," she said.

Kerry Baker, a first-year funeral services student, exercises on campus at least twice a week to help fight the winter blues.

"I lift weights in the gym because it helps me to feel more attentive and awake during class," she said. "Winter can be very depressing, so it's good to stay active."

Guelph-Humber media studies student Danielle Sutton loves to dance, but she might need a personal trainer to keep her exercising.

"I need someone pushing me and motivating me."



anita bell

When Christmas shopping, try to stick a budget. Search for coupons and in-store specials.


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in focus

Fashion is a form of ugliness so intolerable that we have to alter it every six months." – Oscar Wilde

Winterizing your wardrobe from your head to your toes

by **Jessica Miller**
IN FOCUS REPORTER

Who would have thought you needed to consider so much just to stay warm?

"Most of our students walk or bus to school, so if you're doing that you have to make sure that you're wearing a coat that is warm," said Pamela D'Ettorre, who teaches fashion product knowledge and international trade.

There are many things to look for when buying a winter jacket.

"Make it waterproof," D'Ettorre said. "Also make it wind-resistant. We get a lot of wind and if you don't have windproof, the wind will blow straight through the exterior shell straight into your body."

There's an easy way to test a jacket's wind resistance.

"If you pick up a coat and you hold the fabric to your mouth and you blow through the fabric to your hand, you'll feel whether or not the wind will actually cut through the fabric," D'Ettorre said.

To prevent wind from blowing through the teeth of the jacket's zipper, ensure that a placket – a flap – covers your zipper.

Also, a jacket with an interior drawstring at the waist will block wind from blowing up the jacket. Inner knitted cuffs will stop wind from blowing up your sleeves.

"Make sure the inside is either quilted, fur-lined, faux fur or wool lining ... because that helps to insulate the body," D'Ettorre said.

Make sure to ask the store what type of return policy it has.

"Also for our winters you should make sure you have a hood or a very, very high collar that pro-

TECTS your neck and your face," she said.

D'Ettorre said to expect to pay retail, or shop at a discount department stores. Check out vintage

Check out vintage or second-hand shops to save money on winter clothes.

stores or second-hand shops to save money on winter clothes.

"Students can purchase clothing off-season, but that means they would have had to purchase their coats last year for this winter," D'Ettorre said.

"Students may also want to consider vintage clothing stores or sec-

A jacket with an interior drawstring at the waist will block wind from blowing up the jacket

ond-hand retailers who carry trendy styles from previous decades," she said. "You can sometimes get some really great designer names that can be 10 years old or 15 years old but they have a really funky look to them."

D'Ettorre said for Canadian winters, there's only one obvious choice in footwear.

"Boots (should be) waterproof as well as (have) a rubber sole on

them, because if it's a leather sole and it's not waterproof, then they could get really soggy."

"If your feet tend to get cold, you should add an isolative liner inside the boot," she said. "(That) gives you an extra layer between your foot and the ground, (which) will keep you warm."

"You'll see in the magazines that a heel is being seen on all the boots, but we have to be cautious because, (in) Canadian winters, a high heel on ice is just crazy."

D'Ettorre said sometimes fashion needs to take a backseat.

"Function on the exterior will keep you warm from the rest of the elements out there. Put fashion on the inside. Do it with your shirts, your pants, your skirts."

Fourth-year Guelph-Humber business student Pamela DeMesa is prepared for winter fashion.

"I like the long boots. Those are nice and warm and stylish," she said.

"I like sweaters. Big knit sweaters are in right now."

DeMesa said shopping for winter gear doesn't have to be pricey.

"Outlet stores are great. If you want to buy things that are on discount and stylish, those are good places to go," she said. "Look out for sales, (like) Boxing Day is a good day to go."

There are lots of hot new trends to look for this winter.

"Coats with the fur on the inside are really in (and) the nylon on the outside that are down-filled ... are really warm," DeMesa said. "(They) can be expensive but if they last a few years, then it's more of an investment."

"Hoods that are detachable or



Jessica Miller

There are many styles to choose from in this winter. Pamela DeMesa is prepared for the winter with her warm fashions.



Jessica Miller

Pamela D'Ettorre advises students not to be too hung up on fashion when choosing winter coat and boots.

with the detachable furs ... are really handy," she said. "Check the stitching (when purchasing a jacket). You don't want things to fall

apart. "I think you can follow trends, but then add your own flair to it," said DeMesa. "Make it your own."

Eating shouldn't make you sluggish if you take care during the cold season – you can fend off the weight

by **Carmela Gentile**
IN FOCUS REPORTER

As soon as the temperature drops the pounds pack on.

It's important to make smart food choices in order to avoid winter weight gain, as people tend to go into hibernation mode as soon as the temperature drops below

zero.

Registered dietician Susan Fysche said people tend to eat more during the winter months because of their mentality.

"People feel more hungry and a need to be comforted in the winter," said Fysche.

But, with a few tips the extra pounds can be avoided.

"It's really important to stay structured. Balance your daily intake of food with protein," Fysche said.

One of the best ways to curb carbohydrate cravings is to increase your protein intake.

"Carbs are good, carbs are great," Fysche said. "But we should balance our food. Eat lots of fruit and veggies."

To avoid your cravings for food loaded with fat and sugar, stock your fridge with healthier



Carmela Gentile

It is especially important to watch your carb intake.

snack choices.

Make sure to keep fresh fruits and vegetables, whole-grain bread and low-sodium soup on hand to avoid less healthy impulses.

Humber culinary management instructor Anthony Borgo suggest-

ed hearty, hot and comforting meal choices to ward off winter blues.

"For me people should be eating braised meat dishes or stews. A good Irish stew or a slow cooked pot roast is good," Borgo said.

He suggested using the vegetables that are available from the fall harvest. For students who can't afford fresh veggies, alternatives are always available. Grocery stores offer coupons or other in-store special that make it easier for students to buy fresh produce.

"One pot dinners, baked pastas, lasagna, cannelloni that's stuffed with sausage and casseroles are big right now," said Borgo, "Change the way you eat because your body needs to climatize."

Although it's cold outside, it is still important to exercise. If necessary, move your routine indoors.

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According to the Seasonal Affective Disorder Association (SAD) symptoms can disappear gradually in spring or early summer, depending on the amount of sun.



ashley house

First-year computer applications and development student, Clara Raj, fears the cold winter as she slowly adjusts to Toronto's weather after moving from India three months ago.

Winter mood swings related to lack of light

Seasonal Affective Disorder can lead to serious depression

by danielle taylor
IN FOCUS REPORTER

Many people in Canada experience the winter blues and some even battle serious depression.

One Humber student getting her first taste of real winter is Clara Raj, a first-year computer applications and development student who emigrated from southern India in August.

She says she has never felt temperatures under 10 C.

"When people said it can go to -40 C, it really scares me," Raj said. "But I'm really excited to see the snow fall because I haven't seen snow at all."

Raj knows she will also see a drastic change in the amount of daylight, compared to back home in India.

"When it's gloomy I feel a bit depressed. It's something that is new to me..."

- Clara Raj, Humber student

"In winter, it gets darker earlier, but by just a half an hour or one hour difference, that's it," she said.

Raj is already feeling the change.

"When it's gloomy I feel a bit depressed. It's something that is new to me and I have to get adapted to it," she said.

Mood swings during this time of year are common.

One of the most common cases of depression for new immigrants is known as Seasonal Affective Disorder (SAD).

"Seasonal Affective Disorder is merely a change in mood that typically occurs in the winter time," said Robert Zacharko, a psychology professor at Carleton University.

"It's directly related to the

amount of sunlight that we have in the winter time. People know that when you get up in the morning, it's dark outside and it's cold and it's windy. You don't feel too happy."

According to the Canadian Medical Association Journal, nearly 11 per cent of all SAD cases affect people who are already severely depressed.

Zacharko said that about four per cent of people in Canada experience SAD.

People who get depressed usually have a gene that is passed down through family members.

"If they have the same episodes in the past, they're likely to have that in the future because it is an expectation," Zacharko said.

For students, SAD can affect everything from grades to love life.

"You become less likely to do things. You become tired, fatigued, you feel unmotivated, you feel anxious. It can interfere with your day-to-day activities like going to school, going to work and having a relationship," Zacharko said. "You're less likely to follow through responsibilities and do the things that you need to do."

"Seasonal Affective Disorder is merely a change in mood."

- Robert Zacharko, psychology professor at Carleton University

Treatment for SAD can be as simple as going into a room that is bright and cheerful.

"A certain intensity of light for a certain amount of time will produce changes in neurochemistry. And when they do these changes in neurochemistry, it coincides with anti-depressant agents," Zacharko said.

Or, of course, you could also fly south for the winter.

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About four million Canadians admit to driving after drinking. Impaired drivers continue to account for 29 per cent of all driver fatalities. — Statistics Canada

Organic food caught in the web of debate

Pesticide-free grub costly, raising safety concerns

by **sandra bratovic**
LIFE REPORTER

Three recent cases of people finding black widow spiders in organic grapes purchased at major supermarkets in London, Ont. has the safety of organic food in question.

"There are no special procedures to check for foreign animals that come with the product, just our regular food safety procedures," said Tammy Smitham, director of communications for A&P Canada. "There have been no cases in our stores, but we know that it does happen, but it's rare."

The idea of eating foods not sprayed with pesticides seems to be appealing to many consumers.

First-year 3-D computer animation student Andrew McFarlane would rather eat organic.

"I do not agree with modified foods, like meat injected with growth hormones," said McFarlane, 22.

Concerns with organic food are not only about safety — they are also about cost.

On average, you can currently pay approximately \$2 for a pound of organic apples, compared to \$1.33 for non-organic apples.

And, while prices can be up to 60 per cent higher, more people are paying the premium.

"Organic food sales are up dramatically — about 100 per cent over the past couple of years," said Charlie Mallia, a manager at Highland Farms in Maple, Ont. "People want to eat more healthy, but that comes with a price."

But organic farmer Mike Beretta said you get what you pay for, pointing out people will pay more for movies than meat.

"It's not that costs are high, it's just about how cheap we expect our foods to be now," said the owner of Beretta Organic Farms, located just outside in King City. "We are so programmed to think



sandra bratovic

Sections dedicated to organic produce continue to grow in supermarkets across Ontario. Even in light of recent spider findings in organic grapes, the products are still in high demand.

that food should be cheap."

One of the things driving up the price is that demand is greater than supply, said Beretta. "As more people come on board, more farms will open and then we will have to become more competitive."

But organic is not always better, some say. "People choosing organic foods should know that just because it's organic, that doesn't mean more nutritious or more safe," said Zannat Reza, a registered dietician in Toronto.

"The potential for ... contamination along the food-production chain exists for both conventional and organic foods. Water quality, soil amendments, such as com-

posted manure, and general sanitation are factors that can determine food safety.

"Also, pesticide residues have been found on organic produce because they come into contact with regular produce during shipping and handling."

Reza said that if you do choose to eat organic, only eat foods that are verified organic.

Beretta agrees.

"Always look for the certifying bodies logo on the food," he said. "If there is no logo, it is not certified and may not meet all the standards."

Determining this may take some research on the consumer's part, with the Canadian Food

Inspection Agency reporting 30 different certification bodies.

The certifying agency must be ISO Guide 65 compliant and should be accredited by the Standards Council of Canada.

The organic industry in Canada has been increasing at a rate of 15 per cent each year, according to the Canadian Food Inspection Agency, and in 2005 the industry is expected to produce sales of approximately 3.1 billion dollars.

Most recent data from Statistics Canada reported there are 2,230 organic farms in Canada, making up less than one per cent of total Canadian farming.

threads

your personal style on campus

by **sandra bratovic**
LIFE REPORTER

Second-year business management student Tiffanie Francis, 21, chooses her outfit based on her mood.

"Sometimes I feel a little hip-hop," she said. "Sometimes I feel urban."

Francis blends her own style with trends she finds in the pages of popular fashion magazines.

She describes her style as classy, but down to earth.

Her personal style is expressed through her love for pink. She matched pink boots with the pink stripes on her blouse. Even her umbrella had a touch of pink on it.

"Pink is my signature colour this year," she said.

She enjoys shopping at Guess and Parasuco, but she is a busy student and doesn't spend much of her time in malls. When she does go, she is out quickly.

"I know what I am looking for before I go to the store," she said.



sandra bratovic

Nursing fair educates students on stress, nutrition, alcohol use

by **kate weldon**
LIFE REPORTER

Humber's nursing students promoted good lifestyle choices at this week's health fair.

"We want to cut down the rate of flus and colds and you do that by making healthy lifestyle choices, giving (students) knowledge to make healthy lifestyle choices," said sessional clinical instructor Diane Betts.

The nursing fair focused on three main lifestyle choices that students face on campus and at home — stress management, nutrition and drugs and alcohol.

"We're demonstrating different techniques for dealing with stress. We have several different stress tests for students to do, and stress balls that we made," said third-year nursing student Pam Reeder.

They made over 400 stress balls for the students to take home.

Third-year nursing student Melanie Vidhushan, 21, worked at the stress management booth and was excited to help students.

"Some people don't recognize that physical symptoms are signs of stress," Vidhushan said. "We're trying to raise awareness and help students to cope better. We've identified different techniques students can incorporate into their busy schedule."

Mothers Against Drunk Driving (MADD) donated goggles to show students how alcohol impairs their perception.



kate weldon

Olga Novikova, 26, tests goggles donated by MADD.

"There are two different types of goggles. The first is like you've had two drinks and the second is four drinks. We're going to have students try to walk a line (with the goggles on)," Reeder said.

Olga Novikova, 26, a human resources student, said the goggles were an accurate portrayal of what things look like when she's had too much to drink.

"It was very realistic," Novikova said.

The event included a music video, raffle and displays showing the amount of sugar, oil and salt contained in many popular foods.

The fair took a lot of preparation and the group of 10 nurses worked hard to pull it all together. "We basically started (working on the fair) the first week of school. We did surveys and collected data," Reeder said.

They spent about 12 hours a week since the beginning of September working on the fair.

"Obviously they've done a phenomenal job, it's a phenomenal project," Betts said.

In 1982, Winners opened its first store in Toronto, providing shoppers with discounted designer clothes. Today, there are more than 160 stores across Canada.

Local post-grad students go global

Internships abroad provide unique work experience

by **jen berube**
LIFE REPORTER

Post-grad students are coming to Humber to prepare for international job placements that will help change the lives of people in developing countries.

For the past seven years, Humber has offered the International Project Management Postgraduate program to students who wish to partake in international development and humanitarian assistance projects in Canada, the United States and overseas. The one-year course, which leads to an internship, provides students with the knowledge, attitude and practical skills necessary to manage the human, physical and financial resources associated with development projects.

"It's a great program because it gives the students the skills to make a difference in the world," said IPMP program co-ordinator Rupen Das. "The internship puts them into an international, cross-cultural context where they begin to apply what they have learned in the classroom and see if it works."

"The IPMP students have to get their own internships, though Humber helps them with the process," Das said. Some placements are within Humber's International Project Office, but most are with other organizations, including the

Canadian International Development Agency (CIDA).

CIDA is a federal agency that supports the social and economic development programs of its partner countries and organizations. It administers about 80 per cent of Canada's aid budget and supports projects in more than 150 countries.

"I decided to get into development because I can't really justify spending 40 plus hours a week for the rest of my life doing something that isn't good for my soul," said IPMP student Lia Yip in an e-mail from Bangladesh.

Yip arrived in Dhaka, Bangladesh in September to work on a project for the Bangladesh Women's Chamber of Commerce and Industry (BWCCI) for three months. "The mission of BWCCI is to reduce poverty by improving the conditions for women to start, manage and expand their own businesses."

"Humber is working with BWCCI to develop training programs that will provide the existing and aspiring entrepreneurs with the tools to succeed," Yip said.

Besides working with BWCCI, Yip is volunteering at the Centre for Rehabilitation and Training of Destitute Women.

"Basically they take in young, unmarried pregnant women who get kicked out of their homes and become the scum of society in



Lia Yip, right, works at a women's shelter in Dhaka, Bangladesh.

Bangladesh," Yip wrote of the centre in her online blog.

The centre serves as a home to unwed mothers, as well as an orphanage and daycare facility, explained Yip. The women are provided with a place to live while learning skills that will help them find work.

While Yip admitted the social and political climate of the city is sometimes depressing, her work is rewarding.

"I can't imagine doing anything else."

In addition to a university degree, students applying for the IPMP program need a strong character and must be flexible to work anywhere in the world. It's an asset to be a people person, be able to handle physical and cultural differences and be a self-motivator.

Before applying for the IPMP program, Ryan Utter, 28, had been interested in working in Africa and was organizing a trip to Uganda when he read about Humber's program. "My eyes had slowly been opening to the injustice and poverty in the world and I wanted to be a part of changing that."

Applying for the program seemed like a good step. "I needed a good foundation for working in development and I wanted some practical skills to offer organizations," said Utter, whose current six-month internship in Luanda, Angola is funded by CIDA.

"In IPMP a two-month (minimum) internship is a requirement

for graduation," Utter said. He was hired by the Mennonite Economic Development Associates and he was also placed with an organization called Development Workshop. "My job is to research the effect that HIV/AIDS is having on the microfinance sector in Angola," Utter said. "Microfinance is basically the provision of banking services to the poor."

"The main component is called microcredit and is exactly as it sounds: small loans," Utter explained. "In Angola, most of the clients of microcredit loans are part of the informal economy, roadside sellers of fruit or owners of a small shop run out of their houses."

Utter's research includes looking at how HIV/AIDS is currently affecting clients and the institutions offering the services. "When people are affected by HIV/AIDS, it can put a serious economic strain on the household."

"Money will often be diverted from productive uses to paying for medicine and, eventually, funerals," he said. "In short, HIV/AIDS makes people poorer."

In Angola the HIV rate has stayed relatively low, since its 27-year civil war, which ended in 2002, prevented much travel and immigration, Utter explained. "Now that there is peace, there is increased travel, migration and trade, all factors in the spread of the disease."

"It's a challenge, but I'm glad I came."



Ryan Utter, left, is currently interning in Angola, researching the effect HIV/AIDS has on microfinance institutions.

Discount invades upscale city block

by **hazel ong**
LIFE REPORTER

Canada's most luxurious shopping destination opened its doors to its newest retailer today.

Among stores like Gucci, Louis Vuitton, and Holt Renfrew, the no-frills discount retailer Winners is setting up shop in the elite Bloor-Yorkville shopping district - to the confusion of many.

"I think it was a little bizarre when I saw that it was opening here," said Veronica Auyeung,

manager at Over the Rainbow on Yorkville Ave.

"I couldn't quite tell if it fit or not, it was just something I wasn't expecting," she said.

The store's opening is creating a buzz within the neighbouring stores, as well as with Bloor-Yorkville aficionados who are scared the generic retailer will water down the long-standing posh status of the area.

Shannon Johnson, Winner's spokesperson, said the move to Bloor St. is part of a company

effort to expand the retail chains growth in metropolitan areas.

"One of our peak growth initiatives is to expand Winners locations in urban centers, so with the addition of Bloor St. along with College Park, St. Catherine street in Montreal, there's one opening in Robson Street in Vancouver, so it's just part of our expansion approach," she said.

Winners uncovered its new-and-improved silver lettering against a classy black background in an attempt to blend in with its

new neighbours, along with a few other changes.

Also, the familiar fluorescent lighting and jam-packed racks typical of regular Winners' stores will not be visible from the front entrance.

Still, neighbouring retailers and their customers remain sceptical.

"Some would say it is hurting (the area) because you're turning an area that's usually focused on luxury items into something... some would say that it cheapens the area," Auyeung said.

WHISK

WEEKLY RECIPES FROM HUMBER'S
CULINARY ARTS STUDENTS

Developed by second-year student Faye Sensavang and Chef Anthony Borgo

Chocolate Pecan Shortbread (makes 24 pieces)

What you'll need

- 1 cup butter, softened
- 1/4 cup granulated sugar
- 1/4 cup firmly packed light brown sugar
- 1/2 tsp vanilla extract
- 2 cups all purpose flour, sifted
- 1/2 cup coarsely chopped pecans
- 1 12 ounce package semi-sweet chocolate chips
- 4 tbsp milk

Shortbread

1. Preheat oven to 375 F
2. Cream butter and sugars until light and fluffy. Blend in vanilla.
3. Add flour and blend together until dough is stiff.
4. Stir in pecans and add chocolate chips.
5. Press dough into 13x9 inch pan. Sprinkle top with 1/4 cup chocolate chips. Press lightly into dough.
6. Bake 18 to 20 minutes or until light golden brown.
7. Drizzle with chocolate glaze.
8. Cut into bars.

Chocolate Glaze

1. Place 1/4 cup of chocolate chips in a microwave proof container. Add 4 tbsp milk.
2. Heat for 1 minute on high.
3. Stir until chocolate is completely melted and mixture is smooth.
4. Add additional milk to reach desired consistency.
5. Pour mixture into an airtight sandwich bag. Close bag tightly, removing all air.
6. Snip tiny piece off one corner of bag. Holding top of bag tightly drizzle glaze on shortbread in desired pattern.



hazel ong

Winners' sleek new front for the Bloor-Yorkville area.

Lauren Block, 21, a second-year fashion arts student, agreed. "It's totally out of place. The whole area is losing what it's most known for."

birth of a SCANDAL

After the 1995 Quebec Referendum, the federal government set up a sponsorship program as a way of increasing the government's visibility in the country.

In 2000 it was discovered that the majority of the money allocated to the program was ending up in Quebec, and officials began asking questions about how federal funds were being spent.

In 2002, the *Globe and Mail* revealed that Montreal advertising agency Groupaction could not account for the half million dollars they were paid from the sponsorship program.

In 2003, Prime Minister Jean Chretien called for an audit of the federal sponsorship program. A government scandal was born, setting off a chain of events that would lead to the first minority government Canada has seen in 25 years. Follow the path of major political events that have led to the potential collapse of the Liberal government and learn how the Canadian political game is played.

Dec. 12, 2003

Three-term Liberal Prime Minister Jean Chrétien resigns. Former finance minister Paul Martin steps up to the plate and is sworn in as Canada's 21st prime minister. Martin will cancel the federal sponsorship program the next day.



Feb. 23, 2005

Liberals release their budget information.

A minority government can be toppled when a budget bill is voted down in the House.

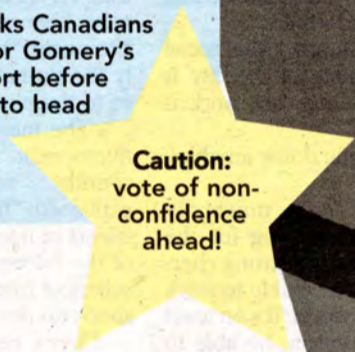
Had no idea about government spending while you were finance minister?

Adopt sad nickname: 'Mr. Dithers'

April 8, 2005

A publication ban is lifted on the testimony of Jean Brault, the former head of ad agency Groupaction. He admits his company took in millions from the sponsorship program.

Martin asks Canadians to wait for Gomery's final report before deciding to head back to the polls.



April 26, 2005

NDP Leader Jack Layton promises to support the government if Liberals agree to budget concessions that include more funds dedicated to social programs.

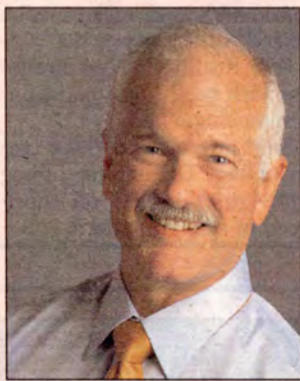
May 10-12, 2005

The Conservatives and the Bloc band together in the House. The government agrees to make the budget vote a matter of confidence.



PAUL MARTIN

Martin is Canada's 21st prime minister. The Liberal leader was finance minister from 1993 to June 2002 but has fervently denied any involvement in or knowledge of the sponsorship contracts.



JACK LAYTON

Layton's leadership of the NDP began in June 2004. His support of the government in May 2005 saved the Liberal party from falling from power.



Nov. 15, 2005

Opposition parties give Martin an ultimatum: call an election in February or face a non-confidence vote within the coming weeks. Martin rejects the challenge. A Christmas election campaign seems eminent.

Make a deal with 'Dithers'.

Get 500 points

You're on your way to a holiday election campaign.

Go tell Santa: Christmas is cancelled!

Nov. 16, 2005

The National Aboriginal Summit sends an open letter to opposition leaders, asking them not to let politics interfere with their two-day conference starting on Nov. 24. Harper says he will table a motion to bring down the government on the 24th which will postpone the non-confidence vote until Nov. 28.

Feb. 10, 2004

Auditor General Shiela Fraser releases her report on the sponsorship program. "Scandalous" and "appalling" are some of the words she uses to describe the Liberal government's misuse of over \$100 million of public money.

Get caught embezzling money from Canadian taxpayers!

You'll still be elected, but just barely!

June 28, 2004

Canadians elect a Liberal minority government, meaning the Liberals are outnumbered in the cabinet by all other party and independent seats combined. The Liberals could fall from power if they are outvoted in the House of Commons and a motion of non-confidence is tabled.



STEPHEN HARPER

Opposition Leader Harper was elected to lead the new Conservative Party after the 2003 merge between the Canadian Alliance and the Progressive Conservatives.

Feb. 8, 2005

Paul Martin testifies before the Gomery inquiry. The former finance minister insists he had no involvement in the scandal, and was not even aware that a federal sponsorship program was in place until he heard about it in the media.

Sept. 7, 2004

The sponsorship inquiry, led by Justice John Gomery begins in Ottawa. First to testify is Auditor General Sheila Fraser.

Canadian Politics 2005 Edition

May 17, 2005

Martin announces that MP Belinda Stronach has defected from the Conservatives and crossed the floor to become the new Liberal human resources minister. She leaves her boyfriend, Conservative party deputy leader Peter Mackay.

Your girlfriend leaves you for political power. Go to Nova Scotia and cry in your daddy's potato patch.

Miss two turns

May 19, 2005

In one of the most dramatic moments in Canadian politics, the Liberal government narrowly survives a vote of non-confidence. The House is in a dead heat, leaving the deciding vote to Speaker Peter Milliken.

In the case of a tie, the speaker casts his vote in favour of the government.



GILLES DUCEPPE

Duceppe has been the leader of the Bloc Québécois Party since 1997. Since Chrétien's departure, Duceppe has become the longest-serving leader of a major party in Canada. In the 2004 election, the Bloc won 54 seats in the House of Commons, the party's highest in seven years.

Nov. 7, 2005

Layton says the Liberals' response to NDP health-care requests is insufficient. He will no longer support the Liberal government in the case of a non-confidence vote.

Nov. 1, 2005

Gomery releases the first of two reports on the sponsorship scandal. The report says that while neither Chrétien nor Martin were directly involved in the scandal, Chrétien must bear responsibility for the program since it was run out of his office.

It's a **race** to the **finish!**



APG

common cents

Pro-evolution candidates won over eight incumbent pro-Intelligent Design candidates in Dover Pennsylvania. Noting that God might create a disaster in Dover,

Is your boss making you sick?

Bad bosses raise workers risk of mental illness.

by **chris halliday**
BUSINESS WRITER

The physical stress of having a belligerent boss could be hazardous to your health.

Eighty-three per cent of Canadian employees surveyed by the Canadian Mental Health Association (CMHA) said stress was the biggest hazard to workplace health.

The Scientific Advisory Committee on Mental Health in Canada said that five to 10 per cent of employees in the workplace suffer from serious mental illnesses, and an additional five to 10 per cent develop low level disorders.

Julia Liska, a registered nurse in certified gerontology at Humber, said stress in the workplace is on the rise because employees are "busier than they've ever been and more pressure is being put on them to get more things done."

"We see a lot of downsizing and downloading of work onto people in the workplace," Liska said. "If employees are concerned their job

is at risk, it raises their stress levels instantly and then anything more that's asked of them doubles that stress."

The boss-employee relationship in the workplace can contribute to an employee's level of stress. Matt Bujok, a multi-media student who works at the Humber residence cafeteria said his work environment affects him mentally and that if he quit, it would be because of his need to "get out of that type of atmosphere."

"As soon as I step in the door to start my shift, I want to step out and leave."

- Matt Bujok,
Humber multi-media student

"As soon as I step in the door to start my shift, I want to step out and leave," Bujok said. "I have no problem with the employees, but as soon as the bosses come around you feel this uneasy pressure."

One hundred-thousand Canadians rated their bosses online at Monster.ca on a scale of -50 to +50 and Ontario bosses' average score was -3.8, ranking third worst in the country next to Saskatchewan and Newfoundland.

Workplace stress and employee burnout affects economic productivity in the Canadian workplace.

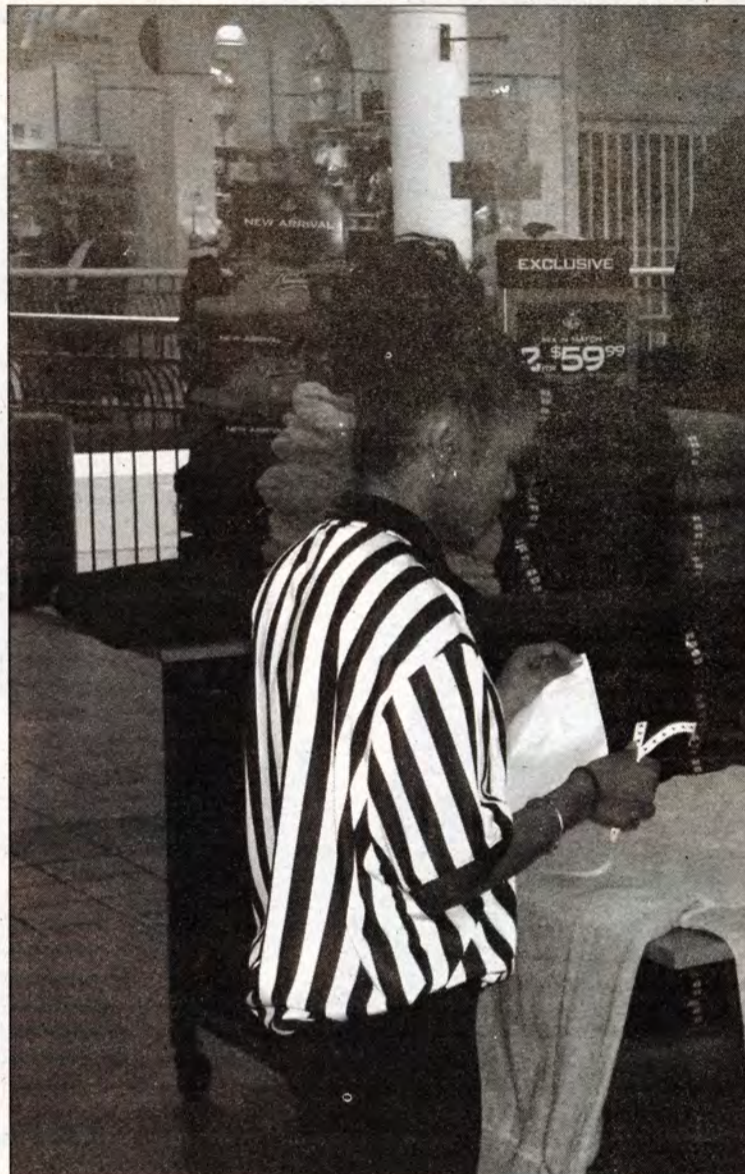
A 2005 survey done by Ipsos-Reid found 66 per cent of CEOs and 71 per cent of employees identify stress as the major factor on productivity in the workplace. Three out of four CEOs agreed that employees face even greater risks to mental health in the workplace than they did five years ago.

So what can employees do to lower their chances of developing mental health problems caused by elevated stress in the workplace?

On Nov. 1, Carnegie Mellon of the University in Pittsburgh released a study that revealed people who react to stressful situations with angry facial expressions, rather than fearful reactions, are less likely to suffer mental health problems caused by stress in the workplace.

So next time your bosses starts to ream you out, give them a dirty look rather than fearing their wrath. It could do wonders for your health, if your boss doesn't decide to fire you.

Related Websites:
badbossology.com
monster.ca



Footlocker worker Sasha H. who wouldn't give her full name said she doesn't like it when her boss doesn't listen to her.

Animation for dummies

K-Sketch may make cartoon creation possible for the masses

by **jesse cnockaert**
BUSINESS REPORTER

Animating has just gotten easier with the recent invention of K-Sketch, a kinetic sketchpad that lets people animate with ease.

According to the *New Scientist* magazine the software lets people draw a sketch on a Tablet PC using a stylus. Users drag the image they drew across the screen in the motion they wish their drawing to move. The computer records the users motions and then re-plays it as an animation.

The K-Sketch was unveiled at a software convention by its founders this month and is due for open source release in early 2006.

Muthana Zouri, program co-ordinator for Humber's school of

Information Technology, thinks the department may use K-sketch:

"I really like this idea and I find it something that we should look into as a teaching tool," Zouri said. "Internally, it's a great tool for developers, for designers, for teachers. I see multiple applications."

Zouri said students could benefit from animation programs like this because it engages them better than a blackboard.

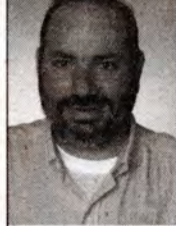
Simon Colyer, program manager for Humber's Digital Imaging Training Centre, said K-Sketch seems easy to use as well.

"(K-Sketch) seems quite simple and straightforward ... you can use it without having to take a class on it," he said.

At the University of Washington webpage (<http://dub.washington.edu/projects/k-sketch/>), a demo video shows examples of how K-Sketch could be used.

A chemistry professor created an animation showing the movement of electrons from one place to another.

Someone else used it to create a moving diagram, showing the movements necessary for a dance routine.



courtesy



courtesy

K-Sketch was created by James A. Landay, director of Intel Research (top) and Richard Davis of Richard Davis at the University of California, Berkeley. K-Sketch will be released next year.

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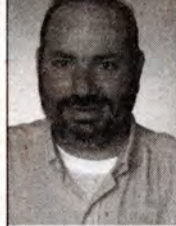
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Evangelical televangelist Pat Robertson noted, "If they have future problems in Dover, I recommend they call on Charles Darwin. Maybe he could help." — Harpers

Radio stations upset over song fee hikes

by rob titus
BUSINESS REPORTER

Many of Canada's "starving" musicians may get nourishment from a recent radio fee ruling.

Commercial radio stations are strongly contesting a recent multi-million-dollar ruling to increase the rate they pay musicians in song fees.

More profitable stations that earn over \$1.25 million in advertising revenues will now have to compensate musicians with 4.4 per cent ad sales.

Smaller stations will continue to keep the old 3.2 per cent compensation amount.

The fee had not risen in over two decades.

The Society of Composers, Authors and Music Publishers of Canada (SOCAN), which collects royalties for artists, had originally proposed a rate of six per cent.

Diane Samek, SOCAN's communications and marketing manager, said smaller stations like Humber's CKHC 90.7 FM will not be impacted financially by the change.

"The stations clearly have the ability to pay the increase approved and those that may not have the ability are not subject to the increase at this time," said Samek.

Jerry Chomyn, radio broadcasting co-ordinator, said the idea that radio stations are getting one over on artists is inaccurate.

"Most smaller stations are bare-

ly getting by as it is," he said.

Chomyn disagreed with the notion that smaller stations will not be affected and said that artists should instead look to other sources for increased revenue.

The ruling will go retroactively back to 2003 and extend through until 2007.

Not surprisingly, the key resisters to the federal government-appointed Copyright Board's decision are CHUM Ltd. and Corus Entertainment Inc.

The two companies own commercial radio stations throughout Canada and are reporting a large decrease in profit following the royalty bump.

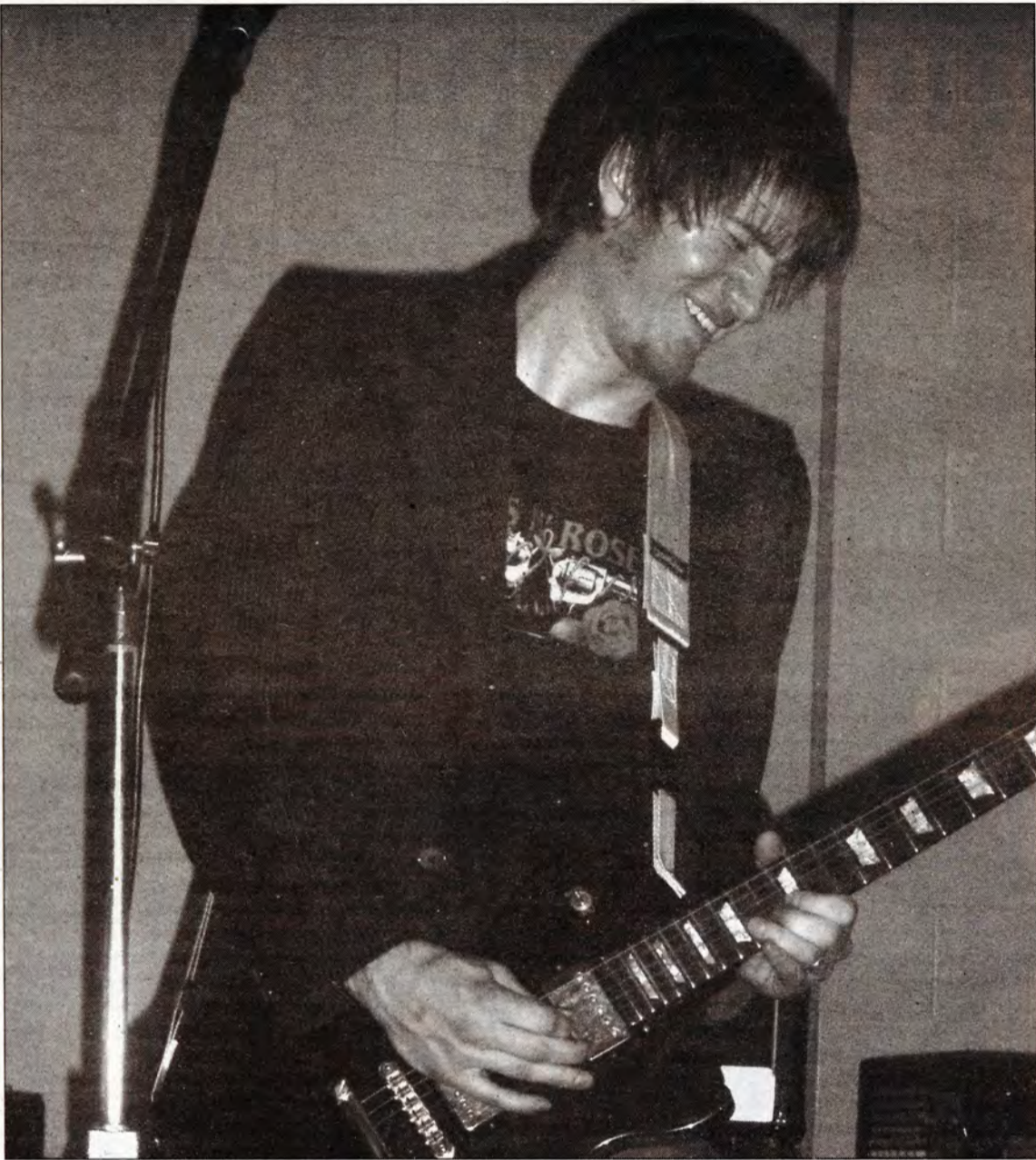
CEI is reporting fourth-quarter profits down \$1 million and said it is looking for alternative solutions but may have to cut jobs as a result.

"It's important to remember that since the rate now has two tiers — one at 3.2 per cent and another at 4.4 per cent, the combined effective rate is still less than 4.4 per cent," said Samek.

She insisted that the financial challenges faced by commercial broadcasters do not compare to those of artists represented by SOCAN.

"As far as composers, lyricists and songwriters are concerned, any increase is welcomed in light of the low level of income that is earned by the majority of them."

Corus, for one, reported a two per cent revenue increase to \$683 million for the 2005 fiscal year with profit totaling \$71 million.



christine flynn

Large radio stations are unhappy after a court ruling will raise the amount they must pay musicians for their songs. Small stations like Humber's CKHC 90.7 will not be affected.

They know what you're watching

by adam trinh
BUSINESS EDITOR

An improved way to survey radio and television viewership may lead to more jobs for students entering media fields.

BBM Canada provides broadcast measurement and consumer behaviour data based on surveys, and now it has begun using small pagers to record audio waves.

The wireless device, called the Portable People Meter (PPM), is being tested in Montreal and other parts of Quebec to survey the stations people are tuning into by tracking the audio codes and transmitting them to BBM daily.

Jerry Chomyn, program co-ordinator of radio broadcasting said this kind of surveying is extremely accurate.

"The biggest challenge for most radio stations is catering to the 18 to 24 (year-old) male demographic," Chomyn said. "The surveys really look into which stations they listen to, their age, gender and create an accurate profile of the listener."

Out of those asked to carry the device, 90 per cent agreed to take

part in the survey, a huge increase from 50 per cent last year.

Chomyn believes that a spin-off of these comparisons will mean more successful stations.

"More ads will mean more expansions and growth, which means more students could get hired," he said, adding that Toronto has the biggest radio market in Canada.

Another benefit to knowing what kind of audio people are exposed to deals with advertising and its job market.

Ron Bremner, the vice president for radio at BBM Canada said greater opportunities will arrive with the collected data.

"Companies that have a specific target group that they want to deliver a message to will want a certain time slot for their ads and will be willing to pay extra for it," Bremner said.

To ensure that not every company will try to buy a certain time slot, Bremner said the recent data shows higher ratings in certain times of the day than previously thought.

"Generally, the data makes the process of buying (airtime) more

scientific and that leads to better decisions," he said. "There are a lot more people listening to radio, for example, during the day and weekends. It's not just heavily during the rush hours of the day."

Volunteers who have agreed to wear the small 80-gram device will record their viewing habits, including their listening duration and commercials.

When volunteers are done for the night, they place the PPM on a supplied hub that transfers the data to the central server via the phone line, between 2 and 5 a.m.

The findings will produce a precise comparison of the preferences of radio listeners as well as the kind of TV shows they watch.

Barbara Elliott, the program director of advertising - media sales, explained that the more accurate information gives stations something concrete to work with. "If it's good for radio, then it's good for the students in it," she said.

Previously, BBM Canada relied on a diary system in which volunteers catalogued which stations they listened to and commented on programming preferences and the length of their listening.



adam trinh

New pager-like ratings monitoring devices have radically improved companies TV and radio listening demographics.

arts & entertainment

FOX announced Wednesday that Regis Philbin will host *New Year's Eve Live* on Sat. Dec. 31 from New York City's Times Square. -etoline.com

Holiday movie magic

Box office guide to the season's Oscar hopefuls

by ashley carter
ENTERTAINMENT REPORTER

'Tis the season for Oscar-baiting.

This Friday, the holiday movie season officially begins. Like any other year, family-targeted blockbusters by film studio giants are pitted against last-minute Oscar entries by calculating directors. But where are all of the actual Christmas movies?

Aside from *The Ice Harvest* (which hardly counts since it's a mob movie that just so happens to take place on Christmas Eve), there's no cute moralistic movie with snow and reindeer in it. What gives, Hollywood?

Regardless, with so many films being released, it can be tough to determine what's actually worth seeing. So Liisa Sheldrick, communications co-ordinator for Cineplex Entertainment, gave us her thoughts on the movies she thinks stand out from the pack.

Here's a handy guide to getting your holiday blockbuster glut on.

Harry Potter and the Goblet of Fire (Nov. 18)

The scar-faced kid with the glasses is back and post-pubescent in the fourth installment of the hugely successful Potter series. Those who like the books will see the movie and it will undoubtedly do well in the box office. Enough said.

Liisa Sheldrick: "This one is much more adult than the rest of the series. It's scary, even. The characters are all grown up, meaning parents and teens will enjoy it as much as the kids."

Walk the Line (Nov. 18)

Haven't you heard? Biopics are the new black and a biopic on Johnny Cash is bound to be good, otherwise it likely wouldn't have been green-lighted by his estate. This one chronicles the chunk of his life from his beginnings on a cotton farm in Arkansas to his early career with Sun Records.

LS: "This film has been garnering a lot of buzz at film festivals and people are generally excited about it. There's Oscar buzz for this one."



all shots are courtesy



The Chronicles of Narnia: The Lion, The Witch and The Wardrobe (Dec. 2)

It's about time someone pulled a movie out of one of C.S. Lewis' books. A group of kids, during World War II, find a magical world of talking animals in the closet at the house they're hiding out at. Maybe this will pick up the slack for fantasy fans jonesing from a year without *Lord of the Rings*.

LS: "The trailers for this have been incredible. The film uses a lot of new technology."

Brokeback Mountain (Dec. 9)

Though it's been described as a "gay cowboy movie" by the general public, Oscar-nominated director Ang Lee has made a brooding '60s-era pseudo-western about love and prejudice that has

Academy voters in the palm of its hand.



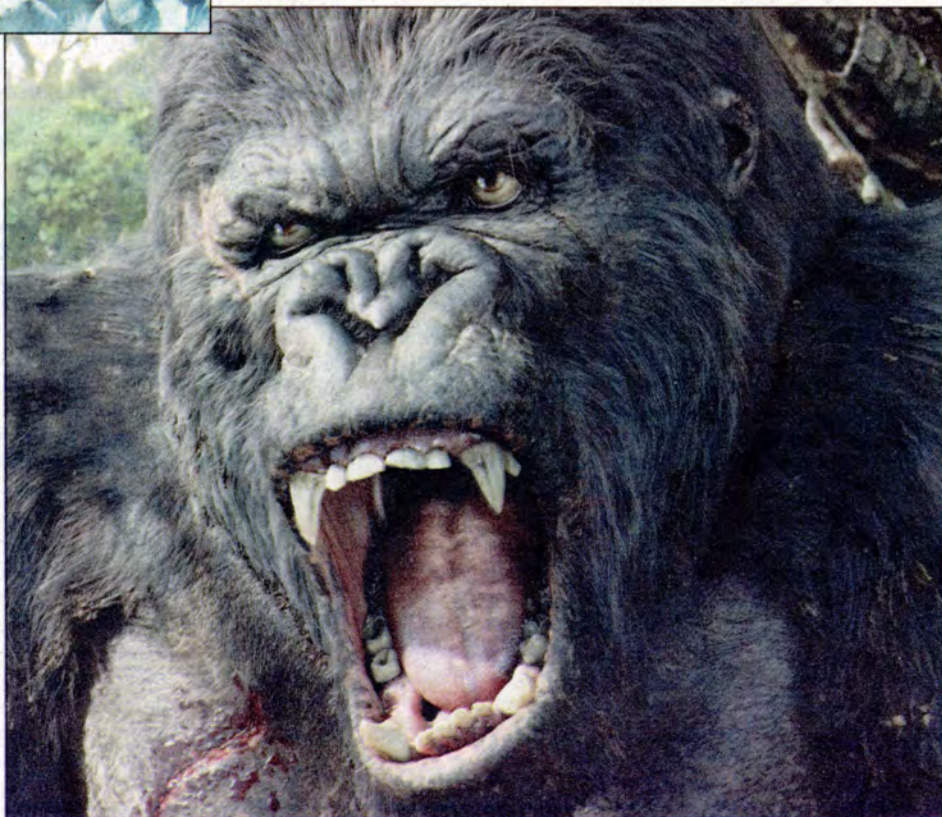
LS: "It's about two closeted homosexual cowboys. What more do you need? It's this year's controversial movie."

King Kong (Dec. 16)

Director Peter Jackson (*Lord of the Rings*) re-tells the story of a gigantic ape who gets captured by a group of documentary filmmakers and is shipped to New York to be gawked at. Much like the 1933 classic, he climbs buildings and loves beautiful women.

LS: "This is the big release of December. It's going to be huge, no pun intended. The cinematography needs to be seen on a big screen."

Also look out for releases from Steven Spielberg (*Munich*), Woody Allen (*Match Point*) and Rob Marshall (*Memoirs of a Geisha*), as well as two big films based on Broadway shows, *Rent* and *The Producers*. Happy watching!



According to The Hollywood Reporter, Jennifer Lopez and her production company are working on a reality TV series about dancers trying to break into the biz.

LISTED

Sweeps months draws in viewers

by shaun archer
ENTERTAINMENT REPORTER

Networks relish in high ratings their shows can take in sweeps. Networks leave audiences breathless and wanting more by increasing shock value with new plots and surprises. Why is November the month for great TV?

"They do it for their advertisers mostly," said Greg David, a writer for *TV Guide*. "The advertisers are planning on how much money they're going to spend and where they're going to put their money, so it's the time when networks are saying 'Hey look at us, we're getting the most viewers' in the hopes that next season the advertisers will invest in that particular show while they're on the air."

David has worked at *TV Guide* for 11 years. In addition to spending the past five years writing, he also has worked in listings, production, research and editorial.

Is *Lost's* Ana-Lucia really going insane or was Shannon's death just an accident? Why are so many of the parents in *Veronica Mars* leaving town or missing? Will *Desperate Housewives'* Susan be able to handle Mike's anger and break-up with her? Who's got what it takes to be *America's Next Top Model*?

Fans of all of these series are looking for answers after suspenseful plot twists and revelations were made this month.

According to Nielson Media Research, the world-famous TV

ratings company, the most watched shows are *CSI: Crime Scene Investigation*, *Desperate Housewives* and *Without a Trace*.

It's a time when American networks are airing all-new episodes and featuring guest actors and guest directors and they tend to blow a lot of stuff up. Networks throw a ton of money into episodes," said David.

"It happens in November, and then again in March."

One show gaining in popularity is *Grey's Anatomy*, which deals with the struggles of hospital interns. The show premiered in March of this year and caught the interest of critics and audiences. It's currently in its second season on ABC.

ABC is home to several popular primetime TV shows, including *Lost*, *Desperate Housewives* and *Alias*.

Among the shows that have withstood the test of time is long-running *Survivor*, currently in its eleventh season and considered the "father of reality TV," by audiences. *The Simpsons* has been on the air since 1989 with over 350 episodes.

It's Nov 6th episode, aired "Tree House of Horror," the 16th version of the Halloween special.

Fans of the teenage drama hit *The O.C.* are eager to see what's in store for Ryan, Marissa, Summer and Seth, in season three. Fans recently saw Ryan kicked out of school and deciding to hit the high seas as a fisherman. Watchout for



courtesy

Fox announced this will be *Arrested Development's* last season.

O.C. newcomer Taylor Townsend making a move on Seth and the budding relationship between Johnny and Marissa's. *Prison Break* fans are also wondering if Michael succeed in getting his brother out of jail and evading the authorities?

Television's newest drama has fans wanting more. After a temporary hiatus, the premiere season of the show is back and raring toward a climactic season finale.

TV Guide often has special spoiler editions of their magazine and on their official website to keep fans posted on the newest information about their favourite shows.

"Sometimes we'll get some angry letters saying ('Oh you've ruined this for me, why did you

give it away") but we have other publications were competing against and who we have to stay in the competition with," David said.

Shows like *Desperate Housewives*, *Lost*, *CSI* and *Supernatural* are among the most popular and have picked up great success so far and November sweeps has been no exception for them.

Other shows around sweeps time have not seen the same achievement.

Network giant Fox recently announced it will stop airing the shows *7th Heaven* and even the successful *Arrested Development*.

"It's been a tradition since about the '60's said David. "This is the hot time of the year."

Arrested Development cancellation upsets fans

by ashley carter
ENTERTAINMENT REPORTER

When you're both the most critically lauded and commercially neglected show on network television, the problem goes deeper than ratings.

Last week, Fox execs took their brightest show - *Arrested Development* - and chopped its current season from 22 episodes to 13 while pulling it from participation in November sweeps. While not an official cancellation (yet), it's basically the equivalent of when your boy/girlfriend is all, "I think we need to slow things down," and then - WHAMMO - you breakup.

And here we are talking about a show that has won 12 Emmys (out of 18 nominations!) in its first two years on the air. Now, Emmys mean nothing to advertisers, and they shouldn't mean anything to you, but how many awards does it take to get noticed?

Fans of the show are quick to throw fists at Fox for questionable marketing and a brutal timeslot (and normally I would wholeheartedly encourage hatred towards the network that brought us *Temptation Island*), but really the blame lies squarely on YOU.

Yes, you the general TV-watching public who would rather watch *Extreme Makeover* or the countless re-runs of *Seinfeld* (not that there's anything wrong with that) that run opposite to *Arrested Development* instead of giving shows like it a fighting chance in the ratings war.

Now I don't watch a lot of TV, but *Arrested Development* should be an exception for everyone. Even newborns. And pets. It has an incredible team of writers, one of the best ensemble casts ever assembled and a format that seems years ahead of its time. How is it that it still can't find an audience? Are television viewers so vapid that they can't respond to an intelligent sitcom that is funny in and of itself and not because of a laugh track prompt? On second thought, it's probably best we not answer that.

A subscription-based network like HBO would be smart to pick up *Arrested Development*, and it would definitely fit in with its lineup, but word has it that the show's creators aren't even considering optioning it. That's right, folks, you had your chance at decent television.

Enjoy *Martha's Apprentice*.

What's Between The Covers?

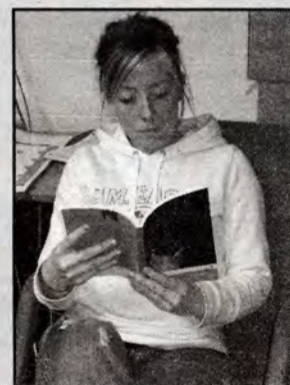
The Wars
Timothy Findley

by randi bokor
ENTERTAINMENT EDITOR

Robert Ross, a 19-year-old Canadian, leaves for France to fight in the First World War. While there he encounters countless deaths, brutal violence, and trench warfare. Ross deals with all the horrors of war including chlorine gas, inclement weather conditions and infection.

The Wars is told in a series of flashbacks, flashforwards, letters and diary entries. Many of the characters in the novel are telling their view of a particular situation which Ross was involved in, from their perspective. The reader's taken from no-mans land where the smell of the rotting corpses is enough to make one gag to an old woman's living room where the reader can almost absorb her energy.

Ross leaves behind a legacy after his stint in the army and most of the people who dealt with him during those years



shanen crandon

have something to say about it. The book is their story of how they remember Ross.

One can't escape the horrors of war in this novel. The vivid images of muddy roads and injury-ridden soldiers will not soon leave you after finishing *The Wars*.

Just under 200 pages, Timothy Findley's novel is a quick read for any avid reader.

Canadian author Findley, uses rich imagery to tell what should be a depressing tale of a hero who loses himself in the war.

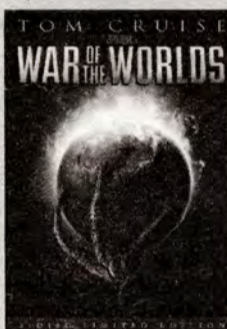
The final pages of this book are captivating. A war has never been portrayed better.



courtesy

CD

Taste of Christmas - out now



courtesy

DVD

War of the Worlds - out now



courtesy

MOVIE

Walk the Line - out Nov. 18



courtesy

GAME

Rebel without a Pulse - out Nov. 22

arts & entertainment

Actress Katie Holmes, Tom Cruise's fiancé, is rumoured to be quitting acting to become a stay-at-home mother after she gives birth to their child. - 24 Hours

Our Lady Peace makes a *healthy* album

The Canadian band is finally releasing its sixth CD delivering some political messages

by lindsay butler
ENTERTAINMENT REPORTER

After three long years in the studio, Canadian rockers Our Lady Peace are back with their new disc, *Healthy In Paranoid Times*.

With a career spanning close to 13 years, Our Lady Peace has produced six studio albums, two of which debuted at number one on Canadian sales charts, and one live album.

The band's latest single, *Where Are You*, hit the number one position on the MuchMusic Countdown on Nov. 4.

The band recently played a private and intimate show at Massey Hall to lucky Rogers Cable and Internet contest winners.

"It was great to play in Toronto," said Jeremy Taggart, Our Lady Peace's drummer.

"That was one of the best shows of our lives. It felt really good that night. It was nice to play to a hometown crowd, not to mention a crowd that's familiar with the new album too."

Having worked with producer Bob Rock on their last album, *Gravity*, which became Our Lady



courtesy

Our Lady Peace was in the studio working for three years.

Peace's fastest-selling album ever, it was surprising that *Healthy In Paranoid Times* took close to three years for the band to record and put out, the longest by far for them.

"The reason it took three years was because of the different sessions all over North America," Taggart said. "We would take six

weeks and write, then get into the studio with him, then take another break and get some perspective on the songs. We ended up recording 45 songs in the three years."

The band, rounded out by lead singer Raine Maida, guitarist Steve Mazur and bassist Duncan Coutts, doesn't shy away from talking about the troubles with recording

the new album and how it was almost never made.

"It ended up getting a little out of focus for a little bit and things were volatile for a couple months," Taggart explained. "I think that some songs we really liked kept us going. That was the thing, if we didn't have songs like *Picture and Angels*, we'd really be out of it."

But they've also included political songs about the U.S., like the track *Wipe That Smile Off Your Face*.

"You could say it's directly about George Bush but, at the same time, it's basically about somebody who's taking advantage of someone else and taking advantage of a whole country. I mean, it's happened in every country around the world, it's just happening a lot in America lately."

While the political stances of their fans obviously vary, Taggart said the band hasn't received a lot of negativity towards the song being played live at U.S. shows now that Bush's approval is under 50 per cent.

"So there's always going to be half of the country that likes us and half of the country that wants

to kill us. I don't think we're direct enough or offensive enough with it, I think we just kind of speak our piece. It's not like we're a blue band through and through and that's all we're known as in America."

With his career spanning over a decade with Coutts and Maida, Taggart said the band enjoys playing live even more so now.

"You get to a certain level of communication without having to say something and the way you play kind of becomes very cohesive. At this point live, we just speak together a lot more clearly and control the songs a lot better and the dynamics are a lot more in tune..."

Being a very recognizable Canadian band, many people have dubbed Our Lady Peace as being Canadian rock icons, but Taggart feels the band hasn't musically reached that level yet.

"I'm only 30, we're all too young. Musically I just don't think we've done that. I don't know what that is though. I know Neil Young and The Band are, Joni Mitchell. I just don't think we're allowed to have the same said."

Pride and Prejudice contains mushy chemistry

by bronwyn cawker
ENTERTAINMENT REPORTER

Upon viewing the movie trailer, the reaction of most people might have been "great, another

remake," accompanied with memories of being forced to watch clips of the 1995 version in high school English class.

Alas the latest version of *Pride and Prejudice* isn't so bad. And in

typical girly, fashion it makes the viewer feel romantic.

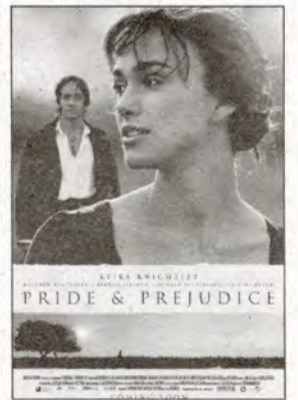
For those not familiar with the plot, the classic story follows five sisters who have been raised by their mother with one purpose in

life: to find a husband. Times have definitely changed.

Pirates of the Caribbean vixen Keira Knightley plays Elizabeth Bennet, a strong-willed female and one of the five sisters. Co-star

Matthew Macfadyen plays Mr. Darcy, a wealthy, snobby bachelor who takes residence in a nearby mansion. Initially Elizabeth is expected to be with Darcy; however, it is just not that simple. The two immediately dislike each other upon first meeting.

The on-screen chemistry between Knightley and Macfadyen is remarkable on screen. Macfadyen's talent is no match for Knightley, who embodied every given aspect of her role, bringing Elizabeth Bennet to life with an abundance of passion and drama to boot.



courtesy

The film is definitely recommended for those who enjoy breathtaking cinematography and mushy movies with a dash of subtle humor.

Die-hard fans of the 1995 adaptation should be warned to keep an open mind viewing this version. If you're expecting an exact knock-off, look elsewhere.


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Michael Jackson has spent \$1.5 million on an island retreat. He's bought land on one of the Amwaj islands, one of the man-made Bahrain islands. - yahoo.com

SPOTLIGHT *on Humber*

by drew seale
ENTERTAINMENT REPORTER

Toronto quintet Arietta try to change the state of Canadian independent music to a new level, but members still find time to continue their education.

The band's bassist Ty Rowles is in the Funeral Services program at Humber. Although he is the only member of the band not in a music associated program, Rowles said the music he listened to when he was younger inspired his program choice.

"Back in Grade 8 I was into

Marilyn Manson," Rowles said. "Now it seems to be a smart business for my age."

The band's vocalist Tyler Johnston is a graduate of the Harris Institute for the Arts' artist management program.

"A lot of the members have taken musical theory," Johnston said.

Arietta has shared the stage at venues across Southwestern Ontario with such bands as The Most Serene Republic, The Reason, Brazil and The Getaway.

The band was formed in 2002 and after various line-up changes, the group is now held

together by Johnston and Rowles as well as lead guitarist Sean Ramesbottom, rhythm guitarist Brian Craig and drummer Andrew Kekewich.

Johnston, who writes for ontariopunk.com, is trying to get the band signed through people he has interviewed or met through work, including Canadian labels Smallman and Dine Alone.

The band has a self-titled E.P. available and is currently working on its debut full-length, tentatively scheduled for release next fall.

Find out more about Arietta at www.arietta.ca.



If you're a Humber student or faculty member in a band or know of one e-mail us at:

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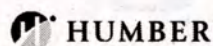
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Picture perfect opportunity for Humber photographers

HSF holds monthly photography contest for students with the prizes of a \$400 digital camera, certificates

by jennifer cialini
ENTERTAINMENT REPORTER

The Humber Students' Federation's new monthly photography contest, Over Exposed, is giving students the chance to express their talent more than once with a new theme each time.

The photography contest was the idea of HSF senior events assistant, Shelby Hilson

"I love pictures and I really want to see everybody's. We want to have a series of events that are geared towards and encourage creativity," Hilson said.

Many HSF events consist of games and prizes, but this event is something fun that involves personal talent and imagination.

"We are also working on a writing contest. We are going to start a new trend of creativity," Hilson said.

The contest will run for six months, from November to April. Each month a new winner will be announced and his or her photo will be displayed on the HSF website. The winner will also receive a gift certificate from Black's Photography.

"We've had a big response of people asking about the event and picking up packages," Hilson said.

Aaron Miller, HSF's programming director, said the contest is on a trial run.

"This month is going to be hit-or-miss because it's the first time we are doing this. We are anticipating for the event to continue year after year," Miller said.

Entries will only be accepted from Humber and Guelph-Humber students. Only one photo will be accepted per student each month.

"This is open to everybody.

Even if photography is a passing hobby, we'd still like them to get involved. Different skill levels will make the contest more interesting. We are looking for stuff that is creative and out-of-the-box," Miller said.

Entries will be accepted on the first business day of each month and they will not be accepted after

"This is open to everybody. Even if photography is a passing hobby, we'd still like them to get involved. Different skill levels will make the contest more interesting. We are looking for stuff that is creative and out-of-the-box."

- Shelby Hilson,
HSF senior events assistant

12 p.m. on the last day of submission, which is the last business day of each month.

"We hope for natural-looking photos, as opposed to digitally enhanced," Hilson said.

Themes for the event include family, winter wonderland, strangers, love, reality and humour.

"Giving one generic theme each month should make it more interesting to see the different perspective on these themes," Miller said.

Photos must be 8"x10" in size and submitted in a clear plastic cover and can only be submitted once. There are no other restrictions in the contest.

If the photo is not self-explanatory of the month's theme, then a brief explanation of how it applies to the theme should be included.

Photos must be the original work of the student and can be dropped off at room A102 at the North Campus.

At the end of April a winning photo will be selected from all the monthly winners and the winner will receive a \$400 digital camera.

November's theme is family. Submissions will be accepted until Nov. 30 no later than 12 p.m.

Next month's theme is winter wonderland.

What's In Your Headphones?



shanen crandon

name: nick benic
age: 19
music: depeche mode
program: marketing

arts & entertainment

Singer Elton John will bring his Las Vegas show at Caesar's Palace to TV with his special *Elton John: The Red Piano*. It will air on NBC on Dec. 14. - yahoo.com

Corner Gas funny man creates smart contest

Brent Butt's Comic Genius competition offers winner \$10,000 and a cameo on his show

by penny graham
ENTERTAINMENT REPORTER

One of Humber's rising comedy stars has the chance to show the world her stuff in the Corner Gas Comic Genius contest, held by Brent Butt and *Corner Gas*.

To enter, contestants must post two minutes of audio from their best material. They are judged by the public and professional judges alike.

Julia Bruce, a former Humber comedy student who graduated from the post-grad program last

April, is one of 20 semi-finalists.

She could be one of five finalists who will be flown to Regina to compete in a live comedy special to be aired on The Comedy Network. The grand prize winner, which will be announced Jan. 23, will receive \$10,000 and a cameo

on CTV's *Corner Gas*.

"What attracted me to the contest was the live stand-up experience more than the money," Bruce said.

She was excited to have advanced in the contest, since it will give her exposure to help her

break into the industry, one of the most important things for an up and coming comic.

"The best thing to do is stand up nights. Doing that, getting to know the community, is one of the different routes you can go," she said.

Butt, the star of *Corner Gas*, agreed that the contest is a great way for newcomer comedians to get the spotlight they need to become established.

"When I started in comedy, there was no \$10,000 payoff for starting comedians. You may as well try to get a chunk of the moon," Butt said. "It's a good opportunity for seed money. Ten Gs goes a long way for an up and coming comedian."

The contest can be compared to shows like *Canadian Idol*, giving

"When I started in comedy, there was no \$10,000 payoff for starting comedians. You may as well try to get a chunk of the moon. It's a good opportunity for seed money. Ten Gs goes a long way for an up and coming comedian."

- Brent Butt,

star of CTV's *Corner Gas*

any interested comedians from around the country a chance to come together and duke it out, to see who are truly among the comic elite.

Second-year comedy student Garrett Jamieson said, "I think it's great. It even gives non up and coming comedians a change - those people who are funny around the work place and what not."

Contestants and their routines can be watched at www.corner-gas.com. The deadline for submissions is Nov. 27.



courtesy

Brent Butt from *Corner Gas*.

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"Hockey is a sport for white men. Basketball is a sport for black men. Golf is a sport for white men dressed like black pimps." - Tiger Woods

Silver at CCAA's for Murray-Lawson

by **stephen leithwood**
SPORTS REPORTER

Teams from Alberta, Quebec, and Ontario converged in Peterborough last Saturday to race against each other in the 2005 CCAA National Cross-country Championship.

Humber's Colin Murray-Lawson took home the silver medal and led Team OCAA (Ontario) to a silver finish.

Murray-Lawson crossed the finish line moments after Alberta's Rogers Sergon of Lethbridge college won gold.

"I hadn't heard of him. (Throughout the race) he just had it," Murray-Lawson said. "It feels good to come in second to a very good runner."

The ACAC (Alberta) won gold for the male teams, as five of their runners placed in the top 10.

Hosted by Fleming College, the event took place at the Peterborough Sport & Wellness Center.

This was the same course Murray-Lawson first ran for Humber back in October. This time around, he shaved nearly a minute off his last time, clocking in at 27:33.

Humber's strongest female runner, Natasha Szauter, had a scary episode during the women's 5k race.

"I was following our two girls, and as I was coming out of the bush, there was a Humber girl down on the ground," said Joanne Verbeek, a Fanshawe athletic offi-

cer. "She looked like she needed oxygen, she was curled up in the fetal position and in a lot of pain."

Humber's athletic director Doug Fox was out on the course when Szauter collapsed. He was by her side until the paramedics arrived.

"She was incredibly nervous, the anxiety she built up in herself is part of what happens with (events like these)," Fox said. "Her expectations were so high."

Her parents came out to see her run. Her father, Tim Szauter, explained what happened after spending time with Natasha and the paramedics.

"She had too many people passing her, and she's not used to that, so she pushed herself a little too hard," he said. "She got blurry and just for a moment blacked out."

The women ran their race before the men did. Mike Scipio, who placed 31st for the Hawks, was a little shaken up.

"I feel more scared going into this thing," he said.

To qualify as a team for the nationals, a team must have four or more runners. Humber only had three female participants, so they missed out on a team standing.

Out of 66 female finishers, Mariapia Annarilli placed 33rd and Nicole Paulichenko finished 43rd.

The men's team captain, Jason Melhado, set a goal with the team the night before to place within the top 10, and they ended up squeaking in at ninth.

"It was fast, really fast. I almost puked," Melhado said. "My mind was going all over the place, there were so many guys."

There were a total of 117 male entrants, but only 97 actually completed the 8k.

With a mix of sun and clouds, the weather was on the participant's side.

A true cross-country course, the layout was a maze of trees, rocks, creeks, and the path was plagued with stump-like roots that stuck up from the dirt.

"Although this is a non-contact sport, it's still dangerous," Annarilli said, who won't be returning next year.

Now that it's all over, the team is looking to recruit and train for the next season, and build upon what they've established as a first-year team.

They'll be without men's captain Melhado and women's captain Szauter next year, along with gold medalist Murray-Lawson.

Humber has established itself as a strong contender in the cross-

country circuit, so the expectations for next year are high.

"You can just see it in the camaradery, it's an incredibly tight group," Fox said. "There's no animosity that one is better than the other. It's a very supportive group, and they all cheer each other on."

While this varsity team doesn't run year-long, its future success lies in the dedication of their core returning athletes, the training of new runners, and the athletic department finding that special runner for the Hawks.



stephen leithwood

Colin Murray-Lawson crossing the finish line on his way to a Canadian National silver medal.

All-Star runner draws attention after stellar season

by **stephen leithwood**
SPORTS REPORTER

Humber's new cross-country team is full of experienced runners, but Colin Murray-Lawson is running away with it all.

The 20-year-old has captured individual silver and gold medals for the Hawks, and has built a name for the first-year team.

"It's so exciting to have a runner like Colin on our team," coach Jennifer Andress said.

Murray-Lawson attends Humber's Lakeshore campus and practices with the Hawks only once a week, so he has to stick to his own training routine: running six days a week, and stretching at least an hour a day.

Murray-Lawson's workout is of no surprise, as he hasn't been running as often as he'd like.

"It's been so long since I've done a competitive cross-country," said Murray-Lawson. "(This is) my first school meet in two years, and last year I ran two the entire season."

Charlotte Lackie coached Murray-Lawson for five years at Martin Grove Collegiate in Toronto, and said that he can overcome any challenges.

"Colin is a special kid, he has

such a passion for running and that's what probably separates him," former coach Lackie said. "He's grown and as he gets older he gets stronger."

Lackie remembers Murray-Lawson as a tremendous leader in high school, and it was a good choice for him to go to Humber College.

"He's running today because he had the initiative to get the team started," she said.

That's because Murray-Lawson was instrumental in bringing a varsity cross-country team to Humber.

"He e-mailed Doug Fox once a week for about a year saying 'why don't you have a cross-country team?'" coach Monique Haan said.

Before Humber's athletic director Doug Fox saw Murray-Lawson run, he only heard about his talent.

"I went to the one in Hamilton (Humber's first invitational Murray-Lawson missed) and man, there were some good runners there," Fox said. "So I thought, how good is this guy?"

Fox saw for himself when Murray-Lawson ran 8k in 27:31 for a gold medal in the OCAA Provincial Championships, and once again when he earned silver against the best runners Alberta, Ontario and Quebec had to offer

at the 2005 CCAA Open Championships.

Murray-Lawson, second oldest of three brothers, ran his first 5k when he was just 10-years-old.

"I remember taking him out for his first run," Murray-Lawson's mother Sheila Murray said. "I was trying to give him pointers, and he just left me in the dust."

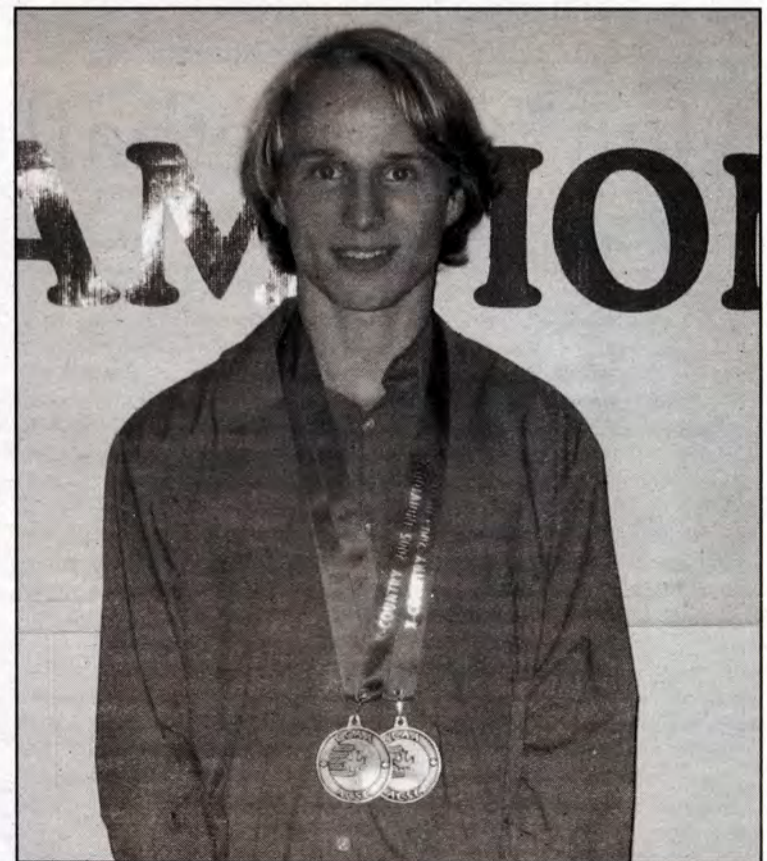
Training for track and cross-country since Grade 10, Murray-Lawson has had a lot of success on the course, but sometimes struggles off of it, with a lot of challenges experienced runners face.

"Because Colin has such a small physique and trains so hard, I think he has a problem with strength and keeping weight on," Lackie said.

When it came to preparing for the provincials, the Lakeshore student went all out.

"I took a lot of care of my body in the weeks leading up, watching everything I eat and going to nutrition seminars at U of T," Murray-Lawson said.

Despite his successful first season with the Hawks, Murray-Lawson won't be a returning member of the varsity cross-country team. Instead, he will be attending the University of Toronto and running for their club next year.



stephen leithwood

Murray-Lawson poses with his silver medals after the National Championship banquet last weekend in Peterborough.

sports

"Why would anyone expect him to come out smarter? He went to prison for three years, not Princeton." - Boxing promoter Dan Duva on Mike Tyson

Hawks down Bruins for first win

by terry bridge
SPORTS REPORTER

The men's volleyball team went into Sheridan and soundly defeated the Bruins for its first win of the regular season.

Last Wednesday, Nov. 9, the favoured Hawks beat the Bruins in straight sets, 25-17, 25-15 and 25-23.

The team felt confident getting their first victory out of the way.

"We had no wins, we were 0-1, so it's a big win, but in all fairness it's one of them that I put on the board as an expected win," said Wayne Wilkins, the head coach.

The Hawks never trailed in the first set, opening with a surprise tip from Fred Lee for the first point and closing it out with an ace from Tarun Swaroop.

"We did good, the bench was on, the whole starting line up was rookies. I think at that time we did pretty well," Swaroop said. "We went down for a while, then came back up. It's good that we came back up."

Including the Humber Cup tournament from two weekends ago, the Hawks have won nine of their past eleven sets and are starting to pick up some steam.

"Compared to the first game (against Redeemer) we played awesome," Joseph Yu said. "We played as a team, everyone contributed their part, everyone had their role and everyone hustled for the ball. It was overall a really good game."

The Hawks got off to a slower start in the second set, trailing 8-3, when they called a timeout.

Wilkins huddled his team around for a quick pep talk.

"We have to play here," he said, pointing to his head. "Let's out-work, outplay and out hustle."

The chat sparked the team, as it scored 11 of the next 15 points, running away with the set.

The team started slow out of the gates this season with a straight-set loss to the underdog Redeemer Royals, but appear to have turned things around.

"Training camp was a couple months long, and I think our first game back when we lost was a wake up call for a couple of guys," Wilkins said. "They learned you can't fall asleep even if you're playing a weaker opponent and I believe that first game we were playing a weaker opponent, but we just weren't ready."

The rookies' inexperience showed in the third set when they held a commanding 20-12 lead, but allowed the Bruins to climb right back into the game, scoring 9 of the next 13 points.

With the set on the line, Wilkins called a timeout and told the six freshmen on the floor that they were going to win the game.

"We called a timeout at about 24-23 and I advised the guys that the team that's on the floor right now, which at that time was primarily all rookies, was the team that was going to win the game," Wilkins said. "I wasn't going to change the line up to get the win, so they had to get it done and they did, they went out and got it done."

One thing that has hindered the team from the start is its lack of

veterans, with only four players returning from their championship team a year ago.

The influx of rookies is something Wilkins is trying to deal with, realizing they are the future of the team and they can't be eased into the line up.

"If you always put (the rookies) in situations where they can only be successful, they'll never learn what it feels like to lose," Wilkins said. "They'll never learn what its like to make a mistake, and when the time comes that they are pressured they don't know how to react. I had to put them in a situation where there was the potential they could lose, and see how they could react, and the guys did a great job."

Swaroop explained that being on the floor as a rookie can be difficult, especially if the opposition scores a few points in a row.

"Say the other team gets three points in a row, you suddenly feel nervous and stuff and you don't hit the ball. You hit the ball over and they stuff it back down your throat, and they get one more point and it just goes on and on."

The whole team, veterans included, realize that despite the decisive win there are still key issues that need to be addressed.

"We need to improve on passing the ball more, and we need to work on communication," Swaroop said. "This is a new team basically, nobody has played with each other before except for the guys that came back, which is only four guys."

The Hawks next game is Sunday, Nov. 20 against St. Claire.



terry bridge

Duayne Mondersir, 18, serves in Humber's win over Sheridan.

Men's basketball starts season 2-0

by garth simmonds
SPORTS REPORTER

The stands were packed as Humber's faithful came out in droves to take in the men's basketball season opener against the Georgian Grizzlies last Wednesday. To start the game, the Hawks showed their class by having each starter run over to shake hands with the opposing head coach.

The game got off to a slow start with both teams turning the ball over and the Hawks came out flat on offence. After making their first field goal attempt, the Hawks missed their next few shots but managed to keep the game close. First-year forward Brenden Gittens sparked the Hawks with a big block that led to a Hawks three pointer.

Still without center Andrew Thompson, the Hawks were thin on the inside but made up for it by

tightening up their defence late in the first half. The Hawks finally got into their flow on offence and went into the half up by one. First-year guard Nolan Gooding finished the first half with 11 points after nailing three three-pointers.

The second half began with more intensity as both teams traded baskets, but midway through the half coach Glenn picked up his first technical of the season for arguing a non-call.

"Sometimes it's important to let them know you're involved in the game. It was something where I felt I needed to do that to make them aware I though we were getting hit," Glenn said.

"As a coach all you really want is some consistency and sometimes you get frustrated as coaches when calls are being made a certain way on one end and at the other end calls aren't being made."

The technical foul capped off a

strong run by the Grizzlies, putting them ahead late in the game when the Hawks backcourt came alive.

Guard Michael Cruickshank blew open the game scoring all of his 13 points in the second half and veteran forward Jonathan Wyse also notched 13 points in the second half, finishing the game with a team high 20 points.

Guard Jose Araujo got into his flow late in the half finishing with 14 points and Wyse solidified the victory by hitting some key free throws down the stretch. The Hawks ended with five players scoring in double digits defeating Georgian 78-69.

The Hawks also played their first road game on Friday Nov. 11 at Seneca College. The Hawks came away with the blow-out victory to improve their record to 2-0. Despite missing some of the key contributors, the Hawks still managed to dominate the game.

"We're showing we have a lot of depth by being able to still compete and be successful with so many people injured," Glenn said.

"We shot the ball better but more importantly we defended better, we were really able to neutralize what they were trying to do and were really able to rebound the ball."

The home Sting had could not stop the Hawks' offence as they outscored the Sting 47-17 in the second half. The offence ran away with the game and produced a 39 point victory, 86-47. Every player that hit the court for the Hawks scored and again the Hawks finished with four players in double digits. Veteran guard Johnathan Wyse led all Hawk scorers with 13 points.

With the win, the Hawks will retain their number one ranking and are off to face their rivals Sheridan College on Nov. 18.

Hawk Schedule:

Men's Basketball
Friday @ Sheridan
Tuesday Nov. 22 @ Seneca

Women's Basketball
Friday and Saturday Nov. 18
and 19 @ Durham
Invitational Tournament

Women's Volleyball
Saturday Nov. 19 vs.
Lambton
Sunday Nov. 20 vs. St. Claire

Men's Volleyball
Sunday Nov. 20 vs. St. Claire
Wednesday Nov. 23 vs.
Mohawk

2005 Extramural
Hockey Tournament
Men's and Women's - Today
and Tomorrow at Westwood
and Chesswood Arenas

"I see myself playing as long as I am partially enjoying the game and partially successful and they are paying me." — now-retired Brett Hull

Big win to open season

Strong performances by Moxley and Chamberlain

by jevon griffith
SPORTS REPORTER

In their first game of the season, the Humber Lady Hawks defeated the visiting Georgian Grizzlies 78-46.

"It feels good. It's a great start to a new season," said forward Sarah Moxley, finishing the game with 25 points.

In the first half, however, the Lady Hawks kept exchanging baskets with the Grizzlies and were often out-hustled.

"Everyone's gunning for us, so we have to play well as a team. We can't take anyone lightly."

— Erin Chamberlain, guard

Coach Denise Perrier felt the girls might have been tentative.

"I don't know if it was a case of the nerves, a little bit, with us, or if it was because it was our first game at home, but I think it took us a while to get going," Perrier

said.

One play that was telling of the first half was one that saw guard Erin Chamberlain take a jump shot that spun its way around the basket, but wouldn't fall through, adding to a number of frustrating first-half moments.

"Erin couldn't hit much in the first half and she still had 11 first half points. It was like nothing was going our way," Perrier said.

It was also a night coach Perrier will remember as the game she got her first technical foul.

"I just said, 'call it both ways,' then I got my first ever technical in five years of coaching, but I had to get the girls going," Perrier said, laughing.

And in the second half, the Lady Hawks took a commanding lead that the Grizzlies could not overcome.

"Everyone's gunning for us, so we have to play well as a team. We can't take anyone lightly," said Chamberlain, co-player of the game, along with Moxley.

The Lady Hawks will look for another dominant home performance when they host Fleming Wednesday Nov. 16.

Intramural is out; extramural is in

by justin holmes
SPORTS REPORTER

Humber's intramural ice hockey league has been scrapped due to lack of interest.

"Hockey's dead at Humber," said Doug Fox, athletic director.

"I'm not sure why all of a sudden hockey's down," he said, adding this is the first time that he remembers a season's cancellation in the long-running league.

"Usually we get eight to 12 teams, this year we got three that entered," said Jim Bialek, assistant athletic director.

Fox said the Lakeshore campus and the firefighting program usually contribute a few teams, and a lack of support this fall from those groups has hurt the program.

Fox said that one possible problem may be that games are often scheduled during the day at times that may interfere with classes, or late at night.

Athletics will promote the league again in the new year to hopefully run intramural hockey for the second semester. For fall 2006, Fox said efforts to improve

game times and league promotion will be made.

In the meantime, those looking for a Humber hockey fix can check out the 2005 Humber extramural men's and women's ice hockey tournaments, to be held tonight and tomorrow at Westwood and Chesswood arenas.

The men's tournament "couldn't have been bigger. I had to turn teams away," Bialek said, noting that the event will be the largest it has been in its 20-year history.

Humber will ice men's teams for both North and Lakeshore campuses and a women's team.

They will face teams from all over Ontario.

The level of competition is the best Humber can get since the OCAA cancelled varsity men's hockey two years ago. Bialek credited the tournament's substantial turnout largely to the lack of an OCAA league.

Both the 18-team men's and the 10-team women's tournament will use a modified round-robin/elimination structure.

Admission is free. All are encouraged to attend.



morgan murrell

Erin Chamberlain in fine form.



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"It took me 17 years to get 3,000 hits in baseball. I did it in one afternoon on the golf course." – former baseball player Hank Aaron

Turning passion into profession

by garth simmonds
SPORTS REPORTER

He has the job that many aspiring sports journalists dream of and he credits much of his success to his experiences at Humber.

Born and raised in Burlington, Ont., Eric Smith moved to Toronto in his first year of college where he studied journalism. Like most guys, Smith grew up playing, watching and loving sports but he knew the odds of making the pros were probably against him. That meant he would have to find another way to turn his passion into a profession.

"If I couldn't crack it as a professional athlete, why not get into radio or TV so I could cover sports. As the years went by, that fantasy started to become a reality for me in that I was saying to myself 'why not?' Why not get into TV? Why not go into journalism ... or something along those lines?" he said.

At Humber, Smith took advantage of the wealth of knowledge and experience that the faculty had to offer and he credits them for helping him find his niche in journalism. Smith had initially considered a career in TV but was persuaded by program co-ordinator Judy Charles to at least consider radio.

"Without Humber, there's a very good chance I wouldn't be doing what I am today ... I may not have interned at the FAN. Thus, my story could end right here," Smith said.

He also credits former Hawks men's basketball coach Mike Katz, for sharing his knowledge of the



Eric Smith, right, posing with former Toronto Blue Jays great Ernie Whitt at The FAN 590.

game of basketball and helping him sharpen his skills as a journalist.

"Where would I be without that year of experience covering the Hawks? Being published in the student paper every week giving me the experience as an interviewer and a reporter that I would one day take with me to my job at the FAN," Smith said.

"I think I learned a lot in college. I grew a lot as a student, and as a person."

According to Smith, opportunity knocks for a lot of people and some are unwilling or unable to answer but when opportunity knocked for him, he knew he was ready for it.

A huge fan of basketball, Smith's passion for other sports

like hockey and baseball started to fade over the years but his passion for basketball grew.

While still at Humber, the Raptors had just made their debut in the NBA, so when Smith graduated from Humber with honours, the Raptors were still finding their way in the NBA. He believes his opportunity had a lot to do with impeccable timing.

"Watching a brand new organization (the Raptors) develop and unfold before my eyes was motivating. I knew I wanted to work with, or for, or be somehow connected to the NBA. And the new existence of the Raptors provided a chance for that dream to one day come true," Smith said.

Six months into his internship with the FAN 590, Smith was

hired as a part-time producer – booking guests for shows and coming up with topics or ideas for the hosts. A year later, Eric was hired full-time by the FAN to produce The Big Show with talk radio personality Gord Stellick.

While producing Stellick's show, Smith continued reporting while doing limited on-air work, mostly involving the Raptors. Two and a half years later Smith was promoted to a full-time reporter position and an on-air position as the beat reporter for the Raptors. He was also made host of the pre-game, halftime and post-game shows on the Raptors radio broadcasts. Smith also has 'host' on his resume, working on shows like the FAN's weekly basketball show, Hoops, Sports Central and various

fill-in gigs on The Bullpen and The Chuck Swirsky Show. In addition to reporting at the FAN 590, Hoops is also simulcast nationally on Raptors NBA TV.

Smith has also written columns for NBA.com Canada. You can also look for him at Raptors.com where he contributes a monthly web column.

"The FAN is all I've ever known. I do work for Global TV (Sports) now as well as Raptors NBA TV – but those freelance opportunities would have never come along had it not been for that start I got as an intern at the FAN 590 years ago," Smith said.

Even though he has a job that only a handful of people in the world get to do, he knows that it was only hard work and perseverance that got him there and he doesn't take it lightly.

"I know I'm one of the lucky ones. My dad has been a steel worker for 30 years at Dofasco ... that's hard work. That is 'work', period," Smith said.

"I sit behind a microphone or stand in front of a TV camera and talk about basketball ... talk about sports. I'm getting paid to cover a game. I'd do this for free."

Smith understands that he is in a much desired field of work but don't think he isn't aware of how lucky he is.

"I'm not performing open-heart surgery or solving the problems of the world. I can't complain," Smith said.

He is entering his seventh season as the host of the Toronto Raptors pre-game, halftime and post-game radio broadcasts and his eighth season covering the Raptors overall.

You can catch Smith Thursdays on the Fan 590 as he hosts Hoops along with Raptors play-by-play man Paul Jones.

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Stadium to be built at Exhibition Place to house Toronto's entry into MLS

Field is already slated to host the Under-20 World Championships in 2007

by matt durnan
SPORTS REPORTER

The world's most widely played professional sport has finally made its way to Canada.

Toronto has been awarded a Major League Soccer (MLS) team, which will begin play in 2007.

The team, whose name is yet to be determined, will be playing out of a stadium to be built at Exhibition Place. The support for the team is widespread, and contributions have been put forward from the City of Toronto, Queen's Park, Ottawa and Maple Leaf Sports and Entertainment, which owns the Toronto Raptors and Maple Leafs. The stadium is

already scheduled to host the Under-20 World Championships in 2007.

"Hosting this event is huge," said Earl Cochrane, head of communications at Soccer Canada. "People from all over the world will be watching this, and when they see that Toronto can host such an event, it definitely adds to our prestige in the soccer world."

In a city overrun by Maple Leaf fans, however, one might wonder whether a professional soccer team would flourish or flounder in Canada's hockey capital.

"MLS has been around for 10 years now," Cochrane said. "The league has a very good reputation

and we're confident in bringing a team here."

Team opens the door for nation's top talent.

The expansion of an MLS team in Canada opens doors for developing players in the nation as well.

Up until now, high calibre Canadian players had to travel to Europe in order to take the next step in their soccer careers, but with a professional team in Canada, players can gain exposure and grow their game close to home.

"This is a big step in the right

direction as far as developing our nation's young players," Cochrane said. "Not only will it help feed our national squad, but we'll now have players from Europe coming over here to play."

While the plans to expand a team to Toronto were kept relatively quiet, Soccer Canada had been working on this since 2002.

"This has been on our plate for a while now," Cochrane said. "If there's great success with this team the support is there, we may see an MLS team in Vancouver or Montreal in the near future."

As far as the team goes, training camp kicks off in late February of 2007, and the MLS season runs from April through November.

"My power is discombobulatingly devastating. I could feel his muscle tissues collapse. It's ludicrous these mortals even attempt to enter my realm." – Mike Tyson

Rules aid offensive defencemen

by justin holmes
SPORTS REPORTER



The birth of the post-lockout NHL is probably the biggest reformation of any North American pro league, and thus has come under a good deal of scrutiny (no doubt too much here in Toronto). Nary a shootout, nor groin injury goes by without a debate on any number of media outlets.

For years, fans and critics have insisted on the need for higher scoring. The big criticism now is the rise in quantity has resulted in a hit in quality. The complaints will never cease, but the argument has validity.

While changes to NHL rules have allowed for more offensive plays, fluke deflections and front-of-goalie traffic have resulted in an inordinate number of goals.

This is because of the identity crisis of today's NHL defenceman.

In spite of the debates about goalie equipment, goalie penalties, goalie injuries, bad goals are linked to a less complex "he's bad/he's good" diatribe. In the case of Leafs fans, it's, say, defenceman Alexander Khavanov is bad, Bryan McCabe is good. The question is why is McCabe good?

Mere months ago McCabe was vilified by the media as defensively unreliable and was predicted by many to struggle under the new rules. McCabe leads in points by a defenceman, five points ahead of second-ranked Lubomir Visnovsky.

So how does McCabe go from being fourth of all league defencemen in points in 03-04 and written off as overpaid and overrated to being first in 05-06, coughing up crucial turnovers every game while getting early buzz as a Norris candidate?

Part of it is the fickle nature of sports punditry. Most of it is that the defensive game has totally changed.

The last Norris trophy winner, Scott Niedermeyer, is ranked 29th among defencemen in points and his plus/minus rating ranks him 153rd. The man who won the Norris the three years before, Niklas Lidstrom, is 24th in points and 34th in plus/minus. Past winners like Brian Leetch, Chris Pronger and Rob Blake are putting up relatively pedestrian numbers. Meanwhile players such as McCabe, Ric Jackman and Ed Jovanovski are earning a point a game, albeit at the expense of a plus/minus rating.

This isn't because defensive players have lost their place in the NHL. Three-time Selke winner Jere Lehtinen is leading the Dallas Stars in terms of goals while maintaining one of the better plus/minus ratings on the team. The problem is that today's defencemen don't know what to do.

The new rules against obstruction hit blue-liners the hardest.

That is a fact. That also is unlikely to change. By next season, referees will probably stop calling every hook and trip, but the interference and delay of game penalties are here to stay. Within the first month of this season, on average a team took 17.4 minutes worth of penalties a game, well up from last season's 14.6. The engine of today's NHL is the power play.

This is the reason why McCabe is so valuable to the Maple Leafs. Last year, Pittsburgh's Dick Tarnstrom led all defencemen in power play points with 38 in 80 games. McCabe is leading all defencemen with 17 in 19. When Visnovsky briefly took over the point race for defenceman on Nov. 2 he had nine in 13.

McCabe's role on the Leafs is to fire shots at the net from the blue

line and to stand in front of Ed Belfour on defence. He can't break up a play the way he could last season, but he can be pretty annoying for an opposing player by being in his way.

No doubt this will change. Defencemen will either find their niche and discover how to focus on fundamental things like pass interception and clean physical play, or find another loophole in the rules to abuse. One can only hope for the sake of hockey that it is the former. If neither happens, fans will have to deal with a season of two pseudo-forwards on a line until the NHL takes action with another set of rule changes.

For the moment, Leaf fans should just be happy with the idea of the team winning its first ever Norris trophy.

Hawks continue to soar

by jeremy crowe
SPORTS REPORTER

The Humber women's volleyball team proved that its number one ranking in the Ontario College Athletics Association is no fluke, going undefeated to win the Cambrian Invitational Tournament last Saturday.

The Hawks began their busy schedule last week with a 3-1 win over Sheridan on Thursday, improving to 2-0 in league play this season.

Despite a lacklustre performance in the first set, the team bounced back to dominate the next three sets for the win.

"We didn't really play at our level," said coach Chris Wilkins.

"The team's going to have to learn to go out and play hard every day."

The Hawks lived up to their coach's expectations at the week-

lapse, but as the games went on, we got better and better," Wilkins said.

In the semi-finals, the team once again disposed of Sault Ste. Marie before defeating the number two-ranked Nipissing in the finals.

Wilkins pointed out the strong play of Cheri Hunter, Nicole Webber, and Jolande Amoraal, and the leadership of Amanda Arlette, Risha Toney, and Perfection Powell as the driving forces behind the victory.

"The girls realize the importance of sending messages to the other teams that we're ready to play," Wilkins said.

The Hawks (21-1 on the year) will next host Lambton on Saturday and St. Clair on Sunday.

"The girls realize the importance of sending messages to the other teams that we're ready."

- Chris Wilkins, coach

end tournament in Sudbury, coming out strong in pool play to defeat host Cambrian, Sault Ste. Marie, Canadore, Boreal, and Nipissing, all two sets to none.

"There were a few moments of



terry bridge

The OCAA number one-ranked Humber women served up an undefeated week beginning with a 3-1 victory against Sheridan College last Thursday before winning the Cambrian Invitational.

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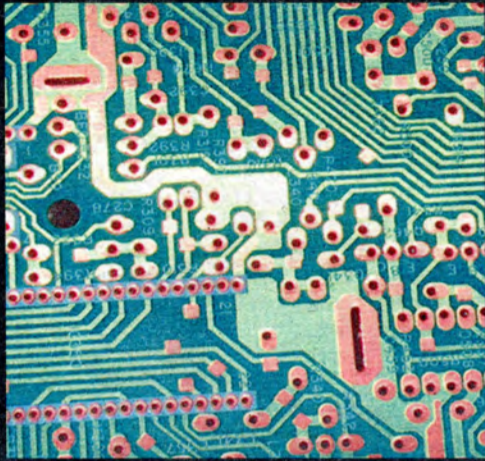
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