

Taking it to
the street
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Humber enters
3rd Dimension
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30 YEARS

HUMBER ET CETERA

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Student stabbed

By PETER A. CRISCIONE

was hanging out," he said.

Le Blanc, who lives in Humber Residence, said he became involved after another patron butted a cigarette out in his friend's face. Le Blanc's friend had been accused of spilling the person's drink.

Once the argument became uncontrollable, the bar staff instructed the group to take their disagreement outside. According to Le Blanc, the verbal exchange quickly turned physical. *Continued on page 3*

A Humber College student was stabbed several times after a fight broke out at a popular Etobicoke bar last week.

David Le Blanc, a first-year Business Administration student, suffered stab wounds to the chest and back during a fight at Whiskey Jak'z on Albion Road last Tuesday night.

"I noticed rips in my shirt and when I looked down half my chest



PETER A. CRISCIONE

Humber student David Le Blanc bares a scar he got after being stabbed in an Etobicoke bar last week.

Rez network woes students' fault

By JASON BAIN

Lem. This includes misusing the network by typing in incorrect IP addresses, which blocks other users of the network and creates a problem with releasing and renewing connections.

Students also create havoc by playing games such as Counterstrike in groups in excess of 20 or 30 players, which drastically slows the network, he said.

"Right now, it's really not a bandwidth issue, it's a control issue," Lem said. *Continued on page 4*

Humber College Residence authorities are spearheading a campaign which will see students taking responsibility for the improved efficiency of the college network.

Students living in Residence can say goodbye to Internet woes, if they use the network responsibly.

A combination of problems has caused computer-related headaches in Residence, according to Residence Life Coordinator Peter

Trees axed for Humber's parking lot expansion

By JAMIE KRISPIS

The sounds of falling trees and whirring chainsaws greeted students arriving at Humber College last Thursday. But it wasn't rampant reforestation, it was real-life training for the school's Arborist students.

Unhealthy and damaged trees, located near the entrance to the Registrar's Office, were removed from the North Campus last week.

David Griffin, Humber's maintenance and operations manager, said the trees that were cut down couldn't stay standing much longer.

Around 20 trees, primarily crab apple, were cut down in front of the

school. Two other trees – one bitter-nut, one maple – were cut down in the Arboretum because they were diseased and had fallen near pedestrian pathways, posing a danger to walkers.

The removal will create room for this summer's parking upgrade and the University of Guelph-Humber expansion.

By involving the Arborist students, Griffin hoped to give them the benefit of practical work experience while helping minimize the costs incurred to the college.

It was only three months ago, Griffin added, that students planted 35 trees in that area.

"Humber is environmentally conscious, while ensuring there will be sufficient parking," Griffin said.

Andrew Frederikse, an instructor for the Arborist program, said the trees taken down last week – located close to a parking lot – were damaged by years of road salt, car pollution and soil damage.

Toppling the trees in the Arboretum was necessary because they were hazardous to the public. They had fallen onto other trees after storms, said Sid Baller, the Arboretum's superintendent.

In the fall, when parking construction is complete, more trees will be planted.



RYAN McLAREN

Arborist student Ryan Gagnier cuts down the last of about 20 trees.

News etc.

Parking tickets twice the price

Humber president considering a college-collected fine

By MIKE MCQUEEN

Humber students nabbed for parking illegally last semester will be twice as mad with the ticket on their windshield this semester.

On Jan. 1, Toronto's illegal parking fines doubled to \$40 after comparisons with nine municipalities demonstrated that the city's rates were low.

Anthony Fabrizi, manager of Toronto's parking operations, said the increase was reasonable when compared to the \$75 fine charged in Richmond Hill.

Humber president Robert Gordon questioned the fact that the city-wide increase applies to on-campus parking.

"It's outrageous," he said. "This is not outside the Royal York Hotel in an illegal zone or outside a hospital, it's a long way from the city centre."

President Gordon suggested the college could collect money by issuing its own parking tickets, which would not only be cheaper than the city's, but also provide Humber with



Illegally-parked cars on Humber's campus are now being ticketed \$40 – double the price from last term.

extra revenue.

Gary Jeynes, Humber's director of Public Safety, said the college is missing out on \$2,000 per day or \$10,000 a week because the city keeps all money from fines.

John Pulla, president of the Humber Students' Federation said

that it's an intriguing idea but that he would like to sit down with the college and discuss where the potential parking-ticket money would be used.

He said the money could go back into the parking lots or be used to reduce the 20 per cent parking fee

increase beginning this fall. Students pay \$368 for general parking for two semesters but will see an increase to more than \$440 in the fall.

Gordon's suggestion will be investigated further at the President's Executive Committee meeting this week.

TTC considers 'unfair' hikes

By CLARK KIM

Students commuting to Humber may want to find another way to school next year.

TTC riders could face a ten-cent fare increase as early as June after the city's annual budget is approved in May.

"It looks like the city is offering \$152 million in subsidy," said TTC chair and city councillor Brian Ashton. But the TTC is asking for a \$166 million subsidy – just 18 per cent of their operating budget – leaving a "\$14 million pressure" on the transit system.

"A ten-cent fare increase represents about a \$22 million increase (in revenue) on an annual basis," said Ashton. A ten-cent increase may not cover all of the TTC's new expenses – on top of the basic operating and maintenance costs.

"We've also got labour negotiations to consider," Ashton said. "A one per cent increase in wages means \$6 million in new costs."

GO transit employees recently received a three per cent raise. TTC workers may look for a similar wage increase leaving the system another \$18 million short.

The alternative to a fare increase is a cut to TTC services, which would significantly impact TTC riders, Ashton warned.



TTC riders may soon face a ten-cent fare increase if city funding doesn't increase.

The TTC currently relies on fare-box revenue for 82 per cent of its operating budget – more than any other transit system in North America.

"A lot of large transit properties like ourselves only provide 50 per cent of their fare box (for their operating budget) and receive a 50 per cent subsidy," said the TTC's Marilyn Bolton.

"It wouldn't be out of line for (city council) to give us the whole subsidy considering what other

cities give their transit properties," she added.

Humber's student-commuters don't like the idea of handing over even more money to fund the TTC.

"It's not fair. We already suffered a 25-cent increase from last year," complained Lotoya Williams, a General Arts and Science student at Humber's North Campus. "We have tuitions to pay and bus fare is not cheap. You might as well buy a car."

Crime Watch

Area swarmings on the rise

By CHLOE STEELE

A wave of robberies and swarmings in the area of Humber's North Campus has left one man shot and wounded.

While students should be aware of the incidents, Constable Susan Fisher, a Crime Analyst at 23 Division, said these types of events are not unusual in the area.

According to police, a 44-year-old male was robbed at 7 p.m. on Jan. 24 in the area of Martin Grove Road and Finch Avenue West. Three armed and disguised male suspects allegedly approached the victim, and then robbed him.

In another incident, a 37-year-old male was robbed and shot on Arborview Crescent (just west of Humber's north campus) late on the evening of Jan. 25.

According to police, two males approached the victim and demanded money. When he did not comply, he was shot in the leg. The victim was admitted to the William Osler Health Centre with serious injuries. Police are looking for two adult black males, 5'8" and 5'4".

The two incidents follow a Jan. 20 swarming at an ATM near Humber College Boulevard and Finch Avenue West.

Gary Jeynes, Humber director of public safety, stressed that no robberies of this nature have been reported on Humber's property. He explained that security personnel do their part to ensure safety by completing regular patrols of campus and using the closed-circuit camera systems. He added that individuals have to take some responsibility for their own safety.

"It's up to the students and staff to take the appropriate precautions, irrespective of whether you are on campus or you're downtown," said Jeynes.

Anyone with information about any of the above-mentioned crimes should contact Toronto police at 416-808-2300.

Humber putting on new 3D classes

Digital Image Training Centre offers cutting edge technology

By AKUA HINDS

Humber College is set to become the only school in Canada to offer a program in computer game design.

The program, entitled 3D for Games and Interactive Entertainment, will welcome its first students on Feb. 11 and will run for 30 weeks, ending in September. A sister 3D program geared toward broadcast design and animation has been up and running since 2001.

Students in both programs will be able to take advantage of the college's newly acquired Vicon 8 Motion Capture System technology, the first of its kind at a Canadian college or university.

Terry Posthumus, manager of the 3D programs at Humber's Digital Imaging Training Centre, said the popularity of films like *Final Fantasy* and *The Mummy Returns*, both of which were made using motion capture techniques, created a need for the programs.

With motion capture technology, animated figurines resembling marionettes are created, using actors that wear special suits to act out the movements. The action is then pasted onto the figurine.

According to Posthumus, besides empowering students with the knowledge of 3D animation, the goal of the programs is to work closely



BRAD HOLDEN
Terry Posthumus of the DITC.



A creation of 3D Broadcast Design and Animation program graduate Luke Minaker

with the industry to train people for entry level positions.

"The industry is looking for three main skills: creativity, good team working skills and the ability to finish jobs on time," said Posthumus.

"We aren't at the Sheridan College scale yet, but as long as you run good programs and students get jobs, that's important," he continued. "We can't guarantee jobs, but it's up to the student to learn everything they can while they're here at Humber and apply it."

The new program is state-of-the-art, and Humber is the only Ontario institution that has a Vicon 8, a motion capture system that was used in popular films like *Thin Red Line*, and *The Mummy Returns*. The only other place in Canada that has a Vicon 8 system is a business in Montreal.

Humber's dean of Media Studies, William Hanna, said he is excited about the program, which he helped introduce to the college.

"I saw that, given where I think

film, animation and string media are going, all of those media are able to use this type of system."

But Posthumus warned of the program's heavy course load, which totals 600 hours; 480 hours of class time and 120 hours of independent learning time at the end of the term.

"People who enter the program assume that a computer will automatically animate for you, but it won't," explained Posthumus.

"The designer's story must contain good sketches, shots that contain realism and warmth, and good acting.

Knowledge of cinematography and creating ambiance is key."

Hanna agreed, and suggested that this program is best-suited for someone who has a background in art or other creative disciplines, and who can blend creativity with computer skills.

So far, both of the programs' classes look as if they will fill up completely.

"Humber places our graduates in good positions, and we have excellent track records," said Posthumus. "We have a different focus than most schools."

Posthumus said the tuition price is another lure to prospective students.

"Value is one of the greatest accomplishments of Humber. Other schools are charging between \$15,000-\$18,000. Humber's program is under \$7,000," he said. "The course is intense, but if someone is willing to invest the time and money, they would want to get the most out of it, which means working hard."

Bar fight results in student being stabbed

continued from front page

He found himself fighting several individuals.

"I feel so bad about what happened," said Narotam Misir, one of the bar's managers. "I hope the police find the people who did it."

Le Blanc said he was hit over the head twice with a beer bottle and hadn't noticed anyone approach him with a knife. "Faces were blurry," he added, when asked if he would recognize his assailants.

He didn't realize he was stabbed until after he was pulled away by his friends. They then drove him to Etobicoke General Hospital.



Critics say malls are dealing with suspected gang members unfairly.

Media gangs up on Toronto malls

By FAYOLA EDWARDS

Since concern over gang activity rolled into Toronto with The Hells Angels two weeks ago, area malls have been criticized for what is being perceived as overzealous anti-gang regulations.

And mall officials are furious about the negative press coverage. *The Toronto Star* ran an article on Jan. 15 describing numerous malls' efforts to deal with gangs. The story alluded to the fact that some malls had recently posted signs prohibiting people from wearing apparent gang paraphernalia.

"The story has totally become blown out of proportion. There are only 12 rules posted," said Greg Gaudette, director of operations for Etobicoke's Albion Centre mall.

"When (the) Hell Angels were in town, *The Star* did a follow-up story. We have had these rules for at least three years," said Gaudette.

But shoppers like Grant Greenwood, a 27-year-old senior trader with Providence Investment Group, just doesn't agree. "I think because Scarborough Town is in an

urban area, security picks on anyone who enters."

Greenwood has filed a complaint against Scarborough Town Centre over the Christmas holidays after being forced to remove his sweater by mall security staff. He was ordered to remove it, he adds, simply because it had a hood.

"When you walk in, there are signs at every one of our eight public entrances. Everyone knows the rules," said Gaudette.

All malls identified in the *Star* article have identical rules: no behaviour which may interfere with the enjoyment of the facilities for other patrons and tenants, no wearing of disguises and no congregating in large groups.

Both Toronto police and mall officials said there isn't a gang problem in the city's shopping centres.

"All malls simply have to have rules," said Audrey Hyams Romoff, spokesperson for Scarborough Town Centre. "It's private property."

Scarborough Town Centre vows to keep a watchful eye on individual gang colours and caps on angles to secure the safety of consumers.

- I'm just glad to be alive."

But he added that he won't be visiting Whiskey Jak's any time soon.

"I was going to go back last night, just to say I went, but I decided not to," he admitted. "It doesn't look like a great place (to me) right now."

Yesterday, he expressed disapproval over the bar's security. "(They) could have handled it better. There could have been bouncers so that I didn't have to fight to protect my friends," he said.

But Misir said he did everything he could. "I took (Le Blanc) outside and escorted him to his car. We've been here a long time and this doesn't usually happen."

CORRECTION

In last week's story entitled "Freezer burn at Health Centre," the *Et Cetera* erroneously reported the value of a broken refrigerator and damaged drugs.

The 76 damaged bottles of medication were actually valued at \$1,444. The replacement fridge cost \$575. The *Et Cetera* regrets the error.

On Campus etc.

Networking over breakfast helps students

By ASIA S. WHITEMAN

The second annual Law networking breakfast poised Humber's Law Clerk grads for a head start in their field by introducing them to more than 20 law firms, private organizations and government agencies on Jan. 30.

The event, organized by the Humber Career Services Centre, took place at the North Campus and allowed students to compare between small and large firms as well as the public and private sector, said Carolyn Smith, Law Firm Profile coordinator.

"Students can go shopping," she said. "Last year, connections were made and resulted in full-time jobs."

The breakfast was split into two programs beginning with the final year students who took the opportunity to pass along resumés to employers face-to-face. The first year students joined during the second half.

Adam Wright of the law firm Blaney McMurty praised Humber's legal program.

"Humber trained students are among the best ones around, they have the best preparation," he said.

Nadine Lodge, a recent Humber grad, now employed at McMurty, told students that she has met legal assistants who have not learned as much in other programs where they've paid a higher tuition.

The meeting was held in the banquet room Seventh Semester, where students were able to sit down with firm representatives and chat in a relaxed setting.

"Firms that are coming for a second time are a good indication of the value they place on meeting our students and making a first impression," said Smith.

She also said the annual networking breakfast allows students to get to get their feet wet and to feel encouraged that there are jobs out there after graduation.

Smith said that the structure of the event is the key to its success.

"It's targeted to their field so they can showcase their knowledge," she explained.

Ten of the top Toronto-area firms were present, including Ogilvy Renault who distinguished themselves by passing out truffles with their company literature.

"Students have choices and options. We're here to give information so they can make a decision," said Ogilvy Renault representative, Simone MacIssac.

Stephen Ruben told students to use this event as a tool to extract as much knowledge as possible.

He also encouraged them to take this opportunity to put employers on the spot.

"If they figure that they are doing you a favour, you're not in the right place," said Ruben.

Diane McDowell of Davies, Ward, Phillips and Vineberg told students to build a strong, solid resume by committing to a job for a couple of years.

Final year Law Clerk student Stephanie Villalobos said she got a taste of how she needs to prepare for the workforce.

Helen Filipe, employment advisor at the Career Centre said there was no pressure and stress at the breakfast because students came prepared to simply ask questions and receive feedback.

If you would like information on up-coming Career Centre events, drop into the office in H105 at North Campus, or A178 at Lakeshore.



Dateless for Valentine's Day? One of these hunky mystery men could be yours if the price is right.

Set your night on fire

By CHARLOTTE CUSTARD

Firefighters will be auctioned off Feb. 11 to the highest bidder in a fundraising event for the Health Centre.

Competition will be fierce at Caps next Monday, but those who bid the most will get a hot Valentine's Day date with a burly firefighter.

Ten fearless guys from Humber's Fire and Emergency Services program are up for grabs in an event that will hopefully raise a pile of cash.

"We are looking to raise \$2,000," said Annabella Lopes, HSF Health Centre representative.

The identities of the lucky ten, who were picked out of a hat last week, are being kept under wraps.

"I know who they are, but we're keeping that a secret," said Lopes.

There isn't a cover charge, but raffle tickets will be sold at the door.

All the money made will go directly to the Health Centre to replace the aging fridge that broke down two weeks ago and the vaccines it contained.

So fill your pockets and head

Internet woes continue at Rez

Continued from front page

The amount of bandwidth affects the speed of the network, so the more bandwidth used, the slower the network.

Lem said residents have to use the Internet responsibly, such as playing games in smaller groups and downloading only a few files at a time.

"In moderation, it's fine," he said. "Students must be aware (the network) is not an unlimited resource."

Residence administration is in the process of tracking the ports on the network, so that they will be able to monitor the bandwidth being used by residents. If they find students overusing it, they will be notified.

Lem plans to have policies in place for next year to help prevent future problems, such as revising the Residence code of conduct.

The Residence is also looking into other service providers, like Rogers Cable, to help alleviate the problem.

"Combining services will hopefully alleviate some of the pressure," he said. "But, (the current service) really should be more than enough."

Lem said he knows the importance of online resources to the students in Residence.

"We know it's really frustrating, but we need help too," Lem said.

Network Administrator Pete Baldwin agreed.

The first-year Computer Engineering student said that provided the network is used properly, there shouldn't be any problems.

"Just use common sense," he said. "Don't download a zillion things at once. It just makes it harder for everybody."

Baldwin assists residents with

computer problems, such as mis-configuration of their computers.

He noted that the network has a fraction of its speed during the day because of the shared connection with the school, since everything must go to the server before it comes back to the Residence.

Baldwin said people should avoid excessive use of the network in the afternoon.

Webmaster of Humber College Resnet Online Domain, Scott Hammond, is disappointed by Humber's lack of control, but said residents have to be more responsible as well.

"I think people have to realize we're in this together," the second-year Multimedia Design student and resident said.

"The main issue is people are downloading movies and too much stuff like that. We're living here together, so people have to be responsible," Hammond said.

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Humber celebrates black history with a month of events

By PATRICIA A. CARVACHO

Not just a time for candy hearts and flowers, February is an opportunity to experience the richness of black culture as Humber College celebrates Black History Month.

Black history has been celebrated in North America since 1926, when Dr. Carter G. Woodson, an African-American scholar, realized the importance of drawing attention to the historical contributions of African-Americans. Until this time, such contributions had been excluded from American history books.

Originally called Negro History Week, Woodson chose February because it was during this month that Abraham Lincoln and Frederick Douglass, two men who greatly influenced black culture, were born.

In past years, students have learned about black culture and prominent black North Americans from posters put up by the Humber Students' Federation (HSF).

This year will be no different, and HSF plans to bring back some of the more popular events, like the poetry readings, Caribbean dancers

and fire-eaters.

HSF will also be adding some new events this year.

"We're looking into doing a comedy night," said Stephen Anastasi, HSF's Vice-President Campus Life. "We're also looking into having limbo dancers."

Most of the events put on by HSF will be taking place in the North Campus' Student Centre, usually between Tuesdays and Thursdays. These events will be free of charge.

"We don't want to make students pay for something to celebrate heritage," Anastasi said.

In addition to the HSF events, Caps will also be celebrating black history with a Bob Marley night, where they'll be playing all his hits.

According to Anastasi, past years' events have been very successful.

"A lot of students come out to the events we put on in February," he said. "I don't know why, but it's a very active month so we expect a pretty good turnout."

If you're interested in these or any of the other events coming up in February drop by the HSF office.

Lakeshore needs more

Humber's neglected campus looks forward to more services

By YASNA MARKOVIC

Humber's Lakeshore students are feeling a little neglected lately due to a lack of services at the campus, said Adam Hackett, the Humber Students' Federation (HSF) vice president of administration.

"The library is a lot smaller down there. The bookstore is a lot smaller. Financial Aid works on a rotating basis so that once or twice a week someone from the North Campus has to go run the department. The Health Centre is a lot smaller down there. Just about every service we take for granted up here (North), they don't have much of down there," Hackett said. "This is why the HSF approved a \$21 student fee to pay for massive expansion down at the Lakeshore campus."

And the lack of services has not gone unnoticed.

"You do hear a lot from Lakeshore students that they feel neglected because the services down there are, I think, terrible at this point in time for the number of students," Hackett said.

Of the approximately 12,500 Humber students, roughly 2,500 students attend the Lakeshore Campus.

That number is expected to increase in the next year, now that OAC's have been eliminated.

Hackett said the need for updated services is more crucial than ever.

"The services that are available now are barely capable to handle the 2,000 students or so. When they get up to four or 5,000, they're just going to be totally inundated," he said.

Rick Embree, dean of Planning and Development, said the school is currently looking to add study space, lounge space and a larger cafeteria.

"We're talking about some type of recreation games room and a licensed facility down there that they don't have now. We're talking about some study space, quiet space and a lounge room for the students," he said.

The Lakeshore Campus also loses out because more events take place at the North Campus.

"What is happening at the North Campus should be organized here also. There must be some entertainment in the college for the students. It doesn't mean they have to study, study, study all the time," said Raj Gogna, HSF vice president of campus life at Lakeshore.

The need for development has

been a long standing issue, but Embree said Lakeshore never had the students to finance such massive renovations.

Embree said a new residence should make a noticeable difference, "That will then create life by itself because people will be there permanently over the school year," he said.

Construction at Lakeshore will begin in April or May of this year. Renovations are slated to finish for January 2004, but may be completed as soon as September 2003.

Careers'R'us

By ASIA S. WHITEMAN

The Career Services Centre is hosting Career Fairs next week.

On Monday, Feb. 4, health care agencies will be meeting prospective graduates from the school of Health Sciences, from 10 a.m. to 2 p.m.

There will also be a Career Fair for the Hospitality, Recreation and Tourism program on Thursday, Feb. 7 from 10 a.m. to 2 p.m.

Both fairs will be held in North Campus' Student Centre.

Raise your glass to Humber

By ROSEMARY SOSTARIC

A trip around the wine aisles of your local LCBO can be a trip around the world's most exclusive wine regions. From Barolo to Bordeaux and blush to bubbly, choosing the right accompaniment to steamed mussels in a curry cream sauce can be quite a daunting task.

A Merlot perhaps, a Shiraz maybe, or a Chien Blanc? How to choose? Humber has the answer.

After completing a Level I Wine Appreciation course, selecting the right grape variety, region or year will no longer be overwhelming.

"The wine appreciation courses are absolutely fantastic and very interactive, while giving people a base knowledge of wine," said Olivia Hoover, Sommelier student. "They are extremely beneficial for those individuals currently working in the service industry or for those who know nothing about wine, it can be a lot of fun."

The three hour per week, 10-week class, part of Humber's Life Long Learning Centre, runs throughout the year and teaches

wine fundamentals.

"The classes are such that they run from basic, simply being able to differentiate between white and red, to more progressive. And they are available to anyone wishing to learn more about the essentials, or to professionals in the service industry," said Dan Reeves, coordinator of the Life Long Learning Centre.

"The course runs in conjunction with the International Sommelier Guild and offers novices or professionals a basic understanding of the major grape varieties or regions to lessons on sparkling or fortified wines," added Joseph Miller, president of the International Sommelier Guild and course designer. "An in-depth look at a Riesling, for example, would encompass an entire class."

Upon completion of the first level course, those who wish to further pursue their wine education can enroll in the next level. Humber classes are two-part and focus first on old-world wine, followed by studies on new-world wine. It is an extensive program geared specifically to those individuals wanting to



Wine expert, Jocelyn Klemm, teaches the fundamentals at Humber.

pursue a career in that profession.

"Wines of France, Germany, Africa or Greece are dealt with in the first part and those grapes brought over to the new world - North and South American comprise the next," said instructor and Sommelier, or wine expert, Jocelyn Klemm.

"These classes are once again available to anyone interested, but they are much more comprehensive, since they can be used as the necessary prerequisite for the Sommelier accreditation program," said Reeves.

For more information, direct inquiries to the Life Long Learning Centre at (416) 675-6622 ext. 4908.

Wine tasting tips from the pros

Not enough hours in the day to take a wine class yet baffled by the grape? Here are some helpful hints from Sommeliers, Jocelyn Klemm and Ric Kitowski.

- The traditional guideline of drinking red wine with meat and white wine with fish is not set in stone. A Pinot Noir, Beaujolais or Chianti, also known as crossover wines, can perfectly enhance a lightly seared salmon or a well-done steak.

- Evaluate a wine by its smell, not its taste, since a subtle sniff can reveal much more than a mere sip.

- Wines that taste like raspberries, apples or tropical fruits do not actually contain these ingredients. Rather climate, region and storage methods produce such flavors.

- You get what you pay for. The methods employed to produce a \$20 bottle of wine are most likely better than those used to churn out a \$10 bottle.

-R.S.

Editorials etc.

Sick trees get the axe

When we first heard the chainsaws last week, we were ready to cry foul. Every last one of approximately 20 crab apple trees in front of Humber were cut down to make room for an expanded parking lot. Two more trees were cut down in the Arboretum later in the day. In a city like Toronto, where green space is a much-needed commodity, a cut tree is like a stab in the lungs.

But this is not the end of the world – paradise is not being paved over to put up a parking lot. Simply put, this was no paradise. Those trees were diseased and had become a hazard to students, threatening to fall on nature walkers. Let's face it, the bad outweighs the good – the decision was a logical one.

The expanded parking lots will hopefully put an end to, or at least lessen, the parking horror stories at the North Campus.

The trees are being replaced. Sure, that's a far cry from the environmental benefits of a fully developed tree, but it's better than a sick and dying crab apple tree. A total of 35 new trees were planted last October, more than an equal replacement for those felled by Humber's Arborist students. And more trees will be planted once construction of the parking lot is finished in the fall.

Clear cutting without just cause warrants an outcry, but this is a case of reorganizing in favour of a system that works.

TTC's small subsidies

Many commuters are still reeling from last year's 25-cent fare increase, but the cash-strapped TTC might be demanding another dime by as early as June.

It's hardly a surprise. Moving millions of people every day costs money. Lots of money. But the city isn't willing to foot the relatively small bill.

The TTC is asking the City of Toronto for a subsidy of \$166 million – 18 per cent of its approximate \$920 million annual operating budget. It looks like the city is only willing to pay \$152 million, which means either a fare increase or a cut to services. Either way, passengers lose again.

But the ire of the travelling public should not fall upon the oft-maligned transit system. It has done all it can to cover the cost of transporting over 400 million people every year, and the municipal and provincial governments have done little to help.

Eighty-two per cent of the TTC's revenue comes from collected fares. That makes it the least subsidized transit system in the developed world. The city ponies up a couple of dollars every now and then – though the annual subsidies from them have dropped by \$100 million in the past 10 years. And the province of Ontario does, well, nothing at all.

By comparison, Montreal's transit system has an annual budget of nearly \$700 million. The city covers \$270 million of that bill, and the provincial government chips in \$80 million. That's half of the operating costs.

The fact is, Toronto's transit system is way below par, and that's unacceptable for Canada's largest city. The city and the province need to hop on board quickly, or many more TTC riders will be stepping off.

Gzowski remembered

Canada suffered a huge loss last week. Sadly, it's difficult to tell whether the event even registered with anyone under the age of 30.

Peter Gzowski – writer, columnist, magazine editor, and radio host – died on Jan. 23. Hopefully the lessons about our country that could be found in his voice didn't die with him.

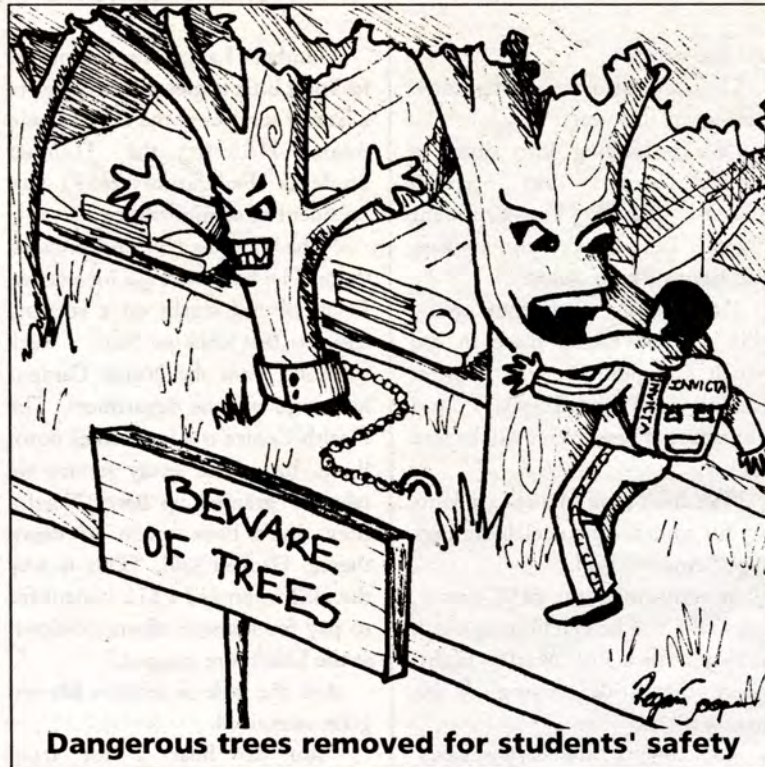
With his long pauses, round-about questions and everyday subject matter, Gzowski practiced a form of broadcasting that's a far cry from the fare that is constantly shovelled at our generation. Growing up with MTV and video games has caused many people our age to dismiss him as nothing more than a soothing voice for stay-at-home mothers – if they think about him at all.

But there were lessons to be learned from Gzowski – lessons about what it means to be Canadian, lessons that are equally important Canadians of any age.

Peter Gzowski was true patriot. Compassion, curiosity and thirst for intelligent conversation – all traits that Gzowski displayed in overabundance – are, on a grander scale, what sets this country apart from the rest.

Unfortunately, it seems that most of our generation never heard Gzowski at work. For many of those who did, his was just a voice in the kitchens of our youth, background accompaniment to more important childhood concerns.

We could all do ourselves a favour by logging onto www.cbc.ca/one/gzowski/ and taking a moment to listen to some of the best moments of his career. Allow yourself a moment to listen, and you may just hear, in Gzowski's gravelly voice, the heartbeat of an entire country.



Letters to the editor

Re: *Keeping tabs on charity* (Jan. 24, 2002, page 7)

I would like to thank you for the publicity regarding the pop can tab collection.

However, I need to bring to your attention three errors in the report.

- Pop can tab pieces are made of aluminum not tin.

- Pop can tabs are sold by the pound, not per 1,000 pieces. We definitely do not count them.

- It takes 1,000 pounds to equal \$500, not one-million pounds as

stated in the article. (Note: approximately 1,000 tabs equals one pound. Therefore 1,000 pounds equals approximately one-million tabs).

We now have over 760 pounds of tabs. For further information, students can log onto the Web site: members.rogers.com/freedmanh.

Thank you.

Harvey Freedman
Solel Brotherhood Pop Can
Chairman
Professor, Department of
Accounting Studies

To the staff and students at Humber College, Lakeshore Campus:

We would like to thank everyone who bought toques for Toque Tuesday.

During the last 3 weeks, over 100 toques were sold to staff and students who were eager to "Raise the Roof."

Raising the Roof is a charity that collaborates with other homeless charities to create alternatives for people living on the streets. The toque selling campaign is a nationwide event, offering initiatives to

prevent homelessness in major cities across Canada. For more information, check out the Web site at www.raisingtheroof.org.

On Tuesday, Feb. 5th, the Humber community will join other Canadians supporting the good work of Raising the Roof.

Please don't forget to wear your toque!

Thank you again for your support,
**Laura Parker on behalf of the
Fundraising and Volunteer
Management Course.**

Got something to say?
Write to the Et Cetera at:
humberetc@hotmail.com
For verification purposes,
all letters must include full
name, phone number, and
address.

We reserve the right to
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Opinion etc.

Belt buckles and baseball bats



Brett Clarkson

"Fuck you!" Billy Joe screamed. He was six-and-a-half years old.

It was carnage. Total. Billy Joe S. in my back yard, swinging his inch-thick brown belt atop his head. The thing swirling like a helicopter propeller, sent the neighbourhood kids running because this dude is going absolutely mental, again.

Every time Billy Joe came last in a race or was designated "it," people paid. Which was often. His crying usually preceded headlocks being administered to whatever poor sap happened to be closest. He frequently beat up my younger sisters.

He was the token fat kid of the neighbourhood.

It's a Sunday night in July in my backyard and some of the neighbourhood kids are gathered for a game of tag or something. I can't actually recall what game we were attempting to play because we never made it that far. We made it about as far as Roger – a tall red-headed kid who always seemed to be delegating – saying to Billy Joe, "Ha ha, you're it!"

Roger had taken it upon himself to resolve the dispute of who would be it by using his birthday as a bargaining tool.

"It's my birthday next week, so I get to decide who's it," he proclaimed. "So I'm gonna pick a number, and whoever picks that number is going to be it." We all agreed because Roger had good birthday parties, and we all wanted to be at his the following Saturday. He had a pool.

Long story short, Billy Joe picked six. Bad move.

He'd be it.

Roger gave him the news. Not good.

Laughter is directed in Billy Joe's

general direction.

Billy Joe's eyes are red, and by this point he is removing his belt from his Wranglers, baring some teeth and shaking his clenched face like it was a rag trying to rid itself of excess water. "I hate you all," he shouts.

The hard steel buckle met the top of my head with a stunning crack. There was blood in my hair. You should have seen my mom running out the door towards me.

Next morning. Monday. I put on my Velcro shoes and go outside. The bump on my head feels like a rock.

In my hand, a jumbo-sized plastic orange bat.

I walk across the street to Billy Joe's house and knock on his door. His mom answers, and I ask her if Billy Joe's around – she seems delighted to see me.

I have a bat in my hand, and she thinks it's because I want to play baseball with her son. Not my intention at all.

Billy Joe ambles up to the door with his Maple Leaf pyjamas on and says somewhat reticently, "Hey Brett, what are you doing here?"

Immediately, I remember my dad the night before galling me to "bloody fight back, or else son, you'll get bloody walked all over the rest of your life."

My dad, born in 1950 in a particularly ugly side of Glasgow, orders me to "give that wee arsehole a Glesga kiss."

But dad, I plead, he's bigger than me.

"I dinnae care if he's bigger than ye, son. If you huv tae use a bloody bat or a stick to stop that wee bastard from beatin' up you and your sisters, then dae it!"

Hmm. Well I guess I'll use a "bloody bat".

When the bat came down on Billy Joe's shoulder, it was almost glorious. His yelp was unnerving, so I swung it again at his side. Then I ran.

A meeting of the parents followed. Billy Joe S. never touched my sisters or I again.

He moved away about two years later. Occasionally I see him drinking in local bars.

Once he bought me a beer.

In search of Old Man Winter



Jamie Krispis

It's difficult to believe in this last week of January that the ground doesn't even have a light dusting of snow. I'm sitting on a couch, sipping hot chocolate and staring out the window, remembering how I watched the snow fall softly to the ground as a child.

Whatever happened to those wintry days when all kids were excited to get outside to play? I recall as if it were yesterday how fun it was to play in that white stuff, to build snowmen and toss snowballs at one another.

I'm sure many of you are wondering what's wrong with me for wanting it to snow so desperately – that stuff you have to shovel constantly and that makes driving a nightmare.

I admit it. I love snow, and winter happens to be my favourite season.

But the lack of snow is not the only reason I'm feeling despondent.

Global warming has played a significant part in changing the weather in Canada and around the world. It is a cause for serious concern, and it only seems to be getting worse.

The World Meteorological Organization actually rated Canada as the top country for above seasonal temperatures in 2001. All of Canada experienced above normal temperatures and less precipitation. For example, the average temperature throughout November 2001 in the Toronto area reached a record high of about seven degrees, compared to the usual average of three degrees.

The main culprit are greenhouse gas emissions, such as carbon dioxide, produced from burning coal and oil.

Believe it or not, Canada is also the number one country in the world for the production of these emissions. Every one of us contributes to this growing problem, but with some lifestyle changes, we can easily reduce their production.

One such way is to stop relying on our cars and to start using public transportation. Just one busload of passengers during rush hour easily takes about 40 vehicles off the road.

If you do buy a car, try looking for one that's fuel-efficient. The average car emits nearly 60 tonnes of carbon dioxide during its lifetime, compared to 22 to 30 tonnes from fuel-efficient cars.

I'm currently relying on public transportation to get from Oshawa to Humber College and back. Yes, I said Oshawa. I've commuted about six hours a day for the past four-and-a-half years. I've definitely made some sacrifices in my life, but there are some advantages to it as well.

First, I don't have to put up with rude drivers or road rage on the highways. I also don't have to drive in hazardous weather conditions, and I have time to relax on the train before I start my day.

I don't want this to sound like just another lecture about saving the environment by not using your car. I'm sure you've already heard it many times before. But I do hope some of you will consider using public transportation more often. I understand that public transportation takes a long time, but some sacrifices need to be made in order to see a difference.

This is not simply a choice about saving time and money. The planet's survival is at stake.

Discriminating tastes



Akua Hinds

Talk shows that focus on serious topics are becoming rare to find on the boob-tube these days. Take last week's episode of Jenny Jones. The subject was "Overweight and Underdressed." The guests were full figured women who reveled in wearing sexy, revealing clothing in public, and they gave the studio audience an eyeful when they strutted their stuff on stage, scantily clad in outfits ranging from lace teddies to bikinis and sarongs.

Jones said that the purpose of the episode was to give these women make overs at the desperate requests of their friends and family members, who were embarrassed to be seen in public with them. But she seemed to

have no problem with members of her studio audience making nasty and ill-bred comments to the overweight panel about their appearances before the make overs took place. One of her staff members named "Rude Jude" came out on stage five times for the express purpose of telling the guests how nasty he thought they looked, while the majority of the studio audience roared their approval.

The guests hotly fired back insults to the audience members and to Jude, accusing the women in the audience of being jealous of their full shapes, and claiming that most men found them attractive. But the pain in each of the guests' eyes was evident every time they tried to defend themselves over the loud sounds of boos and laughter from the audience. All the while, in-between asking questions, Jones was looking on with a mean smile on her face.

Think that discrimination is gradually making its way out of the civilized world? Think again. Making fun of overweight people is, sadly, one of the last few accepted forms of discrimination. This type of insensitivity is displayed everywhere, from

television shows to movies.

Virtually every type of discrimination is now unacceptable in Western societies. But treating overweight people like they are cattle and taunting them about their physical condition without any thought to their feelings is a shameful and unbelievably crude form of discrimination that still persists, and it must be stopped.

As I gazed at the television screen, watching the events (and insults) that transpired before the magical make-overs were to take place, I realized that I was the only person who wasn't laughing. I have never battled a problem with obesity, but I have had physical and emotional issues, and I know from experience that insensitive comments or actions can be quite painful and difficult to overcome. Certain flaws are permanent or hereditary, and cannot be fixed with the wave of a magic wand, but rather with time, patience, hope and prayer.

Nobody is perfect, but in this time of war and uncertainty, the last thing that we should do is focus on petty things like whose butt looks bigger. If you don't have anything nice to say, don't say anything at all.

Life etc.

Road trips – Are you prepared?

By ELLA BASIC

March Break is just a month away, so if you are planning a road trip, start preparing for the journey now.

The essential preparations include a tune-up, a roadside assistance plan and a complete emergency kit.

According to the Canadian Automobile Association (CAA), tune-ups include checking the car battery, ignition system, lights, brakes, tires, exhaust, heating and cooling system, windshield fluid levels and getting an oil/filter change.

"It is better to be prepared than to discover half way through your car trip that you are out of anti-freeze and your cooling system block is about to freeze or crack," said Chris Coldwell, service advisor for Active Green and Ross Tire and Auto Centre in Woodbridge.

When you book a basic tune-up, it usually includes all of the above, but make sure you check with the mechanic to be sure everything is done.

A tune-up doesn't necessarily guarantee a

problem-free trip, so make sure you have some kind of roadside assistance.

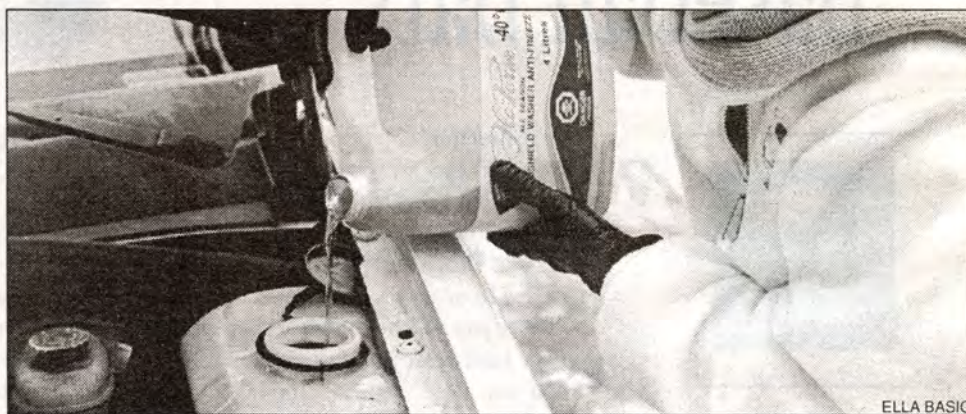
"Check with your dealership to see if you have a roadside plan with them, or sign up with a reputable roadside assistant company," said Carey-Ann Greenham, spokesperson for CAA.

CAA has membership plans starting at \$58.85, which include towing up to 250 km, free gas and service through the American Automobile Association (AAA). There is also a \$15 initiation fee, but if your parents are members, sign-up is possible through an associate plan.

After you tune up and are enrolled in a roadside assistance plan, you should assemble a winter survival kit for your car.

"You should pack all items including your winter survival pack in the trunk, except for a flashlight, first aid kit, blanket, cellular phone (with charger), and a list of relatives' names and numbers in the glove compartment," said Greenham.

The CAA suggests you include a shovel, salt or sand, extra clothing and shoes, a spare



ELLA BASIC

Preparation is a key ingredient to a safe and enjoyable experience for everyone.

tire, beverages, an energy food pack, booster cables, an ice scraper/brush, windshield fluid, matches, candles and road maps in your winter survival kit.

Pre-made winter survival kits are available at Canadian Tire, ranging from mini kits at \$9.99, to fully loaded kits at \$49.99. You can also find these kits at your local CAA centre starting at \$20 a package.

If you are a CAA member, it is vital that you do not leave home without a TripTik.

A TripTik is a map that highlights the best direct route for your trip in detail and suggests local accommodations, restaurants and gas stations. Just make sure you notify CAA three days before your trip, Greenham said.

Remember to stay alert, stay in control, slow down, and have a great trip!

T.O. truck drivers getting cold shoulder

Trucks may soon have to stick to their own lane when driving on 401

By LAURA KUPCIS

If Councillor Howard Moscoe has his way, Torontonians will no longer have to share their highway space with the big rigs.

Moscoe has proposed that trucks passing through Toronto on

Highway 401 be forced to drive in the left-hand lane in the express routes, surrounded by a concrete barrier which will prevent them from crossing over, while keeping the other drivers on the road safe and worry-free.

Moscoe said that, between the

hours of 7 a.m. and 7 p.m., trucks account for 12 per cent of all highway traffic. Two of the 16 available lanes total 12.5 per cent of the highway.

A Toronto staff report states, "Obviously, the impact of removing two lanes of capacity on general traffic would be significant. Therefore, for practical reasons, the truck lanes would likely have to be built as part of a major widening or upgrading of Highway 401."

It adds that separating a lane from the main road is neither safe nor practical, as there would be no access for emergency or maintenance vehicles, no direct entry in the event of an accident, difficult entrance and exit ramps, and awkward road maintenance.

Moscoe's solution is to add gaps in barriers to allow tow trucks, emergency vehicles, and other maintenance vehicles to enter the lane, he said.

City staff found one example of a dedicated truck lane in Los Angeles, which cost an estimated U.S. \$4.3

billion to implement.

Moscoe cited other examples in the United States where separate truck lanes exist, such as San Diego, Chicago, and the New Jersey Turnpike. According to Moscoe, Atlanta has gone as far as implementing a no-truck rule throughout its city.

Moscoe said Toronto would be the first to build a barrier surrounding the lane.

When questioned about the potential cost to taxpayers, Moscoe said it would save them money.

"Heavy trucks chew up the roadbed. By pushing them into a single lane it would save money in highway repairs."

Although some drivers fear sharing the road with trucks, in reality, trucks have a good safety record. Between 1989 and 1999, the Ministry of Transport-Ontario reported a decrease of 12 per cent in tractor-trailer fatalities, despite an increase in truck traffic.

Another concern is that Moscoe's single-lane idea may not make com-

muting easier.

"Congestion would increase not decrease," said David Bradley, president of the Ontario Trucking Association.

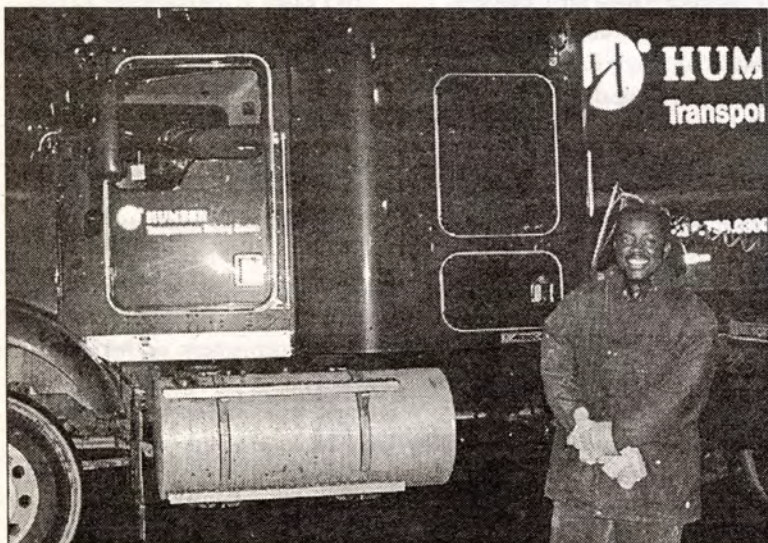
Humber College Trucking student Melanie Caris agreed with Bradley.

"It might take up a lot of space on the highways causing congestion in the remaining lanes," she said.

Bob Evans, executive director of Canadians for Safe and Responsible Highways, questions whether separate lanes on the 401 would be practical. He worries that there are many potential risks concerning tourists entering the truck lane on the highway.

"It is something that would have to be studied very carefully by safety engineers and the Ministry of Transportation," Evans said. "I have a lot of skepticism, but it could work."

A planning and transportation committee meeting on Jan. 24 sent the Highway 401 proposal back to city staff for further review.



LAURA KUPCIS

Humber student, Ernest Owusu, may soon be confined to one lane if Moscoe's proposal is accepted by city council later this year.

Health etc.

SAD? Experts say light up your life

By CHRISSIE O'BRIEN

In late fall a gloomy cycle begins. Students arrive to morning classes in complete darkness, shouldering the burden of school-related stress – only to walk out of the building into darkness again.

Whether they realize it or not, everyone reacts to winter's shortened days and longer nights. For some people, however, changes in light patterns during winter can have serious psychological and physical repercussions, disrupting their lives and causing considerable distress. The condition is known as Seasonal Affective Disorder (SAD).

Rick Kennedy, a Canadian Mental Health Association (CMHA) representative, said there are currently about 750,000 Canadians who suffer from SAD, an affective disorder that causes mood changes and promotes regular bouts of depression.

To counter this alarming statistic, the CMHA provides information and offers contact information for support groups and light therapy centres.

During light therapy, specialized lamps provide bright, controlled light that is five times stronger than regular indoor light levels, equal to the light level on a spring day.

"We have 17 light therapy boxes, rooms you can use for free," said Kennedy. "Up north they've installed them in coffee shops for patrons to use, but you have to pay for them."

European researchers have proven that bright light alters brain chemistry, indicating SAD is a physiological ailment, not only a psychological manifestation.

Physical symptoms associated with SAD include depression, problems sleeping, lethargy, loss of libido and changes in eating habits. Due to these physical symptoms, many sufferers often believe that they simply have a bad case of the flu.

A physician must diagnose the primary sign of SAD



Seasonal Affective Disorder causes changes in mood and bouts of depression. SAD is a response to winter's changes in light levels.

although in many cases a psychologist or counsellor will refer a patient to a family doctor for diagnosis.

Effective treatments for SAD are most often provided through support groups established by the sufferers themselves.

"It's a combination of the season and whether a person's daily routine will take them outside or not," said Vinnie Mitchell, of Humber's Council Office.

The Counselling Office provides support to students who may be suffering from SAD-related symptoms. However, they first require that the student speak with a doctor.

"Although a person could still work with me to cope with some of the symptoms... if I sense it's a physical problem such as SAD or clinical depression, I first refer the student to a doctor," Mitchell said.

Mitchell also said that once a student has been diagnosed with SAD by a doctor, they may qualify to receive additional support from Services for Students with Disabilities.

This department teaches learning strategies and coping techniques to students dealing with both a depressive disorder and the general stress of student life.

In addition to counselling, physicians recommend that SAD sufferers spend more time outdoors, increase their exercise, make slight dietary changes and in some cases use light therapy.

"It usually takes a week for someone with SAD to experience an increase in energy, which is why we offer a money back guarantee," said Michael Ountoukis, a representative of Northern Lights, one of only two Canadian companies who markets the lamps.

Unfortunately, light therapy does not come cheap. In order to use light therapy at home, consumers have to shell out almost \$250.

Sleep well and prosper

By MARIANNE GALLOWAY

The next time you fall asleep during a boring class, don't blame the teacher. Late night online chats may be the real cause of your drowsiness.

During a lecture at the recent Women's Health Matters Forum & Expo, Dr. Brian Murray, a Toronto neurologist, explained how computers might cause people to have difficulty sleeping.

"Avoid working close up to the computer screen at night," Dr. Murray recommended. "The light from a computer screen is significant."

Since the body uses light as a natural signal to wake up, the bright light of a computer may be tricking your brain into thinking it's morning."

To get the recommended eight to nine hours of sleep per night, try to keep regular sleeping hours and waking times. In doing so, your body will adapt to those sleep times, making it easier to fall asleep and wake up on time.

As well, train your brain to associate the bedroom with sleep. "Use the bedroom for sleep and sex only," Dr. Murray advised. "Don't spend time in bed if you're not sleepy."

It is also a good idea to make a list of your worries, or things you want to remember, and leave that list outside the bedroom.

"Take stock of what's going on in your life and separate it from the bedroom," Dr. Murray said.

He also discouraged the use of caffeine, alcohol, cigarettes and fatty foods before going to bed.

In some cases, people may even need to permanently eliminate these vices to get results.

Taking a hot bath right before going to bed actually cools the body down, which also helps to start the sleep cycle.

On the other hand, if you have trouble waking up, Dr. Murray recommended getting a lot of light exposure in the morning by keeping your curtains open.

Keep in mind, eight to nine hours may be the average amount of sleep, but feeling rested is what's most important.

"There are short people and tall people, short sleepers and long sleepers," Dr. Murray explained. "If you feel well rested after six hours, then that's okay."

The same goes for people who need 10 hours to feel rested. Some people need more sleep than others."



CHRISSIE O'BRIEN



A new maintenance system was introduced on Jan. 7 to keep Humber's washrooms cleaner.

Keeping college bathrooms clean

By TANNAH RAMPERSAD

Whether you sit, stand, or squat, you may have noticed some new maintenance cards on your way out of Humber's washrooms.

They are part of a new maintenance system introduced Jan. 7 to every public washroom at the North Campus, indicating how often they are being cleaned, said Ellie Salamon, manager of Campus Services.

"It's a new system for us, but it's something I'm sure you've noticed in mall washrooms," Salamon said.

The cards are placed on the inside of washroom doors to raise awareness about the money being spent to keep Humber restrooms clean, she said.

John Pulla, president of the Humber Students' Federation, said that although some students have complained about the cleanliness of washrooms, there has not been any major concern.

"The biggest problem is the ventilation," said Erika Simpson, a second-year Film and Television student. "You go into so many of them and they just reek."

Satvinder Singh, a York University student who studies at Humber agreed. "There is no litter on the ground but the smell is unbearable...you can smell urine as soon as you open the door," he said.

Hurley Corporation, Humber's contract cleaners, decided to introduce this system to show that more time was being put into improving the cleanliness of the washrooms, Salamon said.

Though the new system demands hourly cleaning, Salamon said the company does not strictly enforce the schedule.

Jehanathan Jeyathas, a second-year Computer Engineering student, has recently noticed an improvement in washroom cleanliness.

"The washrooms used to be very dirty, but now I see the maintenance cards and I have noticed that they are cleaner," he said.

Since the system is new, there is no phone number on the card, Salamon said.

If you do have concerns about the maintenance of the washrooms, or any part of the college, call 416-675-6622 ext. 4444.

Eating disorder week raises awareness

Eating disorders have the highest mortality rate of any mental illness, says Sheena's Place, an eating disorder centre.

By VIRGINIA WATSON

February 4 marks the beginning of a week dedicated to enforcing positive body images. Eating Disorder Awareness Week (EDA), sponsored by the National Eating Disorder Information Centre (NEDIC), promotes physical and mental health during a time when pro-anorexia Web sites are working to threaten it.

Though servers such as Yahoo! have cracked down on "pro-ana" sites - those that promote starvation and encourage vomiting and laxative use - there are still plenty out there.

The NEDIC will be holding an event at the St. Lawrence Centre for the Arts on Feb. 5 called "Beyond Denial: Identifying and Coping with Eating Disorders."

"There will be four speakers who will talk about the development of eating disorders, how we are served by our education and health system, how to identify an eating disorder in yourself or someone else, and healthy weight and body image," said Stephanie Vail, an administrator at NEDIC.

"It's important to make the connection between eating disorders and body image and how they affect each other and if you have negative views of your body, how it can turn into an eating disorder," she said.

Web surfers who type in a "pro-ana" search will find close to 3,000 sites encouraging weight loss methods detrimental to good health.

Beware surfers looking for healthy weight loss support groups, you may stumble across "pro-ana" sites hiding within MSN support communities.

Headless photos of emaciated

club members with jutting collar bones and protruding ribcages are posted on some of their main pages.

Most sites also include what are often referred to as "thinspirational" photos, consisting of airbrushed models and super-thin movie stars.

One site posts before-and-after photos of '70s singer Karen Carpenter, the woman responsible for shedding light on the severity of eating disorders after her death following years of anorexic behaviour.

The "pro-ana" sites found in the MSN community are followed by a disclaimer that tells the surfer that MSN doesn't necessarily support the site's content.

One site called "thepfectdrug" opens with the following disclaimer: "This is a pro-anorexia site. You either love it or hate it. I am not responsible for your actions, either they may be beneficial or detrimental to your lifestyle."

Other sites such as "Rexy Heaven" allow people to write in and ask for advice on how to purge, or how to trick their bodies into thinking they have been fed.

Doreen Morey, an addictions counsellor at the New Port Center in Port Colborne, Ontario, said anorexia is a killer.

"It's really hard to treat anorexics, partly because they are restricting food intake, and partly because they are very competitive," Morey said. "It is for this reason that treatment methods used for bulimics, such as group and talk therapy, don't work for anorexics."

Pro-anorexia sites are a very dangerous resource for girls with eating disorders, since they validate physically and mentally-damaging behav-

our, Morey said.

"Although there are no numbers for bulimia mortality rates, it is a reality," said Anne Kerr, program director for Sheena's Place, an eating disorders centre in Toronto.

The Web site for Sheena's Place states there are 70,000 people with eating disorders in Ontario alone, and 15 per cent of anorexics die from problems directly related to their illness.

"People die of bulimia because of electrolyte imbalance," Kerr said. The potassium-sodium balance in the body is disrupted and this causes a huge shift in body fluids and that's when bulimics go into cardiac arrest or experience kidney failure.

"The recovery rate for people with eating disorders can be divided into thirds. One-third will take on the behaviors for a short period of time and recover quickly, another third will relapse under times of stress and change, and the final third will struggle on a day-to-day basis for the rest of their lives," she said.

For this reason, Kerr stressed the importance of seeking treatment as soon as possible, to increase chances of a full recovery.

Sheena's Place is holding an open forum during awareness week at the CTV Studios on "The Role of Media and Body Image/Self Esteem," Saturday, Feb. 9 from 10 a.m. until noon.

Group programs are offered four times a year and usually run eight to nine weeks. The centre also offers one-and-two day workshops, as well as a drop-in program and open studio every Wednesday.

For more information, visit www.sheenasplace.org.

Flavour food without the fat

By ROSEMARY SOSTARIC

It's been almost one month since New Year's day. How many of you resolved to shed a few of those pounds you gained over the holidays?

If you're like so many others who stopped eating dry toast and drinking cardboard tasting low-cal shakes as soon as the tattered Christmas tree made it to the curb, don't fret, there are still 11 months left in the year.

Keeping healthy and fit need not be a difficult task, said Frank Formella, professor and chef for the School of Hospitality.

"With just a little will power and some subtle lifestyle adjustments, anyone can remain faithful to his or her resolutions," he said.

So, here are some tips, from food guru Formella, to help you easily achieve your goals and deal with your expanded waistline.

Any recipe can be made healthier with a few modifications.

If the directions call for the item to be sautéed in oil, grill it or steam it instead. This will cut down on fats. Also, the 35 per cent cream needed for a linguini dish, can be made just as tasty with two per cent milk and a bit of flour.

There's no need to sacrifice flavour when dieting, use spices instead of butter or salt.

A sprinkle of thyme or basil can enhance steamed vegetables, salad or fish. Spices and herbs are a cheap and easy way to create a healthier and tastier alternative.

Replace the foods you love with something not as heavy.

For example, trade a carton of Häagen-Dazs for a bowl of sorbet. A spoonful of fruit juice and ice can be just as satisfying as a helping of caramel cone explosion.

Even though eating well is great for your overall well-being, every now and then it's perfectly acceptable to indulge. A cheeseburger, fries and a chocolate milkshake can be the perfect occasional treat, as long as if you balance it out with a healthy lifestyle.



ROSEMARY SOSTARIC

Use spices and herbs to flavour food and minus the fat

Entertainment etc.

Adema ascends

By JAMES ROSE

The Bakersfield, California quintet Adema shook the Reverb last Wednesday exploding onto the stage, shaking the floor, bringing back the show back to Rock.

They don't believe that putting on a rock show is about theatrics.

"Most bands rely on production, that is where we are different," said guitarist Mike Ransom.

"Not the bullshit make-up," frontman Mark "Marky" Chavez added.

Chavez, Ransom, fellow guitarist Tim Fluckey, bassist Dave DeRoo, and drummer Kris Kohls all want people to feel their music and let the power take over.

"If people were happy with the music then that is rock to me," said Chavez. Crunchy riffs and Chavez's vocal stylings puts Adema's sound in a class of its own.

The songs on Adema's self-titled album range in topics from alcoholism to songs about troubled relationships - Chavez calls it his personal diary.

During the recording process, Chavez had a few incidents. A cottage they rented in Northern California where they wrote the album had a train phone that made an irritating choo-choo sound when it rang.

"I hammered that son of a bitch so hard," said Chavez.

The band received a bill from the family for the broken phone. It was listed as a family heirloom.

"It wasn't a family heirloom, it was a piece of shit, that phone was the most uncomfortable thing on your ear," Chavez said.

Chavez explained that the first single "Giving In," was based on a personal experience.

"Woke up tonight and no one's here with me' is the most literal lyric ever," Chavez said. "I drank so much J.D. that I passed out and when I woke up no one was there."

This sense of intense alienation helped him realize that he needed to clean up his act.

"Not a lot of people actually say 'I fucked up,'" Chavez said. "Most people just point their fingers - you should just take responsibility for yourself."

The album is about opposites, from design to song order. The CD front cover has a girl covered in flames, while the back depicts a girl frozen in ice.

"There is kind of a theme of dichotomy," Ransom said. "The fire and the ice represent the two personalities of people."

"There is also a theme like that to the album," he added, "the darker songs are at the beginning with the more pure songs at the end."

Although Chavez has sung about his share of difficulties, he takes responsibility with a positive approach.

"I kind of write my tribulations in context and everyone is human and with imperfections," said Chavez.

For now, Adema is looking ahead as bigger goals await them.

"I want to tour for another year



Adema guitarist Mike Ransom hammered out heavy riffs at a recent Reverb performance.

on this record," Ransom said. "I want our sophomore record to be bad-ass and not fall short in any aspect."

In contrast, Chavez himself is going with the immediate approach, focusing more on short-term goals.

"I am taking life day to day," he said. "At least then if I have one good day I can go to bed saying I had one good day."

Heavy touring with bands like Disturbed and Staind has helped Adema gain heavy contender status in the Nu-Metal scene.

Unfortunately, they had to drop off the Disturbed bill before it reached Canada due to scheduling conflicts.

"The people who suffered the most were the kids," said Chavez.

This week, the band left to go on tour with Linkin Park, Cypress Hill and DJ-ZTrip on the Projekt: Revolution Tour.

"It's so easy to tour when you have good shows and good friends to play with," Ransom said.

Chavez hopes to make one more goal a reality.

"We're getting ready to go gold with this album, we would like to go triple-platinum," Chavez said. "You gotta crawl before you walk."



Frontman Mark "Marky" Chavez delivers the ultimate rock show.

One posh party

This definitely ain't the symphony.

Toronto's most highbrow venue is expected to become a mass of writhing bodies on Feb. 8 when Roy Thompson Hall is transformed into a nightclub featuring some of the world's best DJs spinning progressive, trance and house music.

"The main stage will be one of the dance floors," said Ryan Cruger, a partner at Renaissance-Events, the Toronto-based company behind this event. "People are free to sit in the seats and just watch, or relax in the lobby ring that goes around the outside is massive, and that will be a second dance floor which will fit as many people as want to be there."

The party will feature a variety of artists such as DJ Sneak and DJ Heather from Chicago, Staircase Sound System from the U.K. and Micro from New York City.

But why such a prim and proper location?

"Roy Thompson Hall is the finest acoustically designed building in Canada," said Cruger. "If you like this music and you want to hear it better than any other place you've heard it, this is going to be the place."

There is no strict dress code but the event planners want to encourage people to dress to impress.

"We wanted to keep with the theme of the building which is class and style," said Cruger. "Why not encourage people to do that sort of thing and make it a more interesting night out?"

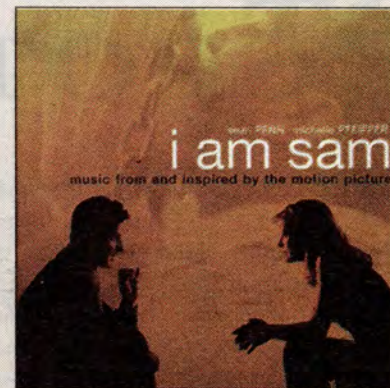
For ticket information go to www.renaissance-events.com or call (416) 872-4255.

- ANNA ROZBICKA

In Review:

Various Artist

I Am Sam - Soundtrack (BMG)



By ASHLEY MARTIN

The soundtrack for the critically acclaimed motion picture *I Am Sam* is a compilation of Beatles songs performed by seventeen of today's hottest musicians.

Each of the artists were instructed to adhere as closely to the original songs as possible.

The artists featured on the record are talented and diverse, from Eddie Vedder to Sarah McLachlan.

The first song is the light, sweet duet "Two Of Us". The use of funky instruments like paddles and maracas creates a real warmth for the listener.

Overall, the best song on the

album is Ben Harper's interpretation of "Strawberry Fields Forever". His unique voice captures the listener.

Every artist does complete justice to each song.

Given the fact that the record was recorded, mixed and produced in three weeks, the end result is an exceptional product.

The songs on the soundtrack are of high musical and production quality, but it's not exactly suited for upbeat moments or happy days.

However, if it's a day for self-pity and gloom, this soft but saddening release is perfect to throw on when all you want to do is have a lazy day to yourself in bed.

Get down and dirty with the Mudmen

By TONI MARIE IPPOLITO

Mixing hard rock with bagpipes sounds utterly ludicrous and impossible to pull off, but Toronto's Mudmen have certainly proved otherwise.

Even lead singer Zoy Nicoles, although appreciating the traditional bagpipe sounds, did not think the two sounds would mesh.

"When I was approached to be in this band I wasn't even interested because the thought of bagpipes and rock, to me, didn't mix," Nicoles said.

But persistence paid off, and the Mudmen have since been together for nearly a year and a half, making believers out of them all.

The Mudmen are vocalist Zoy Nicoles, Sandy Campbell and Rob Campbell on bagpipes, guitarist Lonny Knapp, bassist Tommy

Skilton and Ryan McCaffery on drums. They recently kicked off Humber's Winter Chill Festival with a bang-on performance for about 100 students passing through the HSF quad.

The set began with the big, burly brothers Campbell blowing mightily into their bagpipes alongside guitar, bass and drums to clearly prove to the crowd that Celtic sounds do jive with rock.

The music is loud, like AC/DC hard rock meets Nu Metal, with hammering edgy riffs and hooks, hardcore strumming basslines and banging percussion topped with a Celtic punch. It's brilliant.

But make no mistake about who they are. Sandy Campbell and Nicoles consider themselves a bagpipe rock band.

"We are not a Celtic band," Nicoles insisted.

As soon as Nicoles began belting out songs from their self-titled debut album, the buzz hit the floor and Humber students began asking "Who are these guys?", "Do you know if they'll still be playing when I get out of class?" and "Where can I see them next?"

Maybe it was the traditional Scottish kilts worn by the Campbells, or the fact that Knapp bounced around stage with Mick Jagger expressions, that was so appealing.

Whatever it is, the Mudmen plan to spread their unique sound to music fans worldwide.

"We still don't have a record



Toronto natives, the Mudmen are (clockwise from Left) Tommy Skilton, Sandy and Rob Campbell, Lonny Knapp, Ryan McCaffery and frontman Zoy Nicoles.



The Mudmen made their first stop at Humber College during HSF's Winter Chill Festival earlier this month.

deal but we are being pursued by many U.S. and Australian labels," Nicoles said.

So far, the band has secured a distribution deal with EMI, although they admit that money isn't their first priority when considering who they will sign with.

"We're much more interested in a marketing plan," Sandy said. "We're looking more into what a label can do for us in terms of getting us out there...the money will come later."

Campbell and Nicoles said that the band would prefer to sign with a label outside of Canada.

"The market here in Canada isn't big enough for us," Campbell said. "Bands generally don't make it that big here because the market is so much smaller compared to that of

the U.S."

The guys make it clear that they're proud of their Canadian roots and don't want their fans to think they are being anti-Canadian by wanting to sign with an international label.

"To put it simply, we want to put Canada on the map," Campbell said.

With the single "Saturday" off their debut album on rotation on MuchMusic and edge102, they seem to be headed down the right path.

The Mudmen are simply raw, rude and rockin'. See them at the Horseshoe Tavern on Feb. 8.

"We are going to rock the shit out of that place," Nicoles said.

No doubt.

HOT SPOT — where did you c'est?

By TONI MARIE IPPOLITO

Nestled below a century-old building on the corner of Front and Church Streets lies a tiny restaurant-lounge that just may be one of Toronto's finest small performance venues around.

Opened in 1988, C'est What offers music lovers not only the chance to taste gourmet food and fine wine, but an opportunity to hear live music by local independent bands.

In response to the overwhelming success of their indie music showcases, owner and manager George Milbrandt expanded four years later to create a music room he christened 'Nia.'

"A couple of the younger people on staff helped create the name, which means 'purpose' in Swahili," Milbrandt said.

And purpose it has. The Nia room at C'est What has played host

to some of today's most successful pop/rock artists.

"Some of the biggest acts that we've showcased before they hit it big have been the Tea Party, the Barenaked Ladies, Ron Sexsmith and Rufus Wainright," Milbrandt said. "Our biggest international act was Jewel before she hit it big with her breakthrough Superbowl performance."

Milbrandt said they look for original pop music with an edge when booking acts.

"Booking the talent is the art of balancing between commerce and art," he said. "We're looking for something that we're proud to put on stage, but at the same time we have to figure out if there's a crowd who will come out and see that band."

Milbrandt said that they usually host a different act every night but they do occasionally hold residencies for popular indie bands.

With the well-known acts that have graced the stage in the Nia room, it's no wonder Milbrandt boasts that they are a respected establishment in the independent music world. He is proud that C'est What gives Toronto's many local bands a much needed break to showcase their talent.

C'est What's Nia room was accurately named. Its purpose is to serve up some of Toronto's hottest talent. That, along with their specialty home brewed beer and homemade wines, makes C'est What first on the list for true local flavour.

C'est What's pub restaurant is located at 67 Front St. W., and the Nia room is around the corner at 19 Church St.

To get there by subway, go to Union Station and walk east on Front until you hit Church. For hours and upcoming acts go to www.cestwhat.com or call (416) 867-9499.



C'est What offers a dynamic environment, catering to fine diners, drinkers, and those looking for some great live entertainment.

Humber Buzz – playing to his own tune

By KELLY BRENTON

It all started with a little Yamaha keyboard.

Soon after Shirantha Beddage received the gift from his parents, he knew music was his future.

Now the 22-year-old Humber music student has added the baritone saxophone to his repertoire, and has recently been practicing the flute and clarinet.

As if that doesn't keep him occupied enough, Beddage also composes music, a skill he's been honing since the age of 16. He estimates that he's written 20 songs to date.

"Composing for piano is sometimes difficult because there are so many possibilities in terms of chords you can play. Saxophone is a one note instrument, so the possibilities are a bit more limited, but then when you combine that with a larger group, the composition becomes more complex," he said.

When writing music, Beddage relies on the computer program Musicator to play back what he's produced.

"That way, you can get an idea of how it sounds before you give it to a group.

"Some of my professors tell me they've written without the aid of an instrument, but that's coming from a great deal of experience. I think that's something that develops over time," he said.

Beddage started piano lessons at age five, and like many, he didn't always want to practice.

"My mom would make sure I did my scales and sight reading. I didn't like that part of it. I liked playing the

songs, but I didn't like doing the technique," he admitted.

Now he tries to practice for one to three hours daily.

"Sometimes I try to spread that out between different instruments and it becomes a bit more challenging. I've been spending some of my time writing, and that takes up more time," he said.

After studying sciences at the University of Western Ontario, Beddage chose Humber to focus on his love of music.

"The faculty was a big draw, as well as the courses available, the small size of the college and the location. I think this city is really a great centre for the arts, and a good city for jazz and music in general," he said.

Among his influences are the incomparable saxophonist John Coltrane, trumpeter Miles Davis and pianist Chick Corea.

After his graduation in May, Beddage plans to complete his masters degree in the United States. He's applied to New York University, the Manhattan School of Music, and the New England Conservatory of Music in Boston, where he's auditioning this week.

"I'm a little nervous. I know what I have to do, I just don't know who's going to be sitting at the table when I walk in there. Other than that, I think it's going to be quite a pleasant experience," he said.

Outside of school, Beddage performs with jazz and classical groups in Toronto, including the Toronto Jazz Orchestra and the Toronto Youth Wind Orchestra.

Some of the bands he plays with have been formed by graduates of

Humber's music program.

"The great thing about Humber is there's a really good chance to network. We're all trying to market ourselves and it's great because . . . when you need a musician for an occasion, you've always got people you can call," he said.

When he's in the mood to listen to some live jazz, Beddage heads to The Rex at 194 Queen St. W., The Montreal Bistro at 65 Sherbourne St., or The Top O' The Senator at 249 Victoria St.

He tries to have fun when performing, but isn't immune to pre-show jitters.

"I get nervous sometimes. It's partly because of the fact that when I perform at Humber, the audiences tend to be the most attentive and intelligent audiences that we'll probably ever have, so that puts the pressure on, but it's really just about having a good time," he insisted.

When asked to describe his sound, a long pause ensues.

"That's a tough question. Bright . . . I'm going to go with bright," he decided.

No doubt a description that will match his future.

Beddage will be performing at The Rex as part of The Don Thompson Jazz Workshop on Feb. 25, and again on Mar. 25, with The Ted Quinlan Contemporary Jazz Workshop. Both dates are free of charge. For times, call The Rex at (416) 598-2475.

His own group, aptly named The Shirantha Beddage Quartet, has been asked to play at his graduation recital on Mar. 21 at the Lakeshore auditorium.

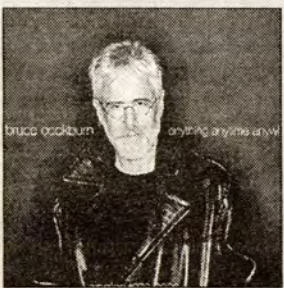


KELLY BRENTON

Humber jazz student Shirantha Beddage has been known to jam with the best in the jazz world, like Ted Quinlan and Don Thompson

In Review:

Bruce Cockburn
Anything Anytime Anywhere – Singles (Rounder Records)



By PAUL GURNSEY

Canadian folk rock legend Bruce Cockburn is back with a compilation of singles dating from 1979 to the present in his new release, *Anything Anytime Anywhere*.

Despite being one of Canada's

most prolific songwriters with 26 albums, his biggest commercial success came when another band covered one of his songs – the Barenaked Ladies performed his 1984 hit, "Lovers in a Dangerous Time" to a rousing, younger crowd.

But Cockburn has been honing his craft since the 50s when he began merging Mississippi blues, jazz harmonies and the different rhythms of Africa, India and Asia.

Over an entire generation, Cockburn has used his songs to monitor human greed, cruelty, and transcendence.

This compilation shows that he is best when he allows his melodies and agile finger-picking to shine.

At his worst – mid-80s-songs like, "If I had a Rocket Launcher" and "If a Tree Falls", suffer under strident, political messages and weighty, synth-rock production.

However, these were two of his most popular songs and were understandably included on this collection of singles.

The first track on this album, the melodic "My Beat", demonstrates that thankfully Cockburn is thankfully back to the folksy, organic sounds that began his career.

These songs represent a good catalogue of the latter two-thirds of his career, but a lot of Cockburn's best work is on the nine albums that came before.

The good news is that Rounder Records has cleaned up and re-mastered these older productions and will begin re-releasing them this summer.

Although Cockburn has never had commercial success over his lengthy career, this collection of songs may spark new interest in this somewhat forgotten Canadian icon.

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In Focus etc.

Mr. Canada leaves lasting impression

A tribute to Canada's gravelly-voiced journalist

Admirers and friends mourn the passing of Peter Gzowski but are blessed with the memories he's left behind.

Gzowski was born in Toronto on July 13, 1934. At age six, after his parents' short-lived marriage, his mother remarried and they moved to Galt, Ontario. He spent a few

year in the small town before running away from home at age 14. He then successfully located his paternal grandfather, who arranged for him to attend Ridley College in St. Catharines.

Sadly, he was taunted and shamed by his peers for his acute acne, and spent his teen years as a social out-

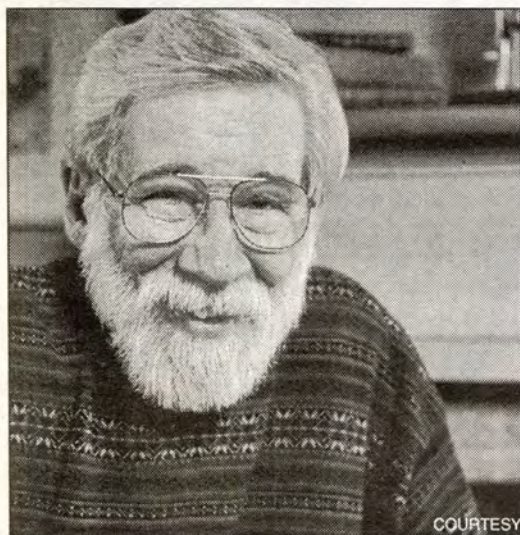
cast. But the strong-willed Gzowski surrounded himself with literary works and started writing, which later became his passion.

After graduating high school with two full scholarships, he decided to attend the University of Toronto, but then abandoned his studies in 1954 to work at a small-town newspaper. Gzowski continued to expand his experience in print journalism, working his way

into various editorial positions. He was said to be a tough editor and writers often found it difficult to swallow his harsh, tactless criticism. Although the high-point of his career was as host of CBC's *Morningside*, he would be the first to protest that his passions lay in writing.

Peter Gzowski, the man behind the mic, was the voice of reason. His immeasurable generosity revealed his love and knowledge of the country. His unflinching interest in people, enthusiasm, and ability to relax his guests allowed him to deliver entertaining conversation to his audience. These interview skills freed him from his shell and enticed prime ministers, pop stars and average Canadians into the nation's kitchens, cars and workplaces.

He asked the questions that his listeners were asking. One question remains: will anyone else come close to the way Gzowski touched Canadians?



Humber remembers broadcaster

Et Cetera speaks to staff and students about the Gzowski effect

"I think his contributions to the media world have had a significant impact. He will be greatly missed."

— Mike McCarthy
second year Journalism student

"His son was in a band with me...I've met him a few times. He came out to the studio where we were working. Lovely guy. Mr. Canadiana, he'll be missed."

— Marc Lappano
Comedy Program coordinator

"Smart man that had a dumb habit."

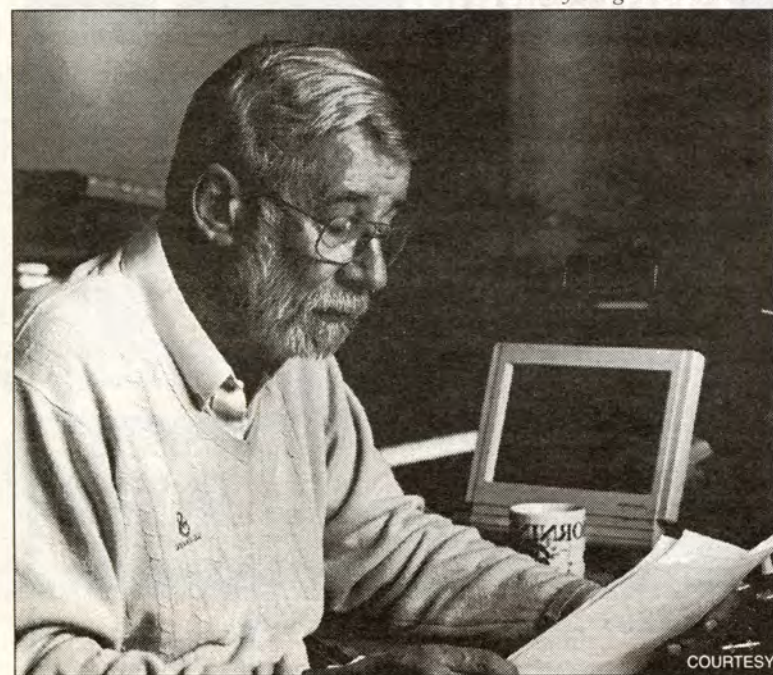
— Jerry Chomyn
Humber Radio Station Manager

"Because of all the publicity that's just been generated in the last few days and all the biographies, it just speaks for itself...He was just always giving...And the funeral home I'll be going to for school is the home that actually held his funeral."

— Susan Beitz
Funeral Services Program

"I remember listening to him. He was a great Canadian broadcaster. I remember listening to him when I was eight or nine on Saturday mornings. It's unfortunate that he passed away, because he was such an icon in Canadian broadcasting."

— Joelle Forget,
second year Travel and Tourism



Career

Highlights:

- In 1954, Peter Gzowski began his journalism career at the Timmins' *Daily Press* in northern Ontario, but then returned to the University of Toronto, where he was editor of the student newspaper, *The Varsity*, and worked part-time at *The Telegram*.

- In the spring of 1957, he became editor of *The Moose Jaw Times-Herald* in Saskatchewan.

- By the fall of 1957, he had moved on to managing editor of the *Chatham Daily News* in Ontario.

- In 1958, he joined the staff at *Macleans* magazine, and at the age of 28 he became the youngest-ever managing editor of *Macleans*. He moved on to *The Toronto Star* as the Entertainment editor and then to *The Star Weekly*, until it was shut down in 1968. He returned to *Macleans* as an editor, but departed soon after to explore other opportunities.

- In 1971, CBC producer Alex Frame asked Gzowski to host his new morning show, *This Country in the Morning*.

- In 1974, he left radio to pursue a television career hosting *90 Minutes Live*. The show was not well received, and this quickly became a low-point in Gzowski's career.

- In 1982, after a chance meeting with Barbara Frum, he returned to the airwaves as host of CBC's *Morningside* and lasted for 15 years (until his retirement in 1997).

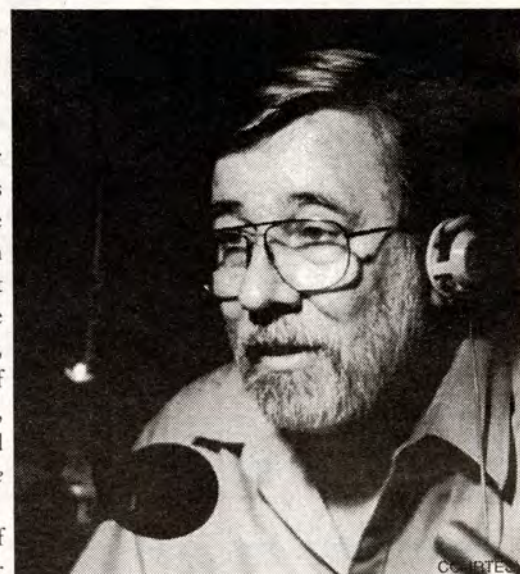
- In 1998, he returned to radio, hosting *Gzowski in Conversation* and *Some of the Best Minds of Our Time*.

Awards and Recognition:

- In 1992, Gzowski was named Champion to the Order of Canada.
- In 1995, he was awarded a Governor-General's Performing Arts Award for Lifetime Achievement in Broadcasting.
- In 1997, he won the International Peabody award for broadcasting — the only individual to be given this award.
- On July 1, 1999, he became the eighth Chancellor of Trent University.
- He won seven ACTRA awards.

Gzowski facts:

- He was the great-great-grandson of a Polish noble
- He conducted about 27,000 interviews as the host of *Morningside*
- In 1997, *Morningside* had 1.3 million listeners a week
- He quit smoking two years ago
- For 50 years he smoked 75 cigarettes a day
- Gzowski held honorary doctorates from 11 Canadian universities
- He was a member of the Canadian News Hall of Fame
- He wrote a weekly column for *The Globe and Mail*, and a monthly column for *Canadian Living* magazine.
- He wrote 16 books, including *The Game of Our Lives* (1981), *A Peter Gzowski Reader* (2001)
- In 1986, he founded the Peter Gzowski Invitational Tournaments for Literacy, which has generated more than \$6.5 million over the last 16 years



Money Matters etc.

MPP introduces new credit bill

Consumer amendment act aimed at improving credit reporting inadequacies

By JOHN PRATT

People with credit problems now have an ally in their corner.

Last December, Liberal MPP Joe Cordiano (York South-Weston) introduced a private members bill to "ensure greater accountability and transparency in the credit rating system."

"If people don't have a good, credit history and there are errors in the report done by the agency, that can really affect your chances of getting a loan, a mortgage, or renting an apartment," said Cordiano.

In the past three years, 1,600 Ontarians filed complaints against credit reporting agencies.

Cordiano said these numbers influenced his decision to try and amend the Act.

"There's only been one audit of credit bureaus in the last three years so that combined with that level of complaint - you've got to wonder. It's not an area that's received any kind of attention," he explained.

Equifax Canada and TransUnion Canada are the two major credit reporting agencies in Canada.

"The bill has only recently been submitted, therefore Equifax is not in a position to make comment," said Equifax spokesperson, Kathy Salazar.

Cordiano's consumer reporting amendment act is aimed at improv-

ing long ignored inadequacies in credit reports throughout the province.

Some of the highlighted recommendations include a more prompt response by agencies when correcting mistaken credit information, allowing the public greater access to information used against them and ensuring an individual's credit file is not penalized with every credit check.

Humber Horticultural student, Mark Salvati, said he is not concerned about credit report agencies but is cognizant of his credit rating.

"I guess I'm very aware," Salvati said. "Yeah, I've had some problems in the past but I've fixed it."

Many Humber students, when asked, had still not applied for their first credit card.

One of the act's amendments proposes that agencies would have to provide consumers with a toll-free number and provide trained personnel to handle all inquiries regarding information in consumers' credit files.

Cordiano said if the bill passes, the cost to credit agencies to implement these changes would be negligible.

"I don't think it's going to be a financial burden. Equifax is a huge, multinational corporation that operates across North America," he said.

Another amendment would

require the credit reporting agency to respond to consumer disputes, in writing, within 30 days.

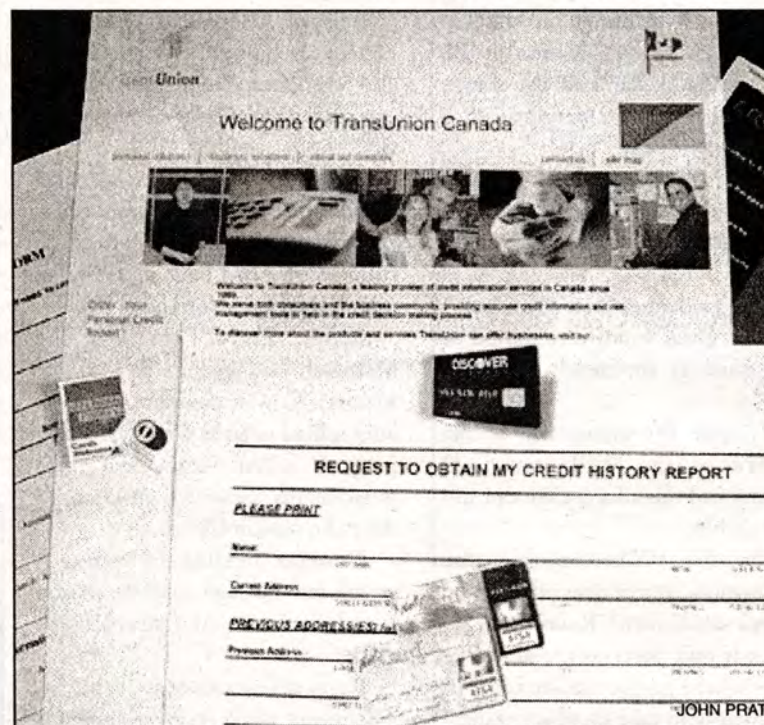
Cordiano advised students to be aware of their credit profile.

"If you have any doubts about what's in your file, then request a copy of your history," said Cordiano. "It's important to keep it current. Investigate what's in it, you might be surprised."

The consumer reporting amendment act was submitted by Cordiano on Dec. 12.



Liberal MPP Joe Cordiano



Cordiano said students should be aware of their credit rating.

Credit Check:

- Contact a credit reporting agency's Equifax Canada at 1-800-465-7166 (www.equifax.com) and TransUnion Canada at 1-800-663-9980 (www.tuc.ca)

- A credit report form can be printed out from either the Web site or phone one of the toll free numbers for further instructions
- Include two pieces of identification, including a proof of address with your form (see Web sites for further details)

- Identification can include a statement from a utility bill, gas, phone, electricity, cable, lease or drivers license

- Completely fill out the form
- A copy of your personal credit history will be mailed to you within two to three weeks

- If there is an inaccuracy, you can fill out the consumer credit report update form on the Equifax Web site or call one of the toll free numbers

- After the agency receives notification, they will begin a Dispute Resolution process

- If changes are made, a revised credit report will be sent to your home

- There is no charge for this service

- JP

Exchange used and abused currency for cold hard cash

By M. CHARLES SALEM

Don't assume you should throw out mangled or incomplete portions of your tattered \$5 or \$20 bill - they may be worth something after all.

Anyone who has found a piece of a bill and longed to find the other half can exchange it for at least a part of the note's intended value.

"We measure partial bills to determine their value," said Jeff Bradley, of the mutilated note service at the Bank of Canada. "If it is a half note, we assess it as half value. Two-thirds or greater will be accorded full value."

However, if you are unable to provide at least half the note, the chances of being reimbursed are slim.

The Bank of Canada's official position is that portions of bills at one-third or less have no remaining value.

"This process however, is not etched in stone," said Bradley. "A lot depends upon the circumstances on how the notes become mutilated in the first place."

If the notes have been burned to less than one-third, Bradley said the bank would attempt to discover a key piece, which is distinct to each denomination, and then rule on a case by case basis.

Mutilated bills are usually turned in by corporations attempting to minimize loss when mass amounts of currency have been accidentally damaged. But there are no minimum amount restrictions when submitting partial notes for evaluation, and it is also open to the public.

Sarah Auletta, a customer service representative at an Oakville branch of TD Canada Trust, said that turning in partial notes is not common. It is so unusual that she had to phone branch support to verify the bank's policy on the matter.

TD Canada Trust will only take mutilated notes from TD customers and will only

credit the partial value after the Bank of Canada has made an assessment.

The Bank of Canada recommends that people submitting mutilated notes include their full name and address, a letter explaining how the notes came to be mutilated (if known) and an estimate of their worth.

They also encourage the sender to carefully package the damaged notes to assure no further damage in transit.

More information can be found at the general Bank of Canada inquiries line at 1-888-513-8212 or visit the Web site at www.bank-banque-canada.ca/en/banknotes/mutilated/index.html

Walkerton poisoned water case leaks media dribble

By JAMES TONE

Did the leaked Walkerton report tell the whole story?

The debate on media manipulation is back on the front burner after the premature leak of details from the inquiry into the May 2000 water contamination that caused seven deaths in Walkerton, Ontario.

The release of the Honourable Dennis R. O'Connor's Report of the Walkerton Inquiry was rapidly moved up in response to the leaked report, which was alleged to contain incorrect information.

Peter Rehak, the inquiry's media consultant, said the leaked report did not accurately represent the inquiry's findings.

"The leaked story did not refer to some key conclusions and other conclusions were inaccurate," Rehak said. "The report that the commissioner places most of the blame on the Koebel brothers is inaccurate."

The Walkerton leak once again raised the concern that the media can be manipulated.

Don Sellar, the Ombudsperson for *The Toronto Star*, said this is not a new trend.

"The media is open to manipulation every day," Sellar said. "We should hardly be surprised by the Walkerton leak because this happens every day with all kinds of information."

Joel Ruimy, executive director of Canadian Journalists for Free Expression, said journalists are responsible for ensuring the accuracy of the information they get from a source, regardless of whether or not they are named.

"The important thing is for the journalist to assure that the information is authentic," Ruimy said. "The source is not anonymous to the journalist."

The troubling thing is that sources that leak stories can influence the story. In the case of Walkerton, questions surfaced about who was responsible for the leak.

The Walkerton Inquiry handed the report over to the Ministry of the Attorney General of Ontario on Jan. 14, 2002. The leaked story appeared on the Canadian Press newswire two days later.

"The inquiry is extremely disappointed in the leak," Rehak said. "The leak did not originate with the inquiry."

Speculation centres on the government as the source of the leak.

"The leak immediately raised issues about the possibility that the government was trying to get selective information out," Sellar said. "The story was filed at 6 p.m., which really limits the ability of competing media outlets to get balance."

As a result, Sellar said the *Star* wanted to provide context for the story.

"The paper felt a duty to get the story out, but to put it in the context of a leak," Sellar said.

The source for the Walkerton leak is not identified in the CP story, even by qualification or job description. Sellar said the source should have been identified in a more specific way.

"The Canadian Press reporter should at least have suggested in general who his source was," Sellar said.

CP guidelines state that "news sources given anonymity should be identified as specifically as possible."

Despite the anonymity of the source of the Walkerton leak, Ruimy said the information can still be reliable.

"In the Walkerton case, the anonymous source does not lose the story's credibility," Ruimy said. "I think it only loses its credibility in cases where people use the cover of anonymity to take shots at people."

Readers and editors alike should examine unnamed sources critically to ensure the story has not been manipulated by the source.

"If we have more informed readers, people will read the newspaper with a certain skepticism and that's a good thing," Sellar said.

4Unity in the community



Parkdale teens seeking a future in media arts can go to 4Unity.

By DALIA WRIGHT

4Unity Productions is one of Toronto's fastest growing youth organizations. Started in 1999, it has proved to be a welcoming environment for teens seeking a future in media arts.

Teisha Thompson, executive director at 4Unity Productions, said that a program like this was needed, especially in the Parkdale community.

It was about five years ago that Thompson and Mike McIntosh, a coordinator for 4Unity Productions realized they had been a part of an important service for young people.

Before 1997, Thompson and McIntosh had been going to the Masaryk-Cowan community centre after school to learn about video in a program called 4Unity and radio broadcasting through a program for the radio station CPRK.

However, funding for both programs fell through and the centre closed the door on the two-part program.

Eager to learn more about media, Thompson asked Barbara Hutchinson, who had already been involved in community services for help.

Thompson and Hutchinson wrote a grant application to Canada's Arts Council for start-up assistance.

With that money in hand, Thompson and her friends McIntosh and video program coordinator Andre Walsh helped establish 4Unity Productions.

Today 4Unity Productions amalgamates the two previous programs 4Unity (audio component) and CPRK (radio broadcast component).

"4Unity is a multi-disciplinary arts program that provides access to education in audio, video and graphic design," said Thompson. "We create opportunities for youth to apply the skills that they're learning."

Since they celebrated their first anniversary as an official government service in 2000, 4Unity has been a significant role model not only for the people of Parkdale, but the arts community in general.

Other Canadian cities such as Halifax and Montreal as well as international countries like Jamaica, have requested 4Unity's help to assist in creating similar programs that would encourage their youth to focus on a future in media.

So far, Elm Bank, a community centre in Rexdale, has been the only other center to come close to what 4Unity has produced in Parkdale.

The Parkdale site is the only place where youth can be educated in audio, video, print media and graphic design, while Elm Bank focuses more on graphic design.

"The thing I find most signifi-



Andre Walsh has been involved with 4Unity Productions since 1999.

cant about 4Unity and the whole satellite initiative is the fact that there are very few spaces, very few facilities where you can actually go and learn about talent development, learn how to properly put together a bio(graphy) and learn to talk to managers," said Thompson.

Despite the fact that Thompson is studying sociology and political science at the University of Toronto, her aspirations of becoming a singer or dancer have kept her committed to 4Unity and Helping Young People Excel, which is the premise for H.Y.P.E., another 4Unity project.

H.Y.P.E. is a mixture of education and entertainment through workshops and panels. It brings top Canadian professionals who are seeking new talent together with new talent seeking management.

The first H.Y.P.E. was held at the Art Gallery of Ontario last December. It was the stimulus that generated more ideas for more community events and projects for 4Unity.

"That is what I love about the people I work with, we're constantly creating," Thompson said.

Thompson said that there are many youth who want to learn the skills they need to be better artists but don't feel they have a future in the field, so they don't try.

4Unity provides youth with the self-esteem to follow their dreams and make a future for themselves.

"We have youth that will come through the doors and say 'Nah man I can't freestyle,'" said Thompson. "Between Mike, Andre and me we get it out of them. (It's) to the point where we can't get them off the mic."

Over 200 youth between the ages of 12 and 26 have benefited from the services of 4Unity.

The response that 4Unity has generated demonstrates that their services have changed many lives, especially those who might not have

had the chance to recognize their abilities.

If it weren't for the efforts of volunteers like Thompson, McIntosh and Walsh, many youth wouldn't have the courage to see their dreams become reality.

"I would love to have (had) something like this when I was 15, 16," said Thompson. "Who knows where I could be?"

If you are interested in helping Toronto youth and you have skills relating to the format of 4Unity, volunteers are welcome. Contact 4Unity at hype4unity@hotmail.com.

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Hawks win despite poor officiating

By KOLIN JONES

The Humber Hawks women's basketball team won its fifth straight game and continued its domination of the OCAA with a convincing 72-41 win over the George Brown Huskies last Wednesday.

George Brown played well in the opening minutes of the game, giving Humber a bigger challenge than expected. The Hawks turned their game up a notch and went on a 15-3 scoring run midway through the first half. By half-time, their lead had increased to 39-25.

"Every year we come in here and we get a bit of a slow start," Humber coach Denise Perrier said.

Humber displayed excellent defence and ball control in the second half, limiting George Brown to only 16 points in the final 20 minutes of play.

The Huskies were still in the game when the score was 43-34 in favour of the Hawks, but Humber went on another spectacular run, scoring 14 unanswered points. The Huskies quickly found themselves with too much of a deficit to come back.

Perrier said the team's bad start could also be attributed to poor officiating. The Hawks had many questionable fouls and travels called against them throughout the game.

"They looked like rookie officials. It kept the Huskies in the game early. There were some calls that I was just so shocked about," Perrier said. "I think I was more pissed off about it than the team was, but we calmed down and we played our game, because we're going to have to face that."

Humber forward Brenda Chambers scored 11 points in her first start since injuring her ankle in



Hawks guard Beth Latendresse (15) makes a shot while point guard Elaine Morrison looks on during last week's George Brown game.

the team's first practice after the break. She saw limited action in the Hawks' 75-31 win over Algonquin on Jan. 18. Chambers also slammed the officials after the game.

"I don't know what they were watching. Men usually get three refs, I'm thinking they need to implement that in women's games, because they were missing calls left, right and centre," she said.

As for the team's play, Chambers

insists the Hawks are heading in the right direction.

"The team's doing really well. We're stepping it up, we're talking, we're passing the ball a little bit better. Our team is getting better, no matter what you saw here tonight."

Forward Miranda Pyette led the Hawks in scoring with 20 points, while Beth Latendresse had 14 and Elaine Morrison added 10 for the win.

Nail-biter match goes to Huskies

By TRACY MOORE

The Hawks men's basketball team's loss to the George Brown Huskies last Wednesday was much too close for comfort.

"George Brown won that game. They played well and a loss at four seconds is disappointing, but our guys didn't make the big play at the end," said head coach Mike Katz.

With only a minute left in the game, the score was tied 68-68. With 33 seconds left on the clock,

the Hawks stole the ball, but 10 seconds later, they turned the ball over to the Huskies, and the game was over. They ended up losing 70-68.

"We had key turnovers at the wrong time," said veteran forward Ben Sanders, who scrapped for 18 points on the night, 12 of those coming in the first half.

"Usually when Ben scores we win, but it didn't happen and the turnovers were a little too much," said Katz.

The score was close between the

two teams the whole way through the game until George Brown pulled ahead.

"We played better defensively but had difficulties containing George Brown's guards," said assistant coach Darrell Glenn.

Fitzroy Woolery was Humber's high scorer with 27 points. He gave the Hawks a scare when he was knocked down by an opposing player, but returned to the game unharmed a few minutes later.

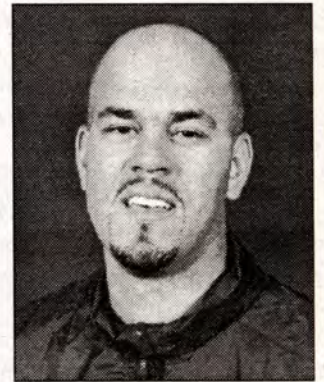
ATHLETES OF THE WEEK

BEN SANDERS

Men's basketball forward Ben Sanders racked up 18 points in last Wednesday's game against the George Brown Huskies.

Twelve of Sanders' points came in the first half of the game, which ended up to be a disappointing 70-68 loss for the Hawks. The outcome was decided in the final seconds of the game.

Sanders is a veteran player and is in the Accounting program.



KRISTA SCHAFF

When middle Carrie Moffat went down with an ankle injury in last weekend's women's volleyball Centennial tournament, off-side Krista Schaff stepped in to play middle.

It was a position she'd never played before, but it paid off as she helped her team advance past pool play.

Schaff, a two-year veteran of the squad is in the Advertising and Media Sales program.



ON DECK

JAN. 31	Women's basketball vs. Mohawk, 6 p.m. Men's basketball vs. Mohawk, 8 p.m.
FEB. 1	Men's basketball at Seneca, 8 p.m.
FEB. 2	Men's hockey vs. Fleming, 8 p.m. Men's volleyball at Cambrian, 3 p.m.
FEB. 5	Women's volleyball at Centennial, 6 p.m. Men's basketball vs. Centennial, 8 p.m.
FEB. 6	Men's volleyball at Georgian, 8 p.m.

QUOTE OF THE WEEK

"I don't know what they're watching. Men usually get three refs, I'm thinking they need to implement that in women's games, because they were missing calls left, right and centre."

Humber Hawks women's basketball forward **Brenda Chambers** speaking out against the poor officiating that took place in last Wednesday's game against the George Brown Huskies.

Humber had numerous travels and fouls called against them, but that didn't stop them from dominating the game until the end, winning 72-41.

Chambers, fresh from an ankle injury, saw minimal play and finished the game with 11 points.

etc.

Hawks volleyball tames Grizzlies on home floor

By AMY MILES

The men's volleyball team continued to improve their record last week with a 3-1 (25-15, 25-19, 20-25, 25-17) win over Georgian College in Barrie.

Humber head coach Wayne Wilkins said that winning was never an issue.

"It was never a matter of 'Will we be able to beat Georgian?' It was more a matter of 'Can we beat them by playing all our players and trying out new things?'"

Wilkins' strategy was to give some of the newer players some court time to get their feet wet in preparation for the 2002 playoffs.

As the volleyball team gears up for the Ontario Colleges Athletic Association championship at the end of February, the pressure has been turned up.

"As the season goes on, playing time is limited," said Wilkins.

"The team still needs to work on a few things, and will continue to practice hard until the playoffs begin. The last thing we need to do is peak too early."

Wilkins named Derek Young, Dave Hartshorn and Dan Solomon as the team's MVPs of the match.

The men travel to Sudbury this Saturday to face Cambrian College, where they hope to exhibit their new and improved serving since the last time these two teams met.

The men failed to convert over 20 serves in their previous match with Cambrian on Jan. 13.

"Fear is a great motivator," said Wilkins of his team's new form.

Women's team cruises past Grizzlies

The Humber women's volleyball team also travelled to Georgian College in Barrie last week and came home with a clean sweep, winning 3-0 (25-13, 25-22, 25-14)

Head coach Chris Wilkins said his team played well.

"Georgian is a middle-of-the-pack team who always play us strong, and we did what we had to do to get the victory," he said.

While Wilkins was impressed with his team's performance, and was thankful that his team disposed at Georgian in three straight sets, he admitted the girls still need to work on a few things.

"When we meet up with better teams down the road we'll need to improve our transition game," Wilkins said.

When the other team serves up the ball, the girls are inconsistent when hitting the ball back over the net, Wilkins explained.

Despite the need to improve their service game, Wilkins is still pleased with the way his team is playing and is impressed that they continue to find ways to win despite their weaknesses.

Power Kirsty Goodearle and middle Carrie Moffat's consistent play at the net continued to be a threat and earned them player of the game honours.



Humber point guard Elaine Morrison guarded carefully by George Brown's Marie John last Wednesday night. John and the Huskies couldn't hold back the Hawks however, as Humber cruised to a 72-41 win.

St. Lawrence College surprises Humber with lopsided win

By TRACY MOORE

The Hawks men's basketball squad was shut down by St. Lawrence (Kingston) in an exhibition game last Friday.

A final score of 78-62 was a disappointing loss for the Hawks to say the least.

The Hawks' high scorer Fitzroy Woolery scored 22 points, followed by Curtis Francis with 11 points.

Humber's defeat came on the heels of a solid per-

formance but close loss against George Brown last Wednesday night.

With low shooting percentages and defensive troubles, the Hawks seem to have reached a low with their last two back-to-back losses.

"This was a terrible game for us," said assistant coach Andrew Vallejo.

The team won't have much time to regroup as they have a hectic week ahead of them. Tonight, they host Mohawk before facing Seneca tomorrow.

Short-staffed Hawks falter

Injury-plagued Hawks volleyball team comes up just short at Centennial College

By AMY MILES

The Hawks women's volleyball team was riddled with injuries this past weekend, but still managed to come away with second place at the Centennial tournament.

Middle Carrie Moffat sprained her ankle in pool play, and tournament all-star Alex Romano is still not 100 per cent.

Offside Krista Schaff stepped up to play middle, a position she had never played, and helped Humber advance past pool play.

In pool play, the Hawks were 9-1, giving them the second seed going into the playoffs. They defeated Durham 2-1 in the semi-finals

and faced Cambrian in the final.

Coach Chris Wilkins was quite pleased with his team's performance.

"The best thing about this team is they are always finding ways to win. When Carrie got hurt, they really pulled together as a team and continued to win," he said.

Wilkins sees his coaching job as an easy one this year, thanks to his team's huge heart.

"They pass very well and at times they play terrific defence. But most of all, they work together as a team," he said.

Despite his glowing praise,

Wilkins admits the team's transition game is a problem.

"We need to execute on our kills once the other team has put the ball over the net," said Wilkins.

He is confident, however, that by playoff time, his team will be ready. He said once everyone is 100 per cent and they have time to work on their transition game and their serving, they will be in an excellent position.

Over the weekend, the Hawks, one of the strongest serving teams in the league, com-

mitted 36 serving errors.

But despite those errors, centre Kirsty Goodearle had her best tournament of the year.

"Especially after Carrie went down, Kirsty is the only true centre on the team and she played her best tournament from the early morning pool play until the finals that night," said Wilkins.

Humber hopes to have all of their women's volleyball players in top shape for their next matchup against Mohawk College which comes tonight at 6 p.m.

The Hawks then travel to Centennial College on Tuesday evening.



etc.

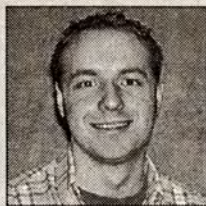
Men's volleyball

Team	MP	MW	ML	GW	GL	PTS
CENTRAL REGION						
Humber	11	10	1	32	9	26
Seneca	16	8	2	26	6	16
Sheridan	11	5	6	20	20	10
Cambrian	12	5	7	18	24	10
Boréal	11	0	11	1	33	0
EAST REGION						
Loyalist	10	10	0	30	2	20
Durham	9	7	2	23	7	14
Algonquin	8	5	3	16	11	10
Geo. Brown	7	3	4	11	13	6
S.S. Fleming	9	3	6	10	20	6
R.M.C.	8	2	6	10	21	4
La Cité	9	0	9	1	27	0
WEST REGION						
Redeemer	12	9	3	29	18	18
Niagara	8	6	2	22	9	12
Nipissing	12	6	6	23	21	12
St. Clair	10	5	5	19	19	10
Mohawk	10	4	6	18	21	8
Canadore	10	1	9	6	29	2

Give Bledsoe a 'Pat' on the back

In sports, some days you get it right, and some days you get it right in the nuts. A quick glance at who's getting squared and who's come full circle in the world of big names and big games.

By PATRICK MALONEY



ROUGH DRAFT

It was a dark day in June, 1989, when the Toronto Maple Leafs had secured three first-round draft picks in the NHL's annual talent mine.

After picking Scott Thornton (3rd) and Rob Pearson (12th), the Leafs sunk to a new low -with the last pick of the opening

round, they selected forward Steve Bancroft. He would go on to play only one NHL game over the next 12 seasons.

Tuesday night, however, he was finally added to the roster at the Air Canada Centre. Not for the Buds, of course, but for the visiting San Jose Sharks. He has spent years toiling in the minors and torturing die-hard T.O. hockeyheads.

To look at the players selected after him in 1989 is to shudder endlessly. Adam Foote, Patrice Brisebois, Kris Draper, Sergei Federov and, er... Pavel Bure.

For the record, Thornton has carved out a fine NHL career and, like Bancroft, is also a member of the San Jose Sharks.

PATRIOTIC SUPPORT Volume 1

New England's \$100-million QB Drew Bledsoe has taken it like a man all season.

Since his starting spot was usurped by Tom Brady, he has dutifully sat on the sidelines in silence. Then, when an injury to Brady pulled him into last Sunday's playoff game against Pittsburgh, Bledsoe suited up and led the Pats to the win and a berth in the Super Bowl.

No complaining, no sour grapes. He simply said he was happy to put his own interests aside for the good of the team. I wonder if anyone in the Buffalo Bills camp was watching that

AFC championship game. God knows they weren't playing in it.

PATRIOTIC SUPPORT Volume 2

This year's Super Bowl is drenched in red, white and blue Americana.

Old glory is hanging from every sign, advertisement and PR rep's lips. Does anyone else find it funny that the show's biggest attractions are Ireland's U2 and our very own Barenaked Ladies? Just wondering.

PHANTOM FANS

There's a special electricity in the air lately - less than two months until the start of the Toronto Phantoms' new season. Whaddya mean, who? The AFL team. Remember? That's Arena Football. No, seriously, we have a team. We're the defending Eastern Division champs, y'know.

DENIED

Tuesday, the Nevada Boxing Commission denied Mike Tyson's application for a licence to fight in the state. Good! Enough said.

MAKING HEADLINES

I just want to take this opportunity to profess my undying crush on sports broadcaster Martine Gaillard. Oh, to be Greg Sansone's suit-jacket-and-turtleneck combo.

Editor's note - For those Score viewers who are getting a little tired of Elliot Friedman's girating waddle, tune back in to channel 53 and take a look at The Score's latest addition, Deb Matejicka. Those hockey recaps are much better now.

Women's basketball

Team	GP	W	L	PTS	PF	AVG	PA	AVG	PCT	GB
EAST REGION										
Humber	7	6	1	12	546	78.00	290	41.43	0.857	-
Seneca	6	5	1	10	415	69.17	337	56.17	0.833	0.5
Durham	5	4	1	8	293	58.60	215	43.00	0.800	1
Georgian	6	2	4	4	265	44.17	404	67.33	0.333	3.5
Loyalist	7	2	5	4	379	54.14	489	69.86	0.286	4
Algonquin	5	1	4	2	216	43.20	314	62.80	0.200	4
George Brown	8	2	6	4	395	49.38	460	57.50	0.250	4.5
WEST REGION										
St. Clair	5	5	0	10	320	64.00	235	47.00	1.00	-
Fanshawe	6	4	2	8	366	61.00	314	52.33	0.667	1.5
Niagara	6	4	2	8	327	54.50	276	46.00	0.667	1.5
Redeemer	6	3	3	6	300	50.00	283	47.17	0.500	2.5
Mohawk	6	2	4	4	341	56.83	327	54.50	0.333	3.5
Algoma	7	0	7	0	290	41.43	509	72.71	0.000	6

Men's basketball

Team	GP	W	L	PTS	PF	AVG	PA	AVG	PCT	GB
CENTRAL REGION										
Sheridan	8	8	0	16	605	75.63	506	63.25	1.000	-
Humber	8	5	3	10	625	78.13	591	73.88	0.625	3
George Brown	8	5	3	10	625	78.13	591	73.88	0.625	3
Mohawk	8	3	5	6	576	72.00	562	72.25	0.375	6
Centennial	8	1	7	2	370	61.67	418	69.67	0.167	6
Seneca	8	1	7	2	499	62.38	620	77.50	0.125	7
EAST REGION										
Loyalist	5	5	0	10	363	72.66	304	60.80	1.000	-
St. Lawrence (K)	4	3	1	6	297	74.25	273	68.25	0.750	1.5
Algonquin	3	2	1	4	230	76.67	206	68.67	0.667	2
Georgian	5	2	3	4	366	73.20	374	74.80	0.400	3.5
S.S. Fleming	4	1	3	2	285	71.25	319	79.75	0.250	3
Durham	5	0	5	0	304	60.80	369	73.80	0.000	5
WEST REGION										
Niagara	8	6	2	12	601	75.13	518	64.75	0.750	-
St. Clair	5	4	1	8	426	85.20	376	75.20	0.800	0.5
Fanshawe	7	5	2	10	548	78.29	431	61.57	0.714	0.5
Sault	8	5	3	10	593	74.13	607	75.88	0.625	1
Lambton	8	4	4	8	693	86.63	655	81.88	0.500	2
Redeemer	8	2	6	4	580	75.50	673	84.13	0.250	4
Algoma	8	0	8	0	526	65.75	707	88.38	0.000	6

Women's volleyball

Team	MP	MW	ML	GW	GL	PTS
CENTRAL REGION						
Cambrian	9	8	1	25	4	16
Humber	9	8	1	25	4	16
Seneca	7	4	3	12	11	8
Sheridan	8	4	4	13	18	8
Georgian	8	2	6	8	20	4
Centennial	6	1	5	7	15	2
Boréal	7	0	7	3	21	0
EAST REGION						
Durham	8	8	0	24	1	16
Algonquin	8	7	1	21	6	14
R.M.C.	9	6	3	18	14	12
Loyalist	11	6	5	24	17	12
Confederation	8	2	6	7	26	4
La Cité	8	2	6	9	22	4
S.S. Fleming	10	0	10	7	30	0
WEST REGION						
Mohawk	9	8	1	25	7	16
Nipissing	8	6	2	22	7	12
Niagara	8	5	3	17	14	10
St. Clair	8	5	3	18	13	10
Redeemer	10	4	6	13	22	8
Sault	8	3	5	13	19	6
Lambton	9	3	6	13	21	6
Canadore	10	1	9	11	29	2

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Jobs scarce for passive student

by Beth Geall
Humber students are not as aggressive as they have been in the past. They are passive and do not take initiative. This is a problem because the job market is so competitive. Students need to be proactive and seek out opportunities. Many students are waiting for opportunities to come to them, but in a competitive market, they need to go out and find them.

Public Service Canada is offering a program for students. The program is designed to help students gain work experience and develop their skills. It is a great opportunity for students who are looking for a way to gain practical experience in their field of study.

After booze, nicotine and caffeine there isn't much left. This is a common problem for many students. They are often stressed and have a lot of things going on. They need to take care of themselves and find ways to relax and recharge.

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Reefer Madness
Something to take about...
The effects of marijuana are being studied. Researchers are looking at how it affects the brain and the body. This is important information for students who are interested in health and science.

Movie Star Trek on its way
The new Star Trek movie is coming out. It's a great movie for fans of the series. It features the original cast members and a new crew. It's a must-see for anyone who loves Star Trek.

Hawks score 17 in 2 wins undefeated in nine games
The Humber Hawks are doing well in their hockey games. They have won two games and are undefeated in their first nine games. This is a great start for the team and shows that they are a competitive force.

Humber's Humdinger
A special event at Humber College. It's a fun and exciting event for students and faculty. It's a great way to celebrate the achievements of the college and its students.

Self-probe to assess college performance
Students are encouraged to evaluate their own performance in college. This is an important part of the learning process and helps students identify areas where they need to improve.

Murdered ghost of LB121 hunted by shameful past
A story about a student who was murdered. The student's ghost is said to haunt the campus. This is a scary and disturbing story that has caused a lot of concern among students and faculty.

College broke
A story about a student who has broken a record. The student has achieved something that no one else has before. This is a great accomplishment and a source of pride for the college.

Self-probe to assess college performance
A continuation of the article about students evaluating their performance. It discusses the importance of self-reflection and how it can help students succeed in college.

Both Sides Now
A story about a student who is looking at things from a different perspective. It's a thought-provoking story that challenges the way we see the world.

ASBESTOS FOUND IN HUMBER
A story about the discovery of asbestos in a building at Humber College. This is a serious health and safety issue that has caused a lot of concern.

Crowd welcomes Duke with ovation
A story about a student who has been named Duke. The student has been recognized for their achievements and is being welcomed with a great ovation.

Is Humber preparing students for real world?
A question that many students and faculty are asking. It's a valid question and one that needs to be answered. We need to make sure that our students are prepared for the challenges of the real world.

Student rips OSAP for \$10,120
A story about a student who has received a large amount of financial aid. The student is questioning the amount and how it was calculated.

Night school serves up drinks
A story about a student who is taking night school. The student is enjoying the social aspect of the program and the drinks that are served.

STRIPES CAPTION CONTEST
A contest for students to win prizes. It's a fun and creative contest that encourages students to use their imagination.

Andrew Joseph
A profile of a student who has achieved a lot of success. He is a role model for other students and has inspired many.

A little prick goes a long way
A story about a student who has a unique talent. The student's talent is a small but powerful one that has made a big difference.

Crowd swarms police at town
A story about a student who has caused a lot of trouble. The student's actions have led to a large crowd of people and a lot of police presence.

'Pot smokers reeky scum'
A story about a student who is a pot smoker. The student's behavior is causing a lot of problems and is a source of concern.

HUMBER ET CETERA
A large advertisement for Humber College. It features the college's logo and the text "HUMBER ET CETERA". It also includes information about the college's programs and services.