

HUMBER ETCETERA

Thursday, October 23, 2008

www.humberetc.com

Vol. 40 No. 5

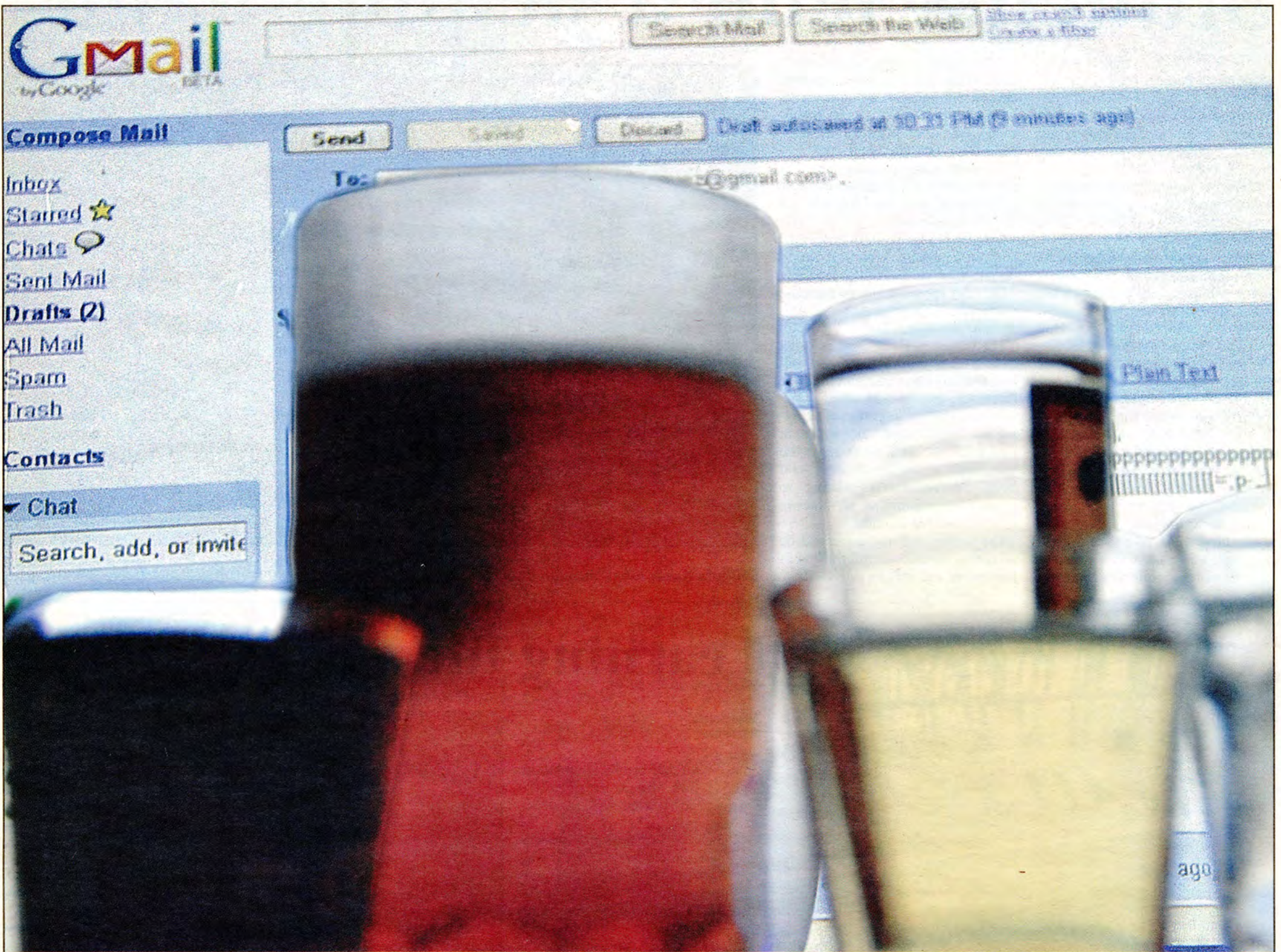


Photo illustration by Dila Velazquez

For all of those who just can't resist firing off an email to that special someone after a night on the town, Google has the answer to prevent such late night mistakes.

Google+booze=no regrets

Claude Saravia
Biz/TECH REPORTER

The morning after a night of drinking often ends in a hangover, but for some the regret of a drunken email is far worse.

Second-year law clerk student Kalen Ablitt, 22, said he has been guilty of drunken emails.

"I get drunk a lot," said Ablitt, "I have a habit of sending out bad emails while I am drunk."

However, Google may have the answer to help keep people who have had one too many from pressing the send button.

The Internet giant has introduced a new feature for Gmail users called Google Goggles, a play on the term beer goggles, which refers to alcohol's knack to impair one's ability to distinguish a hottie from a nottie.

Third-year film and television student Kylie Bechberger, 20, said she has sent drunk emails and thinks Google Goggles is a good idea.

"My emails are normally not bad emails, where I am yelling at someone or something," she said.

"But I can understand for some people, it would make sense to help stop them from sending emails they would regret in the morning."

The feature will offer you a sobriety test before allowing you to send the email. The test consists of five math problems that may not be so simple for even a sober man but could be difficult for a drunken sailor.

For example, if you can't add 387 and 524 in the allotted time, then your computer may tell you to 'drink some water and go to sleep.'

Ablitt said he sees this as a positive feature for people that tend to send emails in a drunken haze.

"It seems gimmicky," said Ablitt. "But I could see it actually working for people who drink a lot and then

actually realizing that maybe they don't actually want to send that email at this particular time."

The feature is part of Google labs, which is a testing ground for experimental Gmail initiatives.

Humber's Hmail service, an email service provided by Google's Gmail, does not have the new feature.

Ryan Burton, Humber's client services manager for information technology said the actual hosting of the service is not done on campus.

"It is done by Google itself, they host the service, it runs on their hardware," he said.

"It is not an IT decision here at

Humber of what makes it in and what doesn't make it in. We are not blocking anything from being there and we don't have the ability to add things on our own. What is offered to the students is what we call Hmail is a Google call."

Bechberger said it would be a good idea for Facebook to come up with a similar feature since it is used by more people.

Google Goggles is activated by going to the 'Labs' tab in the 'Settings' menu. It can be enabled any time of day or night, so even early bird drinkers can take advantage of the service.

Foreign Policy magazine's Global Cities Index ranks Toronto as the world's fourth best city to experience culture, behind only Paris, London and New York. — *thestar.com*

Students lend a helping hand

Jessie Coletti-Greco
NEWS REPORTER

The college's student federation has organized a winter clothing drive at Lakeshore Campus.

This new program is intended to help Humber students who may not have the funds to buy warm clothes for the winter.

"HSF is trying to get students to help other students," said Shugufa Kaker, vice president of campus life at Lakeshore.

A bin has been put outside the HSF office for anyone who has extra winter clothes they don't need. The donated clothes go directly to any student who may need help acquiring proper attire for winter.

"It can be new, it can be used, as long as it looks like it can still be used we will take it," said Kaker.

HSF president Mike Berg also appealed to anyone with extra clothes laying around.

"Clothing and food drives depend on people's donations, so if you have an extra shirt or winter coat hanging

around and you aren't sure where to drop it off, certainly bring it by the Lakeshore HSF office and we'll definitely take it off your hands," said Mike Berg, HSF president.

People picking up clothing may be asked to fill out a form asking basic information but that has not yet been implemented.

Jennifer Bhola, 20, in the paralegal studies program, said she would donate extra clothes to the school.

"I know some people in my class were talking about donating to this as well," she said.

The winter clothing drive is being treated as a pilot project and will most likely be implemented at North Campus in the future.

"We have every intention of bringing this to the North Campus, but at this point we just don't have the space with all the renovations," said Berg. "We're always looking to expand the amount of services we have on campus though."

The winter clothing drive will be accepting donations until the end of November and may be extended.



Jessie Coletti-Greco

Shugufa Kaker looks through donated garments in the clothing drive bin at Lakeshore Campus.

Learning life saving lessons

Alina Sotula
NEWS REPORTER

The Heart and Stroke Foundation and St. John's Ambulance are offering first aid courses to all students on campus.

"The course was helpful. I know a lot of it from my studies, but it was still worthwhile," said second-year paramedic student Paul Roberts who added he thinks it is important the public has access to first aid training.

"They can provide life-saving intervention before the EMS arrives."

Fellow paramedic student Jeff Meadows agreed.

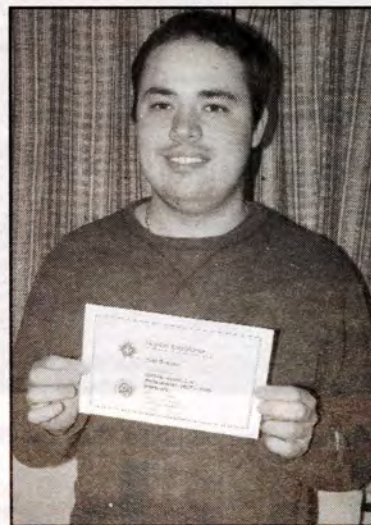
"It's important because the time to any response is going to be the determining factor in the patient's outcome," Meadows said. "The sooner CPR can be started, the better the chances."

First aid knowledge is a requirement for many of Humber's programs like paramedic training, nursing and even landscaping.

Sharon Nemeth, emergency skills program advisor, said "Landscapers often work in remote areas so they have to know what to do before the paramedics can get to them."

Courses are available to both students and the general public, with course levels ranging from basic first aid training to instructor-level courses.

Those who successfully complete



Alina Sotula

Paramedic student Paul Roberts shows off his St. John's Ambulance certificate.

the course receive a recognized certificate from St. John's Ambulance or the Heart and Stroke Foundation, according to Nemeth.

"Some people come in just because they want to know. It's very commendable," Nemeth said.

The courses are offered all year round. The length of classes can range from four to 20 hours, with the more extensive training taking place over a period of about two and a half days.

Overall cost ranges from \$50 to \$420. However, courses costing over \$165 are usually for people interest-

ed in becoming first aid instructors. All equipment and course materials are included with payment, Nemeth said.

Courses are held outside of the college in hospitals, nursing homes, and sometimes even at the trainer's home.

"It is very practical," Nemeth said. "You need to know how to do these things. If you ever do first aid on somebody, it's going to be friends and family."

Nemeth added that instructors are EMS workers, nurses, doctors, 911 dispatchers and people who just find it interesting.

The content of courses is tailored to the group's needs, according to Nemeth.

"We set up scenarios that address the kinds of things they need to deal with," Nemeth said.

For more information visit www.cecalendar.humber.ca/firstaid.

Corrections

On page 5 of the Oct. 16 issue of *Et Cetera*, Jeff Wimbush's title should have read Biz/Tech Editor.

The *Et Cetera* apologizes for the error.



The 411

Local

Downtown Toronto night spot, Club 338, was under lockdown early Monday morning as a large amount of drugs and cash were seized and 300 people were detained and searched. Twenty-six people have been charged so far with numerous offences. Toronto police said the club's drug use was "rampant" and happened right in front of staff.

-*theglobeandmail.com*

National

Stephane Dion has stepped down as the leader of the Liberal party. He made his announcement almost a week after losing to the Conservatives in the Oct. 14 Canadian federal election. Dion will remain the Liberal leader until a replacement is found.

-*thestar.com*

International

Former Prime Minister of Thailand, Thaksin Shinawatra was found guilty of corruption on Tuesday and sentenced to two years in prison. Thaksin, 59, fled to England two months ago and Thai authorities have not begun efforts to extradite him. The charges stemmed from his wife's shady purchase of lucrative Bangkok real estate from a state agency in 2003, while Thaskin was still PM.

-*nytimes.com*

A trio of city councillors are lobbying for the TTC to become an essential service. This would make strikes illegal and bring any disputes to arbitration. — *thestar.com*



Rose Ditaranto

Woodbine Centre provides jobs and entertainment for students.

Revitalizing Rexdale

Jobs and tourism will grow in the community, city councillor says

Rose Ditaranto
NEWS REPORTER

The \$880-million entertainment complex slated for construction around the Woodbine Centre will turn Rexdale into Rosedale, a city councillor says.

"It's going to clean up Rexdale, going to create 5,000 permanent jobs for Rexdale," said councillor Rob Ford.

The complex will feature restau-

rants, clothing stores, kids stores, an indoor/outdoor cinema, a theatre, a hotel, and a man made river. It is set to be Toronto's new tourist attraction, according to Ford.

The project will take about five years to reach completion, but the benefits are well worth the effort, Ford said.

"It's going to clean up Rexdale, going to create 5,000 permanent jobs."

—Rob Ford
City Councillor

The plans for the project have been approved by city council and the groundbreaking is set for any day now.

The complex will be five minutes away from the airport adding convenience for tourists.

Cordish Group is a U.S. developer, defined by two major areas of expertise. entertainment operating businesses is one of them.

Woodbine Entertainment group is working with Cordish Group to create the new attraction.

Woodbine Centre will not be affected by the changes because Woodbine Entertainment Group does not own the mall. The two are independent establishments.

Peter McCallion, general manager/specialty leasing of Woodbine said he is on board with the decision and confirmed the \$880 million investment for Cordish group.

Still McCallion said it remains to be seen if it will become Toronto's new tourist attraction.

Canadian education a popular choice

Enrollment from abroad increases every year, says Colleges Ontario

David Lipson
SENIOR REPORTER

International student enrollment at the college has skyrocketed by 25 per cent this semester.

"Humber really sees itself as a global institution," said Dianne Simpson, director of the International Centre.

The school has 900 international students.

Simpson said increased recruitment overseas in "key markets" such as India, China, and South Korea has brought numbers up.

"In China and India, business is booming," said Simpson. "They're definitely emerging markets."

The Business School, the School of Applied Technology and the School of Hospitality, Recreation, and Tourism have seen the largest increase in numbers.

International student enrollment in the province has increased every year over the last decade, according to a 2008 Colleges Ontario report.

Simpson said students often come here for a highly regarded Canadian degree and then return home where jobs are more abundant.

But some feel that staying in Canada will provide them with more opportunities.

"The life here is much better than it is back home," said Reema Papel, a 24-year-old chemical engineering student from Nairobi, Kenya. "It's like a political unrest over there."

Papel knows the struggles international students can face adjusting to a new country and education system.

She works as a student ambassador at the International Centre.

The centre attempts to ease the transition by hosting events such as Conversation Cafes, discussion groups where students can practice English and network.

Getting a job to help pay for the rising tuition fees is a priority for some international students.

International student tuition at Humber is \$11,500.

The average tuition for an Ontario college diploma program is \$2,020 per year, according to the Colleges Ontario report.

"Humber really sees itself as a global institution."

—Dianne Simpson
Director of the International Centre

International students can apply for an off campus work permit six months after enrollment.

Vicki Reay, employment advisor at Humber said it will reflect well if students from abroad get jobs while in the country.

"It's important for international students to get that first part-time job when they come here because it will help when they graduate to have Canadian experience on their resumes," said Reay.

HUMBER

THE ROBERT GORDON LECTURE SERIES 08

WEDNESDAY
NOVEMBER 5
Lakeshore Campus • Room: B304
12pm to 1:30pm

This lecture will also be simulcast on Humber TV, Humber Radio (96.9 fm), and Humber Media Services (mediaservices.humber.ca).

Dare to Dream

Diane Dupuy

FOUNDER OF FAMOUS PEOPLE PLAYERS




In this talk, Diane Dupuy will tell her story of establishing Famous PEOPLE Players — an internationally famous, Toronto-based theatre company that employs developmentally disabled actors. Challenging the common misconception that the ideas of dreamers are too difficult or impractical to achieve, Ms. Dupuy will explore how her story of perseverance in the face of adversity demonstrates the adage: "Through one dream, a thousand dreams unfold."

Contact: Melanie Chaparian
Chair, Robert Gordon Lecture Series Committee
416-675-6622 ext 4528 or melanie.chaparian@humber.ca
Everyone Welcome!

THERE'S MORE FOR YOU AT HUMBER

Business | Community Services | Health | Hospitality | Media | Technology | The Arts



EDITORIAL

"I've never had a humble opinion in my life. If you're going to have one, why bother to be humble about it?" – U.S. singer Joan Baez

No excuse for not buying local

The buy-local initiative creates awareness of community businesses for people across the city. This makes laziness and ignorance toward local products no longer an excuse for a large carbon footprint.

Buying local products and produce is a positive move towards supporting local businesses, and it can boost the revenue to our communities, enhance environmental awareness, and build a stronger, more self-aware community.

We want to focus on food as one of the easiest ways to support buying locally. Its accessibility gives us the option to buy local products even in big corporate grocery stores.

Foodland Ontario, a consumer promotion program for the Ministry of Ontario, promotes buying local and pushes in-season vegetables and fruits in corporately owned businesses, such as your local supermarket.

But if reading the label of every product seems too daunting, there is always the option of going to a community farmer's market.

It will mean an early Saturday morning, but at least the produce is fresh and locally grown.

One company that is pushing buy-local is the Farmers' Market of Ontario, a group dedicated to raising local produce awareness through farmers' markets.

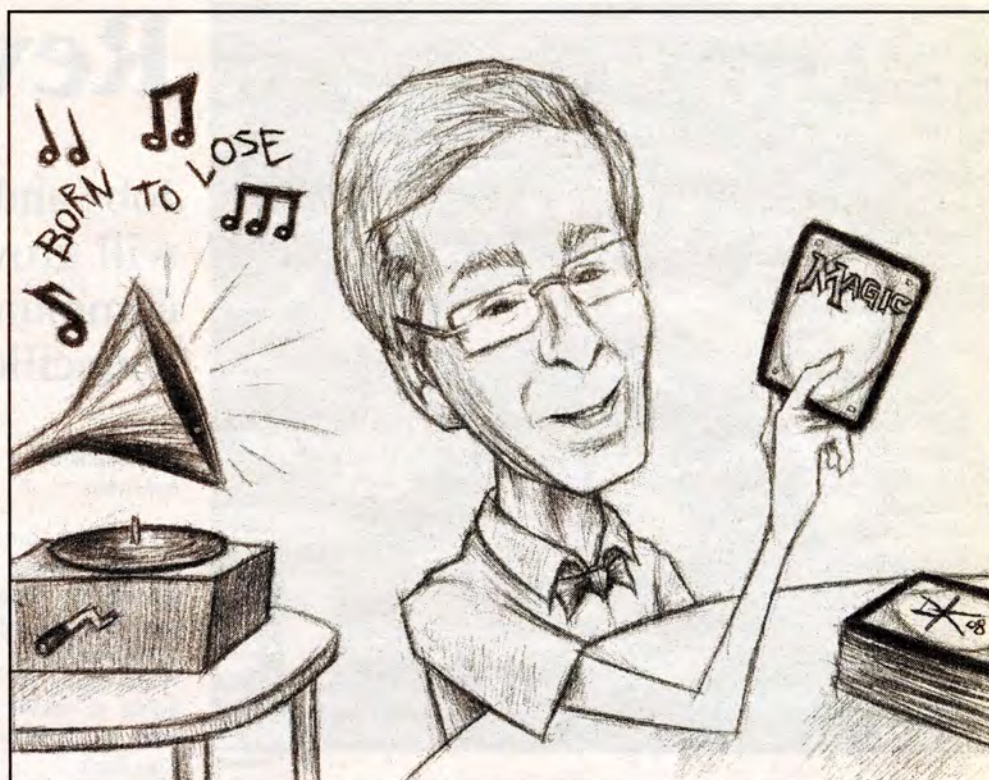
So far they have been successful with an increase from 60 markets in the 1980's to double that today.

Not only does it help the environment through reducing carbon pollution, but it also creates a stronger local economy.

According to the Ministry of Agriculture Food and Rural Affairs 125 Farmers' Markets Ontario said in 2006 they sold \$645 million which resulted in a \$1.9 billion economic impact in the province.

Imagine the results we would see in our community if everyone across Toronto would simply take the time and fight off the urge to be lazy by buying locally in grocery stores, farmers markets and other local businesses.

The impact would be a move to help steady the local economy in a time of economic crisis, create a more environmentally aware community and in effect bring Toronto together.



New marketing tactics too scary for consumers

Lionsgate Entertainment has chosen to end its viral marketing campaign for the horror movie *Saw V* that allowed people to enter a friend's name and phone number onto a website and send them a threatening crank-call. While the Ontario Provincial Police said the campaign was not illegal, it was ended after numerous people were scared by the calls.

The campaign was poorly conceived and inappropriate. In it a man with a menacing voice said, "Hello, (name). Do you want to play a game? You think it's over but the games have just begun. I'm here with your friend (friend's name). My work will continue in a way you never saw coming. You won't believe how it ends. Let the game begin."

Viral marketing has become more prominent over the years with the proliferation of online networking sites. Many of them have been very innovative and effective, such as the interactive campaign for last summer's hit, *The Dark Knight*. The phone calls for *Saw V*, however, are neither. *Snakes on a Plane* used the same idea two years ago, but with a non-threatening, humorous phone call from Samuel L. Jackson.

The effectiveness of the *Saw* campaign is debateable. While the controversy surrounding the calls may help, their negative impact cancels that out. Although some may see the calls as nothing more than harmless pranks, it is not unreasonable for people to object to menacing phone calls. The brief disclaimer at the end does not make up for that. Advertising should not be threatening to potential consumers.

Another objection is this is essentially a form of telemarketing. The Canadian government recently implemented a Do Not Call list, which prevents telemarketers from dialing your phone number. This is a welcome move, as evidenced by the 3.3 million people who have signed up since the list was started on Sept. 30. The government should go one step further and ban all non-solicited calls used for promotional purposes. Advertising has become so pervasive in society that we expect it to be everywhere. That pervasiveness demonstrates there should be limits to the amount of advertising we're subjected to, and banning non-solicited calls from telemarketers or automated messages online is a start.

WORD ON THE STREET

What do you think about Humber not getting a fall reading week?



Juan Trujillo, 25, first-year travel management

"Because we don't have that we have a longer Christmas vacation, which is better. We can travel then and it's better than a week in October."



Alycia Damp, 18, first-year general arts and science, university transfer

"If we have a month for Christmas, then it's ok. But if not, then we would like another week."

Jessica Zadra, 18, first-year general arts



"It's not fair; we have to wait until February for ours and that's not enough."

Andy Moore, 21, first-year fitness and health



"I think it sucks because we're here studying in between classes on every one else's reading weeks."

The Et Cetera wants to know what you think.

We greatly appreciate letters or emails expressing your opinion on issues covered in the paper. Reporting the news is not a one-way street. Hearing from our readers is important to us and debate will bring more depth to the news we report. Think we're missing out on the real issues at Humber? Have we not told the whole story? Let us know!

Send us an email at humberetc2008@gmail.com.

HUMBER ET CETERA

The Et Cetera will engage, challenge, and inform the Humber College community with progressive and contemporary content reflecting the diversity of its readership.

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"A study of the history of opinion is a necessary preliminary to the emancipation of the mind." – British economist, John Maynard Keynes

Canadians are superficial voters

While our nation points its collective finger towards Stéphane Dion for the Liberal party's resounding defeat last week, I think we need to do some soul-searching as well. At a time when everyone's favourite colour is green, and everyone is bragging about their shrinking carbon footprint, we squandered a massive opportunity to live in a country where the governing party had a green-shift as its crux. Dion's platform has been heavily criticized, but it should have been seen as a gift from God for the nearly 27 per cent of voters who went Green or NDP.

As easy as it is to point out that the proposed carbon tax was the Liberal party's ball and chain, perhaps the



problem wasn't solely Dion's, but our superficiality as voters. After all, who wants to vote for Stéphane 'Poindexter' Dion, whose perpetually frightened expression coupled with bodily gesticulations not unlike that of a certain green, amphibious Muppet, hardly evoke the image of a noble and proud leader?

Canadians were in the midst of a decidedly leftist trend at the outset of this election. Consider that the Conservatives received nearly 170,000 fewer votes this time

around. Consider that the Green Party received over 270,000 more votes and were the only party to increase their votes at all from 2006.

We were a batch of voters who had raised our voices in a solemn vow after watching *An Inconvenient Truth* and said, "By God, I will not let this planet die!" And despite a Liberal party who offered an answer to that vow, not to mention a party that has a history of garnering a surplus (which would no doubt come in handy during times of economic uncertainty), the left-leaningers of Canada ignored Dion.

Now let's try a little thought experiment: stick Justin Trudeau's comely face on Dion's body. Would voters

be so lethargic this time around?

Forecasting Principles, an American research group, concluded in a 2008 study that an individual's snap judgment of a political candidate's facial appearance was a useful predictor of popular vote results. "Political parties should select competent-looking candidates to increase their chances of winning elections," the study says.

In a similar Princeton University study, people were asked to use their gut reaction to point out which unfamiliar face looked more competent. An analysis of those gut reactions allowed researchers to predict the winner in about 70 per cent of U.S. senator and governor elections

in 2006.

Newly-formed environmental junkies were not the only ones to scoff at Dion. Long-time Liberal voters were especially apathetic this time around. "It's obvious that there wasn't a huge portion of Liberal voters that switched. There was a huge chunk that simply stayed home," pollster Tim Woolstencroft told the *Globe and Mail*.

We'll never know the extent to which Dion's appearance affected the election, but one thing is clear. Many Canadians, myself included, are simply adverse to having a dorky-looking prime minister, regardless of what he or she brings to the table.

Old hygiene habits may be bad for your health



I remember the day my Grade 5 class was given a talk on hygiene. We were wide-eyed as we sat at our desks absorbing everything we were told. Learning about keeping ourselves smelling fresh was similar to being taught how to calculate exponents. There were strict guidelines we were instructed to adhere to: sufficient amounts of product were to

be used to combat our radiating stench. To emphasize the lecture's importance, they gave us an antiperspirant stick for free to get us started with the daily habit of masking bacteria-causing odour to remain socially acceptable amongst our peers.

The problem with antiperspirant and many deodorant products is they contain aluminum which works to prevent sweating, but it is also linked to health problems.

A 2007 study in the *Journal of Inorganic Biochemistry* as well as the

European Journal of Cancer Prevention report a link between aluminum-based antiperspirants and breast cancer. Also, the academic journal *Neurochemical Research* released a November 2008 study stating aluminum is a neuro-toxic element linked to Alzheimer's disease. The chemical is toxic and prevents unwanted bacteria from being excreted, along with dead cells. The implications of this are unknown, but I am sure the problem smells worse than body odour.

Since studies began to surface,

Health Canada requires deodorant and antiperspirant companies to indicate if they contain aluminum, but it is ultimately up to the consumer to decide if their personal hygiene is worth the health risks.

Although our bodies are exposed to aluminum on a daily basis through cooking utensils, appliances, and water purification, applying the element to our underarms allows it to be absorbed into our bodies easier and makes it a chronic presence in our systems.

If your hygiene means a lot to you,

and you can't go a day without deodorant, make sure it doesn't contain aluminum. There are natural deodorants that don't contain aluminum. They can be found in health food stores. Or use baking soda, which eliminates odour under your arms in the same way it gets rid of smells in a refrigerator.

So next time you think you have a case of the smellies, don't sweat it. Stop clinging to your need to smell good and let yourself go. Try out a healthy way to let your body rid itself of toxins.

Military casualties must be public



The United States Department of Defense enacted legislation in Aug. 2008 granting journalists access to ceremonies honouring fallen military personnel, a motion that was not present in any legislation until this point. For the first time since the Vietnam War, under the Fallen Hero Commemoration Act, photojournalists and videographers can now capture flag-draped coffins returning to American soil.

Canada has no such legislation. In April 2006, Prime Minister Stephen Harper even banned the media from ramp ceremonies at C.F.B. Trenton. While this particular ban has been lifted, there is no official legislation allowing the media to capture these tragic yet poignant moments in Canadian military history. It's true that with the ban lifted people can see footage and photos of ramp ceremonies but there is no guarantee that the media will not be prohibited from documenting a service. Canada should have legislation to ensure every death can be broadcasted for the public record and for his-

tory.

The war in Afghanistan has produced the largest number of fatal casualties for any single Canadian military mission since the Korean War from 1950 to 1953 where 516 were killed. With 98 dead and hundreds wounded, the sacrifice encroached by this war is not unknown. Without legislation stating the media can attend these ceremonies, government decisions made on the fly could keep the public in the dark regarding military deaths, forging the effects of the war.

"Harper was presumably trying to shelter the sensitive ears and eyes of Mr. and Mrs. Joe Normal, and leaving us in the dark regarding the war."

As each day passes, insurgent forces continue to gain strength, and critics wonder when the deaths will cease. However, with Harper's promise to begin a pull-out of Afghanistan in 2011, there still is no excuse for forgetting those who gave their lives in the war. Media coverage

has given light to each death, providing the family with comfort and support, while putting a human face to the war.

When faced with the decision of enacting legislation, like the Fallen Hero Commemoration Act, hesitation might hang on the notion of Canada forever following in the footsteps of Big Brother America, often looking south to see what's next on the horizon. Emulating the act should not be taken as lowering ourselves to a game of follow the leader, but rather as a step up to respect not only those who have died but their families and the Canadian public in general.

Failing to cover these issues leaves a great hole in the fabric of Canadian society. With Canada often taking a peacekeeping role in more recent wars, the Canadian public was not used to hearing of military deaths in 2006. Harper was presumably trying to shelter the sensitive ears and eyes of Mr. and Mrs. Joe Normal, and leaving us in the dark regarding the war.

But we should not forget those fighting in Afghanistan, especially with Remembrance Day approaching, regardless of our personal beliefs about the war.



To Rick Rayman who finished his 200th marathon in Toronto on Oct. 19 at age 62.

To a would-be burglar in London, England who sent flowers as an apology to the elderly woman whose home he attempted to rob.

To Toronto for ranking in the top ten of global cities and fourth overall for culture by *Foreign Policy* magazine.

To the group Woman's Voices, Women's Votes in Illinois for taking democracy to its extreme and registering Princess Nudelman, a dead goldfish, to vote.

To sushi for pushing the bluefin tuna to the brink of extinction.

To Sarah Palin who supports a constitutional amendment to ban gay marriage.

To Wendy Brown, 33, of Green Bay, Wisconsin for stealing her daughter's identity to join a high school cheerleading squad.

To Israel Gomez of Connecticut for impersonating a police officer and pulling over an off-duty cop.

IN FOCUS Buy Local

In the U.S., the average grocery store's produce travels nearly 1,500 miles from the farm where it was grown to your refrigerator. — www.sustainabletable.org

The new local look

Nicole McIsaac
IN FOCUS

Supporting local designers can be as easy as buying a pair of socks or underwear at your local vintage clothing store.

Laura-Jean Bernhardson is the owner of local shop Fresh Collective, one of the many stores along Queen Street West selling local clothing.

Bernhardson said purchasing clothes from local designers cuts down on fossil fuels used in mass production and transport.

"It keeps things focused on community, not commodity," she said.

Bernhardson also said the unique feel of her store makes shopping there more than just a transaction. Artists take turns running the store day to day and shoppers can often purchase one-of-a-kind designs.

Pricing on locally made clothing is a little steeper than a franchised clothing chain, but that is because you're paying for something hand-made and built to last, not mass produced, said Bernhardson.

Laura Mullings, 21, a first-year health and fitness student said, "It's an effort thing though, I'm a mall shopper and I'm too lazy to search it out."

Fashion Arts teacher, Kristi Kennedy said supporting local designers is the only way local shops will get ahead in their business.

"It's always good to support young and local artists in the hopes they will grow," she said. "If we don't grow our design base in Canada then it will be overrun with national companies."

Initially Bernhardson had doubts about the popularity of her shop mainly since it is surrounded by chain stores selling cheaper clothing.

However, she recognizes her store has simpler values.

"People enjoy coming in and talking to artists and getting unique pieces," she said.

Clothes, jewelry and other accessories at the Fresh Collective use reclaimed or recycled materials such as old clothing reworked into a modern design.



Nicole McIsaac

The Fresh Collective on Queen Street sells clothing from over 20 local artists.



Leslie Wilks

The Dufferin Grove Farmers' Market sells a variety of local organic produce. It is one of many farmers' markets located in the city.

Where is your food from?

Leslie Wilks
IN FOCUS

Buying local produce is now easier than ever with the plethora of farmers' markets opening all over Toronto, offering everything from Ontario grown apples to organic eggplants.

"The real cost of fuel hasn't factored into the food chain yet. When it does, food's going to skyrocket in price."

—Duane Robertson
Toronto Sprouts farmer

"Aside from just promoting the local economy, it's really important, I think, to get connected to where your food comes from and who's involved with your food," said Duane Robertson of Toronto Sprouts, a two-year old organic sprout farm in downtown Toronto.

Humber culinary programs are following suit.

Rudi Fischbacher, co-ordinator of the culinary program, said his classes purchase local produce when possible.

He said the biggest challenge is staying current with the seasons so strawberries are not being served in winter.

"When it's in season, it will taste better," he said.

In first year, culinary students are taught about buying local.

"It makes students aware buying local produce is important," said Fischbacher, adding it's an environmental issue too, as less carbon is emitted in shipping the food.

Robertson also said he has concerns about the potential increase in the price of food.

"The real cost of fuel hasn't factored into the food chain yet," he said. But when it does, "food's going to skyrocket in price."

Chris Campbell, 21, a second-year culinary management student, said he buys local produce most of the time in order to help out local farmers.

He said he likes the loyalty and the freshness of buying local, something that isn't available at the grocery

store.

"It's going to be hundreds of people touching your food," said Robertson. "In this farmers' market you have three people touching your food."

Besides supporting the local economy, helping the environment and getting fresher produce, buying local produce from farmers' markets helps bring communities together, he said.

Anne Freeman, manager of the Dufferin Grove Farmers' Market, said the market builds connections between the city and the rural community.

Freeman who has been manager of the Farmers Market for almost five years, said it has become somewhat of a social hub.

"The farmer's market is a great place for consumers to meet the people who grow their food face-to-face," she said.

Since the market opened six years ago it has helped improve the quality of food in the neighbourhood and has raised awareness about health.

Jessie Sosnicki of Sosnicki Organic Farms in Waterford, Ontario said

the increase in demand for local, fresh produce has been noticeable.

"We started selling at markets in 2003 and every year we've expanded and our customer base has expanded," said Sosnicki.

Sosnicki uses the farm's website, www.sosnickiorganics.com, to keep people in tune with the growing seasons and to offer seasonal recipes and to get "people excited in general about their food and what they're consuming."

Freeman said while the market doesn't really have a budget for advertising they haven't had any trouble attracting customers or farmers.

Since the market is a community event they have "no plans to get bigger, only better," Sosnicki said.

For more info on Buy Local:

Toronto Farmers Market Network :

[HTTP://TFMN.CA/](http://TFMN.CA/)

Canadian Organic Growers :

[HTTP://WWW.COG.CA/BUYORGANIC.HTM](http://www.cog.ca/buyorganic.htm)

Buy Local Toronto :

[HTTP://COMMUNITY.LIVEJOURNAL.COM/BUYLOCALTORONTO](http://community.livejournal.com/buylocaltoronto)

Buy Local IN FOCUS

The average bottle of Ontario wine sold returns \$4.29 to the Ontario economy. An imported bottle of wine is only good for only 56 cents. – www.littlefatwino.com

Aspiring chefs use finest Ontario wines

Alana Gautreau
IN FOCUS

The Humber Room is doing its part to encourage people to buy local wines.

“My understanding is that all of the wines that are served in the Humber room are really Ontario wines,” professor Ramesh Srinivasan said.

Srinivasan teaches wine appreciation and food pairing, a compulsory course for students in the culinary arts and restaurant and hotel management programs.

The Liquor License Board of Ontario’s Go Local campaign encourages the public to try local wine both for its taste and positive impact on the environment.

Chris Layton, LCBO public relations spokesperson, said increasing awareness and sales of Ontario products is an important mandate of the LCBO.

“We make fabulous wine. We’ve got wine right in our backyard.”

—Ramesh Srinivasan
Humber Chef

“Ontario wines as a whole in terms of dollar sales were up 10.4 percent during the promotion period of over the previous year, which in terms of sales growth is very significant,” Layton said.

“I think today Ontario makes

excellent wine at affordable prices,” Srinivasan said. “I think consumers really have a wonderful choice of wines that are available.”

Stacey Mulholland, manager of hospitality at both Jackson Triggs and Inniskillin Estates, said it helps the economy and the environment.

“Looking at the carbon footprint in terms of how far the wines are travelling,” she said. “Whether it be from France, Australia, etc. versus having something that is literally made and bottled within an hour from where it’s being purchased.”

In this course students learn viticulture, the science of growing of grapes, vinification, the science of making wine, and how to pair wines with foods.

“We make fabulous wine. We’ve got wine right in our backyard,” Srinivasan said.

Mulholland said Jackson Triggs and Inniskillin are trying to be conscientious members of the community.

Both wineries sell their pumice waste, the seeds, skins and stems left over from wine production to a bio-gas company, StormFisher.

StormFisher uses organic materials to produce energy.

“Previously we were sending it to a landfill so if you can imagine all that methane gas coming out of those tons of pumice” Mulholland said.

The Wine Council of Ontario encourages its members to examine their environmental practices to ensure an ecologically sustainable sector.



Alana Gautreau

The Jackson Triggs tasting room looks out onto the expansive property.



Alana Gautreau

Wine is stored in oak barrels to age at Jackson Triggs.

Torontonians can finally rest on something local

Adrienne Middlebrook
IN FOCUS

Local furnishing is part of a popular trend to support home grown products.

Julie Nicholson and Shaun Moore, owner and creators of Made, felt the need for a broader forum of Canadian design.

In 2006 they unveiled Made, a store that showcases local Toronto designers furniture.

“Toronto based design has seemed to have taken off in the past few years,” said Nicholson.

“We just wanted a platform in which local artists could showcase their talent.”

In addition to showcasing other furniture designers, Nicholson and her partner Shaun Moore contribute their own designs, including their signature milk-crate furniture.

Alissa Coe, an Ontario College of Art and Design graduate has pottery showcased at Made.

“I’m thankful for stores like Made,” she said.

“Artists like myself have a small platform to display our work and Made gives us the opportunity to get it out to the public,” she said.

“Artists train very hard in order to be good at their craft, they deserve for it to be seen,” Coe said.

Torontonians have many stores where they can buy locally.

Made is just one of over 100 stores listed on toronto.com that produce local furnishing.

Nicholson said buying locally has more advantages to it then just supporting the artists in their work.

“Buying locally has less strain on the environment,” said Nicholson. “There isn’t much transportation involved and on top of it the cus-

tomers is getting something original and unique.”

Despite the advantages, buying locally isn’t necessarily fit for every demographic.

“I’m a student, I often can’t afford things from Ikea let alone a swanky local store,” second-year business student Jordan Baker said.

“I buy a lot of my things from chain stores.”

The majority of Made’s clientele are different from the average Ikea customer.

“Our customers are looking for something different,” said Nicholson. “They are mostly design savvy people looking at other artists work.”

For more information on Made and artists showcased at the store, visit their website at www.madedesign.ca.



Alana Gautreau

Dark grapes like these are used to make Merlot wine.

BIZ/TECH

"As far as I'm concerned, progress peaked with frozen pizza." – John McClane (fictional character) speaking on the topic of technology, from the movie Die Hard 2.

Competition offers real life experience

Mike Nasmith
BIZ/TECH REPORTER

The second annual industrial design competition at Humber offers students real world experience, portfolio building projects and a potential payday.

Up to \$8000 prize money is up for grabs at the competition sponsored by Bayer, a company that deals with health care, nutrition, and high-tech material development.

"It's a great experience as a competition," said Philippe Savignac, a third-year industrial design student.

"You get to see what the industries are looking for. It was a great learning experience, that's for sure. I wouldn't mind doing it again."

Savignac was leader for last year's team, whose collapsible shopping cart design earned third place.

This year's contest requires fourth-year design students to develop products to improve the interiors of light rail transportation, said Glenn Moffatt, co-ordinator of the competition and instructor in the industrial design program.

Students must make their designs using Bayer's proprietary polycarbonate plastic, Makrolon, a material

used in some aircraft canopies.

It's the second year Bayer has held a competition, said Moffatt, noting that the organizers were so impressed with the results from last year, when the goal was to produce products to aid senior citizens, that they are holding two competitions this year.

Having to deal with different aspects of the production process also allows students to attempt tasks they may not get to try in the classroom, Moffatt said.

"It's good because you don't just do the design," said Casey Matthews, also a third-year industrial design

student and a fellow team member of Savignac in last year's competition. "You have to do the presentation, have the model, and do the market research."

Beyond the learning experience, the competition can also provide more immediate benefits, as the companies participating donate prize money or products, said Moffatt. Roughly 70 per cent of the prize money goes to the students while the rest goes to the school.

Another perk of the competition is it allows students to bolster their portfolios, which can be vital in landing jobs, said Moffatt.

Moffatt mentioned a graduate of the program who was in Australia and applied for a job with a company asking for someone with three to four years experience. The student admitted she did not have it, she merely wanted to get experience with the interview process. Still, halfway through the interview she was hired.

"They said, 'Well you've got more experience than somebody who's been working three years because of the contact you've had with companies and real life experiences.'"



Mike Nasmith

Phillip Savignac shows a collapsible shopping cart from last year.

Gamers get sneak peak

Claude Saravia
BIZ/TECH REPORTER

Gamers descended upon Dundas Square last weekend for Gaming Invasion 2008.

Heather Seabrook, spokesperson for Best Buy, said the event aims to introduce new and upcoming videogame releases to the general public.

"There are a ton of different games so it is hard to list all of them but the biggest three probably would be Guitar Hero: World Tour, Gears of War and Little Big Planet," said Seabrook.

Dave Blezard, Z103 morning show co-host and former radio broadcasting Humber student, said Z103 was spreading the word about the event. Blezard said they were broadcasting live at Yonge and Dundas Square, and getting people to come down and play all the games that were either brand new, or haven't yet been released in stores.

"Best Buy approached us about being involved in the Gaming

Invasion 2008," said Blezard. "It is the biggest gaming invasion in Canada, so they came to us, the biggest radio station in Canada, to say 'we want you guys to part of this with us.'"

Seabrook said there is a wide variety of people that come down to the event.

"There is what we call a hardcore gamer that comes down for sure," said Seabrook.

"The pre-released titles are very appealing to that group. But there is also a lot of families that come down and check out the more family-oriented games. Also a lot of people really into the social games, rock band and stuff like that. So it's really a huge collection."

Blezard said he got caught up in the excitement himself.

"I'm a gamer myself, so I went in there and the first thing I wanted to do was play Guitar Hero: World Tour," Blezard said.

"Every system is supported here. 360s, Playstation 3's, Wii's, DS's. It's like a Garden of Eden for gamers."

One hundred small Defibrillators will be installed on GO Trains across the GTA in an effort to reduce the chances of sudden cardiac arrest on the go. — *healthzone.ca*



Gurpreet Ghag

Photo of the week Attention Shutterbugs

Do you have a great photo to share with us? Email your name, program and age to humberetc2008@gmail.com. We look forward to seeing your additions to the paper.

A lady pedals through the streets of Kensington Market at sunset. Gurpreet Ghag, 22, a first-year journalism student took this photo in Kensington, located near Chinatown. The area is known for its eclectic stores and restaurants.

Buyer beware of black market steroid drugs

Katelyn McCallion
LIFE REPORTER

When Ryan Crook's friend bought steroids off the Internet, he didn't expect to rip his quad muscle doing a bench press.

Crook, a construction and electrical maintenance student, saw the effects of using unprescribed steroids first hand, and said he learned a valuable lesson.

"I would never take it," he said. "There's too much negative impact on your health."

Nick Badulesau, pharmacy manager at Pharmacy 2, said steroids come in two different strains. He said one of the strains, Venlafaxine, is commonly prescribed in medication to treat anxiety and depression.

A second type of steroid is called the anabolic steroid. According to Health Canada it is a way of improving muscle development and can seriously damage a person's health.

Sveto Curic, 31, a student in the two month electrical apprenticeship program and once an avid body-builder, said this online drug rapidly produces muscle mass and is often used by professional athletes.

A drug information sheet on Venlafaxine stated that the worst side effect that can occur is temporary blurred vision and difficulty sleeping.

Curic said when faced with the decision to go on steroids, it is best to think about the side effects.

"It has a double edge," he said. "On one hand it gives you results but it harms your health in the long run."

Students aim high for perfection during midterms

Tanisha Du Verney
LIFE REPORTER

With midterms already in progress, students may be feeling overwhelmed as they strive to achieve the perfect grades.

"I just don't want my parents to be disappointed in me," said court and tribunal student, Brittany Bowskill.

Bowskill said she is the only child out of her family who is attending college, so the expectations from her parents are high. She is averaging 80 per cent in her classes and

admits to putting most of the pressure on herself to strive for perfection.

"Perfectionism is the need, not the want to be perfect," said counseling co-ordinator, Liz Sokol. "Students feel as if they have to achieve excessively high levels of performance and it is a self defeating way to think."

Sokol said putting pressure on students is okay depending on the degree of the pressure. She said students feel as though they have to do well in order to fulfill their parents'

expectations, and that's when it becomes a problem.

Some parents find it hard to keep their children on the right track.

Rosemarie Rankin, whose daughter recently dropped out of college admits to putting pressure on her daughter, but still supported her.

"I paid for her whole education with room and board, and if she graduated I was willing to get her either a place of her own or a car."

Unfortunately, the pressure was too much and Rankin's daughter decided school was not for her.

If students find they can't handle the pressure, they can seek help and motivation through Humber's counseling program. They can go there to discuss their problems and figure out a solution to help to manage their stress levels.

Humber's writing centre also offers a wide variety of help.

"It's a chance for students to get feedback and get on the right track," said Franc Jamieson, writing centre co-ordinator. "It's a chance for students to get past their road blocks to make things easier."

More food for students at Lakeshore

Andi Hui
LIFE REPORTER

Students at Lakeshore Campus now have a wider selection of food after renovations to the campuses food area brought in an Extreme Pita.

"It's a lot healthier than the other stuff that is here," said Taneisha Jarvis, 19, a first-year fashion management student. "It's my first time trying it and so far it's really good."

Extreme Pita is open from 11 a.m. to 4 p.m. everyday.

Most of the pitas are served hot, the fresh ingredients being cooked together on a flat top grill then wrapped in the pita. The servers at Extreme Pita were thoroughly trained before being able to work the station.

John Thompson, food service manager said, "It is doing extremely well and the feedback we are receiving is awesome. Students are thrilled about having it there."

On average, Extreme Pita sell about 120 pitas daily.

Alongside Extreme Pita, students have a choice of eating at Pizza Pizza and Coyote Jacks.

Lakeshore also boasts the Lake Café which underwent major changes this past summer. Walls were removed and the area was expanded to improve the flow of the entire operation. Many of the locations of the stations were changed and reorganized.

"We worked a lot on the image, we did tons of painting," said Thompson. "We focused on the movements and opening it up and just making it generally more user friendly for all people during the day but also for the resident students at night as well."

Thompson said the renovations are not the end of Lakeshore's facelift.

"It's only the first phase," he said. "There will be more renovations hopefully coming up again this summer."

Students can give tips in monthly food forums for new additions.



Andi Hui

The new Extreme Pita at Lakeshore Campus gives students a healthier variety of food to choose from for their meals.

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The High School Musical franchise makes a leap to the big screen with its third film, HSM3: Senior Year, opening in North American theatres tomorrow. – *imdb.com*

Author hopes to inspire future generations to express themselves

Jaden Pato
A&E REPORTER

Barnacle Love, the collection of short stories written by Anthony De Sa, has been short-listed for the Scotiabank Giller Prize award.

"Every year, the only criterion given to the judges is that they find the best book," said Elana Rabinovitch, a member of the Giller Prize organization.

De Sa's short-listed collection deals with Portuguese immigrants and their experiences after coming to Canada.

"It's a mixture of personal and family experience," said De Sa, a Humber alumnus. "It's a story often overlooked by culture."

Founded in 1994 in memory of Doris Giller, the award's purpose is to celebrate the best of that year's Canadian fiction, according to the award's website, and to bring attention to these books.

"An author can get up to 100 per cent more publicity for getting shortlisted," said Rabinovitch. "All

shortlisted books get a real spike in sales."

De Sa's sudden writing career has taken him by surprise.

"It kind of fell into my lap and started with someone who noticed a short story I wrote," said De Sa, head of the English department at Father John Redmond Secondary School. "Before I knew it, I was signed with Doubleday."

"I think it would make such a difference if youth had an opportunity to get together with other youth who like to write and express themselves."

—Anthony De Sa
Author

De Sa, a proud father of three, said he hopes to encourage the new generation to take an interest in expressing themselves through writing.

"His writing, right from the start, was very evocative and interesting," says Ania Szado, who taught De Sa at

Humber. "He really has a unique voice."

His vision is to create a workshop at Humber called Stringing Words to help students cultivate their creative writing skills.

"I started my writing career at 40 and I wonder what would have happened if I had started it sooner," De Sa said. "I think it would make such a difference if youth had an opportunity to get together with other youth who like to write and express themselves."

De Sa has also taught at Humber along side Szado and Brad Reed and said it was a rewarding experience.

Next for De Sa is a new novel, *Carnival of Desire*, which is currently in the works and due out in 2011.

"Many characters from *Barnacle Love* will make an appearance," he said. "It has been great living with them and it's not time to let them go yet."

The Giller Prize is celebrating its 15th anniversary this year. The winner of the prestigious award will be announce at a gala on Nov. 11.



Author Anthony De Sa, whose book *Barnacle Love* was recently shortlisted for the Giller prize, said writing fell into his lap.

Students get hip-deep in fashion

Ronda Collins
A&E REPORTER

Combining Chinese lanterns and the inspiration of designer Buckminster Fuller, Anika Kozlowski and Irene Sickney won the 2008 Art of Fashion Most Promising Designers award.

Kozlowski, along with Stickney, her design partner at the clothing company 2.V, took home the award and a cash grant, given at the Art of Fashion Trunk Show.

"It's a big deal," said Stickney of the event, which took place Oct. 16 at Toronto's Drake Hotel. "It gets your name out there, it helps morale. It just helps you know that you have a community, like you're part of something bigger than just yourself."

The Art of Fashion Trunk Show showcased up-and-coming Canadian designers and let the public shop through the different collections displayed on racks and on models.

Many of Humber's own came out to volunteer at the event.

"When you're here and meeting people and you're like, 'wow look at these people who have come so far, I could be here,' it's really inspirational," said Desiree Reid, a second-



Ronda Collins

Designers showed off their wares hoping to make an impression

year fashion arts student and intern at Paradigm Events, which is owned by Michelle Planche, the producer of Art of Fashion.

The events leading up to the Trunk Show began less than two weeks ago at Nuit Blanche. The exhibit showcased six design finalists who displayed their clothing in very differ-

ent and unique ways.

The show was judged by Canadian designers Evan Biddell, the Project Runway Canada winner and Farley Chatto, board member of Fashion International.

Another judge was Michelle Germain, shop owner and curator of Shopgirls boutique.

In My Headphones Guitar Hero edition

1. I Ran
– Flock of Seagulls
2. Bulls on Parade
– Rage against the Machine
3. Even Flow
– Pearl Jam
4. My Name is Jonas
– Weezer
5. Crazy on You
– Heart
6. Rock You Like a Hurricane
– The Scorpions
7. More than a Feeling
– Boston
8. Killer Queen
– Queen
9. Cliffs of Dover
– Eric Johnson
10. The Seeker
– The Who

Maciej Chabelski,
Sports Editor

The self-proclaimed God Father of Rap, Rudy Ray Moore who was an inspiration to rappers Ice T and Snoop Dog, died this Sunday from diabetes. -www.eonline.com



Melissa Sundardas

Savannah Knoop presents her novel, *Girl Boy Girl: How I became JT LeRoy*, at the Gladstone Hotel.

Novelist puppet pens own version of events

Melissa Sundardas
A&E REPORTER

Savannah Knoop is making headlines thanks to her book, *Girl, Boy Girl: How I Became JT LeRoy*.

"I've never done anything like this," said Knoop. "I was really nervous about it, but it felt like I had some kind of breakthrough."

The book details how Knoop assumed the public persona of author Laura Albert's fictional character LeRoy.

Albert's supposedly autobiographical books were about JT's life growing up homeless and being forced into prostitution by his mother.

Albert agreed to have Knoop play JT because Knoop wanted to explore the male gender.

The fictional character of LeRoy, created by Albert and played by Knoop was presented to the public as on a real life story. But it was all a hoax.

Albert created the character in an attempt to make the books seem more real, and the literary world embraced this boy wonder, believing the story to be credible.

But in 2006 Albert admitted it was all a pretense.

Under the guise of LeRoy, Knoop mingled with celebrities, gave interviews and posed for photos.

On Oct. 15 Knoop was a guest at both Eye Weekly and Pages Books and Magazine's *This Is Not A*

Reading Series.

Looking a bit uncomfortable, Knoop dug into her past and within herself to really clarify and disclose what went on during her life as JT LeRoy.

"I think it was the gender," said Knoop when asked what possessed her to play this outrageous character, knowing it would include her in such a complicated fiasco.

"I've never done anything like this I was really nervous about it, but it felt like I had some kind of breakthrough."

-Savannah Knoop
Author

"Laura Albert was searching for someone to be him and it was like 'I want to explore that side of myself,'" she said.

Knoop said she encountered many difficult situations playing JT.

"As soon as I went to a reading, it was amazing to watch how people came and they had responded to the book," she said. "But then there was just this complete awkwardness where I felt like people wanted to come and they had a story to tell JT," said Knoop.

Humber College English teach Sally Cooper, said she wondered if the books would have had the same popularity if LeRoy was simply a fic-

tional character.

"We really stress that plagiarism is an academic crime," Cooper said. "So to see that somebody's profiting hugely off of something that's in that realm - it's not honest and one has to wonder if Laura Albert came out with those books, how would they have done?"

Cooper said sometimes authors feel the work isn't enough for and adding something more dynamic.

This pressure could have contributed to the creation of JT LeRoy, Cooper said.

Author Nathan Whitlock said many authors like Albert feel it's necessary to stretch the truth to achieve the desired sales.

"People want to have a little more of a story," he said.

"A little more of a hook than just, well, this slightly awkward person sat in a room in front of a computer and then hands the story to their editor, that's the usual story."

Whitlock said that's how books get written, but there's more and more a sense of there's gotta be more of a hook. "People are looking for the non-literary hook."

Knoop said her story has many layers and is very complex, but at the same time she feels strongly that everyone might be able to relate.

"I feel that it's almost a universal story, coming of age and kind of losing your identity and finding yourself once again," she said.

Teacher inspires students to be creative at workshop

Paul Paquette
A&E REPORTER

The Creative Writing Kick Start Workshop invites students to find innovative ways to enhance their acting skills.

"This is basically about where to begin," said Richard Scarsbrook, teacher in the creative writing program, and organizer of the workshop.

"I do a bunch of workshops and provide some stimulus for students. I hope they'll walk away with about a dozen new ideas for stories that they can pursue on their own."

Scarsbrook is the author of three published books and has taught at Humber's School of Creative and Performing Arts for the past three years.

His method of inciting inspiration is quite interesting. He plays a piece of music and encourages students to write down whatever pops into their minds.

The people who attended the

workshop had a positive attitude towards the class and what they had learned.

"I would like to call myself an aspiring writer," said student Visha Sukdeo. "I've been writing poetry and songs for quite some time now. I saw this course online. It seemed interesting, so I came."

"I think it was great," said Collette Pryca, another Humber student. "It exceeded my expectations."



Paul Paquette

Richard Scarsbrook inspires Humber students to be creative.



The Weekend Playlist

Don't be a bore, go out, have fun!

Oct. 22 - Oct 26. Planet in Focus International Environmental Film and Video Festival. The spotlight this year is on the importance of healthy food, and thought provoking films. The engaging panels should make this a great event.

Oct. 25. Electronic duo Crystal Castles play Circa. Check out this band on the rise before they hit the mainstream.

Oct. 25. Two must-see movies are out on the big screen - *High School Musical 3* and *Saw V* - take your pick, both are equally great!

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SPORTS



Jermaine O'Neal and the new-look Toronto Raptors will open their NBA season on Oct. 29. They will play Elton Brand's 76ers in Philadelphia. — TSN.ca



Amy J. Shields

Forward Sonia Rocha cuts through the Fleming defence, as Humber cruised to a win last weekend.

Women slash past Knights

Amy J. Shields
SPORTS REPORTER

The drive for Ontario College Athletic Association gold continues this weekend as the Hawks head to Algonquin, after crushing the Fleming Knights 5-0 in Saturday's OCAA quarter-final match.

"I think we have the team this year to win Nationals," Hawks captain Joanna Alexopoulos said. "We want that ring. We just have to keep our heads up and not take anything for granted."

Team manager Stephanie Wardell had some words of wisdom for the team before their game against the Knights.

"Nothing will come without hard work. Playing with everything you have and most of all, playing with confidence and with heart," she said.

Hawks co-head coach Vince Pileggi agreed.

"Today's a different season," he said. "There's a little more nervous energy today because it is a play-off game and they recognize that one

missed chance or one missed opportunity could mean the difference of moving on or going home."

The Hawks took the words to heart and were able to capitalize on the Knights' slow start.

"We started off with a good quick goal which we haven't done in a while and that was nice," Hawks co-head coach Mauro Ongaro said of the goal scored by Melissa Migliazza just over ten minutes into the game.

Nilda Correia and Brittany Szczerbakow added a goal each bringing the score to 3-0 at the half.

Bianca Barbieri scored a fourth goal for the Hawks on a penalty kick and, with less than fifteen minutes left in the game, Keyla Moreno scored the Hawks fifth and final goal of the game.

Goalkeeper Rose Mary Ormeno continued her shut-out streak, making a string of fine saves.

"We started off slow," Knights coach Ham Keillor-Faulkner said, "Three nothing at the half is hard to come back from, especially with a quality team like Humber."

Tourney ends on silver lining

Men's team falls in final, but coach is pleased

Jennifer Gordon
SPORTS REPORTER

The Hawks captured a silver medal at the 27th annual Hagen Men's Basketball Tournament at Dawson College in Montreal last weekend.

The Montreal tournament gave the Hawks a chance to really come together as a team.

"Montreal is a great city to be in, gives us a chance to bond," head coach Darrell Glenn said.

The tournament consisted of eight teams, with four from Quebec.

The first round started Friday morning with Humber facing the host team from Dawson College, in front of a rowdy home crowd of about 100 people.



Jennifer Gordon

Jeremy Alleyne defends Dawson College's Nkosane Massop. Humber finished second in Montreal.

Overcoming the crowd, the Hawks defeated the 2006-2007 Canadian College Athletic Association Champions, 76-53.

Humber's next game was against John Abbott College, silver medalists in the Quebec provincials last year.

Six foot four guard Akeem Sween led the way, scoring 24 points in a 101-64 win.

On Saturday, the men defeated Champlain College by nine, 72-63, to move to 3-0.

The last game of the day had Humber facing Les Nomades du College Montmorency.

The Hawks showed great ball movement against Les Nomades, coming away with a tight 83-75 victory.

The game was highlighted by a Marvin Whyte dunk that brought both benches to their feet.

"The basketball talent here is tremendous," Glenn said after the game.

The Hawks' perfect 4-0 record earned them the number one seed for the finals on Sunday.

In the finals, Humber faced Mount Saint Vincent University, the 2007-2008 CCAA silver medalists. MSVU dominated the game from the start, winning 76-52.

Jadwey Hemmings a fourth-year vet and team captain, wasn't happy with his team's performance.

"We weren't executing right, we were taking tough shots and putting ourselves in bad situations," he said.

However, Hemmings said that the loss wasn't necessarily such a bad thing.

"It's pre-season," he said. "We're trying a lot of things to see where guys fit in and what they feel comfortable doing."

Milton Holness, a first-year Recreation and Leisure student was named to the tournament All-Star team, averaging 8.2 point per game.

Holness, who previously played college basketball at George Brown and St. Lawrence, couldn't be happier to play for Humber.

"I wanted to put on that Humber Hawks uniform and get that championship ring," he said.

"From today on it should be nothing but w's for us."

Sports clinic refurbished

Tim Morse
SPORTS REPORTER

The reopening of the Humber Sports Clinic will finally give athletes attention when they need it most.

"Before, if a student had a hand injury, we'd be using the desks to treat them because of our lack of space," assistant athletic therapist Jennifer Bell said.

The clinic is now approximately three times the size of the original and boasts many new features, that will help athletes, staff, and students in general.

It features an expanded treatment area, new equipment including a strength and conditioning machine, and new offices for the co-ordinators. Since there are now six hospital beds instead of two, the clinic was able to recruit two more staff therapists to help.

The new therapists, along with the original four, were recruited from York and Sheridan's athletic therapy program, which are the only programs of its kind in the Greater Toronto Area.

"This year, our wait list is down to one month, which is a huge improvement," said Bell.

Men's basketball team member Daviau Rodney said that the new clinic is a great improvement.

"We can't risk sitting out for too long. If we're not playing were training."