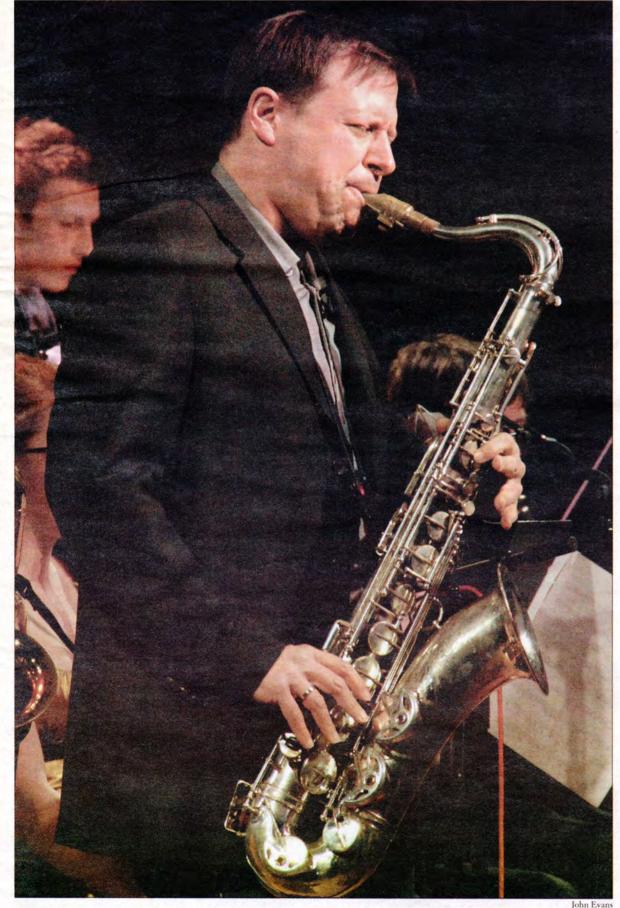


Sax-appeal at Lakeshore



Jazz musician Chris Potter does what he does best on stage at the Lakeshore campus auditorium.

John Evans

Saxophone virtuoso Chris Potter blew the roof off the packed Lakeshore auditorium, headlining the artist-in-residence concert as part of the Humber Jazz series.

The Grammy-nominated artist, who has played with American jazzrock band Steely Dan, famous for such hits as "Do it again" and "Reelin' in the Years," led the student musicians in Humber's Bruce Cassidy Jazz Orchestra and Studio Jazz Ensemble to two standing ovations.

> "He's probably the most accomplished tenor saxophonist in the world right now." Denny Christianson

Music program coordinator

"I really, really enjoyed working with them," said Potter, who taught at Lakeshore last week as the artistin-residence. "I've been working with the students for three days, and it's been a real joy. The thing that makes the biggest difference is that they're putting their heart into it."

Music program co-ordinator Denny Christianson said having Potter as the artist in residence was something Lakeshore has wanted for a while. "Potter has been high on our list for the last two years, and we finally got him. He's probably the most accomplished tenor saxophonist in the world right now."

Christianson also said the musicians that backed Potter played well during rehearsals all week, including Nicolas Ladouceur, a second-year guitar student, who played in the first set of the night.

"I thought it went really well," said Ladouceur, 23. "It's really challenging music, but we've been working on it for a long time and I think we pulled it off."

The show was a big hit, and not just with students either, said Ladouceur.

"I have a feeling all the jazz players in the GTA came out for this. I know some people from Ottawa who came out," he said.

Tenor saxophone student Eli Bennett and bass player Ryan Spratt both got huge applause for their solos.

Tickets to see Potter at the 2009 Toronto Jazz Festival can run as high as \$90, so the \$25 admission was a great deal, said Christianson.

"We have another major event planned in April," Christianson said. The Spring Jazz concert on April 8 features the LaBarbera brothers – Pat, Joe and John – who have worked with the Glenn Miller Orchestra, Tony Bennett, Buddy Rich and other legends.

Fans who missed Potter can take heart. After the concert, the saxophonist said, "I hope to be back some day."

President-elect wants to unite three campuses

John Nicholson

The new Humber Students' Federation president said she hopes to create a greater sense of unity among students at all three campuses.

Shugufa Kaker, a third-year business administration student, captured 37 per cent of the vote over three opponents in a week of voting that ended last Friday.

"It feels wonderful, amazing, euphoric," said Kaker, 21, currently Lakeshore's vice-president for campus life. "It's good to know all the hard work really paid off."

Kaker, who takes office May 1 in the \$34,000-a-year job, said she hoped to "unify" students at North, Orangeville and Lakeshore.

One way to do that, she said, is to

provide free bus transportation from Humber campuses to HSF events.

It appears she will be supported in that effort by Bryan Tran, 24, a second-year business administration student, who was elected to succeed Kaker as VP-campus life at Lakeshore.

"I want to increase the Lakeshore-North connection," said Tran, now HSF's lead events assistant, suggesting more bus trips from Lakeshore to North Campus on pub nights and other occasions.

The other HSF executives elected are: Melissa Mendes, 18, North Campus VP-administration; Kristen Arcega, 21, Lakeshore VP-administration, and Ben Rodgers, 24, North Campus VP-campus life.

Continued on page 3

The University of Missouri School of Journalism ranked the photo editing team at the Toronto Star second place for best use of photos by a newspaper. - thestar.com

THE SKINNY

News hits from Canada and around the world

Toronto jobs boom

The City of Toronto is proposing to hire 1,300 peope who've lost their jobs as a result of hard economic times. (*thestar.com*)

Snowmobilers found

RCMP report Four snowmobilers in southwestern Alberta are safe. The individuals were reported missing after they did not return from a day of sledding. (torontosun.ca)

Man mugged for balm

A man walking near Keele St. and Eglinton Ave. W. was mugged Saturday night over a stick of lip balm, suffering minor injuries. (*thestar.ca*)

Mom back in court

Cathie Gauthier, a Quebec woman charged with murdering her three children and assisting in her husband's suicide, appeared in front of a judge for a bail hearing on Monday. (torontosun.ca)

Prankers get a scare

Two boys, aged 11 and 14, were shot at by a resident in Burlington on Sunday night after they rang doorbells and ran away. (thestar.ca)

AIG bonus bailout

U.S. President Barack Obama announced Monday he is going to stop AIG Insurance from paying millions of dollars in bonuses to its employees after its bailout. *(CBC)*

Cancer patients paid

The Danish government has become the first government to pay compensation to women who have developed breast cancer after working nights shifts. (*CTV.ca*)

GO riders pay more

GO fares were hiked by 25 cents per single ride last Saturday, with riders from Brampton expecting fares to spike at \$5.35 per single ride. (*Joana Draghici*)

Correction

On page 15 of last week's *Et Cetera*, in the story "Author finds web success," it was implied author Julie Wilson had been published for the first time. This is not the case. *Et Cetera* apologizes for the error.

Tap water good, water bottles bad

In a blind taste test conducted last week by the Humber environmental action and awareness club, more than half of the students who participated could tell the difference between bottled water and tap water.

And over 80 per cent said tap water tasted better.

But the testing group was relatively small – only 32 people participated.

"I think we have to reduce bottled water wherever we can," Dettwiler said. "I've been trying to get bottled water off campus almost since I came to Humber."

- Troy Dettwiller, President of the Humber Environmental Action & Awareness

The club is conducting another taste test in the Guelph-Humber atrium next Wednesday between noon and 2 p.m.

President of the Humber Environmental Action & Awareness club, Troy Dettwiller, said he hopes to see a bigger turnout so the club can determine a figure that more closely reflects Humber staff and students' attitudes toward bottled water. "I think we have to reduce bottled water wherever we can," Dettwiler said. "I've been trying to get bottled water off campus almost since I came to Humber."

Director of campus services Terry Kryitsis said the college tries to provide a choice between bottled water and tap water, but he said he encourages staff and students to choose tap water.

Large containers of ice water are provided in staff lounges and student residences, and Kryitsis said the college is also going to install more self-serve soda fountains in cafeterias throughout the college that pour tap water as well as pop.

The HSF has also held initiatives like selling stainless steel refillable bottles.

As a result, Humber Student Federation president Mike Berg said it has "dramatically reduced the use of bottled water on campus."

Berg also said he hasn't drunk a bottle of water since HSF began selling the stainless steel bottles last year.

"Our city's water is top quality... If we have high quality water, it makes sense to use it," Kryitsis said. "I think tap water is my preferred method of hydration."

• See In-Focus pages 8 and 9

Tuition fees expected to rise over next few years

Steph Davidson News Reporter

Ontario college and university students could face up to a 25 per cent

tuition increase in the next few years, said a new study by The Educational Policy Institute Canada. But Rani Dhaliwal, vice-president of finance and administrative services, said Humber students don't need

to worry just yet. "The HSF will do our part to lobby the government with the College Student

Alliance." - Mike Berg, Humber Student Federation President

"There has been a fair bit of discussion around this report that came out," said Dhaliwal. "Tuition fee increases are regulated by the government. Current regulation allows colleges to only increase by five per cent."

That regulation expires in 2010, said Dhaliwal.

The EPI is a non-profit organization that studies issues facing education and the recently released study focused on how the global recession will affect post-secondary students.

Dhaliwal said the government will take the recession into consideration when deciding whether or not to raise tuition fees, and how much those fees will rise. "In light of the economic times, the province does talk about accessibility and says that finances shouldn't inhibit students," added Dhaliwal. HSF president Mike Berg said

"Tuition fee increases are regulated by the government. Current regulation allows colleges to only increase by five per cent."

- Rani Dhaliwal, Humber vice-president of finance and administrative services

Humber has options to explore when it comes to rising tuition costs. "The HSF will do our part to lobby the government with the College Student Alliance. We have to look into more bursary and scholarship options to offset if tuition does increase."

The HSF also has the "mandate of trying to keep fees of all sorts as low as possible," said Berg.

The CSA lobbies the government for college and university students. CSA director of advocacy Tyler

CSA director of advocacy Tyler Charlesbois, said his organization believes strongly that tuition and financial aid issues go hand in hand.

"We will do our best to promote accessibility and affordability in education," said Charlesbois.



Director of campus services Terry Kyritsis says he encourages staff and students to choose tap water because of its high quality.

UFO sightings on the rise in Canada

David Martin

Former Humber professor and UFO enthusiast David Haisell is intrigued by a survey released last month indicating UFO sightings are increasing dramatically in Canada.

Haisell, who taught computer science at North Campus, was actively involved in UFO research during his years at Humber.

"The main reason I got into it years ago was to satisfy my curiosity that the phenomenon was real," said Haisell. "With all the work that I did I concluded that it was."

The survey, released by the Manitoba-based research organization Ufology Research, shows UFO sightings in Canada increased by 25 per cent last year from 2007, up to 1,004.

Chris Rutkowski, co-author of the survey, was surprised to see such a significant increase.

"Things have been going in a general upward trend for a few years," said Rutkowski. "But to see such a significant increase – to me that was a bit of a surprise."

Rutkowski stresses not all reported sightings are truly unexplained phenomena.

"There's no question that a good chunk of the reports do have explanations; stars, planets, planes," said Rutkowski.

"But there is a residual number that can't be explained. It doesn't say that these are cases where aliens are invading earth. It simply means these are interesting cases that we simply don't have explanations for given the available data," he said.

The release of the survey coincides

with the public release of Canada's so called X-Files, a database of records documenting UFO sightings in Canada over the past 50 years.

The database draws on files from the Department of National Defence, the National Research Council and the RCMP, and includes almost 10,000 digitized documents about reported UFO sightings.

Toronto is one of the most common locations for sightings in

"It doesn't say that these are cases where aliens are invading earth." - Chris Rutkowski,

co-author of Ufology Research study

the database, with many reported around the Humber area. One such report, dated August 1979, claimed an oval mass with red blinking lights appeared over a bus stop on Kipling Ave., just east of North Campus.

Nuclear physicist and UFO expert Stanton Friedman said people are becoming more willing to report this type of sighting, and the evidence that Earth has been visited by extraterrestrial life is "overwhelming."

"Governments and religious bodies realize that if we came out and said yes, there is life out there, then it would have a big impact on the way the whole planet ran," said Haisell. Although Rutkowski cannot offer

Although Rutkowski cannot offer a definitive explanation for the increase in sightings, he thinks it may have to do with the bad economic times.

"People are looking outwards and upwards rather than to government for help."

Switzerland celebrated its 20th anniversary as the home of the World Wide Web last Friday. The country encouraged fellow scientists to look into the future. - Yahoo! News



The pick of the crop!

Scott Martin

Humber broadcasting and jour-nalism students made it big in the Big Apple this week when they won two of the highly coveted David L. Adams Apple awards for the best college radio and TV news broadcasts.

"Everyone was just smiling and laughing and cheering," said accelerated journalism co-ordinator Mike Karapita, who was at the ceremony with some of the winning students. "It was amazing... This kind of award is invaluable for a resume or portfolio."

The Apple awards are presented at the end of the Columbia Scholastic Press Association's annual media convention in New York City.

This is the fifth Apple award for the journalism program and the first for radio broadcast.

Radio broadcast instructor Paul Cross said it was a great honour for Andre Jeremiah and Shauna Mc-

For the first time, students from

Humber's 3-D animation program

will be among ten teams from across

North America duking it out to be-

come the cartoon challenge champi-

"It's going to be a really good test

for the students to see what they're

made of," said Terry Posthumus,

program co-ordinator and the team's

The five-person team is preparing

to head south of the border in May

to fight for the top prize in the Kala-

mazoo Animation Festival's Interna-

Laura Di Mascio

ons of 2009.

adviser

Creedy, the students who submitted the award-winning radio documen-

"They applied all the fundamentals and principles I've been teaching them since day one, and they did it on their own, and I think that's the really cool thing." The winning TV entry – last week's

Humber News broadcast with Toronto mayor David Miller - was put together by journalism instructor Joy Crysdale's final year TV news class.

They really, really worked hard on this," Crysdale said. "I'm so grateful for them that they're so passionate about what they do."

"These awards are so important for students because it helps them to realize that they're as good - in this case better - than their competition across North America," director of broadcast media Jerry Chomyn said.

'Any time we do something like this we raise the profile of the journalism program," co-ordinator Carey

home cartoon championship

"These are students that have

shown they have what it takes to be

The festival was founded in Michi-

The cartoon challenge is the lead-

up event to the festival - four days of

film competitions, screenings, work-

shops, portfolio critiques and social

The teams will be given a topic in

which they have to formulate, script,

design and produce a 30-second

animated public-service commercial

gan in 2002 by an instructor at Kala-

mazoo Valley Community College.

successful at it," said Posthumus.

tional cartoon challenge.

gatherings.

Students looking to take

French said. "We're letting the journalistic community know that we're competing and winning."

It's the best showing ever for the journalism program, which won a total of 31 awards during the conference, including a Silver Crown for best overall magazine, last year's edition of Mag World, and two Gold Circle awards in the magazine and online categories.

Mag World's editor-in-chief Ken Brown said it was an honour to win such a prestigious journalism award.

"It reassures you that all the hard work and effort you put into making this magazine from the ground up, from nothing to something, it was worth all the hardships and hassles," Brown said.

"We're letting the journalistic community know that we're competing and winning," French said. "Give us a competition and we'll throw our hat into the ring."

Election results

continued from page 1

More than 16 per cent of students (2,844) voted, a 62 per cent increase from last year, said HSF executive director Ercole Perrone.

Voters also passed a referendum requiring future candidates to have experience with HSF before running for the top jobs in student government. The HSF website states the results of the referendum "will be analyzed for future consideration."

"I checked off 'yes' – I think it's a big deal," said Mendes, a first-year public relations student who has worked as a PR assistant with HSF. 'You're working with budgets. You're working with people's money."

Vice-presidents earn \$11.54/hr while working in the summer. From September to April they earn \$20.19/ hr. They serve a one-year term in office.

The new president said she hopes

to work closely with the College Student Alliance, an organization of Ontario student governments, of which HSF is a member. "When it's 20 or 30 schools coming to the government and saying 'this is what we need to change,' we can lobby for issues," Kaker said, referencing issues of government funding for colleges, financial assistance for students, and faculty unionization.

We would be working with the CSA to find out what we can do for students," said Kaker.

The election winners all voiced appreciation to those who voted and said they looked forward to working with students.

"From this point, it's 100 per cent not about me," said Rodgers, a first-year creative photography student. "I want to be the voice of the students."

CONGRATULATIONS **GRADUATES!**



Convocation is the formal ceremony where you receive your credential and we officially recognize your academic success.

Humber's Convocation Ceremonies will be held during the week of June 22, 2009. You must RSVP that you will be attending Convocation, and to do so please visit

http://convocation.humber.ca.

On the Convocation website you will also find important information about the ceremonies, graduate services, general receptions and other related details.



Humber team leader Michelle Ryan, 28, says she is excited to be heading to Kalamazoo, Mich., next month to compete against 10 animation programs to become the cartoon champions of 2009.

Competitors will have the run of the college's new media building and equipment, said festival operation manager, Maggie Noteboom.

The work is scheduled to be revealed at a public screening at the State Theatre in downtown Kalamazoo May 16, said Noteboom. The audience will then vote for the team they think should receive the People's Choice Award, and professional animators will select the cartoon challenge champion, or Judge's Choice Award.

In addition to the title, the winning team will receive scholarship funds that go toward the animation program at their school. "This sort of a case scenario is very

realistic to a real-world-type scenario," said Posthumus. "Students at school are never going to face that."

Humber team leader Michelle Ryan, 28, said she hopes the experience will teach her to work better under pressure.

Ryan, whose dream job is to be a 3-D character modeller in the videogame industry, said she is really excited to be at the competition.

"I'm terrified," she said. "But it's just one of those things where you take it as it comes, and we'll see what happens. I think in the end, even if we don't come in first or come in second, it'll be an experience that's worth so, so much."

A proposed \$10 billion U.S. deal with Fiat S.p.A., an Italian automobile manufacturer and financial group, could save up to 5,000 Chrysler jobs in North America. - wheels.ca

How old are these chairs anyway?

Michael Sutherland-Shaw

The college's director of facilities management Carol Anderson is investigating the age of 205 chairs recycled by the business school.

One of the chairs put out for recycling had a label on the bottom dated June 10, 2004, making the chair less than five years old.

chair less than five years old. "It can't be!" Anderson said after being shown the label. "The business department told us they were between 10 to 15 years old."

The office chairs were clustered around the U-Pak recycling bin outside of the college on Saturday, March 7.

"The chairs were between 10 to 15 years old and all had broken mechanisms," said Joy Davies, facilities management office coordinator, who found the chairs to be unfit.

"Nice new ergonomic chairs were purchased for the offices and computer labs," Davies said.

Vice-president of finance and administrative services Rani Dhaliwal said, "From an overall



Over 200 chairs, thought to be older than 10 years, thrown out last month turn out to be newer. to renovate, sell out, or even donate "We now have open access

perspective because those chairs had very little steel in them, it wasn't of any value in terms of the importance

them," Last year Humber introduced a new purchasing policy. "We now have open access to all suppliers who support student learning as an internal due process to ensure that vendors selected give Humber the best for their dollars spent," said Dhaliwal.

Used office equipment from Humber is usually sent to a company known as Envirotech Office Equipment who re-sell it.

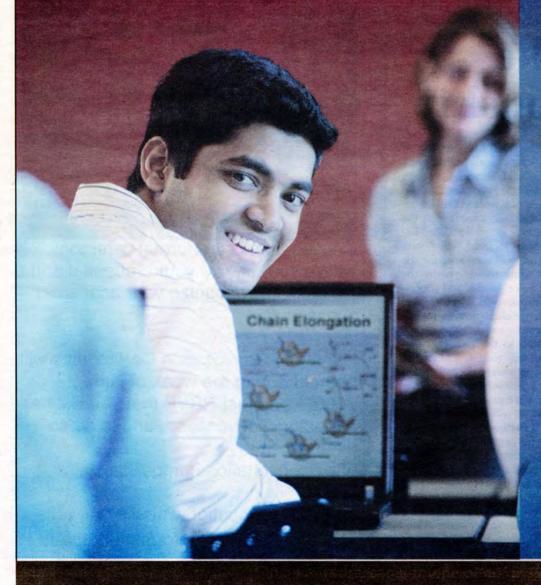
"In terms of selling the equipment because most of these chairs from what I understand were relatively not stable to be either given to anybody or not sold," she said..

In this case, the chairs were classified as unfit for use and the facilities departments sent them to the recycler.

Roe Barrett, sales representative of Global Total Office manufacturers, were unable to provide the specifics of the contract between Humber and its dealer, though they did provide prices per chair.

The new chairs purchased by the school of business are priced at over \$500 each.

A message was left for buisness school manager Belinda Cunha but no comment had been received by press time.



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Between 2003 and last year, lawsuits resulting from slip and fall incidents during the winter season has costed the City of Toronto more than \$30 million. - thestar.com

Stabbing victim robbed of hat, shoes John Nicholson Michael Sutherland-Shaw

A 22-year-old male was stabbed and robbed around 3:35 p.m. last Saturday near the bus stop on the

corner of Finch and Humber College Boulevard, police said. He was stabbed in abdomen,"

said Sgt. Howard Payton adding the man was robbed of his shoes and hat.

"Because of the nature of the situation we remind students of being cautious." - Gary Jeynes, Director of public safety

One of the glass panes from the bus stop was also shattered during the incident, though it's unclear



A 22-year-old male stabbed near campus has minimal injuries.

exactly how it was broken, said Sgt. Paul Bissonnette of 23 division.

The man was taken to hospital, and his injuries are not believed to be life threatening, said Staff Sgt. Andy Schneider of 23 division.

The victim is not a Humber student or a Guelph-Humber student, but because of the nature of the situation we remind students of being cautious and know their surroundings," said Gary Jeynes, director of public safety.

Jeynes advises students, "if someone wants your personal belongings to give it to them, as they can always be replaced."

Police did not contact Humber College said Jeynes, but he did confirm the incident with 23 division. Traffic along Finch was diverted

for several hours as police investigated the scene. Police are looking for two men,

also described as being in their early 20s, Schneider said.

Lecture sparks idea for World Vision

Jackie Martinz

Students have helped fundraisers from Guelph-Humber raise more than \$600 for World Vision.

The fundraising initiative was developed after the students watched videos on international development during a lecture, said president of the student-run Social Justice Committee, Tanya Liebmann.

"It was during our community development course. We learnt about international aid and realized that social work involved helping others all over the world," said Liebmann.

Rather than simply donating the funds raised, the students opted to purchase items that would be distributed over-seas.

"We're using the money to buy farm animals, antibiotics for ten children, mosquito nets, to pay for a young girl to be educated, and we'll donate to a sexually exploited girl," said Liebmann.

"There is a catalogue on the organization's web site that lists items you may purchase."

World Vision will decide where to send the group's gifts, said committee treasurer Andrea Hossack. "They send them to any commu-

nity they decide."

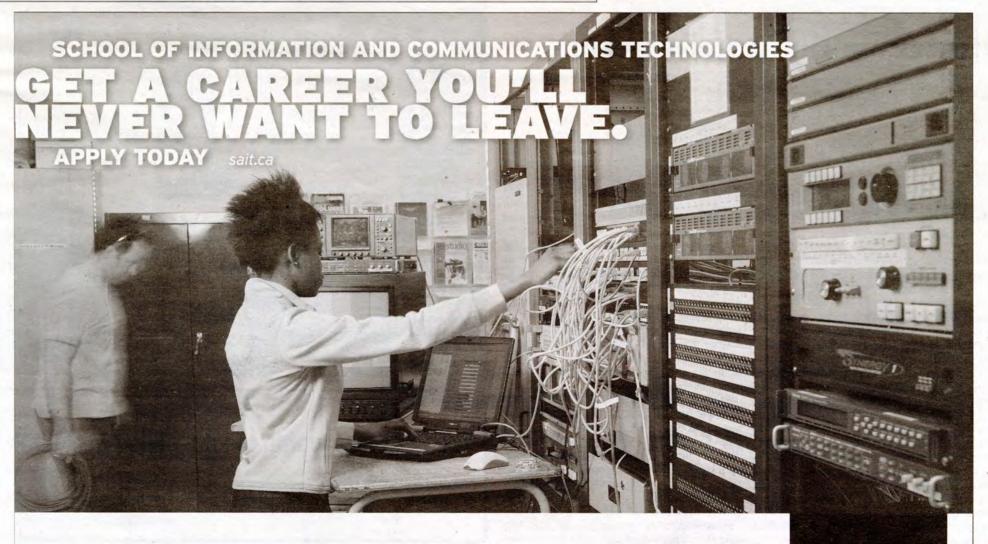
"We learnt about international aid and realized that social work involved helping others all over the world."

Tanya Liebmann, President of Social Justice Committee

The money was raised through raffles, 50/50 draws and donations from students, said Heather Chancey, the program's Guelph-Humber Student Association representative.

'We had a booth set up in the Atrium at Guelph-Humber everyday from March 9-13. I also allocated all of my left-over funds to the cause," she said.

Before the week had finished, the group had reached their target amount of six hundred dollars, said Hossack.



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DITORIA

The Air Transport Users Council said Tuesday that more than 40 million bags were misplaced by airlines in 2007, compared with 30 million bags in 2005. - CBC

e roo

There are an estimated 900 organized crime groups operating in both rural and urban areas across Canada. In an attempt to curb any perceived increase in gang-related criminal activity, the federal government is expected to pass legislation designed to help the Criminal Justice System get tougher on crime.

On the surface it would be easy to concede that there is a gang problem here in Rexdale. But doing so would be wrong. Even though the federal government's new anti-crime legislation act is aimed at combating a growing concern of gang violence, we need to look beneath the surface and focus on the individual, rather than implementing harsher jail penalties. The latter will fall short in solving the pertinent issue head on

The new legislation titled the Tackling Violent Crime Act is expected to help speed up the judiciary process and make gang-related killings a first-degree murder offence. Another aspect of the legislation being touted by law and order advocates the lengthening of sentences for certain offences detailed in the Act.

While such measures can be effective in certain circumstances, they ultimately fail to identify at risk youth and do nothing to provide alternatives to crime for those most likely to turn to criminal activity - those on the lowest rungs of the socio-economic ladder.

Jabari Lindsay, a Toronto social worker and organizer of 'Breaking the Cycle' for the past four years has lead a program that helps young people between the ages of 15-13 avoid getting involved in gangs by getting them involved in community-based projects - like the Ambassador Leadership project. This project provides a focus for youths at risk who need guidance in a range of issues such as job training, community awareness and most importantly practising non-violent resolution with peers, family and employers - something time in a padded cell simply can not offer.

Breaking the Cycle receives funding from the City of Toronto, Human Resources and Skill Development Canada, and the National Crime Prevention Centre and has seen more than 200 youths from Rexdale graduate. In order to graduate, youths have to complete a 28week program under intensive guidance, and it seems to be working.

While we hope the new anti-crime act will make it easier for law enforcement to keep those engaged in gunplay off busy streets, the conservative government is no closer to implementing a strategy for creating safer communities through community-based programs than it was before the Act was passed.

The federal government's modest attempt at cleaning up the streets is nothing short of a band-aid solution that gives us a false sense of security. Tougher sentences for gang-related violence will not reduce crime rates. Even though a harsh sentence will remove the problem in the short-term, it fails to extend a hand to youth in need of community support, which is what is needed to done if we are to break the cycle of gang-activity.

Budget relief a vain hope

Next week brings the release of Ontario's 2009 budget and college students find themselves in a precarious position. Debt is growing to unprecedented levels and the cost of tuition is rising almost as quickly.

Relief is desperately needed, but given the current economic climate we all should stop holding our breath for new funding policies and prepare ourselves for the stark reality we will collectively face;

The College Student Alliance (CSA) have been engaged in a campaign to convince the McGuinty government the current 70/30 split for post-secondary funding is not only unfair but short-sighted given the renewed need for skilled labourers in our recession stricken economy.

The Ottawa-based Centre for Policy Alternatives is another organization calling for change to the status quo approach to post-secondary spending. In its recently released alterna-tive provincial budget, the Centre calls for the McGuinty government to disregard the old spending model and take definitive action to reverse the sorry state of post-secondary funding.

"After 15 years of constrained provincial funding for education and rapidly increasing tuition fees, Ontario has become complacent about inadequacy. It ignores the warning signs about deteriorating quality as class sizes in-crease and program offerings are narrowed," writes Hugh Mackenzie. As the economy worsens, more and more Canadians are losing their jobs and our province has been at the fore-front of the decline. In February alone, Canadian employers ripped 82,600 jobs from the market, pushing the national rate of unemployment up to 7.7 per cent.

During that month-long period Ontario led the charge in shedding jobs, cutting 35,000 positions. To contextualize the number of job losses in Ontario, Statistics Canada included this depressing fact in the report detailing the February job losses: "Since last October, just over half of the country's total employment losses have occurred in Ontario, well beyond the province's 39 per cent share of the total working-age population."

When the federal budget was released earlier this year money was set aside to help the newly unemployed re-enter the workforce by way of college-based retraining programs. The need for such spending was, and still is, fairly obvious. If more people are returning to college to retrain for new careers, then there is a need for more funding to accommodate an influx of students.

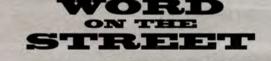
The need for an equalized split in provincial funds for post-secondary institutions should be just as obvious.

At the start of the 2008/09 academic year the total number of students in Ontario colleges was more than 95,800. We have a sneaking suspicion that figure will jump for the 2009/10 year, but how will colleges manage a sudden increase in the student population? Any increase in college enrolment will be difficult for such institutions and this is largely due to the aforementioned 70/30 split.

We college students continue to find ourselves in a situation we know all too well; hoping for sun, but preparing for rain.

The E.	t Cetera will engage, challenge, and	d inform the Humber College community	with progressive and contemporary	y content reflecting the diversity of its rea	dership.
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Do you expect the budget will help with your tution?

Lana Ferreira, 40, 1st year nursing "That would be great i

they could help. Hopefully they will, but I don't think so. They always promise things."

Emily Benjamin, 18, 1st year visual arts

"It would be nice if they would, but I don't expect them to, especially with all the other costs they have to deal with. I don't see them helping with that, but it would be a good investment if they did.



David Aransvia, 23, Electrical apprenticeship

"They should, but I'm not too sure. I don't expect that much. Tuition can be hard, so it'd be nice if they helped."

Laura Mayberry, 18, 1st year visual arts

"They have their own worries; they don't need to worry about us. They should because we are the future. If they don't help us now, where are we going to be when we're at their point?"



The Et Cetera wants to know what you think.

We welcome letters or emails expressing your opinion on issues covered in the paper. Reporting the news is not a one-way street. Hearing from our readers is important to us

www.humberetc.com

Recent data shows the smallest communities in Ontario having the lowest recycling rates and are the worst trash offenders. - theglobeandmail.com

Bosh golden Rap in tarnished crew



Memo to Bryan Colangelo: good luck.

That is about all basketball hoopheads can say to the Toronto Raptors GM as this season which had so many high expectations has turned into another frustrating year. And in the end, it will be the boss' job to turn the ship around before July 1, 2010, when Chris Bosh can sign with any team he chooses.

Bosh is one of the three top names available in 2010 along with Lebron James and Dwyane Wade. James' name has been swirling around for months about the Knicks' plans to woo him, but Bosh's interest hit a huge jump when controversial ESPN analyst Stephen A. Smith reported that Bosh wanted out of Toronto. Reaction from the organization was that of, expectedly, denial. But if things don't turn around for the Raptors before the glooming date for the Raps, Cavaliers and Heat, Smith's prophecy could very well become a revelation rather than speculation.

Bosh's numbers are as strong as they have been his whole career. He made his fourth All-Star game this year, is averaging his usual season averages of 22 points and ten rebounds and is among the NBA's elite at the power forward position. He revitalized the Raptors after the whirlwind departure of Vince Carter and will turn 25 on March 24. He led the Raptors to their first division title in 2007 and not once has ever thrown himself into trade rumors, nor has had the notorious criticism that Carter was used to, for which he still gets booed since his departure in December 2004.

Unfortunately for Raptors fans, they will have no reason to boo Bosh if he does in fact continue playing the way he has been.

Raptors fans, they will have no reason to boo Bosh if he does in fact continue playing the way he has been.

He has put his entire professional career into the Raptors. If they continue to lose while he is playing great, why should he stay? For Colangelo to keep him, several issues must be addressed.

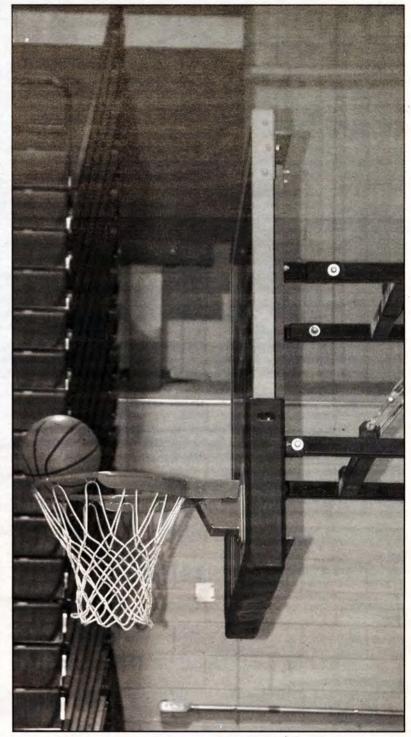
If you want to win in the NBA, you need at least two all-stars (and probably a third at the brink), one inside and one outside. Toronto did fill the inside with Bosh, but have not filled Carter's spot. They have brought in skilled-based players like Anthony Parker, Jason Kapono, and the departed Mike James, T.J. Ford, Carlos Delfino and Rafer Alston. All fine players but none with star abilities. They have always needed a Richard Jefferson or Jason Richardson and trading for Shawn Marion was a start. But if Marion does turn out

to be a rent-a-player at the end of the season when his contract is up, the Raptors cannot afford to make the same error they did with Jermaine O'Neal.

Patience is weighing thin. In his third season, Andrea Bargnani is having his best statistical year, but his inconsistency and lack of defense is caused many Raptors fans to ponder if Il Mago will become the next Dirk Nowitzki. Disco Dirk averaged 21 points and nine rebounds in his third campaign and that was when the Mavericks were growing out of their rebuilding campaign and started to win. But there's a big difference between building and rebuilding and time will tell if Bargnani won't be coming to the site anymore.

As interim head coach, Jay Triano is doing the best he can in a tough situation. Despite criticism, Mitchell did lead the Raptors to their lone division title and won NBA Coach of the Year in 2007 before being fired this season. Triano, the former assistant coach took over a losing team, trade rumors and major dissatisfaction. Whomever Colangelo chooses, he better bring the Larry Brown potion of turning bad teams into good ones with him.

I want to see Bosh stay in Toronto just as much as anyone, but if their fortunes don't change by next July, I will have to say something I hate: Stephen A. Smith was right.



OPINIO

Kisses & Disses

To Federal Reserve Chairman Ben Bernanke's positive remarks on the economy beginning to improve as early as next year.

To Mia Hamm and baseball hubby Nomar Garciaparra for their charity soccer match benefitting Children's Hospital in Los Angeles and the Mia Hamm foundation.

To the Montreal police for arresting 17 protesters, who faced charges on mischief, theft, possession of weapons and assault.

To the hotel shop owner who gave students staying there a discount on bags when \$4,000 dollars worth of their luggage was stolen on their trip to Italy. To AIG using government bailout money to pay out \$165 million in bonuses to company executives.

To the spectator gunman who shot down an Iraqi soccer player from his rival team, right before he took what could have been the tying goal of the match.

To the Montreal police for making the arrests during antipolice brutality demonstration.

To the thieves who stole all the belongings from their tour bus in the first place.

'Rogue' companies that still call



I got a call the other day from a recording stating a concern about my car insurance. Apparently this was my second notice that my insurance was about to expire, and it was very important that I renew it immediately. I pressed one and talked to an agent. There was only one problem, I told her. I don't own a car.

She apologized for the inconvenience in a thick southern accent then told me I would be placed on their do-not-call list, which I believed I was already on.

If the do-not-call list has been in effect since last September, why is my phone ringing a few times a week with people from Louisiana telling me my car insurance is about to expire on a car that doesn't exist?

The answer lies with 'rogue' companies that use automated dialers to call cell phones, according to a poll conducted by the Marketing Research and Intelligence Association (MRIA).

13 per cent of Canadians reported receiving more calls since signing up for the do-not-call list, with many people getting calls on their cell phones.

'Rogue' companies can leave automated messages on cell phones using VOIP and other communications systems that can't be traced. MRIA went on to say that 80 per cent of people polled said they received fewer calls since being placed on the list.

The Toronto Star recently published an article about the ordeal and the comments people posted does not fall in line with the results of MRIA's poll. Almost every person who posted a comment said they were receiving more calls than ever before, and described the tricky lengths companies were going to in order to get their calls through. Using VOIP so calls can't be traced, and finding out cell phone numbers if home numbers had been placed on the do not call list. One person described how the list seemed to be working when it was first implemented in September, but its effectiveness had worn off and now people are receiving just as many calls as before, if not more.

It's a perfect example of how theory and practicality are sometimes two very different things.

I have to go - my cell phone is ringing.

IN FOCUS

Britney Spears is back in Toronto after a five-year absence. She performed at the Air Canada Centre last night. Her second and final Toronto show is on tonight. - thestar.ca



Deer in the Arboretum will soon be looking out from behind a six and a half foot fence being built to protect the school's gardens.

Fences planned to enclose deer problem

Cathleen Yoo IN FOCUS REPO

The Arboretum is waiting for spring to install a fence to deal with a deer problem, said Arboretum superintendent.

The deer and the gardens can't coexist," said Sid Baller. "We realized the gardens here would cease to exist within a couple of years if we didn't act on it."

Baller said the solution was to put up 5,000 feet of fencing.

We are going to be erecting a permanent deer fence that will run from the condominium up in parking lot 13, around the ground taking in the wood lot, taking in all the gardens and circling all the way back to the residences," he said.

Baller, who has worked in the Arboretum for more than 20 years, said the deer have become a real issue during the last three years.

'In the past, we've lost probably 30 to 40 per cent of our collection because of browsing from deer," said Baller.

Senior nature interpreter for the Humber Arboretum and Centre for Urban Ecology Lynn Short said, "Toronto Region Conservation Authority indicated to us that the deer population in southern Ontario has actually quadrupled since the early 1900s.

This influx in the deer population can be attributed to several factors.

'Wolves have been extricated from the area because people think of the big bad wolf, so they don't have a natural predator," said Short.

There is no fear because nothing happens to them unless it's death by vehicles," said Heather Somers, horticultural technologist for the Arboretum.

Short said, milder winters and creating newly planted situations where deer thieve were also contributing factors.

The permanent fence will be installed by arboretum staff and work study students.

The fence is of such a design that when they look at it, they have a really hard time getting a read on it as to how deep it is and how high it is," said Baller of the six and a half foot structure.

The fences will be pegged down to prevent deer from pushing their way under it, which Baller said is the norler.

The deer fence raises some concerns as foxes and coyotes which help control rabbit and mouse populations will also be kept out.

The balancing factor is that deer are exponentially far more disruptive then the other two so they need to be stopped," said Baller.

Waste bid tips to scales Teri Pecoskie

Companies gunning for next year's management contract have one more day to enter their bids.

Facilities management said it hopes to announce its selection for the contract worth around \$100,000 by April 1.

David Griffin, manager of maintenance and operations at North Campus, said the winning company must have an economical strategy for separating and weighing waste.

'There's a high proportion of stuff in the garbage that could be diverted if we had better methods," he said.

If waste, including electronic trash, organics and recyclables, can be sorted and weighed, Humber could better gauge where it stands with provincial standards, said Griffin.

Ontario's regulations require the school to divert 65 per cent of its waste from landfills by 2010, he said.

Unlike the Lakeshore and Orangeville campuses, North Campus's waste is not picked up by the municipality.

Lakeshore and Orangeville don't have to outsource garbage removal, but they said they are held to the same standards.

Griffin said North Campus generates 500 metric tonnes of garbage each year. Some could be recycled, but motivating students and staff waste is always hard, he said.

"I wish I could say we do better on this, but that whole exercise is up to the consumer more than it is up to the college," said Griffin. Humber provides bins in the halls, but students don't separate their waste. They walk by and pitch it any old place," he said.

Mark Thompson, senior account manager for U-Pak, said his company is working out a plan to weigh garbage on site. U-Pak has the contract now.

'We've had a long-term partnership with the college," said Thom-



The successful bidder must weigh trash, Griffin says.

Energy use down 15 per cent

Recycling, composting and reusing supplies save energy and money Jackie Paduano

IN FOCUS REPORTER

Energy use is down 15 per cent, said Spencer Wood, manager of maintenance and operations. Environmentally-focused initiatives are saving the budget too.

"We replaced air conditioning units on North Campus that save us \$100,000 a year, we switched to lower wattage light bulbs in all classrooms and changed the ventilation systems to vary fan speed according to how many people are in the room," said Wood. All that saves "considerable money."

Energy use is down at both North and Lakeshore campuses, but Humber can't implement its strategies at Orangeville, Wood said. The campus is leased, which limits possibilities. But conserving energy in the In-

formation Technology department is a top priority on all campuses, said Valerie Sprenger, business services manager.

"For many years, we've used controls to shut down computers and monitors that aren't in use after 20 minutes," she said. "And we've

started to use virtual servers that don't require their own hardware and reduce the amount of power required to run the infrastructure at the schools."

Sprenger said the department also has toner cartridges remanufactured instead of buying new ones.

Once a computer or printer dies, IT scavenges it for useful parts, then ships it to a surplus company to be recycled, said Ryan Burton, client services manager for information technology services.

"Nothing just goes into a dumpster

or into a field somewhere," he said. Paper usage is also down, thanks to a 2,500 sheet limit on students. If they print more, they pay for it, Burton said. Only the school of media

studies is not part of the allocation program, he added. We're using around nine million sheets of post-consumer waste paper

year, down from previous years. Burton said his department is looking for more ways to save, such

energy-efficient printers and controls like student swipe cards or passwords needed in order to print.

IN FOCUS

Ontario's corporate tax revenues have dropped about 25 per cent to date, pressuring Premier Dalton McGuinty to come up with a plan for the future. - Canada.com



At Lakeshore Campus, contractors face the challenge to dispose of waste in a way that's cost-efficient and environmentally safe.

Recycling no easy order in hard times

Graeme Steel

Hard times hamper environmental initiatives on school campuses, said director of facilities management.

"It's the hard choices that we're making between being green and being able to afford to be green," Carol Anderson said.

With seven major construction projects planned for Humber this year, construction waste has grown. Contractors must dispose of waste from two renovation projects at Lakeshore campus, as well as phase two of the HSF renovations at North Campus. "We could insist that they recycle, but it will drive the costs into the the project. So at this point, we don't," said David Griffin, Humber's maintenance and operations manager. "As long as they're not doing something illegal, what more do we need?"

David Zurawel, vice-president of policy and government relations for the Council of Ontario Construction Associations, said recycling isn't only good for the environment – it can help lower project costs.

"Anything that's going into a landfill is going to be a cost," said Zurawel. "If you can recycle it, at least you're going to be able to get some money back for that commodity."

Micaiah Scharfenberg, a Compass Construction site supervisor, has been working for a year and a half on Humber projects such as the construction of C building and the new culinary institute.

"If you talk to people in the industry, it doesn't save any money," he said, noting that recycling is a cost.

"It has to appeal to people who aren't just concerned with the bottom dollar, but also concerned with the environment."

Another issue is lack of facilities. Zurawel said it's difficult to find recycling plants that can accommodate the volume and type of materials removed from construction sites.

"Most of the recycling facilities that exist deal with household waste," he said. "There's a real bottleneck for construction waste and trying to find a place that can recycle it at a workable cost."

Jo-Anne St. Godard, executive director for the Recycling Council of Ontario, said the best method for reducing construction, renovation and demolition waste is to plan ahead.

"That will help them think about logistics on site and how to find markets for recyclable materials," she said.

Compost hard to track

IN FOCUS REPORTER

A composting project reduces waste at the School of Hospitality, Tourism and Recreation, but no one knows by how much.

"We know we're getting rid of less," said campus services director Terry Kyritsis. "But how much less? If you asked me today I couldn't tell you."

The project started last fall to divert organic materials from the trash. Food producs are collected in bins and and picked up by outside contractors.

But, "the container doesn't tell you whether it's full, half-full, threequarters full," said maintenance manager David Griffin.

"I'm just taking a container and putting it on a truck. How full are they? No idea."

Gourmet Express and the Humber Room, both managed by the school, use the system to turn their food waste into compost, said the hospitality school.

Savio Colaco said, "it's a step in the right direction because it shows our students that we are thinking ahead."

There was a problem. "We were only filling up a quarter of a bin in each lab," he said. "That meant money was just flowing out of our doors because they would charge us per bin, not by the amount of content."

It costs the college \$15 per bin to dispose of compost. It's only nine cents per kilogram of garbage, said Humber.

But this semester, there are fewer bins around, said Colaco.

The food services kitchens compost leftover food too, but Kyritsis said there's room to do more.

The school is using more compostable materials, he said, including cups and plastic cutlery. Kyritsis said it's a start, but there's more food services can do to go green.

Going green in the dark School turns out the lights to save power for Earth Hour

Adrienne Coling

In an effort to

In an effort to 'go green' on campus, Humber is powering down for Earth Hour next week, said the school's energy manager.

"We're going to focus on our parking lot lights that will be completely shut off during this time and the rest of the lights will be on motion sensors," said Spencer Wood. "Shutting down some lights on the campuses is a relatively easy way to help out the 'green' cause and save some energy."

This event is not the only thing the college does to conserve electric energy, Wood added.

"We've been at this a while, and a lot of simple things are already done but no one really notices," said Wood. "We have no incandescent light bulbs left on any Humber campus. Even the tubes in the classrooms are the most efficient you can buy."

In January, North Campus used 53,000 kilowatt hours per day on average, costing about \$5,500 while Lakeshore paid \$1,800 for 17,500 kilowatt hours.

"We have reduced our energy usage by about 15 per cent over the past three years by changing the kinds of light bulbs we install and using new energy efficient technologies," he said. "We have more projects that we will be starting to lower our usage even more in the future."

Troy Dettwiler, the president of the Environmental Action and Awareness club on the North Campus, said he encourages students to take part in Earth Hour.

"We would love for students to sign up online and commit that they are going to flick off their light switches, computers and televisions for one hour at 8:30 p.m. on March 28," said Dettwiler. "It's definitely about the environment but at the same time it's about relating to the community around you."

Junni Enriquez, a first year 3D multimedia and animation student said he is looking forward to spending Earth Hour with friends.

"Last year we just hung out and had fun, so hopefully I'll do something like that again," said Enriquez. "Even though one hour without power seems like nothing, it makes big a difference when lots of people participate."

www.humberetc.com

College pro SUMMER JOBS

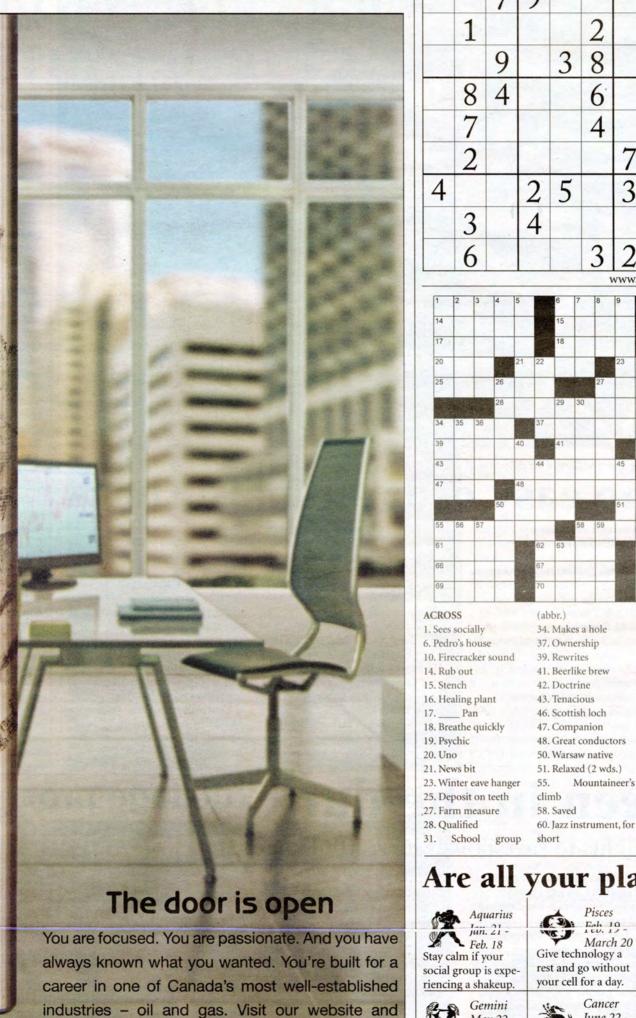
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For the answers to this week's puzzles go to www.humberetc.com

The Seattle Post-Intelligencer, launched in 1863, put out its final print edition on Tuesday and has resorted to online only. - The Associated Press



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Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle.

Thursday, March 19, 2009

Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

HOW GOOD ARE YOU?
Under 13 minGenius
13-17 min Scholar
17-21 minSmart
21-25 min Not bad
25+ minKeep practising

1	8. Daughter's brother					
	9. Magazine item10. Count of jazz11. Baldwin or Guin-					
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	Boatload Puzzles, LLC					
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careersinoilandgas.com



6. Deal (with)

7. Eden resident

10 GAMES

For the answers to this week's puzzles go to www.humberetc.com

6

5

3

8

4

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www.sudoku.name

7

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2

1

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Are all	your pla	nets ang	gneu:
Aquarius Jan. 21 -	Pisces Feb. 19	Aries	Taurus
Feb. 18 Stay calm if your social group is expe- riencing a shakeup.	Give technology a rest and go without your cell for a day.	<i>April 20</i> Keep close ties with your loved ones and take them to lunch.	April 21 - May 21 Trust is built slowl and often lost quickly. Beware.
Gemini May 22 - June 21 You make the dif- ference in people's lives, so smile.	Cancer June 22 - July 22 Be yourself and do what makes you happy.	Leo July 23 - Aug. 23 Be patient. Good things come to those who wait.	Virgo Aug. 24 - Sept. 22 With midterms over, be sure to enjoy your time.
Libra Sept. 23 - Oct. 23 Summer is coming. Brainstorm how you want to enjoy it.	Scorpio Oct. 24 - Nov. 22 Rent a movie or go for a walk to enjoy some time alone.	Sagitarius Nov. 23 - Dec. 21 Meeting new people is a way to network and find a new job.	Capricorn Dec. 22 - Jan. 20 Good organiza- tional habits ben- efits you greatly.

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LIFE

Fingernails can reveal a lot about a person's health, medical experts say, with changes in the shape, colour or overall state of the nails. - parentcentral.ca

Psychic visions appeal up North and at Lake

Angela Mahoney

Students wondering if they'll be lucky in love or pass all their courses this semester can peek into their future at the HSF sponsored Psychic Fair next week.

A band of fortune tellers that calls itself 3 of Cups Entertainment – named for the Tarot card's maidens – will be giving free readings at North Campus on March 23 and the next day at Lakeshore.

"The main questions we get asked are about relationships and friends," said Ryan Arthur, the Toronto-based company's chief technical officer, who reads Tarot cards, palms and faces. "There aren't really any topics that young people won't discuss, but we stay away from health and death."

He and the other readers may also employ numerology and astrology during ten-minute sittings with each student at the North student centre and Lakeshore's cafeteria.

Students can open the session with a question, such as: Is my program the right career choice for me? Will I ace tomorrow's exam? Will I fall in love this summer?

"The more open they are and the less skeptical they are energetically, the more we will be able to give," said Arthur's wife Abella, CEO of the company that also does corporate events and birthday parties. "But, in general, it's been our experience that students tend to me more openminded and more willing to take in the entire experience."

The experience includes readers in fortune-teller costumes who introduce themselves with names such as "Jucy," aka Abella Arthur, and her husband "Jasper." The emphasis, she said, is on fun and an optimistic outlook.

"We're not searching for anything

bad," she said. "We just want to offer insight and help people learn more about themselves. For some, it's a real wake-up call."

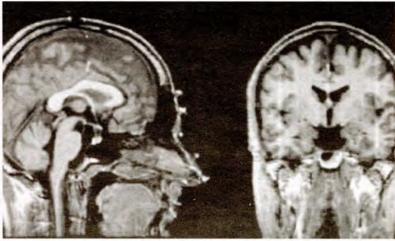
Herla Qyshkollari, a 19-year-old paralegal student, said she is nor-

mally skeptical about these things, but that she'd be willing to try it. "I think it would be interesting," she said. "Right now I'd really like to know if I'll end up with a career in the same field I'm in now."



Psychic reader "Sephera" uses Tarot cards to look into the future.





Michael Inzlicht Photo

Tests conducted on brain activity reveal students who are more devout in their religoius beliefs have less stress and anxiety.

Study says religion can help in dealing with stress

Alicea Knott

A new Canadian study suggests religious beliefs can help students cope with stress, which is no surprise to some at Humber.

Both the school's chaplain and pastor of the Christian fellowship club said they have seen evidence of this from their experiences with people from religious backgrounds.

"There's a direct connection there. If you have peace in your soul, you can be patient with others, and you're not going to be as stressed or as upset. That doesn't mean religious people don't lose it once in a while," said Len Thomas, Humber chaplain.

The study was published in the March issue of *Psychological Science*, and is the first in a series of tests to be conducted on brain activity in relation to religious conviction from the University of Toronto. Michael Inzlicht, one of the authors of the study and assistant professor of psychology, conducted two separate tests with students. Their results found those who were more devout in their religious beliefs had a reduced reaction in the area of the brain, which controls anxiety and stress.

Trevor Gingerich, the pastor for the Lifeline Christian Fellowship group on campus, said this study shows the significance that faith can play in students' lives.

"There are no distinctions between Christians and Muslims, or anyone else, which is kind of neat, because it shows that religious people on a whole are more capable of coping with stress," he said.

Thomas said the study highlights the fact a belief system can give people an outlet to better understand the world.

"When people get stressed, and they're anxious, they're looking at things out of perspective. So, to have a framework that helps them view the world in a better perspective and faith helps provide that, so that can be a good thing," he said.

However, Inzlicht said any value system an individual holds can offer similar effects to that of religion.

"Religion is just one type of framework. It's just one thing that provides a framework. Lots of things as well, for example, one's political views. That could be seen as a meaning system that also helps one navigate the social world," he said.

Elise Teeninga, 20, a third year family and community social services student and social co-ordinator for the Lifeline group, said she sees proof of the need for a belief system in her own program at Humber.

"I understand the fact that it seems to be an outlet for a lot of people, and it's a way to relieve themselves from everything that's coming. Whether it's from stress, or anxiety, or crises that happen in their life, it seems to be everyone's escape."



Trevor Gingerich said groups like Lifeline, who have weekly meetings where students can socialize, are a good release for stress.

Harsh economic times have affected the organic food industry, as more consumers see the greater appeal of no-name grocery store brands. - globeandmail.com

Taste tests can help students cook better

Holly West

Giving students the opportunity to gauge where they rank on the taste, smell and visual scale is the reason behind bringing sensory testing to campus for the first time, said Andrew Tham.

Knowing the difference in scent between butter and movie popcorn is just one way foodies were given the opportunity to test their abilities.

'It's applying statistics and evaluative methods to the human senses in response to food items from informed panellists that taste food and give feedback on taste, aroma, appearance, flavour and texture," said Tham, culinary club president.

Tham offered the testing last Thursday to allow class mates and other students the opportunity to gauge their ability to taste, smell and see

Testing was broken into four sections. Taste was measured with a series of salt solutions where participants write down what was salty, sweet, bitter, sour or savoury. The second taste portion tests the ability to differentiate between two similar flavours. The scent division gave ten bottles for students to sniff to define what and how you smell. In the final sector - colour - pixelated coloured

circles with pixelated numbers are shown and the number must be correctly written down.

This type of method used is the same as product testing at Sobey's, where Tham is a quality assurance and product development co-ordinator.

If a product is doing poorly the panellists can evaluate it and see where the product is failing and why and then make appropriate changes,' said Tham.

Members of the culinary arts club participated to help them better understand where they had average abilities so that their dishes would appeal to most diners.

First-year culinary management student Nicolas Pelland attended the event to figure out where he was on the sensory spectrum.

"I wanted to make sure of what tastes, scents and colours I could detect so that my food could look and taste as it should. If I find out I can't taste, say bitter, then I could ask a coworker to help me correct that in my dish."

A member of the club Matthew Wood said some chefs are wary of taking the test because they may find they are unable to perform at an average level which would be heart breaking.

Kristen Smith

Counselling Services' practice of using journal writing as part of therapy is consistent with new research presented at a conference last month.

Counselling co-ordinator Liz Sokol said counseling services encourages students to write about their emotions "as a way of getting through difficult times. We call it journaling.'

For students who did not feel journaling was helpful, drawing or painting was used instead, said Sokol.

"The key thing is the acknowledgement of, and then the expression of, the feeling," said Sokol. Without this we end up acting the emotions out through our reactions to events in our daily lives, she said.

Research presented by psychologist Matthew Lieberman at the American Association for the Advancement of Science conference suggests writing about emotion helps manage it.

In the study published in Psychological Science, subjects who wrote about an emotional experience compared to a neutral one showed more activity in the part of the brain that helps control negative feeling. It suggests by putting feelings into words, people turn on the same regions of

the brain involved in emotional selfcontrol.

Journaling a good way to express

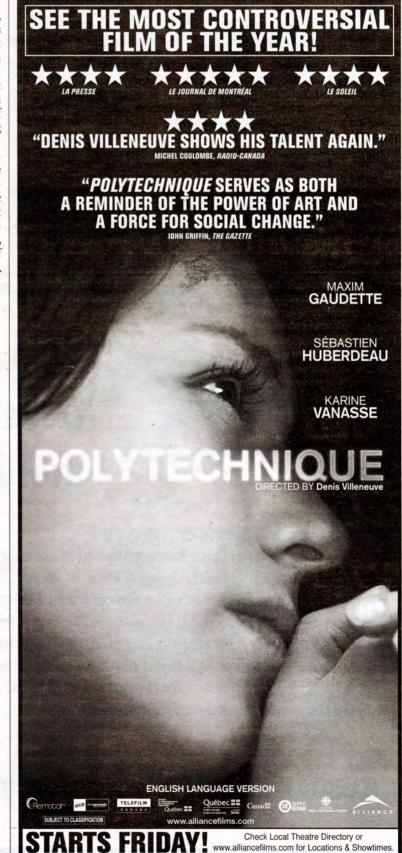
emotions, says new research

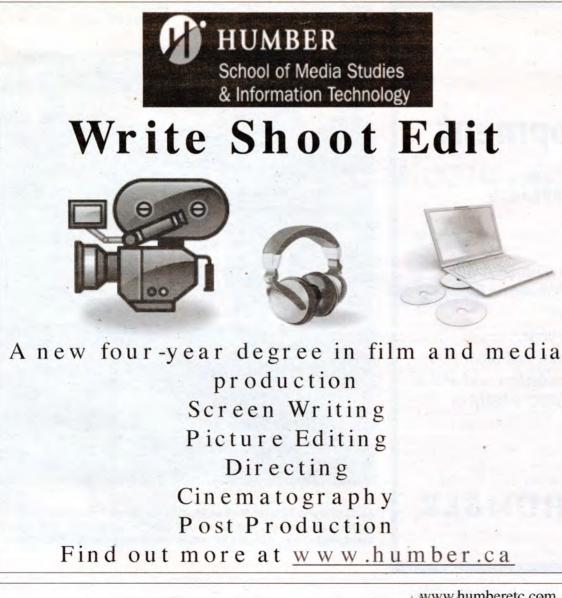
Humber creative writing teacher and therapist, Sarah Sheard said narrating difficult feelings on a page is one way someone could gain objective distance, but mistrusts writing or art being used as therapy.

Anne Noble, an expressive writing teacher at the University of Toronto, disagrees with Sheard, and said through transforming emotions into a publishable piece of work, emotionally charged events can be neutralized as writer shifts from participant to observer.



Writing in a journal may help you feel better, a study says.





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BIZ/TECH

Household net worth declined \$252 billion (4.4 per cent) for a second straight guarter as stock market prices continued to tumble. -The Canadian Press



Maintenance and operations manager Spencer Wood and purchasing services and sustainability manager Emily Eyr explain sustainability during their presentation to Academic Council.

SUS means to

Mark Rothen

Students have a big stake in making Humber's proposed sustainability action plan a success, HSF president Mike Berg told an assembly of more than 40 representatives from all areas of the college.

"This is a really important document to encompass everything that we're moving forward with," Berg said at the meeting of the Academic Council last Thursday. "I know students will fully support it."

The plan's aim, in part, is for Humber to further reduce pollution, conserve energy, not purchase anything harmful to the environment and make every effort to buy local

products or those from countries which do not exploit workers.

The next step is to establish a sustainability steering committee within a month, said Rani Dhaliwal, finance and administrative services vice-president.

The proposed plan "highlighted the sort of initiatives that are being taken and what we need to do beyond that," Dhaliwal said after the meeting. "That's going to be the role of everybody at Humber, all of the stakeholders.

The questions are obviously how do we do this - and that's really why the steering committee is critical to this process - and then what are the next measures, how do we create more awareness?"

The draft plan was operations by maintenance and manager Spencer Wood and purchasing services and

sustainability Manager Emily Eyr. Wood said sustainability was tricky to describe but suggested the United Nations definition was appropriate: "Meeting current needs without compromising the ability of future generations to satisfy their needs."

Kalene Morgan, a School of Media Studies and Information Technology professor, said she thought the focus on awareness was important.

"Everybody would like to do something about the environment but we just don't know what to do," she said.

Debby Walker Biz/Tech Reporter

The production of green energy will help the province environmentally provide jobs and stimulate the dwindling economy said program coordinator for sustainable energy at Humber

Robert Hellier, program co-ordinator and professor of sustainable energy, said green energy will have an impact on climate control and employ a lot of people who have been laid off because of the recession. Green, renewable

energy is electricity generated from naturally occurring sources such as sunlight, wind and water.

"It's a start. The green industry seems to be

immune to this economic problem. It could provide meaningful, reward and well paid jobs," said Hellier.

A perfect example is the pulp and paper mill industry, he said. Neglected trees could be harvested and used for biomass energy, a source of renewable energy that is extracted from non-fossil organic material like wood, straw, vegetable oil and forest waste, he said. The bio energy industry could employ thousands of laid off forestry workers, said Hellier.

In February 2009, Bill 150, the Green Energy and Green Economy Act, was introduced to the legislature. The goal of the act is to create jobs,

generate revenue and combat global warming, said Jane Story, manager of policy and communication at the Green Energy Act Alliance in Toronto. An alliance of stakeholders will give environmental who recommendations to Ontario's electricity system, said Story.

Story said the production of green energy is a fabulous solution to the current declining economy.

Skilled electricians, labours and manufactures are required for all energy alternatives, creating thousands of jobs,

she said. Also, the

jobs must be done

here in Ontario

cannot be

"The green industry seems to be immune to this economic problem."

The greener side

outsourced, said -Robert Hellier Story. Program Co-ordinator and Professor "We can create of Sustainable Energy jobs and not just

make-work jobs. People could be doing work that is doing something vital for global warming," said Story.

and

Richard Kingston, program coordinator of financial services at Humber, said green or not we need more jobs. The decline in the economy is a result of people losing or in fear of losing their jobs and not spending money, he said. What will turn the economy around is people getting jobs, feeling comfortable and secure and spending above their necessities, he said.

"It doesn't matter if the jobs are green or purple. We just need more jobs," said Kingston.

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According to Robert Hellier, Humber's program co-ordinator for sustainable energy, not only does green energy help the environment, but it also creates more job opportunities for Ontarians.

HUMBER

Debby Walkie

BIZ/TECH

I.B.M. is in talks to buy Sun Microsystems in a proposed deal valued at nearly \$7 billion.- Globe and Mail



Josh Kerr Student groups say the 70/30 split in federal funding gives universities more money than colleges for infrastructure.

Fighting for equality

Josh Kerr BIZ/TECH REPORTED

The Humber Students Federation is joining the College Student Alliance to help lobby for equal funding to colleges from the Ontario government in this year's budget.

"With all the layoffs in the manufacturing sector, people need to get retrained for new jobs, and they're going to be going to a college," the director of advocacy for the College Student Alliance, Tyler Charlebois said. "We've got many colleges that don't have the ability to expand their programs because they don't have enough space."

Last month, the federal government pledged \$2 billion in infrastructure development for colleges and universities, but the lion's share of the money - 70 per cent - is earmarked for universities.

"The premier has said that they are going to match the federal investment, but what we're hearing is that Dwight Duncan is leaning towards continuing the 70-30 split,' said Charlebois.

A letter writing campaign was started by The College Student Alliance to lobby politicians for an equal share of infrastructure development funds between colleges and universities.

'We're seeing an influx of people attending colleges right now so it's important that the funding reflects that," said HSF president, Mike Berg. "What the letter will basically

do is demand that Premier Dalton McGuinty looks into this issue and treats the colleges fairly.'

Students can take part in HSF's efforts to pressure the province to provide colleges with adequate funding in this year's budget by signing a draft letter at the HSF booth, Berg said.

Humber's vice-president of finance and administrative services Rani Dhaliwal, agrees with Charlebois but is hopeful that the provincial government will provide more money in this years budget.

"I know that the ministry has had a number of meetings with Colleges Ontario on this topic, and we're optimistic that we may see some of that funding," said Dhaliwal.

Upcoming webtool makes job ng easier

Tyler Mason

The Career Centre's redesigned website is promising an upcoming job portal function to better assist students in finding jobs, according to the centre's manager.

"The job search will hopefully be ready for graduating students in May," said career centre manager, Karen Fast. "We started the transition in January."

She said that students would be able to search through the job portal by school, most recently posted jobs, or by use of keywords to find jobs.

The job portal refers to the job search portion of the website that contains all of the job postings. Fast said this would allow students to find employment that could suit their transferable skills, which aren't necessarily specific to their

program. "Right now, students are emailed job postings," said Fast. "It's very labour intensive and students' emails are not always reliable."

The new website went online on Tuesday, but Fast said, until the job portal is ready, registered students would continue to receive emails they get now for job postings.

Currently, registered students only receive emails for full-time job postings, but the new job portal allows them to search through part-time, summer and on-campus postings as well, said Fast.

She said that with the recession, students need broader approach to finding a job, resulting in the new website.

"I think it's a good idea because a lot of students may have backgrounds in other areas besides their program," said Yinka Macaulay, a graduating regulatory affairs student. "I think that students should sometimes take the initiative for themselves.

Macaulay also works in the career

centre and helps students with their resumes.

She said, "a lot of students come in and say they don't get the emails. The updated website has a more

user-friendly interface, said Christine Colosimo, an employment adviser.

"I think it'll be more used," said Colosimo. "But the onus will be more on the students.'

Students can register on the new site using their Humber Hmail account.

Textbook prices may increase, says manager

"Consumer goods will

become more expensive,

especially those that we

import from overseas."

David Perri

Students can expect to pay more for books, food and other imported products as the Canadian dollar hit a five-year low last week, said Suzanne Iskander, professor of finance and banking at Humber.

"Consumer goods will become more expensive, especially those that

we import from overseas," she said.

Textbook prices at Humber may increase next year because of the low loonie, said Debbie Martin, manager of the bookstore.

Many texts are produced by U.S.based companies, so students will "definitely see some price changes," Martin said.

The Canadian dollar's value soared above U.S. buck near the end of 2007 but hit a five-year low last week at around 77 cents.

surge During the loonie's businesses were pressured to lower prices and many shoppers went across the border to spend their money, Iskander said.

Humber's bookstore discounted texts at the register to adjust the spike in Canada's dollar, Martin said.

But "the high rate wasn't really sustainable, it was due to speculation, because of oil," said economics professor Paul Pieper. The current "steady decline" follows a drop in oil prices and the recession.

Also deflating Canada's dollar is the recent strength of the U.S. currency, Iskander said. The uncertainty bred by the fi-

-Suzanne Iskander nancial crisis Professor of Finance and Banking increased has demand for the

U.S. dollar which is still seen as a safe currency, she said. Having our money valued below

America's is normally beneficial for Canadian export industries because it makes our goods cheaper for American consumers, Pieper said.

"But the lowering dollar is not going to help us with our exports because the Americans aren't buying because they are in a recession," he said. "This is not a good time."



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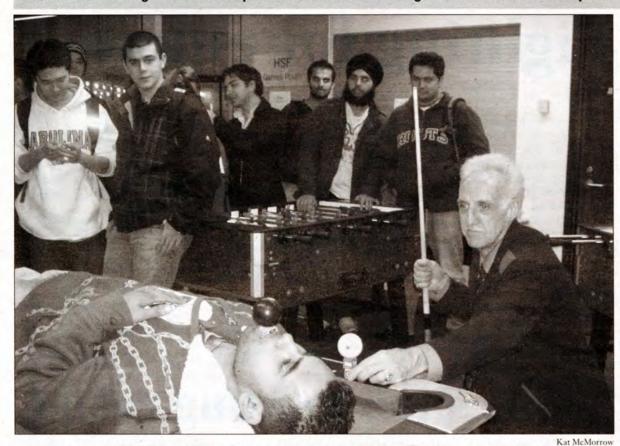
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&E

A new sitcom starring Portia de Rossi premiered this week and brings a mix of Arrrested Development and The Office to the small screen. - The Toronto Star



Canada's premier billiards entertainer Gerry Watson sets up a trick shot on a student volunteer.

Pool master's expertise no match for nervous shark

Kat McMorrow

Despite his seemingly impossible trick shots, Canada's premier billiards entertainer couldn't beat a second-year Humber student at pool.

Brian Silva, a ventilation and airconditioning student, was the only one who beat Gerry Watson.

"It feels good to beat Gerry," said Silva, who had been looking forward

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OXFORD SEMINARS 1-800-269-6719/416-924-3240 www.oxfordseminars.ca to Watson's show for some time. "I was under pressure, and my heart is still beating so fast!"

Gerry "The Ghost" Watson, a native of Cornwall, who now lives in Manila, has been doing the national college circuit since 1983.

Watson has been playing pool since the age of 12, when a foot injury barred him from continuing with his hockey career.

"I have the longest standing show in Canada right now," Watson said. "But I had to take the initial step."

Watson said he began doing shows because people were afraid to play

with him because was he that good. "The other competitors would not play if I was registered,' he "Everyone

said.

Watson has been playing pool since age 12. would

quit, so I needed an alternative.' Watson said he has done over 3,000 shows across the country, preferring to do smaller venues.

"Small crowds are a lot of fun because you have that interaction," he said. "Half of what I do is talking. And if you don't talk during a show, people will take you seriously - and I don't do a serious show."

Watson's show consists of trick shots, lessons, explanations and a portion when he plays against anyone who is up for the challenge, including Silva.

HSF programming director Aaron Miller said Watson is always a crowd pleaser whenever he visits Humber.

"Students really like him because it's not something you really see all the time," Miller said. "His shots are absolutely amazing!"

Blaize Thomas, a media foundations student who has been playing pool for about five years, was the first to try his luck against Watson.

"I was pretty nervous, but it was enjoyable," said Thomas. "He's a pretty cool guy."

Every student who challenged Watson received a prize after the game,

which consisted of one of Watson's book entitled 101 Big Pool Shots.

unteered to

first-year general arts

and science student Venicia Seebalak and Chloe Marie, a first-year fitness and health promotion student.

"I felt quite honoured to have played him," said Seebalak. "I'll probably play the DVD and show it to my friends and family."

Marie, on the other hand, said she was very nervous to play someone like Watson.

"I couldn't make a lot of shots because I was over thinking everything," she said. "But I got a video so it will help with my visual learning."

Mixing education with music, poetry and words

Septembre Anderson A&E REPORTER

Iranian immigrant and Humber student Amir Samimi brought a little piece of his homeland to the North Campus on Monday with Sufi: A Journey to the Land of Rumi, a show mixing education and entertainment.

"It was excellent," third-year business administration student David Arduini said after he joined other Humber students in the Student Centre for Samimi's solo show. "He is a very talented individual."

Samimi, 21, said he immigrated to Canada two years ago with his parents and older brother to escape the uncertainty of life in Iran.

He learned to play the daf drum at 15. The daf is a circular Middle Eastern frame drum with metal rings attached to its edges the instrument at the heart of his presentation.

"It was good," the firstyear industrial design student said of his performance. "I think I did my best and I'm satisfied."

Samimi mixed entertainment with education by combining drumming, the recitation of poetry and facts about the history of the poet Rumi and the daf.

"This guy Rumi was the founder of Sufism which is the spiritual part of the religion Islam. I was inspired through his poems because I can read them in his language - Persian - and understand it more deeply," said Samimi jams to the beat of a daf drum.

Samimi before the performance. "Most of them are about divine love?

"He was trying to introduce students to Persian cultural music," said Arduini.

You don't see it all the time so it was cool to see," said third-year business administration student Andrew Parps.

The song Train seemed to be a crowd pleaser, eliciting the loudest cheers.

"When he was doing the train thing, that was my favourite," said Arduini.

"It was awesome," said 25-year-old wireless telecommunications student Amid Palsingh. "When he was playing like a steam engine, it was mind-blowing.



New website to help music students market themselves

Stephanie Skenderis

Students will be able to market themselves online as the music program plans to develop a new website where students can upload their work, music director Denny Christianson said.

The website will be incorporated into the program for final projects to be easily accessible to listeners and record companies.

'This is the sort of thing independent artists use to market their music now," he said.

Christianson said the music program teaches students two things: how to be good musicians, and how to make a living. The website could serve to "help further their career."

Though he said the website is a long-term goal, he said faculty is aware the way music is being made available is in a constant state of flux.

"We need to look at whatever's happening and see if there's a way for us to adapt to it," said Christianson.

Jonathan Challoner, a Humber music student who has won awards for his jazz trumpet work, said the faculty should get started on the website soon.

"It'll give us a head start, give people a chance to see where that will go.'

Challoner said he has been unsure about how to get his music out and realizes there are other ways besides releasing a CD.

But completely abandoning the conventional album may not be the best idea, said Frank Yang, creator of Chromewaves.net, a music website.

At record labels, "there are still some people who don't know how to deal with technology," and may be more inclined to play a CD than follow a link, Yang said.

He also said while a website may be beneficial to students because it opens up another avenue for getting music released, the trick to getting signed is still "knowing who you want to listen, who your audience is, and tailoring what you send to target them."



DVDs or his how-to

women volplay Watson

Two

Despite rough economic times, the South by Southwest festival in Austin, Texas has grown over the years and features indie bands and movies. - The Toronto Star

'60s alive and well in 21st century art

Lauren Brunetti A&E RE

Beginning Monday, Humber students can "free their mind" by attending the For the Love of Heart Show, an annual art competition sponsored by HSF, said the show's website.

Originally two concepts, the show blends the 1960s theme of freedom of expression and 'psychedelia' while merging abstract paint with art. This year's show aims to remind students they should not conform to social expectations of what art traditionally is, said Pirom Houth, promotions and marketing chair for the show.

"This event will give everyone a chance to explore other people's creativity and new concepts. Many people will see that you can connect to art on a personal level."

Receiving an average of 100 to150 submissions every year, the five best pieces will represent Humber at the League for Innovation Art Show, an international college competition held in the U.S., said PR teacher Nancy Marino Benn.

mester, said Benn.

community together."

work with a small HSF budget, Benn

said students always do a phenom-

Second-year public relations students have been preparing for the event since the beginning of the se-



Humber graduate Dan Robb won second place for this cool photo in last year's art show competition in the digitally-enhanced photography category.

> enal job at making this event a success

"This event supports Humber art courses," he said. "The show is open Amanda Connolly, HSF vice-presup to all students including the Orident of administration at the North angeville campus, so it will bring the Campus, encourages students to attend the show. Even though the students have to

"Art is something that needs sup-port, it often gets lost in the shuffle," she said. "This event will allow students to showcase their work and see what other students have created. It could even be an inspiration to create art work of your own.

Dan Robb, a Humber creative photography graduate, received three cash prizes at last year's event for his colour and digitally enhanced photography.

Students can use colour photography, monochro-matic photography, mixed media, 3-D and painting.

"I had no expectations when I submitted my work. I definitely won more than I expected." Robb said. "This show could make students

want to strive for success." The art show will be open until

March 25 in the A building hallway at North Campus and March 27 and March 30 in H105 at Lakeshore.



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SPORTS

A Toronto Star-Angus Reid poll showed 62 per cent of hardcore Canadian hockey fans feel fighting in hockey is part of the game. - theStar.com

Women's hopes dashed at nationals

Volleyball team places fifth in second straight disappointment at CCAA championships

Mike Marshall

NORTH BAY - Women's volleyball coach Chris Wilkins said he would have swapped his national coach of the year award for a gold medal at last week's Canadian College Athletic Association Championships.

"We're trying to win that one award which is the only thing that matters, a national championship ring," Wilkins said after the Hawks lost two of three games to finish a disappointing fifth in the eight-team tournament.

Wilkins received the coaching award at the CCAA banquet last Wednesday.

"It's voted on amongst your peers and it's a great honour to have," he said. "But I'd have traded it in for a win on Thursday."

"We're trying to win that one award which is the only thing that matters, a national championship."

- Chris Wilkins Hawks head coach

The Hawks entered Thursday's game against Quebec's F-X Garneau as the fifth-seed in the tournament, despite a perfect (23-0) season including a triumph in the Ontario championships earlier this month.

But they lost the opening game in straight sets - 25-13, 25-19, 25-17 - with one of their stars, Kendra

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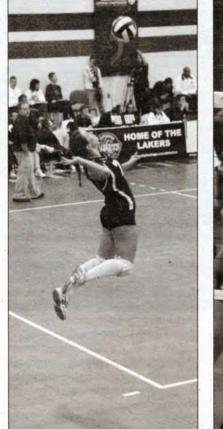
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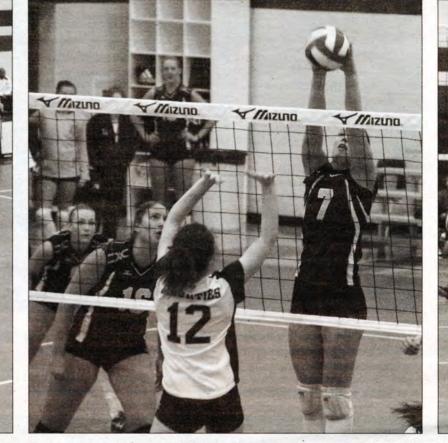
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The women volleyballers leapt, spiked, and stretched, but all they could do is muster was a fifth place finish at national tournament.

Trodd, watching from a wheelchair with a back injury.

"That hurt us a lot," Wilkins said. "Kendra has been playing really well for the last month and a half and she was a big part of our defence."

The Hawks rallied the next day and beat New Brunswick's Mount Allison 25-15, 25-8, 25-16.

On Saturday, they took on Alberta's Red Deer College, ranked second in the country, for a chance to play in the bronze medal game.

Humber took the first set against the Queens 25-17 but dropped the next three: 25-21, 25-19, 25-19. Rachel Dubbeldam, Captain graduating after five years with the Hawks, said she is leaving with a sense of accomplishment.

"I wish we had done better at nationals," she said, "but it was a great season. We played really hard and I'm happy with how we did."

In what may have been the game of the year the UBC-Okanagan Heat won gold over the Macewan Griffins, of Alberta, three sets to two, while F-X Garneau took the bronze.

It's the second year in a row the Hawks were unable to medal at a national championship. After winning the Ontario championship last year, Humber was also unable to place in the top three of the CCAA championships.

Hype look to dominate the dance floor

The Hype dance team is ready to regain its title as Hype challenge winners this Sunday, said dancer Tanya Sealy.

Humber took first place in the

Coach Katie Hagan said this year's ready for the weekend.

The challenge was initiated in 2006 because there was no place for college and university dance teams to showcase their talent.

Teams from nine schools will



The Humber hype work out the kinks before their competition

tion approaches they are fitting in the competition we change to two a extra practices whenever they can. day.

Hagan said the extra practices allow them the time to perfect the routine along with their technique so they can be ready for the judges.

For first-year Hype member Kayla Silvestry, the extra practices are demanding but it's all worth it.

"It's a busy schedule, but we can handle it," she said. "We all want to work hard because we all want to do well?

"This is our competition ... It's our house and we want to bring the championship home."

- Tanya Sealy Hype dancer

Assistant coach Paige Murray has been with the Hype for six years and thinks this year's routine is a stand out.

She said they have incorporated dance and acrobatics into the story of Alice in Wonderland, performing it to the latest music.

"The dance is going to be creative and different," she said. "Hopefully when we get to the competition the Judges will see that."

"We usually practice two days a

week for three hours a day," she said.

"During competition season we add

6:30 a.m. practices, and the week of

Lea Maiorino

'This is our competition," said the four-year-veteran. "It's in our house and we want to bring the championship home."

Hype Dance Challenge in 2006, 2007 and placed second in 2008.

team is extremely talented and is

Humber hosts the competition, which is organized by the Hype and Hagan along with the support of HSF and the athletic centre.

participate, including York, Ryerson, Western, McMaster, Fanshawe, Sheridan, Waterloo, and U of T. The Hype is made up of nine danc-

ers and Hagan said as the competi-

SPOR

New Jersey Devil's goalie Martin Brodeur surpassed Canadiens legendary stopper Patrick Roy with 552 wins last night versus the Chicago Blackhawks. - Faceoff.com

Footy coach teams up with YMCA for troubled kids

Alison Brownlee

Hawks men's soccer coach Germain Sanchez is swapping his cleats for a pen to write a soccer manual for disadvantaged kids across Toronto.

"It's for kids that would otherwise be out on the streets, so I'm very happy to be part of that," he said.

The manual will be used as part of a sports leadership program at YMCAs throughout the GTA and is partially funded through a grant from the Toronto Blue Jays.

"The manual has almost 100 different drills that can be taught to anyone," said Sanchez, who has been the head coach of the men's soccer team for 16 years.

As to what he included in the manual, Sanchez said, "mainly dribbling the ball, goal-keeping, passing, so they're very basic things, but it could be very boring if you don't make it interesting."

Over 200 children aged six to 14 will participate in the new program. "It is a crucial time to provide youth with meaningful forms of physical activity in a value based environment," said YMCA group fitness adviser Beth Morgan, who is organizing the leadership program.

Morgan said the program will focus on structured training compared to previous drop-in recreational play.

The YMCA and Jays Care have worked together since 2008 and will continue to work on this project for another three years, said Morgan.

Morgan said Sanchez was chosen

not only for his 20 years of teaching experience and success as a coach at Humber, but also because he has worked with the YMCA for many years.

Sanchez, who is also a high school teacher at York Memorial, said soccer has always played a role in his life.

"I grew up in Chile, where soccer was the only thing you could do after school." It could be the same in Canada, he said.

"It's the most important sport in the country because there are more

kids boys and girls playing soccer than any other sport.'

Sanchez's work in the community also reflects positively on the college, said Jim Bialek, assistant athletic director.

"Any time one of our coaches helps the community, it shows that we made the right decision in hiring

manuals for basketball and baseball,

Hoopsters need to get their head into B.C. games Sandy McLachlin

The men's basketball team will head west this weekend to compete at the CCAA national championships, but head coach Darrell Glenn said the hangover from winning the provincial championships has lasted too long.

"It hasn't been where it should be," said Glenn of the team mentality after its final practice last Monday before the trip to Prince George, B.C..

"We've been pretty disappointed as a coaching staff with how we followed up after provincials in terms of our concentration and intensity," he said.

The Hawks begin their championship run tomorrow against sixth ranked Montmorency College from Laval, Que. They'll play either Mount Royal or Algonquin College on Saturday.

Heading into nationals, the Hawks were riding the wave of a 18-game win streak.

The men's basketball team hasn't been to the national championships since the 2005/2006 season and the Hawks haven't won a national title since the 2000/2001 season.

"At the start it'll be a little rough," said team captain Jadwey Hemmings, who is one of two current players who were with the team in 2005/2006.

"A lot of nerves are going to be high. But by the second half (of the first game) everyone should calm down," he said.

Halifax's Mount Saint Vincent University is the number one team heading in the tournament followed by Mount Royal College from Calgary. Humber is ranked third and Champlain College from Lennoxville, Que. rounds out the top four.

Algonquin College - ranked seventh - is the only other Ontario team in the national championships.

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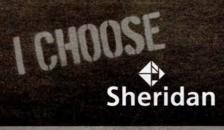
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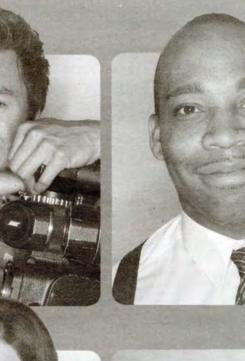
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our staff."

The soccer manual, along with new will be unveiled March 16.

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