



### Aboriginal festival

Toronto Pow Wow one of the largest in the world p.10

### Give a day

Markham doctor asks for a day's pay for Africa p.13

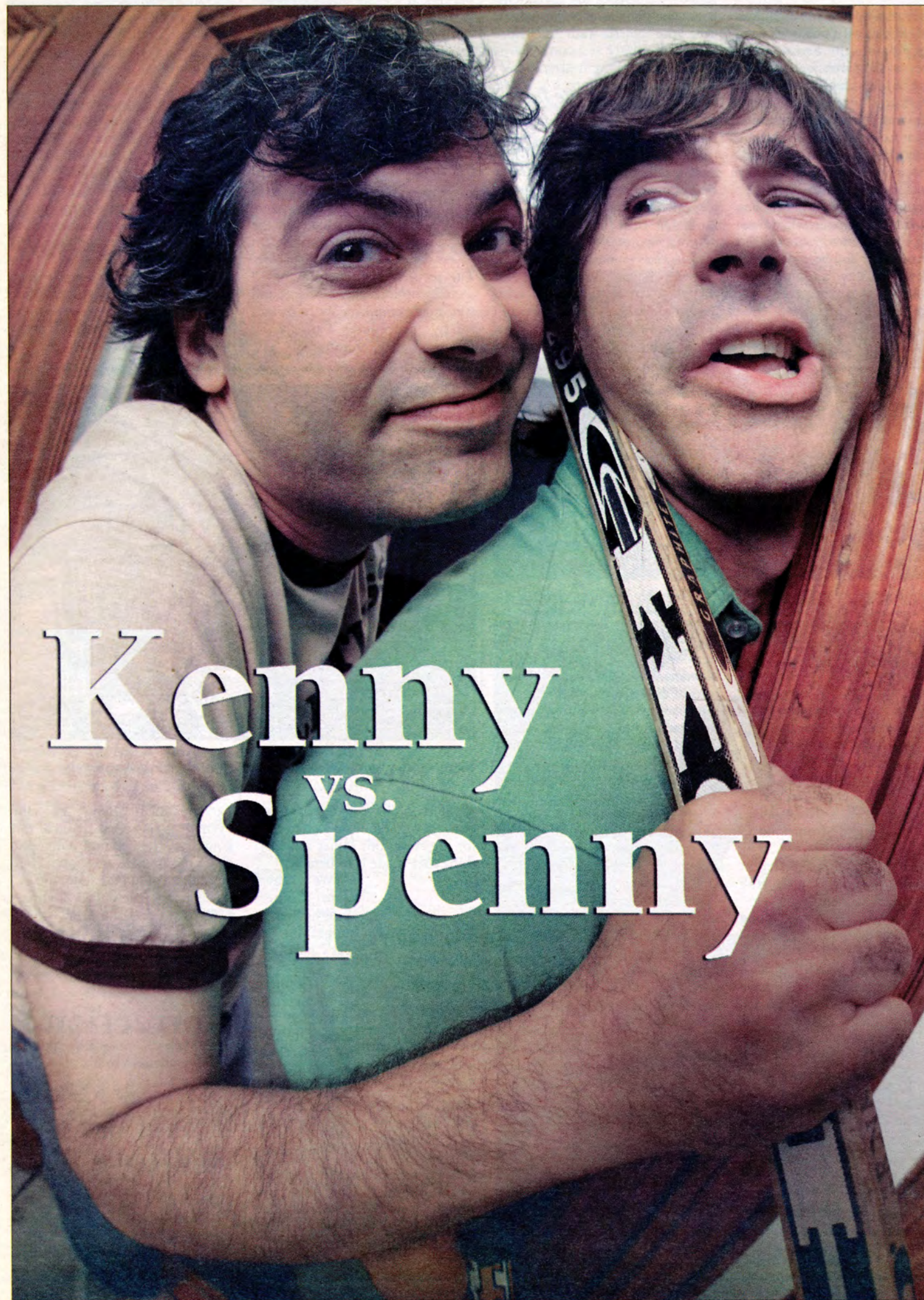


# HUMBER ET CETERA

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==== Exclusive ====

## Fun house

### Humiliation key in duo's strange living arrangement

Trisha Esposito  
ENTERTAINMENT REPORTER

Television's oddest couple, Kenny Hotz and Spencer Rice – a.k.a. Kenny and Spenny – are back again with the third season of their hit reality comedy series.

For the uninitiated, Kenny vs. Spenny glorifies two extremely anti-establishment childhood friends (Hotz and Rice) as they compete against each other to win ridiculous competitions like, "Who will use their arms first?" "Who can sell more bibles?" and the always popular, "Who Can Lift the Most Weight With Their Genitals."

The prize to winning these competitions? Victory, as well as assigning the loser a humiliating task he must face in front of thousands of the show's viewers each week.

*"It's a strange life we lead, Kenny and I are extremely different people."*

—Spenny Rice

"We're like masculinity on acid," Hotz said about the duo's competitiveness.

Hotz, a scheming troublemaker prone to peppering his speech with four-syllable swear words and hyperbolic anecdotes, will do anything in his power to win, even if it involves tampering with the competition's rules.

The appeal of the show is somewhat sadistic. Viewers get to watch as Spencer Rice (who Hotz describes as a totally annoying, uptight loser and "chronic masturbator") is foiled again and again by Hotz and his master plans.

"It's so fun to destroy him," Hotz said about Rice. "It's such a car crash watching someone who cares so much about trying to be good and trying to live morally."

Rice, a York University film graduate who is known to viewers as the one to always take the high road and follow all the rules in order to win competitions, knows his place as the show's underdog. "I make an effort to be good, even if it's not practical," Rice said. He describes Hotz as a liar and a cheater. "He's an immature man-child, narcissistic," Rice explained. "[With this show], I'm documenting his 'scum-bagness' and that's nice for me."

Continues on p.17



# NEWS

A baby eel is called an elver, a baby oyster is called a spat. Baby beavers are called kittens – [www.hookedonfacts.com](http://www.hookedonfacts.com).



Courtesy  
Students at last year's ski trip

## Snow Valley ski trip for students far from home

Christine Teskey  
NEWS REPORTER

The International Office at Humber encourages all international students to take part in a ski trip to Barrie on Jan. 19, even if they've never skied before.

The International Office plans two trips every month, said advisor Kristina Evans. "We get the students off campus and learning about the city or about the different attractions in the area."

The ski trip to Snow Valley in Barrie will be the first trip for international students in the new year. They will be given a choice of either skiing, snowboarding or tubing.

The cost is \$20 and this includes transportation, equipment rental, lift ticket and a lesson, Evans said. Friends are welcome, but they will have to pay \$30.

"The staff (at Snow Valley) will give each student a quick lesson which will help determine which hill they should be skiing on," Evans said. "If they have no skiing experience, then they learn the basics of stopping, starting and turning."

Transportation will be provided from the Lakeshore campus at 2:30 p.m. and from the North campus at 3:15 p.m. Students will come back around 11 p.m. About 70 students attended the ski trip last year, which was also at Snow Valley, Evans said. "They've got a small ski chalet where students can grab a bite to eat or some hot chocolate."

According to Evans, Snow Valley is a good location. "The hill size is comfortable for the students, the service is great and they're always accommodating for a large group."

Jennifer Tracy, information associate for Snow Valley, said there are 19 runs that range from beginner to more advanced. The longest run is 1000 meters.

Tracy said they are more geared towards beginners – To get into the sport of skiing and develop the skills.

"The tubing facility is the busiest in Ontario," she said. There are eight runs.

Students can sign up now and pay their fee in the international office. The last day to register is Jan. 17.

# Contest for safety kicks off

## Checking out the new security features on Humber's website will raise awareness for staff and students

Margaret Murphy  
NEWS REPORTER

Humber's Department of Public Safety will kick off a one week contest to promote the new security features on their website today.

The contest involves students and staff visiting the public safety website and answering questions. In order to answer the questions correctly, students and staff will have to review the new security page and its procedures.

Director of public safety Gary Jaynes said, "The contest is about raising awareness of the Department of Public Safety and security features and services available, but also to draw students and employees to the site so they can learn more about what we do and the services we provide."

Students will be required to identify that they attend Humber, and the same goes for staff members. The contest is being held at both the North and Lakeshore campuses.

"This is a trial to see if this (informing students of security features) works and to see how many people we can get to look at our site," Jaynes said.

At the end of the week a list of names with the people who answered all of the questions correctly will be printed off. Then names will be drawn out of a bowl

to determine winners.

Prizes include a semester of free parking at the campus, a \$100 gift card to Best Buy, a \$100 HBC gift card, a \$100 gift certificate to Ikea and a prize pack from Z103.5.

*"We hope to have a really great launch and to have students and employees visit our website to learn more about public safety."*

– Gary Jaynes,  
director of public safety

The new features on the website, which include campus security procedures, were added at the beginning of November.

The security team posted the 15 security options after students and staff made enquiries about certain safety procedures after the Dawson College shootings.

The pages include procedures on emergencies such as a shooting/hostage situation, severe weather and bomb threat.

Jaynes said the new features only cost about \$500 and a couple hundred more for the graphics needed on the site for the contest.

"It's been fairly inexpensive, but we think we can reach a lot of people through a different way," Jaynes said. Security staff will be at main entrances and hallways today handing out cards indicating where to go for the contest and the details. The contest winners, three students and three employees, will be announced on Dec. 11.

"We hope to have a really great launch and to have students and employees visit our website to learn more about public safety," Jaynes said.

## Thrifty finds help the United Way

### Couches, lanterns and school books net proceeds to charity at HSF garage sale last Wednesday

Liz Balsom  
NEWS REPORTER

Odds and ends and everything else in between could be found at the Humber Students' Federation (HSF) garage sale last Wednesday.

The garage sale, which took place in the Students' Centre, ran from 9 a.m. to about 3 p.m. The sale featured items ranging from food to furniture.

"It all came from different places," said Aaron Miller, HSF programming director.

Miller worked the event along with several other HSF assistants.

"A lot of it is supplies that we purchase for events, and that we've already used and don't have another use for. Some of it's donated to us, and some of it's left here. We're trying to clear out the space, so we're selling it every imaginable way," Miller said.

HSF buys many things for events, but afterwards it leaves them with items they may never use again. The garage sale helps them get rid of clutter in the office and raise money for a good cause.

Krista Hastings, HSF events assistant and second-year justice studies student at the University of Guelph-Humber said it's not a

new idea. "We have couches, blenders, school books, food, and tons of different craft supplies. We do this every year to raise money for charity, and it's a great way to get rid of the stuff we don't use anymore."

HSF is turning the sale into an annual event. Last year was the first year they held a garage sale, but instead it was held in April at the end of the school year. All money from sales goes to the United Way.

Items at the sale started at under a dollar, with the most expensive item, a couch, going for only \$20. The HSF was lenient for taking best offers on certain items. News got around fairly quickly and the sale attracted a lot of customers throughout the day.

"We got a ton of people right at the beginning of the day. We saw a lot of staff members too. They heard it from somebody else, and a bunch came down (to the sale)," Miller said.



Liz Balsom

Many items were on sale at the annual HSF garage sale.

HSF didn't have a target amount of money that they wanted to raise for the event, but Miller said anything they made is of benefit.

*"These things only really are successful when students come and participate in them."*

– Aaron Miller,  
programming director for HSF events

"[We have] these Chinese lanterns that we bought for last year's gala, and we don't really have another use for them. So instead of just keeping them in the back closet hoping one day we'll use them again, we figure we'll do it this way and make some money for charity," Miller said.

"It was just an idea we had last year. We had a bunch of stuff that was random things we're not going to have another use for.

"These things only really are successful when students come and

participate in them," he said. "When they see stuff like this going on, they should come and check it out, there are a lot of good deals that could help them out."

The garage sale pulled in almost \$500 by the end of the day with all proceeds going to the United Way.

## Correction

On Nov. 23, the *Et Cetera* misspelled the name of Police Const. Bill Vollmar on p. 1 and p. 8.

Also in the same issue, *Et Cetera* misspelled coach Paul Melnik's name in a story on p. 12.

The *Et Cetera* regrets the errors.



In the movie *The Wizard Of Oz*, Toto the dog's salary was \$125 a week, while Judy Garland's was \$500 a week – [www.hookedonfacts.com](http://www.hookedonfacts.com).



Patrick Luciani

Second-year students prepare desserts for the visiting guests.

## Sweets and spa for agents

Humber has programs for international students

Patrick Luciani  
NEWS REPORTER

Humber students and staff put on an afternoon culinary and spa reception for visiting international agents at the Gordon Foodservices Humber Room last Friday.

Second-year tourism and hospitality management students provided the food and drinks for the reception, while music from the students of Humber's music program filled the room.

The agents, who represent a number of agencies that help students find overseas education, were attending international education conferences and agent fairs throughout the week held by the Canadian Education Centre Network.

Humber invited them to show what the college has to offer to international students.

A variety of booths lined the walls of the reception advertising different services and programs for international students. The booths included the English Language Centre, International Student Services and the new Orangeville Campus.

"We are hoping to get some students involved in our program and to spread the word. Quite a few agents have told me that they have already sent students here," said Nancy Wade, a program assistant at Humber's English Language Centre at the Lakeshore Campus.

The English Language Centre provides different English programs to international students. When students graduate from their English for academic purposes (EAP) class, they are able to take any program Humber has to offer.

Along with Wade, three graduates from EAP were at the reception, meeting with agents and telling them of their experiences with the program.

"I want to show the agents how great this program is. I loved it,"

said Helen Zhou, a graduate from the English Language Centre who is now in her first year of financial services.

Joe Aversa, director of the English Language Centre and the associate dean of the department of English, gave a presentation to the agents outlining what the school has to offer its students.

Aversa mentioned some of Humber's newest programs which included spa management and multimedia 3D computer animation. Also mentioned were international business and fashion management, two new programs which will start in 2008.

Afterwards, the agents broke off into groups, one going to the new spa lab and the other going to the kitchen of the Humber Room for cooking lessons.

The spa group received a manicure or mini facial from spa management students. The other group learned how to make a roasted butternut squash and apple bread pudding, a popular dessert at the Humber Room.

Chef James Bodanis taught the group of agents how to make the dessert along with a few of his second-year students.

"With this kind of event, the agents can feel more close to the school," said Sunny Yi, a homestay co-ordinator and counsellor for Maple Education Consulting. "When I get to meet all the staff and faculty members, I can know personally the people from the school." Yi, who works primarily with students from Korea and Japan, left the reception with a lasting impression of Humber.

"I didn't have much knowledge about Humber before this, but I consider myself close to the college now," Yi said. "I'll be studying more about Humber when I go back to my office so I can get to know more about it and give out better information to the students I work with."

# GO double-deckers

Kevin Da Rosa  
NEWS REPORTER

In two years' time, GO Transit will become a little more British.

The GTA commuter transit system has approved the purchase of 12 double-decker buses for exclusive use on GO's Hwy. 407 routes between Unionville in the east and Oakville in the west. The total cost of the contract is \$10,835,000.

GO Transit first tested the bus in 2002 for a couple of weeks on its York Region Yonge St. service.

"It was really well received... the novelty for one thing and passengers loved it," said Edmund Shea, GO Transit's head of public affairs. "They just wanted to be on the top deck, in the very front of the top."

Shea added that since GO Transit is having difficulties with crowd-

ing on buses on the 407 route, having a double-decker bus would be more efficient as it would carry 40 per cent more passengers than a regular 45 foot bus.

According to a board memo from Nov. 10, the buses will be manufactured by Alexander Dennis Limited of Edinburgh, Scotland and will be modified to meet Ontario's Highway Traffic Act standards. They will also be wheelchair accessible.

GO Transit has the option to purchase 10 additional vehicles.

They are expected to be delivered in January 2008 and, after driver training and road testing, they should be in service by the spring.

Early childhood education student Paula Ortigoza, 20, said she thinks the double-decker buses might work out fine.

"Definitely it would be something new," she said. "It's not something that people are used to seeing around here. It would be good because they [GO Transit] could serve more people at a time."

The Victoria Regional Transit System of Victoria, B.C., has used these buses since 1999. Las Vegas also now operates these buses, while Ottawa is looking towards the double-decker option for its Transitway services.

Brampton Transit has a double-decker bus in its fleet that was manufactured in 1985.

Al Grocott of Brampton Transit said although Brampton only has one double-decker bus, he thinks the bus is cost effective in the sense that it replaces two regular sized buses on a route, in terms of passenger capacity.



Courtesy

An artist's concept of what GO's double-deck buses might look like, expected by spring, 2008.

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# NEWS

The word "news" is actually an acronym standing for the four cardinal compass points – North, East, West and South – [www.hookedonfacts.com](http://www.hookedonfacts.com).

## Increase in same-sex marriages in Canada

Danielle Spierenburg  
NEWS REPORTER

More same-sex couples are tying the knot in Canada, according to data released by Canadians for Equal Marriage, an organization that supports the country's marriage law.

The new data released last Monday shows more than 2,300 same sex couples obtained marriage licenses in a five-month period ending Nov. 10, a rise of 17 per cent, accounting for almost a quarter of the total in the last three years.

The new information has come at an important time for same-sex couples looking to obtain marriage licenses in the future. In the past federal election, Prime Minister Stephen Harper committed his minority government to a vote before the end of this year that would authorize the government to rewrite the same-sex legislation.

National co-ordinator of Canadians for Equal Marriage, Laurie Arron, said this new data will strengthen the argument – it would be discriminatory to rewrite legislation against same sex marriages.

"Basically as more same-sex couples get married the more difficult it will be to roll back the clock on equality," Arron said.

"To exclude same-sex couples from marriage is saying that same



Danielle Spierenburg

Robyn Cochran and her partner Heather honour their five-year relationship with wine.

sex couples are inferior."

Robyn Cochran was committed to her partner Heather through the exchange of traditional gold bands on their fifth wedding anniversary in July, 2001. Their ceremony took place in their home over a bottle of wine and did not involve any legal papers or family and friends.

Although Cochran and her part-

ner are not interested in legally marrying, she said it's a right no couple should be refused.

"The right to marry, personally, is not important to me, but that's a personal choice. Even if I were heterosexual, I don't think I would marry. But for the people who do want to marry and have that recognition legally... We're saying you're as equal as everyone else

and we will allow you the same rights as everyone else, that's fair. To take it away and say we want to treat you differently that's unfair.

She said the major misconception by the general public about gay marriages and gay couples is that they are different. "Same-sex relationships are the same as regular relationships. We're totally normal in every way except we love

differently."

Canadians for Equal marriage estimates 10,136 marriage licenses were issued to same-sex couples since same-sex marriage licenses started being issued in Ontario on June 10 of 2005, to June 10 of 2006. Since then, another 2,302 licenses have been issued bringing the grand total to 12,438.

There are many valid arguments for and against same-sex marriage, but according to the Catholic Educators Resource Center, opposition to gay marriage includes arguments such as believing marriage is a natural right based on the biological need to procreate. It is also argued that a change in the definition of marriage to include same-gender couples could lead to the breakdown in understanding of what marriage is. A fundamental concern of opponents is that the legalization of same-sex marriage will lead to a direct attack against religious institutions. This may include the limitation of rights to free speech and forcing religious leaders to perform marriage ceremonies of which they do not approve.

The Supreme Court already gave guidance to the government concerning gay marriage as a fundamental right under the Charter of Rights and Freedoms, which might mean that even a change of law in Parliament rescinding gay marriage would not stand up to a court challenge.

## Spa program opens services to public

Meaghan McBride  
NEWS REPORTER

Humber's new spa management program is taking the next step by opening to the public.

The spa, which will be located on the third floor of the H building, will be run by the 37 students enrolled in the program now.

Belinda Cunha, manager of the Business School, is very optimistic about the future of this program and students.

"Students will be performing spa services for Humber faculty and students. They will only be doing what they learned in class," Cunha said. Although students will be working in the spa, Cunha said it also has a more entrepreneurial aspect.

"This program focuses on the

business aspect of running a spa and not so much on the jobs involved with it," she said.

Amy Medlock, 19, of the photography program, was very excited about the idea of being able to be pampered at school.

"I think if it's reasonably priced I'd probably use it. It'd be a nice feature to have – school's stressful and spas aren't." She is also confident in the abilities of the students and wouldn't hesitate to try it.

-Amy Medlock  
photography student

"I wouldn't be uncomfortable there unless they were under-skilled," she said.

Management of the Business School haven't worked out what it will cost to go the spa yet, but Cunha expects to see more enrollment for future semesters.

## Two new opportunities in HRT school

### This fall Humber will offer new culinary arts and tourism and hospitality management programs

Adam Mc Lean  
NEWS REPORTER

Two new programs are to be launched next fall in Humber's School of Hospitality, Recreation and Tourism. It will offer graduate certificates in tourism hospitality management and the culinary arts.

"This will add to our strategic plan to develop pathways for students," said Hospitality, Recreation and Tourism (HRT) Dean Alister Mathieson.

The new tourism and hospitality management program will consist of two academic semesters followed by one semester of paid internship. Students will have the opportunity to complete a domestic or international internship.

The program is designed to provide a thorough understanding of the principles in the tourism and hospitality industry and present students with the necessary foundation for a career within tourism and hospitality management.

Entrance requirements will

include a university degree or three-year college diploma, or mature student status with acceptable related work experience.

Tuition and student fees for the program are currently set at roughly \$1,950 a semester.

**Students receiving diplomas from other colleges will be able to transfer (to Humber) for their advanced level."**

-Alister Mathieson  
HRT dean

Offered courses include principles of tourism and hospitality, consumer behaviour in tourism and hospitality, international tourism and globalization, and entrepreneurship and management simulation.

The new culinary arts program is designed to equip students with the skills required to assume managerial roles in the kitchen, leading to executive chef positions.

Like the tourism and hospitality management program, the culinary arts graduate program will also consist of two academic semesters followed by one semester of paid internship, available domestically or internationally.

Entrance requirements will include a two year culinary management diploma or level two cook apprenticeship.

Tuition, lab and student fees for the program are presently set at roughly \$2,300 a semester.

"These are opportunities for our own students to [go forward] into advanced level qualifications," said Mathieson. "Students receiving diplomas from other colleges will be able to transfer (to Humber) for their advanced level (certificate)."

These additional programs will bring approximately 100 new students to Humber College next fall.



All clams start out as males; some decide to become females at some point in their lives – [www.hookedonfacts.com](http://www.hookedonfacts.com).



Drew deSouza

Minister of Health and Long-Term Care, George Smitherman speaks at an Ontario Association of nurses meeting at the Royal York Hotel.

## Nurses understaffed and overworked despite increase in employment

Drew deSouza  
NEWS REPORTER

Despite a recent increase in registered nurses in Canada, Ontario continues to experience a severe shortage, and Humber's nursing students are feeling the pressure.

With 34 per cent of nurses now having at least a bachelor's degree – up 15 per cent from 10 years ago – and those same nurses working almost 10,000 overtime hours in 2005, students are worried.

"It's disappointing to think that after studying so many years we're going to go out and . . . that we're going to be over worked and burnt out," said Mozhd Yaqubi, a third-year University of New Brunswick

(UNB)-Humber collaborative bachelor of nursing student.

The students will face a heavy workload in Ontario's already stressed health sector when they graduate. According to the Ontario Association of Nurses, the province is short between 8,000 to 11,000 nurses.

If the trend persists, by 2011 there will be a national shortfall of 78,000 nurses.

This shortage is attributed to several things, including policies passed by previous governments and a better job market in the U.S.

"If you ask some of the students in our own program . . . you'll hear them a lot saying they're going to the United States because it's bet-

ter opportunity. Better opportunity, better money and being valued," Yaqubi said.

Last week, more than 1,000 Ontario nurses gathered in Toronto to discuss the pressing issues facing their profession. Minister of Health and Long-Term Care for Ontario, George Smitherman attended.

While at the conference, Smitherman expressed a belief the Ontario healthcare system is progressing now after almost 10 years of falling behind, and more jobs are being created every year.

While many nurses and healthcare professionals agree the system is improving, there was a general feeling more can be done.

## Students invited to learn in Australia

Jen Cialini  
SENIOR REPORTER

Turning diplomas into degrees at Australian universities is becoming a popular option for Canadian students who can afford it.

"It'd be great to travel and fast-track," said third-year film and television student Barry Cheong. "It would open up possibilities. Seeing the world expands your mind and that's just as important as what you learn in the classroom."

There are more than 250,000 overseas students studying in Australia.

In a 1999 survey by the Association of Universities and Colleges of Canada (AUCC), over 94 per cent of responding institutions indicated that Canadian university presidents and vice-presidents ranked internationalization as a high priority.

Ninety per cent of responding institutions indicated there was a medium or high interest in providing out-of-country experiences for Canadian students. Most Canadian institutions are therefore encouraging students to spend a semester or a year studying abroad.

"I've always wanted to visit Australia. It would open up your mind and a new horizon of life experiences that would come into play and benefit you later in life. Money is a big issue though," said Tony Felgueiras, second-year film and television student.

The AUCC's 1999 national survey found that lack of funds (68 per cent) was the single most significant barrier for Canadian students to participate in work/study abroad experiences.

The annual tuition fees are approximately \$13,000 to \$16,000

per year plus living expenses of \$12,000 to \$15,000.

Students may receive OSAP with maximum amounts of \$8,000 to \$9,000.

As a holder of a valid student visa, a student can apply for a work visa once he or she is enrolled in the program allowing him or her to work.

Although out-of-country tuition is high, a degree will be granted sooner allowing students to enter the workforce faster.

Humber students can convert their diplomas into degrees within one year at several Australian universities.

Griffith University in Australia, which has 6,500 international students, has set articulation agreements with colleges of applied arts and technology in Ontario.

Graduates of a three-year diploma can get a bachelors degree in one year of study. For two-year college diplomas, Griffith University is able to grant up to a maximum of 1.5 years of academic credit.

The University of Western Sydney also offers these benefits.

There are several Canadian companies that ease the Australian application process for students, such as KOM Consultants, a company that provides assistance to students.

A representative from KOM will visit Humber North Campus today from 10 a.m. to 2 p.m. There will be an information booth set up outside the career centre regarding Australian education.

KOM CEO Sue Kelly said, "It's very beneficial. It enlarges international understanding. Employers look for people that think out of the box. Risk takers are desirable in the workplace. It gives students an extra dimension. It opens up the world for them."

## New board of governors' student rep drives to empower students

Drew deSouza  
NEWS REPORTER

Students have a new advocate for their issues after Trudy-Ann Powell was elected to the Humber College board of governors as student representative.

Powell, a first-year court and tribunal student, was elected after two days of voting on Oct. 18 and 19.

Powell said she has a real drive to empower students to become politically active and to take control of their academic careers.

"Take away the idea of politics as politricks," Powell said in an interview. "Getting involved can open up a lot of doors and if you want your voices to be heard you have to have some political dynamic to it in order for it to happen."

Powell admitted that she too was once skeptical about student politics. "[Students] just think so bad of politics and they just don't want to get involved. Trust me, I was like that too before I actually put my foot forward."

She came to Humber after completing a two-year social service worker program at Centennial College. There, she was both a student representative and a campus director.

"I already had that prior experience [from Centennial] so I come here and . . . I want to make sure I have a say about what goes on in my education."

Being new to Humber, Powell has been on a mission to learn about the current student issues. "I don't know a lot of people, but I'm going out there talking to people.



Drew deSouza

Board of Governors' student rep. Trudy-Ann Powell.

I'm . . . finding out issues and concerns and I have some of my own that I want to tackle."

Powell said she finds the students she represents more than willing to offer her support and come to

her with issues. Even on the bus she is confronted with issues and concerns, which she is happy to hear. "I feel good that these people look up to me and think I can set an example for them to follow."

Powell said she will represent students and confront important issues to the best of her abilities. "You're going to see me out there, front and direct. If a student has an issue that needs to be addressed, you're going to see me on the front page addressing that issue."

She said any student with an issue can contact her, even those at Lakeshore Campus and Guelph-Humber. "[Students] will see me around even if I don't get to every part of the building. I don't get to Guelph-Humber sometimes, I don't get to Lakeshore sometimes.

Even now I want to go down there because a lot of students there support me . . . I'm the rep for both campuses. Just because I'm here at North Campus doesn't mean you're not going to see me at Lakeshore."

Powell said she chose to run for the board of governors' student representative because she wanted a say, "I feel more involvement pertaining to academic involvement with everything that goes on in Humber College . . . Not just from a personal perspective, but from talking to students and feeling honestly what they want. I feel I can represent them so I just step up to the plate. Simple."

Students interested in contacting Powell can e-mail her at [hotafire@yahoo.com](mailto:hotafire@yahoo.com). Powell said she will respond within 48 hours.



# EDITORIAL

"An individual should not have too much freedom. A nation should have absolute freedom" – Sun Yat-sen, Chinese revolutionary.

## Canadians not united

Quebec has a distinct language, culture and history. It is seeking respect and recognition for its differences and though it is something it deserves, there are other provinces and communities that feel they deserve the same recognition.

Canada is made up of so many different cultures and languages which all Canadians share and are proud of. It's what makes this country so unique and prosperous.

Quebec has participated in the founding and development of Canada, and without Quebec's inclusion, Canada may not be the nation it is today. However, the same case can be made for the Inuit, British, Cree, Ojibwa and other aboriginal nations.

A motion to formally recognize Quebec as a nation within united Canada was overwhelmingly passed 266-16 last Monday, leaving many confused and worried about the future of the country.

Bloc Québécois leader Gilles Duceppe planned to introduce a motion for Quebec to be a nation 'currently' within Canada but Prime Minister Stephen Harper beat him to the punch. Harper's motion instead called for Quebec to be recognized as a nation 'within a united' Canada.

Quebec was hoping for recognition as a nation without conditions but the acknowledgment is mainly a symbolic gesture baring with it no legal or constitutional amendment or change in law.

Harper may have pulled a fast one on the Bloc Quebecois by amending the wording of the motion but the make-up of Canada should not be used to entice voters. Such manipulation is dangerous and unfair.

Harper's plan was to use this motion as a ploy for political leverage but MPs and opposition leaders believe the recognition will re-ignite hope amongst separatists for an independent nation.

The plan was said to be months in preparation, but it still managed to catch MPs within the Conservative party by surprise causing many to re-evaluate their definitions of Canada. Rather than support a controversial government resolution, cabinet minister Michael Chong quit and other Liberal and NDP leaders were split on the result.

Decisions about the future of Canada are being made without the inclusion of the people who matter – Canadian citizens. If the government can present and pass a motion that will affect the future of this country, all Canadians should be included in the decisions. Quebecers have already voted twice in separate referendums that they would rather remain in Canada and the rest of the country is still waiting to have its say.

Harper may gain what he intended, a short-term spike in popularity but the motion leaves the door open for other ethnic and indigenous groups to demand similar status.

## Psst...Ontario's keeping secrets, pass it on

Canada's lawyers and newspapers want in on the Ontario government's secrets.

The Canadian Lawyers Associations (CLA) has joined forces with the Canadian Newspaper Association (CNA) in an appeal against Ontario's freedom of information laws.

The Freedom of Information Act stipulates that every person has the right to access a record in the custody of a government institution unless that record falls under a listed exemption.

*The Globe and Mail* reported this week that both the CLA and the CNA have appealed to Ontario courts asking for amendments to the act.

The appeal stems from a murder case in 1997 when the CLA launched several information requests that were repeatedly denied.

Both groups argue against a particular exemption that allows the government to restrict material pertaining to law enforcement or solicitor-client privilege.

This exemption allows the Ontario government to put a gag on any law enforcement information that is deemed too sensitive for public consumption.

The CLA and CNA argue that this exemption has made it too easy for Ontario officials to restrict access to government records, and they are right.

Accessing government records is vital to the operation of a democratic state. It allows the media to hold a country's elected officials accountable.

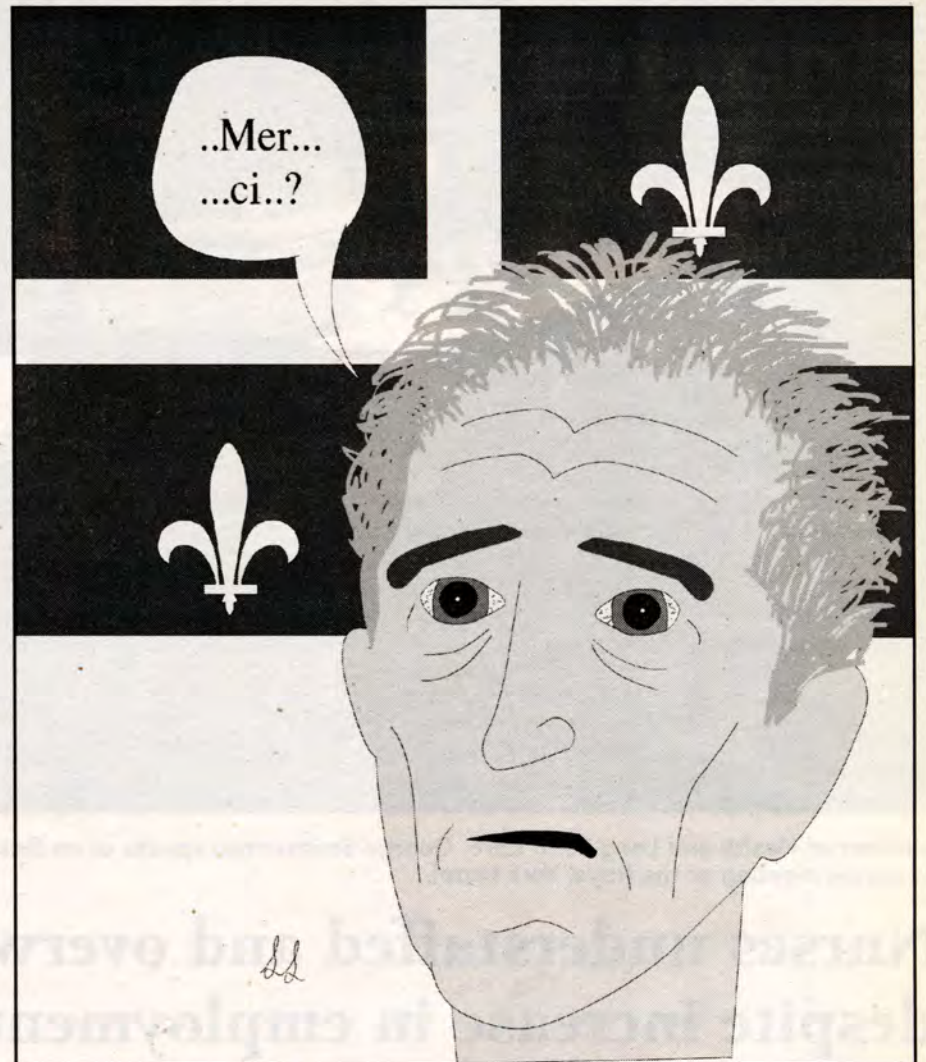
Constitutional lawyer David Stratas and CNA lawyer Paul Schabas want the province to prove on a case-by-case basis why certain information is too sensitive to be released to the public. This revision will put the onus on the government to explain why Ontarians cannot be exposed to certain information.

Considering this revision has been adopted in Alberta, British Columbia and Nova Scotia, there is no reason why the Ontario Court of Appeal should not do the same here.

*The Globe* reported Crown lawyer Daniel Guttman defending the exemption, suggesting some areas are off limits to the public.


What Guttman fails to consider is that our elected officials are merely extensions of the public. The right to withhold information without explanation undermines the public's ability to challenge the province by promoting a culture of secrecy.

As Canada's most populous province Ontario should have the reputation of being a leader, not for keeping secrets but for upholding the public's right to know.




### Word on the Street


How do you define a nation?




**Helena Kormanova,**  
19, tourism & hosp. mgt.  
*"People that support each other and make decisions that reflect and affect the whole group."*



**Kyle Hinan,**  
19, creative photography  
*"A nation is a group of people who follow morons who they put in power themselves."*



**Bryan Lootsma,**  
19, architecture tech.  
*"A group of people who share cultural and religious values governed by one body, united as one country."*



**Tomara Kennedy,**  
21, nursing  
*"They should have their own governing bodies for health care, legal jurisdiction and all those things."*

## HUMBER ET CETERA

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Facebook's name comes from the real-life books of freshmen's faces, majors and hometowns that many colleges give to incoming students – CBS news.

## Allure of the Facebook cult



Ashley Carter  
A&E Editor

I am a giant sellout.

After years of lambasting flaky Internet social networks like Friendster and Myspace, I've been successfully bullied into signing up for Facebook (a.k.a. www.facebook.com; a.k.a. the most gloriously addictive website ever thrust into existence).

Billed as "a social utility that connects you with the people around you," Facebook was started in 2004 by a Harvard undergrad looking to keep in touch with fellow students and alumni.

After half the campus population signed up in its first week online, it opened to other Ivy League schools and then spread like the worst sickness imaginable to any college/university with a student e-mail system (much to the chagrin of schools like Humber that lack student-accessible @humber addresses).

This September the service finally opened to anyone with an Internet connection.

And now everyone you've ever met has signed up and they are looking to lure you into their cultish fold.

Whatever you do, don't listen to them.

The way it works is users create a profile for themselves (or whatever version of themselves they choose to put forth) and troll around adding friends, schoolmates and the odd also-ran (because, hey, everyone wants to look Inter-popular).

All this for no real purpose, at least that I can gather, other than self-promotion and the creation of a needlessly elaborate personal social network.

The stats are ridiculous too. According to a TechCrunch interview with Facebook's maintainer, 85 per cent of college/university students currently have active accounts, with 60 per cent of them logging in daily.

That's easily higher than that demographic logs in to any given news site.

To be fair, beyond Facebook's egomaniacal foundation, there are redeeming factors.

Highly specified political and social/scholastic groups are available to join – i.e. "Stephen Harper Needs A Stylist" and "Humber College Journalism!" – and seem to serve the purpose that the site was originally intended for.

It's also an incredibly easy way of circulating photos and event invitations.

The up-to-the-minute "News Feed" of your friends' every virtual move is super cute if you're the stalking type.

Other aspects are just awkward. It wasn't long after I registered before I was being "friended" by kids I barely remember from elementary school.

And not even the types that I shared serious heartrending kiddie drama with either, but ones that I may have shared chocolate milk with once or twice at recess.

It gets even weirder when Facebook finds that these near-strangers and I have friends in common.

People I see on a daily basis somehow know these relics from my past.

While it's strangely compelling to be able to play six degrees of oneself, there's a reason I haven't bothered to keep in touch with these people.

In the end, what's most disturbing is even though I'm aware this is just the latest thing distorting proper human interaction (worse still for people occupying the same building – "Humber North Rez" group, I'm looking at you), I am still hopelessly addicted.

For those that haven't signed up, keep your sanity. For those that have, go ahead and add me.

I give up.



## Letters to the editor

### College Student Alliance not finding debt solutions

Dear Et Cetera editors,

Thank you for your illuminating article on college student debt loads (*Humber Et Cetera*, Nov. 23, p. 4).

To most Humber students the results of this study should be no surprise. We already know how expensive tuition is. But why is it this way? Because, as governments have cut their funding to post-secondary education, tuition fees have increased anywhere from 200 to 700 per cent. Also, numerous grants were replaced by student loans.

Unless students do something about it, it's only going to get worse because Premier Dalton McGuinty plans to increase tuition fees from between 4 - 8 per cent every year.

Even more disappointing to students however should be our so called "provincial lobbying" organization, the College Student Alliance. According to their director of advocacy, they somehow still don't get the correlation between skyrocketing tuition fees and higher student debt. Their solutions to the current debt crisis include doing further studies (to research the demographics of students and the cost of

text books) and for increased student loans? While the research may be useful it won't get to the underlying root of the problem, HELLO, IT'S THE TUITION FEES, and obviously increasing loan limits = higher student debt.

I guess Humber and Guelph Humber students shouldn't really be surprised by CSA's failure to lobby effectively and in the best interests of students. Since it was the College Student Alliance that spearheaded the "CAP TUITION" campaign. The same campaign the HSF took part in which lobbied the government to end the tuition freeze and to increase tuition fees. No, I think that the only surprise here should be that Humber and Guelph-Humber students continue to pay fees to and be members of the College Student Alliance while they and HSF continue to work against us instead of for us.

Well you know what they say, with friends like these who needs enemies.

Sincerely,  
Chris McNeil  
Former HSF board of directors' member

### Kudos to Blackberry MD

Dear Et Cetera editors,

I would just like to compliment Ryan Glassman for his article "Blackberry MD" (*Humber Et Cetera*, Nov. 16, p1). The text was well written and the material attributed to me was accurate and concise. A very professional job.

Sincerely,  
Kathleen M. MacMillan, RN, MA, MSc, PhD  
Dean, School of Health Sciences  
Humber Inst. of Technology & Advanced Learning

Write to us!  
Letters must include  
full name, phone number and  
e-mail address.  
humberetcetera@gmail.com  
Humber Et Cetera reserves the right to edit  
letters to the editor.

### A student's plea for better music



Jennifer Berube  
COPY EDITOR

Bryan Adams. Celine Dion. Sarah McLachlan.

These are a few of Canada's greatest artists. Fair enough. But do we have to pay tribute to them everyday on Humber Radio?

Banished from the newsroom as long as I have a coffee in hand, I am forced to enjoy my morning caffeine fix in the hallway of the L wing. I have become accustomed to "Canada's first 'All Canadian' radio station," which, as of late, has been blaring the best of our country's soft rock.

Last week, a fellow journalism student and I were sitting in our regular spot across from the newsroom and we couldn't help but notice the lack of interest, or rather, the full-blown distaste students had for the choice of music pouring from the speakers.

Disgusted grunts and mocking lyrics ensued. I pointed out that although Sarah McLachlan did have one or two tolerable songs (a statement that brought on a whole new wave of groans), she really didn't fit into the college radio scene.

Right away, I was informed that the singer was in fact, not Sarah McLachlan. So who was this

mystery woman, with the whiny, heartbroken voice? Alanis Morissette? Jann Arden? Holly McNarland? Nope, it was none other than the latest spokesperson for Garnier Nutrisse Cream, Chantal Kreviazuk.

But, no cause for panic, Sarah McLachlan was next on the airwaves.

For a school that prides itself on producing tomorrow's broadcasters and boasts a brand new state-of-the-art digital facility, Humber seems to be a little out of the loop when it comes to the hippest of hip Cancon.

According to section three of the Broadcasting Act, "the Canadian broadcasting system should provide a wide range of programming that reflects Canadian attitudes, opinions, ideas, values and artistic creativity, by displaying Canadian talent in entertainment programming."

Campus radio, therefore, should reflect the attitudes of the students.

Humber Radio should focus on giving exposure to artists like The Arcade Fire, Bif Naked, Kid Koala, and Final Fantasy, to name a few. How about a shout out to the Canadian musicians we, as students in 2006, relate to? I don't know about you, but I really don't care what happened in the Summer of '69.



# WORK & PLAY

An anti-violence group gathered outside an Urban Outfitters store in Philadelphia protesting the sale of \$6 plastic gun Christmas ornaments – [www.local6.com](http://www.local6.com).

## Barter for presents on Buy Nothing Day

Gifts traded outside the Eaton Centre

Andrew Walsh  
BUSINESS REPORTER

A group of people outside of the Eaton Centre assembled on the sidewalk celebrating Buy Nothing Day last Saturday by laying out various items on the ground, exchanging one item for another.

Buy Nothing Day was created by Adbusters Media Group, which has a monthly magazine devoted to numerous political and social causes. The day encourages people who would normally start their Christmas shopping to take one day and literally purchase nothing.

"The goal really is to get a dialogue going and to get people to start purchasing products that are environmentally responsible," said Chris Probert, social marketing manager for Adbusters. "We encourage people to be creative and come up with a way that's going to draw people's attention and I think it's relevant for everybody to think about our over-consumption."

Kris Orantes, campaign and volunteer co-ordinator for Global Aware Independent Media, said the Buy Nothing Day barter market is a way to create a space where people can exchange items and spread the word about the strains of consumerism on physical and

mental health.

"We're trying to send out a positive message and trying to be open to everybody and trying to make it inclusive and not scary," said Orantes, who helped organize the barter fair.

Terrance Luscombe, one of the Barterers at the market, said he considers Buy Nothing Day more of a symbolic take on the holiday season.

"It's not necessarily really trying to make an enormous economic impact, it's more about bringing awareness and showing another way (other) than typical Christmas consumption," Luscombe said. "What it does do is... (get) people stopping and looking and actually engaging us and talking to us about it."

About an hour into the barter market, Eaton Centre security guards arrived to tell the barterers to move a few feet away from the building so that they were not on the sidewalk owned by the mall. The group moved without incident.

"They (security) want us to get upset and they want us to give them a hard time," Orantes said. "We're not going to, we're going to stay here... People are trading and there are people who didn't come here for that. That's what we want to see."

**"We're trying to send out a positive message and trying to... make it inclusive and not scary."**

—Kris Orantes  
Global Aware  
Independent Media



Andrew Walsh

Curious shoppers inquire about an alternative barter market offered outside the Eaton Centre.



Andrew Walsh

The message of Buy Nothing Day was also communicated by its participants through signs.



Andrew Walsh

Barterer Terrance Luscombe symbolizing Buy Nothing Day with a homemade illustration.

Are you looking to do something special for your child this holiday season?

Humber students are invited to bring their children to the

## Children's Holiday Extravaganza

Saturday, December 9

11 a.m.

North Student Centre

Children will enjoy holiday treats and each receive a free gift from Santa and his elves!

Register your child at the HSF office or email [eventsn@hsfweb.com](mailto:eventsn@hsfweb.com)

Brought to you by  
**HSF**





Guangdong police arrested eight suspects involved in a counterfeit money ring totalling \$12.5 million U.S. in fake chinese currency – [www.cctv.com](http://www.cctv.com).

## New structure will save cash

### The three-storey Building B will consume less energy

Andrew Walsh  
BUSINESS REPORTER

A new structure built at Humber College's North Campus will use state of the art technology.

Scott Valens, associate director of capital development, said the new Building B will use a Termodeck flooring system.

He explained Termodeck as technology where the concrete acts as an energy sink, storing some of the hot and cool energy, reducing the amount of needed air conditioning and heating. Valens said he hopes the technology will save 15 to 20 per cent of energy costs.

"Termodeck is a hollow core concrete slab which uses the hollow cores as the duct system for heating and cooling the building," Valens said.

Funding for the building comes

from the ministry of training colleges and universities. According to John Davies, vice-president of business development, \$2.3 million will go towards the building annually over the next ten years.

The new building is intended to create more space at Humber's North Campus. The ground floor will have two conference rooms, the president's board room, testing centres and the disability learning centre. The second floor will have classrooms with 700 new seats. The third floor will be for administration who will relocate from Building C.

Davies said only the second floor will be ready for the start of the 2007 fall semester.

"We won't have to have this ground floor finished, neither do we have to have the third floor finished, what we need for next September is this floor, the class-

rooms," Davies said. "We'll be moving these functions (administration and services) in one at a time, and they can move one at a time as they finish... so there's no September date for the lower floor and the top floor (of Building B)."

The services moving into Building B are human resources, administrative planning, financial services, purchasing, enterprise systems, ITS enterprises, human resources and disability services.

Robert Gordon, president of Humber, said the building is important because college enrolment has increased in the past six years from about 10,500 full-time students to nearly 18,000.

"If we didn't get more space we, first of all, couldn't take more students, but we in fact couldn't give the present students and the staff, that need offices and proper classrooms, appropriate places to do



Andrew Walsh

Building B will be ready for 700 students for the fall semester.

their business," Gordon said.

The building will be erected in just under a year, which is "unusual for a college building of this scale," Valens said.

Gordon said the reason for such a tight turnaround is because the

cost of construction will go up the longer it takes.

"It's better to get it done rather than lingering and [finding] there's some other thing happening that impacts your ability to deliver on time and on cost."

## Updated \$5 bill more secure

Stephanie Kelsey  
BUSINESS REPORTER

The new five dollar bill was released Nov. 15 to include security features to cut down on counterfeiting.

"It was more vulnerable because it was the only one without the security features," said Marie Terrien, a senior analyst in the Department of Banking Operations at the Bank of Canada. "[It was] more important to start with the higher notes."

Among the new features are the metallic holographic stripe along the left side, a watermark portrait of Sir Wilfred Laurier, a see-through number five, and windowed colour-shifting thread woven into the paper on the right side. The new bill is also printed on heavier paper and has a protective varnish.

The new security features are like the ones already found on the newest 10s, 20s, 50s and 100s. These bills are known as the "Canadian Journey" series. Terrien said it was a natural process to start with the highest amounts with the five being the last in the series.

The illustrations, colour and design of the \$5 bill remain the same.

Tanesha Soogrim, an employee

of William's Coffee Pub at Guelph Humber said, "I think it's easier to tell if they're counterfeit now because they don't have the strip, and on a lot of them, the colour fades if you put water on it."

Soogrim said they don't have the ultraviolet testing light at William's, but she thinks they will have one soon because of the amount of counterfeit bills they receive. However, they do test the bills other ways. "We wet it, we test it on paper, see if it rubs off the colour... We tell [customers] that we can't accept it because it is counterfeit."

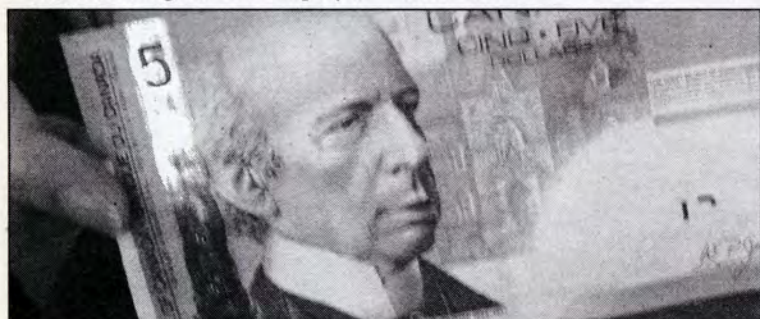
Soogrim added that most customers will pay with another bill, and they will then go and check out the fake for themselves.

According to the Bank of Canada, bank notes take several years to design, and they are already in the design process for new bank notes.

"We are researching the next generation of bank notes," Terrien said. "We will have a new generation of security features in the coming years."

Terrien said the Bank of Canada is looking at the security features for money from other countries to figure out what can be improved on.

"The main message is to educate consumers and retailers," Terrien said.



Stephanie Kelsey

The enhanced \$5 bill is now in circulation across Canada.

## DEPARTMENT OF PUBLIC SAFETY

HUMBER  
CAMPUS  
WATCH

## CAMPUS WALK PROGRAM

### NORTH CAMPUS and LAKESHORE CAMPUS

This program is intended to provide a **WALKING PARTNER** for students, employees and visitors who wish to be accompanied to their vehicle on the property, to the campus residence or to the perimeter of the campus property.

This service is provided for you day or night, rain or shine.


### TO REQUEST THIS SERVICE:

#### NORTH CAMPUS

Contact Security in person at the SECURITY INFORMATION DESK AT THE LIBRARY (building 'NX') or call **416.675.8500**.

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 HUMBER



# SPECIAL

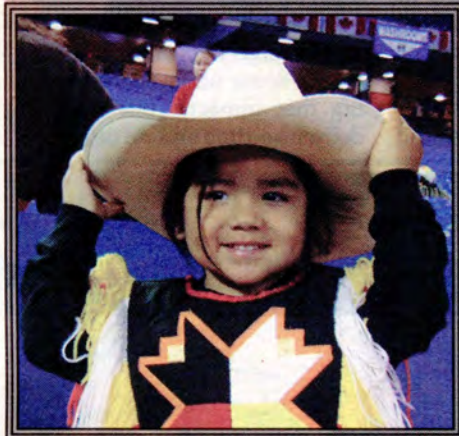
The ashes of the average cremated person weigh nine pounds— [www.hookedonfacts.com](http://www.hookedonfacts.com).



A group of dancers enter the arena for their performance at the festival.



Bustles traditionally worn by male dancers on their backs during performance.



A little grass dancer (left) shows off her cowboy hat. Dancer performs (right).



One of 300 vendors at the festival talks with a customer about his drums.

## Toronto Pow Wow

The largest gathering of Aboriginal dancers, singers and vendors in the world came together last weekend at the Rogers Centre to celebrate native culture.

The Canadian Aboriginal Festival, more commonly referred to as the Pow Wow, featured more than 1,500 dancers.

The 13<sup>th</sup> annual event kicked off with a Grand Entry, when over 1000 dancers and performers enter the arena. The entry showcased an almost never-ending line of veterans, Royal Canadian Mounted Police, and dancers young and old, dressed in colourful attire.

Visitors to the festival had their choice of traditional food vendors, which offered buffalo burgers, Indian tacos and strawberry juice.

The large marketplace featured merchandise like moccasins, sweet smelling lotions, drums and Christmas ornaments.

Non-natives and natives alike danced, shopped and ate in celebration of the cultural expo last weekend.

All photos by Kelly Anderson

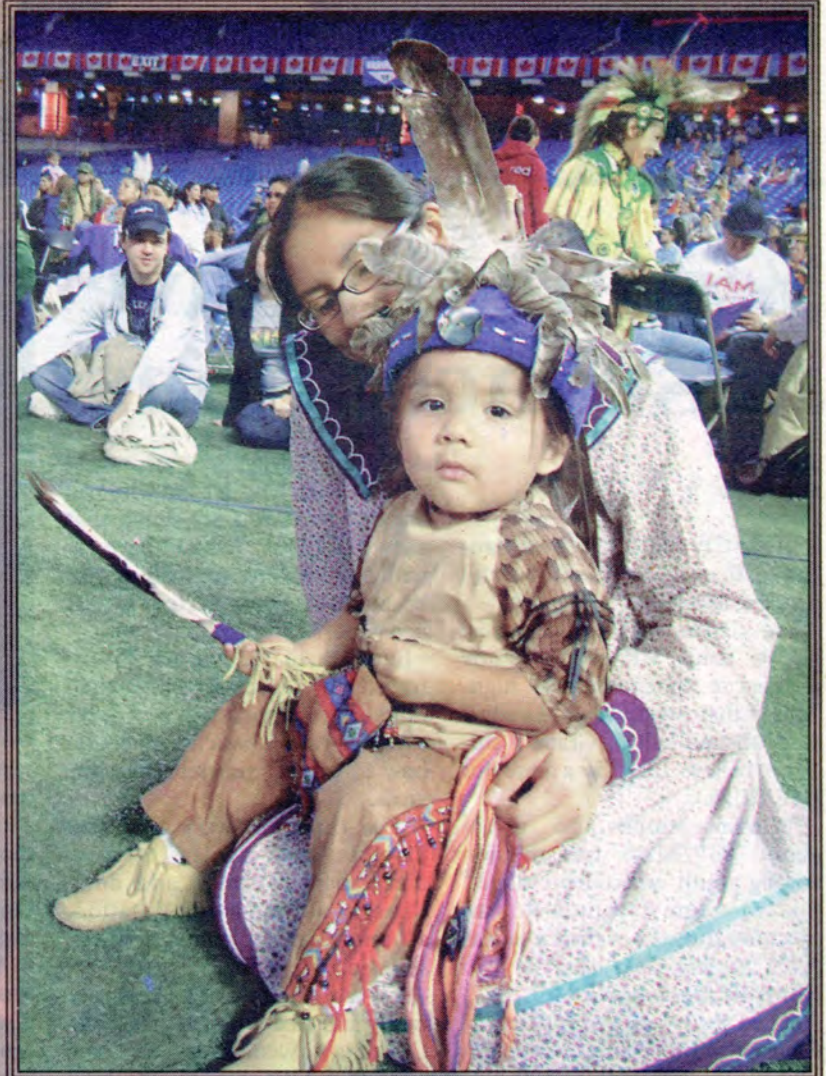


# SPECIAL

The placement of a donkey's eyes in its head enables it to see all four feet at all times— [www.hookedonfacts.com](http://www.hookedonfacts.com).



A giant dream catcher, over 15 feet in diameter, hangs from the roof of the Rogers Centre.



Mother and son relax with the best seats in the house – ringside.



A view from front and back of one of the six elder performers at the aboriginal festival.



An elder helping one of the younger dancers with her costume.



A group of musicians sits around one giant drum, performing for the surrounding audience.



# IN FOCUS

Worldwide, half of all new HIV/AIDS infections are occurring among young people – [www.cdnaids.com](http://www.cdnaids.com).

This week...

# AIDS Awareness Week

## Youth still have misconceptions

Jen Cialini  
SENIOR REPORTER

HIV/AIDS infection is a pandemic that many youth do not perceive as a risk.

*The Canadian Youth*, a sexual health and HIV/AIDS study released in September 2003, highlighted that two thirds of Grade 7 students and half of Grade 9 students believe there is a cure for HIV/AIDS.

"Misconceptions and myths about HIV/AIDS transmission among youth are still prevalent," said Monique Doolittle-Romas, executive director of the Canadian AIDS Society. "We need to help demystify those myths."

"The study also reported a decrease in the feelings of susceptibility to HIV/AIDS amongst youth," Doolittle-Romas said.

HIV is a retrovirus that causes Acquired Immune Deficiency Syndrome (AIDS), a condition in which the immune system begins to fail, leading to life-threatening infections.

Judy Archer, a sexual health educator from Toronto Public Health addressed some common misconceptions among youth.

"Common misconceptions are 'I'm not gay and I don't come from a certain country, it only affects people who are promiscuous and I

don't inject drugs so I am not at risk," said Archer. "It's not who you are but what you are doing that puts you at risk. You can have sex with one partner and be at risk because of your partner's past behaviours."

Infection of HIV occurs by the transfer of blood, semen, vaginal fluid or breast milk.

Archer gave a basic overview on how to protect yourself from the virus.

"Use condoms every time you have sex, have regular checkups, don't share sex toys, and don't share injection drug, tattoo, acupuncture or piercing needles," she said.

It is estimated that 11 people are newly infected with HIV daily in Canada. According to the Canadian AIDS Society, the total number of reported AIDS diagnoses in Canada in 2005 was 279. This is much lower than in 1993 when 1,828 diagnoses were reported.

"Youth HIV/AIDS education and prevention programs are critical in ensuring that accurate, consistent information is delivered to youth," Doolittle-Romas said.

Toronto Public Health has a mandate to provide HIV/AIDS prevention services in Toronto. They provide education, training, consultation, sexual health clinic

### POSITIVE HIV and AIDS DIAGNOSES IN CANADA

Age Groups	AIDS Diagnoses		Positive HIV test	
	Male	Female	Male	Female
Under 15	121	111	410	294
15-19	57	15	423	330
20-29	2,710	442	10,427	2,929

Sources: Public Health Agency of Canada. HIV and AIDS in Canada. Surveillance report to December 31, 2005. Information from Health Canada reports 2005, 2006

services, advocacy and outreach based on community need.

Incidences of HIV and AIDS are monitored by Toronto Public Health that reports its data to the Ontario Ministry of Health in order to help characterize trends.

Men who have sex with men account for the largest portion of positive HIV test reports (43.5 per cent) in Canada. People who use injection drugs represent 17 per cent of people living with HIV/AIDS in Canada.

Toronto Public Health operates many community harm reduction programs. One of them is called The Works, in which services are provided through a van, a fixed site, street outreach and 30 community agencies. Its mandate is to reduce the spread of diseases in drug users and sex trade workers.

The city of Toronto allocates \$1.5 million to community organizations. The goal is to influence behaviours and situations that put

people at risk. It's targeting men who have sex with men, injection drug users, people from countries where HIV is endemic, women and youth.

"Young women aged five to 21 belong to the demographic group which is acquiring HIV the fastest," Archer said, "STIs play a role in the acquisition of HIV. For example, chlamydia is increasing because there are often no symptoms and people don't go for regular sexual health checkups. This puts an individual at more risk for acquiring HIV." She explained that STIs are probably on the increase due to condom fatigue, saying that people are getting tired of hearing about safe sex messages.

"Young women will use condoms for the first little while in a new relationship and then graduate to the pill. Testing for HIV and treating STIs before stopping condom use may decrease the risk of acquiring HIV," Archer said.

## Students make a difference

Jen Waumsley  
IN FOCUS REPORTER

Students in residence are organizing events for AIDS Awareness Week for people to be more conscientious about AIDS and HIV, both in Africa and here in Canada.

The events at Humber's North Campus Residence will inform students about what it means to contract the HIV virus, how to protect themselves and show some compassion for those infected with the virus.

Residence Life Co-ordinator Jen Coulter said, "I hope that people come away with a little bit better understanding of what the AIDS virus and HIV is and what it does to your immune system." She wants students to realize that even though AIDS is a big concern in Africa, it is also a concern in Canada.

Residence Assistant (RA) and chemical engineering student Mitchell Greenaway said, "We're trying to raise awareness and money for AIDS in Africa to help out with lives there and people suffering from AIDS."

The week of events started Monday with candle sales. Student purchased candles to dedicate to people living with AIDS and those who have died from AIDS.

Tuesday included quilt patch making, similar to a quilt that was based in San Francisco and travelled around the United States, to commemorate those who have died from AIDS.

On Wednesday a candle vigil was held in the parking lot outside of Residence. The candles purchased on Monday were lit and dedications were written on them.

Thursday a several hour long vow of silence will be observed by students who wish to remember those affected by Aids and HIV.

Friday, for a small donation, students can attend a World Aids Day coffee house in residence where students will showcase their talents.

RA and computer engineering student Matt Neeb said, "So far, the events are very successful. Last night we raised quite a bit of money and we've got a lot of interest from students today."

## Rae offers plan for AIDS meds

Jackson Hayes  
IN FOCUS REPORTER

Development of HIV/AIDS medication may have helped turn the disease into a death sentence deferred, but without drug coverage, patients may have to choose between their lives and their life savings.

A study by Dr. Carlos del Rio, professor of infectious diseases at Emory University School of Medicine in Atlanta, GA, concerning the cost of HIV care in the U.S. was published two weeks ago in *AIDS Clinical Care*. The model concluded that an American adult who contracts HIV has a projected life expectancy of 24.2 years, and the cost of antiretroviral therapy for that time would be in excess of \$385,000 US.

"I've heard as high as \$600,000," said Sugandhi Wickremarachi of the Canadian AIDS Treatment Information Exchange. "But those

numbers can be very inconsistent. It all depends on what combination of medication the patient is on."

One proposed method of coverage for those requiring expensive medication not covered under

**An American adult who contracts HIV has a projected life expectancy of 24.2 years**

public or private health care is the institution of a national catastrophic drug coverage plan. The plan is for people who are forced to pay higher than average prescription costs, usually considered over \$5,000 per year.

Although this idea has been battled about by the federal government for over 40 years, former

Ontario Premier and current federal Liberal leadership candidate Bob Rae proposed a catastrophic drug coverage program this past September.

Rae has said his initiative would be integrated into the existing drug plan of each province to cover those who cannot afford the medication they are prescribed, including approved HIV/AIDS medications.

According to [aidsmeds.com](http://aidsmeds.com), there are four antiretroviral or anti-HIV drug groups used to manage the disease and slow its progression – Nucleoside Reverse Transcriptase Inhibitors, Non-Nucleoside Reverse Transcriptase Inhibitors, Entry Inhibitors and Protease Inhibitors. Within these groups are dozens of approved medications that are usually prescribed in combination with each other for maximum effectiveness.

However, not every province and territory agrees on which medica-

tions to approve. According to Wickremarachi, if a drug is approved at the federal level, its last step before legal administration hinges on the Common Drug Review (CDR).

"All provinces except Quebec (Quebec officials do not attend the review) decide whether they will OK the drug," Wickremarachi said. "At the CDR, no means no and yes means maybe."

Though she says most of the approved drugs are the same throughout the provinces, there are a few differences that could alter treatment plans.

According to the 2004 report (updated in June 2006) on HIV/AIDS in Ontario by Dr. Robert S. Remis, 16,485 people have tested positive for HIV in Toronto in the last 21 years. Health Canada estimates that there are over 58,000 cases of HIV/AIDS across the country, a quarter of whom are unaware of their illness.



A study released in 2003 showed young people know less about HIV/AIDS today than they did fifteen years ago – [www.cdnaids.ca](http://www.cdnaids.ca).

# Giving a day for AIDS awareness

## Markham doctor inspires people to give up a day's pay

Sabine Bowerman  
IN FOCUS REPORTER

The Give A Day to World AIDS movement is simple. By donating a day's income tomorrow, World AIDS Day; the money provides relief for African communities affected by HIV/AIDS.

In 2004, Dr. Jane Philpott, founder of Give A Day, challenged her colleagues at Markham Stouffville Hospital to donate their day's earnings on World AIDS Day. From her initiative, \$33,000 was raised among the hospital's doctors.

"By word of mouth, 16 hospitals have become involved, as well as large law firms and teachers. I hoped that this would happen, that the word would spread beyond," said Philpott. "By donating to Give A Day, it lets people know that even college students who make only a few dollars can make a difference."

The Give A Day campaign is a partnership between the Stephen Lewis Foundation and Dignitas International, two grassroots organizations committed to aiding relief in African communities.

"Ninety per cent of every dollar raised through the Stephen Lewis Foundation goes towards helping families and communities. Children who are being raised by grand-

mothers are able to pay for school fees, food and clothes. It also can go towards paying for a coffin for a child's mother. It brings dignity back into people's lives," said Philpott.

According to Philpott, 55 per cent of people inflicted with HIV/AIDS in Africa are women.

"Women are more vulnerable from a biological predisposition than men to acquire HIV/AIDS. Many women also don't have control to ask men to use condoms or they

are exploited through conflicts and acts of wars. Married women are at a higher risk even though they are faithful to the husbands."

The latest statistics from UNAIDS, a joint World Health Organization (WHO) and United Nations program, show that 24.7 million people in Sub-Saharan Africa are inflicted with HIV/AIDS.

Sixty three per cent of the world's population inflicted with HIV/AIDS is in Sub-Saharan Africa. In addition, this part of Africa

is leading the world in new infections with 2.8 million this year.

In comparison, North America has 1.4 million people living with HIV/AIDS and 43,000 new infections have been reported this year.

According to Philpott, who has worked for almost a decade in west Africa, Africa doesn't need our pity, the country needs our resources and medical personnel.

"Africa is losing more doctors than any other country because doctors are being actively recruited to work in western countries, including Canada. It's the African brain drain," Philpott said.

The amount of doctors in Canada compared to Tanzania, located in eastern Africa, is staggering. According to the WHO's world health report for 2006, in Canada there is one doctor for every 467 people; in Tanzania it is one doctor for every 50,000 people.

Philpott hopes the Give A Day movement will put more pressure on the Canadian government to provide more funding for preventive treatment and available medications to Africa.

"African health care is not on Canada's radar, but if we show the government that we as Canadians are concerned and care, by giving our income on World's AIDS day, the government may commit more money to African aid," Philpott said.

Although the Give A Day movement started amongst doctors, it is not limited to working professionals.

Anyone wishing to donate to the Give A Day to AIDS movement or find out more information can at [www.giveaday.ca](http://www.giveaday.ca)



Courtesy

Dr. Jane Philpott provided medical care for nearly a decade in west Africa.

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- Lil' Scrappy
5. Money Maker (Pharrell Chorus)  
- Ludacris (feat Pharrell)
6. My Love  
- Justin Timberlake
7. Pullin' Me Back (Radio Edit)  
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A lot of lovemaking can unblock a stuffy nose. Sex is a natural antihistamine. It can help combat asthma and hay fever – [www.hookedonfacts.com](http://www.hookedonfacts.com).



Nick Kyonka

Hand washing is the most important defense against the flu.

## Stop flu by washing hands

Shermaine Ellis  
LIFE REPORTER

Beware: flu season is soon approaching.

Fortunately, there are simple ways to fend off that nasty bug.

There are four main contributors that increase the chances of getting the flu.

They are improper or not enough hand washing, poor diet, genetics and sleep deprivation.

It is imperative to wash your hands after every public encounter.

Meaning, when there is a risk of touching contaminated surfaces, hand washing is a must.

To properly wash hands wet them then lather with soap for at least 30 seconds, washing not only the hands but underneath the fingernails as well.

Dr. Grant Shechtman said, "Of all the factors (poor diet, genetics, sleep deprivation and hand washing) hand washing is proven to keep germs away. I would say it's your most important defense against the flu."

It's increasingly important to maintain a well-balanced diet to keep the immune system at its strongest to fight away viruses.

"Primarily, people get sick because they don't take care of themselves. In some cases, a person's genetics can contribute to them getting the flu," Shechtman said.

"Flu shots should be a top priority to everyone. It is proven that they prevent getting the flu and the spread of the flu."

Canada's Food Guide to Healthy Eating outlines the nutrients the body needs to keep its defenses strong against the flu.

Don't over do it though, the

guide warns.

While it is important to be healthy, people shouldn't stop eating such things as omega-3 fatty acids (in fish, dark leafy greens, some nuts and seeds) and omega-6 fatty acids (in eggs, poultry, and whole grain breads).

Adults should be getting at least seven or eight hours of sleep per night. That number may vary depending on the person.

Sleep deprivation increases the chance of getting the flu because it lowers the immune system, in turn, making the body more susceptible to the flu virus.

Exercise and reducing stress help keep illnesses at bay.

There are many exercises that help fight viruses like walking the dog, going to the gym or a 20-minute walk around the block.

Stress can stimulate the immune system but when constantly under pressure, the immune system breaks down.

Therefore, take it easy when the person at the local Tim Hortons messes up your order three times. Take a deep breath and remember the strength of the immune system depends partly on how calm you remain.

Shechtman also advises that "if

you do get sick, lots of rest and drinking lots of fluids will help you recover. It will go away on its own if you do those things."

Although "there is no proof that medications help keep the immune system stronger, they can help you recover when you're sick," Shechtman said.

You are more susceptible to catch the flu in December, January and February, Shechtman said.

Joy Gallaiford, 20, a second-year public relations student, feels she gets sick too often and is unaware of how to protect herself against getting the flu bug.

"I get sick about 10 times a year and I don't know how to keep myself healthy enough to fight off the flu virus. I think diet is the most important thing to keep the flu away, but that's not necessarily helping me," she said.

When told handwashing could decrease her chances of contracting the virus, Gallaiford said, "I never knew handwashing played such a big role in keeping my body healthy. From now on, I'm going to make sure that I wash my hands as regularly as possible. Hopefully, I won't get sick as much anymore. Quite frankly that's not very hard to do either."

### WHISK



BOLD RECIPES BY HUMBER'S CULINARY ARTS STUDENTS

BERRY OR NUT MUFFINS

Chef: Garrett O'Brien

#### Ingredients:

- 4 eggs
- 2 cups of 35% cream
- 1 lemon zested
- 1/8 tsp. nutmeg
- 1 1/4 cups sugar
- 3 tbsp baking powder
- 6 cups of cake flour
- 1 1/2 tsp. salt
- 1 1/2 cups of nuts or berries
- 1 cup unsalted melted butter

#### How To:

1. Whip eggs, cream, zest.
2. Sift dry ingredients together.
3. Add berries/nuts and toss to coat evenly.
4. Add dry ingredients to egg mixture and stir until 2/3 mixed.
5. Add butter, finish mixing.
6. Portion into greased muffin tin.
7. Bake 375F for 15-18 minutes.

Approx. Cost: \$8-10

Approx. Cooking Time: 30 minutes

Serves: 24 muffins



## The Brazilian wax is becoming more common among females

Cristina Cesario  
LIFE REPORTER

Female baldness is more common than ever – in the pubic region, that is.

The Brazilian bikini wax may soon be named the North American bikini wax, since pubic hair is no longer desirable.

"A woman should have hair in three places – her head, eyebrows and her eyelashes – that's it," said Carlos Restrepo, 21, of the heating and air conditioner repair program.

According to [femail.com](http://femail.com), a Brazilian is the most thorough of bikini waxes. It involves hair removal from the buttocks and adjacent to the anus and vulva; basically leaving the female hairless. It is named for Brazil, the

country with which it is most often associated.

The procedure is not a new one. It was introduced in 1987 by seven Brazilian-born sisters who opened their own spa, J. Sisters Salon, in midtown Manhattan.

**"A woman should have hair in three places – her head, eyebrows and her eyelashes – that's it."**

- Carlos Restrepo  
Heating and air conditioner repair student

Since then, the Brazilian has grown very popular.

"They are the best investment any girl can make," said Missy Tempeny, 23, of the human

resources management program at Lakeshore Campus. She has been getting regular waxes since she was 19.

"The pain is there even if you're getting a regular wax, so why not go all the way?"

Teresa Lem, an esthetician at Da Vinci Salon and Spa said people generally ask her to take it all off.

"More and more women and even men want everything removed. It's cleaner and they think it looks sexier."

Although the full wax is quite painful, Lem said her clients are from as young as 14 or as old as 70.

"Most of the bikini waxes I do are Brazilians," Lem said. "They cost the most, but are the most purchased."

A Brazilian bikini wax ranges from \$15 to \$80 in Toronto spas.



A drunk student has been arrested after cycling two miles the wrong way down the fast lane of an Italian motorway – *Ananova*.

## THREADS personal style on campus

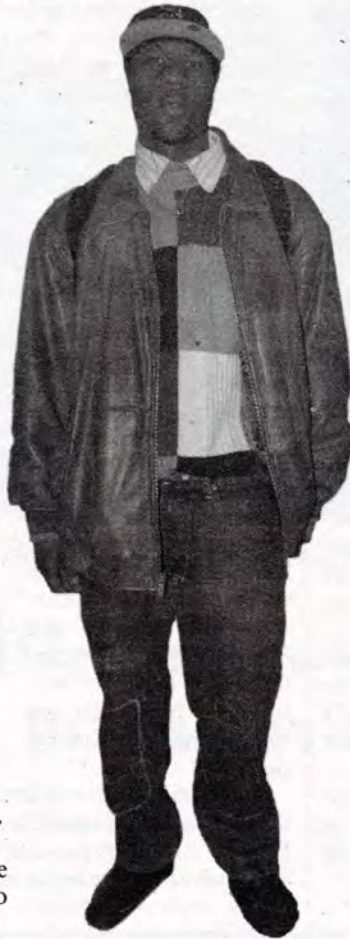


▲ Gillian Stewart, 19, creative photography.

"I like hemp things and home-made things. Why? So I can teach myself how to make them," she said. Stewart likes to shop at Value Village to achieve her '70s inspired style.

▼ Kmar Whittingham, 20, hospitality management.

"When I dress, everything has to match and I dress to look professional," he said. "When I wake up every morning, I try to look different. It's my own style."



# Fighting chlamydia

## Toronto Public Health is battling a drastic rise in the most common sexually transmitted infection

Natalie Gooyers  
LIFE REPORTER

Toronto Public Health has launched a new campaign called "Check Up On Chlamydia," in response to a 65 per cent increase in reported cases of the sexually transmitted infection.

According to Deborah Waddington, project leader for the campaign, "Check Up On Chlamydia" is a social marketing project with the goal of reducing the rate of chlamydia in Toronto by 65 per cent within a 10-year period.

Waddington said that not only can people protect themselves from chlamydia by using condoms and it is also very treatable.

"It's easy to test for, it's easy to treat and it's easy to cure. It's not something that carries a big burden with it like people think about HIV, for example. It's something you can easily get over if you do get tested for it."

According to Health Canada, chlamydia is the most common bacterial sexually transmitted infection in Canada.

It's most prevalent in women between the ages of 15 and 24 and men ages 20 to 24.

When left untreated, chlamydia can cause pelvic inflammatory disease (PID), which can lead to infertility in women.

Men with chlamydia may suffer scarring of the

urethra, which makes it difficult and painful to urinate. It can also cause male sterility.

This infection has been on the rise since 1997, which is alarming since it often has no symptoms. Fifty per cent of men and 70 per cent of women don't know they have chlamydia.

Stacey Adams, a third-year bachelor of nursing student, stresses the importance of yearly check-ups and awareness of sexually transmitted infections.

"College is a time of experimentation for many people," she said. "You need to know ways to prevent yourself from getting (STIs); using condoms, not having multiple sexual partners, being able to talk to your partner about sex . . . Making sure that before you have sex with your partner, you go to a clinic and get tested together."

Adams also pointed out the resources available to students within the school.

"If you do have any questions, we do have the new peer health mentor program starting up, and their focus this year is on STIs, so go check

them out," she said.

"Also, the Health Centre has free condoms . . . and if you think you have any symptoms don't be afraid to go to your doctor or the Health Centre and get checked out."

Chlamydia is treatable through a single dose of antibiotics and can be tested with a urine sample.

**"College is a time of experimentation for many people. You need to know ways to prevent yourself from getting (STIs)."**

— Stacey Adams  
nursing student

# Crash course in networking fosters success

Shermaine Ellis  
LIFE REPORTER

Success in post-secondary education should guarantee a well paying, respectable career. Unfortunately, that isn't always the case.

Improving networking skills and making contacts while still in school is the goal of the networking seminar held last Friday at the Gypsy Co-op on Queen Street West.

About 25 people received tips on how to 'sell' themselves to potential employers or clients.

The evening began by choosing pre-written name tags that best described personalities.

'Hello, I'm incredible, outstanding and extremely good looking' were up for grabs.

The Essential Message, a marketing firm, hosted the event.

Camille DePutter, the firm's copywriter and consultant, spoke to the audience about her five steps to a successful job search.

"Step one is knowing what makes you great," she said.

DePutter explained if people

can't set themselves apart, then they can't expect a potential client or employer to do so.

DePutter said that when someone knows what makes them great, showcasing attributes and writing cover letters will improve.

Don't leave personality at the door, DePutter said. She explained professionalism is important but it should not replace personality.

**Before choosing a career, people must know their strengths to avoid the frustration of working towards a job that isn't their ultimate goal.**

Forget the formula and write a better cover letter.

"Do your research. Your cover letter should be used to demonstrate your knowledge of the company and what it believes," DePutter said.

Next, network, network, network. As cliché as it sounds, connections count.

Fortunately, networking events and mock job interviews can help the cause.

Lastly, people must know their niche. Before choosing a career, people must know their strengths to avoid the frustration of working towards a job that isn't their ultimate goal, she said.

Founder of Essential Message Michel Neray said, "Our company's mission statement is to help people discover what makes them truly special and how to communicate that in a powerful, compelling way whether in a sales situation, or looking for a job, or if they're marketing their company or business so that they get clients."

Neray said networking is important to everyone because the more people hear themselves speak, the more they are able to refine their ideas.

"Networking gets you into a lot of relationships and the more relationships you build, the better chance you have of helping some-

one and someone helping you," Neray said.

Emily Pomeroy, a graduate of sociology at the University of Waterloo, attended the seminar because she hasn't found a suitable career yet.

"I thought this would be a good way to improve my networking skills and teach me how to sell

myself to employers that have the same belief system as me," she said.

The main message of the seminar was to inform people they must fight for the jobs they want.

To do that, Neray suggests pinpointing personal qualities, then learning how to articulate them.

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# LIFE

A night worker at Madame Tussaud's Wax Museum faces losing his job after posing for photos groping waxworks of stars like Kylie Minogue – *Ananova*.

## Google is helping in hospitals

Cristina Cesario  
LIFE REPORTER

Doctors are now using Google to help with research.

Google has become a common tool to look up symptoms and diseases, though doctors make clear that it does not replace traditional diagnosis and training.

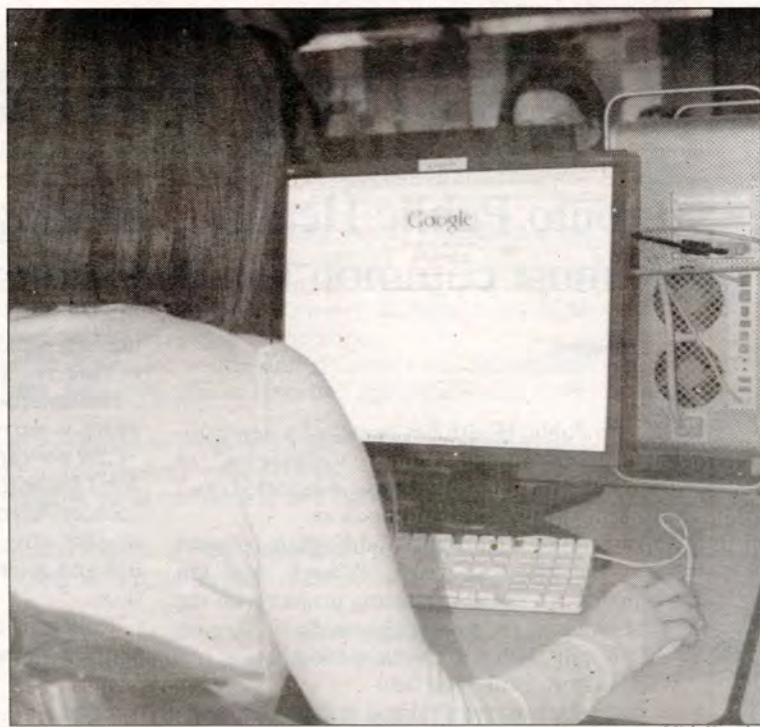
"Googling", which has recently become a recognized verb in the English language, gives professionals and med students an advantage in medical research.

A study out of Australia found that 58 per cent of symptoms received a correct diagnosis by using the Google search engine.

Felicia Coleman, 27, is a pre-med student who has admitted to searching on Google as part of her studies.

"It (Google) is a tool, like a stethoscope almost. Using (Google) can be helpful but it doesn't do the job for you. Even though a doctor doesn't use it, it's good for them to be aware of the information available to their patients as well."

Though many people have access



Nick Kyonka

Internet search engines are a popular way to find quick facts.

to search engines like [Google], it doesn't mean patients will have a successful search.

Students are skeptical when it comes to searching the Internet on behalf of patients, but do not fully condemn it.

Rosemary Marocha, 22, of the nursing program, uses Google as a form of double-checking. "It's there for a starting point, but Google should not be the only basis for any diagnosis... it should just confirm what [doctors] get from medical knowledge."

Not all doctors are using the search engine though.

Dr. Ghazala Sourial, who has been practicing medicine for 19 years, has not once used Google for anything job-related.

"I went through (medical) school and began my career before computer skills were a must, and I am as good of a doctor now as I was back then," Sourial said.

"Anybody can search an illness or symptoms, but not anybody is educated enough to recognize legitimacy," Sourial said.

## Disco dancing for a good cause

Kelly Chatsick  
LIFE REPORTER

Students who want to eat a good meal while enjoying the popular disco sounds of the '70s now have the chance.

Humber will host its very first Disco Breakfast Buffet next Thursday, Dec. 7 at the Seventh Semester.

The fundraising event will raise money for the Sancta Maria House, a shelter for young women between the ages of 16 and 21 who are in need of counselling and supportive housing.

It is being held by students in the hospitality and tourism-business applications program

"We thought it would be a fun idea that would be different, and it's something that no one else has done," said 22-year-old Tasia Smith, a second-year hospitality and tourism management student.

The breakfast will run from 8 to 9:30 a.m. and students will be able to enjoy popular disco songs while having breakfast.

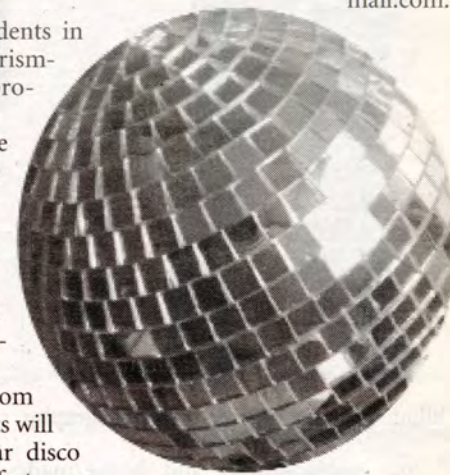
"We're going to have a protein breakfast with eggs, meats, pastries, juice, coffee and tea," said Amy Shawanda, 21, a second-year hospitality and tourism student.

All of the food for the event will be cooked and served by chefs and servers from the Humber Room.

Students who attend the breakfast will also have the chance to win door prizes.

Tickets for the breakfast are \$10 and the proceeds will be donated to the Sancta Maria House.

For tickets, or information on how to help the Sancta Maria House, e-mail [projectsancta@hotmail.com](mailto:projectsancta@hotmail.com).



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**Any Questions?  
Just ask us.**



Thanks to a new ruling, New Zealand students can now use "text-speak" on exams. This includes using "2" instead of "to/too" and "4" instead of "for" - CNN.



## Humber vs. Kenny

**Q: How did you guys go about creating the show?**

**A:** You guys? Kenny had nothing to do with it. Well, how honest and rude do you want me to be? This is Humber right?

**Q: Be as truthful as you'd like.**

**A:** When I found Spenny he was sucking baboons dinks at the Santa Monica Zoo. And getting nutrients from a monkey's penis is just no way to survive. Spencer's father came to me to put his son in the business and I kind of took Spenny under my wing. And then basically everything else - well, I do everything!

**Q: Not many people know you're an award-winning photojournalist. How was being the only registered Canadian photographer during the Gulf War?**

**A:** It was crazy. I think the show is reflective of my time experiencing human disasters and I try to emulate those experiences. I turn Spenny into the Gulf War or into the burning of Waco. I try to create these epic disasters within my best friend. Our show means nothing and is just a stupid show. We're just fucking idiots but I still try to be as epic as possible.

**Q: Did you really give Spenny LSD in Episode 3, Season 3?**

**A:** I did! He was a mess. But I think in the end he knows people love the show. People were saying that was the best episode ever. I gave him one of the greatest episodes and I guess it's upsetting that he stole the show. I wish I did the acid!

**Q: Your show is being picked up all over the world. It's great that the humour translates.**

**A:** That's a beautiful thing. I wish other Canadian shows did. It ups the ante for me because now I'm not only trying to impress myself but... some mega fans. I just want to blow their fucking minds. I love my fans and my friends and that's who I do the show for.

**Q: Why should people love Kenny more than Spenny?**

**A:** Why should people love a rainbow? Why should people love a smile or a kitten? Why should people love a laugh as opposed to a tear? That's up to them, my dear.

# Opposites attract viewers

Continued from p. 1

The two childhood friends actually live together in the house they film in, a small place in Toronto's Cabbagetown area. "It's a strange life we lead," Rice told *Et Cetera*. "Kenny and I are extremely different people."

Although Hotz claims the idea for *Kenny vs. Spenny* came to him after he saved Rice from a zoo in Santa Monica, the show actually came together after the two best friends worked together on their comedic film documentary, *Pitch*, back in 1997.

The documentary was featured at the Toronto International Film Festival and won the best film award at the Toronto Independent Arts Festival, gaining attention from Will Smith's production company. The company then arranged for the dysfunctional pair to film a pilot in L.A. for an MTV *Jackass* type reality show. It was soon picked up by the USA Network, only to be cancelled and shepherded to CBC in Canada for a successful run of 26 episodes. It currently finds its home on Showcase.

Hotz, who has had a successful career as a photojournalist and writer (he had a hand in the *Teenage Mutant Ninja Turtles* cartoon series!), comes up with episode concepts for the show and presents them to Rice in hopes of his approval.

"I try to figure out ways to fuck him in entirely new and different tangents with tactics that have never ever been used before," Hotz said. "I like picking shows where he thinks he can win because it's so much more enjoyable for me to destroy him."



Troublemakers Kenny Hotz and Spencer Rice, the brains behind Showcase's *Kenny Vs. Spenny*.

Due to his scheming nature, Kenny is usually the audience favourite. But Rice doesn't really mind. "It's not a popularity contest, I don't really care," he said. "What you see is what you get with me and if you like me, great. At the end of the day I am very proud to be on the show the way I am."

Recently, the series has garnered a huge fan base and has been syndicated across the globe in countries like Argentina, Australia and Switzerland (where it recently received a Rose d'Or nomination for "best international comedy series.")

"I'm glad that we are actually

carrying the Canadian comedy torch internationally," Hotz said.

Meanwhile, DVD sales of the show's first and second seasons have skyrocketed in Canada.

"People really love it, and people don't love anything in Canada," Hotz said. "There's nothing here. Maybe *Trailer Park Boys*. But there is fucking nothing here and it's biblical for me to walk down the street and have some little kid run up to me in a supermarket just like I ran up to John Candy in a supermarket when I was 11 years old."

The current season will see the duo upping the ante to determine how far they can push television

boundaries with episodes like, "Who Can Produce the Most Semen?" In episode three, "Who Can Wear A Dead Octopus On Their Head the Longest?" Kenny gives Spenny LSD without him realizing it.

"Sure he's done some stuff to me that's personal," Rice said, referring to the acid, amongst countless other things. "But when it's done we're both able to look at the show as a work of art, so to speak."

Catch the new season of *Kenny vs. Spenny* Thursdays at 9:30 p.m. on Showcase. For more info and video posts, go to [www.kennyhotz.com](http://www.kennyhotz.com).

## Kenny Vs. Spenny Season 2 - results -

201	Who can drink more beer?	Kenny (cheated)
202	Who can stay naked the longest?	Kenny (cheated)
203	Who has the biggest balls?	Spenny (via forfeit)
204	Who do old people like more?	Kenny (3-0)
205	Who can dance the longest?	Kenny
206	First one to talk loses.	Spenny
207	Who is funnier?	Kenny
208	Who can kiss more women?	Kenny (420-33)
209	Who can win a rat race?	Spenny
210	Who is the better journalist?	Spenny
211	Who can sell more bibles?	Kenny (7-0)
212	First one to be mean loses.	Draw
213	Who is the better rapper?	Spenny

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## An act of vengeance Theatre students kick some butt

Anthony Vasquez-Peddie  
ENTERTAINMENT REPORTER

Sex, vulgarity and kung fu breathe new life into a modernized, martial arts version of an old script in the Cahoots Theatre Projects presentation of *The Five Vengeances*.

The high-flying, jump kicking, in-your-face show is made possible by third-year Humber theatre performance and second-year theatre production students.

The play's focus is revenge and how easily misguided judgment can result in full-blown neck breaking, ass kicking, eye gouging chaos.

"Everyone is after power," third-year theatre performance student Julia Sweetland said of the play's characters. "It's all lust and wanting revenge. Everybody wants something, which causes misunderstandings and crazy murders and hatred."

The performance is based on a play originally published in 1607 titled *The Revenger's Tragedy* by Thomas Middleton.

Artistic director of Cahoots Theatre Projects, Jovanni Sy said, "The whole idea was to do a homage to kung fu movies. It worked really well... It buries itself beautifully with kung fu."

While the martial arts aspect of the play provided a challenge for the students, Cahoots was there to aid in the process, with fight scenes accompanied by sound effects that match the actors' actions, including sword swipes, punches and cracking bones.

Sweetland enjoyed working with the professional company.

"It's such an opportunity to work with amazing fight directors, real directors," she said.

Third-year theatre production student Jaclyn Tanner said, "It's really refreshing to work with someone that knows nothing about us and just wants to get the work done."

In the week leading to the play's premiere, students had to attend fight rehearsals, an important part of stage-fighting according to Tanner.

"There's so many fights that we have to just make sure we do those every single day so that we don't start to get sloppy," she said.

"I think it's so important that companies that are well established are going out of their way to work with students," Tanner said. "I think it actually does improve the theatre world outside of Humber's walls."

The play runs until Dec. 2 at the Humber Studio Theatre on Lakeshore campus. Tickets are \$12 for adults and \$8 for students.



"I knew I was dog meat. Luckily, I'm the high-priced dog meat that everybody wants. I'm the good-quality dog meat. I'm the Alpo of the NBA" – Shaquille O'Neal.



Justin Dmitruk

Defenders look on as Kerlon Cadougan (34) attempts a long distance jump shot.

## Hawks make it out of hive alive

Justin Dmitruk  
SPORTS REPORTER

The defending champion Humber Hawks men's basketball team's 60-47 road win last Tuesday at Seneca College puts them in a three-way tie for first place with the Sheridan Bruins and the Centennial Colts in the OCAA's central division. Sting came out strong in the first half, leading the Hawks by 11 points, but Humber fought its way back in the second half and eventually obtained the lead.

The game was initially low scoring due to strong defense from both sides, but the Hawks' offense eventually took control and the Sting could not keep up.

The Humber Hawks women's

basketball team also played last Tuesday and suffered a huge loss against the first-place Sting, 79 to 52.

The Sting's second-half domination was a large factor in the game's outcome.

The Hawks stayed within 10 points during the first half but the Sting quickly extended the lead to 20 points after halftime.

Seneca's Natasha Tombs (21 points) led her team's succinct 27 point margin of victory.

Hawk coach Denise Perrier was pleased with the women's first-half performance.

"I was proud of our first half. Our defence kept us in the game, they came out with heart."

But she couldn't understand her team's second half collapse.

"We lost our intensity, and there was a lack of effort. There is no way we should have lost that game by the score we did. We are young and we have got to learn that we must play 40 minutes not just 20."

The Hawks' scoring leaders were Felon Harris (14) and Nadine Roberts (8).

The team is now in a three-way tie for third place with the George Brown Huskies and the Georgian Grizzlies.

## B-ball captain focused on unity

Rosanna Araujo  
SPORTS REPORTER

Men's basketball captain Sebastien Hunziker gave up soccer and turned to basketball after watching Michael Jordan play.

"I've always loved sports. When I was young, I was playing mostly soccer in the street with my friends. One day, I watched a game with Michael Jordan and I thought with my height it would be an advantage. So I gave a try and never stopped," said Hunziker, a health and fitness promotion student.

This forward is one of the captain's of Humber's men's basketball team. Well liked by his fellow team mates, Hunziker realizes the meaning of team. "Team means group. We are one – unit. We lose together, we win together. We see each other almost everyday. It's

like a family.

As captain, Hunziker's responsibilities are to lead by example. Working alongside head coach Darrell Glenn, Hunziker recognizes his strengths and weaknesses.

"My strength is my athleticism, my weakness is my ball handling." Glenn agrees with Hunziker. "He needs to get much stronger, especially when he is dribbling the ball. His ball handling skills need to improve."

In order to improve on his game, Hunziker watches the game tapes and responds well to the criticism of the coaches. "Seb responds well when he sees what he is doing incorrectly ( watching tape). He is a very motivated player so he really does not need the 'rah rah' speech," Glenn said.

Catch Hunziker and the Hawks play Sheridan College when they host tomorrow at 7 p.m.

## Stretching helps knees

Gavin Young  
LIFE REPORTER

Knee injuries in athletes are very common and can be caused through a number of sports.

The biggest joint in the body – knees absorb the highest amount of stress of any part of the body. Humber athletes should know that taking proper care of their knees will combat present and future injuries.

"Knee injuries can happen at anytime," said Shane Risto, personal trainer and Paralympian.

"You twist the wrong way, you get banged or change direction too quickly and you can cause some damage."

Sprains are a common knee injury. The anterior cruciate ligament (ACL) is the one most often damaged.

This can happen, for example, when changing direction quickly, twisting a leg or falling, slowing down when running or landing from a jump.

A torn ACL will often be immediately disabling and a popping feeling or sound occurs before the knee seems to "give way."

While it might not be painful, it's still serious and important to see a doctor right away because surgery may be necessary.

"The best way to prevent [knee] injuries is to stretch often," Risto said. "A flexible joint is less likely to get damaged by change in movements."

Flexible joints can withstand a lot more stress than a joint that doesn't move around well."

According to national-level weightlifting coach, Hani Kanama, taking care of knees is not hard, but very important.

"It's important to stretch your quad muscles and hamstrings. Both of those muscles pull on the

knee ligaments and control the movement. If your knees

are sore it might be because the leg muscles are tight,"

Kanama said.

"Certain exercises like full-squats and lunges can really

strengthen the knee joint, but unless you use proper technique

you can do more bad than good." College-level athletes often ignore pain so they don't take care of their joints.

According to Kanama, anything done to the body now affects it years down the road.

"If you have knee injuries now and you don't do anything about them, it could lead to arthritis in 20 years or less," said Kanama.

"To avoid pain when you're old, you need to take care of your body now, while you're young."

**"A flexible joint is less likely to get damaged by change in movements."**

Shane Risto  
personal trainer

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