



Canadian Forces

Tech changes to keep the military up to date
p.13



Road Hammers

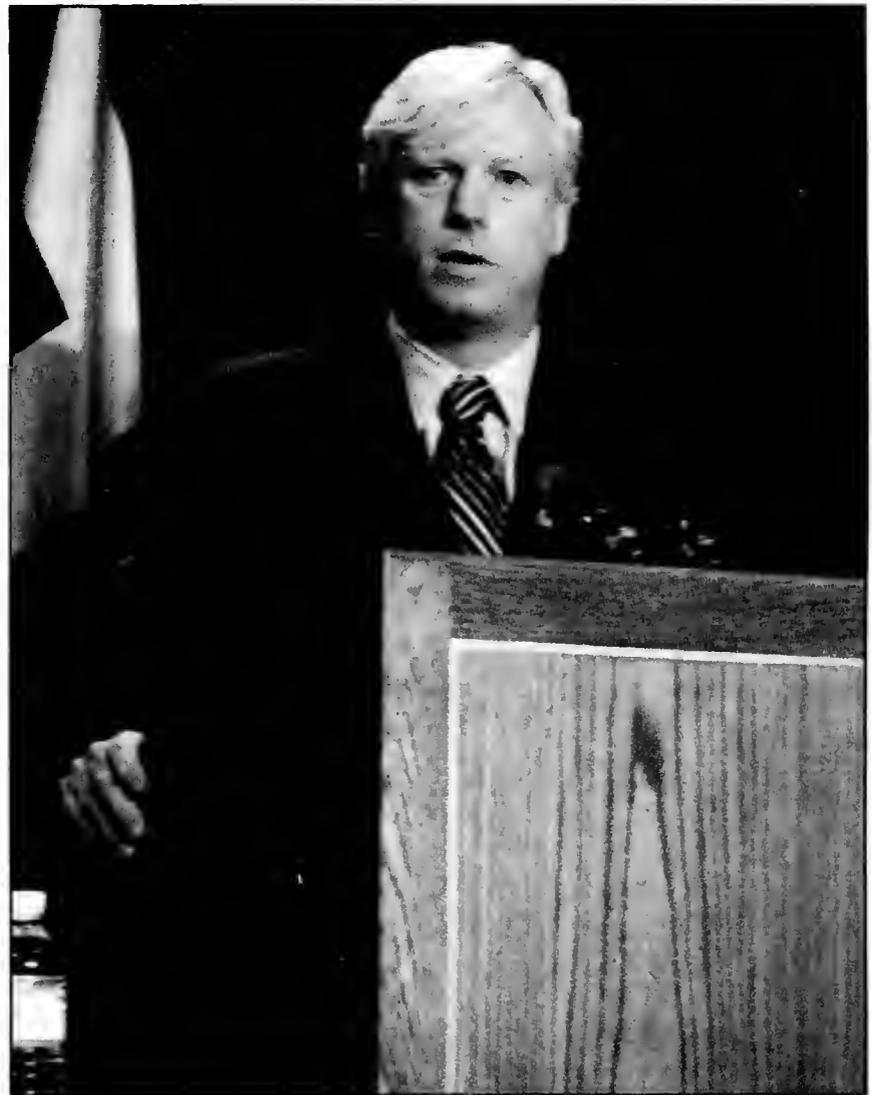
Country meets rock at the Horseshoe
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HUMBER ET CETERA

November 10, 2005

<http://etcetera.humberc.on.ca>

v. 36 # 8



photos by andrew desouza

Prime Minister Paul Martin and Mayor David Miller addressed the public at the Driftwood Community Centre in the Jane and Finch area yesterday.

Toronto gets \$1M to fight guns

Community leader skeptical federal funds will ease crime in the GTA

by andrew desouza
SPECIAL TO THE ET CETERA

Prime Minister Paul Martin's \$1-million pledge to fight violence in Toronto was met with scepticism from a community leader who said government money often doesn't reach the people who need it.

"Each time the government

comes out with initiatives the money doesn't trickle down. There are no jobs ... we don't have the tools to help our youth," said Cassandra Carnegie Douglas, president of the Jamaican-Canadian Association.

Douglas was responding to the announcement made yesterday by Martin and Toronto Mayor David Miller at the Driftwood Community Centre in the Jane and Finch area. This year, Toronto has seen 66 murders, 46 of them gun-related.

The \$1-million pledge is in addition to a \$50-million national Gun Violence and Gang Prevention program that Martin also announced yesterday. Miller

said he is confident his administration can use the federal money to solve community problems.

Martin addressed an audience

**"Gangs are taking our kids and hand-guns are taking their lives."
- Paul Martin**

of community members and government officials with his pledge to fight gun violence in the city.

"Gangs are taking our kids and hand-guns are taking their lives.

We're going to take illegal hand-guns out of our communities and we're going to help you take back your kids," Martin said.

The funding pledge comes days after NDP leader Jack Layton's refusal to continue to prop up the Liberal minority government. The House of Commons resumes on Tuesday with the possibility that Martin's Liberals will face a non-confidence vote.

Martin appeared unfazed by questions about the timing of his announcement.

"I'm not announcing intent to make a promise, I'm announcing money that is there and that is on the table," he said.

The Prime Minister was met

with a barrage of questions ranging from the possibility of a Christmas election to Aboriginal issues.

"I'm not going to play politics here, all of us want to govern," he said. "We have a very ambitious and extensive agenda which requires completion and can be completed within the next couple of months and, as far as I'm concerned, I'm going to govern."

**Layton's bid for Feb. election
> News p. 3**



Depo-Provera Warning, p.11



Ethical Investing, p.15



Women's V-Ball Wins p.22

Thousands of people attended a ceremony in Thailand yesterday for the wedding of the country's only two resident giant pandas. - *Canadian Press*

Committee prepares for fowl flu

by gina jashewski
SENIOR REPORTER

Plans for a pandemic are underway as Humber prepares to protect students and staff from a possible flu outbreak.

"They say that every 30 to 40 years there is a flu pandemic and so the world is due for one," said Carole Gionet, Health Centre manager.

Gionet said unlike other colleges in the area, Humber is being proactive, working with a committee for the past six months to create strategies to deal with the possibility of an epidemic.

John Davies, vice-president of academics and pandemic committee chair, said they have developed plans to deal with the current threat of human influenza, but will continue to meet to discuss what

Humber should do if something like avian flu was to break in Canada.

"Hand washing, signs in washrooms to get people in the habit of washing their hands regularly and an increase in flu shots would be our best defence against an outbreak," Davies said.

Recently, 33 wild ducks in Canada were found to be carrying the H5 subtype (avian) virus.

Officials were quick to dismiss the severity of the strain, saying it is not unusual for birds to carry the flu virus and no human cases have been reported.

In contrast, according to the World Health Organization (WHO) website, the virus continues to spread rapidly through Asia and parts of Europe with over 100 reported human cases.

Gionet said some students and staff are confused about the difference between the regular human flu and avian flu.

She said avian flu infects birds and cannot be transferred from person to person, so those infected with the virus are people who

work in close contact with birds.

"The fear is that eventually this virus will change and mutate and it will go from human to human," Gionet said.

"We've never been exposed to avian flu, so there won't be a vaccine available when a pandemic breaks out. It would take about six months to develop a vaccine," she said.

Gionet said while the current vaccine will not protect you from avian flu, it is still important to get because it is 85 per cent effective against this year's flu.

She also said the flu virus is easily spread, especially on college campuses.

"People tend to come to school or work when they're sick, and they really shouldn't because they're just spreading the virus around," she said.

In the meantime, Gionet said students and staff should learn to recognize the difference between the common cold and the flu because they have common symptoms but are two different things.

Gionet said a cold makes you feel sick for a couple days, but you can still walk around and do things.

"With the flu, you're sick in bed with high temperatures. You're achy all over and you have other symptoms like a runny nose and sore throat and nausea. It's like getting hit by a truck," she said.



gina jashewski

Despite misconceptions, there is no evidence that eating poultry has ever infected anyone with the Avian Flu, according to the WHO website.

Cash not a quick fix to reserve water woes

by ashley house
SENIOR REPORTER

Aboriginal Peoples will need to look elsewhere to get basic needs like clean water instead of relying on the federal government's money, according to one Humber student.

"There comes a time when our First Nations leadership needs to step up to the plate and begin to put a lot more political pressure on the government," said Brent Wesley, who is enrolled in Humber's Aboriginal Journalism Institute at First Nations Technical Institute (FNTI) on Tyendinaga reserve near Belleville. Wesley has worked with youth in many of Ontario's northern reserves, including the now well-known Kashechewan.

It was nearly three weeks ago when water samples from Kashechewan came back with high levels of E. coli due to a malfunction

with chlorine in the water treatment plant. The reserve had been on a boil water advisory for two years.

The federal government evacuated almost 1,000 residents off the reserve to receive treatment for rashes, skin disease and illness.

"The living conditions were horrible and disgraceful. It's like that in a lot of First Nations communities," Wesley said. "I never drink the water when I visit any reserve."

The Canadian Press reported nearly 100 of Canada's First Nations are drawing water of Third World quality.

Indian and Northern Affairs Canada (INAC) has provided funding for the water and wastewater services and infrastructures in First Nation communities, including the construction and maintenance of treatment plants.

"Funding is determined based on a reserve's population, their specific needs and how remote they are," said Brock Worobel, a spokesperson for INAC. "It's up to the First Nations to decide how the money is spent."

The federal government has dedicated \$1.6 million to water treatment on these reserves over a five-year period.

But Ed Bianchi, program coordinator for aboriginal rights with

human rights coalition KAIROS, said money is not enough.

"You can give them money so that the problem can be fixed in terms of clean water, but if you don't give them the tools to run their own affairs then they are always going to be dependent and at the mercy of whatever handouts anyone is able to give," he said.

The government's most recent handouts to Kashechewan included a 10-tonne purification plant that can produce 50,000 litres of clean water a day. It is enough to support the small community of 1,900, and to date there have been consistent water samples showing no signs of E. coli.

"I don't think other aboriginal communities across Canada are holding their breath that because of what's happening in Kashechewan means their life is going to get any better. It just can't happen overnight," Bianchi said.

But he said he feels the govern-

ment needs to empower aboriginals.

Because of the remote locations of most reserves, First Nations face challenges in terms of providing water and health care. Falling under federal jurisdiction, the government has special obligations to honour treaties and make sure aboriginals have the necessities the rest of Canada takes for granted.

"Continually trying to inject money into the problem is not going to solve it. It has to be dealt with extensively and comprehensively in order for change," Wesley said.



courtesy

The Canadian Press reported 37 of Ontario's 127 reserves are on boil water advisories.

Nursing students promote vaccines

by maryann slmson
LIFE REPORTER

Third-year nursing students will hold flu vaccination clinics at both the North and Lakeshore Campuses this month.

The students, who will be running the clinics, have been working hard all semester to dispel myths about the flu vaccine, such as the one that suggests it can make you sick. They are encouraging Humber's student body to protect themselves and their loved ones by getting immunized.

Anne-Marie Shin, a clinical nursing instructor, said because Humber has such a large population, a student's chance of picking up the flu virus or cold bug here is very good.

She said it is important for students to get the shot to prevent the flu.

"All the needles are single-use, sterilized needles. Once they are used, they are disposed of. Also, all the nurses will be using gloves and swabbing the area with alcohol to clean it first," she said.

She said once students are aware of how sterile and safe the process is, those who are wary of needles may even come to the clinics.

Shin can think of very few good reasons why people should not be immunized.

"If you are actively sick, if you have a fever or anything like that, you can't get the flu shot at that time."

Humber is also working with the Residence to help combat this year's flu by having a competition where the floor that gets the most students immunized will win a free pizza dinner.

with files from gina jashewski

Flu Clinics

Nov. 15 - 9 a.m. to 3 p.m.
• North Campus Health Centre
• Lakeshore Campus Rm. H105

Nov. 16 - 4 p.m. to 8 p.m.
• North and Lakeshore Campus Residences

Nov. 22 - 9 a.m. to 3 p.m.
• North Campus Health Centre

Correction Notice

In the Nov. 3 issue of the *Et Cetera*, it was reported the HSF held the student auction to raise funds for Hurricane Katrina relief. The event was held by the Caribbean Culture Society (CCS).

At least 57 people were killed and more than 100 others wounded in three separate suicide bombings in Jordan's capital yesterday. - Reuters



chris halliday

Humber Students' Federation (HSF) staff will hand out petition cards to students in the next two weeks to gain support for their decision to launch the Cap Tuition Now campaign.

HSF backs tuition cap

by chris halliday
NEWS REPORTER

At its emergency tuition board meeting, the Humber Students' Federation (HSF) voted in favour of launching the College Student Alliance's (CSA) Cap Tuition Now campaign, squashing Humber students' hopes of getting an extension to the current freeze.

"We (HSF) will not be supporting a continuation of the freeze and a reduction in tuition fees," said Daniella Cross, HSF vice-president of administration at the North Campus. "We voted to go ahead and support the CSA campaign to cap tuition fees at the current rate and allow an increase no more than by the rate of inflation." Director for Guelph-Humber Adrienne McBride, who voted for a freeze, told the board it needs to remember who they're representing and "the growing echo is that students don't support a tuition increase."

Anja Cantin, a social services student, brought a petition signed by 470 students against increasing tuition fees to HSF's last board meeting and was "shocked" the HSF held an emergency meeting before students could speak to the board at its next scheduled meeting Nov. 16.

"They (HSF) should give us a chance to voice our opinions at scheduled meetings before they go ahead and support increases," Cantin said. "HSF just wants to go the way (of) least resistance to the government."

Noel Miller, a paramedic student, said the HSF did not put enough pressure on the govern-

ment to extend the freeze.

"Do you think trade unions gave up when the government told them 'no'? They just disagreed more," Miller said. "The only thing the government is going to let them do at the (negotiation) table is observe and rubber stamp."

Tyler Charlebois, director of advocacy for the CSA, told meeting attendees about the options Premier Dalton McGuinty's office has put on the table for post-secondary students.

"They (HSF) should give us a chance to voice our opinions at scheduled meetings before they go ahead and support increases."

- Anja Cantin, social services student

"They are looking at a moderate and measurable increase of tuition," Charlebois said to the board. "That is something that is not 10 or 15 per cent. We believe that the premier and the minister (of education) are only looking at raising tuition by CPI (Consumer Price Index, which measures inflation)," he said.

Chris McKenzie, director of business at Lakeshore who voted in favour of a continued freeze, told the board the CSA and HSF executives' strategy to be "friends" with the government isn't going to

get their demands taken seriously.

"I don't think anybody in the premier's office is going to sit down and tell you their complete strategy," McNeil said. "Our strength lies in numbers and our ability to mobilize students. When the government is feeling the heat, it's going to ask what it will take to call your students off."

CSA's campaign passed by a vote of 9-4, and those who voted in its favour said the quality of education at Humber would suffer if tuition remains frozen.

"If the school only gets so much money and the costs to run the school are going up, something's got to go down," said HSF President Joey Svec to the board. Svec voted in favour of supporting the CSA.

"Our quality of education will go down significantly at a cost to me personally because I wanted to save \$40."

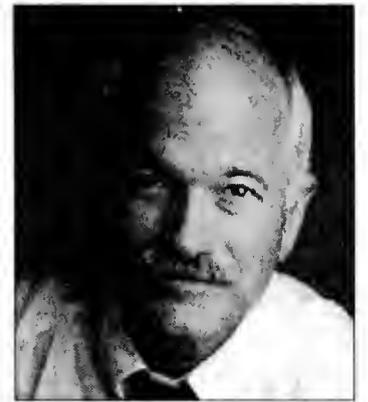
Cameron McKenzie, HSF vice-president of administration at Lakeshore who voted for a freeze, reminded the board students in Quebec forced a freeze, and their quality of education hasn't suffered.

"A tuition increase doesn't necessarily increase quality," McKenzie said. "It just lets the government off the hook (in terms of funding) and puts more pressure on the students."

McKenzie then told directors that post-secondary "students in Quebec pay the lowest tuition rates in Canada." *Macleans* magazine recently ranked McGill University in Quebec as one of the best post-secondary institutions in Canada.

NDP bid for '06 election

by sunil angrish
NEWS REPORTER



courtesy

Jack Layton

Federal NDP leader Jack Layton announced yesterday he will introduce a motion Nov. 24 calling for Prime Minister Paul Martin to dissolve the House of Commons in the first week of January, setting the stage for a February election.

"This avoids the holiday election that nobody wants," Layton said during a televised press conference in Vancouver.

Conservative Leader Stephen Harper quickly responded to Layton's announcement.

"I think it's an innovative proposal. It's trying to address things that concern us all," Harper said to reporters in Toronto.

The announcement comes after Layton rejected a Liberal proposal protecting public health care and withdrew his party's support for the minority government Monday.

Layton said the Liberal's health proposals were not enough to protect public health care.

He said if a confidence vote were tabled now, the NDP would not support the government, given its inadequate proposal on such a critical issue.

Layton listed a litany of complaints against the Liberal government, saying the lack of substantive answers on illegal lobbying, crony appointments and the ongoing blockage of democratic reform cannot continue.

Harper responded to Layton's Monday announcement with some scepticism.

He said his party will continue to assume the NDP is still bargaining with the Liberals, unless Layton takes the initiative to oppose the government.

Speaking with reporters Monday, Bloc Québécois Leader Gilles Duceppe said he has no confidence in the Liberal government, but added Layton has to make a move to call an election. Duceppe

said his party would follow whatever action the other two opposition parties take.

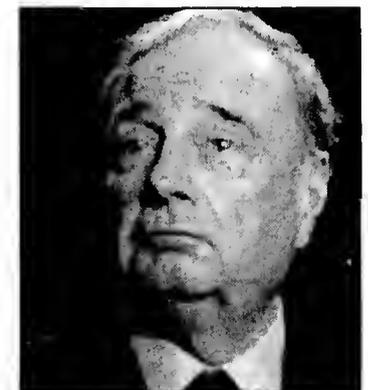
A confidence motion could be introduced as soon as the week of Nov. 14. If the Liberals were to lose a vote of confidence, an election could be called as soon as Dec. 27.

Calls for a winter election sparked after Justice John Gomery published his first report on the sponsorship scandal Nov. 1.

The report blamed former prime minister Jean Chrétien's Liberal government for the mismanagement of the \$332 million federalism in Quebec after the 1995 referendum. Critics and opposition parties have used the reports findings to blast the Liberal party as corrupt and unworthy to govern Canada.

Prime Minister Paul Martin responded to Layton's Monday announcement in Ottawa Tuesday, saying his government does not intend to modify its health care proposal to satisfy Layton.

Martin promised to call an election within 30 days after the second and final sponsorship report is published Feb. 1.



andrew desouza

Paul Martin

Cops reach agreement

by jason bowser
SENIOR REPORTER

pleased that the tense standoff is finally over.

"Certainly the fact that it has been resolved tentatively is very positive," he said.

Taverner also mentioned the ratification is expected to take place this Sunday.

After the past month of police only responding to radio calls to show their frustrations with the city, the police will be back in full force assuming the deal is accepted.

The ongoing dispute between the Toronto police and the city was resolved Tuesday with confirmation of a tentative deal from Alok Mukherjee, the chair of the Toronto Police Services Board.

While the full conditions of the agreement have yet to be revealed, the police tally a vote of Superintendent Ron Taverner of the 23 Division said he was

news

Dr. Phil said he had information that Natalee Holloway, a teen who went missing in Aruba, is alive. He implied she might have been sold as a sex slave. — *Harper's*

Champs drop in to Lakeshore gym

by kathleen tomlinson
NEWS REPORTER

Etobicoke's first Champion Basketball Drop-in program for young adults aged 19 to 24 is now underway at Humber College.

After almost two years of preparation, the program kicked off Friday Oct. 28 at Lakeshore Campus' gym.

"There's a lot of local youth who are looking for some healthy activities. They're looking for something positive, where they can socialize in a safe and comfortable setting. This is what we're offering," said Jasmin Dooh, a promoter at L A M P Community Health Centres, and program organizer.

The youth in south Etobicoke have rallied for the program for over two years.

The purpose of the program is to offer a variety of activities to youths throughout the GTA.

"We charge only \$5 a year, which is not very much because we really need it to be affordable. This was one of our key ideas to make it membership oriented, to make the youths feel a part of something," Dooh said.

A main focus of the program is community-based development.

The youths are involved in running the program and making it a success.

David Quashie, a grade school teacher in the Jane and Finch area and co-ordinator of the Champion Basketball Drop-in program, joined a similar program called the Teen

Zone program when he was young.

Dooh feels Quashie is an amazing success story and he knows the kinds of difficulties youths face and can relate well to them.

"I used to go as a teenager, every Friday during high school and university even," Quashie said. "If I had any problems or anything adding stress to my life, I went to play ball to help take my mind off of it. I built many relationships there."

The program is set up to keep youths busy, gain social skills and build new relationships, traits they can carry over with them later in life.

Previous Teen Zone members help run the program with Dooh and Quashie.

These leaders provide lessons in teamwork and communication, and serve as encouraging role models in the community.

Although the Champion Basketball Drop-in is already up and running, the program needs sponsors to help with costly gym rentals and other fees, such as staff payment and other program expenses.

For more information, or to join the Champion Basketball Drop-in program, visit Humber College's Lakeshore Campus.

The program runs every Friday night between 8:30 p.m. and 10 p.m. in the gymnasium.

For volunteer information or to donate, contact Jasmin Dooh at 416-252-6471, ext. 308 for more details.

"If I had any problems or anything adding stress to my life, I went to play ball to help take my mind off of it."

— David Quashie, co-ordinator of Champion drop-in program



Youth aged 19-24 are invited to drop in for a game of pickup at the Lakeshore gym every Friday from 8:30 p.m. to 10 p.m.

Mission statement makeover

by alexandra mazzuca
NEWS REPORTER

Humber College is updating its mission statement to better represent its people and programs.

"The mission statement is 10 years old, or older, and will go under review for alterations," said Kris Gataveckas, Humber's vice president of business development.

"We hope to raise our profile and the way to do that is to differentiate us from other institutions through our mission statement," she said.

The new statement will reflect the Humber area, faculty and students.

Though the current statement relates to what Humber as an institution stands for, the people who attend the



alexandra mazzuca
Kris Gataveckas

college have changed and career success rates have grown over the last 10 years.

The first draft of Humber's new mission statement went under review at the Board of Governors last week. After discussion with the Academic Council, the new mission statement will be presented to the Humber community for further revisions.

Gataveckas noted it is important to weigh the opinions of faculty and students when making changes to the new mission statement.

"Once we are able to get feedback we will continue to make revisions. We want to bring out Humber's uniqueness," she said.

Students are happy about the tentative changes.

"It's a good idea to change with the times and progress forward," said Natalie Welsh, a second-year travel and tourism student at Humber.

Gataveckas said the changes that will be made to Humber's statement will be based on "research and consideration," but added that in these early stages of changes there is no "final draft, by any means."

New warnings on cigarette packaging

by jenna rosman
SENIOR REPORTER

Health Canada is designing new anti-smoking warnings that it hopes will be more effective.

Studies by Health Canada have determined that many Canadians are becoming increasingly unaffected by the images on the front of cigarette boxes.



jenna rosman
Canadian anti-smoking warnings are on display at the Museum of Modern Art in NYC, in an exhibit entitled SAFE: Design Takes On Risk.

Humber smokers and non-smokers alike said the existing 16 health warnings are ineffective.

Andrew Atkins, a heating, ventilation and air conditioning student and non-smoker, said the warnings are a waste of time.

"I don't think they work at all," he said. "A lot of people smoke and they don't pay it any attention."

Livia Chirico agrees with Atkins. She has been a smoker for nearly 10 years.

"I don't think the cover of a box is going to make people quit," she said. "They've had bad things on them (for a while) and still not a lot of people have quit."

In 2000, Canada became

the first country to adopt such powerful anti-smoking measures. Brazil, Thailand, Venezuela, Singapore the EU and Australia have followed suit by employing similar strategies.

Since the warnings began appearing on Canadian cigarette packages, smoking has decreased only slightly, with a four per cent drop since 2000.

Christine Belle-Isle, manager of regulations for the Office of Regulation and Compliance for the Tobacco Control Programme of Health Canada, said the new warnings will get through to hardcore smokers and Canadians who are illiterate.

"We're trying to make the warnings easier to understand and more geared toward (the population who have lower levels of literacy)," she said.

Dr. Noe Zamel, a professor at the University of Toronto who specializes in respiratory ailments, said the pictorial warnings are not enough to

get people to quit.

"The reason why it's so difficult for people to quit smoking is because (in most) people the addiction to nicotine is genetic," he said. "Some people may need to make more of an effort (to quit) than others."

Zamel said medication like anti-depressants or nicotine replacements can be effective ways to end smoking addictions, but that it's ultimately up to the individual to decide if he or she wants to quit or not.

Shanique Brown, a student in the Court Tribunal Agent program, said making the choice to quit smoking depends on the person's will-power.

"I don't know how people could smoke after seeing (the warnings) on cigarettes," she said. "My dad smokes and he has cancer. My grandfather smoked and he had cancer, so I know better."

Focus groups will begin evaluating the new warnings this winter.

They are expected to be on the front of cigarette boxes by 2007.

A recent poll showed 53 per cent of Americans want Congress to consider impeachment if it turns out Bush lied about his reasons for going to war. — *Harper's*

Campus clean up underway

by **brigitte karnilavicius**
NEWS REPORTER

Put on your rubber gloves and get dirty next Wednesday at Lakeshore — it's Clean Up the Campus Day.

The grounds of Humber College are covered in cigarette butts, gum and fast-food wrappers and maintenance staff can't face this mess alone.



"I hope we get a good turnout. Humber has great school spirit and a part of that is taking care of the environment around the campus," said Steve King, president of Humber's Environmental Club.

Between 11 a.m. and 2 p.m. on Nov. 16, students and staff are invited to Lakeshore Campus to get cleaning.

Lynn Newhouse, manager of Lakeshore Residence and a co-ordinator of Clean Up the Campus Day, said the purpose of the day is to make the campus look better and to let people know that staff and students care about Humber.

She added that facilities management "is always strapped for people to clean up" because littering has become a common practice for many Humber students.

Lakeshore's clean-up day activities will begin at 11 a.m. on Wednesday, Nov. 16.

To participate in Lakeshore's Clean Up the

Campus Day, all students and staff have to do is meet the cleaning crew in front of Lakeshore's H building, main Residence doors, or

"If people just took more care we wouldn't have such a mess."

— Lynn Newhouse, Lakeshore residence manager

outside the Lake Cafeteria doors where they'll be greeted with garbage bags and rubber gloves.

"If people just took more care we wouldn't have such a mess," Newhouse said.

After participants are finished tackling Humber's mess, they're invited to a barbeque put on by Humber Students' Federation.

Newhouse hopes students recognize that Clean Up is important.

"So much money, it would be nice to use that money for other things," Newhouse said.

Clean Up the Campus day is only at Lakeshore, but plans are in the works for one at North Campus in time for spring cleaning.



Michael Mandel, a York University professor, spoke to students and faculty yesterday about international war crimes and his book *How America Gets Away With Murder*.

Correction Notice

Please be advised that the General Motors "Student Bonus Program" ads appearing in the Humber Et Cetera on September 29, and October 20, 2005 incorrectly reproduced artwork to exclude the following legal text:

SmartCoverage Insurance Services Inc. is an affiliate of GM and offers auto insurance exclusively through Motors Insurance Corporation also an affiliate of GM. ©Copyright 2005 General Motors of Canada Limited. We apologize for any inconvenience.

NO CAR PAYMENTS FOR 2 MONTHS.

TOO BAD YOU CAN'T DO THE SAME WITH YOUR STUDENT LOAN PAYMENTS.



Pontiac G6

Introducing the GM Student Bonus Program

This is how it works. If you're in high school, college or university or a recent graduate of either, you can purchase or lease any eligible new GM vehicle and we'll make the first two lease or purchase financing payments for you. Sweet. Don't buy auto insurance before you talk to SmartCoverage. Great rates for young drivers. Call SmartCoverage from your GM Dealer and get a no obligation auto insurance quote. See, an education does open doors. Visit GMStudentBonus.ca for full program details and limitations.



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<http://etcetera.humberc.on.ca>

editorial

"Canada is our country. It belongs to us and we belong to it. Let us join together, in our time, and make history once again." – Paul Martin, November 14, 2003

Remembering today

Although there has been some speculation in recent years on how much relevance Remembrance Day holds for today's younger generation, it seems that now should be an especially crucial time in examining the impact November 11 holds.

We often like to think of Canada as the anti-thesis to our southern counterpart. We see ourselves as a peaceful nation that opposes violence, especially war. But Canada's involvement in combat in Afghanistan contradicts how we think of ourselves, and there are 1,250 Canadian soldiers slated to be serving there by February of next year.

Remembrance Day is a time to observe the importance of the end of the First World War, yet we might be helping to spearhead a new one. Chief of Defence Staff Gen. Rick Hillier has not tried to sugarcoat the presence of Canadian troops in Afghanistan as a peace keeping mission. He has made it clear that violence and casualties are a reality that has to be considered.

Canadian troops are working to

democratize and stabilize Afghanistan's Kandahar, a place whose population has a general resistance towards centralized government. Murders, suicide attacks and bombings are regular occurrences. While Hillier has said that he wants the efforts of Canadian troops to be acknowledged by the Afghan people, troops are trained to use fatal tactics on the insurgents and warlords who stricken the city.

Although it is doubtful that anyone would consciously try to undermine the significance of a time dedicated to those who served and died in war, there is an irony in the fact that we are trying to remind each other of the importance of peace when we have blood on our hands. Clearly, we have forgotten the most important lesson of Remembrance Day.

Those who want to question the meaning of this time of year should not only be directing their gazes towards the young, but towards the Canadian government as well.



George Bush responds to international concerns about how the United States treats its prisoners from Iraq

Letter to the Editor

What happened to our voice?

On Thursday, Nov. 3, the HSF Board of Directors held an emergency meeting in response to student concern over tuition fees. A motion has been tabled, asking the Board of Directors to oppose the deregulation of tuition fees and fee increases for students, instead calling for "a continuation of the tuition freeze supported by adequate public funding," to educate students on the issue, and help us get involved in lobbying efforts at the provincial government level.

According to Daniella Cross at that meeting, "The general public and our constituents don't have access to the facts" regarding tuition fee increases.

Whose responsibility is that? One of the goals in the HSF's mission statement is to "promote student participation and awareness." Outside of board meetings, the HSF has remained largely silent on the heated issue of tuition. Other local schools like York and the University of Toronto have held large student referendums to gauge student opinion on the issue. Ninety-six per cent of York undergraduate students voted in favour of reducing tuition fees, as did 96.4 per cent of U of T students. George Brown and Ryerson have votes set for the middle of this month. Students at other schools have been educating themselves and getting mobile about tuition since the beginning of the term.

The board asked what could realistically be accomplished by working with the government to determine the future of tuition? "At the end of the day, you have to look at what's on the table and what's not," said HSF President Joey Svec.

On Oct. 26, a private member's bill introduced by NDP Education Critic Rosario Marchese passed first reading. The bill would extend the tuition fee freeze until the next provincial election, and so far has the support of NDP and Conservative MPs.

This shows that a freeze is on the table. The question is: Are the HSF and the students of Humber sitting together? Or are we fighting each other rather than letting the government know we support tuition freezes, not increases?

– Jasmine Gavigan
Law Firm Profile Student

PROPS & BURNS

Props to the international team of scientists working to identify and cure diseases in the HapMap project.



Burn on American companies that take over our precious Canadian-owned ones.

Props to the Women's Volleyball Team for winning the Humber Cup Tournament after beating Durham, Loyalist, Fanshawe and Cambrian.



Burn on Avian Flu, for making everybody so terrified and costing the lives of thousands of birds.

Props to the Humber students who had enough courage to go up on stage and try out for the MuchMusic VJ Search.



Burn on the end of the tuition freeze – whoever is to blame, it certainly is a shame!

— HUMBER ET CETERA —

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In the Philippines, five U.S. Marines were arrested for raping a woman they met at a karaoke bar – Harper's Magazine, November 8th, 2005

Poultry panic of pandemic proportions

by **cynthia reason**
NEWS EDITOR

The birds are coming! The birds are coming! Shut your windows, plug your chimneys and stockpile your anti-viral drugs because, if you believe the hype, avian flu will soon be at a doorstep – or in a bucket of chicken – near you.

As the fearsome H5N1 strain of bird flu migrates closer to the Western world, buzz surrounding the virus has mutated into panic-induced hysteria of Hitchcockian proportions.

In recent weeks, headlines predicting scenes of catastrophe beneath the wings of our fine-feathered friends have become the norm. In a classic case of ignorance breeding fear, the facts behind avian flu have been painfully misconstrued by the rampant spread of a pandemic of paranoia.

Avian flu's first fatal human case surfaced in Hong Kong in 1997. Since then, despite the economically debilitating slaughter of millions of domestic fowl, nearly

120 people have contracted the virus and a total of 62 people in Asia have died.

The World Health Organization (WHO) has predicted that, should a human pandemic of bird flu emerge, it would most likely stem from Asia because cultural practices dictate that people must live in close proximity to their livestock. Despite fears that, over time, H5N1 will morph into a virus that will spread from person to person, nearly all human cases so far have been linked to direct, prolonged contact with infected animals.

Sure, Canada has had its fair share of scares. Early last year, 22 farms in the Fraser Valley of British Columbia reported outbreaks of avian flu. Thousands of fowl were culled and several poultry workers became mildly ill, but after much ado, it turned out it wasn't that strain of avian flu after all.

Then last month the unspeakable happened—H5N1 entered Europe. First there was the turkey in Romania, then some chickens in Romania, six swans in Croatia and then, horror of horrors, a pet par-

rot died in quarantine in Britain. The worldwide attention garnered by the death of the parrot was unprecedented. Forget crackers, Polly wanted a sound bite, and boy did she get one.

Word that the deadly strain had reached Europe spread like the plague that it predicted. Emergency meetings were called, committees were formed and quarantines were put up.

David Nabarro, the UN co-ordinator of global readiness for an outbreak, urged countries to appoint a government minister to manage their response to the avian flu threat.

While talk of contingency plans may be considered wise, if history has anything to say about it, the world is due for another pandemic, be it bird flu or otherwise. But playing out worst-case scenarios and making over-stated counterproductive. While the Conference Board of Canada forecasted that 1.6 million Canadians could die in a pandemic, the Public Health Agency of Canada refuted those claims, setting the number of

potential casualties between 11,000 to 58,000.

But all of this is just speculation. As Dr. Alan Hay, the director of the World Influenza Centre, said, "what we're facing is more the spectre of what might happen rather than what is (actually) happening."

Misplaced panic has led to dangerous stockpiling of the anti-viral drug Tamiflu in the west. The common misperception is that the drug is a vaccine, but in reality it simply reduces the symptoms of flu. While Canada has secured its own supply of 35 million doses, mass shortages of the drug threaten Southeast Asian countries where it is needed now for real human victims.

Canadian Federal Health Minister Ujjal Dosanjh recently suggested that wealthy nations set aside 10 per cent of their stash for use in developing countries, but that is clearly not enough. The fact remains that the real threat of pandemic still resides in Asia – that is where our resources are needed, and that is where they need to flow.

Christmas comes early once a year

by **andrea utter**
LIFE EDITOR

I've never been that kind of Christmas shopper who has her gifts wrapped and stuffed in a closet by July, or November... or December 23 for that matter. But this year I've surprised even myself. I've nearly finished shopping for the in-laws – only the boys left to go, whom I usually leave in purchase-limbo for the boyfriend until it's two days before Christmas and I'm out at Home Hardware searching for the useful, yet interesting, gift that won't get the contrived "oh, thanks" from the recipient.

So far, I don't know what has come over me. I'm the kind that loves the colours of fall, Halloween, Thanksgiving and pumpkins. But this year, after flipping through an early November magazine (which arrived mid-October), its pages filled with holiday ideas, I was yearning for Christmas.

I did notice, while shopping at a local retailer a few weeks ago (when stores are usually packed with ghosts and goblins), a display of Christmas trees and ornaments, right at the front of the store. I was perplexed. Don't they usually wait until November first to bring out the X-Mas guns?

But even though Christmas is in the air, my purchases seem to have been, for the most part, done out of the mall. I got magazine subscriptions for the two sisters-in-law and the mother-in-law, while supporting a school fundraiser. I even got the teachers' half-price deal on *Style at Home*, *Metropolitan Home* and *Canadian Living* because my mom is a teacher's assistant at a local school.

The presents that keep me in stores until the last moment are for the nephews. They're six and eight and have everything under the sun. Toys only get the 12-second rush of excitement before they move on – but I was struck with an idea, an event they are sure to remember, *Monsters Inc. on Ice*. It cost me a lot, but I have high expectations for excited yelps. Besides, it's another gift done.

When I tell people how close I am to being done my shopping, I get the evil eye. Then I feel a bit left out. What gets you in the Christmas spirit more than packed malls, disgruntled shoppers, cheesy music and a little bit of healthy spending the week before the big day? I guess I better hold off on my final new gift chores. I need something to keep me in the mood for the next two months.

A historical view of Aboriginal Peoples

by **brent wesley**
CONTRIBUTING REPORTER FROM HUMBER'S
ABORIGINAL JOURNALISM STREAM

I've read many editorials in the deluge of media coverage of the Kashechewan water situation. I stopped after I realized that the attitudes reverberating through those editorials were the same as those that led to the problems faced by First Nation peoples.

Two themes were dominant. First, contemporary governments and citizens cannot be held responsible for the actions of their forefathers. Second, Aboriginals are a 'conquered' people. These are things I have heard many times, and I am only 25 years old.

I agree that it is time to move on from the past transgressions of government agents, residential school officials, encroaching set-

tlers, etc. But that's just it – we need to move on and resolve these issues. If no one is willing to take responsibility for them, how can we find a justifiable solution to today's problems?

It has to be realized that First Nation people still feel the effects of the past. Although I have not been directly hurt by a residential school or a swindling Indian Agent, the impact has trickled down through the generations. It still exists in our communities.

Even if we attempt to leave the past behind by moving into urban centres, we feel the effects of government legislation. It should be noted that Aboriginals are the only class of people in Canada with legislation that directs how the government can run their daily lives – another issue in its self.

At the very least, failing to take

responsibility for the past shows a lack of compassion.

Are Aboriginal peoples a 'conquered' race? Simple historical facts say otherwise. There is more argument for this in the United States, where military attacks were used to take control. In Canada, the military was not involved.

To conquer a people, they must be subdued and defeated by force. The forefathers of this country signed treaties with the indigenous peoples.

Not all indigenous groups signed them, but many did. We believed we were signing an agreement to share the bountiful land in peaceful co-existence. In many instances, though, the documents were not what we thought them to be, and the governments of the past never lived up to them.

Our people were manipulated,

swindled, abused and misrepresented. To say we were conquered is a misinterpretation of history. It is clear we were never defeated or subdued by force.

I don't believe outright racism and discrimination were the cause. Racism exists, but it didn't drive the actions of the government. The indigenous peoples of this land and others were merely in the way of the expansion and advancement of "civilization – a problem that needed to be dealt with at any expense. We had control of the land, so we were swept aside for settlers to build this "new world".

We must educate each other about historical issues and their relation to modern problems. I don't see much hope when the attitude of development is still the driving force behind the socio-economic fabric of this country.

Says You!

What do you think about during the moment of silence on Remembrance Day?



"I think about my Grandpa and all the stories he told me as a pilot in WWII"

- Cory Bouchard
Boilermaker Apprenticeship



"I think about the martyrs, you know, the people who fought for us."

- Manmeet Soodan
Supply Chain Management



"I tend to think about the men and women who gave their lives for us."

- Sherenne Allen
Computer Networking



"I think of the people who died for our country to make our lives a lot better."

- Matthew Martello
Business Management

The Better Sleep Council of Canada found that tired men are more likely to take their anger out on their co-workers, while fatigued women lash out at family.

No rest for the weary

Trying to catch up on lost zzzs will not rejuvenate you

by maryann simson

LIFE REPORTER

A recent study by the Better Sleep Council of Canada says that Canadians are skimping out on the recommended hours of sleep.

"Sleep is how your body recharges its batteries," said Gary Baskerville, spokesperson for the council. "Many people walk around saying that they are always tired, when they are really always in sleep debt."

According to the study, the average adult needs seven to eight hours of sleep every night. A good way to know that you've had enough, it says, is to wake up fresh and ready to face the day without an alarm. Most Canadians are unable to do this because they suffer from sleep debt — the number of hours you lose over the recommended seven to eight hours.

Students with heavy course loads can often be affected by sleep deprivation which makes them moody and irritable:

"You tend to strike out into the environment you are most exposed to," he said. "It tends to effect whatever life cycle you happen to be in."

For students, that cycle involves class, homework and assignments.

"(Lack of deep sleep) affects mental functioning," he said. "If you're sitting in class and you're tired, you won't be very alert."

Baskerville said that although some people really do have legitimate sleep disorders, which make it impossible for them to get enough rest, most of us simply aren't making enough time.

"It's all about discipline," he said. "It's very easy to short your sleep. Nobody is going to ridicule you for staying up late. In fact, it is actually quite socially acceptable to stay up."

Laurence Walsh, a 21-year-old basic plumbing apprenticeship student, said he often doesn't get enough sleep.

"I think if I got more sleep, I would be a lot more alert and awake in school," said Walsh, who tries to regain lost hours.

"During the week I get next to no sleep. Then, when I try to sleep in on the weekend to make up for it, something always wakes me up and I can't get back to sleep."

Baskerville said that lost sleep cannot be made up so easily.

"Most people don't have any concept of how it works," he said.

"Say a person has a 20-hour sleep debt that has built up over a few weeks. One great night's sleep won't make it okay."

According to Baskerville, that one great sleep will take an hour or two off the debt, but not erase it.

Not letting yourself get to bed on time is one issue, but for many people chronic sleep disorders are a huge thorn in their beds.

Senior polysomnography director Wendy Boothe works in the sleep lab at North York General Hospital's Branson division where they observe people with sleeping disorders as they rest throughout the night.

"Some of the most common things we look at are snoring, daytime fatigue, sleep apnea, and other respiratory conditions," she said.

The study by the council found that there is a seven percent decrease in car accidents after we gain an hour of sleep when the clocks go back each fall. "When you're tired, you're more moody and more prone to motor vehicle accidents," said Boothe.



maryann simson

Many students are plagued with sleep debt as they juggle school, work and social activities. Laurence Walsh is one of them

Water from the tap gets a bad rap

Consumer reliance on bottled water could aggravate dental decay

by hazel ong

LIFE REPORTER

In light of contaminated water disasters in Walkerton, Ont. and more recently on the Kashechewan aboriginal reserve, it is not surprising that Canadians are choosing bottled water over tap water.

Liza Ballantyne, a member of the Ontario Water Works Association and of Toronto's water treatment plant, said that there is a huge misconception that tap water isn't drinkable.

"Bottled water is packaged nicely compared to tap water and then there's the convenience as well. You just go in a store and grab a bottle off the shelf and off you go with your water. So I think part of this misconception is due to the convenience, and aesthetics. (Water in a bottle) looks nice," she said.

Bottled water companies such as Evian, Naya, and Dasani are making a huge profit from the false impression to the tune of \$4

billion a year worldwide.

"I only ever drink bottled water. It's the healthiest thing to drink, and it's a lot better than tap water," said 20-year-old Jay Esguerra, first-year advertising and graphic design student at Humber's Lakeshore campus.

With a majority of Humber students with the same preference as Esguerra, it's not surprising that the 2002 report, The Multiple Beverage Marketplace in Canada, predicts bottled water to lead growth in the beverage industry, estimating its growth at around nine per cent annually through 2006.

According to the Canadian Dental Association website, "Adding fluoride to the water is the best way to provide fluoride protection to a large number of people at a low cost. That's why many towns and cities put fluoride in the water in a controlled manner."

Ballantyne said that the fluoridation of the water is controlled to

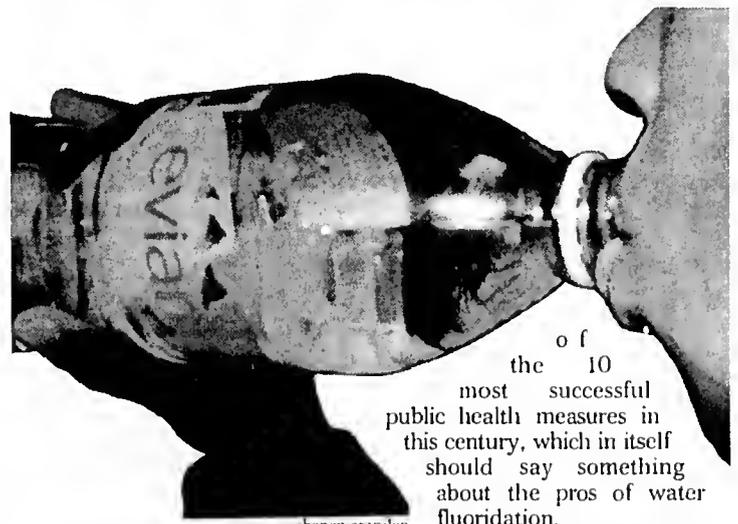
regulatory standards.

"The regulation states that fluoride levels should be under 1.5 milligrams per litre. What we have here at the City of Toronto, we aim for 0.8 milligrams per litre," she said.

However, there is evidence that the fluoridation of public water supplies may be ineffective and unnecessary, capable of causing dental decay, and even bone disease, though this is debatable.

According to the International Academy of Oral Medicine and Toxicology website "fluoride added to the public water supply delivers no discernable health benefit, and causes a higher incidence of adverse health effects. Ingested fluoride is hereby recognized as unsafe, and ineffective for the purposes of reducing tooth decay."

Estrellita Ascueta, a certified dental hygienist, defends tap water, agreeing that fluoride is harmful, but only when ingested in great amounts.



shane crandon

of the 10 most successful public health measures in this century, which in itself should say something about the pros of water fluoridation.

"Fluoridation of the water supply in Canadian cities is strongly regulated and monitored. The amount of fluoride in our water systems is only for our benefit," she said.

Also, the U.S. Centers for Disease Control recently named fluoridation of drinking water one

"Too much fluoridation is harmful to our bodies but the amount of fluoride in the water system is not enough to do harm. The benefits have shown throughout history to outweigh the individual cases of people negatively affected by it by far," Ascueta said.

In light of the avian flu epidemic, the Royal Winter Fair cancelled this year's poultry and exotic bird competition and show, but will resume local chicken exhibits.

Country in the city at the Royal Winter Fair



Katie Lamb

The Royal Winter Fair runs from Nov. 4-13 at Exhibition Place showcasing the best of the world's livestock and agriculture. General admission is \$17.00.



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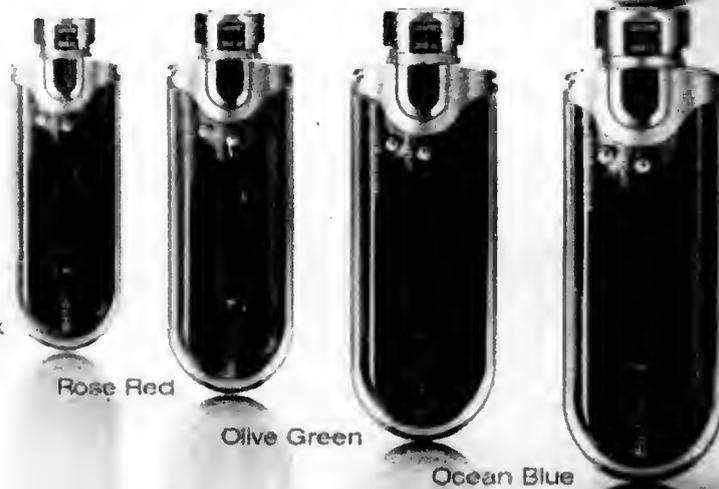
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Statistics Canada reported three per cent of children aged 2-17 were obese in 1978/79. By 2004, eight per cent, or an estimated 500,000 children were obese.

Humber battles obesity with healthy fast food options

Up to students to make good meal choices when eating on campus

by **sandra bratovic**
LIFE REPORTER

Some students still choose high fat junk food while on campus, despite the healthy options Humber offers.

"When we're in a rush, we just grab what we can," said Vinotha Ganeshan, 21, second-year multimedia student.

Ganeshan admitted that she usually eats junk food while at school, mainly hamburgers,

because they are quick, cheap and filling.

Harvey's, a popular fast food restaurant on campus, can be a problematic vice for some students. The original Harvey's hamburger has 20 grams of fat. Add some regular sized french fries with 13 grams of fat and a chocolate shake with another 13 grams of fat, and you have a total of 46 grams of fat with just that one meal.

Sometimes simple choices or substitutions in your fast food order can greatly improve the nutritional value of your meal.

"It's possible to make healthy fast food choices," said Zannat Reza, a registered dietician. "Go for a single burger, load up on vegetable toppings, choose a garden salad instead of fries, choose grilled foods over deep-fried foods and choose milk, juice or water over pop."

General manager of Humber's food services, Don Henriques, said that while the school tries to provide enough healthy food options, ultimately the choice is up to students.



shannen crandon

Although burgers and fries are available on campus, Humber encourages students to choose more nutritious options.

"We live in a society of choice," Henriques said. "Where you don't offer choice, you don't have a free society."

Henriques agreed with having Harvey's on campus, and said that the chain does offer more than just the typical hamburger and french fries. They have many healthy options, such as salads and sandwiches, as do the other chain restaurants on campus.

"Mr. Sub offers different types of whole wheat breads and wraps," Henriques said.

Humber has an on-the-go meal program which offers students quick, pre-made meals, with healthy options such as salads, fruit and cheese and vegetable sticks.

Henriques is confident food services does its part to educate students about healthy eating, and offers reading material on nutritional values and fat content of the foods offered in the cafeteria.

"Healthy eating and balanced choices have been one of our initiatives for many years now," Henriques said.

Henriques encouraged students to attend a seminar by a registered dietician that will visit the school on Nov. 16 at the Food Emporium on North Campus.

Recommended daily intakes of fat vary depending on factors such as age, sex and height, but Dietitians of Canada have put the Canadian goal to 90 grams of fat per day for a young adult to middle aged male, and 63 grams of fat per day for the same age demographic female.

"Fat is not the bad guy," Reza said. "We all need fat for energy, and to better absorb vitamins A, D and E. It's when we get too much fat in our diet that it becomes a problem."

"(Too much fat) can lead to a

"We live in a society of choice. Where you don't have choice, you don't have a free society."

- Don Henriques, Humber food services general manager

higher risk of heart disease, stroke and obesity, among other things."

Cardiovascular illness is one of the leading causes of death in Canadians. Most recent data from

Statistics Canada reported that heart disease represented just over 26 per cent of all deaths in Canada.

Health Canada recommends eating a balanced diet, including all the major food groups, indicated in the Food Guide to Healthy Eating. They also recommend regular physical activity.

"Often we talk about the bad effects of foods without thinking about the other side of the weight equation - that's being active," Reza said.

WHISK

WEEKLY RECIPES FROM HUMBER'S CULINARY ARTS STUDENTS

Developed by second-year student Chuddian Chambers and Chef Anthony Borgo

Jamaican fried chicken with rice and peas

Jamaican fried chicken

1 whole chicken - cut into 8 pieces
1 whole onion
1/4 tsp black pepper
1/4 tsp salt
1/4 tsp allspice
1/4 tsp garlic powder
1/2 cup flour
1 1/2 cup canola or vegetable oil

Jamaican rice with peas

2 cups long grain rice
1/2 cup dried black eyed peas
1 tbsp dried thyme
1 medium fresh coconut
1 clove fresh garlic
2 pieces green onion, chopped
1/4 tsp black pepper
2 1/4 cups hot water
Salt to taste

- Season chicken with onions, black pepper, salt, allspice and garlic powder.
- Set aside and allow to marinate for one hour.
- Heat oil in frying pan. Dredge chicken pieces in flour and fry until crispy and golden brown.
- Grate fresh coconut and infuse in hot water until cooled. Strain the coconut milk.
- Wash peas and place into saucepan with coconut milk. Add garlic clove and cook until peas are tender.
- Add green onions, thyme, salt, black pepper and rice to coconut milk. Cook over medium heat until rice is tender.
- Serve with side of vegetables.

threads

your personal style on campus



hazel ong

by **hazel ong**
LIFE REPORTER

First year fashion arts student Marisa Quistini, 21, said "my style would be reflective a little bit of rockabilly style/Japanese street style."

"Sometimes I'll spend a lot if it's brand new stuff, and then sometimes I'll spend very little when I buy vintage," she said.

Her Swears Alternative shoes were purchased in the UK.

"I bought them before the store closed down but they do still sell on-line. They're four-inch platforms," she said.

Her hot pink and black PVC bag was purchased at Kensington Market's Butterfly.

"It was originally \$40, but I talked the girl down to \$20 with tax," she said.

Quistini, an aspiring fashion designer takes pride in her unique style.

"I'm a sewer and a designer so it has to be important. Being creative and being unique is very important so I try to reflect that in my clothes."

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Depo-Provera is administered during the first five days of a woman's period and is effective within 24 hours. – Government of Canada

Ladies beware – contraception shot not to be injected lightly

Pfizer warns docs of new Depo-Provera side-effects

by agata wallczek
LIFE REPORTER

Health Canada and pharmaceutical company Pfizer Canada released a letter addressed to health care professionals on June 30, 2005 with updated safety information on the contraceptive, Depo-Provera, containing warnings for bone mineral density (BMD) changes.

Their main concern is about teenagers using the product because their bones haven't finished growing yet.

According to Sunnybrook and Women's College Health Sciences Centre, the contraceptive is injected into a muscle in the

arm, thigh or buttocks every three months and prevents a woman's ovaries from releasing eggs. Loss of BMD can cause osteoporosis and increase the risk of broken bones, especially after menopause.

Madeline Boscoe, executive director of the Canadian Women's Health Network and co-founder of the Canadian Coalition on Depo-Provera, said that teenagers and women who have a risk of osteoporosis need to be "very cautious about using it."

Depo-Provera was approved by Health Canada as an injectable contraceptive in 1997.

The new boxed warnings, published on the Pfizer website, state that women who use the prescription drug may lose BMD which may not be completely reversible, and may increase over the duration of use.

"The guidelines suggest that (Depo-Provera) should only be used for short-term," Boscoe said.

She said that women should try other forms of birth control before going on Depo-Provera.

The boxed warnings state that Depo-Provera should be used as a birth control method only if other treatments have been considered to be unsuitable or unacceptable.

For Humber post-production student Davonna Struthers, there was no other choice.

"I went on it because I have endometriosis," she said.

According to the letter by Health Canada and Pfizer, endometriosis is a condition where the tissue of the uterus abnormally grows outside of the uterus.

Along with endometriosis, Depo-Provera is also used to treat certain types of cancer.

"When your life is bedridden

due to bad cramps and major blood loss that you aren't able to hold a job, go out to social functions or attend school every day, then you really don't care much about the other side effects," Struthers said.

After taking the injection for four years, Struthers stopped using it as her body was changing and she was experiencing depression, another side-effect of Depo-Provera.

"I wanted something that had fewer side-effects, as I was a little afraid about the bone-loss warning," she said.

Struthers said she does not think Depo-Provera should be used as a contraceptive.

"I do not condone it as a form of birth control. I do not see the need of risking your health to have



jennifer berube

The birth control, Depo-Provera, which is administered by a shot every three months, has Health Canada questioning its safety.

sex," she said.

Boscoe said for some women this is the only contraception available.

"There are people who cannot

cope with the estrogen that's in the birth control pill. Progesterone, the only drug (in Depo-Provera), has an appeal to them even though there are side effects."

What's goin on?

On now until Sunday, Nov. 13
The Royal Agricultural Winter fair, CNE grounds. General admission \$17. RCMP musical ride, rodeo, superdogs, show jumping, petting farm and more. Tickets available through Ticketmaster, at participating Shoppers Drug Mart stores, or at door.

The Regent Park Film Festival at Nelson Mandella Park Public School, 440 Shuter St. Presenting short and long films, fiction and documentary, from here and abroad. Free.

Tuesday Nov. 15
Novemberfest at Humber North Campus student centre, Lakeshore Campus H building student centre – 12 p.m.

Sneaker day at Humber to kick off Wellness Month. Students are encouraged to wear sneakers to work and school and can participate in health conscious activities. Students can decorate their sneakers for the event.

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HSF

in focus

North Campus' service will be in the Concourse with Carey French as master of ceremonies and at Lakeshore with Tom Browne in the cafeteria at Building H.

Instructor remembers and honours his grandfather



courtesy

Jabez Nathan Lynde was proud to serve Canada and sent postcards to family tell them know he was okay.

by jessica miller
IN FOCUS REPORTER

Remembrance day has special meaning to Humber's history of war instructor Adam Lynde, whose grandfather fought in the First World War and was wounded at Vimy Ridge.

Lynde's grandfather Jabez Nathan Lynde was 35 when he signed up and served five years as a soldier.

"He was serving in the First World War (at about the age I am now) so it's something that I sort of relate to in terms of war not just being the younger man's fight," said Lynde. "Especially in the earlier wars, war was fought by older men in their late thirties."

"For a lot of these men that was the big event in their life. The four or five years in the trenches in France and I think it was for my grandfather as well," he said.

"(My grandfather) was put into field hospitals at least a half dozen times with bronchitis," Lynde said. "But he never gave up...Once he was more or less mended (he was sent) back to the front."

In 1919, Jabez Lynde moved



courtesy

Jabez Lynde, left, 35, poses with relative Walter in Brooklyn, Ont. in 1919.

back to Canada with his wife, a sergeant in the nursing core that Lynde met while wounded in England.

"In many ways if he hadn't gone overseas (and) been wounded at Vimy Ridge, I wouldn't be here (and) my father wouldn't have been here," said Lynde.

After the war, Lynde worked as a laborer in Cabbagetown.

"The war had good and bad consequences for that generation that we often forget," said Lynde.

Although Lynde teaches on Remembrance Day, he still thinks of the many men who served in the war.

He said war is something that touches

everyone, regardless of age and gender.

"I think that it's important, especially the world we're living in today, to think about what war means. Nations may go to war expecting one thing to happen and usually it's the opposite. They may still win the war in the end, but quite often the outcome is something they didn't expect."

Lynde said if the decision to go to war has to be made carefully and for the right reasons.

"As we've moved away from the events it means less because you have less of a personal contact but still people want to turn out and see (Remembrance Day services)," Lynde said.

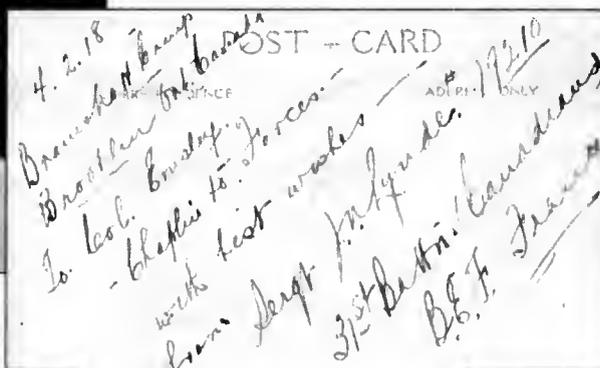
"It's because of the nature of human beings, that war is a reality in human existence, so we can't ignore it and we should commemorate those who've fought in it," he said. "But at the same time, it's not something that should be looked at as being a natural solution to human problems either."

"We have to realize on the one hand that war is sometimes unfortunately necessary."

Canadians pause for a moment of silence every Nov. 11 to remember all the men and women who serve our country during times of war.

Remembrance Day services will be held on Friday at 10:45 a.m. at both campuses.

North Campus' service will be in the Concourse with Carey French as master of ceremonies and at the Lakeshore Campus in the cafeteria located at Building H, with former instructor Tom Brown as the master of ceremonies.



Britian's white peace poppy making inroads across Canada

by fariche alleyne
IN FOCUS REPORTER

Peace activist Jan Slakov wears a white poppy to advocate peace and to commemorate civilian casualties.

The idea of the white poppy started in 1933 with the Women's Co-operative Guild in England. They chose to wear the white poppy to symbolize their commitment to peace and the end to militarism.

The white poppy is most popular in London, England where it originated, but with a peace and justice awareness email sent by the Peace Pledge Union (PPU) they can spread the word about the white poppy to Canadians.

The group that currently promotes the white poppies is called the PPU in London. Since taking over from the Co-operative Women's Guild, distribution of the poppy sales have grown and many are sold in schools with red ones.

Slakov, who lives in British Columbia, is a member of Conscious Canada, a group who objects to war. She became familiar with the white poppy through this group.

"The publication of Conscious Canada had something about white poppies one year and when I read it I just thought, this is wonderful, because I've always felt that Remembrance Day was really important to remember war and how horrible it is," she said.

Slakov has also noticed many areas across Canada have caught on to the white poppy.

"In Victoria, two women picked the idea up and they managed to do a really good press coverage of it. They sent out press releases all over the place," Slakov said. "I got calls about it in Saskatchewan and also in Quebec."

Although Slakov wears both the red and white poppy, she has

seen some people who choose to wear only the white poppy.

"I've talked with many people who say, 'wow you know I've never been able to wear a poppy on Remembrance Day, but now I am able to participate.' So there

are some people who can only wear a white poppy because of their beliefs," she said.

According to the PPU some have misunderstood the white poppy as a sign of disrespect to the veterans of war, but it really is a symbol of peace.

Michelle Sebastian a second-year accounting student feels the use of the white poppy might stamp out the traditional red one.

"I think the red one's better because it's always been red and so there's no point in changing it. (Although) wearing both could work, the red one should stay because we don't want to lose sight of what the (veterans) did for us," she said.

However the union is adamant the white poppy represents grief for people of all nationalities, armed forces and civilians alike. Not meant to be disrespectful to war veterans, it's just a different way to remember the war.



design by shanen crandon

White peace poppies are more popular in Canada today.

This Friday, several Remembrance Day ceremonies will be held at various community centres and war memorials across the Greater Toronto Area.



The familiar poppy box adorns countertops in stores and restaurants every November. The only recent change over the years has been the black centre which was once green.

Symbolic flower a sign of war remembrance

by carmela gentile
IN FOCUS REPORTER

Every November, millions of poppies adorn the lapels of Canadians.

"We wear them for the men who were killed during the war, to make this country safe for all of us," said Audrey Kennett, poppy committee chairman for the Royal Canadian Legion in Etobicoke.

The poppy has been a powerful symbol for Canadians since 1921, only a few years after the end of the First World War. It was during that "war to end all wars" that a place called Ypres in Belgium became a battleground and gravesite for thousands of Canadian and German soldiers.

After the battle, blood red flowers – poppies – began to blossom in Flanders Fields. It was here that Lt.-Col. John McCrae, an army doctor from Guelph, was inspired to write his now famous poem, In Flanders Fields.

The verse has been passed

down through the generations, and is recited each Remembrance Day by schoolchildren from coast-to-coast.

But, "a lot of people are forgetting," said Melissa Ramcharan, 18, a first-year nursing student. "Our parents probably remember it more. I think it has to do with generations."

Still, the poppy reminds all Canadians of the sacrifice of past generations. And donations paid for those red plastic flowers continue to help veterans in various ways.

"We have homes for the aged, legion homes," Kennett said. "Money goes to help veterans, their widows and families."

The Legion also runs a poster contest each year for elementary school students in hopes of educating them about why Canadians wear poppies.

And, there is a reminder on your money. The Royal Canadian Mint has issued a commemorative quarter recognizing this Year of the Veteran, depicting the profile of two

veterans from different generations.

All this appears to be getting through to people.

"It shows how we remember the people who fought in the war, and because of them, we are free," said Neil Miles, 21, a first-year poly-tech student.

IN FLANDERS FIELDS
BY: LIEUTENANT COLONEL JOHN McCRAE, MD
(1872-1918)

IN FLANDERS FIELDS THE POPPIES BLOW
BETWEEN THE CROSSES ROW ON ROW,
THAT MARK OUR PLACE; AND IN THE SKY
THE LARKS, STILL BRAVELY SINGING, FLY
SCARCE HEARD AMID THE GUNS BELOW.

WE ARE THE DEAD, SHORT DAYS AGO
WE LIVED, FELT DAWN, SAW SUNSET GLOW,
LOVED AND WERE LOVED, AND NOW WE LIE
IN FLANDERS FIELDS.

TAKE UP OUR QUARREL WITH THE FOE:
TO YOU FROM FAILING HANDS WE THROW
THE TORCH; BE YOURS TO HOLD IT HIGH.
IF YE BREAK FAITH WITH US WHO DIE
WE SHALL NOT SLEEP, THOUGH POPPIES
GROW
IN FLANDERS FIELDS.

Now versus then – the new Canadian Forces

Canadian recruits embrace the new technology

by leigh blenkhorn
IN FOCUS REPORTER

Canadian Forces have changed drastically since World War II to keep up with changing technology. But the desire to defend the country has not.

Maj. Colin Fitzpatrick, a logistics specialist stationed at CFB Borden, said he wouldn't have hesitated to fight in World War II.

"I would have served my country then, the same as I serve it now," he said.

Weapon and military technology has changed drastically. It is hard to even compare the army of today to the one of the past.

"We can do so much more with computers in the field now. Our radios are more advanced and sophisticated. I guess the best thing is that we can now use GPS (global positioning system) to find locations," Fitzpatrick said.

The machinery is more advanced and there are more luxuries in the army today.

"We eat everything we would eat in Canada on most missions. We sometimes have to eat hard rations (powdered food)," Fitzpatrick said. "We have more access to phones and videos. We can talk and even see our families more."

World War II veteran David Stubbs in Barrie remembers a different military life. Before serving in the Royal Canadian Air Force (RCAF) Stubbs did his basic training at Exhibition Place. He was stationed overseas in Upper Yorkshire England, in the 425th Alouette Squadron.

"The equipment used now is very sophisticated. It's very different

from when we were out there, but I don't think it's any more difficult," he said.

Stubbs said during World War II soldiers would go into spe-

cialized fields after basic training much like they do today.

"Everyone had to learn how to take machine guns apart and put them back together," he said. "In the RCAF you had to learn a lot. I mean I learned how to do everything from loading guns to flying planes."

Stubbs said if his country was in need, he wouldn't hesitate to join again.

"I would sign up again today, there's no question about it."



Soldiers 50 years ago were not as well equipped.



Maj. Colin Fitzpatrick is a proud member of our forces.

Park's Flames of Memory to honour Jewish soldiers

by jason bowser
SENIOR REPORTER

A new war memorial called Flames of Memory is being built in Earl Bales Park to honour the many Jewish war veterans who enlisted in the Canadian Army during the country's time of need.

The official groundbreaking ceremony took place on Oct. 30 with Mayor David Miller working in co-operation with the Jewish War Veterans of Canada as part of the Year of the Veteran.

"What it recognizes is the Jewish involvement in the war, because there was a myth that Jews did not fight in World War II," said Lou VanDelman from the Jewish War Veterans of Canada during the ceremony.

VanDelman said there was great effort to get the truth out about how many Jewish people signed up to fight oppression in World War II.

Humber economics professor Gary Berman said Jewish soldiers who signed up for the military in World War II were taking a risk if they were captured by the German army.

"They not only faced prisoner-of-war camps, but also the death camps," Berman said.

He also said because we're losing holocaust survivors just like the veterans, it is important to make sure their messages are heard and not forgotten.

VanDelman said he is looking forward to the start of

construction and to see the final production.

"We hope that the actual construction will start in either late winter or early spring," VanDelman said. "And it will be opened by sometime in August or September of 2006."

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"The FBI, under the Patriot Act, was issuing 30,000 'national security letters' a year, 100 times as many as it has issued historically. The letters, which recipients

Internet phones — cheap but not always reliable

Internet calling starts as cheap as \$10 a month

by **sheri bolton**
BUSINESS REPORTER

Voice over Internet Protocol, otherwise known as VoIP, is emerging as a cheap alternative phone service.

VoIP made its debut in Canada two years ago. It is an Internet based service that works like a regular phone but it differs slightly. Instead of calls being transmitted over regular old telephone lines, they instead go through the public domain of the Internet.

"If you're a student and you've got a high speed connection, VoIP's a great thing," said Hugh Thompson, publisher of a Toronto based digital media website.

"The VoIP benefit is cost. Far and away it's the cheapest."

— Hugh Thompson,
digitalhomecanada.com publisher

will not work."

Randy Lawrence, a Humber post-production student said those are some things that are going to have to be addressed. Lawrence has thought about using VoIP but said he hasn't heard much feedback from anyone using it and he is a little skeptical about a telephone service that is tied to the Internet.

"I think for the most part the only thing going for it is price," said Lawrence. "One other thing, never have I ever had my telephone crash on me."

Thompson said, "I would never advocate VoIP as home phone service. It's not reliable enough. The call quality is not there yet. For anyone who's not computer savvy or willing to put up with the headaches ... if you want 100 per cent reliability, I would stick to old-fashioned telephone service."

To tell if your Internet service will support VoIP well, Thompson said to

Thompson who uses Vonage, a VoIP provider, for his business, said the box (called a gateway) that is hooked up to his computer and converts his voice into digital data, is no bigger than a large pack of cigarettes. He said he can take the gateway anywhere in the world, plug it into a computer with Internet service, and his home phone will work from there.

"For students it's kind of neat, so if you went home to mom and dad for summer, you can plug it in and have your home phone service," said Thompson.

"The VoIP benefit is cost," said Thompson. "Far and away it's the cheapest. The benefit there is that you can get all sorts of different packages."

Some service starts at as low as \$10 a month.

Alison Pen has been using the service for the past year and finds it very useful to call her husband who is often away. "The best thing about it is that by calling my home phone number, my home phone rings and my cell phone rings at the same time," said Pen. "For \$40 a month I can call anywhere in North America unlimited. There's never any surprises on my bill."

There are downsides, however, said Thompson. VoIP relies on the Internet service for its quality. Thompson said that if your Internet service goes out, so will your phone. The same thing goes if the power goes out. If you run into an emergency during a power failure, explains Thompson, "911

testyourvoip.com. The site will test your Internet connection, but Thompson said to test it often and during peak hours, between 10 a.m. and 2 p.m.. "If it comes up clean every time, go nuts; get VoIP," said Thompson.

Thompson said there are new developments in the industry that may hit the market in the next few years and suggested that people keep an eye out for them.

A positive thing according to Thompson, is being able to plug your cell phone into your gateway and use it as if it were a regular phone allowing people to "make calls without being charged for using your wireless phone."

In May 2005, the CRTC announced it would not regulate VoIP service fees. The decision came as a means to boost competition and allow smaller companies to compete in a market largely dominated by communication giants like Bell Canada and Telus.

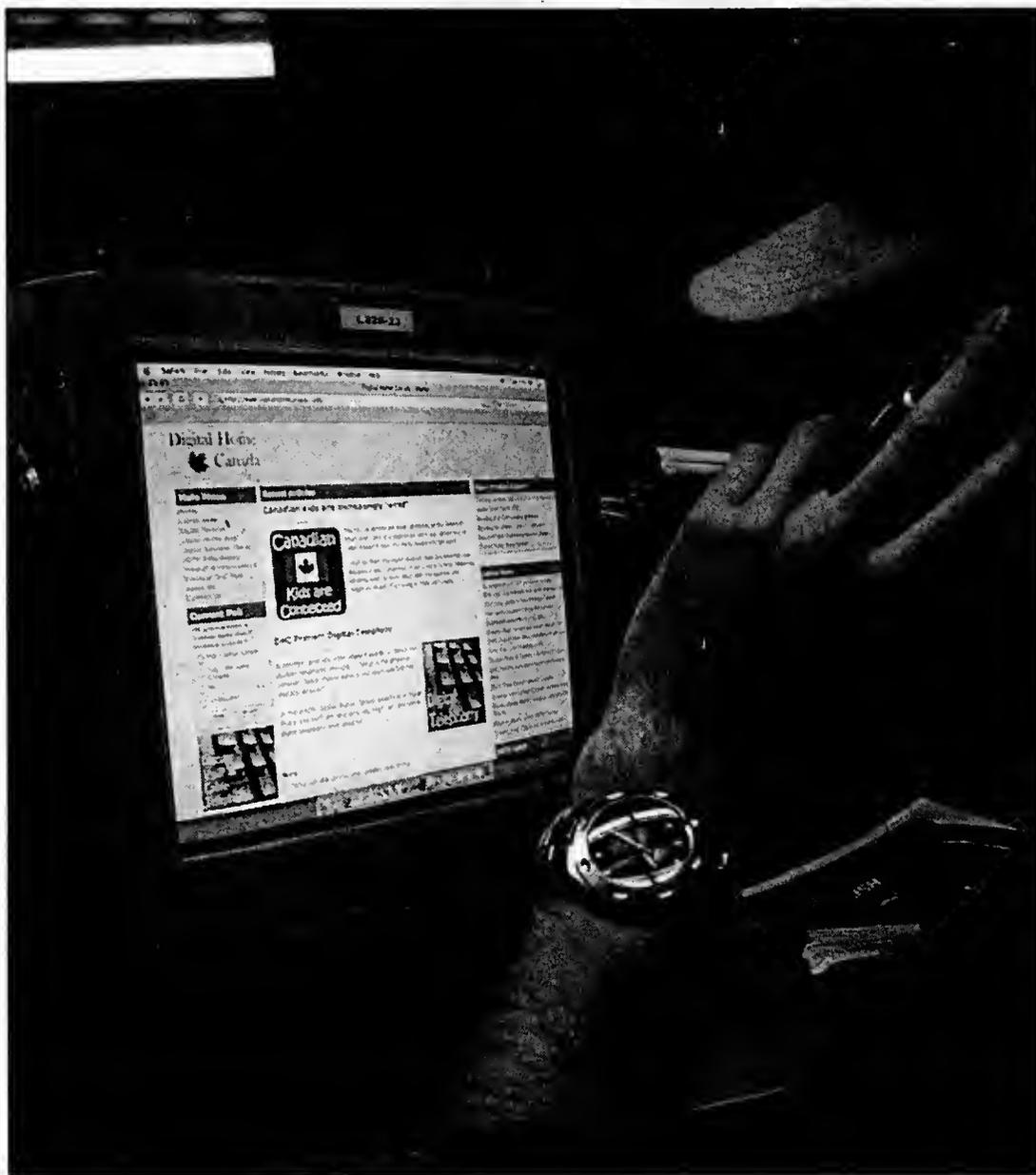
Primus, Vonage, AOL and Comwave are the only ones I'd actually recommend to anyone," said Thompson.

digitalhomecanada.com

Provides consumer feedback listings on VoIP providers

testyourvoip.com

Tests your Internet connection for VoIP compatibility.



rebecca granovsky larsen

The gateway box is revolutionizing telecommunications by providing long distance phone calls at a fraction of the cost of traditional phones. Reliability, however, remains an issue.

American bids for the Bay

U.S. shareholder offers \$1.1 billion for Canada's biggest department store

by **karalee agar**
BUSINESS REPORTER

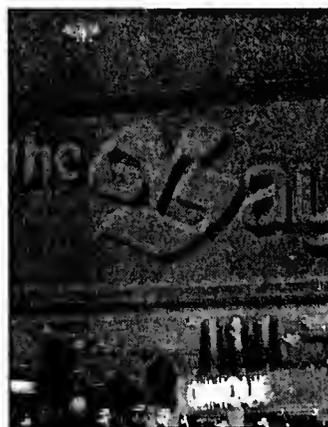
The Hudson's Bay Company is facing a possible American overhaul if one of the company's most prominent shareholder's bid goes through.

Jerry Zucker, an American who owns 20 per cent of HBC, offered the company \$1.1 billion for its credit card sector which the company put up for sale.

Many HBC employees are relieved that Zucker has stepped up to take hold of one of the company's largest divisions.

But Bay employee Alice Matson said consumers are concerned about Canada's largest department store chain becoming Americanized.

"We do have customers asking



karalee agar

HBC has over 500 stores.

us constantly if the store (the Bay) will be like large American department stores such as Macy's or Target," said Matson, who works at the Upper Canada Mall in Newmarket.

"The Bay will not change, it will always be the Bay," she said. "As far as changes within the store, upgrading is a possibility to compete with Macy's and Target."

While American shareholders

are a source of revenue, they are changing the Canadian base and heritage of Canadian shopping.

But Humber student Kaitlin March said she's not concerned about possible changes to Canada's oldest department store.

"Now I don't have to go to the States to buy the things I like."

— Kaitlin March,
Humber fashion student

"I actually enjoy when new stores come to Canada. Now I don't have to go to the States to buy the things I like and really want," said the fashion arts student.

Matson said, "Even if this deal does go through, changes aren't expected to take effect for at least another two or three years."

The Hudson's Bay Company was founded in 1670 and is Canada's biggest retail store.



are ordered never to discuss, often demand the release of banking data, credit reports, and other private information." - Harpers Review

Genetic map helps decode diseases

An international effort to group human genes will help customize treatments

by adam trinh
BUSINESS REPORTER

Canada played a significant role in a study that will help identify genes that cause diseases.

The International HapMap Project began in 2002 as a joint venture of scientists from Canada, Japan, the U.S., the U.K., China and Nigeria.

Their goal was to create the first catalogue of human DNA that shows genetic differences between people from four major populations around the world, progressing the research and findings from the Human Genome Project.

The study will allow advancements in gene therapy, and customizable treatment for numerous diseases.

Director Thomas Hudson and Dr. Alexandre Montpetit from the McGill University & Genome Quebec Innovation Centre led the Canadian research team of the HapMap project.

"We used 269 DNA samples from people in China, Japan, Nigeria and the United States," said Montpetit adding that the Canadian team helped to push the other groups by accomplishing their part of the project.

The genetic makeup of human DNA is 99.9 per cent the same for everyone, with only a 0.1 per cent chance of a variant to arise.

"What we've discovered is that there is a higher frequency of variants in specific cultures. We were the first to finish translating and organizing our part of the project, cataloguing 30 million genotypes (genetic makeup that determines specific physical characteristics)," Montpetit said.

The variants known as haplotypes will allow scientists to understand and examine different parts of the human genome and target specific chromosome where variants exist.

The genetic makeup of human DNA is 99.9 per cent the same for everyone, with only a 0.1 per cent chance of a variant to arise.

With the use of the HapMap, scientists are now able to quickly find and locate genes from the variant that may cause diseases, instead of having to go through millions of chromosome strands like in the past.

Montpetit used the example of

the lactase gene that appears in extreme frequency among Europeans and allows them to digest lactose products later in life.

"This is just one of the patterns we've found during the study, but it's important not to mistake these patterns as universal for every one of those decent," Montpetit said.

Ethical issues arise with the findings and Dr. Kathy Siminovitch, a professor of medicine at Mount Sinai Hospital who helped initiate the HapMap project, said the public should not use the study to label different cultures.

"Everyone has a slight difference in genes, so any treatment that derives from the study will be individual based," Siminovitch said. "The only way this would happen is if insurance companies use it to stigmatize its customers."

"It's impossible to link diseases to individuals based on their race," Montpetit said. "We cannot link the cause of variants."

Kathleen MacMillan, the dean of Humber's school of health sciences says like other medical advancements, privacy becomes a strong issue.

"This is another example of the importance of protecting people's privacy so that a person's genetic information is not leaked out," she said.

MacMillan supports the idea of customizable therapy that the HapMap project can provide. "The idea of tailor-made treatment is a huge breakthrough."

The \$163 million project consisted of organizations from Canada, the U.S., China, Japan, Nigeria and the U.K. with more than 2,000 scientists.

**For more info visit:
www.hapmap.org**



Investors are taking a more active role in the ethical practices of the companies they govern.

Conscientious investing

by sunil angrish
BUSINESS REPORTER

For an increasing number of investors, concerns about ethics, human rights and the environment are just as important as how much money a company makes.

"It's not just considering how much money you make, but also what impact it has on society," said Toby Heaps, editor and publisher of Corporate Knights, a Toronto-based magazine examining corporate social responsibility. "You try to make the world work a little better."

Ethical investing, or socially responsible investing, can involve putting money in companies and funds that do less harm to society — companies that don't produce tobacco products, make weapons, significantly harm the environment, or have shoddy human rights standards.

And with corporate crime seemingly becoming more common, many feel that investors should be taking a closer look.

"It's important to know where your money is going," said J.R. Genua, a professor at Humber and a financial advisor.

Genua notes you should do your research before investing, and ask questions.

Genua pointed out that three years ago investors would laugh at ethical investing, but after the Enron scandal and similar

episodes people are taking it far more seriously.

Another way people invest ethically is by actually putting money in companies that do harm — and then force them to change.

"When you own the company, you can change it," Heaps said.

By writing letters, speaking at meetings and proposing resolutions, shareholders can force the company to recognize the concerns of its owners.

It's a means to "engage companies in dialogue," said Bob Walker, vice-president of Sustainability for the Ethical Funds Company, a mutual funds company.

While resolutions are rarely passed, companies do pay attention to them. Companies don't like resolutions on the agenda according to Walker, and will discuss with shareholders means to have them withdrawn.

"It's sometimes a challenge," Walker added.

"It has more impact than you think," Heaps said. But resolutions require a significant number of the shareholders vote to pass, which is difficult.

But Heaps said that's not a problem. "It's not about fixing the world overnight. It's a bit by bit."

By means of resolutions, it "passes a message," Heaps said. "I put my voice in, and I'm saying I care about it."

Walker said more and more investors are looking closely at

where they put their money. "Climate change is a big one," he noted.

Some critics have argued that ethical investments are not as profitable as regular ones, and so it's less appealing to investors. "It depends on who you ask," Heaps said.

Some cynics feel that ethical investing doesn't work, and people who go ethical are fighting a lost cause.

"I don't blame people for feeling that way," Walker said. "They haven't done a good job of telling the story" of the positive impact ethical investing has had.

"It's not a lost cause," Genua said. "People should say what they want."

Walker does admit that ethical investing is fragile, and if a corporate officer in an ethical company gets into trouble, "people leave us like flies."

Genua said that the line between good and bad companies is far more defined now. "There's no grey anymore."

Companies make a conscious decision to deal in arms and harmful products, and "they have to live with themselves now."

For the people who think you shouldn't bother investing ethically, Walker has a simple response.

"Why not?" he said. "You really have to be dedicated to not caring."

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arts & entertainment

Tom Cruise replaced his publicist sister with the veteran Paul Bloch. He has gotten lots of attention since he and Katie Holmes made their relationship public.



shanen crandon

Clayton Bellamy and Jason McCoy, who make up two-thirds of The Road Hammers, are Canadian Country Music award winners.

The Road Hammers nail their concert

by shanen crandon
PHOTO EDITOR

"Hot, sweaty and loud."

When describing the live Road Hammers show guitarist Clayton Bellamy isn't just talking about the band. On Nov. 3, a few hundred fans packed into the Horseshoe Tavern to check out the Canadian Country Music Award (CCMA) winners perform hits from their self-titled debut album on the Toronto stop of their cross-Canada tour.

Recently the band made Canadian history as the first domestically signed band to hit number one on the Canadian Audience Chart and they took home the best group trophy at this year's CCMA's. They've just released their single Eastbound and Down in the U.S. and it's become the most requested song on satellite radio.

There was a heavy air of anticipation as the crowd waited anxiously for the band to take the stage. When they finally did, they kicked into overdrive and the crowd went wild.

Formed by Canadian country superstar Jason McCoy, the Hammers started out as a project to not only pay tribute to those who make their living on the road, but it also allowed McCoy a chance to branch out from the more traditional country sound.

He found his partners in crime with Bellamy and bassist Chris Byrne.

"The three of us got together trying to create the ultimate road album," Bellamy said.

Country Music Television Canada eventually caught wind of McCoy's plan and approached him about producing a television show

about the band that documented the process of making The Road Hammers' album.

"The television (show) was more documentary than it was reality TV," Bellamy said. "It added some legitimacy to it (reality TV). And the fact that all of us are established artists this wasn't a contest for us. People weren't phoning in and voting for their favorite Road Hammer. I had to audition for the band and I had to be good enough to get in. It was a legitimate audition."

"It was really weird at first hav-

ing a camera in your face all the time. After a while you kinda got used to it, forgot they were there. That's when the good stuff got caught on tape," Bellamy said.

Under the unforgiving eye of the cameras, the band put together a mix of half trucker classics and half Hammer originals that are destined to join the ranks of the classics themselves.

While half the CD does consist of covers, including Jerry Reed's *Smokey and the Bandit* theme Eastbound and Down and Boxcar Willie's *Girl on the Billboard*, the

Hammers have no trouble making the songs their own and turning them into one tight package.

Bellamy described their sound simply as "Southern Rock. I would say if you're a fan of bands like Lynyrd Skynyrd or outlaws like Waylon or Willie, you're gonna love The Road Hammers."

Vocals are split between McCoy's country twang and Bellamy's rock sound to give each song its own individual flair. This helps the band appeal to more than just the typical country fan.

In October, they embarked on their current cross-Canada tour, which sold out across the country. Although Bellamy said it's been going well, "it's more than a little overwhelming."

The live show was an explosive experience. From start to finish, the energy never once dropped. In fact, as the set went on, the band fed on the crowd's energy, becoming wilder and crazier. They left the stage after their first single I'm a Road Hammer only to return less than a minute later for an encore that included their version of Tom Petty's *You Wreck Me* and a reprise of *I'm a Road Hammer*.

Appreciative of their fans, the band hung around after the show to make sure nobody missed out on an autograph, picture or handshake. The harsh touring schedule is often hard on artists, but Clayton is a true Road Hammer. "It's hard being away from family. But other than that, I love being on the road. I love playing every night and it's an adventure. It's something that's been in my blood."

Clayton said he was confident about the band's mainstream appeal.

"We're takin' over the world," he said.



shanen crandon

Canadian singer Jason McCoy started The Road Hammers to pay tribute to people who make their living on the road.

LISTED



courtesy

CD

Get Rich or Die
Tryin' - out now



courtesy

DVD

Devil's Rejects -
out now



courtesy

MOVIE

Harry Potter and the
Goblet of Fire -
out Nov. 18



courtesy

GAME

Peter Jackson's
King Kong -
out Nov. 22

Whitney Houston is planning a musical based on her hit songs. She's also planning to release an album in 2006 and is considering taking on three movie roles.

Indie music rocks Humber

HSF throws a rock concert to raise money for the victims of the earthquake in Pakistan

by bronwyn cawker
ENTERTAINMENT REPORTER

In the wake of the earthquake disaster that claimed the lives of thousands of Pakistani citizens, the Humber Students' Federation is trying its best to lend a helping hand.

For students who enjoy charity with a side of rock and roll, Indie Night at Caps last Wednesday evening was an excellent choice.

Cash, clothing and non-perishable food items were collected at the door instead of charging cover. All items will be donated to victims of the earthquake tragedy. Despite a lukewarm turnout to the event, HSF event assistant Kapil Chothani said every little bit helps.

"A lot of people from Pakistan attend Humber and come to the HSF office asking for help," said Chothani, a business administration student. "Whatever we can get together, food or clothing, we just want to help them out."

Bands Abandin Theory, Eden Ants and the Drop Dead Pinups hit the stage in the name of a good cause.

A handful of '90s covers such

as Abandin Theory's rendition of U2's Where the Streets Have No Name, and Eden Ants' cover of Blur's Boys & Girls were a nostalgic throwback.

Abandin Theory opened the show on a positive note with screechy rock songs. Despite a few minor glitches, they still managed to keep their game faces on and finish their set.

"At first we didn't know we were playing for a good cause, so it's always a bonus to know you're helping people," said guitarist and electrical engineering student Gary Baillie.

"It's an actual thing, it's really indescribable."

This is the HSF's second go this semester at holding charity-related Indie Nights. In early October, a relief concert was held for victims of Hurricane Katrina.

But, some think that the earthquake

deserves more attention from students.

"All of us are affected greatly, but just because it's overseas we're not taking it as seriously. I think that we treated the Katrina disaster way worse than this, but it's not necessarily," said Farris Green, a

"At first we didn't know we were playing for a good cause, so it's always a bonus to know you're helping people.."

- Gary Baillie, Abandin Theory guitarist and Humber electrical engineering student



bronwyn cawker

Event assistants Farris Green, Kapil Chothani and Chris Climie collect donations at Indie Night.

second-year journalism student at Guelph-Humber.

"A lot of people are in trouble

right now, so I think they need as much help as they can."

For anyone who couldn't

attend the concert but still want to donate anyway can do so at the HSF office.

A creative contest for writers

Student Literary Competition offers students the chance to be published locally and internationally

by jason bowser
SENIOR REPORTER

With the 2005-2006 Student Literary Competition approaching, the associate dean of the Liberal Arts and Sciences program is encouraging Humber students to sign up and try their hand at poetry, a personal essay, a short story or a one-act play.

"Humber does well historically," said Joe Aversa, who is also the director of the English Language Centre. "We have good teachers who encourage their students to enter."

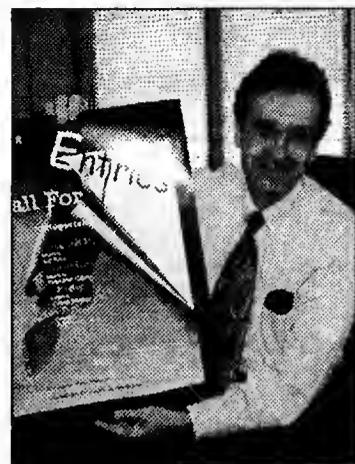
Aversa explained that the way the competition works is each college or university involved first has a local contest among the students in March.

"Then, every college sends their first-place winners to the host college (for the international competition)," Aversa said.

Humber College is the only Canadian college involved in the Student Literary Competition.

Aversa said it is a huge accomplishment to be among the winners of the competition.

Last year, Humber was the hosting college for the international contest, and Humber students, Kimberly Dean won third place in



jason bowser

Joe Aversa, the director of the English Language Centre.

the poetry competition while Julia Bruce won second place for her one-act play.

The next upcoming international competition will be hosted by St. Louis Community College in Missouri.

"If you'd like to write, here's your chance," said Humber's general education secretary Linda Albis.

She pointed out the deadline for students to have their work submitted is in late February, so everyone still has lots of time to come up with unique ideas for stories to enter any category in the competition.

"To get started, they have to fill in an entry form," Albis said. The only rule, she added, was that students must be taking an English Communications course to apply.

Anyone who wishes to pick a form up can go to the Liberal Arts and Sciences office at K201 to join in.

"The more, the better," Aversa said.

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Expose yourself at VJ search

by drew seale
ENTERTAINMENT REPORTER

Hundreds of students packed into the HSF student centre to watch and audition for the MuchMusic VJ Search.

Aliya Savoni, a producer for Much On Demand, hosted the Humber tour stop and said she was impressed by the crowd.

"I love being back home," said Savoni, a proud Torontonian. "The crowd's pretty awesome. I think everyone is really hyped about the idea of not only becoming a VJ but about the primetime series."

The contest, which has been running since 1995, added a twist this year. Now 10 finalists will participate in a 10-episode reality series, to be aired in January. The finalists will live in the VJ Search penthouse in downtown Toronto.

Many Humber and Guelph-Humber students showed up for their 15 minutes of fame, auditioning in front of a camera. There were so many people wanting to audition that Savoni and the

other hosts had to pick contestants using a lottery system.

Jon MacIndoe, a third-year public relations student and Guelph-Humber's vice-president of academics auditioned for a spot as the next VJ.

Now 10 finalists will participate in a 10-episode reality series, to be aired in January.

"It's a huge turn-out. I think they chose a great venue for it," MacIndoe said. "I just came out to have a great time today. It didn't really have anything to do with the council. It's just a really fun event to be involved with."

Mike Greene, a first-year radio student, also signed up for the competition.

"I've been at a radio station for about two years and everybody there always tells me 'wow you have the personality for this, you

should audition for the VJ Search,'" Greene said. "I was up all night filling out the registration form and here I am."

The radio student and contestant said auditioning is a "really great opportunity for anyone who wants to get into the media."

All members of the VJ Search crew were up on stage, at moments participating and even helping to run the event.

Andrew Kilmer, better known as the "new guy," helped Savoni with her hosting duties. Kilmer, who is a University of Windsor graduate, joined the tour as a host six days ago at Fairview Mall in the North York audition stop.

"I auditioned with a marketing company," said Kilmer, who will be with the tour for a month. "There's a show pretty much every day until we finish in Fredericton" on Nov. 25.

The eight-week national tour started Oct. 3 in Victoria. At the end of the tour all the tapes will be reviewed and the finalists will be decided.



Members of the MMVJ search team watch on as Humber students fight for TV exposure.

Foer's sophomore novel worth reading

by adam vanderhelm
ENTERTAINMENT REPORTER

Oskar Schell's business card will tell you that he is an "inventor, jewellery designer, jewellery fabricator, amateur entomologist, Francophile, vegan, origamist, pacifist, percussionist, amateur astronomer, computer consultant and an amateur archeologist." What it won't tell you is that he's nine-years-old.

Through graphics, brilliant story telling and passion in his subject, Foer brings Oskar to life in *Extremely Loud and Incredibly Close*.

He's the main character in author, Jonathan Safran Foer's sophomore novel *Extremely Loud & Incredibly Close* is a vivid, and vexing tale of one family's loss, and a child's inability to gain closure.

Extremely Loud was an accidental idea. Foer had been writing a story about diarists when the planes made contact with The World Trade towers, and his writing took a radical turn.

The original material regarding the diarists is still present, but brilliantly incorporated rather than patched together. Foer is a brilliant young mind his intelligence and passion coming out on every page. The writing style is observational and innocent, yet pessimistic. It's almost as if young Oskar, emotionally loaded, and fully aware of the

world around him, is writing as he walks the streets of New York.

Foer manages to incorporate the heart-warming humour of a young child, in innocent words and phrases. Oskar often refers to the state of his "boots," usually describing them as heavy. The people around him also pick up his quirks, as loved ones often do. When in good humour, Oskar, his grandmother, and other characters close to Oskar refer to themselves as feeling like "one hundred dollars." One can only assume that this is in the interest of grammatical correctness, as "a hundred bucks" is poor English. This is the humour that brings the reader closer to the characters who are so vividly painted by Foer's brilliant brush.

Foer has also chosen to use graphic art to help tell his story. Photos are used, usually in reference to Oskar taking snapshots of his journey. Notes described in the book are shown on the following page, and often those notes tell the story of the writer, while the spoken response of the receiver is omitted. A character will mention in a journal entry that he is running out of room on the page, and as the reader continues, the words get closer and closer together, until they finally overlap until they are illegible. The preceding few pages show the text getting more and more dense, until the page is nearly black.

Through graphics, brilliant story telling and passion, Foer brings Oskar to life in *Extremely Loud and Incredibly Close*. Anyone who appreciates great writing and a keen eye for observation will love this novel.



What's In Your Headphones?



name: simone al
age: 19
music: underoath
seether
program: interior design

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David Bergen was awarded the Scotiabank Giller Prize for *The Time in Between*, beating out four other finalists to claim \$40,000. - CTV.ca

What's Between The Covers?

Can You Keep a Secret?
Sophie Kinsella

by **simone reid**
IN FOCUS EDITOR

Imagine a moment when you think you're going to die, you start telling a complete stranger things about your life — and not just anything — only the secrets that not even your best friend knows.

But then, as luck would have it, you don't die. The man was just some stranger who was just visiting your country, so you figure you'll never see him again. You think "so far, so good" until you arrive at work Monday morning only to find this stranger is the CEO of the company. And he remembers absolutely everything you've said.

Such is the plot line in *Can You Keep a Secret*, a novel by Sophie Kinsella, author of the famed *Shopaholic* series.

Kinsella's Emma is a marketing assistant at Panther Cola who's dying to be promoted to executive to prove to her family she's not a failure who can't commit to a job. On the plane back to London, after a failed attempt to change her title, she meets Jack Harper, CEO of the company, who has a secret of his own. After a little turbulence gives Emma a case of loose lips, she finds herself trying to dodge bullets of humiliation from a boss who happens to have an excellent memory.

Kinsella does her best to make Emma relatable to her female audience. Emma's not rich, nor is she physically per-



shane crandon

fect. Many times, she feels inferior to her older, more successful cousin, Kerri. She loves her girlfriends, despises some of her co-workers, and realises that despite the "perfect couple" image people have of her relationship with Connor, things aren't really all they seem.

When things don't go right for Emma, your heart will ache for her. You feel all her pain and temporarily share her inadequacies. You wish you were in the book with her, urging her to get past all the people who try to keep her down and to rise above them. *Secret* is just one of the latest in a long line of successful "chick lit" books. What started with Candace Bushnell and the women of *Sex and the City*, "chick lit" serves as a form of escape drenched with fabulous clothes, hot careers, gorgeous men, and your best girlfriends. *Secret* follows this without saturating the pages with one topic, as the *Shopaholic* series did with the designer names.

However, it should be said that if you are self-conscious, do not read this book in public because you will find yourself going through the motions and trying to stifle your laughter.

Day trippin' in Kensington Market



j. mcleod

Check out page 21 for more shots of Kensington Market by the first-year journalism students

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arts & entertainment

Paris Hilton has been subpoenaed as a witness in an L.A. case. A man has been charged with breaking into Girls Gone Wild creator Joe Francis' home. etonline.ca

Canadian release of *Karla* creates controversy

by mark gullherme
ENTERTAINMENT REPORTER

People are boycotting the release of a movie about notorious killers Paul Bernardo and Karla Homolka because they believe the film is an attempt to exploit and capitalize on the tragic events.

The film's producer and one of its writers, Michael Sellers, has received close to 1,000 e-mails opposing its release.

But he's on a mission to convince people the movie *Karla* should be released.

Last month Sellers screened the film privately for lawyer Tim Danson, who represents the families of the killers' victims Leslie Mahaffy and Kristen French.

"I went up to Toronto to do the private screening for Tim Danson on behalf of the families, and they acknowledged that the film is not something they are going to oppose," Sellers said. "That doesn't mean that they endorse it by any stretch of the imagination, but they understand and acknowledge that it hasn't taken a tawdry exploitation approach."

Danson had originally vowed to take legal action against the movie on grounds that a depiction of the rape and murders of French and Mahaffy would qualify as child pornography.

"I was surprised actually that they accepted it."

- Michael Sellers,
movie producer

The names of the victims, however, were not used, and instead the film's creators created fictional names to represent the slain girls.

"Legally it was not required because they are deceased, they're part of the public record, but we felt there was no value to the film in using their names and we know the families of the victims prefer they not be used," Sellers said.

Karla was set to premiere at this summer's Montreal World Film Festival but was later pulled when organizers faced heat from the festival's corporate sponsors including Air Canada. Sellers was not shocked by the decision of the film festival to pull the film.

"I was surprised actually that they accepted it," he recalled.

Luca Lombardi, a second-year general arts and sciences student has been following the film and is looking forward to seeing it to make sure a proper depiction is given of Karla Homolka, who was released from prison this summer.

"I want to see the film to make sure that she's not portrayed as an innocent person, but as what I think she is, a truly violent criminal person," Lombardi said. "The government shouldn't be standing in the way of this film being released. It's not their choice to decide what the public should and should not see. They should let the

film be released and let the public decide if this is a film that is appropriate for them or not."

Sellers hopes that once the film is released, people will view it with an open mind and better understand the case.

"*Karla* will become a three-dimensional character. Any time you make a movie, you spend two

hours trying to depict the person's choices and existence, they're going to emerge as a more rounded character and you're going to gain insight into their psychological process. Humanity is based upon people making choices that make sense to them at the time they make them," Sellers said. "No matter how evil someone is, they

have a point of view and there are those in the world who feel there may be some value in exploring evil. I haven't made a career out of it. This is the first time I've made a movie that precisely does this, and I don't see myself constantly repeating this process but I think what people need to understand is that this film will deliver insight

into her character which helps in a lot of ways to understand the process which she went through."

The Canadian distribution deal that would get the film into theatres is almost complete and should be announced in December. Sellers expects if all goes well the film will be released sometime after Christmas.

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sylvia prout



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A trip to the market...

background image by dan quarantine

First-year journalism students spent a day downtown capturing images to represent the colourful characters and surroundings that fill the crowded streets of Kensington Market.



dennis chung



sports

"Son, when you participate in sporting events, it's not whether you win or lose: It's how drunk you get." - Homer Simpson sharing fatherly advice.

Lady Hawks soar to Humber Cup win

by **jeremy crowe**
SPORTS REPORTER

The Humber women's volleyball team added another notch to their belts, winning the Humber Cup invitational tournament this weekend.

The Hawks overcame mediocre efforts in their first three games but came out flying in the semi-finals and finals.

"We just kind of coasted through the first day," coach Chris Wilkins said after the tournament. "And it was dangerous. We could've easily been out."

The team defeated Durham in its first round robin game on Friday, before suffering its first loss of the young season, dropping two straight sets to defending OCAA

champions, Cambrian.

But Humber came back strong on Saturday, easily defeating Loyalist College to qualify for the semi-finals, where they dominated Fanshawe College, winning two sets to none.

The team continued its torrid pace in the championship game, avenging its earlier loss and defeating Cambrian 25-10 and 25-11 to claim the Humber Cup.

"When the money games came, we really showed up," Wilkins said.

Co-captain Risha Toney was named a tournament all-star, while Perfection Powell was named tournament MVP.

But when asked about her performance, Wilkins was quick to point out the solid play of Alex

Steplock, co-captain Amanda Arlette and Robyn Stafford and stressed that team effort was what spelled victory.

"Our MVPs are the Humber Hawks, those 13 girls," Wilkins said, "That's how we do it, we win as a team."

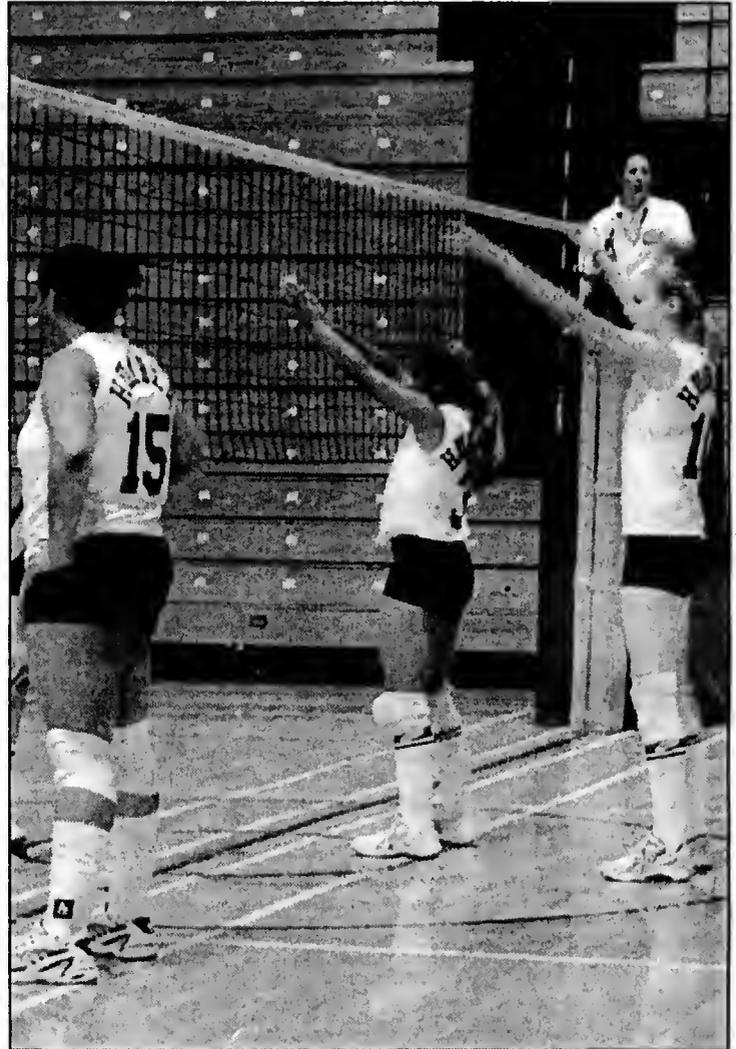
The Hawks, 1-0 on the season, are now 12-1 in tournament play.

The team would like to give a fond farewell to assistant coach Kirsty Goodearle, a former Canadian College Athletic Association All-Canadian athlete and Humber alumni.

Goodearle left the team following its Humber Cup win and will be venturing to Australia to further her career. The team wishes her all the best.



jeremy crowe



jeremy crowe

The Lady Hawks, who won their second tournament of the year, prepare for game action (right) and pose with their Humber Cup trophy (left). Perfection Powell (15) was named tournament MVP as the Hawks improve to 12-1 in tournament play and 1-0 in the regular season and hope to continue their winning ways.

Men's volleyball team impressive but miss playoffs

by **terry bridge**
SPORTS REPORTER

The men's volleyball team hosted the Humber Cup this past weekend, but failed to even make the playoffs.

The team finished a strong 6-2 in the round robin, so overall it was not a disappointment.

"My philosophy on tournaments is to get a lot of guys some playing time," said Wayne Wilkins, the head coach. "We don't have to go out and win every tournament. It wasn't a disappointment that we didn't win."

The Hawks finished with six points, putting them third in their division and out of the playoffs, while the second place team in the other division only had five points and made the playoffs.

"In theory, if it wasn't the luck of the draw we should have made the playoffs," Wilkins said. "But, no big deal, this year it didn't work out, next year it might. At least we got to play some teams we don't normally play."

The Hawks started the tournament with a match against an underdog team from Cambrian.

Although the Hawks won two straight sets, the team was not

happy with its performance.

"We played very flat, very lackadaisical," said Darryl Burton, co-captain of the team. "We didn't want to play. Guys didn't want to be on the court. We won both games but we should have crushed them 25-10 both times, we really struggled against them."

Game two was a rematch against Durham, who in a tournament two weeks ago sent the Hawks packing in the semi-final.

Durham is ranked second in Ontario, yet the boys from Humber gave them a real challenge, splitting the two sets.

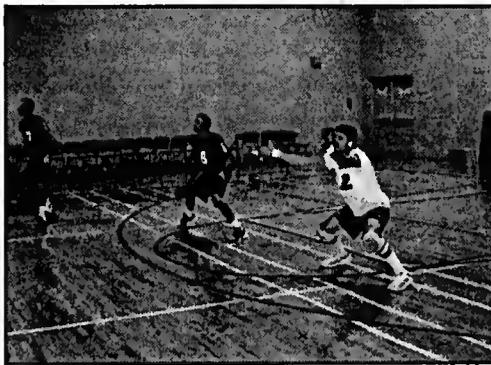
After Humber took the first set, Durham's overpowering offence began clicking in the second, taking an early lead and the set 25-19 after the Hawks were unable to complete blocks at several key moments.

"We came out, beat them the first game, then in the second game we gave them the first five or six points and that was pretty much the game there," Burton said.

Wilkins has noticed a recent trend of the team digging early

holes for themselves and it has cost them sets.

"We seem to wait, we have to warmup, we seem to need a rolling start and that's the difference between good teams and great teams," Wilkins said. "Great teams will start that next game just as they finished the first one, but



terry bridge

Hawks' Mike Smith (right) waits for shot.

right now we seem to need four or five points to get into it."

Game three pitted Humber against the Seneca Sting, and it was the home team's extra effort that helped them dominate the first set 25-16.

David Forrester made two

incredible point-saving plays, leaping over a chair and bumping the ball back into the court, and on another occasion diving near the crowd on the Sting's side of play to make a save.

The whole team exhibited great teamwork, solid setting, accurate passing and timely smashes.

"Coach always says it's not the six best guys but the six guys that play the best on the floor, so on any given day we need everyone to step up and play," said Mike Smith, co-captain of the team along with Burton.

In the second set, the biggest lead was two as both teams traded points until Seneca finally pulled away 25-22.

"We played really well, we came out of the tournament feeling good about the way we played," Burton said.

"Besides the Cambrian game we made some progress within the team, knowing that we could have made the playoffs if we played better against Cambrian."

The fourth game had the Hawks playing the Lancers from Loyalist College in a must-win game for Humber.

They won in straight sets, but due to the divisional set up they were finished.

"We were a lot more focused, the guys wanted to be there," Burton said. "If we had any chance we realized we had to win two straight. It was a great game, we dominated them, everybody played fantastic."

Fanshawe ended up winning the tournament, beating Durham in the final.

So far the league has shown great parity, with several teams able to compete for the top spot on any night.

"There are four or five different teams that could win at any given time, if we play up to our potential we have just as good a shot as anyone else," Smith said.

Humber heads off for a game in Oakville Thursday night against Sheridan College and hopes to continue their strong finish in the tournament with a victory.

"We are really looking forward to that game, we want to take the momentum and use it to go into Sheridan, we should go in there and beat them three straight," Burton said.

"I broke in with four hits and writers promptly declared they had seen the new Ty Cobb. It only took me a few days to correct that impression." – Casey Stengel

Dressing up for the wrong occasion

by Jevon Griffith
SPORTS REPORTER



From now on, according to National Basketball Association Commissioner David Stern, NBA players will be violating the league's dress code if they show up to games dressed unprofessionally, and rightfully so, since the NBA is a professional basketball league. But, the problem isn't the dress code itself, which may be useful in helping some NBA players look decent (see the often scruffy and sloppily dressed Tim Duncan). The problem is the motive or real reasoning behind the ruling.

Once upon a time, when basketball players immortalized on throwback jerseys were still playing, the NBA was represented by well-groomed, clean-cut athletes like Michael Jordan, David

Robinson and Larry Bird. These were guys who treated the game that they loved with respect and conducted themselves like gentlemen on and off the court. This was a time when the average NBA star listened to jazz and artists like John Cougar Mellencamp. Certainly, one would be hard pressed to catch one of these retro NBA play-

The problem is the motive behind the NBA's ruling

ers "getting down" with a scantily clad female in an LL Cool J video.

Thus, Stern was a happy commissioner. Conservative America wasn't frightened and everyone was happy. But something happened and everything changed.

No longer did NBA stars speak

in well-mannered tones during interviews. They began cursing unapologetically. Gone were the days when most NBA athletes could be found on the green. Nowadays, one could find an NBA player in the club. And now those once-happy conservative Americans are turned off from basketball, leaving Commissioner Stern in disarray.

First of all, Stern shouldn't give an owl's hoot about what conservative America thinks of the league he commissions. When NBA stars like Canada's Steve Nash, China's Yao Ming and Russia's Andrei Kirilenko are bringing in international ratings, why even bother running around trying to cater to the same people who re-elected U.S. President Bush?

One could argue that a terrible event like last year's Malice in the

Palace, a melee that saw some players attacking fans, wouldn't happen with players strutting their stuff in their penguin suits, but since when did one's attire transform the acts of an individual? Some of the finest dressed men in society; crooked policemen are what they're called.

Forbidding chains, pendants or medallions worn on the outside of shirts, doo-rags and baggy jeans

for the sole purpose of meeting conservative requirements of how one should dress are ridiculous. Clearly, a certain generation is being targeted and that generation is the hip hop generation. If Stern was smart, he'd cater more so to the hip hop generation, a generation that has provided him with huge ratings and fanfare, rather than the snobs and snoots that turn up their noses to his brand of basketball.

One of the nation's best college players

by Rob Acton
SPORTS REPORTER

Although the Humber men's soccer team will not be competing in this week's national championship, the club will be well represented as their star player Kwame Osei is nominated for Canadian player of the year.

Osei, No. 15 and Hawks striker, heads to British Columbia this week looking to add to the impressive collection of hardware he has already collected this season. Earlier this month, he won the Ontario College Athletic Association (OCAA) player of the year, the league scoring title and was named as an All-Canadian.

A second-year computer networking student, Osei, 24, has been living and breathing soccer for his entire life.

Born in Ghana, Osei moved to Montreal when he was 12 and later moved to Vancouver, where he attended high school.

After high school, Osei took the advice of a cousin who had previously attended Humber and decided it would be a good match for him.

"He told me all about it and what Humber had to offer and I figured it would be a nice to come here," Osei said.

But Osei's soccer career at Humber almost didn't happen. Fortunately, head coach Germain Sanchez recognized the striker's exceptional talent when he saw it.

"To tell you the truth, I didn't even think I was going to play soccer, I didn't go to the first few try-outs and then finally I went to the last one. Germain saw me there

and asked me to come back. It started there and then it just took off from there," Osei said.

On his achievements, the ever-humble Osei attributes his success to his teammates and coaches.

"It takes a team for any player to do well, I remember Diego (team member) telling me at the beginning of the season how much the team needed me. That gave me the confidence to go out there and do well," he said.

Osei is uncertain about his plans for next year, as he is expected to graduate in 2006 but when asked about the heart wrenching semi-final loss last month and the possibility of returning in the fall it is evident he has some unfinished business to take care of.

"Well, I have to be in school first, but I can't go out like this, we have worked too hard the whole time that I have been here. We can't go out like the way we did, I want gold, not silver or bronze, gold," Osei said.

Hopefully for Osei's teammates and Humber soccer fans, No. 15 will once again be dominating on the field when September rolls around.



Soccer star Kwame Osei.

Major changes for Humber gym

by Kyle Rutledge
SPORTS REPORTER

Varsity sports just got flashier as the gym got a little facelift in the off-season.

"We're constantly changing the gym every year...we put a second floor on our gym last year and it being so new made the rest of the facility look outdated so we really tried, in the last two years, to catch up to it," said Doug Fox, Humber's athletic director.

Fox said the school is still paying off the second floor addition for the next few years which restricted the changes made to the

gym for this season.

However, Fox made the most of what he had available, adding bleachers with Humber printed across the front which will pack more fans into a smaller place, holding 400. This will allow Humber to play games in gyms A and C and put bleachers back to back in the middle gym. "We've never done that before, so the new bleachers kind of give us a new look," Fox said.

The changes over the last few years have been the first major changes to the gym since 1979. Look for Humber to add bigger bleachers and renovate the athlet-

ics lobby area over the coming years.

Humber also replaced the torn curtains hanging in the gym as Fox said they were an eyesore and added coloured padding along the walls for player safety. Second-year business student at Guelph-Humber and floor hockey player James McCauley said, "I saw a player get tripped into the padding with the glass behind it. Glass broke but the player didn't."

McCauley is evidence that the changes are paying off already. Look for the bleachers to do the same as varsity season gets into full swing.



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sports

Soccer star Tamburello brings plenty of experience to Lady Hawks

by **matt durnan**
SPORTS REPORTER

Despite being involved in a horrible car wreck this past May,

Connie Tamburello had another stellar soccer season this year.

While driving home in May, she was cut off on the highway and her car smashed into a guardrail.

Tamburello walked away with only minor bruises and cuts but is thankful, as it could have been much worse.

"If I hadn't been wearing my

seat belt, I wouldn't be here right now," Tamburello said.

As a soccer player, she has played for numerous competitive clubs as well as school teams.

Her interest in the game sparked at the age of nine, while she stood on the sidelines watching her best friend play.

He convinced her to try out for a team in Vaughan, and so began her soccer career.

"He pretty much influenced me and it turned into a success," Tamburello said.

While playing for Dixie, her team won the 2002 Ontario Cup indoor championship as well as the league championship in the outdoor season of 2003.

The following indoor season, she repeated as Ontario Cup champion, this time playing for Oakville.

And while playing high school soccer for Saint Joan of Arc, her team went to the OFSAA championships four straight years and won the silver in 2003.

Last season she led Humber to an OCAA silver medal.

Though her team accomplishments are more than impressive, it is her individual achievements and countless awards that set Tamburello apart as a true star.

Besides the dozens of MVP awards she has received throughout her soccer career, some of her major achievements include Humber College female freshman of the year and OCAA rookie of the year in 2004. On top of those, she has been named to the OCAA all-star team two years running as well as leading the OCAA West Division scoring race.

"I couldn't have won any of these awards without the support of my coaches and teammates," Tamburello said. "Every time I step on the field, every single player is there for me."

The Hawks had a disappointing end to this season, narrowly missing the playoffs, but Tamburello is optimistic.

"We need to put it behind us, and focus on next year to prove ourselves again," she said.

Tamburello has many great memories with the Hawks, but said she still prefers the competition of playing with a club team.

"It's a more mature style of play, and the competition is on a higher level," she said.

Tamburello currently plays in a professional league for the London Gryphons.

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Connie Tamburello easily handles the ball and a defender.