

Humber EtCetera

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Winter storm brings campus to standstill



Pub, eateries lose big bucks due to snow day

By Chris MacKinnon

More than 14 thousand Humber students and staff stayed home on Tuesday as the first major storm of the year rocked Toronto.

Dozens of schools and businesses were snowed in across the city.

At Humber's North campus, businesses that depend on students to keep the cash registers ringing were hit hard by the closure

CAPS manager Kenny Dimech said the impact was "huge." He figures he lost about \$3,000.

"The money is impossible to recoup," Dimech said. With dozens of cases of unsold Budweiser, Labatt Blue and other beers, Dimech said he will "definitely have to make some changes" to his beer order this week.

Ackee Tree restaurant owner Christopher George said he lost \$1800 to the storm.

VP Academic Terry Piper defended her 5:30 a.m. decision to close the college. "In the end it's the safety of the students and staff I have to be most concerned about," she said. Humber's media people then notified press and radio outlets to get the word out.

"Ultimately, it depends on Mother Nature," the VP added.

Snowplows worked through the day to keep up with the snow. At the height of the storm, four centimeters bombarded the campus every hour.

Four trucks—front-mounted with enormous 24ft plows—cleared parking lots and campus roads, while four Bobcats tended to walkways and paths.

Operations Manager David Griffin said roving salt vehicles dumped 30 tons of rock salt on Humber during the storm.

Griffin, a veteran of 18 Humber winters, said Tuesday's weather was "a hell of a large storm."

The cancelled Jan 26 Board of Governors meeting will be moved to Feb 16.

Cold enough for you? Humber staff and students battle sub-zero temperatures and blowing snow Monday. The fluffy white stuff fell through the night, causing VP Academic Terry Piper to close the school early Tuesday morning.

Election rule fuels controversy

HSF positions not open to Guelph-Humber

By Kate Schwass

Guelph-Humber students wishing to run for Vice President Administration North in the upcoming Humber Students' Federation elections may be out of luck.

Although students from both the HSF and the Guelph-Humber Students' Association negotiated last-fall on what positions Guelph-Humber students would be able to run for, HSF business manager Michael Parent said there is still some uncertainty.

"We are aware of the confusion

the Guelph-Humber student has expressed and we are committed to working on a solution," Parent said. "We are resolving this issue."

Last fall, a footnote was added to the HSF Elections and Appeals policy reading "As a result of the operating agreement between the Guelph-Humber Student Association (GHSA) and the HSF, the position of VP Administration - North is open to only students of Humber. Guelph-Humber students interested in this portfolio should consider the position of Vice President Academic within the GHSA."

Parent explained that the HSF's

VP Administration position and the GHSA's VP Academic position are essentially the same job, just in different organizations. The concern with having a Guelph-Humber student as the HSF's VP Academic is that a university student would be looking after the academic concerns of a college.

Tennica Hamilton, president of the Guelph-Humber Students Association, said she is disappointed with the amendment.

"We feel it unjustly excludes Guelph-Humber students from being

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Students starving for information on eating disorders

By Jessica Padykula

One out of every 100 women aged 10 to 25 is currently starving herself.

Eating Disorders Awareness Week starts on Feb. 1 and is a time for people to find out more about the disorders.

But the Humber Students' Federation is not planning on running any awareness events during the week.

Aaron Miller, HSF events coordinator, said the HSF hasn't showcased the week in the nearly three years since he has been on staff.

"There are so many awareness weeks through the year it would be insurmountable to tackle all of them," Miller said.

Beth Sapiro, support worker with the National Eating Disorders Information Centre (NEDIC), wants more awareness about eating disorders available to the public. She said eating disorders and the issues of proper eating and nutrition are

extremely important.

"It's really important to get people to talk, and raise awareness that way," Sapiro said.

The NEDIC wants people to recognize bodies come in all shapes and sizes, and it is OK. This year's slogan is "Celebrating our natural sizes," Sapiro said.

Despite the lack of events at Humber, Miller agreed eating disorder awareness is necessary.

"It is an important issue, especially for young people but there are so many important issues it would be impossible to hit them all," Miller said.

Sapiro said some symptoms of eating disorders include a loss of 15 per cent or more of one's body weight, sensitivity to cold; thinning or loss of hair, depression, irritability, increased sensitivity to criticism, fear of weight gain and social withdrawal.

According to Sheena's Place, a support centre in Toronto for sufferers of eating disorders, 85,000 people in Ontario have an eating disorder.

A new Toronto group wants to help loved ones who are suffering from eating disorders.

Bill Coleman, president of the Family and Friends Against Disordered Eating (FADE), said people suffering from eating disorders need all the support they can get.

"We believe recovery from an eating disorder is possible and can happen sooner with the right supports and funding," Coleman said.

FADE's goal is to increase public awareness of the disorders as well as the need to improve research and treatment. To learn more about FADE, call 416-665-9722.

If you think someone you know may be suffering from an eating disorder, the following web sites provide detailed information about more signs and symptoms:

- www.sheenasplace.org
- www.hopwell.on.ca
- www.fade-on.ca
- www.mirror-mirror.org
- www.nedic.on.ca/idebar

Election rules confuse

continued from page 1

full members of the campus," Hamilton said. "We sent a letter to the HSF executives and the HSF Board of Directors outlining all of our concerns. We are hoping the matter can be resolved."

In an open letter to Guelph-Humber students, Hamilton said "the amendment was passed and the GHSA will be taking action to have it thrown out . . . we are determined to keep you updated and handle the issue appropriately."

The issue is expected to be cleared up at a meeting on Feb. 4 when student representatives will try to resolve the controversy during a regular HSF meeting.

The meeting will be held at North Campus at 6:30 p.m. in D110.

Got news?
humbernews@yahoo.ca



Humber on top – Humber received the award for Top Student Fundraising Team in the 2003 Enbridge CN Tower Stair Climb for United Way. Humber raised \$8,792 for the United Way and was recognized at a recent United Way dinner. Samantha Nicsnovich (left), and Mary Fournier, two of the runners in the stair climb, pose with the trophy Humber won.

Student challenges cheat policy

McGill student says 'no' to university's plagiarism policy requiring essays be turned in to American website to detect cheating

By Erin Elrick

A McGill University student has successfully challenged his school's plagiarism policy, says the Canadian Federation of Students.

Jesse Rosenfeld, a second-year International Development student, challenged McGill's policy on plagiarism by refusing to send his paper to an online plagiarism-detection company *Turnitin.com*.

Rosenfeld initially received a mark of zero for refusing to submit his assignment. His paper was later graded, allowing him to successfully dispute the school's plagiarism policy, stated a Jan. 4 press release issued by the CFS.

"Most students work extremely hard to write papers that are unique and properly referenced. What I object to most about the policy at McGill is that it treats students as

though we are guilty until proven innocent," Rosenfeld said.

There is no disputing the Internet has made it easier for students to download information and purchase

claimed goals is to help educators "ensure originality of student work."

According to the company's website, *Turnitin.com* was developed in the late 1990s and is run by an Oakland-based company called iParadigms.

Over six million people in more than 51 countries at about 2,500 institutions reportedly use the software. During peak times, the site also reports receiving about 20,000 papers per day.

All papers received by *Turnitin.com* are cross-referenced against three databases, which include information compiled from other sites, published works and all student papers submitted in the past,

the website states.

George Byrnes, coordinator of liberal arts and sciences at Humber, said plagiarism is a general problem in his department because essays are a major component in liberal arts courses.

Although some students may blatantly cheat, Byrnes said sometimes students plagiarize unintentionally.

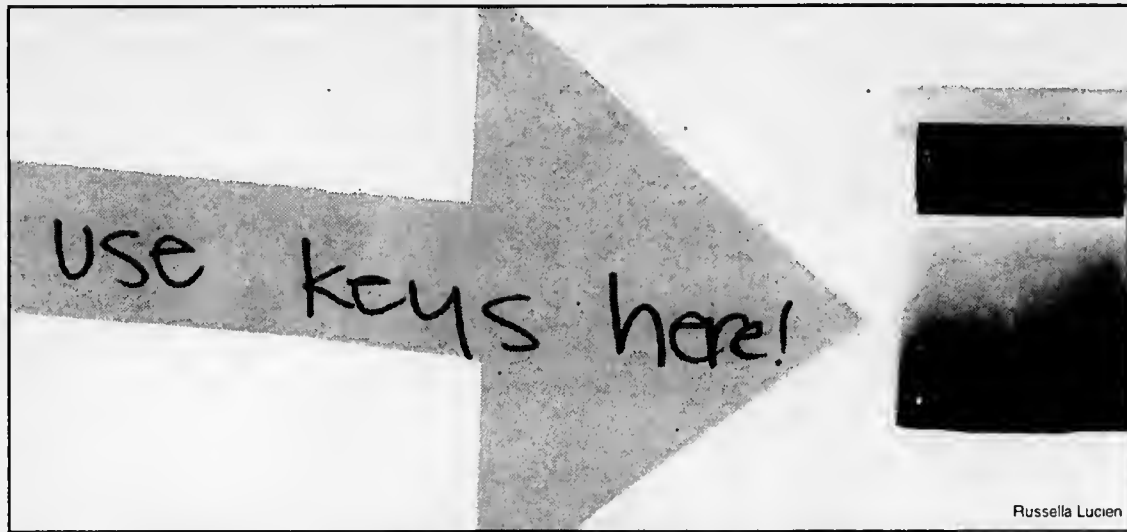
"Most students don't understand how sensitive instructors are to citing," he said.

Humber does not use *Turnitin.com* or any other online plagiarism packages, Byrnes said. But professors often use Google to search for phrases from student papers to check for cheating.

Margie Zekulin, the public services librarian at Humber College, said the school received a demo copy of *Turnitin.com* about two years ago but never purchased the software.

"Most students don't understand how sensitive instructors are to citing."

essays and thesis papers online. At the click of a mouse, students can retrieve essays on thousands of topics. This creates new challenges for professors and plagiarism detection. One of *Turnitin.com*'s self-pro-



College residence adds new security measures to doors

By Russella Lucien

New safety measures have been taken at Humber residence to make sure those living inside are safe.

Students entering residence must now swipe in at two different doors: the main entrance and in the lobby.

Residence Manager Allison Alexander said the two-entrance system was always planned, but wasn't implemented until the second semester because of construction. This system will also be used in the new residence building at Lakeshore.

A large white board details the new security rules, which include locking the lobby doors between 8 p.m. and 6 a.m. and the main entrance door 24 hours a day.

Guests must enter with a student or use the lobby phone to call up. As before, they must be signed in.

The opinions from students on the double swipe are mixed.

Business Administration student, Andre Diaz is disappointed.

"I think it's crappy on these [lobby] doors," she said. "But it makes sense on the second door."

Mandi Mahill, an architecture and facility-planning student, likes the new system.

"It's much better to punch in twice since it's much safer. There's no waiting for them [the front desk attendant] to let you in by the front," Mahill said.

Each checkpoint has arrows and signs telling students about the need

to swipe their cards.

Residence Security Manager Gwen Sutherland patrols the residence and carries a Walkie-Talkie in case of an emergency.

Sutherland said the home invasion this past Halloween has made residence students aware of the need for safety.

After the home invasion, the residence hired a security guard who stayed on from November until the first week of this semester. The director of health and public safety Gary Jaynes also held information sessions and talked with students.

Sutherland said the residence security measures are necessary in order to make residents feel more comfortable.

Avian flu: Canadians be wary

By Joanne MacDonald

The Avian flu sweeping through southeast Asia has caught the attention of health authorities across Canada and at Humber.

So far, it has killed eight people in 10 countries, the latest being China.

The World Health Organization warns a vaccine is still six months away, but Toronto Public Health rep-

resentative Mary Margaret Crapper said the virus is not an immediate concern in North America.

have dealt with it before with SARS," he said. Ryan Katsuyama, a first-year nursing student, said he was not afraid of going into the nursing field and that the dangers of respiratory illnesses had been blown out of proportion.

Liz Callaghan, another nursing student agreed, and said there is a "need to inform the public a little bit more. [People] are afraid of the unknown."

Callaghan conceded working in a hospital environment can be more dangerous.

"SARS was a wake-up call. They're taking the necessary precautions," Callaghan said. "We don't know what's out there."

Mary Elliot, first-year program coordinator of the UNB nursing program, said students in the nursing program learn about standard precautions.

"[Every patient] is suspect, not just those identified as a risk," she said.

Students practice donning protective gear in their lab components, she said, and are currently being fitted for masks.

Elliot said she does not believe being a nurse is more dangerous than it was before the outbreak of these

viruses since there is "always some disease, plague, it's just knowing how its transmitted and what we can do to protect ourselves."

Enrollment in the program has not decreased despite the outbreak of SARS, she said.

At the moment, the Etobicoke hospital asks that people use an antibacterial hand rinse upon entering the hospital, said a registered nurse who asked that her name not be used.

Signs in the hospital ask visitors not to enter the facility if they have coughs.

Oakley explained that the hospital is not masking visitors now unless they show symptoms of SARS, such as a persistent cough.

Ann Foster, a registered nurse at the Humber Health Centre, said students who enter the Health Centre with a cough and fever are masked and placed in isolation where a masked nurse will access their condition.

The symptoms for the Avian flu also include a cough, as well as a sore throat and fever, according to the WHO

The WHO is concerned that the virus may mutate with the human form of the flu, causing a nearly unstoppable epidemic.

Health Canada recommends that travelers not eat undercooked poultry or eggs and to avoid unnecessary contact with live poultry.

If travelers are feeling unwell on their return to Canada, it is recommended that they see their doctor.

Province to cut work week

By Kristen King

Ontario is looking into scrapping the controversial 60-hour work week.

Labour Minister Chris Bentley announced the plan to change legislation that allowed a 60-hour work week and is seeking public input into the changes.

In Sept. 2001, the previous Tory government brought in the

Wayne Samuelson, president of the Ontario Federation of Labour, said the 60-hour week often put students into vulnerable positions.

"The people who are most vulnerable under these kinds of issues are usually people working in minimum wage jobs," Samuelson said. "To keep a job they have to work either long days or long weeks, even if they don't want to."

However, supporters of the 60-hour work week disagree that the system has led to widespread coercion.

Julie Andrew, of the Canadian Federation of Independent Business, said she is not aware of any abuses by Ontario employers.

"The 60-hour work week puts students in a vulnerable position."

Employment Standards Act 2000, which allowed employers to schedule employees to work up to 60 hours a week.

Prior to that, employers had to obtain a special permit.

The Liberals had campaigned on a promise to scrap the 60-hour work week.

Labour ministry spokesperson Belinda Sutton said the new policy will protect workers.

"There is concern that the current system does not adequately protect an employee's right to refuse hours of work after 48 hours," Sutton said.

"The average hours are about the same, and the proportion of people working longer hours, is on the decline since the legislation was passed," Andrew said.

The government is consulting with employers and employees to develop the legislation. Sutton said the ministry also wants to provide some flexibility for longer hours when they are wanted and needed.

A discussion paper was released on Jan. 19. Interested parties are asked to submit responses by Feb. 27 to the labour ministry.



Student services survey - The Humber Students' Federation is administering 2000 student surveys about HSF services, events and clubs over the next week. Students can fill out the survey at North and Lakeshore campuses when HSF representatives are there, or students can go to the HSF website (www.hsfweb.com).

Woodbine labour dispute intensifies

By Kristen King

Picketing workers at the Woodbine racetrack near Humber were joined by the union representing the company's food service employees in staging a large rally last Sunday.

Both groups of workers have had contract negotiations fail with their employer, Woodbine Entertainment Group (WEG).

Security, admissions, maintenance and housekeeping workers at Woodbine, each represented by the Service Employees International Union (SEIU), were locked out on Jan 17. On Saturday night, the agreement reached in negotiations was rejected in a close vote by union membership and a strike was called.

On Jan. 21, the food service employees, represented by the Hotel Employees and Restaurant Employees International Union (HERE), filed charges with the Ontario Labour Relations Board against WEG, claiming intimidation tactics were used to coerce employees to vote for the company's final offer. The workers represented by that union have since been locked out.

Humber Culinary Management student, Ann Marie Walker, has been working at Woodbine for three years, and has been locked out with her fellow workers.

"The company locked us out. Who ever voted no or yes on the final agreement, it didn't matter, everybody was locked out," Walker said. "To be honest, I didn't expect to be locked out that quickly."

The union vote against the final offer was very close, with 170 employees voting against it and 120 voting for it.

Walker said the union was trying to negotiate better benefits and pay increase for all its employees.

"My job is important to me. I have a daughter, I go to school, and I work three days a week," she said.

"I can't look for another job right

now. Because of co-op, I am only available for weekends."

Walker said she will get by and considers this a vacation for the time being.

Picketers faced the frigid winter weather in order to get their story to the public.

Stephanie Gawlas, a server at Woodbine, said the company did not want to bargain at all.

"They have said 'this is the final offer, take it or leave it', and there's been no bargaining since," she said.

David Willmot, CEO of WEG, said that an agreement had been reached and that the union is acting in bad faith.

"This should have been over with by the weekend except for the union doing an about face," he said.

"There are no talks going on, there are no talks scheduled, and I think this is going to go on for a long time," he added.

Willmot said the offer was very fair and above similar agreements made around the province. Of the charges filed, "there are two sides to that," Willmot said. He said he thinks WEG has grounds to file charges with the board for bad faith in the bargaining.

The picketers on Sunday received a show of support from NDP leader Howard Hampton and labour leaders Wayne Sammuelson of the Ontario Federation of Labour and Hassan Yusseff of the Canadian Labour Congress.

"The employers here are being totally unreasonable," Sammuelson said of the situation.

"Basically they are using bargaining tactics from hundreds of years ago, where they try to intimidate."

Speaking at the rally, Hampton congratulated the picketers for their persistence.

"I urge you stay strong, your only real strength is your fellow workers. Your only real strength is your willingness to work together," Hampton said to the crowd.



Employees out in the cold – negotiations with Woodbine stopped after the union membership voted down the latest contract offer. Five groups are now either locked out or on strike.

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Man arrested in Lakeshore sex attacks

A man was arrested in B.C. this week in connection with three sexual assaults that took place near Lakeshore campus earlier this month.

The three attacks all occurred between 5 p.m. and 6:50 p.m. on Jan. 8, with one victim, a 14-year old girl, being choked while she was sexually assaulted.

Police captured a man after a 13-km. car chase.

Arrangements are being made to bring Steven Francis Hunter, 22, to Ontario to appear in court.

Humber may follow lead of fitness clubs by banning phones from locker rooms

By Michelle Butler

Humber has no policy banning cell phones with built-in cameras in the athletic centre despite numerous Canadian facilities banning their use in gyms and change rooms.

However the possibility of banning the phones in Humber's change rooms and gyms may be on the drawing board.

"We have informally discussed the issue and implementing a policy is something that we're going to look into," Humber athletic director Doug Fox said.

In a press release earlier this month, the University of Toronto declared the start of an awareness campaign to ban cell phones with built-in cameras from its athletic facilities, following the lead of many private fitness clubs throughout the Toronto area.

"We are instituting this campaign due to concerns in areas that require complete discretion and privacy," assistant dean of administrative services Karen Lewis said.

Humber College's public policy office said they are unaware of any incidents of indecent photographing on either the North or Lakeshore campuses.



Pat Kane

Getting to know you – students in the Law Clerk, Law Firm Profile and Court and Tribunal Agent programs met with potential future employers at a networking breakfast on Wednesday. Guests included representatives from the Ministry of the Attorney General and several law firms.



The minimum wage is going up.

If you're an employer, here's what you need to know.

	General Minimum Wage	Students under 18 and working not more than 28 hours per week or during a school holiday	Liquor Server	Hunting & Fishing Guides: for less than five consecutive hours in a day	Hunting & Fishing Guides: for five or more hours in a day whether or not the hours are consecutive	Homeworkers (people doing paid work in their home for an employer)
Current wage rate	\$6.85/hour	\$6.40/hour	\$5.95/hour	\$34.25	\$68.50	110% of the minimum wage
Feb. 1, 2004 wage rate	\$7.15/hour	\$6.70/hour	\$6.20/hour	\$35.75	\$71.50	110% of the minimum wage

On February 1, 2004, the general minimum wage will increase to \$7.15 per hour from the current rate of \$6.85 per hour. Annual increases will follow bringing the general minimum wage to \$8.00 per hour on February 1, 2007. The increases are being phased in over four years and will also be reflected in all minimum wage categories.

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

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EDITORIAL

Minimum wage should be same for all

Many Ontario students struggle to work part time and during the summer to pay for their education. This is why an adequate minimum wage, especially for students who live away from home, is essential.

On February 1, the average minimum wage in Ontario will jump from \$6.85 CDN to \$7.15. The debate will continue on whether or not this is enough but some are still going to be making less than \$7 after the increase. Alcohol servers, meaning waiters and waitresses, will still make almost a dollar less.

The logic behind paying these hospitality industry workers only \$6.20 is that they will make tips. Therefore they will make up for the lower average wage. But it just doesn't work that way.

location

The location of a particular bar or restaurant can determine how much someone receives in tips.

In certain cultures, tipping isn't common and is sometimes frowned upon. If an particular employee is working in an area where the demographic doesn't see tipping as the norm, he may take home considerably less than his counterpart in the downtown core.

Since most restaurants don't include gratuity on the bill, there is no guarantee a server will take home as much as someone in another industry.

responsibility

With keeping the minimum wage for alcohol servers well below that of everyone else, the government is putting the responsibility for a student's financial well being on the public.

If a average patron knows his server is making less money, he will hopefully leave an adequate tip.

But hope isn't reality. We all know people who don't feel it is necessary to reasonably tip a busy waitress who couldn't get them the extra cup of coffee fast enough.

Some patrons believe if they do their part by paying the bill, they shouldn't pay extra.

If students who work as servers are going to make an adequate living, then they need a reasonable minimum wage.

The debate rages on about what the minimum wage should be but for a start the government should make it the same for everyone.



This will definitely give the students of the University of Guelph-Humber and Humber College something to think about in the next season of HSF voting and elections.
Adam Schwabe
 Computing Co-op
 University of Guelph-Humber

Letters to the editor

Guelph-Humber students should not be excluded

I am writing in response to HSF's decision to ban Guelph-Humber students from running for VP Administration North. Never have I seen such a blatant slap in the face between our two institutions as this.

Having been involved last year in the process to mediate the relationship between the Guelph-Humber Student Committee and HSF, this move really shows me how little any of the executive members of the Humber Student's Federation care

about having a good working relationship with their neighbours.

Especially considering how much work has gone into developing a working operating agreement between the two student governments, I was appalled to see a move which not only shows disrespect towards the Guelph-Humber Student Committee, but also students of the University of Guelph-Humber.

Shame on the HSF and its executive that allowed this vote to pass,

Too busy with online voting

When I learned that Humber's Information Technology and Service department was responsible for designing the new online voting system I was shocked.

I thought the IT department was designed to make the SRS website as defective as possible, while also ensuring that the network in student residence stays completely unreliable.

It seems my bitterness and frustration was unwarranted. Clearly they couldn't have spent a waking moment working on SRS and the residence network with all of their time consumed by developing this online voting system.

Thanks for clearing things up
EtCetera!
David E.
 Public Relations

Student Voices

Fuji Ramos, 1st year business admin



It will be a tainted trial because of all the media attention. Rich people just buy their way out of

everything. The bail that was set is so low.

Compiled by Mandy Lampert

Idee Folami, 1st year nursing



He has already been tried in the media and I think it is very unfortunate, because nobody knows exactly what

goes on. It should be left to the courts to decide, but the media has already decided.

Jocelyn Rodriguez, 1st year GAS



I don't think Jackson will get a fair trial because it is a big public ordeal; it's like the National

Enquirer is putting on a trial. When you are in the public eye you do not get judged fairly.

Jason Zak, 2nd year mech. engineering



This is the second time this has happened and I don't think he has done it either time. The media is pushing

that he is guilty because he is kind of a freak and that's the outlook everyone has.

This week's question: Can Michael Jackson receive a fair trial or will his case be tried in the media?

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OPINION

Excessive Packaging

Can't we just let the belt breathe?



Michelle Nielsen

It has been insinuated by close friends that my conscience was really coined for someone twice my size.

I argue my inner voice is no bigger than the average person's. He's just decided to nestle himself directly behind my eardrum. Often he digs out his microphone. Sometimes he plugs in his amp.

For instance, while a pop can carelessly tossed in the trash will invoke polite discussion, nothing resonates more intensely with me than blatant examples of excessive waste. Or in this case excessive packaging.

As a haven for those who love the "individually wrapped", Costco has found a clear path under my skin. My father makes weekly excursions

to this middle class hot spot. (My head flinches. My ears buzz. The hi-fi is being tested.) Each week I wait to see what atrocity he will bring home.

This time it's a simple men's dress belt, nothing flashy, its sole purpose to prevent a droopy waistline. It's somewhat ironic that an item that's purpose is to hold things up caused me to unravel at the seams.

Normally I really am a placid individual, so the degree of my wrath over a black strip of cowhide may seem slightly over the top. I know I sent my already shopping phobic father into retail convulsions. Buying a simple belt will never be a simple task again.

To be fair, the belt itself did nothing to offend me. It was its abode of choice. Did you catch that? The belt had an abode.

While warehouse shopping seems to be today's choice for economic ease, "buying in bulk" refers to more than large quantities. These places are where polymers and corrugated cardboard come together to spawn new and even more excessive ways to house a quarter million cotton

balls. And my dad is hooked.

Proud of what he thinks is a very benign purchase, he shows me the above-mentioned men's 38-inch cinch. Coiled up in a loose spiral, the belt was imbedded in a thick womb of transparent plastic that was three times the size of its occupant.

Two scenarios immediately entered my mind.

"Buying a simple belt will never be the same again"

One, this belt was of such amazing quality, on the off chance it was run over by an 18-wheeler, it would come out unscathed (while the truck of course would skid off the road, it's tire left in the middle of the fast lane ready to take out the next commuter).

Or it was such crap the manufacturer feared it would disintegrate if it was exposed to air.

Either way, my fire was lit and dad had to listen to a really annoying

lecture by his holier-than-thou daughter.

Don't get me wrong, I understand some things need to be boxed, bagged or sealed. Milk needs a package. Prescription perocet needs a package. I'll even go so far as to say the thin, static charged saran wrap that greedily clutches every CD might be a necessary evil.

But a belt?

Now we're just straining our "excessive living" muscles. I mean, the fact that the belt was untouchable would impede the sale even if the customer was a coal shoveling, CFC spraying, hummer driver. Did we forget the try on factor?

I'm curious to know if people take into account the entire package before making a purchase. You might want to think if your hard earned money is being invested in a quality product or being used as a down payment for a lifetime plot in the local garbage dump. The old adage applies. Excessive anything is often a compensatory tool.

Save time. Save space. Save a little money. And just let the bloody belt breathe.

Bowling for truth



Nick Rapp

On Feb. 2, the CBC Newsworld will begin a weeklong documentary film festival. It is doubtful any of these films will garner as much attention as last year's Oscar winner, *Bowling For Columbine*.

In the film, Michael Moore laid out his anti-Bush agenda and in his acceptance speech, he brashly criticized the war in Iraq.

When I first saw the film, I knew Moore was trying to make a statement but I didn't doubt his ethics.

raises doubt

Now that a year has passed, there are allegations that Moore exaggerated or manipulated some of the information in his film.

And the way Moore presents information can be dangerous if his viewers take it as pure fact. If he wants to push a left wing agenda fine, but if he is going to present himself as a documentarian, he needs to be more careful.

Documentaries are intended to present a non-fictional view of a certain subject or time in history.

While it is true the format has been used for propaganda, some of the best documentaries follow a situation without pushing an agenda.

One example is the 1994 masterpiece *Hoop Dreams*, which wasn't even nominated for an Oscar. The filmmakers set out to document two black teenagers trying to make it to the NBA but ended up with a powerful look at the search for the American dream.

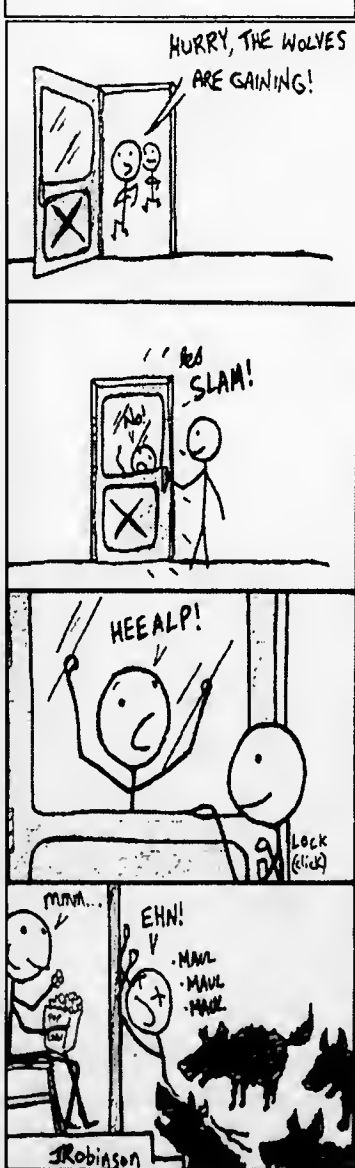
making his point

This isn't to say Moore's techniques aren't helping him achieve his goals. His manifesto was part of a huge wave of anti-American sentiment that swept the world last year and still resonates.

When Moore releases a film or a book, he must be careful to make his intentions clear. It is important for people to distinguish between the truth and fiction.

In the coming weeks, CBC Newsworld will give us a chance to compare some award winning documentaries to Moore's Oscar-winning rant.

Reality Control With Brad & Nick



True confessions of a TLC junkie



Laura Youmans

A little TLC anyone? No I'm not talking about the emotional support given to people in need, rather, support given through the television. The Learning Channel has opened our eyes to what is actually possible just by perfecting your butt groove in the couch.

Who would have thought that life could be satisfying just by watching someone else go through it? An ordinary viewer can experience a makeover, go out on a date, get married, have a child, renovate a room in their house and get rid of all that extra clutter all without having to get dressed. Who knew watching TV would be so full of emotional baggage and leave you completely wiped out after eight hours in front of the boob tube?

The big draw for all of these TLC

programs is that they are real people tackling hurdles that we all will face. The idea that John Q. Public can change his life around in one half hour program is so comforting. It creates a sense of "Holy crap they look so much better!" or "that's so easy I can do that," in TLC viewers. I'm pretty sure that the people at Home Depot (building superstore that sponsors both decorating and home improvement programs Trading Spaces and While you Were Out) are quite pleased with the new rush for home renovations.

"Are these new reality TV shows good for us?"

But why didn't anyone think of these self-help reality shows earlier? Granted the original TLC programs has been around for quite some time but now they're so popular they need a spin off. Some of these include Trading Spaces Family and extreme programs like What not to Wear (the show dedicated to fashion challenged folk and the stylists who show them

the error of their ways).

In our reality show frenzy we have left the island and branched out to the carpentry bench and real life problems.

Are these new reality TV shows good for us? What are we getting from these popular shows besides sheer delight of laughing at others misfortunes? In ancient times the general public was encouraged to watch Greek plays that provoke love, fear and pity because it was believed to be healthier than keeping emotions bottled up.

So maybe these reality programs help us experience emotions that would not otherwise be used (especially in the case of What Not to Wear because we are so much more fashion savvy than any of those people.)

Watching these shows could also prepare us for when we actually do meet certain life milestones. This way when we are faced with dating, marriage, children or a horrible apartment we have guidelines to make the right choices.

I'm actually not sure what these TLC programs teach me, I mean, it is on The Learning Channel. All I know is they are strangely satisfying and most definitely addictive all at the same time, kind of like chocolate.

LIFE

Low carbs equal big bucks

Fast food chains jump on trendy low-carb bandwagon.

By Brett Walther

When it comes to counting carbohydrates, followers of the Atkins diet know it's all in the buns.

In response to the growing number of fast food customers who are on a controlled-carb diet, Subway restaurants are now offering an alternative to the bun with a new line of low-carbohydrate Atkins-friendly wraps.

A public that's increasingly concerned about rampant obesity is demanding healthier choices from the places they eat, Subway spokesperson Les Winograd said.

"We'd done a bit of research and found that quite a few people follow some sort of diet, and a good number of those people followed an Atkins-



A major coup – Subway beat its competitors to the punch when it acquired rights to the Atkins name. Low carb wraps have been added to the menu.

type diet, watching their carb intake," Winograd said.

"Subway's always been committed to providing sandwiches for a low-cal diet, so we thought it would be worthwhile to provide for those on a carbohydrate-controlled diet as well."

The partnership of Subway

restaurants and Atkins Nutritionals has rekindled North America's fast food wars, with competing chains promoting new healthier menu options over the past month.

Two weeks ago, McDonald's launched a healthy lifestyle campaign, consisting of a revamped low-fat menu and more prominent in-

store displays of their food's nutritional content.

A week prior to that, Burger King unveiled its own low-carb Whopper, served as a bunless hamburger patty.

But Winograd said that the partnership between the world's largest submarine sandwich franchise and Atkins Nutritionals is one of a kind.

Of the fast food giants, only Subway has obtained the use of the Atkins name, which is something that Winograd regarded as a coup.

"I know that Atkins does not lend their name easily," he said. "It draws attention to the menu. It's basically a way of telling people following the diet that they can still enjoy Subway."

"It's very difficult for people who are dieting to be able to eat out, so we're providing them with that opportunity at Subway," Winograd said.

The low-carb wraps will also appeal to those who are not on the Atkins diet, said Winograd, noting that every six-inch sub on Subway's menu can be made into a wrap.

Cutting down on carbs is key to the controversial Atkins diet, founded on the notion that when carbs intake is reduced, the body burns fat instead, resulting in weight loss.

With fewer than 11 grams of net carbs each, Subway's turkey and bacon melt wrap and chicken bacon ranch wrap have less than half the carbs of an equivalent six-inch sub according to the Atkins' Carb Gram Counter.

drawbacks

Although the Atkins name may be popular among Canadians hoping to shed a few pounds, dietitians and nutritionists have yet to be convinced of the diet's benefits.

Julie Charlebois, a Toronto public health nutritionist, said the Atkins diet's emphasis on eliminating carbohydrates encourages unhealthy eating practices.

"It doesn't meet the four basic food groups, or the standards set by the Canada Food Guide," she said. "Atkins is quite, quite low in grain products, and poor in fibre and vitamins."

Among nutritionists, the Atkins diet is considered a fad, she said, and doubts that healthy weight loss can be maintained through a low-carb regimen.

"We know with fad diets that people tend to have a hard time following them for the long term," she said. "They tend to yo-yo diet."

response

Fad or not, public response to the new wraps have been enthusiastic.

"They're doing quite well," Winograd said. "Exceeding our expectations, in fact."

Given the wraps' success, how long before Atkins comes to Humber?

Don Henriques, manager of Humber Food Services, said that students or staff requesting low-carb food options have yet to approach him, but added that he is open to customers' feedback.

Good news for coffee drinkers

Study gives shakes to myth that java's bad

By Abigail Avila

According to a university study, not all hard-to-break habits and things that taste good are bad for you. Coffee, one of the most popular daily fixes, may prevent health risks.



Researchers from the Harvard School of Public Health and Brigham Women's Hospital found that people who regularly drank six or more cups of caffeinated coffee per day reduced the onset of type 2 diabetes compared to those who drank an average of two

cups or less a day.

Decaffeinated coffee was also found to be beneficial but with weaker effects.

Although male coffee drinkers would reduce their risk by 50 per cent and women coffee drinkers by 30 per cent, "It is too early to consider recommending drinking more coffee," Sharon Zeiler, Senior Manager for the Canadian Diabetes Association said.

Humber College's Java Jazz and Williams Coffee Pub go through about 10,000 cups of coffee each week. In a random survey among students only one out of five coffee drinkers would consume more coffee as a result of the study.

Candace Cousins, a first-year general arts student, usually drinks four cups of coffee daily. "I would drink more. I like coffee," she said.

According to Harvard researchers, coffee contains antioxidants such as chlorogenic acid and magnesium. Researchers found that these ingredients improve sensitivity to insulin and may contribute to low-

ering the risk of type 2 diabetes.

Although, researchers know the effects of caffeine in the short-term, its long-term effects are not yet understood.

A fourth-year nutrition student at Ryerson University, Krista Burns said, the caffeine primarily found in coffee acts as a stimulant to the central nervous system.

"It can increase your blood pressure, heart rate, urine output and lead to dehydration."

Humber's Health Centre has information available to students about the effects of too much caffeine.

Zeiler warned consumers to consider the adverse effects of too much caffeine.

"The study would have to be done again or a similar study with the same results would have to be found before this would be considered of scientific importance," Zeiler said.

Researchers said they don't know exactly why coffee is beneficial for diabetes but said they will continue with future studies.

Humber honours legendary poet

Gearing up for Robbie Burns (1759 - 1796) day

By Marco Aguiar

The Humber Room will soon fill up with men in plaid kilts, the sound of fiddles, bagpipe and drums, and the sweet smell of sheep intestines over single malt whiskey.

On Jan. 29 the college will celebrate Robbie Burns Day - the birthday of Scotland's national poet and author of Auld Lang Syne - by hosting a dinner in the Humber Room.

Like Mike Myers used to say, "if it's not Scottish, it's crap!" And of course, it just wouldn't be Scottish without the haggis.

"Haggis is sheep's stomach which has barley in it and the heart and intestines and kidney," Chef Jurgen Lindner said. "It's cooked like a sausage. It looks a little like gruel, but it's quite tasty."

Lindner, along with students from the culinary arts program, will prepare a full course meal for those not so inclined to taste this Scottish delicacy.

The menu will include a butternut squash soup with julienne of vegetables and a main course of prime rib of

roast beef with roasted vegetables and garnish mash potatoes. A fruit flan for dessert will cap off the feast.

The evening includes a performance by the world-renowned Streetsville Pipes and Drums. Alister Mathieson, dean of the School of Hospitality, Recreation and Tourism, also plays the bagpipes with the band. He said they have enjoyed phenomenal success, playing as many as 40 gigs a year, including the Queen's summer residence in Scotland.

"The band played for the Queen at Balmoral Castle four years ago," he said. "It was the first time that a civilian band had ever been [there] and played for the Queen. First time ever."

The band will perform in traditional Scottish dress, but when asked whether he would be going regimental, Mathieson said, "it's a private matter."

Tickets cost \$20 and the festivities begin at 6:30 p.m. For information and reservations contact Pat Cuda at 416-675-6622, ext. 5497 or pat.cuda@humber.ca.



Style check

A weekly look at Humber style.

Name: Derek
Program: Industrial Design, 3rd year

What inspires your style? Heavy Metal

Name three wardrobe essentials .
Leather, chains, books.

What's the nicest thing someone said about your outfit? You look scary as hell in that.

And the worst thing? You look scary as hell in that.

How important is your style to you? Very important because that's who I am.

What's going to be the next big thing in 2004? Probably something gay.

Think you've got the look? Contact us (416) 675-6622, ext. 4514 or drop by our newsroom (rm L231).

Compiled by Jelani Lowe

Youth group tells Hollywood to butt out

New report pushes for restricted ratings for movies with characters who smoke

By Andreea Denes

In an angry report to the Ontario Ministry of Health and Long Term Care, the Lung Association's Youth Tobacco Team said "Frankly Imperial, we don't give a damn."

"The tobacco industry thinks we're stupid," YTT member Michelle Tham said. "But we are not blind to the deception and manipulation of these companies."

In a report entitled *It's time to get serious*, the YTT recommended that

"all films that include smoking should be given a restricted rating and that the Ontario government should not provide funding for films that include smoking."

With subtitles throughout the report like "Bad things come in slick packages", "Tell it like it is" and "Protect us!", the YTT is calling for tighter controls on tobacco companies, limiting their access to media and to youth.

But not everyone agrees.

Humber Cinematography Instructor Ernie Kesler said that the YTT is missing its target with the R-rated recommendation.

"It's more peer pressure than watching Humphrey Bogart smoke in Casablanca that's going to get you addicted to cigarettes," Kesler said.

The Director's Guild of Canada called the idea "ludicrous."

"(But) they just don't get it," Tham said. "An R-rating might seem extreme, but they can escape this easily by just eliminating smoking from movies altogether."

A compromise might be to only show characters smoking generic cigarettes. "That way tobacco companies can't cash in on the endorsements," Kesler said.

Last week Humber College participated in National Non-Smoking Week by hosting a "Weedless Wednesday" information session.

Allison Donald, 21, a volunteer for the Heart and Stroke Foundation, one of the groups represented at "Weedless Wednesday" said she was impressed by the YTT's determination to ban smoking from the big screen.

"R-rating movies might be an answer," Donald said. "Children will still be exposed to smoking all around them, especially if they have family members that smoke, but

might help, since his cravings are more mental than physical.

Bob Partington also participated in Humber's "Weedless Wednesday" as a CCR volunteer.

Now retired, he wants to give back to his community.

Partington said one of his objectives is to "let people know that smoking doesn't just shorten your life, it makes the last five years of your life horrendous," he said.

"If you think that someone down the road will just turn off the light one day, you're wrong. And if cancer doesn't kill you, then a heart attack or a stroke sure will," Partington explained while pointing at Donald's display in the neighbouring booth.

Excited at the prospect of getting even a single smoker to "butt out", Partington resolved to speak with as many students as possible. "We are getting a surprisingly good response from people here at Humber," he said.

At 76, Partington might not be as familiar with the current Hollywood stars and their smoking habits on and off screen, but his message is very clear: today's youth have to come up with a different definition for cool. Smoking just isn't it.

"The tobacco industry thinks we're stupid."



Amanda Pilon, a 1st year Radio Broadcast student, is among Humber's many smokers.

ARTS



Books go pop – Bookstores couldn't hold on to Robert Sabuda's intricate creations

Remember pop-ups?

Books leap out and pull grown-ups in

By Jessica Russell

Robert Sabuda's pop-up books carried readers back to their childhood this past Christmas, as bookstores in Toronto continually sold out of his new creations.

Chapter's booksellers say this underrated art form has had a complete face-lift in the last few years. Sabuda's new spins on old fairy tales have elaborate designs and surprises that jump out to pull you in. His pop-up *Alice in Wonderland* and *Wizard of Oz* not only attract children but adults as well.

To Sabuda, his books are pure magic, partly because they make readers look at books in different ways.

"In today's electronic world, we are so overwhelmed with media buzzes and flashes and bings and bongs that I think people of all ages are looking for relief. One of the nicest things about a pop-up book is that it is still a multimedia experience, but takes place

in a quiet moment between you and the book.

Andrew Woodrow, manager of the children's section at Chapters on John and Richmond, says that with the popularity of Harry Potter, grown-ups are more willing to read children's books than they were five years ago.

"The best kids' books are the ones that have this certain appeal to grown-ups," he said.

Martha Scott, children's librarian at the Lillian H. Smith library, says "We get some people that just want to revisit their childhood.

"I think pop-up books are now very accessible. It's a magical format where things appear out of nowhere".

To see the early children's books, go to the Toronto public library's website (www.tpl.toronto.on.ca) and click on special collections.



movable pages

The Toronto public library is home to the Osborne collection of early children's books, one of the largest and most elaborate displays of movable books.

The term "movable" includes pop-ups, lift-the-flaps, peep shows and transformation books.

Each book in the collection shows the evolution of paper engineering.

Dissolving pictures were one of the first true moveables for children. The pictures were cut into Venetian blinds that moved up or down and dissolved into each other.

One of the first known moveable books, dating back to the 13th century, illustrates mystical philosophy.

Harlequinades, the first pop-up books for children's entertainment arrived between 1766-1772. At a

time when most children's books were moral lessons, these were the first to offer pleasure and entertainment to young readers.

"Toilet books" appeared in the early 19th century and offered lessons of virtue to girls.

Telescopic views or peep shows were accordion-style books, looked at through a peephole. During the 19th century, these books showed depth of field perspectives of lands most people had never seen.



CBC uses tax dollars for laughs

Mercer's Monday Report more like fun-day report

By Pierre Hamilton

Five minutes into the nightly news, and after skewering the prime minister, comic Rick Mercer has made the transition to phony news anchor.

On the strength of his star appeal, Mercer launched CBC Television's new line-up with *Monday Report*, a half-hour comedy show that presents the weekly news with a sense of humour.

"I wouldn't suggest that anyone just use the satirical press as their only source of info by any stretch, but it is one source and I guess that's just a part of the changing landscape of television," Mercer said.

As the former star of *This Hour* has *22 Minutes* and *Made in Canada*, Mercer admits that he is still adjusting to the new regime of a show entirely based on his opinion of world events.

"It's not like the learning curve is as hard as it was with previous shows, but there's still a learning curve," he said.

Monday Report joins *Saturday Night Live's* Weekend Update and Jon Stewart's *The Daily Show* as programs that ridicule the news and the newsmakers.

In its first week, the program netted more than 796,000 viewers across Canada according to a CBC spokesperson. On the strength of that first show, the audience grew to almost 850,000 in its second week.

Success has sent Mercer all around the world, from Afghanistan to Los Angeles. Since the show is news, *Monday Report* requires him to continue flying by the seat of his pants. Only one day after he tapes his third episode, Mercer will be

whisked away to shoot an ice-fishing sketch with some guys who have a cool shed in Alberta.

"It's funny, it's Canadian jet set....it's like first flight to Winnipeg, get me on it!"

In its second week and closer to home, *Monday Report* aired a sketch called "Ontario: A place to live/A place to grow," which poked fun at the number of marijuana grow operations setting up shop in the province. Mercer said the ability to poke fun at ourselves, is a large part of the Canadian definition.

"Our sense of humour doesn't come from a place where we think we're the best man, we're the best in anything, don't fuck with us."

Fortunately, we don't take ourselves too seriously, and neither does Mercer.



Mercer, Mercer me - more news is good news



Ken Finkleman as himself

Newsroom neuroses

By Lara O'Brien

Ken Finkleman has stopped watching the news. Which may be surprising considering he is the creator, director, writer and principal actor of *The Newsroom*. But it isn't, considering that season two of the hit CBC show isn't about the news. It's about him.

"A year ago or so I stopped watching CNN and I discovered my stress levels went down," Finkleman said. "All the fears and horrors that you're told that can strike you dead disappear."

Finkleman's distrust in the news, particularly in American stations

such as CNN, stems from their participation in an 'us' versus 'them' mentality.

"Americans feel they are part of a mythology, but it is a completely disconnecting one," he said. "For instance, the cheer of the college game or the gung-ho support for troops in Iraq, all the excitement around winning, that mythology is disconnecting because it is so transient and fundamentally meaningless to what makes people feel satisfied with their life."

Newsrooms are accomplices in the creation of this insincere world, Finkleman said.

"What you expect from the news is a dispassionate clear lens view of the world that is objective," he said. "The news is so transparent now that it has become its own satire, so you lose interest in satirizing it."

Which explains why the 13 new episodes of *The Newsroom*, revolve around the many neuroses of Finkleman's character, George Findlay.

The show now reflects Finkleman's own impression of the world. "Basically I'm writing about myself all the time," he said.

"I don't like satire anymore because it is stupidly ineffectual," he said.

Instead, what the audience gets is an extremely funny, often dark and always intelligent show about real emotions and situations.

"I'll bet my biggest laughs of my life were about how stupid I was," Finkleman said.

For Finkleman, the most important part is that the audience can relate.

"They don't have to laugh out loud...but at least by recognizing it they can laugh at themselves."

Through the looking glass

New show takes bizarre look at Toronto courts

By Julie Senatore

Alice scurries through the courthouse, one hand holding phone to

rule.

This is Alice's new wonderland.

Working from the perspective of a young inexperienced lawyer, CBC's new legal Drama, *This is Wonderland*, enters the chaotic criminal justice world.

Set in Toronto's Old City Hall, the show reveals the diversity and complexity of the city's court system.

The gripping drama stars Cara

"I spent a lot of time at Old City Hall, in and around the courtrooms," Pifko said. "I would follow clerks back from their lunch and eavesdrop on their conversation."

Speaking from inside a warehouse on Lansdowne Avenue, producer Bernard Zukerman's voice carries across the set. An exact replica of Old City Hall, the set mirrors every detail right down to the tiles on the floor.

Zukerman talks about what he hopes will lend the show success and set it apart from other television law and homicide dramas.

"Our skills lie in the writing and the acting. The writing is more on the edge, the humour and the characters," he said. "We can never win the battle with American shows like CSI, with their incredible graphics...we only have a fraction of the production money and time. But we can win the battle with a unique vision and I think that is what we have here."

It is a vision targeted at what is uniquely Torontonians.

"There is so little on television that really is reflective of their lives and the community they live in," he said. "If I had the option to be entertained by a show that is reflective of the immediate world that I live in versus some homicide show located in Los Angeles, I would always watch the one that is centered in my own world."

Pifko agrees.

"It's socially eye opening which is entertaining for anybody who has any awareness for the humanitarian needs in Toronto."



Cara Pifko is Alice in legal wonderland

ear, the other moving aside desperate people searching for legal advice. As she yells into the phone, her head repeatedly shakes in disbelief. Not quite sure how, she has landed in a world, where disorder and disbelief

Pifko, who has mastered the role of bewildered Alice De Raey. In her first lawyer role, Pifko can sympathize with her character. Both have to learn the trials and mistrials connected to their job.

IN REVIEW

HEAR IT

The Darkness --
Permission to Land

On their debut album, *Permission to Land*, The Darkness captivates the listener with their intoxicating power-cord progressions, operatic delivery and lyrical romanticism.

Their unique sound highlights the contrast between the inimitable falsetto of flamboyant front man, Justin Hawkins and the heavy-hitting guitar solos of his brother, Dan.

Songs like "Get Your Hands Off My Woman" and "I Believe in a Thing Called Love" betray an extensive technical talent that demands attention. However, because of their self-deprecating humour and exuberance, frequent interaction with the audience and eccentric costume choices, The Darkness is best enjoyed live.

Nominated for four Brit Awards - The Darkness is anticipated to be Britain's next big musical export.

--Courtney Muir

Ryan Adams --
Love is Hell pt.2

Rumour has it that when Ryan Adams' record label Lost Highway wrote off *Love is Hell* as 'too experimental' for release Adams went back to the studio and pumped out his cock rock album *Rock N Roll*. At the same time they decided to release *Love is Hell* in two parts.

The first album entitled *pt. 1* lures listeners into the drearier aspects of NYC. The whole thing whirs along without the aid of *Rock N Roll's* pompous guitar riffs and one-dimensional lyrics. Critically, *pt. 2* is everything *Rock N Roll* isn't, an album that makes no apologies for being dark and easy to categorize.

Steeped in poetic imagery, *pt. 2* leaves fans and critics wondering if we've seen the end of the cartoony Ryan Adams who emerged after the release of *Gold*.

--Pierre Hamilton

BOOK IT

All my Friends are Superheroes --
Andrew Kaufman

CBC radio producer Andrew Kaufman offers a whimsical, heart-warming story for his debut novel.

In *All my Friends are Superheroes* we meet Tom, a sweet and ordinary man whose friends are all superheroes. Even his wife, the perfectionist, is a superhero. But on their wedding night she is hypnotized into believing that Tom is invisible.

Convinced that he has deserted her, she decides to move across the country to start over. Tom has a five-hour plane journey to make her realize he's sitting right next to her.

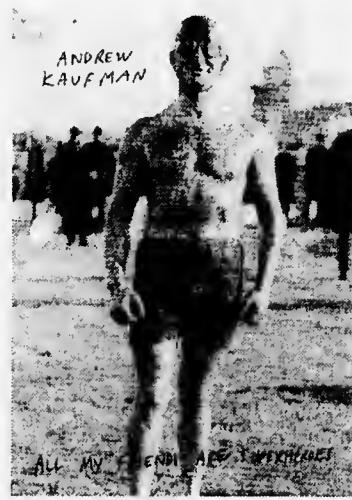
The superheroes in this book are defined by their idiosyncrasies. In fact there is nothing extraordinary about them. The Perfectionist is obsessed with order. The Battery has the ability to retain huge amounts of emotional energy, unpredictably released in one full swoop. The Couch Surfer idly roams from couch

to couch without any real need for permanence.

Tom must figure out what his superhero power is before he loses the woman he loves forever.

This book begs to be read over and over again. Between the tender, witty lines of this little gem sit some of life and love's great truths.

--Athena Tsavlis



To Do List

A week's worth of excitement to help you squander your time

Thursday, January 29
Bistro #22 (or, the Beast)

Thursday is prize night! Buy booze and get tickets to win more booze. Sounds too good to be true eh? Well it is. With the cheapest brew in town (under \$8 a pitcher) there are no winners.

Friday, January 30
AGO Open House

Toronto born architect, Frank Gehry, is in town to rationalize his plans to make the AGO baroque. So broke, the province and the feds, are having to put up \$48 million to get the renovations started. You can judge for yourself as the AGO opens its doors to the public for free.

Saturday, January 31
The C Lounge

Feel like hanging out with people with more money than you? Make the trek to one of Hogtown's shmanicest nightspots. Located at 456 Wellington St. W. this bar will make you feel like the Russian nouveau riche with its high-end vodka and ultra-decorative waterfalls. Champagne shampoo anyone?

Sunday, February 1
Urban Book Festival

Come check out the best in urban literature. Here 'urban' is defined both by its literal sense—a city—and its HMV sense, as in 'urban' Hip-Hop. There will be readings of everything from Nelson George's *Post Soul Nation* to *The Apprenticeship of Duddy Kravitz*. It's free, starts at 2 p.m. and is located at NFB Mediatheque, 150 John St. and Chapters(?) 142 John St.

Monday, February 2
Groundhog Day

Pennsylvania's stupidest weather machine, Punxsutawney Phil is expected to deliver his official prognostication at 7:25 a.m. this morning. Bill Murray made a movie about this.

Tuesday, February 3
Clean your apartment.

Wednesday, February 4
Totally Unknown Writers Festival

They should save their ink and simply call this the Writers Festival, because with great stories about carpooling with piss-drunk Latvian's these writers won't be unknown for long. That said; the festival is cash bar and no-smoking, so they could stay unknown for a while longer. The festival begins around 6:30 p.m. at The Rivoli.

EAT IT

Winter food to warm your soul

By Lara O'Brien

With winter only half over, most of us are entertaining the idea of hibernation, but the people behind Winterlicious, the city's restaurant promotion, are determined to draw Torontonians out into the cold for some wining and dining.

The second bi-annual food festival, in conjunction with Summerlicious, is the brainchild of the city of Toronto.

"We looked at cities similar to Toronto like New York, Paris and London and found that they all had winter promotions going on to help out their restaurants this time of year," Amber Authier said, event supervisor for the city of Toronto.

With 80 of Toronto's top restaurants participating, customers can expect to get a three-course lunch for \$10 to \$20 and a three-course dinner from \$20 to \$30.

"This is such a great way to expose people to the fine dining scene, general manager of Jump Café and Bar Jerrett Young said. "Most of our customers are the business crowd, but for the next two weeks we'll get customers who are students or on a budget and this is the time they can experience a meal that they normally wouldn't or couldn't indulge in."

That's not to say that restaurants are not going to be producing the same delicious food that they do the rest of the year.

"Dining at Canoe is about the food, service and the ambiance," Chris Bennett said, senior manager of Canoe restaurant. "For \$30 you can get a great meal, including smoked salmon and capon, have it served to you by an expert staff, while looking out over Lake Ontario from the 54 floor of TD tower. Not bad for \$30."

The next two weeks is a great time for anyone on a budget, student or not, to experience some of the city's top restaurants. So hop online to the city of Toronto's website, browse through the list and make a reservation because the tables are going fast.

Some tasty suggestions...

1832 Pizza and Pasta Bar, 55 Mill St. bldg 45 (416) 815-9898
In the heart of the distillery district located in an old carpentry shop, 1832 has great ambiance and is ideal for an intimate evening. Dinner \$20

Brasserie Aix, 584 College St. (416) 588-7377
Located in the heart of little Italy, Brasserie Aix offers great French food in a hip setting. Dinner \$20

Lolita's Lust, 513 Danforth Ave. (416) 465-1751
A hidden treasure on the Danforth, this gem churns out classy Greek fusion fare and is a popular haunt for celebrities. Dinner \$20

Jump Café and Bar, 18 Wellington St. W. (416) 363-3400
In the centre of the financial district, this is a great way to see how the moneymakers feast. Dinner \$30.

Monsoon, 100 Simcoe St. (416) 979-7172
In the heart of the Entertainment district, this Asian fusion cuisine is to die for, and easily danced off at any of the neighbouring clubs. Dinner \$30.

Live Entertainment

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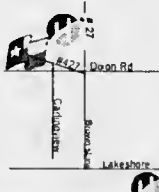


Smoking In Bar Area!

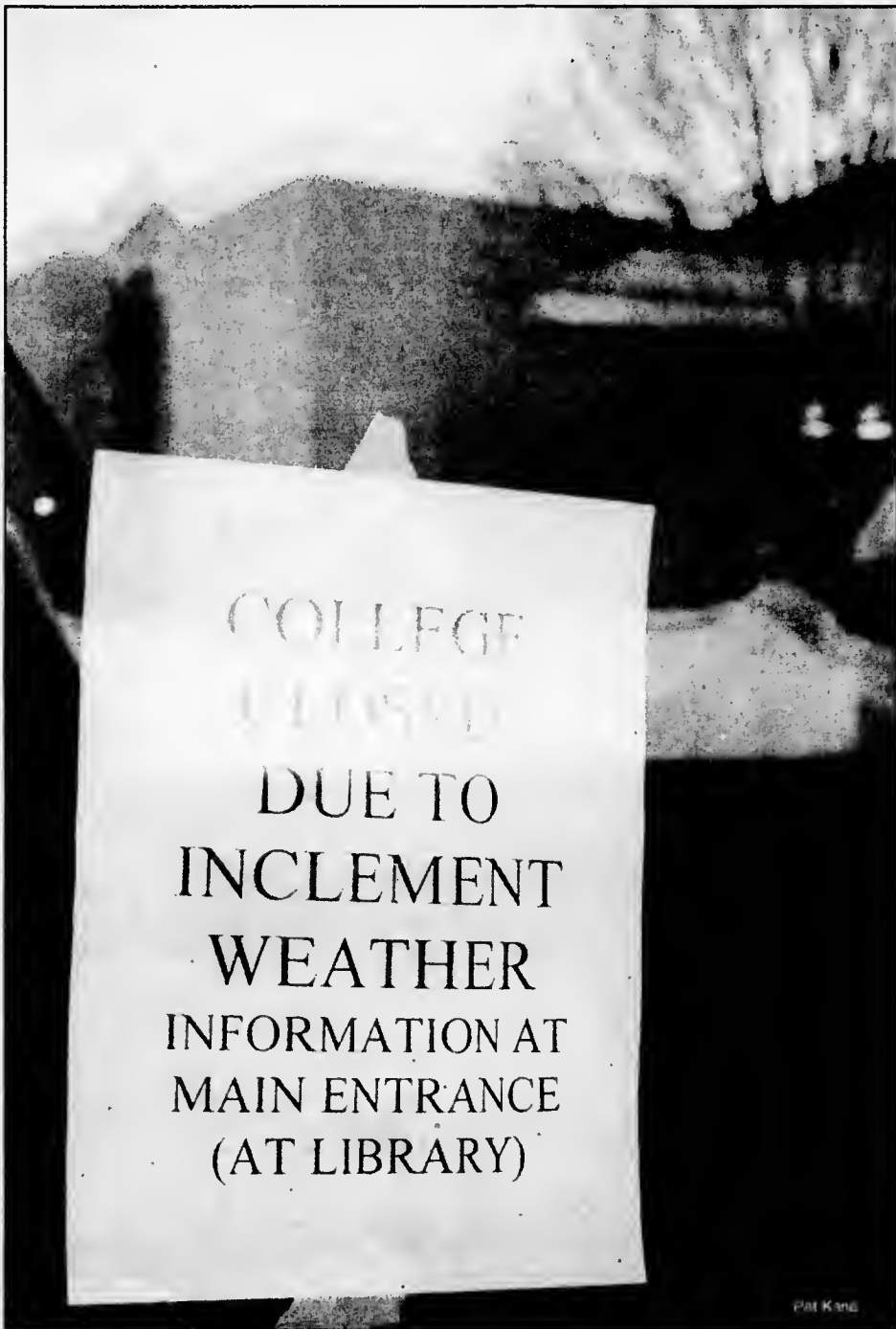
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Athena Tsaviris

Humber College: frozen hellscape

Left: poor weather forces the closure of Humber College Jan. 27, much to the chagrin of nobody.

Above: freezing students take shelter at the bus stop. Nobody cops a feel.

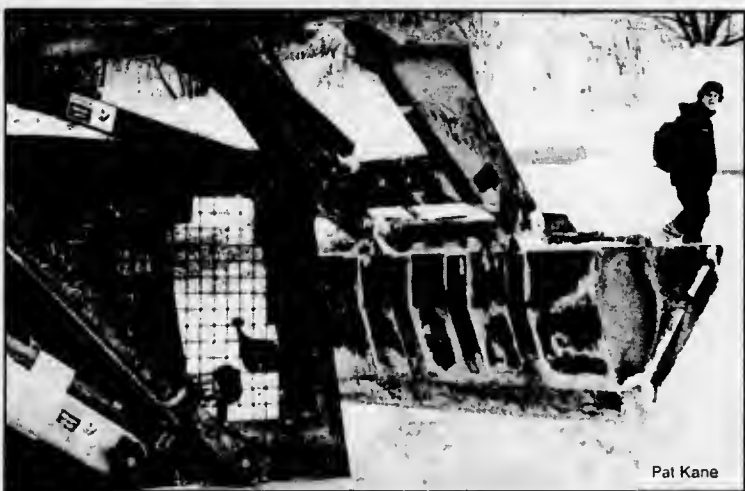
Bottom (right): Guelph-Humber Student Association president, Tennica Hamilton, poses for a photo shoot in the middle of a blizzard. We're waiting for the HSF's condemnation of high treason.

Bottom (left): students and faculty "wander" the arboretum "examining" the funny looking "plants".

Left (center left): call Mr. Plow, that's my name, that name again is Mr. Plow.

Left (center right): Mr. Plow decides to bury the parking lot in spite of union cutbacks.

- compiled by Pat Kane



Pat Kane



Pat Kane



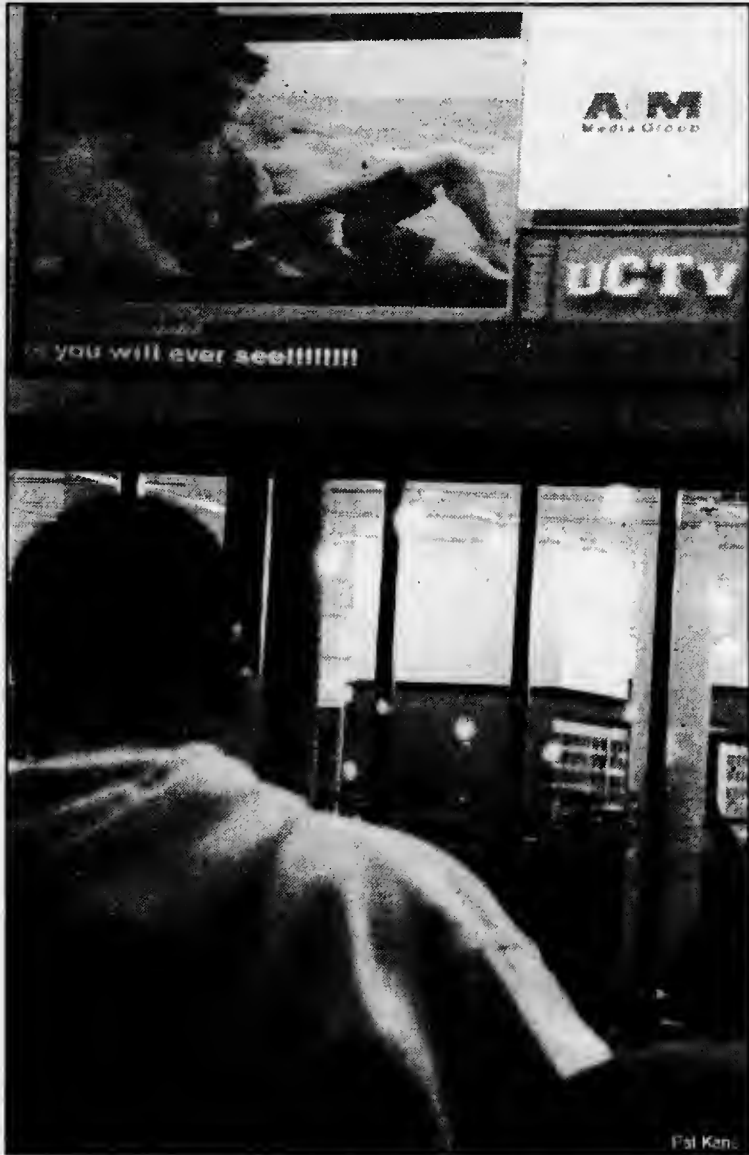
Pat Kane



Athena Tsaviris

BUSINESS

HSF signs one-year deal with UCTV, brings new big screen TV to Humber



The college has expressed concern about the amount of advertising shown on the big screen TV next to the cafeteria.

By Lauren Gilchrist

The Humber Students' Federation will collect thousands of dollars this year from UCTV Inc., the Toronto based company that puts large-screen TVs into Ontario colleges and universities.

HSF signed the one-year contract late last year, agreeing to a trial deal that put one large TV screen in the common area next to the cafeteria.

The jumbo sized TV installed there in early January could be the first of many if HSF gets its way.

Negotiations with UCTV have actually been in the works for years and were only delayed by college administrators concerned about too much advertising on the screens.

"Once we got over that hurdle, it was just a matter of putting it in," said HSF Business Manager Michael Parent.

Parent said the next year will be a trial period to see if students respond well to the television.

He said HSF would like to see more TVs around the college.

"We asked the college about the prospects of being able to put it up through the whole college and they were somewhat hesitant about that."

Humber Chief Information Officer Mark Naylor said the college's hesitancy comes from the amount of commercial advertising being shown on the TV.

"Commercial advertising throughout the college is something the college is pretty sensitive about," he said.

Naylor said the college would like to find a way to use the TVs to showcase student work. But he said the reality is UCTV is a commercial operation.

Parent said the college has a mandate to control so-called "information overload" for students. "They're trying to control how students are subjected to things like advertising," he said, "and I'm sensitive to that as well. We don't want to have students

might be sports desk in the morning, some fluff shows during the day and perhaps some news in the afternoon. Movies may also be shown. Parent said that students may have the opportunity to give input about what they want to see.

"We're hopeful that the system will be able to be shared and everyone's going to be relatively cool with the way it works," he said.

Installation of the large screen in the common area and the smaller screen over the bank machines is phase one of the project.

Parent said he believes the TV is a great way for HSF to communicate with students. "It's just another conduit for us to try and reach the student population besides putting up posters, doing marketing campaigns,

that kind of stuff," he said.

Humber students have had mixed reactions to the TV.

"Students can watch the TV to see different HSF events if they don't know when they are," accounting student Jason Francis said.

But first-year student Andrea Arrecis said the TV is too distracting. "There's too many things going on," she said.

HSF will aim to measure student response to the TVs through surveys and focus groups initiated by the communications department.

"We're not here to try to rattle anyone's cage, it's an entertainment thing," Parent said.

"We don't want students getting slapped upside the head by ads."

walking around getting slapped upside the head by ads."

UCTV will pay at least \$4,000 to display its screen. Citing a confidentiality agreement with UCTV, Naylor would not release exact figures of the deal to the *Et Cetera*. "All the equipment, all the installation, absolutely everything has no charge to us. In fact, it's a revenue generator more than anything else," Parent said.

The ads are controlled and reviewed by HSF before they go onto the TV. Parent said the ads will be tasteful and nothing will be in poor quality.

Parent also said the programming schedule for the TV is flexible. There

Citizens rally around board's campaign

Board of Trade urges Torontonians to have say on tax dollar spending

By Brad Burgess

The Toronto Board of Trade's "Enough of Not Enough" campaign is gaining momentum, as the campaign's message of demanding an increase in services reaches Torontonians.

Board of Trade CEO Elyse Allan said that it's taking three or four weeks for the campaign to get everyone's attention, but is now very pleased with the increasing response.

Citing public transit, gridlock, affordable housing, and the waterfront as key areas of concern, the purpose of the campaign is, in Allan's words, "to show our politicians that our citizens and businesses want these issues addressed sooner rather than later."

The campaign centres around the Board's message that Torontonians

pay \$9 billion more in taxes each year than they get back in services.

Citizens have been urged to call 1-866-4toronto where they can have their say on what's to be done with their tax dollars. Letters are sent on the caller's behalf to officials at one or several specified levels of government.

"We can't get the material out fast enough," Allan said. "We've had a number of housing groups call, some poverty groups, a number of large businesses wanting to roll it out to their employees."

As of Monday they have had requests through their phone and website systems to send 187,000 letters to elected officials. They have also been asking people to sign prewritten letters to Prime Minister Martin at ballot boxes and subway stations.

Mayor David Miller recently

joined Board of Trade members at the Yonge and Bloor station to encourage support.

The Board of Trade views a healthy transit system as essential to the city's future growth, citing underfunding as a factor in pollution and gridlock. Further government assistance would improve service without a rise in fares, and this as well as more affordable housing are viewed as necessary by the Board if Toronto is to continue being an attractive, modern city.

The Board of Trade views the waterfront as the city's greatest untapped opportunity, with their most recent member survey indicating 83 per cent of Toronto businesses in favour of revitalization. Creating a haven for the full enjoyment of the city, for citizens and tourists alike, has been a goal for years.

Allan emphasized that the campaign is not about taxing people further, but rather reinvesting money back into the city to make it vibrant and competitive as an international

business centre.

"We must be attractive to businesses and employees," she said, emphasizing that as it is, insufficient funds barely maintain the city.

The Board of Trade has arranged advertising until the end of February.



The Board of Trade cites public transit as a key area of concern.

Ice cream outlets battle winter blues

Stores make up lost ice cream profits through cake sales

By Lauren La Rose

As you bundle up with your toque, scarf and mitts to brave the winter weather, visions of the quintessential summer treat, ice cream, head for hibernation.

A 2002 Statistics Canada report states the average Canadian consumes more than seven litres of ice cream a year. During the winter, you may be ordering pie à la mode for dessert, or picking up a tub of Häagen-Dazs for a treat at home. But it's highly unlikely you'll hear the chimes from the Mr. Softee truck as it pulls into your neighbourhood.

Although the summer months are

the optimal time for the ice cream business, most retail outlets can't close up for the other nine months of the year. So ice cream shops continue to fulfill the cravings of their customers for a frozen treat while boosting their bottom line by offering a variety of products from cakes to shakes.

Anna Kordis owns the Baskin-Robbins outlet in Cloverdale Mall. During her busiest period in the summer, she may have almost 5,000 customers a month; on her busiest day, 2,300.

"September you already start to see a difference," she said. "The highest [transaction] day I've had so far [in January] is 147. The slowest day was 63, when it was really cold."

Kordis makes use of advertising and special promotions even more so in the winter months to draw customers into her store.

"I advertise specials on cakes to bring people in," she said. "And one December we offered sundaes for a

special price, and we had a very good response."

Kordis makes up a lot of lost ground with her cake sales, up 20 per cent in the winter months. "Cakes are the highest market in the wintertime, more in the winter than in the summertime," she said.

Sabrina Bemdt, manager of Laura Secord at Woodbine Centre, said that ice cream sales at both her store and all the others throughout the company saw a significant increase in sales two weeks ago.

"I don't think the season really makes a difference," she said. "A lot of customers are with their children, and children don't care about the temperature."

Ice cream outlets located indoors appear to fare better than roadside shops. Mall outlets benefit from a steady stream of shoppers and passer-by traffic, where consumers are more likely to make an impulse buy to treat themselves.

Senait Desta mans the counter of a Dairy Queen on Dundas St. W. near Shorncliffe Road in Etobicoke. She said the seasonal slump in sales starts early on, from the end of August until April.

Just like Baskin-Robbins, Dairy Queen makes up lost profits from ice cream through cake sales. "Especially Christmas, and we sell a lot for Valentine's Day," she said.



Shoppers at Sherway Gardens enjoy an ice cream break.

The company also runs promotions offering discounts on frosty treats. "We did sell Blizzard half-off. We did it for two months."

The ice cream intake of Humber students seems to reflect the pattern seen in retail stores during the winter. "I wouldn't go to a street corner

for ice cream," Film and Television student Marin Michles said. "Usually, it's just when I'm in a mall or somewhere warm."

"If I feel like ice cream, I'll buy ice cream!" Film and Television student Shannon Corrigan said. "Weather isn't really a factor."

Money Sense



ABM, debit fees quickly add up

By Heather Osler

Students strive to save every penny possible, especially in the lean post-holiday months. So here's a tip.

One easy way is simply to change your banking habits, starting with reducing the amount you pay both at Automated Banking Machines (ABMs) and for using your debit card in stores.

While these fees may not seem substantial, the countless small deductions from your bank account quietly eat-away at your balance.

types of ABMs

According to the Financial Consumer Agency of Canada (FCAC), there are two main types of ABMs, those owned by banks and private or so-called "white-label" ABMs.

Unlike ABMs owned by a bank like CIBC or TD, white-label ABMs only dispense cash, charging a convenience fee to the user. A portion of this fee is returned to the owner of the premises housing the machine, usually a corner store, bar or other high-volume location.

When you use these machines, you not only pay a convenience fee, but you also pay a bank fee.

watch for debit fees

Students should also pay attention to what type of machine a store uses when they make debit purchases.

Some debit machines allow the store to charge a service fee to the customer per transaction. It is required however, that consumers are notified of this convenience fee prior to making a payment.

save your money

The FCAC recommends the following:

*If you are a frequent ABM user, find an account at a financial institution that allows unlimited access to its ABM network for a monthly fee.

* Use only your financial institution's ABMs to avoid paying extra fees.

* Try to avoid using white-label ABMs due to the convenience charge.

* Withdraw one large amount instead of numerous smaller ones.

* Ask for cash-back along with your debit purchase at stores.

Bloggers spill out lives in popular online diaries

By Erin Bell

People have been recording their thoughts, dreams and observations in diaries and journals for thousands of years. Now the World Wide Web offers another forum for documenting your life: the weblog.

The easiest way to start an online journal is to register for a free account at a website like LiveJournal (www.livejournal.com). You then type in entries and they are published

"I don't name people where relationships are involved."

to the web and organized chronologically within your own webspace.

The advantages of a web-based "blogs" like LiveJournal are: you can upload photographs, link your journal with those of friends, and discover communities of LiveJournal users who share similar interests.

Not surprisingly, "blogging" is most popular among tech-savvy teenagers and young adults. It's also twice as popular with women as it is with men.

Stephen Greenwell, a 19-year-old LiveJournal user from Rhode Island, prefers an online diary because he can type faster than he can write.

"It allows for better refinement of thoughts," Greenwell said. "The delete and backspace keys are the

best friends of any writer."

LiveJournal was started in 1999 by Brad Fitzpatrick, an American computer science major. What began as a small open source project staffed by a group of volunteers has since ballooned into a business that now employs 14 senior personnel and services a clientele of almost two million users worldwide.

Almost 78,000 LiveJournal users are Canadian. The only country with more accounts is the United States with more than one million.

To accommodate so many people, the LiveJournal staff is constantly investing in new servers and more bandwidth.

"It takes a lot of money to run this site," Fitzpatrick said, "and as the number of users go up, so does the cost."

What seems most remarkable is that LiveJournal is thriving on the web, an atmosphere in which it is notoriously difficult for businesses to turn a profit.

LiveJournal generates revenue by offering users the choice of upgrading to a premium account for \$25 US per year. Doing so gives them access to more storage space, and the option of fully customizing the look and layout of their journal.

Of course, posting the sordid details of your life makes some people uncomfortable.

"The only hard and fast rule I

have is not to name people where relationships are involved," 28-year-old Australian Wade Clarke said. "Typically this involves workmates, or women whom I desire...especially when they're one in the same!"

One unlucky blogger was fired from his job at Microsoft in Oct. 2003 after posting sensitive company-related material in his weblog that Microsoft discovered and deemed a security risk.

To avoid potentially embarrassing situations, a weblog site called Blogspot (www.blogspot.com) offers several tongue-in-cheek guides, including "How Not to Get Fired Because of Your Blog," and "What to do if your Mom discovers your blog."

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IN FOCUS

Food, food everywhere

New additions to meal plan offer students more variety

By Laura Kloet

Humber students are getting more food for their meal plan buck these days. As of Jan. 12, those with meal plan cards that contain flex dollars can cash in at both the Humber Room and Gourmet Express.

According to the Food Services Manager Don Henriques, the change is great news for students.

"The flex dollars will enable them to dine at additional food outlets," Henriques said.

Both the Humber Room and Gourmet Express are in-class labs for students enrolled in the Hospitality program. The students prepare fresh food daily and showcase their work to students and faculty for purchase.

excited

Humber Room Food and Beverage Manager Richard Pitteway, says he is excited about the change.

"This is a great opportunity for students in the Humber Room and for the whole student body," he said.

He believes the changes to the meal card plan will give students a chance to dine in style and enjoy foods they may not get anywhere else on campus.

"This is especially good for students living in residence," Pitteway said. "I don't want to knock Harvey's, but this new plan will encourage students to eat at the Humber Room and experience a more family-style meal."

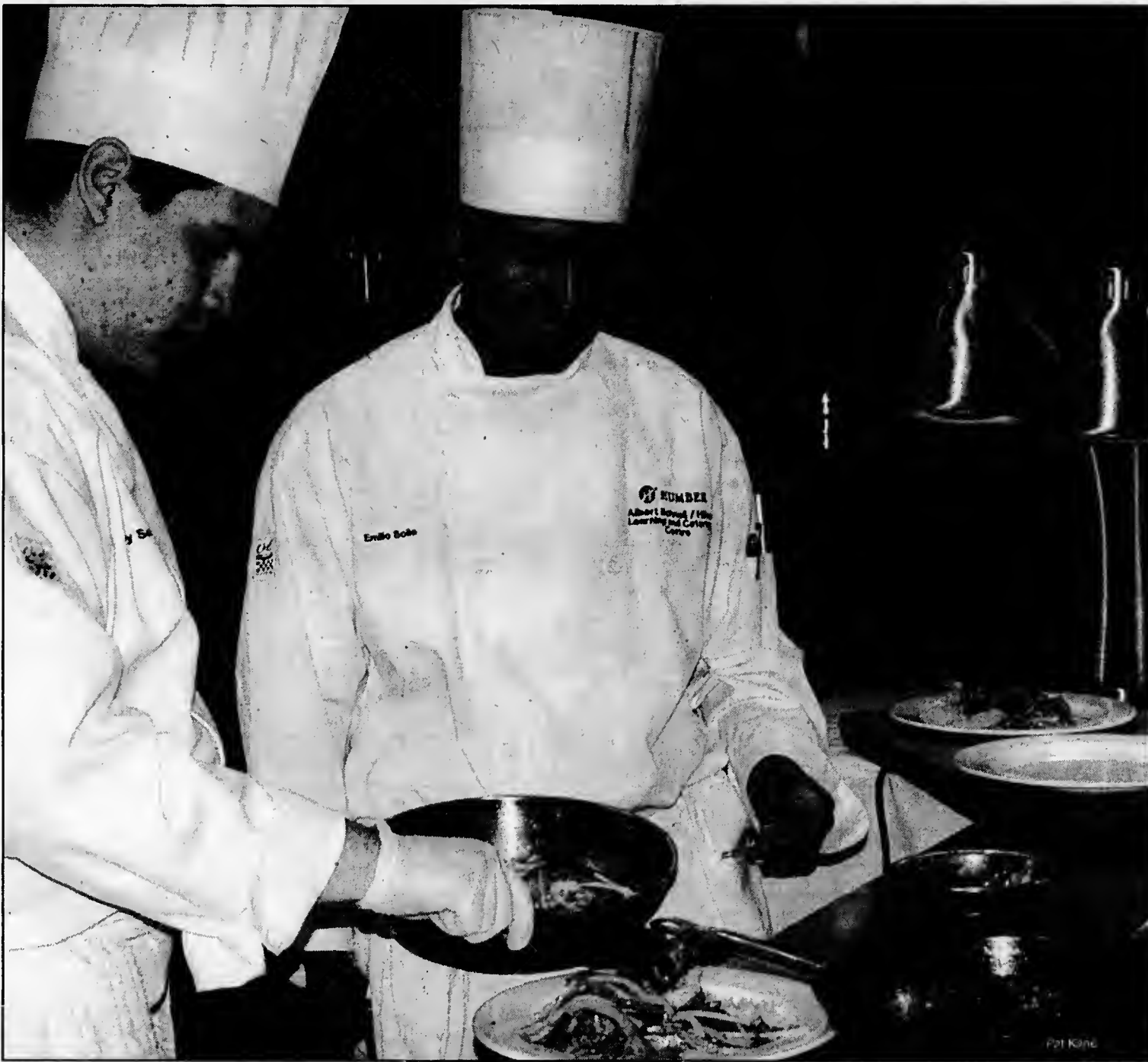
Because of the clean, white table cloths and more upscale décor, Pitteway said students assume the Humber Room is not for them. "By adding this as an option to the meal plan card, we can emphasize that this is a student space."

Only time will tell if the change will boost student clientele, Pitteway said. "I'm not expecting droves of students to come rushing in, but every bit helps."

service

For Don McCulloch, manager of the School of Hospitality, Recreation and Tourism, the issue is of customer service. "This new development gives students access to a different and more convenient means of paying for food and most of all a great selection of meal choices."

According to McCulloch, the changes to the meal plan allow the department to open up their services



Tasty treats First-year chef students Anthony Sciortino and Emilio Solis whip up a delicious lunch at the Humber Room.

to the larger student body. He sees it is a great way to market and inform students on what they have to offer.

With the possibility of more students purchasing food at these locations, issues of maintaining quality over quantity arise.

"The products available are dictated by the curriculum," McCulloch said. Products will always be prepared fresh daily and there will be different items every day.

"There will be no mass produced food. Quality and service will remain the same. We aren't going to start flipping burgers to get more students into the Humber Room and Gourmet Express."

Food Services Management believe all parties will benefit from this change. "Students get a better selection of food, hospitality students benefit through the training and hands on learning and Humber in general benefits through student satisfaction," Henriques said.

Cheap fine dining experience

By Laura Kloet

It's an unusual sight on any college campus. Students dining in a restaurant with crystal clear glasses, polished silverware and real chefs.

But the Humber Room can deliver just that.

Students do not often get the chance to dine in style. The college lifestyle is about quickness, convenience and affordability. Fancy food in an upscale restaurant is not a top priority.

But, we all need a little frill in our lives. The Humber Room, with its Maitre d' environment, crisp white napkins and elegant ambiance, offers a comfortable setting that defies the typical student dining experience.

Second-year Recreation and Leisure student, Kathrine Follows, said she loved her experience there.

"It was great. The food is good, not expensive, very well priced. The people who work there are very friendly and they have good service."

Service is a high priority and the professional way in which the students operate is inspiring.

Christina Giacona, a second-year chef apprenticeship student, said it's like working in a restaurant and is good work experience. "The chefs are very helpful and they give good advice. Also the quality for what the students are paying is awesome."

The Humber Room gives students a chance to escape from their regular routine and spend an hour indulging

in some unique food and top quality service. It is a great place to treat yourself without breaking the bank. Students can now use their flex dollars at the restaurant where appetizers range from \$3 to \$5 and main dishes run from \$6 to \$9. Licensed, the Humber Room also offers an alternative to Caps.

With files from Kermin Bhot

Humber Room:

Open:
Monday to Friday
11:45 a.m. to 1:15 p.m.
Wednesdays
6:15 p.m. to 7:45 p.m.
\$30 per person for a 4-course dinner.
Reservations, call 416-675-5012.

Hidden dangers of trans fats

Exploring the world of hydrogenated oils and their repercussions

By Judie Larracey

A muffin for breakfast, fries for lunch, chicken pot pie for dinner. Sound like your typical meals? You might want to reconsider.

Combined, these foods contain nearly 30 grams of trans fats. Found in an alarming amount of food items, nutrition experts agree that trans fats are the new evil in our diets.

Canadians are among the world's leading consumers of trans fats, a recent CTV study indicated. Health Canada estimates that we consume up to 39 grams of the fat every day.

According to Dr. Douglas Vlaskamp, who has done significant research into the effects of trans fatty acids, eating the fat on a regular basis can significantly increase the risk of coronary heart disease.

"People that have more trans fats in their diet had a 50 per cent risk of getting heart disease," Vlaskamp said.

Professor Bruce Holub of the University of Guelph agrees that consuming trans fat over a prolonged period of time does considerable damage to the human body.

"These fatty acids will build up in different tissues in the body, from the liver and the kidney to the brain and the heart," Holub said.

Trans fats raise the level of bad cholesterol in the blood and lower the level of good cholesterol, experts say.

One of the obstacles to avoiding trans fats is the lack of proper labels. Currently, the Canadian Food and Drug Administration does not require trans fats to be listed on product labels. But this will soon change. By 2006, mandatory labelling will come into effect in Canada.

Barb Ledermann, a registered Dietician with BeceI Canada, says that will make a big difference.

"Label reading will help. More and more foods are starting to have the nutrition label on them, so we can start to see how much trans fat is actually in the food," Ledermann said.

Don Henriques, general manager of Food Services at Humber College is well aware of the dangers posed by trans fats.

"When we do need to add fat, we use Canola 100 per cent vegetable oil and Canola olive oil," he said. "We use BeceI margarine which is also made from vegetable oil. It is soft and non-hydrogenated which means it has no trans-fat."

But not all food offered at the college is trans-fat free, Henriques warns.

Food Services has no substantial control over the baked goods offered at Humber because these foods are pre-packaged and brought from outside manufacturers.

The college also offers students in residence a nutritional guide to



Judie Larracey

Salad anyone? Mixed greens make for a healthy lunch when topped with olive oil, but add ranch dressing and you are consuming 1.5 grams of dangerous trans fats.

inform them about healthier eating. "What we do is provide them with the information and encourage them

to make the necessary choices," Henriques said.

"In addition to providing them

with the information, in our methods and preparation we are also practicing good health."

Fat counter for common foods items

Products / Amt of Trans Fats (gm)

Pie — 1/8 pie	4
Frosted cake, 1 slice	3
Chocolate chip cookies	1.5
Muffin, 3 oz.	3
Donuts	3
Pop tarts	1.4
Granola bars	0.6
Margarine, stick	5-8
Margarine, tub	1-4
Ranch dressing	1.5
Snack crackers (6)	2.6
Saltine type crackers (6)	1
White flour buns (1)	0.8
White or wheat bread, (2)	0.6
Microwave popped corn	8.8
Candy, 3 oz.	6.9
Tortilla chips, 3 oz.	4.1
Potato chips, 3 oz.	2.3
French fries, 3 oz.	1-5

Statistics taken from: www.unim.edu/features/transfats.html

Cooking up a storm...

Humber grad fires up the kitchen

By Patricia Post

From student chef at Humber to a five diamond restaurant near Banff, Alberta, it has been an exciting ride for 27 year-old Brady Davies.

Now a sous chef at the prestigious Eden Kitchen in the Rimrock Resort Hotel outside Banff, Davies hopes to have his own restaurant some day.

Eden Kitchen is one of only six Canadian restaurants to claim five diamond status.

Davies said he has always loved cooking, even as a kid. At 16, he was cooking at a golf and country club in his hometown of Georgetown. By 19, he was enrolled at Humber.

That opened up a whole new world of cooking for him. "I was in a rut up until then, making the same

things all the time. But I learned so much at Humber," he said.

Davies chose the chef program at Humber after comparing it to George Brown College.

"Humber's program was more hands-on. Everyone got a chance to try things, instead of just watching demonstrations," he said. "And they had the best teachers. I'd say the Humber program is top notch."

After earning his Chef's Certificate, Davies headed up north for three summers as a sous chef at the Lake Joseph Club in Port Carling. There he had the chance to cook for the likes of Goldie Hawn, Kate Hudson, Martin Short and NHL stars such as Steve Yzerman, the Lindros brothers and Paul Coffey.

There, Davies also found himself working 15-hour days, six nights a

week. "Inventory, stock, menu, are things a young chef, or short order cook never gets to fully toy with. However my time at Lake Joseph really allowed me to shape a kitchen the way I wanted to," he said.

Davies got a chance to join Eden Kitchen through a colleague of his and he is now working under world renowned Chef Yoshi Chubachi. He credits his Humber teachers, Klaus Theyer and Anthony Bevan for giving him the best possible start to his career. "They were the best teachers. I learned a lot more than I expected to."

While very happy working in an elite environment, Davies plans on expanding his culinary horizons in the near future by working in Europe, learning about other cuisines before opening his own restaurant.

Please send your comments and letters on this section to etc_infocus@yahoo.ca or drop them off at the newsroom (L231)

Tips to avoid trans fats

With trans fats present in so many food items, it's difficult to avoid consuming them. BeceI Canada offers some helpful suggestions:

1. Always measure fat and opt for liquid and soft fats instead of firm fat like butter.

2. Use cooking methods such as broiling, roasting, barbecuing, and steaming.

3. Flavour foods with herbs, vinegars or lemon juice and spices instead of rich sauces or marinades.

4. Use a non-stick frying pan, avoid deep-frying and cut back on the fat called for in baking recipes.

5. Read the nutrition labels on food, looking for a lower fat content, the lowest levels of saturated fat and choosing foods with more polyunsaturated and monounsaturated fats.

SPORTS

Following tough defeat at the hands of Niagara...

Men's V-ball digs up win at home



Coach Wayne Wilkins has his players' undivided attention as he gives instructions before Sunday's match against St. Clair. Humber won 3-1.

Hawks rebound after tough loss to last year's provincial silver medalists, Niagara Knights

By Mark Ilczyszyn

After a tough loss against Niagara, the Humber Hawks men's volleyball team was in action versus the St. Clair Saints at Humber on Sunday.

Although St. Clair won one set, they were easily overpowered by Humber. The Hawks won the match three sets to one.

"It is nice to be home and have the crowd backing you. Also it is nice to be comfortable in your own surroundings," Hawks player Milad Massoudi said.

On paper, the game seemed like a mismatch, but St. Clair was not about to give up without giving Humber a fight.

In the first set Humber came out flat and as a team they committed numerous errors allowing St. Clair to win the first set.

"We came out flat, the Niagara game was a huge game, and there was an emotional letdown on our team's (Humber) part at the start of the game versus St. Clair," said Humber coach Wayne Wilkins.

The second set had Humber wake up from its trance, and they proved why they are one of the top teams in Ontario.

"The match started off well for us, but Humber is a good team and because of the match up problems Humber poses to us, we could not stop them," said St. Clair coach Scott Clements.

Jeffer Chiem gave Humber some energy and enthusiasm off the bench, and after the second set Humber took control of the match.

Throughout the match, St. Clair remained competitive and scrappy, but Humber had the killer instinct on this night, as they would not allow St. Clair to go on any sustained runs.

Hawks player Rich Wittemund continued his strong play recording 24 offensive points in the match. Wittemund is among the leaders in the OCAA in offensive points.

Other players also stepped up for the Hawks as Bobby Randhawa and Milad Massoudi both had great games. Massoudi had 10 kills and 3 serving aces.

Most of the Humber bench saw action in the game which was a bonus for coach Wilkins.

"It is good for the players to get into the game and stay fresh. It also helps the players to build confidence. Each and every player on this team must be ready to play at all times."

Last Wednesday, one of the most anticipated matches in OCAA men's volleyball season definitely lived up to the hype. The Niagara Knights barely beat the Humber Hawks with scores of: 25-21, 25-18, 18-25, 22-25 and 10-15.

The Hawks carried forward the momentum in the first two matches. Niagara had no answer for Humber, as the Hawks jumped out to an early lead.

But Niagara regrouped and turned things around in the third set.

"At the end of the second set, we talked about doing the little things such as precision passing which will win you a game," said Niagara head coach Kerby Bentley.

What proved to be the demise of Humber was their inability to put away Niagara after easily winning the first two sets. "I would like our team to a team away," Wilkins said.

Washkaruk's club remains in third

Hawks soar high over Condors

Gray collects hat trick; Rodak, Collins each net two; Hawks look for revenge this weekend

By Brett Standen

The Humber Hawks got back in the win column with a blowout victory against the Conestoga Condors last Wednesday night.

Humber's dominance was not just on the scoreboard.

The Hawks manhandled the opposition in every facet of the game, winning 14-2.

"That is a hell of a hockey team," Conestoga head coach Dave Cressman said. "We just are not skilled enough to play with them."

"It's a coach's dream when you're up 10-2 after 2 or even 5-1 after one," said Humber Coach Joe Washkurak. "It was a great team effort and that's what we are looking for."

Seth Gray collected a hat trick while linemates James Rodak and Francis Collin each netted a pair.

"It was a good relief," Gray said.

"Three goals really helps the confidence get back to where I want it to be."

Shortly after Collin scored his goal midway through the second period, he had to leave the game due to injury.

"The initial prognosis is a week to two weeks," Washkurak said. "He's got a bit of an ACL sprain from a hit."

Humber has three players out already and have had to fight off the injury bug all season.

"We seem to be unable to keep guys healthy which obviously creates a problem," Washkurak said. "Hopefully we will have these guys back by playoffs. Until then someone else is going to have to step up."

Humber currently sits in third place behind Seneca and St. Clair and hopes to make up some ground in their next two games.

Humber currently sits in third place behind Seneca and St. Clair and hopes to make up some ground in their next two games.

Catch Humber play at Seneca on Jan. 30 and St. Clair at home on Jan 31.



Hawks' forward, Jason Goldenberg, played a strong game helping the team cruise to an easy victory.

Coach's Corner

Humber Hockey Coach Washkurak comments on high sticking in the NHL

In lieu of recent eye injuries resulting from high sticking incidents in the NHL, I feel visors should be mandatory.

Despite endorsements from such high profile players as Peter Forsberg and Jerome Iginla many argue the visors restrict sight lines and constantly fog up.

The East Coast Hockey League brought in a rule this year making it mandatory for protective visors. Since 1980, players coming from the Canadian Hockey League have all played with visors. The NHL, NHLPA and the players themselves all have to join together to come to terms on the issue.

The lack of respect the players seem to have for each other is a

major issue.

Unfortunately I feel that with all the incidents of high-sticking, visors should now be mandatory. Hopefully the players will realize that they are only hurting themselves.



Joe Washkurak

have been played there.

If Toronto can't sell out the 20,000 seat stadium then the mega city does not deserve a football team. It would be sad to see such a storied franchise leave.

Varsity stadium is an outdoor, fan friendly park that is easily accessible to players. It's in the downtown core with many eating establishments and bars.

Hey, the Montreal Alouettes are having success since rejoining the league in 1998 after a 25-year hiatus.

Montreal struggled financially playing at Olympic stadium. Now they are the hottest ticket. Every game is a sellout in the smaller 20,000 seat Molson stadium, also home to the Redmen of McGill University.

If it can work in Montreal, it should work in the T-dot.

Let a new chapter begin for the Toronto Argonauts. Or let's re-read the old chapter.

Sports Rap



Todd Clark

If you build it, they will come. Well, hopefully.

The Toronto Argonauts are on the cusp of coming to an agreement with the University of Toronto to play at their historic Varsity stadium (currently home to the Toronto Varsity Blues).

Of course, financial terms are the concern. The century old venue needs renovations and Maple Leaf Sports and Entertainment (part owners of the team) want to make sure they will make a small profit.

So in reality, both parties are still a football field away on an agreement.

Every dollar counts for the cash-strapped Argonauts.

Let's face it, if the franchise is going to survive, it needs to get out of that big fish bowl, Sky Dome.

For a small market team, the profitability in a big stadium is not great.

The last five owners have all lost money and it is a miracle the team is still around. Yet new owners keep bailing out the boatmen.

Fans are not coming to games even though the price of a ticket is dirt cheap, (A decent seat only costs \$20). And why should they? A football game needs a raucous atmosphere. Sitting amongst 13,000 fans in a 50,000 seat stadium...well you'd think you're studying in a library with a bunch of nerds.

If the club can work out a deal with U of T, the Argos should be OK for a long time.

Varsity stadium was home to the Argos for 48 years (1898-1907, 1919-1958). Some of the best Grey Cups

Should visors be mandatory?

Ryan Fischer

Horticultural Technician Apprenticeship

"There should be automatic suspensions for any high sticking causing injury, whether it's a double minor or five minute major that is called...that would take away some of their money so they care. It's just not being called now."



Maureen Hulbert

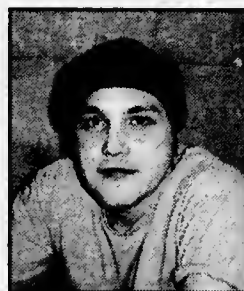
1st year, Landscaping

"The refs should call it every time, regardless of whether or not it's intentional."

Phil Owens

Electrical Apprenticeship

"Visors...there should be a timeline like there was with helmets, saying that for all players coming into the league after 2005 let's say, it is mandatory to wear a visor."



Christian Sanchez

1st year, Nursing

"The refs should enforce it more. If everyone wore a visor, it would be less fun."

Shauna Biernacai

1st year, Nursing

"There should be more consequences, and longer penalties. If they can't play, they'll stop doing it."



compiled by Chris Daponte

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ADVERTISE IN THE HUMBER ETCETERA

Humber Hawks win three games in a row

Hawks get a road win against Niagara and net home wins against Lambton and St. Clair

By Josh Grunberg

The Humber Hawks women's volleyball team served up three victories last week extending its record to 9-0 in league play.

The Hawks were looking to rebound following a shaky perform-

Rookie Jenna Henderson, player of the game against St. Clair, has seen an increased amount of playing time recently and played well.

"It's comforting knowing that depth players come up and can get the job done, that's a luxury. Ginny and Heather Longland did an excel-

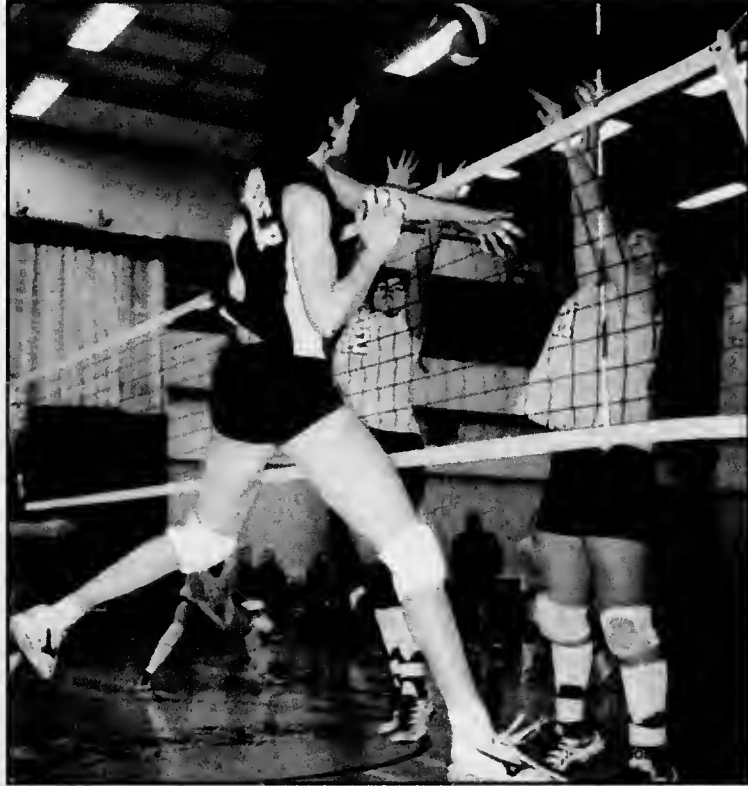
and we're undefeated," Wilkins said. "All our girls are committed to working hard in practice and games."

"Our practices are super super intense and we're really working on defence and passing," Hawks all-star Kirsty Goodearle said.

The Hawks were given a scare last week in practice when Goodearle took a ball right in the face. The ball that was deflected and caught her by surprise ended up fracturing her nose in three places.

Despite having a little difficulty breathing, and sporting two very black eyes, Goodearle didn't miss any playing time last week. She is scheduled to undergo surgery at the end of the season to repair the internal damage.

The Hawks will next see action in North Bay on Feb. 6 when they take on Canadore, and the following day against Nipissing.



Elizabeth Salas goes up for the spike against Niagara during play this past week. The Hawks won three games in a row.

ance at the Killer Instinct Cup two weeks ago at Durham College.

Last Wednesday the Hawks defeated Niagara three games to one.

While at home this past weekend, the Hawks beat Lambton 3-0 in straight sets.

The Hawks equally dominated all three opponents to stretch their first place lead in the Central West division.

"We expected to win, but I'm also happy that we played consistently well," Hawks head coach Chris Wilkins said. "People take a look at our record, and some teams would be satisfied. We want to be better."

Early on in the match against Lambton, the Hawks completely overwhelmed the visitors and jumped out to a very quick 9-1 lead. From there Wilkins turned to his bench and equaled out the playing time.

Following the match, Wilkins praised his role players, especially rookie Ginny Warner who picked up player of the game honors against Lambton, for coming off the bench and playing superbly.

lent job, and even made us better," Wilkins said.

Warner was smiling ear to ear following being named player of the game, but reiterated she is just happy for the team to get the win and was glad she was able to contribute.

Warner also pointed to the fact that coming into the game cold isn't always an easy thing to do.

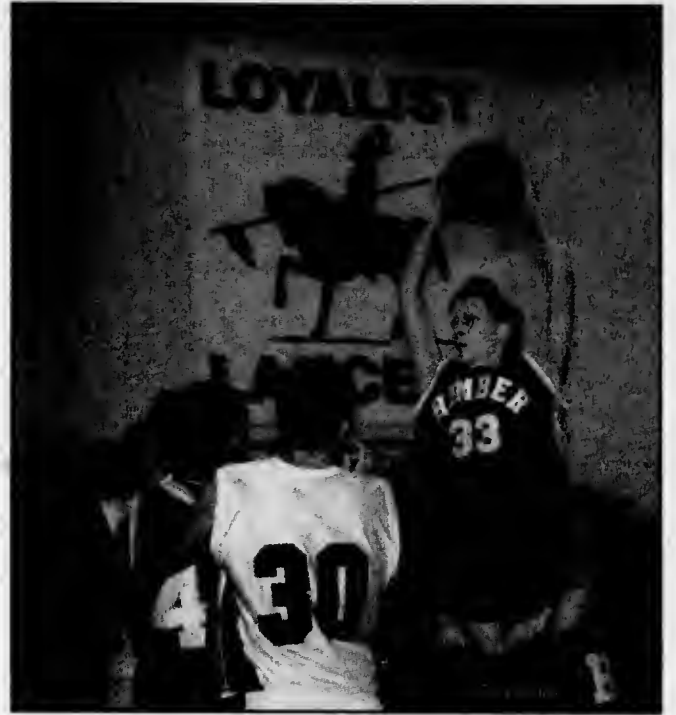
"It's hard. We've got to stay focused at all times, and when the time does come to go in we have to put our nerves aside and go in there and play well. When they need help, I'll help."

The Hawks have five matches remaining, three away and two at home, until the provincial championships take place Feb. 26-28 at Seneca College.

Until then they will look to pad their perfect record, and continue to improve defensively.

The Hawks have only lost two sets this year, while winning 27.

"We haven't lost by more than two points to any team in this province. Two points here and there



Humber outstretches Competition

Kristin Cheser goes up for the ball and helps the Hawks bounce Loyalist 75-50 last Tuesday. Tanya Castang led all Humber players with 21 points.

date
FEB 5 & 6

place
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