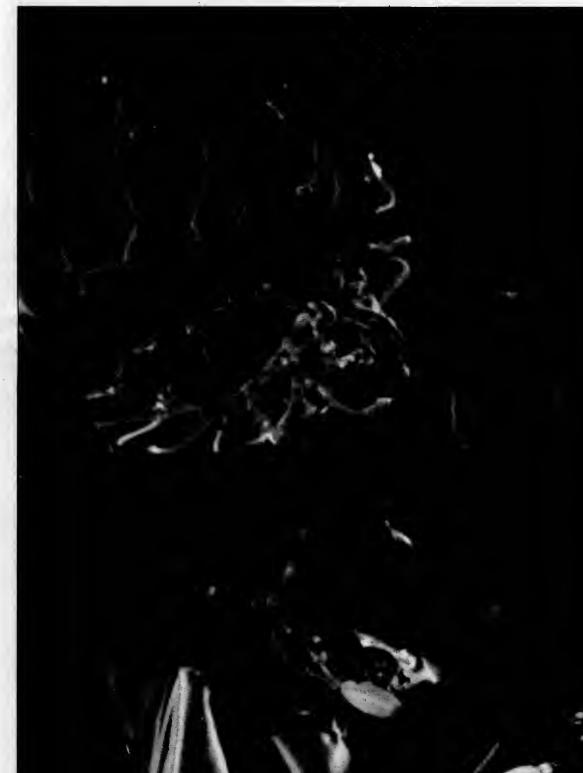
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## Netting the national championship



Going for glory on their home turf, the Hawks defeated their old-time rivals to become No. 1 in the country

### by Luc Hebert.

#### Never again.

Those were the words Hawks team captain Marcel Lawrence inked onto the base of his basketball shoe, after losing to the Sheridan Bruins on a half-court buzzer-beater in the OCAA gold medal game two weeks ago.

Although the Hawks were guaranteed a spot at the Nationals because they were hosting the tournament, their 24-2 record against CCAA teams would have been more than enough to ensure a wild-card spot any other year.

Lawrence and the Hawks did not let it happen again as they avenged their double over-time loss to the Bruins with a 55-51 win in the CCAA National Championship game, ending the latest chapter in their 20-year rivalry with the Bruins.

"I waited four years for this," said Lawrence. "I waited four years to get my name on that banner. I waited four years to get a national championship to this school, and now we got it."

In a tournament that featured the top eight men's collegiate basketball teams from across the country, a 15-minute drive is all that separated the two Toronto based teams that battled for the

gold medal.

The Hawks and Bruins have faced nine times in the OCAA gold medal game, but this was the first time they had come face to face for a national championship. The two teams, who both play in the OCAA Central division and split the season series 2-2, played the rubber match, but this time the bragging rights were bigger than ever.

For Head Coach Mike Katz, and Humber College, the win marked the fifth national title for the school. In the 26-year history of the CCAA championships, only twice had the hosting school come out on top – the last team being the Northern Alberta Institute of Technology Nooks when they won the 1989 championship in Edmonton, Alberta. Katz said winning the national crown on home floor made this championship a little bit more special.

"Winning it here . . . It's just tremendous," said Katz. "This team gutted it out all season, and for them to finish the season like this at home is just great. We were 31-6 this season for crying out loud, but these guys didn't care. All they cared about was winning the National Championship . . . That's it."

Story continues on page 19...



Jeremy Walters taking pieces of the championship game net (left). Celebrating with teammates after a glorious victory at Humber made the Hawks No. 1 in the country.

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etc... et



"There are some medicines that need bile. Which is more important -ahuman life or an animal's life?" -Wei Cai

### Quaking and shaking in Ontario possible

### by Tina Birak

When it comes to eartquakes, Ontario is on shaky ground. · On average, Ontario is subjected to four earthquakes every day, according to the Geological Survey of Canada (GSC).

Although Eastern Canada is located in a mostly stable continental region of the North American plate, large and damaging earthquakes have occurred here in the past and will inevitably occur in the future.

In 1972, for instance, an earthquake measuring 7.2 on the Richter scale struck just south of Newfoundland. Twenty seven people drowned in the resulting tidalwave.

More recently on Feb. 28, a massive earthquake measuring 6.8 in magnitude rocked portions

of Washington State and British Columbia. Emergency officials counted 320 injuries directly linked to the guake and over \$2 billion in damages.

"They can happen anywhere and they're not very well understood," said Sylvia Hayek, a seismologist with the GSC. "In Canada, we detect between 1,500 and 2,000 earthquakes every year. But only about 100 are felt by residents."

Experiencing earthquakes in Ontario is largely dependent on where you live. "Certainly as you get towards Quebec, around the border, there are quite a few events and they're normally fairly small like three or four [in magnitude] but they will be felt," said Hayek. "If you're in the immediate epicentre of a five it could cause some damage."

On Jan. 1, 2000, a 5.2 magnitude earthquake shook Temiscaming, Quebec, according to the GSC Web site. The quake caused minor structural damage but the vibrations were felt in North Bay, 70 kilometres northeast of the epicentre, and travelled as far as Toronto.

According to Natural Resources Canada, an earthquake that measures over 4.5 in magnitude would shake Ontario.

Although most homes and buildings are at low risk of damage from minor quakes, nuclear power stations are a serious concern.

To collect information on seismic hazards in Southern Ontario, where a number of large nuclear \_ sure, there can always be damage power stations are located, the Southern Ontario Seismic

Network (SOSN) operates 11 seismic stations located in the Toronto, Hamilton, and Niagara area.

The University of Western Ontario (UWO) operates the network for Ontario Power Géneration.

"Our biggest concern about earthquakes in Ontario comes from the occasional reactivation of very old fault lines, most of which occur beneath Lake Erie and Lake Ontario," said Neil MacRae, a UWO earth scientist.

According to MacRae, the plates that make up present-day Ontario are quite firmly 'welded' together.

"As for earthquakes in Ontario, even from fairly minor earthquakes,"said MacRae.

For important structures such as dams or power sites, construction standards call for sufficient safeguards to withstand any of the earthquakes known to have ever occurred in the region," said MacRae.

One can never say when an earthquake is going to happen, said Hayek.

As a precaution, the GSC collects seismic data to construct hazard maps that direct legislation for all building codes and standards in Ontario.

People in Ontario need not worry too much.

According to Hayek, "They've been gathering data since the mid 1960s and before that the instrument hadn't been invented yet. So unless your house is really old you're pretty safe."

### Beijing bears tortured for their bile

#### by Melanie Butera

While the IOC decides if Beijing should host the 2008 Olympics, there are thousands of endangered bears in China being surgically mutilated and gnawing at their own paws, according to the World Society for the Protection of Animals (WSPA) reports.

In China, 10,000 bears are kept imprisoned so bile can be extracted from their gall bladders through surgically implanted catheters, a practice that began in the early 1980s, according to the WSPA.

At the time, it was believed this practice would satisfy local demand for bile and reduce the number of bears being killed all over the world for their gall bladders and other body parts.

The situation however, grew out of control, and by the early 1990s there were over 400 bear farms in operation.

"We're horrified with the way China is treating its bears and its horrible human rights record," said Patrick Tohill, spokesperson for the Toronto office of the WSPA.

"The image of full grown bears trapped in cages that don't permit them to lie down properly, bile oozing from a tube or open wound in their bellies, should be all the

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needs to make up their minds about Beijing," said Tohill.

For thousands of years, Asians have harvested bear bile to treat fever, liver illnesses and sore eyes. According to the WSPA all bear bile products can be replaced by herbs or synthetic alternatives which, they say, are cheaper, more readily available and just as effective.

"We are working very hard to find substitutes for bile," said Wei

Cai, press officer for the Embassy of the People's Republic of China in Canada.

"There are some medicines that need bile. Which is more important - a human life or an .animal's life?"

There are already 75 known herbal alternatives according to the WSPA.

"More people believe in modern medicine now," said Ji Wang, a first-year Chinese student in the

News

English for Academic Purposes (EAP) program at Humber. However, Wang explained that in traditional Chinese medicine, natural substances like grass and leaves are mixed with animal parts and wine to be consumed for health benefits.

He also said that he believes using animals for medical research is acceptable but, admits he is not aware of the present bear situation in China.

When the bile extraction process came to light in 1993 after international exposure of the industry, authorities began reducing the number of bear farms.

As well, public sympathy for the bears led to a drop in demand for bear bile.

However, this breakthrough resulted in the supply of bile on the market beginning to rapidly overtake the demand.

Now, the problem is that there is a market saturation of bear bile.

Bear farmers are producing non-essential products such as throat lozenges shampoo, wine and tea, in order to utilize the surplus.These products have no medicinal benefit.

In relation to the Olympic bid, Cai asserted, "most people want to connect everything with the bid. I'm not sure there's any correlation between them[the bears and the bid]."



International Olympic Committee Captive bear will be used for its bile for non-essential products.

**E-Business** on the way

by Deena Thakib

Humber College is hoping to launch a new E-Business post-diploma program in September at Lakeshore campus.

The three-semester program will target university and college graduates who wish to pursue a career in business. E-Business will emphasize business issues, such as using the Web for service marketing campaigns and providing corporate identity and awareness programs.

"E-Business is more than just E-Commerce. We're looking at the way business is utilizing technology to support various functions within the organization," said Anne Dean, Associate director of College Development. The price tag for students who enroll will be similar to other post-diploma programs; \$3,679 for tuition.

Dean said although Humber is aiming for September, space and construction factors at Lakeshore campus may delay the start date.

If the program is approved by the Board of Governors on Monday night, E-Business will be the ninth post-diploma program offered by the School of Business.

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### Students may face parking fines

#### by Caroline Grech

Humber students parking on Alicewood Court could face larger fines if city traffic investigators find the parked cars a safety hazard to the street's residents.

Complaints from residents about Humber College students and William Osler Health Centre Etobicoke campus visitors parking on Alicewood Court led to acommunity meeting last week.

Problems increase in the mornings when students arrive for class. The extra cars have caused a problem for garbage pick up as trucks cannot maneuver around cars which residents say are often parked bumper to bumper.

According to Dominic Gulli manager of traffic operations for district two, an investigation will determine the seriousness of the situation, despite only four residents attending the meeting.

"The investigation will determine what, if any, changes are necessary," he said.

According to Gulli, traffic investigators check the regulations currently in place, how they are enforced and whether the public is obeying the regulations.

If too many cars are parked on the street, then investigators will determine where the extra parking is being generated from.

If safety is an issue then action

will be taken immediately, said Gulli.

If it is a case of extra parking from clients for nearby plazas or schools and that parking is happening for long periods of time, then a questionnaire will be sent out to all affected homeowners Gulli said.



Parking on Alicewood Court.

The questionnaire would ask if residents wanted parking restrictions enforced, and if they do, they would have to specify at what times of the day and night they would like them enforced.

According to John Lyras, constituency assistant for Ward 1 councillor Suzan Hall, residents have also expressed safety concerns over children crossing the street.

"One resident on the street said he almost ran over a kid. He said he drove carefully but that he couldn't see the kid coming," Lyras explained.

Originally residents from neighbouring street Mattari Court had also filed complaints with the

city about excessive parking.

However, no action will be taken at the present time because the street is already a no parking zone and Humber students will be ticketed if found there, said Russ Crilly, acting area supervisor for Etobicoke.

Crilly also added that no extra parking enforcement will be undertaken until the city's investigation ends.

"The only time that there will be extra enforcement there is if the traffic department puts up no parking signs on Alicewood Court, and somebody would phone in a complaint," said Crilly.

Currently, there is a three hour parking maximum on Alicewood Court as with all Toronto city streets. The fine for parking past the maximum is \$10.

If Alicewood Court becomes a no parking zone then fines will be \$20, for parking on the street.

The low turnout for the meeting came as a surprise to the councillor's office.

"The turnout was surprisingly low because we even had a couple of phone calls in the office that afternoon.

There were more city staff than there were residents," Lyras said.

There is no fixed date for the investigation start up because all traffic investigations are done by priority sequence Gulli said.

# Protesters ready for battle in Quebec City

#### by Ryan McLaren

More than 350 protesters gathered at the Holy Trinity Church behind the Eaton's Centre this weekend to prepare for the Summit of Americas meeting in Quebec City.

From April 20-22, leaders from every country in the Western Hemisphere, except Cuba, plan to discuss the Free Trade Area of the Americas (FTAA), a free trade agreement similar to the North American Free Trade Agreement (NAFTA). Local activist group

Local activist group transACTION put on a weekendlong seminar and information session teaching protesters everything from decision making, to bandaging wounds with menstrual pads, to finding a place to stay for the weekend.

The weekend started with a passionate chanting of, "There ain't no power like the power of the people 'cause the power of the people don't stop."

While there is a division between violent and non-violent protesters, Jaggi Singh of the Anti-Capitalist Convergence (CLAC) preached solidarity. Singh gave the example of the poverty protest held on June 15 of last year when the Ontario Coalition Against Poverty (OCAP) clashed with police in Queen's Park.

"OCAP deserves solidarity for what they do because we're part of the same movement," Singh said.

An estimated 10,000 to 20,000 protesters will be met in Quebec City with the largest deployment of police officers in Canadian history.

Unlike the police in Seattle during the World Trade Organization (WTO) protest, the 5,000 provincial officers and RCMP in Quebec City will be prepared. Riot squads are ready, but won't be called in unless necessary.

The RCMP is concerned about protecting the security of both the protesters and the delegates that are attending the summit said RCMP Sergeant Normand Houle.

A 3.8 – kilometre long, 9 foot

out. Anyone who lives outside the fence will not be allowed in to visit friends, go to church, or visit businesses that are inside for the duration of the summit.

3

Quebec City passed a bylaw in February that would make it illegal to "wear or have in your possession a mask, hood or ski mask, or any other object of the same nature to cover one's face, in whole or in part." The law was recently scrapped in the suburb of Saint-Foy, the location of the nearest airport to Quebec City. The law has not been lifted in Quebec City.

In a recent press release, the Canadian Security Intelligence Service acknowledged that the extra security might promote violent conflict. "Security forces and policy makers also must recognize the possibility of increased levels of violence [as a result of protesters] who may become frustrated by the protective measures in place at targeted conferences and meetings," stated the press release.



Fighting the powers that be.

If the FTAA is approved, it will create the world's largest free trade zone, affecting 800 million people. Patty Barera, an organizer of last weekends meeting, said the FTAA will "only give power to big businesses and limit the power of the government." Singh called the FTAA a "banality of collusion" comprised of "destructive policies and exploitive people." The Summit of Americas said it plans "to sustain democracy and promote prosperity and social equity to the benefit of all citizens."

### Voting incentives working

### by Amy Whittingham

Free popcorn and a chance to win \$300 is proving to be a voting incentive during polling in the Humber Students' Federation elections.

Students waited in line yesterday to cast their votes for HSF President, VP Campus Life and VP Administration.

Poll clerk, Amy Acton, a second-year electro mechanical engineering technician, said she was surprised at the voter turn out.

She attributes the student interest to the chance to win six \$300 prizes, free popcorn and The Reptile Man show that was put on just to the side of the vote and it's important to them ... They're asking about what the platforms are. So they're not just saying, 'oh ... I'll pick whatever," she said.



dent, said she came out to vote because of the chance to win \$300 even though students didn't have to vote in order to fill out a prize ballot

However, students were required to take the voting ballots even if they chose not to vote and deposit the blank ballots into the voting box. "There's the \$300 but it also feels good to be a part of it," said Raybould.

Venecia Bautista, a first-year HRT student said she planned to vote, but would have walked right by the voting stations if weren't for the show.

"I wanted to vote, but it just happened that [The Reptile Man]

#### polling stations.

"A lot of people are coming out. Also the show and the \$300 ballot have made people want to vote," she said.

She said that people seem genuinely interested in the candidates.

"There are a lot of people who are here because they do want to Student making her vote count.

CARLO CORBO

Some students admit that they wouldn't have voted if the popcorn and the chance to win \$300 hadn't caught their attention. Jennifer Raybould, a first-year environmental engineering stugot my attention. I would have probably walked right by and maybe have done it tomorrow," she said. As for the \$300 prize, she said she didn't even know about it until she was at the voting station. "That was nice. That's a plus,"she said. Polling continues today in the concourse, beside Tall Hats, until 6 p.m. high fence is being constructed around the compound where the delegates will meet, with the majority of the fence being erected shortly before the summit starts.

The fence has been a hot topic of debate. Local citizens whose residences are within the barriers must have a pass to get in and

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### Nature Centre will generate its own energy by 2002

#### by Tina Birak

The Nature Centre at Humber College is set to generate all the power it needs by 2002.

Located in the Arboretum, the 19-year-old centre already attracts up to 10,000 visitors a year.

Now, if things go according to plan, it will become a model of ecological efficiency.

Plans are underway to build an 80-foot tall wind turbine that will supply 80 per cent of all power to the Nature Centre. The remaining 20 per cent will be supplied by solar panels.

"The basic idea is to produce all our energy from renewable energy rather than from traditional energy sources," said Carol Ray, special projects co-ordinator.

A group of Humber architectural technology students worked with college staff to develop plans to transform the Nature Centre into a model of ecological conservation.

In order to meet the \$1 million

cost, Ray is setting up a fundrais- Centre co-ordinator, anticipates ing committee consisting of people that are interested in the project.

wind turbine construction and retrofitting of the Nature Centre will begin in April of 2002.



A sketch of the proposed new and improved Nature Centre.

"We've already got some funds committed from the Canada Trust Friends of the Environment, the Toronto Atmospheric Fund and the Garden Club of Toronto," said Ray. To date, the campaign has raised \$100,000.

Nature Christine Fraser,

"But if we came up with the money sooner, we'd break ground sooner."

Inauguration of the updated centre is expected in the fall of 2002, or spring of 2003.

Along with the windmill, the Nature Centre will be outfitted with a masonry heater that will replace the electric furnace, a composting toilet, and a grey water filtration system to purify sink water.

The plans also propose doubling the size of the building and the addition of a rooftop garden.

A portion of the new space will be dedicated to a leaf-shaped banquet hall that will accommodate weddings, parties and meetings.

"It's a very exciting project and it'll be great because many of the different Humber College courses can relate to it," said Ray.

There will be several opportunities for students to gain handson experience in developing and implementing sustainable technology during the Nature Centre's facelift.

"Landscape students are out here, PR students work with us planning our winter community celebrations, anybody from photography is out here taking pictures," explained Fraser. "So it's really like a pivotal spot, as well as a lab or classroom, for the college."

Most students at Humber are unaware that there is a Nature Centre on campus..

"It's beautiful, you should check it out," said Aman Mann. a Business Administration student. "You can have your lunch out there, relax, it's nice."

"I think it's really good for students to go out and learn more about the environment around them," said Katie Charuk, a Public Relations student who spent time promoting the Nature Centre as part of her Public Relations course work.

Laura Solski, an Architectural Technology student, said she'd be interested in checking out the Centre, now that she knows it exists.

"Everyone is interested in the environment. But I've never heard of it [the nature centre], so it never crossed my mind." Directions to the Nature Centre:

\* Go to parking lot in front of residence.

\* Look for the trees and follow the signs.

### Technicians replaced by phones

### by Deena Thakib

Adecision to replace computer Alab monitors in H205 with phones may put Humber students' patience to the test.

There is now one lab monitor available for assistance as opposed to the three or four monitors before Reading Week.

The monitors have been replaced with a sign that provides a phone number to call. If the

problem can't be resolved over the phone, a helper will be sent to the lab or students will have to visit the Help Desk across the hall. The Help Desk, once responsible for staff and off-campus requests by phone, will now respond to all staff and student requests in the

E343 or N220 had a different level of service. Now we're trying to give everyone the same level of service," Valerie Sprenger, manager of on-site services, customer care and information and technology services said. "We won't be saving on budget. In fact if we don't get more budget we won't be able to continue this type of service."

Sprenger said that quite often the one lab monitor in H205 won't be there because they now have 14 other labs to cover.

Lab monitors are required to visit each of the 14 labs at least once every hour. She said that five help desk advisors and assistants are available and customer care will consider hiring more staff to accomodate student needs.

Concerns were raised at a recent Academic Council meeting about students eating or possible theft in the unsupervised labs.

"Monitors were never meant to be police. They're IT (information technology) people and they should focus on their IT roles instead of policing," Sprenger said.

The 14 labs affected are on the third floor in E wing, the second floor of H, the first floor of F and the second floor of J.

"I only use the lab once in a while and when there's nobody there, it's annoying," said Geoff Menzies, a Computer Sales and Marketing student.

Help desk technicians did not wish to comment.

### Women work more than men on average

### bu Tanua Gruiich

Young women are still on the wrong end of the gender gap, while middle-aged women have almost closed it, a new government study suggests.

Statistics Canada released a report last week that showed women between 15-24 are working (paid and unpaid) on average 51 more minutes per day than men. That's eight more weeks of work per year. This number has increased by 300 per cent since 1998, when women only worked 15 minutes more per day.

"When I get home from work I have to pick up the kids, I make dinner for the family, then help them with homework, put them to bed, tidy up a little and finally I can go to bed. My husband comes home from work, finds dinner already on the table, plays with the kids for a little and is ready for bed," Sabrina Allot, a Toronto resident said.

Secretary of State for the Status of Women, Hedy Fry, said what is happening is that young women are doing more housework and other related duties, while the men are going out with their buddies or playing sports and leaving the women home to do all the work.

Her explanation is confirmed

by the fact that the research concludes men in their late teens and early twenties are much more involved in sports activities than women.

Unlike younger women, the study found middle-aged women have almost closed the gender gap.

Women aged 45 to 54 do almost the same amount of work as men including paid and unpaid work.

" My husband and I have actually changed roles. I was a stay-athome mom for 20 years and just recently my husband lost his job and now, I go to work and he's the stay-at-home dad," Anne Engle, a Toronto resident said.

Although the amount of work by men and women is fairly equal for middle-aged people, there are still some significant differences.

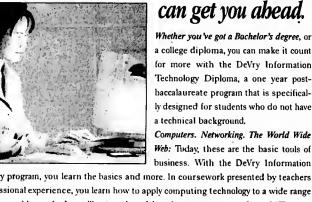
The income gap between men and women is still quite large as women's after-tax income is still just 63 per cent of men's.

The study found that fathers have increased the time they spend with their children - from 74 minutes a day in 1992, to 85 minutes a day in 1998.

Women however, are now spending 134 minutes a day with their children, down from 147 minutes.

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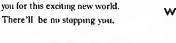


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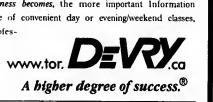
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### New regulations ease ER overcrowding

#### by Noel Boivin

Paul Clement, minister of health, introduced a plan Monday that he said will help ensure prompt treatment for critically ill people in Ontario's emergency rooms.

The new Patient Priority System (PPS), as outlined in a government of Ontario press release, will provide a common language through which hospitals, dispatchers and paramedics can communicate regarding a patient's condition. Similar to the current triage system used in hospitals, PPS would have paramedics assess the urgency of treatment for a patient.

Those in most need of treatment would be directed to the nearest hospital, while those with less serious ailments may be redirected elsewhere.

NDP health critic Frances Lankin said the plan fails to address deeper structural flaws in the province's health care system.

bandage that the minister slapped on a gaping wound that was created by this government's own cuts," she said. "It does nothing to address the overcrowding in our emergency rooms."

reform, community health centres and other methods of delivering care in the community to help people avoid going to the emergency," said Lankin.

Dan Strasbourg, spokesperson



**ERs** having difficulty coping with crowded emergency rooms.

Lankin said the problems with overcrowding in emergency rooms will not be significantly reduced by initiatives like PPS.

"They have got to actively "It's another pretty plastic expand primary health care

for the Ministry of Health, said this latest initiative is not designed to be a catch-all solution.

"This is one of many, many, many initiatives that the government is undertaking to address emergency room pressures," he said.

Strasbourg denied Lankin's assertion that Tory cuts are to blame for emergency room crowding.

"We've been increasing hospital funding and this year it's at the highest level that it's ever been in the history of the province," he said.

Don Trant, vice-president of patient programs at the William Osler Health Centre, oversees each of the corporation's three emergency rooms, including the Etobicoke campus. He was on the committee that produced the PPS plan and said it is necessary to help ease what has become a trying situation in emergency rooms.

"The emergency departments are under extreme pressure and continue to be," he said.

Trant attributed the added pressure to a rise in the number of patients coming in with more serious ailments than recent years.

Trant does not hold the Tory

government responsible for the crowding of the emergency rooms he oversees.

He said that structurally, the system is not equipped right now to deal properly with an aging population.

"The population is growing and aging and I think we're doing some catch-up in terms of some reductions that were made a few years ago and some of the restructuring," he said. "The changes still haven't been implemented. There is building to be done, beds to be added and emergency departments to be expanded and renovated. We're still in the middle of that.'

Despite concerns of overcrowding, Trant assured those living in the surrounding areas that if all other avenues are exhausted (family doctors and health services) treatment for serious health problems is available relatively fast.

"The emergency department is there for our sickest people," he said.

### Task force report will help ease financial woes

#### by Sarah Robson

Nolleges need more money and need to become more independent according to the final report of the Investing in Students Task Force released on Tuesday.

The report includes 33 recommendations intended to help the Ontario government improve the post-secondary system.

Humber College President, Robert Gordon, said "I think [the report] was very encouraging ... it seemed to stress far more change for the colleges than for the universities, which is obviously of more interest to us. And some of the things that they're recommending are things that we've been pushing and hoping for for some time."

Some key recommendations include making it easier for students to move easily from one school to another, and a new college charter.

The new charter would aim to increase co-operation and collaboration between the universities and colleges.

It would also offer colleges the

Big Brother to approve everything. It won't change an awful lot of things like funding, but it would allow us more freedom, and our board to have more direct input."

The report stated that the new governing system, "can provide the flexibility needed for colleges to meet their mandate in providing quality education, while being responsive to student, employer and regional needs. It enables full partnerships between colleges and business and colleges with other players in the post-secondary sector."

I think that a lot of it brings out that you have got to pay more attention to students' needs and wants." -Toby Warnell

Gordon said that another major issue for him is "the whole question of opening up the differentiation of colleges according to the role they feel they can best serve the community or the province. "In our case, we're clearly a big urban conglomerate without a geographical base, so we're interested in evolving more to a polytechnic status, which is mentioned directly in the report."

we've been pointing for a long time," Gordon said. "So, we're way down that track, but we obviously needed the authorization, and this report gives that."

The report also gave some overwhelming statistics on the reality of post-secondary education.

It recommended that the college sector alone, should receive an operating fund increase of \$130 million a year in five years to be able to deal with the expected growth in enrolment.

The additional funding is in light of recent education funding cuts by the government.

Toby Warnell, president of the Humber Students' Federation, is optimistic about the final report.

"I think some of the recommendations in there are pretty good, and I think it's some of the stuff that the student lobby group OCCSPA [Ontario Community College Student Parliamentary Association] has been trying to get across for a while," he said.

"We were actively part of the task force through the consultations that they had. I think some of the recommendations I see are good. And I think that a lot of it brings out that you have got to pay more attention to students' needs and wants," he said.

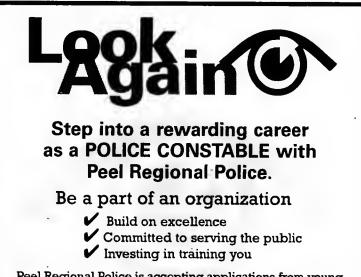
mendation for the harmonization of Canada and Ontario student loans will benefit the students.

"One of the most important parts of the report to students would be easing the financial burden," said Boyer. "We have deregulated fees and students are graduating with an average debt of around \$12,000 for a two-year diploma program."

Some other recommendations made by the task force were to establish institutional annual reports, provide a student service commitment, and encourage the development of e-learning programs.

The government will probably decide what action it will take with the task force's final report before the next budget is announced later this spring.

For more information on the task force and to read the final report go to www.edu.gov.on.ca.



ability to grant applied degrees, according to a ministry document. Gordon believes the new charter would give the school to opportunity to self-govern.

"Major things for us would be more autonomy from the government and our ability to manage our own affairs instead of having

"That much is helpful to us because that's the direction that

Both Warnell and Tracey Boyer, the executive director of OCCSPA, agree that the recom-

News

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## On Campus Firefighters raise money for good cause

#### by Ashley Kulp

Trish eyes were smiling on Humber all week as the Fire and Emergency Services Program hosted the Give a Buck for Luck shamrock campaign.

From their 'station' in front of the Student Centre and Bookstore, Humber's firefighters, working in association with the Muscular Dystrophy Association of Canada (MDAC), invited students and staff to donate a loonie and sign paper shamrocks that would be posted around the college.

Andreas Gmoser, class president of the Fire and Emergency Services program, said traditionally firefighters are associated with combating muscular dystrophy, but instead of the regular boot drive, they wanted to do something different.

"Normally they have the boot drive and a class did it last semester, so Susan Melnick [district coordinator for the MDAC] brought this up, and we wanted to try something different. With it being St.Patrick's Day, this gets it involved in the school to help fight muscular dystrophy, a disorder we



Humber's Firefighters volunteering their time to raise money for muscular dystrophy.

about," said Gmoser.

The campaign kicked off in March with more than 100 businesses across Toronto participating with the FireFighters of Toronto and ended on St. Patrick's Day, March 17. Over 1,700 loca-

don't really know all that much ten years have raised more than \$1.5 million.

> Muscular dystrophy is a disorder that causes progressive weakness of the muscles, and since the MDAC was founded in 1954, firefighters have raised more than \$40 million for muscular dystrophy and are the MDAC's largest volunteer group.

The MDAC hopes to reach a goal of \$250,000 in 2001. It is the only charity in Canada that without government funding, supports and offers direct services to 10,000 people in Canada. "Giving a buck for luck will help us reach our goal of \$250,000 for those men, women, and children who need it the most," said Toronto Professional FireFighters Association member Dan McMurray in a press release.

At the end of the event, students picked up the cheques from the businesses and gave them to the MDA.

In addition, the firefighters were out at last Thursday's pub night at Caps to spread the luck of the Irish and to get people to donate a few bucks.

They brought in \$170 from the night.

According to Gmoser, the fundraiser was a success, but he won't know for sure how much money the campaign made until money from the 10-15 local businesses they canvassed is brought in.

"Everyday at lunch was roughly the same. We would bring in normally \$100-\$130 a day, and once we total the businesses, we think we'll do pretty well. We think we'll exceed the total for last year which was \$936," Gmoser said.

There are over 40 neuromuscular disorders including muscular dystrophy and spinal muscular atrophies.

tions across Toronto raised \$220,000 last year, and in the last

### Diploma versus degree

program. He recognizes the possi-

bility that conflicts may occur

since graduates of both programs

will be competing for entry-level

### by Noel Boivin

With construction of the Humber-Guelph building looming, concerns are beginning to arise about what effect the new degree and certificate programs will have on similar programs already in place at Humber.

Currently, seven programs are in various stages of development in the Humber-Guelph project: Business Administration, Family and Community Social Services, Media Studies, Early Childhood Studies, Distributed Computing (wireless communications) and Gerontology. Similar programs to these, without the degree accreditation, are currently being offered at Humber.

Having two programs of a similar nature has raised questions of competition occurring within the college between graduates for similar jobs, as well as worries that the Guelph project may receive preference for resources.

Ron Stansfield, co-ordinator for the Police Foundations program, was involved in creating the Humber-Guelph Justice Studies

"Generally speaking, they won't have preferential treatment in

law enforcement jobs.

any other way." - Dr. Robert Gordon

"The possible conflicts that I see are that the two programs may compete for the same students," he said. "We will be competing against ourselves in a sense."

Stansfield tempers this by saying that he sees the Humber-Guelph project as a means by which college students can move more easily into university studies.

"It's very important that we don't strand our diploma students and treat them the way universities have historically treated [them]," he said. "I'll regret my involvement if it doesn't work out that way."

Dr. Robert Gordon, president of September 2002.

Humber College, said that he is sensitive to the possibility of an air of elitism that may be created around the Humber-Guelph students.

Aside from being funded on a university level, he believes that there will be no further disparities between those at Humber-Guelph and other Humber students.

"Generally speaking, they won't have preferential treatment in any other way," Gordon said.

Dr. Richard Hook, vice president of academic affairs, said that while classrooms and computer labs at the Humber-Guelph building will be an improvement on existing facilities, he sees this as raising the standards for the rest of the college. He also rules out the possibility that the new project will drain funds from existing programs, saying that funding for Humber-Guelph will draw upon different sources.

Completion of the Humber-Guelph building is scheduled for July 2003, with pilot programs beginning at the North campus in

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On Campus

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6

### Rez students go for a ride on the Magic Bus

Students pay \$11 to go downtown and get away from their studies for awhile and have fun

### by Stacey Roy

You may have seen Sloth, Groovy, Magic, or Bertha driving up to Humber residence this past semester, and if you haven't you're missing the show.

These are the names of the tour buses decorated hippie-style that offer a free pass into some of Toronto's hottest night spots and entertainment scenes.

Provided by the Magic Bus company, the bus picks up and takes rez students into the city at 9 p.m. and then brings them back at 2:15 a.m.

"It was really fun. It's crazy," Scott Murraoi, a first-year Business Management student said.

Included in the \$11 cost is the transportation and a discount card

for places like G-Spot, Joker, Tonic, and Loft-57. The discount card gets students in without waiting in line. Famous Players and Playdium are included for those

19 and under.

Corey Powers, a first-year Industrial Design student and rez dweller has not been on the Magic Bus tour, but plans to change that.

"It's good just to get out to clubs downtown and get away from school a little bit," Powers said.

Peter Lem, Residence Life coordinator said that at first he was concerned about the security aspects such as intoxicated students, but said there have been no problems so far.

Director of Public Safety, Gary Jeynes agreed, adding residence has been very good this year.

"I think [Magic Bus tour] is okay. Students have to take their own personal precautions. It doesn't matter if they're on campus or in the city," Jeynes said.

Lem said the bus drops the students off downtown and then picks them up at the same spot at the end of the night.

The Magic Bus company gives back \$1 per ticket to the school to fund future events. Humber residents are planning to use this refund to go to the Mike Bullard Show soon.

7

The Magic Bus Tour is not only for students; it is also offered for both private and corporate interests as well.

The idea for the tour bus was taken from Ken Kesey, author of One Flew over the Cuckoos Nest. In the 1960s Kesey's Furthur Bus company went on the road to convince everyone to take LSD before it was illegal.

Companies, such as the CBC, Labatt's, and the Toronto Metro Police have also used the Magic Bus service.

The Magic Bus idea came from Ken Kesey's 1960s bus.

Enhance your life

#### by Derrick Milburn

The Momma Bear Crisis Centre T will hold its first charitable event this weekend in the student lounge at George Brown College's St. James Centre.

The event, entitled Enhancing Your Lifestyle, will feature psychics, healers and health and wellness practitioners.

Enhancing Your Lifestyle will be held Friday March 23 from 6-11 p.m., Saturday March 24 from 11 a.m.-11 p.m. and Sunday March 25 from 11 a.m.- 7 p.m.

Admission is \$5, and all proceeds will go to building a crisis centre in Toronto.

The Momma Bear Crisis Centre is a charitable organization which is committed to ending violence against women and children in Canada.

Momma Bear was founded in November 1999 by Maurganne Mooney, herself a survivor of childhood abuse.

The event is being organized by Tiffany Mittelman and Nelen Avila, students in Humber's **Specialization and Special Events** Management program.

Interested volunteers are welcome to contact Tiffany Mittelman at 416-824-7330 or 416-502-8228.

### Newly-appointed director

### by Ashley Kulp

Humber College has a new director of Facilities Management.

Carol Anderson, who first arrived at Humber in June 1999 as manager of Campus Services where she was responsible for custodial services and shipping and receiving in mail rooms, is still getting her feet wet in her new position that began on March 12.

"Basically, I am responsible for the physical attributes of the school, which includes heating and ventilation, electrical, building maintenance and custodial. I'm enjoying the job so far, but there will be a period of transition," said Anderson.

Married with two children and one grandchild. Ottawa native Anderson graduated from Algonquin College and Carleton University Business programs.

She started out working for the federal government in the Human Resources Department in personnel classification for seven years, then moved to Algonquin's Woodroffe campus in Ottawa where she worked in the Physical Resources Department prior to coming to Humber. She handled the financial and administrative sectors of the department as well as strategic planning issues.

While Anderson enjoyed her time at Algonquin, she said she prefers Humber's atmosphere.

"I find Humber a very welcoming and warm and positive environment to work in more so than Algonquin. It's an amazingly closer knit community at Humber than at Algonquin."

After 17 years of experience, Anderson said one of her most demanding experiences was applying for this job at Humber.

"I think all of my experiences [at Humber] have been good ones. I mean I'm happy at Humber and I like the people here. I have the skills to offer the college," she said.

In her new role, Anderson looks forward to, among other things, bringing a positive attitude to the staff and students here.



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## Rez students worry about key issue

Some residence room keys unlock more than one door, concerning students living there about their safety

### by Paul Carlucci

The room keys used in Humber L College residence are too closely cut, allowing one key to open more than one door, and causing some residents to question their safety and privacy.

Rachel Johnson, who lives on S5 returned from the holidays to find her room in an almost ransacked state. Two glass cups and a halogen light bulb were smashed she said, and pictures were removed from her wall.

Though she was suspicious, Johnson didn't report the situation.

At first, she said, she assumed maintenance workers had damaged the room during the course of their habitual fire and safety inspections. But after becoming aware of how many duplicate locks were in her wing alone, she felt there may have been intruders in her room.

Residence authorities said all locks in the building have been cut according to a six digit locking system. Each of the six points on a resident's key represent a digit between one and six, which, in sequence, match a code within the lock's cylinder.

"No lock here has the same coding sequence," said Derek Maharaj, residence manager, seeking to dispel rumours of exact key to see if it would open anybody

duplicate locks. "If you check the [list of] codes, you will not see any matching. What happens is a two may be just close enough to a three, and if you use it and jingle it, you may be able to open a lock that way."

The residence has 720 rooms, and the building's administration said key coding problems aren't unusual for a facility of that size. The first three digits of any given floor's code pool are identical. This is done so that each floor can have a master key. That leaves three digits to randomize between 75 rooms per floor in the S building, and an average of 38 rooms per floor in the R building.

"Unfortunately, in a residence setting like this, it's actually common for . . . a certain key to work in certain rooms," said Peter Lem, residence life co-ordinator. "It's the nature of the building."

But, he said, if students are "concerned" about the security of their locks, "we will certainly change them."

Some members of the residence administration are concerned that exposure of this issue may spawn a wave of room intrusions.

"If you see someone walking through the building, checking a



Locking rooms is now a concern for students in rez.

else's room, that's a real security issue for us," said Maharaj, worried that this type of scenario may occur more often once the problem becomes common knowledge among residents.

"At rookie camp, a guy who used to work at the front desk gave out a few secrets. One was that every key will open more than one door," said Andrea Scutella, an Interior Design student living in residence.

"It used to be that way," said David Firth-Eagland, a resident assistant living on S5. "There was a girl on my floor, in my first year, who could open my door, but we all went rampant trying to open doors and couldn't find any more. It wasn't a huge epidemic, and they changed the keys immediately."

At the beginning of Humber's second semester, two S5 residents discovered their keys could open two other S5 resident doors.

Residence administration was informed, but only one lock was replaced.

"I just told the front desk, and then someone came one day," said Cara Carpenter, the only resident in the wing to have her lock changed.

The other residents in the wing have decided not to pursue the issue. The consensus is that they all know and trust one another, and have nothing to worry about.

Yet, there are some students who are concerned about the security of their rooms and don't have the reassurance of knowing who can access their rooms.

Several residents .returned from the Christmas holidays to find their rooms in a suspicious

state. One spoke of an unplugged fridge, and a strange phone number left on his desk. Another said his computer was on, and there was an empty cup on his table:

Jennifer Murphy, an S4 resident, returned from the holidays to find a cherished belonging missing from her room.

"When I got back from the break, I noticed a . . . statue was missing. It was from Mexico, and was handed down from my grandmother, to my mother, to me," Murphy said.

Like Johnson, Murphy at first knew nothing of the inefficient locking system. But, after hearing about the versatile keys, she said she attempted to have her lock changed, figuring another resident had stolen the statue. Her lock has not yet been changed.

Though the issue has been common knowledge for some time, the residence administration said a complete overhaul of all the building's locks is impractical.

"We've only had four reported cases this year," Maharaj said, adding that over the past three years there have been 20 lock security cases.

In each case, he said, the school locksmith was notified and locks were changed the same day, even if it was after hours.

COURTESY PHOTO

## Learning in the great outdoors

#### by Sara Szulc

The United Nations has declared 2002 to be the international year of eco-tourism, and Humber is already in gear with its post graduate program, Eco Adventure.

Program instructor David Arama said the opportunities for students in this course are "quite broad."

Already in its third year, this one-year post-graduate program encompasses many aspects of ecology, such as tourism, cultural understanding, and general knowledge of outdoor adventure.

"The program is kind of geared to opening your own business in the outdoor adventure industry but most people would obviously work in any tourism company all ready to start," said Eco Adventure student, Lori Hughes.

Students spend the first eight months of the program in school.

The first semester, students learn basic business development skills, and marketing skills.

The second semester specializes in two profiles of tour guide management, operation management, or program planning and marketing. Over the last four months students have an internship of their choice.

'We've created a complete business plan, we've designed itineraries, we've designed brochures, we're starting to write press releases," said Eco Adventure student Lianne Lapalme.

But this HRT course is not all eoretical. There are plenty of fun field trips such as kayaking, camping, and rock climbing.

"We're also getting to enjoy the outdoor industry which is why we're all here because we love travel and the outdoors and we want to make our hobby into a career," Lapalme said.



Class of 2000-2001 enjoy the outdoor activities and challenges of the course at Humber college.

"We're providing professional training to an industry that's highly unregulated...there's going to be more professionals in the industry," Arama said.

Quebec City will host the sum-

**On Campus** 

mit where representatives will discuss what each country will be doing to promote and educate people about the environment and local cultures.

ordinator Christine Connelly in "It's definitely a growing marthe HRT department.

etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

ket," Lapalme said.

For more information about

Eco Adventure at Humber feel

free to contact the program co-

etc... etc...

"I'd say a lot of Christians would be pretty pissed off to be associated with Stockwell Day." - Noam de Plume, from Stockwell Day stars

# Biz/Tech

## Deadline for tax returns is getting closer

### by Elizabeth Bower

You can e-file, tele-file or file by snailmail, but whatever you do, you've got to file that tax return by April 30 at midnight.

Seeing as it costs anywhere from \$20 to \$60 to have your return prepared professionally, why not save some of your hardearned money this year and prepare your own tax return?

Humber grad, Nicole Barrett, feels nervous when it comes to taxes. "Are you kidding? I have trouble balancing my chequebook, never mind doing my own taxes. I would be too scared to make a mistake," she said.

But the Bookkeepers Group of Services, a small financial services company, explained that some students may be wasting their money if they have their taxes done professionally.

"Student income tax is generally very simple and straight-forward," said Debbie

Kruyk, bookkeeper for the company. "I would suggest they get it done professionally once - pay careful attention to what's being done - and then go it alone."

Lorraine Brown, an independant investment'specialist, agreed.

"As far as making an odd miscalculation, don't worry. Don't be afraid to make mistakes," she said. "The government isn't about to slap you in jail if you do it wrong. They will simply fix any mistakes, re-assess and let you know."

> If you're going to take a stab at your own taxes this year read over Kruyk's and Brown's helpful hints.

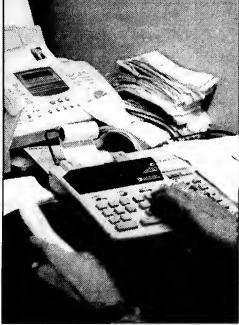
Claim all income. Nothing can be left out. This includes any bursaries or scholarships during the tax year and interest from savings accounts. Banks will not issue tax receipts if the total interest

is under \$50, but technically, it still must be claimed.

Remember all credits. Students are entitled to an education credit. Humber issued form T2202A (if not contact Payroll services.) Seventeen per cent of the interest paid on student loans can be written off.

Any tuition credit a student doesn't need can be transferred to a parent. Form T2202A contains step-by-step procedures for such a transfer.

Keep your receipts. Ask your landlord for rent receipts. Receipts of educational books and supplies are useless because there is a monthly allowance for such things



ELIZABETH BOWER

**Students** may not be doing themselves a favour by paying to get their taxes done.

which is calculated from education credit.

Use a guide. Income tax guides should be sent along in income tax package.

They are available at most postal outlets. Read the guide thoroughly and always refer to it when in doubt.

Keep address updated. Update your address with Revenue Canada at 1-800-959 - 8281.

If you are leaving or sub-letting your current home in the near future, let them know where to send your refund.

If you are a parent and a full-time student, you can write off day-care expenses. Official daycares send tax receipts automatically, but if you're leaving your child in someone's home, ask for receipts.

If you are a self-employed tutor or a teacher's assistant, you can write off any expense incurred from this job.

For example, if you are driving to someone's home to tutor them you can write off any supplies as well as a percentage of your gas, car insurance and car repairs.



### Stockwell Day stars in new Web site cartoon series

#### by Dan Birch

He goes by the alias 'Noam de Plume' and he is the founder of Guerrilla Media Organization, a band of left wing, media savvy critics from Vancouver, who specialize in political satire.

De Plume won't divulge his real name, for fear of sabotaging his organization's goals. Anonymity, he said, is crucial so that the public will pay attention to Guerrilla Media's message, rather than the individuals delivering the message.

De Plume, along with partners 'Beau-Gus Monikker', 'Malcontent Pariah', and 'Ann Onymous' created Guerrilla Media in 1993.

They call themselves 'media monkeywrenchers', and their goal is exactly that; to throw a wrench in the operations of politicians (especially those on the right) like Stockwell Day, leader of the Canadian Alliance, and media barons like Conrad Black, who until recently controlled a large portion of the Canadian newspaper industry.

"I think most Canadians would find that distasteful. That's not the Canadian way. But you know what? There are rude people out there." - Ezra Levant

The wrench, in the case of Day, is an Internet site featuring a five-part animation series titled Daywatch (www.daywatch2000.com). The site pokes fun at the politician's right wing and religious beliefs.

In episode three, Day, dressed in a wetsuit (which stems from a previous Day public relations stunt), can be seen along a picturesque Alberta shoreline proclaiming the brilliance of the Alliance's health

seen inviting the CEO of the private hospital to an upcoming Canadian Alliance fundraiser.

Guerrilla Media continues its assault on Day in episode five, when it presents Day as some sort of All-Mighty, religious zealot bent on revenge. De Plume and his partners go so far as to remodel the Christian cross by combining it with a dollar sign.

"There are certainly aspects of Christianity, which [Day] represents, which are pretty ugly," said de Plume. "I'd say a lot of Christians would be pretty pissed off to be associated with Stockwell Day."

"If he represents corporate fundamentalism, which I think is what [the cross turned into a dollar sign] is kind of poking fun at, I don't have a problem with that;" he said.

But Ezra Levant, Day's director of communications, does have a problem with Guerrilla Media's religious parodies.

"I think most Canadians would find that distasteful," Levant said. "That's not the Canadian way. But you know what? There are rude people out there."

Attacking Day because of his fundamental Christian beliefs indicates more about the character of the attacker than the person being attacked, Levant said.

Judging by the number of visitors to the Daywatch site – 35,000 during the final three weeks of the federal election campaign in November – controversial parody is working for de Plume and his Western satirists. The message, he said, is understood by the public at large.

Another target Guerrilla Media has firmly set its sight on ls Conrad Black and his flagship newspaper, the National Post.

At a mock National Post Web site (www.nationalpost.8m.com), which bears great resemblance to the real thing, Guerrilla Media publishes fake news stories with headlines like 'Poor pulling Canada down the drain' and 'Life in Canada overrated, say business leaders'.

care platform, when an elderly man in the audience keels over in pain because of a sudden heart attack.

Day lifts the ailing man and rushes him to the Calgary General Hospital, but, the hospital is imploded before the senior can receive medical care. So, Day delivers the man to a private (for profit) hospital, where the elderly gent is refused care because he doesn't have a Visa or MasterCard. "I have Medicare," the old man tells the nurse, but

she laughs and leaves him to die. Later, Day can be ilar to Day

With an upcoming provincial election in Guerrilla Media's home territory of British Columbia, there will be no shortage of targets.

De Plume said his organization is ready for that election, and has created a site at www.electioncircus.com, which will include an animation series similar to Daywatch.



ELIZABETH BOWER

Former Humber student, Nicole Barrett, dreads tax return time.

etc... etc...

Biz/Tech

etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

## Editorial et cetera

### "Despair is the price one pays for setting oneself an impossible aim"

-Graham Greene

### More time needed to get to know candidates

campaign time given to HSF candidates this year was not thought out well.

Every year HSF schedules two weeks for candidates to campaign for the student elections. During these two weeks, candidates prepare their platform and advertise throughout the campus in an attempt to get students to vote for them.

HSF may have thought they were doing the candidates a favour by scheduling campaign time over reading week so they could out-do one another in creativity and actually have time to prepare. But the rest of us were left in the dark come voting day.

For many students at Humber these candidates are unknown. They are just faces in the halls. Strangers. For students to get to know individuals that will soon be in positions to speak on their behalf and uphold their rights and

The length and scheduling of freedoms, eight days is not a long time.

> candidate in only eight days? Students are not walking the halls reading every poster or piece of paper tacked to the walls. They are busy with classes and work and lives.

Students also just returned from reading week, and in most cases, it takes at least a week to get back into the swing of things.

Not only do we not have enough time to get to know the candidates, but when you throw in a \$300 prize money, there is a question of why students are voting and if they really care who wins.

Maybe we're doing ourselves more of an injustice voting for individuals we know nothing about and don't have time to get to know. Is it too much to ask for more time to vote for people who we will eventually be funding?

How is it possible to relate to a

"Am I ever glad that's over. It was one of the hardest decisions I've ever had to make-do I or don't I sign up for the \$300?!?!

### Humber's parking dilemma

Parking is a never-ending problem at a commuter school like Humber and with recent developments it looks as though the issue will continue to be a thorn in Humber's side.

At a local meeting this week, nearby residents met to discuss their frustrations with the spill-off of cars onto neighbourhood streets.

But it isn't fair to blame the students for this parking dilemma.

Passes to get into lots are very expensive, especially on a student budget. And finding a space in a at certain times in the day. Risking a ticket in a nearby

street sometimes seems like the only option. But as local residents point out, this is a nuisance and a hazard to

the community. The neighbours say the increased traffic puts their children at greater risk, especially when the cars are parked bumper

to bumper, making it harder to see them.

It shouldn't take one of these

neighbourhood kids getting hurt

Humber lot is next to impossible before the college takes some action to fix this problem.

And they need to do this soon because the lack of parking spaces is going to be an even bigger issue when the new Guelph-Humber building is constructed in what is now a parking lot.

A responsible school would address this situation and ensure that their students had proper parking facilities.

Local residents are frustrated with students. But clearly the school is not addressing the needs of its student body.

### Letter to the editor Bring more beer

Brusque eccentricities aside, Reg Hartt is an intelligent, articulate man who might've intrigued and illuminated Et Cetera readers with his ideas.

Instead, we were treated to half a page of weepy tripe regarding Lauren Ferranti's fragile ego.

students when I tell you, Lauren, that nobody cares about you. We care about Reg Hartt, or be interviewing. To claim Reg Hartt is "not worth your time", is a sad misjudgement on your part.

Until you amaze us with some truly insightful journalism, everybody is worth your time.

suggest you go back there with the requisite beer (a case, a keg, swhatever) and get that story.

> **Matthew Fraracci Media Copywriting**

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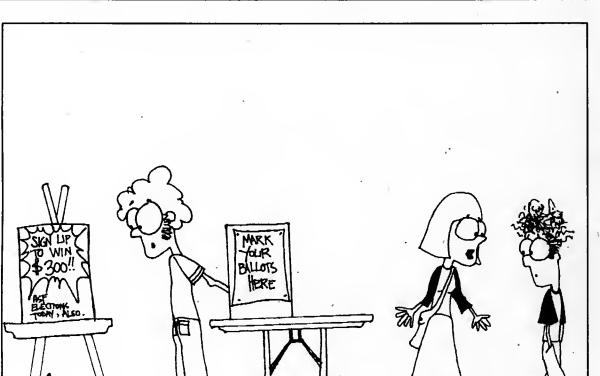
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' If you wish to make amends, I

I hope I speak for all Humber

### whomever it is you're suppose to

etc... Editorial



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**Jpinion** 

"I don't in any way consider myself master of the English language but I mean, c'mon, somebody had to say something."

-Patrick Maloneu

## The Oscar drama continues

There is a simple method to predicting Oscar success. To win one, the actor nominee has to do one of four things:

1) Play a role that reflects the ideology of the Hollywood establishment - crusade against a disease of the week, smoking, war (or support drugs and/or pornography.)

2) Make a drastic alteration to themselves physically - grow a beard, gain weight, lose weight, lose a limb, etc.

3) Deal with a major obstacle -AIDS, a physical disability, keep- . ing a straight face while a pitiable Arnold Schwarzenegger will be

B-player like Keanu Reeves tries to act.

4) Survive. The last one is the key to the lifetime achievement award. The Academy will no doubt salute your achievements in the. field if you've managed to stand the test of time (even if you stink like last week's garbage.) In this last category, we lump poor Clint Eastwood - a man whose acting is so leaden, it could sink a tug boat. yet who's somehow managed to weasel his way into a lifetime achievement award. Mark my words, in 20 years the wooden



Christopher Lombardo

similarly honoured, even if his career's sunk so low, he's usurped Whoopie Goldberg as the Hollywood centre square:

This year Julia Roberts is a shoe-in by three of the four criteria outlined above. Her push-up bra and anti - cancer crusade make her a perfect fit (pun ruefully intended). Benicio del Toro will get the nod as well. Tom Hanks' role in Cast Away fits the bill as well, even though he's (inexplicably) got two already, which he won back to back. Ed Harris will get it by virtue of longevity.

Just as when Jack Palance won for that highly influential piece of cinema, City Slickers after being in the movie and TV business for 40 years - ditto Martin Landau for Ed

Wood.

There's still hope for Stephen Seagal (well, not really).

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The formula outlined above also works in the best picture category, now a pale shadow of its former self.

Just compare the 1970s with the '90s. The latter brought us banal offerings like Forrest Gump, Dances with Wolves, Titanic and Shakespeare in Love while the '70s gave us Annie Hall, The Deer Hunter, The French Connection and The Godfather.

Let's rekindle that era with a nod to Traffic.

### The unethical degradation of the English language

This may seem piddling to some, but it grates on me like you wouldn't believe. So, I figured I should do something about it.

Our beautiful language is routinely massacred, abused and misused, and I would just like to say that it annoys me. It isn't tragic. It isn't heartbreaking. It's just annoying. REALLY freakin' annoying. Like fingernails on a chalkboard or people who leave their taillight blinking long after they've changed lanes, I can't really describe exactly what is so bothersome about this. It's wrong just because it's wrong.

There I stood in a nameless store, inside a nameless mall (they're all the same anyway, aren't they?) when the two employees began jovially discussing the events of the day. I enjoy seeing this kind of banter between co-workers.

Then, one of them said it. A word that should strike like a dagger at the heart of any English teacher worth their salt. A word rather, an non-word - that has always driven me mad.

"Irregardless ..." she said. I couldn't believe it.

You may ask, what's the big deal with that? If you did in fact ask that, read on. Please read on.

The word, you see, is regardless, not irregardless. Regardless, or if you like, irrespective, is in fact the word this woman of seemingly average, or even above average intelligence was searching for. Irregardless is not a word. Sadly, it has actually weaseled its way into many dictionaries, but it is a mutation, an annoying, widely-used bastardization of an actual word. Just looking at the would-be

word should ring a few bells. The prefix (ir) cancels out the suffix (less) - the whole operation is screwed up.

If you do in fact say irregardless, don't worry - you are not a stupid person. Although many of our mouth-breathing brethren do use this word, your use of it does not relegate you to the same intellectual wasteland that troglodytes and trophy wives populate.

Somehow irregardless has found its way into our immediate lexicons, into the vernacular we use so often, so unconsciously. Naturally, no one would notice these tiny problems, save for a few cantankerous writers.

I don't in any way consider myself a master of the English language - but I mean, c'mon, somebody had to say something.

Here are a few more of my



**Patrick Maloney** favourite - well, least favourite misuses of the language we love so much, and quite often abuse so badly.

CUT- THE MUSTARD: Often used to refer to an effort put forth, ie. 'I didn't make the team, I guess I couldn't cut the mustard.' The word is in fact muster (as in 'pass muster'-to be accepted as adequate). Not mustard, muster.

**BEGGING THE QUESTION:** This may not be a misused word,

but it is definitely one of the most misunderstood phrases in our whole language. To say something begs the question is not to say that it begs for the question to be asked. Rather, it is a fallacious argument, one in which the arguer assumes in the premise what they are trying to prove in the conclusion (ie. Wayne Gretzky is the greatest hockey player ever, because he is better than everyone else). It's also known as a circular argument.

**INTENSIVE PURPOSES: This** is one that surprises most people. It is in fact 'intents and purposes' three words, not two.

Remember, regardless of age, education and occupation, you are not stupid just because you say any of these words or phrases incorrectly. But make no mistake, you will definitely be a little smarter if you never do it again.

### Word On the Street We asked students if the \$300 giveaway will get more students voting. Here are their words...









### **Rosemarie Stewart** Internet Management first-year

"If all you have to do is vote to be eligible for \$300, then more students will definitely vote."

Peter Kawar

**Electronic Engineering** 

third-year

"Who cares, people are here to

Kathryn Nyland **Tourism Travel** first-year

"Totally incentive, they'll get study not to get involve in poli- · my vote."

**Carley Moore Public Relations** first-year

"It's a great idea, and I think they'll get a lot more voters this year."

**Andrea Pfeffer Public Relations** second-year

"It's a good draw card, I would rather vote for cash than for a student rep."

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Opinion

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## Special Section Mutli-cultural week

### by Saadia Hussain

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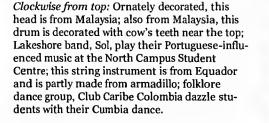
They say that Spring comes in like a lion and goes out like a lamb.

But Multi-Cultural Week came in like a lamb and is expected to go out like a lion on March 23 with The Battle of the Bands.

Some of the other events which took place from March 19-23 were free Henna tattooing, kung fu demonstrations, after which several audience members signed up for free classes, and colourful dances. The first Multi-Cultural Week "was held at least six years ago," said Lisa Janessen, Humber Students' Federation Leadership Programs Coordinator. Some of the events that have been held in the past include dances, music and food from different cultures, she said.

"[Multi-Cultural Week] is a chance for Humber College to show its diversity," said Stephen Anastasi, vicepresident, campus life.

> [Multi-cultural week] shows that there's a difference among everyone." Natalie Colarossi Business Marketing, 1st yr.



All photos by Saadia Hussain



"This week makes yo aware of other people cultures *Shivani Seegula Comput Programming, 1st y* 

etc... etc...

**Special Section** 

etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...



From left to right: LatinO Cultural Organization Vice President, John Pulla, holds a rain stick from Equador; Paul "The Reptile Man" Kennedy shows off "Dog," his Savannah Monitor; Humber student, Balhar Dosangh, volunteered to let a Chilean Rosehair Tarantuala crawl in his hands.

### Stopping racism, globally

by Sangita Iyer

Since 1996, the United Nations (UN) has recognized March 21st as the International Day for the Elimination of Racial Discrimination.

The Department of Canadian Heritage has joined the UN in the fight against racism, by creating the Annual March21 Campaign.

The Campaign was initiated in Canada in 1989, to heighten awareness of racism nationally as well as to encourage respect, equality and diversity in this multi-cultural country.

The main objective of this campaign is to motivate youth across Canada to take a stand against racism. Young people are subjected to racism in their schools and on streets, therefore the campaign was directed towards them.

John Pulla, vice president of

LatinO Cultural Organization said, "The first step is to educated kids and expose them to other cultures. May be then we could eliminate some stereotypes."

One of the most prominent features of this campaign is the March21 Stop Racism National Video Competition across the country that helps youth raise their voices against racism.

They write a story, direct, shoot, and edit a one-minute video that expresses their feelings about racism. The top ten videos are chosen from across Canada, edited into a 30 seconds segment as a public service announcement for television.

- John Pulla, vice president,

LatinO Cultural Organization

"The first step is to educated kids and expose them

to other cultures."

"Children should be taught acceptance at an early age, otherwise they grow up fearing the unknown. If you can familiarize with other customs and traditions they'll be more accepting," said Marcus Loma, a first year Computer Programming student.

A new program called The Stop

Racism Tour of Canada was born in the new millennium. Youth groups across Canada have designed 21 challenges to battle against racism in their schools and communities across Canada. They have created interactive ways to teach people that racism has no place in our society.

The ten best groups will be selected to represent their communities. They will join other youth that have been subjected to racism from 24 different countries.

These tour participants from Canada and around the world have joined to form five large tour groups. They will visit two cities in Canada to share their story and inspire other young people to fight racism. "It helps to romote the cultures in Humber so it won't leave people ignorant the cultures her Doug Benavioes Accounting, 2nd

Top: An African millipede Right: In several cultures,





Henna is used for decorating . hands and the body for special occasions like weddings and other festivities.

etc... etc...

Special Section etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

### Life & Health "I went on a 500 calorie a day diet and in three months lost 107 pounds, and I was never so sick in my life." - Nancy McMurray <u>et cetera</u> Retro's back and it's better than ever

#### by Alison McCaffrey

14

Cpring is in the air, and making its way Dinto retail fashion stores. Following the recent trend of retro fashions revisiting store shelves, the '80s are back.

Crazy styles and bold looks from the '80s have been toned down a little but the patterns and colours from that decade have taken over racks.

Bedo on Queen Street has drawn its look from the '80s, according to Assistant Manager Karlie McGeachy.

"We're seeing a lot of the '80s high fashion brought down to wearable," she said. "It's over the top, but just a tiny bit."

Styles are also reflected through the colours of the season, and this spring is seeing a lot of colour. Shades of lilac and pink are mixed with black and white. Camel, with variations of beiges and taupes are also on the rise.

"Really hot colour themes are camel, and it's spiced up with coral. Also, camel and blue, camel and black," said Shawn Schmidt, a visual organizer at Le Château.

Schmidt also said black and white are back together. And pastels are everywhere.

"Pastel is very big, with a huge influence coming from Miami Beach," he said. "Pastels are updated with placement prints and new fabrics."

Kezia Morrone, a Humber Fashion Arts student, agreed that pastels and lilacs are all over the place for spring. Pink is becoming more popular too, she said.



wardrobe, and the materials and cuts of this season's fashions are easing the transfer.

"Black and white is coming back for spring in a big way," said McGeachy. "It goes from day to night."

Denim is back and it's big, and without limit Schmidt said, "Denim is also huge, denim skirts, denim pants, matching jackets. There are new washes, not just basic, and new versions of acid wash and stone wash."

Shapes and cuts are making huge statements this year.

"I feel there will be a lot of the hourglass silhouette with denim coats and little belts." Morrone said.

It's not all just blue jeans, either. Some of Versatility is a wonderful trait for any the pastels have made the jump from cotton rock star T-shirts. There's denim, with



Hot and Hip: Le Château models show off the latest trends and styles for this year. and polyester to denim, and even shiny denim.

> "I see a lot of deconstruction," Morrone said. "Basically torn, ripped clothing - rags. Sort of like little pieces, trimmings, put together."

Faux leather is also coming back as an accent on clothes, giving them a bit of a retro feel. This may all sound scary to guys, but McGeachy said most of the trends carry over to men's fashions too.

Men's clothes show the same '80s trend as women's, so it's not surprising the colours are also similar.

Le Château also has a variety of styles for men.

"The whole rocker '80s dude with the

minor hints of military," Schmidt said. "Men's is very slick urban. Streamlined."

The '8os are alive at Bedo, but the era isn't the important thing this year.

"It's more about colour than anything else this year. It's fun, all really interesting,' McGeachy said. "More interesting for men than it has been in a while."

Always a major player in any wardrobe, beautiful shoes are a fashion must-have. This year a few different styles are popular. Some are chunky, others are sexy.

Daenna Van Mulligen, a sales associate at Artizia on Queen Street, said chunky shoes are still a good way to go, but sexy is a look that many women yearn for, and sexy is back.

"Very sexy high heels are making a huge return," according to Schmidt. He said they could be worn with anything, and mostly come in taupe, gold and silver.

Stuart Rice, the marketing merchandising co-ordinator at B2 on Queen Street, said new shoe colours this year include a lot of natural colours and natural leathers like camel and sahara.

As for shapes, wedges are back but with a sleeker cut to the heels. There are a lot of longer, pointier toes, some offside at the end.

Casual shoes for men have taken on a bowling alley look.

"They look like bike shoes, like soccer shoes, like agua socks," Rice said.

Men's dress shoes look somewhat like the women's, with longer, narrower toes.



### by Cynthia Muskat

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17

 $\mathbf{D}$ aria Craig has been a vegetarian for over seven years and is now going one step further and has embraced the vegan lifestyle. This may not seem like a big deal as this term has become increasingly common in our healthy and ecologically sound society, but it affects all aspects of one's lifestyle.

"I'd been wanting to be a vegan for a long time," she said. "But it happened slowly and took a lot of willpower." Vegans, as opposed to vegetarians, avoid anything that is an animal product. This means giving up not only meat, but

eggs and dairy products. For Craig, her main motivation was the animal rights issue.

"Basically, I'm disgusted by factory farming. I simply didn't want to participate in that kind of a system anymore."

Giving up such a large number of foods that comprise the "normal" diet may seem somewhat unbelievable at first, but it isn't just the small health food stores that carry veggie burgers or soy milk anymore. Almost every restaurant features some sort of healthy, tofu-like vegetarian dish.

According to Don Henriques, Humber's general manager of Food Services, roughly three per cent of the school's population is vegan. As a result of student feedback on eating habits, Grains and Greens was opened in January 2000

in the Food Court, which caters specifically to vegans.

We have everything from grilled vegetable sandwiches to tofu stir fries with no egg or dairy," said Don. "Since opening last year, sales have been increasing. It's been successful."

"A true vegan wouldn't be able to survive, because unfortunately, almost every commodity in our lives is derived wholly, or in part, from animals."

-Daria Craig

Kathleen Farley, who works for the Toronto Vegetarian Association, and is a vegan, also acknowledges the trend towards a larger variety of food choices for vegans.

The problem is that the vegan lifestyle encompasses more than just the diet. While the goal of veganism may be good in theory, in reality it's next to impossible to achieve. Even vegans themselves know that changing their diet is the easy part.

Rubber bands, cosmetics, photographic film and even bricks are just a sample of items that contain animal products, all of which a vegan would have to stay away from.

Being a true vegan means re-evaluating your lifestyle. "A true vegan wouldn't be able to survive, because unfor-

tunately, almost every commodity in our lives is derived

to do the best that you can with what you re given." So what about the health aspects of adopting such a radical diet? Contrary to what most believe, vegans actually enjoy a wide variety of foods "I really wasn't limiting the variety in my diet when I

wholly, or in part, from animals," said Craig. "You just have

became a vegan," Daria said:"The variety actually increased. I began trying things that I would never have tried before, like different types of beans, and tempeh (fermented soybean)."

The health benefits of a vegan diet as opposed to a diet that includes meat is varied, depending on which side of the fence, or food chain, the research is coming from.

Proponents of the vegan diet believe that vitamins and nutrients found in meat can also be found in other foods. However, it has been suggested that vegetarians and vegans might be healthier not because they're excluding meat from their diet, but because they are much more aware of what they are eating.

Farley said, "After adopting a vegan lifestyle, I noticed subtle improvements like an increase in energy, and my skin cleared up," she said. "But I think that just comes hand in hand whenever you make a big change to your diet and start becoming more careful about what you eat." For Craig, she has noticed that she digests her food

much easier than when she was eating dairy foods.

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Life & Health etc... etc...

## Use caution when taking supplements

Weight lifters balance their creatine intake

### by Linda Kang

Serious weight trainers are not swayed from using a creatine muscle supplement, despite the reported cancer risks because they don't believe the test results apply to their limited use.

Ron Mulesa, a personal trainer for 11 years, said that serious weight trainers use the supplement to build muscles faster. Over the years, he has seen many warnings about supplements. The warnings do not deter people from using them.

Food safety experts in France are pushing for a ban on creatine because of potential carcinogenic risks.

Weight trainer, Hammid Razavi, 20, said he continued to use creatine because most users don't take the supplement for a long period of time.

The threat of cancer did not scare him away from using it because, from his understanding, the cancer risk comes to those who repeatedly use the supplement.

He said he never intended on taking it for a long time.

"With any drug, there is a risk with long term use. A creatine cycle is usually about two months long. So, if you use it for two months, and stop, you won't suffer from any side effects," Razavi said.

He said that people who see problems are those who continue with a two-months on, one-month off cycle for two years.

"A lot of my friends have taken it, and they haven't had any side effects ... Remember when Mark McGuire hit all those homeruns, he was on a [creatine supplement]. They all work, but there are always side effects, like acne," Razavi said.

Mulesa said creatine supplements are · training diet can be beneficial. attractive to some people because they increase the amount of creatine phosphate the body produces from 80 per cent to 100 per cent.

"Our bodies naturally produce creatine phosphate. When we train, we deplete ourselves of creatine phosphate ... In about 24 hours, the creatine phosphate supply should be refilled by about 80 per cent," Mulesa said. "The supplement is advertising that your creatine phosphate supply will be 100 per cent complete."

The result is reputed to be a faster recovery after a workout, enabling people to train harder and get stronger, faster.

Health Canada finds no ev

According to Fowler, any substance, like this can be brought into Canada for personal use.

Razavi's 30-day supply of BetaGen cost \$100-\$130. The recommended dosage is 6.6 grams per serving.

Besides becoming stronger, Razavi said he noticed an improvement in his marks at York University.

"When I was taking the supplement, I had to follow the same routine everyday. I had to wake up, take my protein, take my shakes and have breakfast. I had to eat six times a day and plan all my meals," Razavi said, "This made me set up a routine around school."

Since he began taking the supplement, Razavi has gained and retained seven pounds. At the start of his program he weighed 138 pounds. In the first four weeks, he gained 12 pounds, eight of which were lean muscle.

Now he weighs 145 pounds and is currently content with his body weight.

Within the first four weeks, his strength also increased.

"I am definitely stronger than when I began. At the start, I was curling 25 pounds, and now

I'm at 60 pounds," Razavi said. Razavi stopped taking the supplement early in the cycle because of a cold. However, he still follows the diet and exercise routine.

But Mulesa, who is also an athletic therapist and a registered massage therapist said the same results can be achieved without the creatine supplement.

Mulesa said weight training and a

"It depends what you are training for ... But if you are working a regular job and you're starting weights to get fit, you may not want to eat six times a day," Mulesa said.

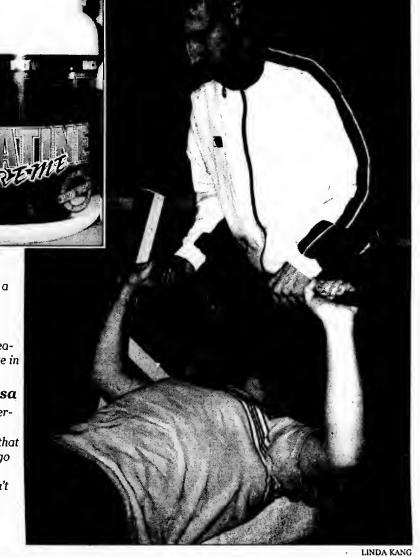
For people 45 and up, weight training can help stop osteoporosis. For those between 30 and 45, weight training can help increase metabolism and keep weight off.

Weight training for teenagers and young adults improves self-concept, and initiates a healthier lifestyle. But, children 14 and under should be supervised to prevent damage to the growth plate (developing tissue at the end of long bones that determines the length of the mature bone.) As for the creatine craze, Mulesa said it will pass as all fads do. "From year to year, there is always a new rage with a different supplement. Today, the creatine supplement is supposed to be the greatest thing. A year from now, you won't hear anything about it any more," Mulesa said.



supplement designed to increase the amount of creatine phosphate in the body.

**Ron Mulesa** (left) is a personal trainer who believes that supplements go through fads and they aren't needed to achieve more muscle mass.



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creatine is a health hazard.

Jennifer Fowler of the Canadian Food Inspection Agency said, "At the present time, creatine is not banned by Health Canada, unless Health Canada can see some evidence where the recommended dosage is above and beyond what it is now."

The recommended dosage is two to 15 grams per day, for the duration of three weeks. Then, it's recommended that the dosage be reduced after three weeks, she said.

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etc... Life & Health etc... etc...

## Canada learns about epilepsy

#### by Janine Good

Tarch is Canada's National Epilepsy March is Canada - ---ness of the disease and how it affects people.

According to Statistics Canada, last year there were approximately 300,000 people in Canada living with epilepsy, which is about one per cent of the national population.

Epileptic seizures can result from exposure to lead, carbon monoxide, and other poisonous substances. Other factors that can cause seizures include lack of sleep. alcohol consumption, smoking, body chemistry changes like pregnancy or menopause, and strobe lights. Epileptics are warned to keep regular sleep habits and abstain from smoking and drinking.

"Epilepsy is a generic term for seizure disorder. There isn't one main cause of the disorder. there are many." - Dr. Rick MacDonald

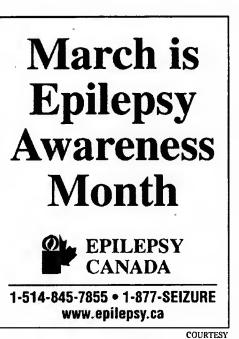
Dr. Rick MacDonald of Oakville Trafalgar Hospital said, "Epileptics aren't too restricted in what they can do. It is just common sense. They don't want to be in a

parachute and have a seizure. They'd know their limits."

Epilepsy is a brain disorder where clusters of nerve cells, known as neurons, perform abnormally. Normally, neurons generate automatic impulses to trigger and produce human thoughts, feelings and actions. However in epileptics, this regular pattern of impulses is disturbed resulting in convulsions, muscle spasms, or sometimes fainting.

"Epilepsy is a generic term for seizure disorder," Dr. MacDonald said. "There isn't one main cause of the disorder, there are many."

The main trait of epilepsy is frequent seizures. A seizure is a sudden altering in the brain's normal function. On average, about 80 times per second, neurons trigger actions, thoughts, and feelings. During a seizure, these triggers can come 500 times per second, causing spontaneous cries, fainting, uncontrollable twitching, drooling, and in severe cases, loss of bladder control. A major cause of epilepsy is head injury. Many safety precautions that can substantially reduce the risk of head injury include regular wearing of seatbelts, helmets when riding bikes, and wearing protective equipment in contact sports.



Possible causes for epileptic seizures include brain damage, brain illness and abnormal brain development. Strokes also have potential to cause seizures inadvertently.

"Epileptics can take part in physical activities, but there are many jobs we cannot take," said Valerie Campbell who has lived with epilepsy all her life. "We can't

take jobs where we can be potential hazards such as carpenters, roofers, jobs with cutters, or jobs with assembly lines," she said. "When applying for jobs, we must tell employers at the time of application that we have epilepsy. They will either take us knowing we have epilepsy or they won't."

Len Holt from the Ministry of Transportation said, "In order for epileptics to have a driver's licence, they must be seizure-free for five consecutive years. If they have a seizure, they lose their licence for two years or whatever the judge decides in court if they are responsible for an accident where fatality or severe damage was involved.'

"Anything can trigger seizures," Dr. MacDonald said. "Besides the new proven [test] results, sudden times of stress, head injury or trauma can cause seizures or one can just happen out of the blue."

Although there isn't a cure for epilepsy, sufferers of the disorder do have choices in medication they take to control their spontaneous seizures.

"Epileptics usually take anti-seizure medications to control seizures," Dr. MacDonald said. "If those don't work, there are [surgical brain] procedures which they can undergo."

## Fad diets aren't a quick way for losing weight

#### by Tina Birak

4.0

ike a ritual, Anita Bola would Latry a new diet every spring to lose her winter weight, but one year she started losing her hair instead.

"After hibernating for months, I want to lose weight and look good for the summer," said Bola, a legal secretary in Brampton. In 1998, Bola tried an over-thecounter fat blocking pill that guaranteed quick results.

Within weeks, she felt lighter but she noticed her chestnut brown hair was everywhere. "I don't know what happened - I didn't go bald or anything – but it wasn't worth it," Bola said.

According to the Canada Heart Health Surveys, close to half of adult Canadians are overweight and one in six is obese.

Many people go on fad diets, which range from sophisticated low calorie meal plans to grapefruits, in order to lose the weight. The diets come with a promise of quick, easy results that sound too good to be true.

Nancy McMurray, a health centre manager said, "I went on a 500 calorie a day diet and in three

months lost 107 pounds, and I was never so sick in my life."

McMurray has been a competitive bodybuilder for ten years, and after completing a diploma in fitness and nutrition, she now works as a personal trainer at Premier Fitness in Brampton.

Clients often ask McMurray how they can lose weight really fast, or which diets work. "There's no such thing as quick results," she said. "You don't put the weight on overnight and you're not going to lose it overnight."

Barbara Webber, registered dietician, said fad diets are not all bad, a lot of them kick you in the right direction. "They get you to take in less calories. But most people can't stay on them for very long," she said.

"There's more to life than just losing that five pounds or whatever it is that you want to lose." - Susan Mah

Webber said grapefruit and pro-

tein diets are hard on your body

and diet clinics can be expensive and ineffectual in the long run.

"Yet people find money to go to all these clinics. When all they really need to do is change their eating habits," Webber said.

Recently, herbal remedies and diets like Apple Cider Vinegar are growing in popularity. "People think herbal medicine won't hurt them, but they have to be careful," said Harvinder Takhar, Bramalea Zellers pharmacist.

When customers inquire about herbal diet supplements, Takhar tells them, there are better ways to lose weight - like exercise. "Of course the health food stores promote the stuff, it's great for business."

Sports injury Nutritional Consultant Susan Mah agrees with Takhar. "I think it's risky to take herbs." She said herbal supplements are sort of a grey area; they are not a food or a drug, and the Ministry of Health and Long Term Care does not regulate them. Consequently, you could just get a placebo, as there have not been any tests done on the safety, purity, or dosage.

"There's more to life than just



Nancy McMurray knows what it takes to be successful at dieting.

losing that five pounds or whatever it is that you want to lose," Mah said. "I find that so many people are almost putting their lives on hold until they lose the weight. They think they'll be happier or more successful, and that's not right."

Webber said losing the weight is not the problem, "Most people can lose 20 to 30 pounds in two months; it's keeping it off that's the problem." People have to look five years down the road, and that's where they don't see the success in these diets. "Once people are off the diets they don't know what to eat and they gain it all back," Webber said.

Based on their research and experience, Webber and McMurray commend Weight Watcher's for setting up a reputable diet plan that teaches and encourages healthy eating habits. McMurray said the program doesn't provide special food, instead it gives people a food guide that limits portion sizes and the amount of fat the dieter consumes.

People need to realize that it's what they eat over time, and it's a whole lifestyle issue. "Dieting is a multi-billion dollar industry in North America - but are people healthier or thinner because of it? I don't think so," McMurray said.

etc... etc...

Life & Health

etc... etc...

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""I'm planning on being extremely nervous because I've never done anything like this before."

-Ryan McLaren

### Coffee house at Caps, hold the jitters please

### by Alison McCaffrey

With lights turned low, emo-tions can be hidden onstage.

Not that hiding emotions is a concern for anyone playing Monday's coffee house at Caps.

The event on March 26, will mark the second venture of the year by David Ward, a Humber Journalism student.

"The first one went really well, but I don't know who was really there to listen because it was in the day," he said.

He acknowledges the higher risk this time by holding it at night, which means anyone who lives off campus will have to come back after dinner to watch.

"To get the atmosphere I want, we have to take the risk of having small numbers, or no one showing up," he said.

There is always a risk with new formats, but Ward is no stranger to risk. He plays in a band, has released a CD with them, and a solo CD a few years ago.

Ward will play his acoustic guitar and sing some covers and original music.

Jon Raven Visser has classical singing training, but will be singing original contemporary-style rock.

gospel. Now I'm into pop/rock kind of stuff. I did covers in country, now I do a kind of Roch Voisine, Edwin McCain type thing," he said.

Visser started singing when he was six years old and appeared on Star Search. With one released album, he was a pretty big name at home in New Glasgow, Nova Scotia.

Great Big Sea and Natalie McMaster are among those Visser played with when he was out east, and he said they were all pretty cool.

"Most artists out there are pretty down to earth," he said. "I've been drinking with Great Big Sea."

Ryan McLaren, 21, has only been writing since high school, and said not many people have read his stories.

As a Journalism student, having other people read his work is an everyday occurrence, but this will be different.

"I'm planning on being extremely nervous because I've never done anything like this before," he said.

Style is important to most writers, but McLaren hasn't come upon his yet. He said he is still experi-

"I moved to country, then menting by mimicking writers he likes while he tries to find his niche.

> Stories are his specialty and he will probably read one of his poems at Caps.

Humber Film student Trever Pierobon is no stranger to the spotlight. He performed at Ward's coffee house last term, doing covers of bands like Matchbox 20.

"It's a new music classification of lounge and punk. I'm taking hardcore songs and turning them into cheesy lounge songs."

Aside from vocals, Pierobon plays all kinds of instruments. ranging from guitar to drums to bass. He's had formal guitar training, but said he would prefer to be playing drums right now.

"What I'd really like to do is start a Matchbox 20 cover band. Or find some people who love Creed and wear leather pants and wifebeater shirts, and sing in deep voices," he said. "Play what's cool, right?"

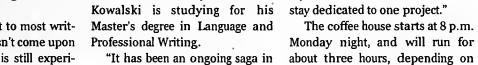
One foreigner who will likely be on stage is Jeremy Kowalski. A student at the University of Waterloo, Jon Raven Visser will be playing at the coffee house at Caps.

my life," he said. "I find it hard to

Monday night, and will run for about three hours, depending on the performers. If you are interested in playing

at a later date this year, or giving support for next year, look for Ward at Caps.





Critics give new CD releases two thumbs up



### Hawksley Workman

### by Kristina Koski

Are you tired of everything on the radio? Hawksley Workman's sophomore release, (last night we were) the delicious wolves, is definitely a healthy alternative to any

qualifies as being diverse, upon skipping through the 11 tracks of the CD, at least two songs begin with the same chord, played the same way. Toward the end of the album, one might wonder if they've already heard certain songs already.

But there is a bright light at the end of Hawksley Workman's tunnel. The album really grows on you. If you can make it through the first listen, the second won't be anywhere near as offensive. The third? Not bad. The fourth? Give Hawksley a nod.

retro-soft-rock-euro-pop umbrella.

The Waterboys formed in London, England in 1981, and over the years, they have painfully attempted to squeeze themselves into almost every musical genre.



stage, and delivers chilling asides, in time with accompaniment.

Much of the material on the album demands that the listener to be in a calm and passive mood in order to receive the music in a positive light.

But the synthetic sound makes this CD part of the love it or hate it category.

### Semisonic

### by Kristina Koski

Remember Closing Time?" Yep, Semisonic is back with their fifth album, Chemistry. Clocking in at 51:48, this 12-track disc will is the undertone of '70s and '80s rock, but it still manages to sound refreshing and new.

The packaging of Chemistry is also fairly impressive. Pictures of different beakers fashioned to look like the male and female forms adorn the pages of the sleeve

The disk looks to be a subtle network of chemical compounds only



COURTESY PHOTO

overplayed tunes you'll hear on radio stations like the MIX or the Edge.

How to define Workman's latest effort is difficult. Glam-folk perhaps? It Features the over-thetop, cabaret style voice of this Toronto-based artist, backed with softer music with organs, pianos and acoustic guitars.

Although the album definitely

The Waterboys

#### by Jessica Markoff

What do you get when you mix vocals, micro-synth, percussion, bass, guitar, and synthesizers with Mike Scott and a collection of musicians? Answer: A Rock .In The Weary Land, the latest musical effort by The Waterboys. This band sits under a post-

The interesting and captivating vibe of the CD rests within a cosmic unity of instrumental sound. The title track itself is a fusion of typical rock band instruments, plus a mellotron, an indian harmonium and hand drums. The songs are theatrical, literate and passionate. Vocalist Mike Scott, stands upon his musical

definitely get your heels tapping and your head nodding. The Minneapolis natives have come back on the scene with decent disk definitely worth some attention. The title track, Chemistry is reminiscent of the style of Ben Folds Five, while Follow has a soft rock, Bryan Adams-ballad-like flavour. Consistent throughout the disc

seen by the thin etchings allowing the silver disk to shine through it's white painted covering.

Even if you never liked science in high school, Semisonic stands a chance of getting you into Chemistry.

etc... etc...etc...

Arts etc...etc... etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

### The best of the best on display at art show

### by Desmond Devoy

Five budding student artists have reached the top of Humber's art world.

The students won \$200 each for Best of Show for the recent League for Innovation Art Show, which ran from March 19 - 20 at the North campus, and continues at Lakeshore campus from March 22-23. The awards were handed out during a ceremony at the Humber Room on March 19 at the North campus.

The winners (in no particular order) were Advertising and Graphic Design student Tara Guild, who won for a digital imag-



COURTESY PHOTO Paul-Julien Tanti & Toby Warnell

ing entry entitled The Dance. Her work was praised for its "technical expertise, mood and colour representation."

Javier, an Advanced Arnel Photography student won in the colour photography category for his untitled photo of a young girl.

Richard Jones, a Cabinet Making student captured a spot in the 3-D/other category for his creation of three coloured wooden boxes, called Forms of Humanism. Jones' artwork was described as "original, unique [with a] great sense of body."

Meanwhile, Silvia Ojeda of Creative Photography represented her program well in the black and white photography category, with a photo titled Vines Number One, depicting a person's face being covered by steel. Ojeda's work was praised for its "strong graphic impact, [with] shapes and contrasts, [and a] creative concept."

Finally, Scriptwriting for Film student Paul-Julien Tanti won with his Richard Jones and Toby Warnell. Untitled Number One painting/draw-

ing submission. Judges said that Tanti's piece was very "confident in execution, good colour balance, creative and highly original."

The student's work will now be sent to the League's 15th Annual Student Art Competition, being held at the Foothill-DeAnza Community College in Los Altos Hills, California.

There, their work will be judged along with many other submissions from all over America. From the League's 19 other mem-



ber schools Humber is the League's only Canadian member.

Although the trip to the States represents a venture into the unknown, if the show judges comments are any indication, the students should do fine.

. While some students did not make it into the Best of Show, they did win in their own categories.

HM refers to an Honorable Mention.

Humber Students Awarded for Excellence

Black and White Photography

1st - Tracey Shumate (Creative Photography) 2nd - Silvia Ojeda (Creative Photography)

3rd - Bryan Brock

(Advertising and Graphic Design)

HM - Andrew McCracken

(Advertising and Graphic Design)

HM - Shirley Pincay

(Colour Photography, Night School)

HM - Tracey Shumate (Creative Photography) Works on Paper

1st - Jessica Wilson (Creative Photography)

2nd - Sameer Choksi (Web Production I)

3rd - Carmelle Steele (French III)

HM - Jeremy Brooking (Industrial Design)

HM - Hans Poppe

(Advertising and Graphic Design)

Painting/Drawing

1st - Paul-Julien Tanti (Scriptwriting for Film)

2nd - Paul-Julien Tanti (Scriptwriting for Film)

3rd - Salpy Kevrekian (Accounting)

HM - Regan Cooper

(Advertising and Graphic Design)

Colour Photography

1st - Arnel Javier (Advanced Photography)

2nd – Paolo Cristante (Creative Photography) 3rd - Arnel Javier (Advanced Photography)

HM – Joy O'Reilly (Income Tax)

Digital Imaging

1st - Tara Guild

(Advertising and Graphic Design)

2nd - Paolo Cristante (Creative Photography)

Other/3D 1st - Richard Jones (Cabinet Making) 2nd - Steven Klein (Industrial Design)

HM - Steven Klein (Industrial Design)

### Humber's best rock the house at Battle of the Bands

Students get ready for the Battle of the Bands

### by Tara Smith

W<sup>ell</sup> five bands from Humber have won the chance to be rock stars tomorrow night as Humber hosts the Battle of the

to recreational facilities in your community?



The Molson Local Heroes Program can help make it happen!

Local Heroes is a program where Molson provides funding to individuals of legal drinking age to repair, revamp or revitalize existing adult sport and recreational facilities in the community. Whether it's installing basketball nets in an unused parking lot, building rink boards for an outdoor skating rink or adding fencing eball field, Molson wants to be there to help

For an application call, 1-800-MOLSON I.



Bands competition.

The lucky five that are set to perform are Brave Delusions, Stone Soup, The Laundry Room Quartet, Reason Disappears and Meeku.

> Battle of the Bands is the first step in a regional competition called Campus Music Search, which supports and promotes student talent across various Canadian campuses.

> Every college and university that is a member of the Canadian Organization of Campus Activities (COCA) can participate.

"Humber's been a part of Campus Music Search for four years," said organizer Lise Janssen, who is also the Humber Student s' Federation (HSF) leadership and social programs co-ordinator.

Twelve Humber bands entered the competition and five were chosen to participate in the Battle of the Bands.

The winning band will receive \$500 and entry into the Campus Music Search regional competition.

Winners of the the regional competition, can gain membership to COCA. Member bands then have the opportunity to play at any COCA member college or university across Canada.

"Bands that started at the COCA level are bands like BareNaked Ladies, Crash Test Dummies, and Great Big Sea," Janssen said. Janssen remembers seeing the BareNaked Ladies perform at a COCA conference in Halifax in 1991. After that, everybody was booking them, she said.

"I really believe the exposure they got at that level gave them Canada-wide exposure," she said.

Janssen said she hopes students will still come out to support student talent even though it is being held on a Friday night.

"We seem to get more people out earlier during the week," she said.

Check out Humber's talent tommorrow March 23 at 8 p.m. in Caps. You might just get lucky and catch a glimpse of an up and coming rock superstar.

etc... etc...

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...etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

ports et cetera

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"You don't lose a gold medal, you win a silver..."

-Sheridan Coach Jim Flack

## Hawks win national bragging rights

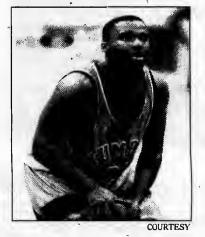
Humber pulls off thrilling 55-51 win against cross-town rival the Sheridan Bruins to capture the gold medal at the CCAA finals

continued from page 1 OCAA all star, and all Canadian guard Cornell "Junior" Brown picked up the tournament MVP award.

"I can't even believe I went out like this," said Brown.

The six-foot guard, usually extremely out going, was elated to the point of speechlessness.

"It didn't even really hit me yet, but as a whole it was just a great accomplishment for our team."



In bloom: All Canadian Junior Brown looks for two during CCAA championships.

The Hawks are losing seven players from this year's squad, including their entire starting five. One of those starters is shooting guard Dexter Miller.

"I couldn't think of a better way to finish my career. I'm going out on top." The 55 point-total marked Humber's lowest offensive output of the season, but Lawrence says

he wasn't surprised.

"I can't even believe I went out like this."

Cornell Brown

"I don't really care about the points," said Lawrence. "I don't care if it's 55 or 2-1 as long as it's Humber with the 2, and the other team with the 1."

"With these two teams, we knew it would be a tough battle," said Katz. "They're an excellent defensive club. I didn't say much at the end. I turned around and said to my assistants that we were in a good position. Now that these kids knew what to do, so let's see if they can. They did it."

For Sheridan Coach Jim Flack, and his Sheridan Bruins, the loss was devastating. Flack was also driven to speechlessness after the game but his silence came with a much different feeling.

"You don't lose a gold medal, you win a silver," said Flack who tried his best to remain positive. "From where we came to where we are now is a tremendous tribute to these kids."

Flack stood silently, trying to compose himself, fending off tears as his eyes began to water.

"I just feel terrible that I couldn't figure out . . . figure out, someway to get it done for them. I told my guys to keep their heads up, but it's hard even to do it myself. There's no shame in what we did this year."

The contest itself was as heated as the capacity crowd of 1,750 expected. Although the game was played on Humber's home floor, the Bruin contingent was just as strong as the Hawks'.

With 2:06 remaining in the Ricardo game, Sheridan's Edwards missed a lay-in, but Hugh Bent picked up the offensive rebound and was fouled by Humber's Jeremy Walters. Edwards converted on both of his free throws and cut the lead to 49-44, ending a scoring drought that lasted nearly three minutes.

On the ensuing inbound play, Flack put on the full-court press and forced Humber into a turnover.

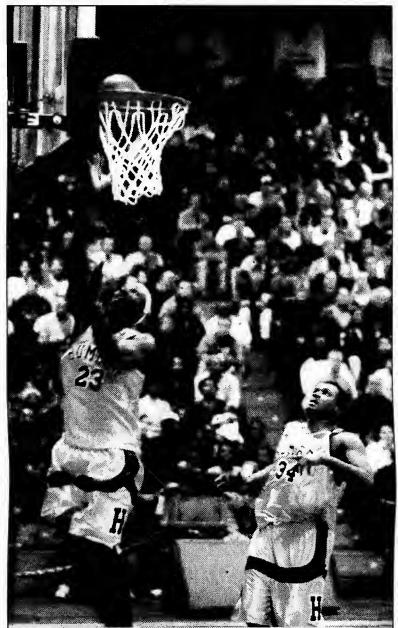
Hugh Bent capitalized on the Hawk miscue, and stroked an eight-foot jump shot to cut the lead to three, 49-46, with 1:59 left on the game clock.

The teams exchanged baskets, and Bruin point guard Kevin Passley netted a free. Brown hit a high arcing tear-dropper over the long outstretched arms of Edwards, who stands at six-footsix.

With the score at 53-49 and 0:15 left in the game, Sheridan was forced to foul Hawk players, and hope that they would not convert at the charity stripe. Despite the defensive pressure featured in the game, Sheridan had only committed four fouls in the second half, and lost valuable time picking up their fifth, sixth, and seventh fouls and put Humber on the

the Hawks in double figures with

session game.



COURTESY

Gracefully it goes: Rupert Thomas carefully puts two points on the board as Chris Bennett watches on during second half action.

his 10 points.

In semifinal action, the Hawks defeated the top-seeded Cariboo Sun Demons, From Kamloops, BC, 78-70. Miller paced the Hawk attack with 18 points.

Only eight hours before Humber College's opening game in the CCAA national championships, Humber Assistant Coach Nantali Indongo said of the Lennoxville Cougars: "Their offence is weak and I think we should kill them."

### **Road to CCAA Finals**

Quarter-finals Humber 70 L.Champlain PQ 49

**Semi-finals** Humber 78 Cariboo BC 70

**Championship-Final** 



### Air time: Rupert Thomas capitalizes on a Sheridan turnover and slams home the points.

etc... etc...

She was right. As it turns out, Cornell Brown was appropriately the one who put the game the Cougars had no defense either. The Hawks took their. out of reach. With 0:03 remainfirst match-up in the 2001 ing, Brown hit both of his free nationals with a 70-49 drubbing throws to increase the Hawk lead to 55-51, and make it a two-posof Quebec's provincial champions. Brown once again led the Brown led the charge with 12 Hawks with 12 points while points. Lawrence had 11 points, Chris Bennett was a menace on the boards, collecting 11 while Dexter miller rounded out

rebounds.

Humber 55 Sheridan 51 **Championship Awards Most Valuable Player** Cornell Brown **1st Team All-Star Dexter Miller** 

Sports etc... etc...

# Wings clipped in Calgary

### by Patrick Campbell

The Humber Hawks' women's basketball team didn't L bring home the national championship from Calgary, but in order to get to the Nationals they had to be one of the best teams in the country.

The Hawks, who were ranked sixth out of eight teams entering the tournament, finished fifth, thanks in part to a characteristic win over the Capilano College Blues.

Beth Latendresse, star forward and Ontario Colleges Athletic Association (OCAA) All-Star, picked up the Canadian Colleges Athletic Association (CCAA) all-star recognition as well.

Head coach Denise Perrier was nominated for CCAA Coach of the Year, but Avery Harrison, coach of the topranked Southern Alberta Institute of Technology (SAIT), took home the honours.

One of the many bright spots throughout the tournament was the play of team co-captain Lindsay Higgs, who received a second-team All-Star award.

The Ontario champions battled with the University College of Fraser Valley Cascades in their first game. Humber came out flying behind the three-point shooting of Beth Latendresse and Elaine Morrison, taking a quick eight point lead, 14-6.

Humber was consistent throughout the first half, hitting 40 per cent from the floor and dropping 66.7 per cent of their free throws.

After a great first half, Humber began to slow down and the momentum they created in the first half floundered.

Falling even further away from the lead, Lindsay Higgs tried to keep the team close with nine straight foul shots to pull within 15, at 56-41. But that was as close as the Hawks would get as the Cascades finished with three straight foul shots to put the lid on the game, 62-43.

After some well-deserved rest, the Hawks went back at it with the Capilano College Blues in a game that would determine the bronze medal semi-finalists.

The Hawks, once again, jumped ahead of their oppo-



PATRICK CAMPBELL

**Go strong:** Brenda Chambers pushes for the basket and is met by a University College Fraser Valley defender.

nents with an 18-8 lead, but managed to hit only two more baskets within eight minutes, allowing the Blues to climb back to a one point deficit, 22-21.

It looked as if Humber was ready to do battle with the best teams in the country. Humber continued to be consistent, but so did the Blues who finished the first half with two quick baskets 40-36.

"The first half we came out on fire," said Head coach Denise Perrier. "We hit four three-pointers in a row. We came out of the gate early."

Capilano failed to post another point on the scoreboard after Humber took a 61-58 lead, while the Hawks finished the game with 17 straight points and advanced to the bronze medal semifinals with a convincing 74-58 win.

The OCAA champions put the game in the bag, thanks in part to 44 per cent from the field and a stunning 54.5 per cent from the three-point line. Elaine Morrison, who received Player of the Game honours, led the Humber attack with 18 points, while Lindsay Higgs and Filomena Aprile chipped in 14 each.

Humber managed to win while turning the ball over 19 times, but received 12 points from second-chance baskets. Unfortunately, the bench managed only two points in the win.

"All year we've been a second half team and we hung in there today," said Perrier. "We didn't play as good as we could have defensively in the first half, but it happens.

against the strong six- foot - four, 250 pound defender from the Capiliano team. It was a great match-up.

Erika beat her down the court and she played great defence against her.

"It was a great game for us. It was a real confidence booster," said Perrier.

With this possibly being their last test of the season, Humber was up for the challenge. The Hawks faced the Montmorency Nomades who, for most of the season, were ranked first in the nation.

The Nomades disposed of the Hawks at the very beginning of the season with a convincing win.

"Overall, our goal was to win the OCCAs and we did. This was icing on the cake, and I think we represented Ontario just as good if not better than any other college." -Denise Perrier

The two teams, both vying for a bronze medal, traded baskets early on before Humber pulled ahead 22-17. Montmorency tied the game at 22, and proceeded to hit five more points taking the lead, 27-22 with only two minutes left in the first half.

Humber began to slump, hitting only six points before the half while Montmorency dropped ten more, taking the lead 37-28 to the dressing room

"The first half was decent," said Perrier. "We were in the hunt and we had some players in foul trouble, but going into the half, the girls were still motivated. That was great for us."

The Nomades came out in the second half and made their run. They put up ten quick points before Humber could manage four and began to mount a sizeable lead.

With only ten minutes left in the game, Montmorency pulled away with a 31-point margin and a feeling that their

Sports



PATRICK CAMPBELL

We refocused and pushed and pushed. It made Standing strong: Susan Higgs, foreground, defends Capiliano a difference when we put Erika [Fowler] in to play forward while Erika Fowler looks on as they battle for a loose ball.

bronze medal was only one more game away.

Humber, unfortunately, couldn't climb their way back out of this one and finished the game with a disappointing 79-52 loss.

Latendresse, who received the Player of the Game for the OCAA champions, finished the game with 19 points, while Lindsay Higgs strengthened her all-star performance with a nine-point effort. Back-up Natalie Wood received a sizeable amount of playing time due to an injured Elaine Morrison.

The Hawks didn't come out on top, but they gained valuable experience for the next year.

Perrier was pleased with the girls' performance and is looking forward to next season.

"We had to play either SAIT or Montmorency. That's a challenge in itself right there, " said Perrier. "I told the girls that I could sit here and go through every thing this team does, but they knew what they had to do. They saw the game last night. I told the girls we just had to play simple basketball. I don't know what happened in the second half. All of a sudden we looked dead tired."

With only three players having CCAA championship experience, Perrier was happy with the team and thought the experience they gained was the most valuable part of the week.

"Overall, our goal was to win the OCAAs and we did. And it's a difficult thing to do. This was icing on the cake, and I think we represented Ontario just as good if not better than any other college could have," Perrier said.

"We also know that we can play with these teams. We just went on droughts and it's winner do all. We only have three girls with national experience, Brenda [Chambers], Lindsay [Higgs], and Filomena [Aprile]," she said.

"I've been here as assistant coach, but not head coach, so there are a lot of changes and we have to learn from this. Now they know what they will have to face in the next couple years. This experience was great for us and for the college and recruiting as well. It's been a great ride."

etc... etc...

etc., etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

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## Hobor chemistry measures success

A strong relationship between brothers Eric and Marc Hobor contributed to men's hockey team success

#### by Jason Thom

Thenever brothers play on the same team there is always a chance to see something special.

That was the case this past season for Bolton natives Marc and Eric Hobor who played their second campaign for the Humber College Hawks.

Even though the Hawks lost a heartbreaker to Sault College in overtime in this year's gold medal game, the Hobors were a treat to watch.

Eric, the oldest of two at 23, was on the wing of the team's top line and picked up two assists in his final game as a Hawk.



COURTESY

Brothers in arms: Marc (left) and Eric Hobor strong play helped Humber get to the gold medal final .

	s' contril				
Kegula	r season				
	GP	G	Α	TP	PIM
Eric	14	9	12	21	2
Marc	9	1	6	7	4
Playo	ffs				
Eric	3	1	2	3	0
Marc	3	0	1	1	2

Marc, 21, patrolled Humber's blue line and was one of their most solid defenceman down the stretch.

Their father never missed a game this past season and notes their closeness off the ice is a key to their success.

"They've always been real close, on and off the ice," said their father, Paul Hobor.

Both players still live at home directly behind the Bolton Community Centre, where they developed as young hockey players.

"That's why I bought it," Paul said of the house. "I had them out there and skating before they were in school."

They played for the Bolton Bruins and Caledon Hawks before moving on to Richmond Hill, where Eric was with the Kings and Marc with the Stars.

Marc even had a chance to coach the Hawks for a game this year while Head coach Joe Washkurak was ill. However, it's something that Marc said he's not quite comfortable with yet.

"It was a little strange not being in there getting changed with the guys but instead telling them to get ready," Marc said after his coaching debut.

Now that their season is over, the brothers will continue to play in the Mayfield Men's league on Sunday nights in Bolton.

Marc will return to Humber for half a year while Eric's options remain open.

After the shocking loss to the Cougars last weekend, no one on the team was harder hit than the two Hobors. The Hawks are close-knit and the only finger-pointing going on was at themselves.



March Madness basketball tournament is well under way in the U.S. and so is the betting line.

People from all over North America are joining office pools, Internet pools and pools at local pubs to capture some of the excitement that the month-long tournament has to offer.

The March Madness tournament is so synonymous with gambling that it's right up there with the Superbowl in terms of betting. CBS, which broadcasts all of the tournament's games, even moved their highest rated show, Survivor, to another

"Betting intensifies your connection... When they lose it feels like a team you've been cheering for your entire life." - Gerard Woloviec

night to allow access to all games.

Part-time gamblers, who never watch college basketball games, tune in all month to cheer for teams from towns they have never heard of.

"I never watch NCAA basketball during the regular season," said Gerard Woloviec, a 24-year-old managing consultant from Toronto. "But when the tournament starts and I've got my money on the line, I can't help but watch every game."

"Betting intensifies your connection to a particular team, and when they lose it feels like a team you've been cheering for your entire life has lost. You can get really attached to some teams during a tournament even if you.don't know what city they are from," said Woloviec.

Eric won the Hawk's Player of the Game award in the championship game and Marc dealt out some crushing hits that electrified the Humber crowd.

Their father is proud of his boys, win or lose, he said. "If they win then, great, but if they lose, the better team won."

March Madness

Meaning every person who joins a pool has a stake in almost all of the games being played. This leads to huge ratings for CBS.

But participating in this tournament every year doesn't mean the poolee has a gambling addiction.

Many people taking part in these pools rarely gamble seriously.

It's the low cost of entry (most pools only cost \$5 - \$10 to join), the high stakes of winning the tournament, and the month long entertainment value of the games draw most people in.

According to Morri Behrmann, the director of information services at the Canadian Foundation of Compulsive Gambling, as long as gambling is used as a form of entertainment and limits are set for the participants in the even, poolees have nothing to worry about.

"A great indication that a person does have a problem is growing debt from gambling. Also, if you begin to neglect family and personal needs in order to gamble, you have a problem," said Behrmann.

Matt Nicolak, a 25-year-old sales representative. from Mississauga, rarely gambles throughout the year, but when it comes time for March Madness he doesn't mind chipping in \$5 for a little bit of excitement.

"The NCAA tournament is one of the most unpredictable sporting events you can bet on and, at the same time, the most enjoyable.

This is why I usually enter the March Madness pool. I do not really follow the season too closely, which maybe is the reason I never win the tournament wagering," said Nicolak.



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The NCAA tournament consists of 64 college teams set up in brackets of single elimination games.

Most pools have every one who enters select winners from all five rounds of the tournament.

When it comes right down to it, the NCAA basketball tournament can attribute some of its success on wagering pools and the people who join.

"I'm sure I could go back to not betting on the games, but if I have a group of friends involved in a pool, we have fun keeping track of who's leading. It's mostly for bragging rights and a couple of bucks is nice as well," said Woloviec.

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## March Madness monopolizes media, Canada left in darkness

by Jamie S. Kokiw

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urking in the shadow of NCAA ⊿March Madness, Canada's two basketball championships crept by with little interest by the major media in Toronto.

While St. Francis Xavier University rolled to their second straight Men's CIAU Basketball title in Halifax, the Humber Varsity Hawks won an exciting and close battle over Sheridan College 55-51 to win the college's national championship.

"I was kind of sorry when I saw that there were 3,000 people there and it was that kind of crowd and that kind of game, that I didn't bring my kids to watch," said Toronto Sun sports columnist, Steve Simmons.

Many may have been in attendance, however little to no media attention was given to Canada's largest college tournament in Canada's largest market.

It's an all too familiar site to many out there in Canada's amateur system to see little media coverage or support for University and College athletics in this country.

"I don't think the interest from readership has been there to say that this is something that you should cover on a regular basis," said Simmons. "I think that when there's a final in your city it's reprehensible that you don't cover it. There's two Toronto teams

playing for a championship and 3,000 people are there – that's a story."

"I think that when there's a final in your city it's reprehensible that you don't cover it." - Steve Simmons

One of the problems in covering varsity sports in major markets, such as Toronto, is that editors have a limited amount of space to deal with and their ability to alter and play with that space is difficult when it comes to a broader coverage of local and regional sports.

Leaf and Raptor crazy Toronto swallows up the majority of the average sports section with all other sports screaming for a larger piece of the media pie.

"The markets that don't cover on a consistent basis, and that could be Montreal, Toronto,

Vancouver and those are the markets that don't give college and university sports consistent coverage," said Bishop's University basketball coach Eddie Pomykala. "If you're getting limited [coverage] throughout the year then you're not going to get anything [come championship time]."

The CIAU media coverage has been better in recent years as greater attention has been given to the major tournaments. As the interest level increases nationally for university sports the feeling is college exposure can benefit from their experience.

"The exposure they get is great," said Hawks coach Mike Katz. "They get all major media at their tournaments and even though we get little bits from here to there about us, I feel there is room for both and we can all benefit from this.

This year The Score broadcasted the first round of the CIAU championship from Men's Halifax, a first for the tournament, and received rave reviews in terms of commentating and entertainment.

"There was a larger viewership

of the Final 8 than that of the March Madness to the south," said Pomykala. "I think we're taking the first step [in increasing exposure]."

It's looking brighter for the CIAU when it comes to their sports coverage, however at Humber and around Canada, college sports coverage has yet to emerge out of the dark ages.

This year, journalist Mike Betcherman and Primitive Entertainment has produced an eight-part series documenting Humber's men's basketball team that will air nationally on CBC Saturdays at 12:30 p.m and 10 p.m on Newsworld.

"A lot of the times when kids choose to go down south, they're choosing the glitz..."

#### -Eddie Pomykala

The documented journey of the team from preseason to championship is one that will hopefully increase awareness Humber's program to a national level.

"I brought the project to Tom Perlmutter Primitive and Entertainment," said Betcherman. "We put the proposal together and they were quite excited about

it. Humber and the college program will be getting national exposure and I think it will hopefully go a long way to making people aware of the basketball being played at this level."

Betcherman believes that although the player's "Hoop Dreams" of playing in the NBA are behind them, they are still playing for the love of the game and their brand of basketball is as exciting as the high flying product produced by the Americans down south.

"A lot of times when kids choose to go down south, they're choosing the glitz that they see in terms of TV," said Pomykala. "They equate that with the experience that they'll have down there which is not true."

Ultimately the television media generates exposure and interest. Coverage by the major sports networks in Canada is limited when it comes to varsity sports simply because it is too costly to produce it for television and the revenues generated do not make the product financially viable to produce.

"The sports world has become a slave to television and television is what dictates interest," said Simmons. "[The sports networks] do it because they have to keep their licence."

## Death knell rings clear

by Jamie S. Kokiw

The 2 cent answer to the \$252 mil-L lion question?

So David Wells says that he'll retire at the end of the season if the White Sox don't exercise his \$9 million option.

What's wrong here?

It's an age of sports where athletes are judged not by their production on the field but the size of their bank accounts.

So why do we continue to place these people on a pedestal?

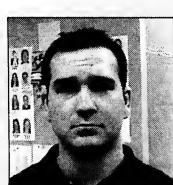
Pretty soon we won't have to. Their self-destruction into anonymity is as imminent as the Maple Leafs demise in the playoffs.

I mean what would you do with \$252 million?

It's ridiculous to even think that a single person would even demand such an incredible amount of money let alone be able to spend that amount in their lifetime.

When the Texas Rangers gave Alex Rodriguez the key to the vault in December, they gave him the ability to earn \$21 million per year, which is

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Jamie S. Kokiw

47 per cent higher than the entire payroll of the Minnesota Twins.

I get \$10 an hour at my part-time job. Now if I decide to forego my life in the lucrative field of journalism, opting for the high life of the Outback restaurant working full-time.

I would have to work over 807 years - that is if you take into account Mike's new 60-hour work week.

Is there something wrong here? Don't get me wrong, I like my job,

I do it well, I serve food. A-Rod and Wells play baseball. Baseball's fun to watch, sometimes,

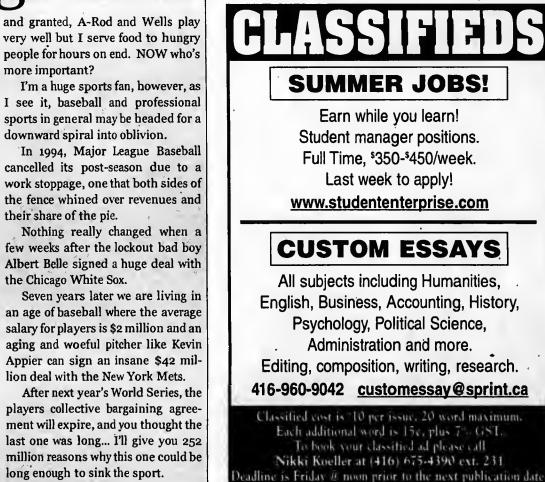
people for hours on end. NOW who's more important? I'm a huge sports fan, however, as I see it, baseball and professional sports in general may be headed for a downward spiral into oblivion.

In 1994, Major League Baseball cancelled its post-season due to a work stoppage, one that both sides of the fence whined over revenues and their share of the pie.

Nothing really changed when a few weeks after the lockout bad boy Albert Belle signed a huge deal with the Chicago White Sox.

Seven years later we are living in an age of baseball where the average salary for players is \$2 million and an aging and woeful pitcher like Kevin Appier can sign an insane \$42 million deal with the New York Mets.

After next year's World Series, the players collective bargaining agreement will expire, and you thought the last one was long ... I'll give you 252 million reasons why this one could be long enough to sink the sport.



etc... etc...

Sports

etc... etc...

### Bizzartifacts et cetera

### What's your sign? Photo of the week



Aquarius 21 Jan – 18 Feb Time for a little R&R.

Pisces

Unfortunately, because you lost your job, R&R is Reduce the amount of food you eat and Reuse your dirty underwear.



Your sign has done well lately. Prosperous, loved and healthy, nothing more could be needed.

19 Feb - 20 March

Unfortunately, budget cuts have forced us to downsize your symbol. Therefore, it will no longer be appearing in this publication. Please collect your things and leave quietly.



21 March – 19 April Feel the rhythm. This week the Carribean beat will get your soul hopping, your pelvis shaking, and your bowels moving. Less mexican food next time.

Aries



20 April – 20 May You have few talents, yet you will somehow become a

Taurus

famous actor, and star in a series of successful films. Everyone will fawn over you,

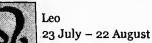
while secretly asking themselves how a lummock like yourself ever passed Grade 9 drama. Good luck, Keanu Reeves.



21 May - 20 June Your favourite song is "Smells like teen spirit." Fortunately, you're a high school custodian, and after two hours mopping out the boys locker room, pretty much everything smells like teen spirit.

> Cancer 22 June – 22 July

Your rumpled appearance gives you an unassuming attractiveness that appeals to others. You combine modesty and earnestness in an alluring package that makes you a person people want to be near. By the way, compliments don't count when they come from your mom.



This week, try something new. Buy yourself a nice dress. Fix yourself up, maybe get some makeup and perfume, treat yourself real good. Oh, and take back that copy of Priscilla: Queen of the Desert. You've had it out for three weeks, man!



This week, you will finally have your 15 minutes of fame. Your face will stare back from millions of TV screens as friends and acquaintances will

look excitedly and point at your now famous face. Now don't forget to smile for the cameras from "Americas Greatest Porn Thieves."



23 Sept - 22 Oct

Good news, a debt that has been out for years will finally be paid back. Yesirree, now that your little brother has finally outgrown you, let the revenge wedgies begin!



### Scorpio 23 Oct - 21 Nov

You have opinions, but are afraid to stand behind them Your tendency to always apologize is weak and... no, I'm sorry. I don't mean it. You're fine. Really.



### Sagittarius 22 Nov - 21 Dec -

So, like, why can't you get walls at Wal-Mart? What's the deal with that? And what's with that Cher lady? I mean, was she asleep when God was handing out last names? What's up with that?



Capricorn 22 Dec – 20 Jan

A tragic case of mistaken identity will lead to a particularly brutal body cavity search at the hands of Niagara Falls customs officials. Didja know they'll check your prostate for an extra fiver?

### Clues

- 1. Birds and the bees, \_\_\_\_ and the trees.
- 2. In Spring, the Sun is near the tropic of \_.
- 3. Fairweather romance: Spring \_ 4. What they wish the Titanic had-
- n't done: spring a \_.
- 5. Tragically Hip: Springtime in \_. 6. Road trip to Florida: Spring \_.
- 7. Love springs \_.
  - 8. Geraldo's protege: \_Springer. 9. Dog: A Springer \_.



Please...kill me. Bill Wood, lead singer of Eye Eye, works on a less-than-motivated crowd at Caps in February, 1985. There are many working definitions of tragedy, but often a picture says more than words could ever convey.

### Quotes from the English pen of playwright George Bernard Shaw

"When a stupid man is doing something he is ashamed of, he always declares that it is his duty."

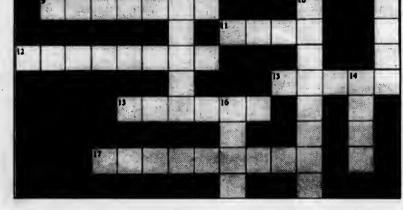
"No man can be a pure specialist without being, in a strict sense, an idiot."

"The fickleness of the women whom I love is only equalled by the infernal constancy of the women who love me."

The power of accurate observation is commonly called cynicism by those who have not got it."

"A government which robs Peter to pay Paul can always ount on the support of Paul."





etc... etc...

10. Cluttering the curb: Spring \_. 11. Thai food staple: Spring \_ 12 Every year in Florida and Arizona: Spring \_. 13. Bo and Luke's cousin: \_\_. 14. Spring in your \_. 15. Flowers that grow between your nose and your chin: \_. 16 \_ Springs, Florida. 17. King weed of the lawn: \_.

Answers at right...

Bizzartifacts

"Life does not cease to be funny when people die any more than it ceases to be serious when people laugh."

"England and America are two countries separated by the same language."

"There is no satisfaction in hanging a man who does not object to it."

to. cleaning 11. roll 12. Itaining 13. Daisy 14. step 15. Tulips 16. Palm 17. Dandelion -Answers: 1. trees 2. Cancer 3. fling 4. leak 5. Vienna 6. break 7. elernal 8. Jerry 9. Spaniel etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

