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average
millionaire
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people on
the move
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Humber Et Cetera

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January 23, 2003



Students swallow their pride and mouthfuls of blueberry pie in the student centre during a pie eating contest. The winner walked away with a full stomach and Toronto Raptors tickets.

Toronto police investigate \$12,000 theft

Weekend loss discovered in routine check

by Stephanie Crosby

Campus police and Toronto police officers from 23 Division are looking for those responsible for the most significant computer theft at its north campus in the E building over the weekend.

Eight CPUs were stolen sometime after midnight Monday Jan. 20 from lab E305.

Campus police were notified after a security patrol did a routine check of the lab. The cost of the missing computers is estimated at \$12,000.

Gary Jaynes, director of Public Safety for Humber College, says campus police are working alongside 23 Division in the investigation.

We are working on a number of leads, he said, and are taking this incident very seriously. The college will definitely press charges.

Jaynes said this is the most significant computer theft at Humber. He wouldn't comment on where or how the building was entered or how many people they are looking for.

This is an ongoing investigation and it will continue until we have someone arrested.

Currently, no security cameras monitor the lab, Jaynes said. Campus security does however work 24 hours a day, seven days a week.

We are constantly reviewing our security procedures, he added. Jaynes said he didn't know whether or not security will increase at the school because of this incident.

Campus police do not believe this incident is related to another

weekend incident at the north campus, an attempted break-in into the staff cafeteria on the second floor of the L building.

Staff discovered Monday morning that the lock on one of the exit doors was tampered with from the outside. Jaynes said he could not confirm if this theft is related to other thefts in the area, but police are looking into that.

Jaynes said he was unable to divulge why three Toronto police officers met with him early Tuesday afternoon.

He said the meeting was not related to the computer theft in E building or the attempted break-in to the faculty cafeteria.

We are asking for help from students, Jaynes said. Anyone with information should contact the Department of Public Safety at extension 4077, or Crimestoppers at (416) 222-TIPS.

Rez halts illegal downloads

by Angela So

Twelve residence students who had been excessively downloading copyright files will have their Internet service cut off this week, a college official said.

Humber Information and Technology chief Chris Fontaine said in an Internet information session on Jan. 14 that downloading copyright files was not only illegal, it also distorts the Internet service provided to students living in Rez.

It's the software thieves who screw up the system at Humber, Fontaine said.

Fontaine identified the 12 students by monitoring their Internet activity and said he will not rule out the possibility of unplugging more heavy users from the Internet connection.

Although the college will not

seek legal action, Fontaine said police will be notified if students do not stop illegal downloading.

[The school] really doesn't have the resources to deal with the problem at the residence, he said. We just want it to stop.

Fontaine said it is against the school's Internet policy and Canadian law to transfer copyright files through the web.

Using peer to peer applications such as Kazaa to download games and swapping MP3 files via an instant messenger service such as MSN is illegal.

Fontaine said the Internet service interruption at Rez on the weekend of Jan. 10 was caused by more than 40 students trying to simultaneously download *Lord of the Rings: The Two Towers*.

Think of it like water clogging up the pipe, Fontaine said. You try

to force too much into the pipe and that's basically what the students are doing.

First year Arts and Culture student Hunter Collins said it was unfortunate that students have to be treated like children over the Internet issue.

It's a real hassle, Collins said. I mean everyone here is old enough, and the school should just let every one of us do whatever we please. It feels like we're living in [former] Communist Russia. I constantly feel my privacy is invaded here at the residence.

First year Business Administration student Sourabh Dhawan said he was concerned about the possibility of students being prosecuted.

Students should be requested not to do it, Dhawan said. If they continue ... they should be prosecuted.

etc.

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This week...**

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News

Thousands protest war on Iraq

By Frances Petrucelli and
A.J. Wilson

Fizza Mir could have stayed in the warm comfort of her Mississauga home last Saturday afternoon when wind chills were -16 C. Instead, she bundled up her five-year-old daughter, Sundus Zuberi, and they headed to University Ave. to join thousands of others who oppose a U.S.-led war against Iraq.

"Being Muslim, we're often viewed as being the perpetrators of violence," said 28-year-old Mir, whose family is from Pakistan. "It's important for [my daughter] to know that [violence] is not what we stand for... and for her to see so many other people who believe that."

"Drop Bush, not bombs" was the cry heard from Nathan Phillips Square on Saturday as an estimated 10,000 Torontonians rallied for peace, urging U.S. President George W. Bush not to begin a pre-emptive war against Iraq.

Saturday's protest was only one part of an international call to action heard around the world, as thousands marched on Washington and more marched elsewhere across North America, Europe, the Middle East and Asia.

President Bush has repeatedly said the U.S. will disarm Iraq by force - with or without the endorsement of the United Nations - if Iraqi leader Saddam Hussein does not turn over the so-called weapons of mass destruction that Washington alleges have been secretly made



An estimated 10,000 protesters marched in the extreme cold weather from Nathan Phillips Square to Convocation Hall in downtown Toronto to rally against the U.S. led war in Iraq.

there since the Persian Gulf War in 1991.

U.N. weapons inspectors, led by Hans Blix, have been in Iraq since late November and have so far found 12 empty chemical warheads. They are expected to report to the U.N. Security Council at the end of January, but Blix said last week that inspectors need more time to complete their work.

The diverse coalition of thousands marched from Nathan Phillips Square, up University Ave. to Convocation Hall at U of T.

Many young protesters marched behind the banner of Students Against Sanctions and War in Iraq, a newly formed anti-war group that aims to unite college and university campuses from all around the country.

As they moved past the U.S. Consulate, the students chanted, "George Bush, we know you. Your daddy was a killer too," referring to George Bush Sr., who was president during the Gulf War.

"I'm here by myself, to lend a voice in the struggle for peace... It's so nice to see so many different people committed to the same thing, especially elders who've actually

seen war," Christine Davies, a U of T student activist, said.

One of SASWI's goals is to organize a nation-wide student day of action to protest the looming war against Iraq. So far, the Humber Students' Federation is not involved.

Best-selling American author, Barbara Coloroso, considered by many to be the guru of parenting, also joined Toronto's anti-war demonstration while she was in town to speak at an unrelated conference.

"I'm vehemently opposed to a war," she said. "And I think that, as an American, I should speak out... I know that [our protests] are under reported in the states. There's an attitude that if you're not for us, you're against us. And that's not true."

Coloroso believes the way to resolve the U.S.-Iraq conflict is through U.N. channels: "Letting the inspectors work. And also being open... to dialogue."

March organizer Josh Matlow of the Canadian Peace Alliance, told the crowd about a new Ipsos-Reid poll shows that 64 per cent of Canadians say Canada should only provide military assistance against Iraq if the UN decides it's necessary. Another 18 per cent say Canada should not provide military assistance to either the U.S. or the U.N.

"We have to tell our elected representatives that if they want to keep their jobs, [they must] stop the war in Iraq," Matlow said. He called the new peace movement in Canada the "strongest since the Vietnam War."

Etobicoke residents voice concerns to police

by Diana Matlashewski

Rexdale residents made an emotional plea to Toronto's police chief Monday, to resolve its differences with the community and bring an end to the violence in the area.

But not everyone in attendance felt those pleas were heard.

"The police expect to have support of today's youth, yet all we get is one hour to say what's on

our minds and that's supposed to make everything better?" Humber engineering student Alex Pedraza said.

Pedraza, who is 25 and of Colombian descent, stood in line hoping to address Fantino about his concerns with police but ran out of time before he was able to speak.

He said that like many of his friends, police target him because of the clothing he wears and the areas he visits.

Despite some anger, many residents vigorously defended Rexdale officers.

Vicki, who asked to have her last name withheld because she is married to a police officer, said her husband has to witness violence and horrific abuse that most people never have to deal with.

"Before you judge the police, walk a day in their shoes," she said. "And may I suggest the midnight shift."

Vicki said she is familiar with racial issues because she is married to a black officer and a mother of a bi-racial child.

Mohamed Omar, a Humber

Literacy and Basic Skills student, told residents that police racism directed to members of the community is a problem.

"[The crime in the area] is an experience that affects the people of Humber College," he said.

Omar added that because the college has a large international student population, it's imperative for students to get involved and address issues of discrimination.

Fantino addressed the issue of racial profiling and said that although he is aware of some instances of racism by police in the past, he does not condone it.

"I have zero tolerance for this type of activity," he said.

Fantino said Toronto police are combating biased policing by recruiting officers of diverse backgrounds and training programs are being put into place to ensure officers are sensitive to race issues.

Toronto's police force currently consists of 11 per cent visible minorities, which Fantino hopes to increase.

Residents concerned about the gun violence and gang activity in the



One of 300 residents addresses violence in the community at the Etobicoke town hall meeting with Police Chief Julian Fantino.

area listened closely as Fantino outlined his five step program to combat the problems.

The first step was the gun amnesty program set up last year so residents could turn in their firearms without repercussion.

Another step was the creation of a gun task force last year. Since

then, the task force has laid 2,400 criminal charges and seized 3,000 weapons.

"The gunmen are going to be put out of business. I guarantee you that," Fantino said.

With files from Eric Collins, Peter Armstrong and Josh Grunberg

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Exchange student caught in quake

Mexican quake hits 7.8 on the Richter scale, more than 20 people dead

by Chrissie O'Brien

The deadly earthquake that shook Mexico late Tuesday night in the coastal state of Colima also shook Humber College North Campus stu-



Vehicles damaged from falling debris from surrounding buildings and offices in downtown Colima.

dents and staff.

Paulina Machuca, 20, an exchange student with the Journalism program last semester said from her home in Colima that, "it was terrible, and maybe the worst earthquake I've ever felt... houses were falling down and people were crying and screaming."

U.S. experts have estimated the quake to be 7.8 in magnitude. It hit the agricultural state of Colima the hardest, killing more than 20 people.

Machuca said when the quake began at 8 p.m. she was at her

uncle's house, with her five nieces and nephews, only a five-minute drive from the downtown area of Colima.

She said the house was badly damaged.

"When the power went out, it was night and it was so dark, and I was trying to find the children to take them out. I couldn't see the door to go out," Machuca recalled.

She said she hurt her leg while trying to get out of the house, but otherwise she and her family came through the quake unscathed.

Colima has many fragile adobe houses, many of which crumbled in the quake. The government has moved residents into Tecoman, the epicentre, to keep them away from the beaches and the possible tidal waves.

"They're scared of the 10 metre waves," Machuca confirmed.

According to Machuca, the only radio working has been the University of Mexico station. University president Carlos Salazar Silva has canceled all classes, but asked all university workers to go to the school, "to help organize the offices because there was damage," she said.

Humber College has 20 students in the International students program



Fragile adobe houses easily damaged in Colima, Mexico where the earthquake hit the hardest. Residents moved into nearby town of Tecoman due to threatening tidal waves.

of Mexican origin. Three of these students recently arrived from Mexico City, where the university is located.

The International Students office contacted them to ensure they were aware of the quake and to help them cope if necessary.

Michael Kopinak, International Student Services Manager, said his role in a situation like this is to provide personal support to students.

Kopinak said on September 11 his office provided support for students from both Indian and American backgrounds.

New dental plan offered to students

Proposed plan expected to cost students \$75 with an opt-out option available

by Chris Clay

A proposed dental plan has left some Humber students with nothing to smile about.

All full-time students would have to pay \$75 for the dental plan, which would be included in their tuition fee, said Valerie Rothlin, vice-president of administration of HSF Lakeshore. But an opt-out option would be available to students who can prove they have dental coverage through another company.

The Humber Students' Federation has no official policy yet on how the opt-out option would be implemented, but it has already left many students feeling apprehensive about the process.

"We had something like that when I was at Trent University and I had to stand in line for hours just to get my money back," said Brooks Johnson, a creative photography student.

In an informal on-campus poll, 70 per cent of Humber students said

they already had dental coverage.

"I already have a dental plan but as long as there's some way to get my money back I wouldn't be too bothered," said Michelle Malin, a film and television student.

One student suggested that it would make more sense if students could purchase the plan if they needed it.

"Maybe if there was an opt-in option instead of an opt-out option it'd be better," David Little, an arts administration and cultural management student, said. "I don't have a dental plan so I'm interested in it but what about all the other students who can't afford to buy a plan they don't need?"

The plan will go before Humber students in a referendum tentatively scheduled for the end of February, Rothlin said. If passed, the plan will include a cleaning, an oral exam and partial coverage of cavity fillings and wisdom teeth removal.

Kelly Morel, a partner at ACL and Associates – the company that would be providing the coverage – said they want to educate the students about the proposed dental plan.

"We're going to be at the referendum to see if students want a plan, not to cram it down their throats," Morel said.

No dental plan is currently in place through the school for students.



Students with passes may find their designated lots full but parking illegally isn't the only option.

Parking passes oversold, staff and students ticketed

by Stephanie Crosby

Some Humber students may have noticed an unwanted addition to their cars while parked in campus lots – a \$20 parking ticket on their windshield.

With only about 4,000 parking spots available to both full and part-time students as well as faculty and staff, the campus parking lots and surrounding streets are crowded daily – an unending frustration for those who have paid up to \$400 for a year-long parking pass.

Students have started parking in lots they aren't assigned to, resulting in more tickets being issued.

"This is a joke," said Ken Becker, a teacher for the School of

Media Studies. "They're making us pay for parking spots that aren't even available. There's not room for people to park even though they have a pass – it's a scam."

Gary Jeynes, director of public safety at Humber, said there is room for everyone to park on campus. "The lots are oversold, but only because they won't always be full all the time," Jeynes said. "But people who have passes will always be able to find a spot – if not in their designated lot, then I will find them a spot."

Campus police at both North and Lakeshore campuses are authorized through the city to issue municipal tickets, for cars parked illegally in a fire route, in wheelchair spaces, over two lines or without a permit.

"These cars need to be ticketed for the safety of everyone," Jeynes said. "There needs to be proper traffic flow through the campus in case of an emergency."

Jeynes added that there are about 80 spaces on campus right now that could be sold to students.

He encourages anyone who has a problem or concern with parking to contact him at gary.jeynes@humber.ca. Students who want to appeal their tickets can do so at the Parking Appeals Committee at Humber's front desk.

"In all my years at Humber, no student has ever come to me personally with a parking issue," Jeynes said. "I'm not here to make enemies. I want people to tell me if they have concerns."

Playground for car thieves

by Vivian Song

Don't neglect to lock your car doors, roll up the windows and hide all

your property because Humber's parking lot is a playground for car thieves, Constable Sue Fischer of Toronto's 23 Division says.



Vivian Song

Humber students are warned to be extra vigilant when parking their cars in the college parking lot. Keep all property out of sight.

Fischer said car thieves target large parking lots like Humber because their sheer size allows for anonymity.

"Someone walking into a parking lot isn't suspicious," she said. "They just look like someone who's lost, looking for their car."

Last week, 10 cars, two of which were from Humber's lots, were reported stolen in the 23 Division area.

But Fischer stressed that that number is probably significantly higher since complaints filed on paper are not accounted for in the computer system.

"We average about 20-23 [stolen] cars a week," she said.

Humber's director of public safety, Gary Jaynes, recalled that about two and a half years ago, the school experienced a mini phenomenon when the Etobicoke area was hit with a major car theft ring. About a dozen Humber students lost their cars in 2000.

"But through our investigation and working with the police, we were able to get a number of people arrested," Jaynes said.

Since the installation of digital surveillance cameras a year and a half ago, auto thefts have decreased.

"We've had about one to two cars stolen since last September," he said.

Eighteen cameras in strategic viewing locations work around the clock to increase the general safety on school property and have so far rendered valuable results.

"We've caught about two to three incidents of breaking and entering cars with the cameras...and last semester we caught people fleeing the scene after an assault," Jaynes said.

Fischer added students drive cars that are popular to steal and that blend in. She named Pontiac Sunbirds and Sunfires among some of the cars on thieves' hit list, because of their popularity.

She also warns owners of older Honda models, that a masterkey exists, and that Chrysler owners should be extra vigilant since these vehicles are easier to break into.

"With a Chrysler, you could probably break and enter and drive away in about 20 seconds," Jaynes said.

Fischer advised using a visual deterrent like "The Club," to stave off thieves.

"The Club does work sometimes and sometimes it doesn't. But, it slows down the thief, and they don't want to get caught," she said.

Students can call 4000 on the emergency phone available around campus or call 416-675-8500 to report any suspicious activity.

Policy under review

Textbook returns come under fire

by Tara Dermastja

The two-day book-return policy at the campus bookstore has caught some students by surprise.

The policy, which took effect on Jan. 13, is several days shorter than many other colleges, said Nadia Conforti, HSF vice-president of administration at the North Campus.

"That's definitely something we're looking into changing," Conforti said. "The two-day policy is unfair to the student that stays full-time."

The policy is extended to seven

days during the beginning of the semester so students have more time to return books during the registration period. The policy then drops back down to the standard two days.

Taymour Bibi, a clinical research student, said he wasn't informed about the two-day policy, but he doesn't know where else to purchase his textbooks.

"I guess there's not a lot of options," Bibi said.

Students are told verbally at the counter when they purchase books about the two-day policy and their receipts are stamped on the back, said Derek Maharaj, associate director of ancillary services for Humber College.

Maharaj added the policy was developed to prevent textbook misuse.

"Students tend to purchase a book for photocopying," he said.

While students might still attempt to make photocopies in less than two days, the bookstore will not accept returned books if the spine is damaged.

Maharaj said the Bookstore Advisory Committee, which meets every semester has a long list of issues to address.

The committee will examine the possibility of extending the policy, Conforti said.

New degree programs could cause problems

by Catherine Gerow

New degree programs at Humber College offer students unique opportunities but they also come with unique challenges, some faculty members find.

"This is new to all of us and we need to have an opportunity to have an open discussion so whatever is decided works out best for students and faculty," said Susan McBeth, Academic Council chairman.

Many of these challenges were explored last week at two meetings - at North and Lakeshore campuses - called by the Humber Faculty Union for instructors involved in degree programs, such as those offered by Guelph-Humber.

One of the major concerns brought up by faculty was a lack of time for preparation.

"If the work and the teaching requires more time than the faculty are able to deliver in a week, they're not going to be able to deliver the quality they want to," said Maureen Wall, union president. "That goes for any level of [study] at Humber."

Wall added the concerns of Lakeshore faculty focused less on workload problems but more on the impact degree programs could have on students in diploma programs.

"If a program is going to have an applied degree plus a diploma program ... all the students are potentially competing for the same



Catherine Gerow

Union president Maureen Wall says teachers may be unprepared for the workload brought on by new degree programs.

jobs," she said.

Another concern is that resources may be siphoned off the diploma programs in favour of the degree programs.

"The most experienced teachers may be required to teach degree programs, which would mean a dilution of diploma courses," Wall said. "There is a concern that the traditional mandate of Humber - to provide education for students who are not heading to university, or as a transfer step - might be diluted or watered down [by degree programs]."

The Humber Faculty Union is planning to hold further meetings to continue discussion of these concerns.

World Digest

by Joel Hoidas

Apparatus of Lies

UNITED STATES

In an effort to kill sympathy for Saddam Hussein, the White House released a 32-page report called Apparatus of Lies, which attempts to prove nothing Baghdad says can be trusted.

It accuses Iraqi authorities of placing military facilities close to civilian areas so enemy bombing would cause more gruesome casualties. The report also claims the same authorities keep a cold storage of dead babies in order to organize a parade of tiny coffins after such an attack.

This is the latest effort of a frustrated U.S. government to gain support for war before the U.N. weapons inspectors' report is released on Jan 27.

Very drunk Premier

CANADA

B.C. Premier Gordon Campbell had bloodshot eyes, alcohol on his breath, and lost his balance getting out of the car after he was pulled over for drinking and driving in Hawaii, says a report released Monday by Maui police.

Campbell's blood alcohol level was .161 - more than twice the legal limit in Hawaii.

Officer Shannon Griffiths said he pulled over Campbell's car after he saw it dipping in and out of oncoming traffic and bike lanes traveling more than 30 km/h over the speed limit.

Campbell faces a maximum five-day jail term and \$1,000 U.S. fine. He formally apologized after the incident on Jan 10, but said he would not resign.

Everest anniversary

NEPAL

A record 12 teams will attempt to reach the summit of Mount Everest this spring - the 50th anniversary of the first conquest of the world's tallest peak.

On May 29, 1953, Tenzing Norgay and Sir Edmund Percival Hillary of New Zealand were the first to ever reach the summit of Everest.

Officials said there will be more expeditions after the anniversary.

This year's applicants came from all over the world including England, France, India, South Africa and the United States.

Vampire interview

MALAWI

A journalist was released from prison Monday for interviewing a man who claimed that there were vampires in his village.

The journalist was charged with causing public alarm.

Vampire rumors are spreading in the African city of Blantyre, apparently linked to rumors that the government is extracting blood from the poor in exchange for food.

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Sex antics leave students flushed

by Keneisha Walter

Hypnotist Tony Lee had the audience stunned, but laughing with his pant-dropping, ass-shaking stunts last Thursday, Jan. 16 at Caps.

Lee made volunteers from the audience remove their clothes and engage in sexually explicit behaviour - even making them drool at the mention of pornography or anything

sexual in nature.

These types of acts are what students want to see, he said.

"Nobody wants to see anything lame. They want to see edgy stuff now," Lee said.

Duke Guy, a construction boiler-maker apprenticeship student, said Lee had total control over him but he later regretted it.

"I wouldn't do it again," Guy said. "I felt violated ... I can't

remember all that I'd done, but all I know is I felt foolish."

Students, who had seen the 17-year veteran hypnotist before, said his performance was excellent, but lacked some of the outrageous sexual acts that he had done in previous shows.

"I just wanted to see more of the whip cream that he pours on peoples' bodies and get others to lick it off," said Stephan Marion, a student

in the Boiler Maker program.

Lee's performance still left the audience in amazement as participants hugged and touched each other on his command.

Out of more than 300 shows that Lee does a year in Canada and Europe, 170 of them are at colleges and universities.

Lee said he enjoys coming to Humber.

"It's a nice school to do because

there is a lot of performing arts."

Caps was packed to capacity for the show, leaving some students stranded outside the door.

"By law we couldn't let any more people in, because it would break fire codes," said Kenny Dimech, Caps manager.

Lee used to teach hypnosis and used it in therapy for years. He later applied it to the entertainment field because "it's more fun."

Humber and United Way exceed all expectations

by Patrick Kane

Humber College lent a helping hand to the United Way making the 2002 campaign a major success.

Students, staff, organizers and volunteers at Humber raised close to \$44,000, exceeding their initial goal of \$37,000 through fundraising events like the walkathon and bake sale.

"The volunteers were great and the support was amazing. All of the events were a lot of fun," said Humber's campaign co-organizer, Nancey Adamson.

The silent auction raised the most money of all the special event fundraisers.

"We had a lot of hotel and dining vouchers at the auction. Our most popular bids were for the [Toronto Maple Leaf and Toronto Raptors] tickets," Adamson said. Pledge donations contributed to \$30,000 of the Humber College campaign this past year.

"We sent a cheque to the United

Way for \$11,500 last month and the rest of the money will be sent in the next few months," Lee Chan, co-organizer for the Humber College campaign, said.

The college fundraiser added to a record breaking year for the United Way of Greater Toronto, which announced that \$81 million was raised in 2002 surpassing their goal by \$2.5 million.

But organizers said more funds could be raised in their next campaign.

"I'm sure if more students were aware of the events ... more students would get involved," said Meghan Simpson, fundraising manager of the United Way's Education Division.

"Students can usually volunteer at a workplace as part of their credit or do a student campaign. It's great for the United Way and it's a great experience for the students," Simpson said.



Humber students Micheline Mooney and Mona Frial keep their minds off the bitter January cold by taking part in a variety of Blues Week activities held at North Campus last week.

Beating the winter blues

by Melissa Lim and Jen O'Brien

Students who needed a break from their books were invited to take part in Blues Week to enjoy a full five days of music, food, fun and games.

The Blues Week BBQ kicked off the week long festivities to help students get back into the swing of classes.

"It's a refresher for students coming back from the holidays," said Rishi Gupta, vice-president of Campus Life. "This is a chance for students to still have a good time, have some free food, win prizes and meet different people."

One event organized by the HSF was the popular pie-eating contest.

Humber students plunged face first into blueberry pies last week in the Student Centre, trying to out-eat each other for Raptors tickets.

"The event started out slowly, but after a while people were lining up to challenge their friends," Gupta said.

Travel and Tourism student Brandie Mackie said she joined the contest because she didn't eat breakfast and was hungry.

"It makes me feel good knowing that I beat the firemen," Mackie said. "I could go for another pie, but not that fast."

Anthony Gunter won the event, downing his pie in three minutes and 40 seconds.

The second annual Roller Jam Carnival was held last Thursday. Students had a chance to win a DVD player, and try out the Velero wall, the Bungee run, play ping pong, eat carnival staples like popcorn and cotton candy, and roller blade to music provided by DJ Tony C from Z103.5 FM.

The event, which cost about \$2,000 to put on, was a joint venture by the HSF and Student Athletic Association (SAA).

"Last year, the roller jam and carnival were separate events and it didn't turn out too well," said Katie Hagan, event co-ordinator and

director of special events and fundraising for the SAA. "We found that when HSF and SAA joins forces, it just makes the event bigger and appeals to more people."

Free goodies for students also added to the event's appeal.

"I'm here for the free popcorn," said Kamy Annalingam, a business student. "And out of curiosity, we wanted to see what was going on."

Despite last week's chilly temperature, HSF members braved the cold weather outside the north campus registration entrance to serve hot dogs, hamburgers, veggie burgers and pop as a welcoming gesture to new and returning students.

Many students saw this as just the ticket to beat the winter blues.

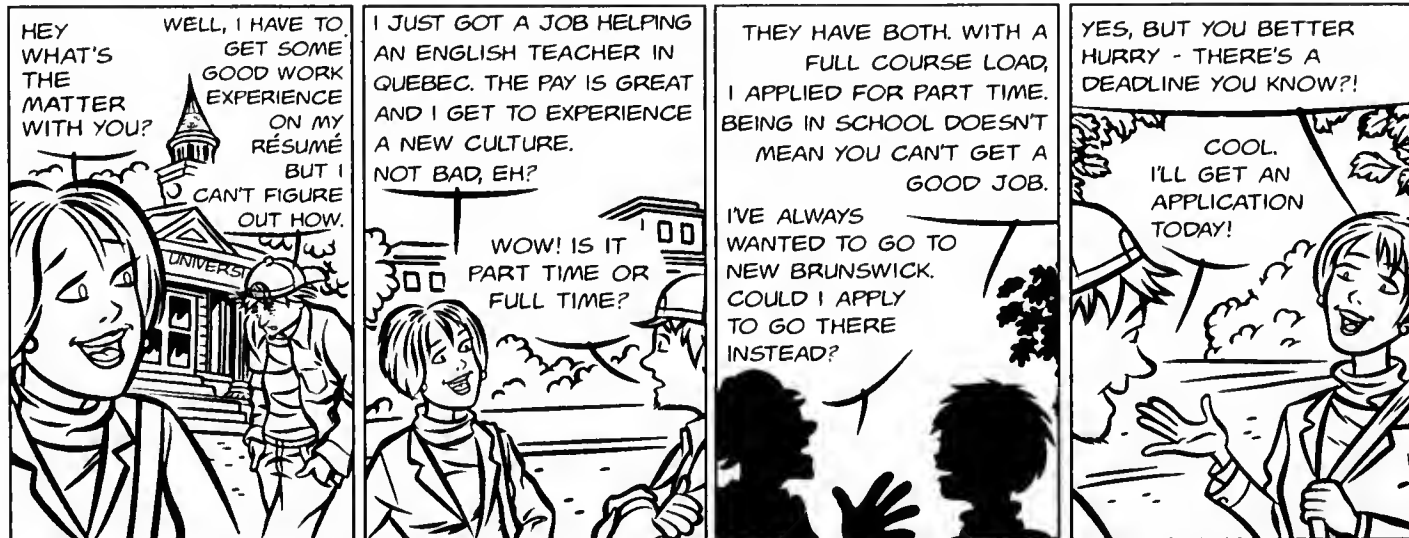
"Free food will always get me in a good mood," said Rob Johnson, a second year business student.

Hagan considered the event to be a success.

"Just as long as people are coming out and having fun, that's the point of Blues Week," she said.



Humber campaign organizers give a thumbs up to the United Way after exceeding their initial fundraising goal of \$37,000.



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Editorial

Bush determined to flout world opinion

Once again, the U.N. has thwarted Bush's plans to invade Iraq - that is until the U.S. creates another pretext to invade the country immediately.

U.N. experts said Monday that weapons inspections could take up to a year to complete, throwing a huge but merciful wrench into Bush's plans to lead a pre-emptive strike against Iraq by the end of the month. Similarly, when North Korea shocked the world by openly declaring that it had resumed its nuclear program, plans to overthrow Saddam were temporarily foiled.

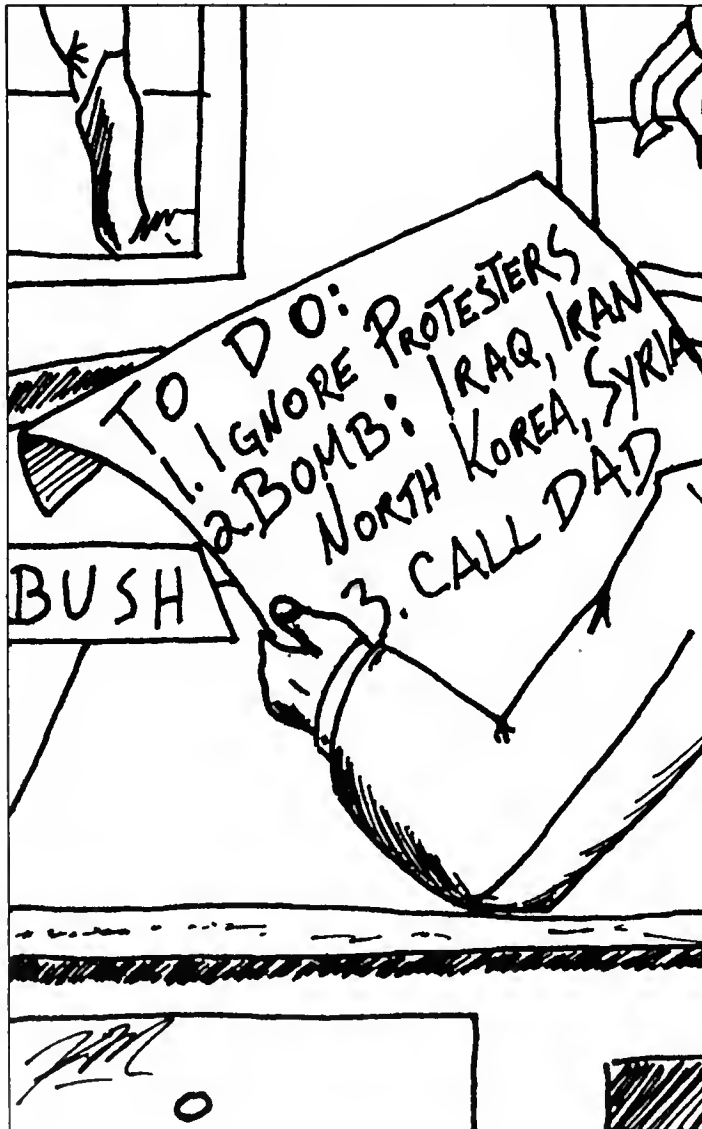
But Bush's impatience to attack Iraq have only made his administration transparently obvious. With 60,000 troops stationed in the region, another 67,000 more on the way, and seven warships already en route, it is clear that regardless of the U.N.'s Security Council investigation, Bush wants full-on war.

Though inspectors have not yet delivered any substantial evidence that would indict Saddam with U.S. allegations of harbouring weapons of mass destruction, Bush is ploughing ahead with war plans. Though U.N. chief weapons inspector Hans Blix and Secretary General Kofi Annan have stressed to America that they will not work under a U.S. timetable, but rather their own, Bush vowed Tuesday that "time is running out for [Saddam]," to disarm. And in spite of North Korea's recent withdrawal from the world's nuclear watchdog, the Nuclear Non-Proliferation Treaty, and their threat to resume missile testing, Bush's eyes are still on oil-rich Iraq.

In his separate dealings with Iraq and North Korea - two of the three countries Bush has mapped on his "axis of evil" - the President has clumsily revealed his hypocrisy. It seems that not even a communist country's open defiance of a nuclear control treaty can deter a Texan oil-man from waging war against another oil baron, or a son screaming war against "the man who tried to kill my father."



Vivian Song
Second-year Journalism



Kyle Marnoch/2003

Thanks guys, you did it!

Students and staff pump \$44,000 in donations to the United Way campaign

A multitude of thanks and applause is well deserved for all Humberites who helped make the United Way Foundation \$44,000 richer.

Give yourself a pat on the back and treat yourself to a beer or two.

Throughout 2002, Humber students and staff gave generously and

endlessly through payroll deduction plans and by participating in walk-athons, bake sales, barbecues, and silent auctions for hotel/dining vouchers and Leafs or Raptors tickets, exceeding the initial goal by \$7,000.

Raising money is definitely trying, particularly for students on a tight budget. We have all, at one time or another, thought to dish the dollars, but it often takes a little prod-

ding before giving in.

But that's not Humber's style.

Of course, we can't all spare the dollars to donate to every charity that plants itself in Humber's halls. But don't feel so bad the next time you can't afford to part with your lunch money because you guys did a lot to help the United Way.

Give in to the fuzzy feeling inside.

Cheers!

Donors should trace the dollar trail

Toronto is a wonderfully multicultural city. In fact, according to a 2001 census of our city, more than 50 per cent of the population are visible minorities.

Of course, immigrants, along with second or third generation Canadians want to keep in touch with family overseas. But along with sending back to their homeland Canada flags and family photos, immigrants are also shipping charity dollars.

Recently, however, speculation exists that some of those charity dollars have found their way into funds

which support civil conflicts and terrorist activities.

Charities are vital to help less fortunate people build their lives. And Canadians give money abroad, hoping that our dollars will go to that cause.

Toronto's Tamil Eelam Society collects \$2 million in funds annually to provide services for immigrants. However, immigration officials had requested the annual funding be cut off, claiming the money does not go toward health and social services as publicized.

Instead, they said, some of the

money was helping to fund the Liberation Tigers of Tamil Eelam, a group of terrorists targeted by CSIS, Canada's Security Intelligence Service. The recommendation was rejected by the federal cabinet.

Toronto's United Jewish Appeal Federation is expecting to raise \$66 million this year.

The money raised helps to preserve history for the generations to come and to serve residents around the city.

Of course the Jewish community, like many others, pools money to help their brothers and sisters

abroad. The federation is planning to send \$19 million of the expected funds to social services in Israel.

The public is assured that their money doesn't go to the military, but if Canada's dollars are funding schools and hospitals, that leaves Israel free to use its own dollars on other services including the military.

And they certainly have the right to do so.

But before Canadians donate abroad they should be comfortable that they know and support the activities their donations are fund-

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Opinion

Beans, beans the magical fruit...



by Tamara Holmes

While at a club the other night, my girlfriend's face turned chalk white as we grooved on the dance floor. Her expression dropped and she almost did too, but I managed to get her over to a table to sit down.

Soon some of the bar's finest looking guys were at her side to see if the damsel in distress was okay. Some thought she had one too many fruity Cosmopolitans. Others thought she was a bit faint. When I finally found out what was really wrong with her, I had never laughed so hard.

"I've been getting bad bouts of

gas lately," she squeaked at me as I pulled an illegal U-turn away from the hospital. "I didn't know girls could get so gassy. I try to hold it in, but it hurts!"

Flatulence is a very hushed topic and not one that my best friend was willing to dissect at first. Soon enough though, she regaled me with her adventures in trying to mask her frequently gaseous state.

Apart from letting one go in the car or at home, my friend was apparently quite masterful with public cover-ups.

I know of other pals who've made boyfriends stop at the side of the road so they could pretend to get something out of the trunk or asked their unassuming sweeties to take them home because they "forgot something."

But really all they needed to do was...

We can't even say it as girls. It's too giggly of a subject.

"Can't say what?" asked a male

friend of mine. "Fart. Toot. Tear one up. Let one go. Bloop. Have gas?"

It's not just because I'm a girl that I never deal with those things. I have always just found that whole area of necessity to be an inconvenience.

Guys tend to just let one go wher-

"Can't say what?" asked a friend of mine. "Fart. Toot. Tear one up. Let one go. Bloop. Have gas?"

ever they are. If the result is audible, they'll dutifully excuse themselves but most of the time, they just hope for the best.

"We can't control it," he continued, "so we usually cross our fingers

hoping that it's at least going to be a quiet one."

Some guys, however, are more controlling than others.

Another mate says that pizza is his only enemy, but if he feels a tremor coming on, he'll hide it if there are girls around.

I've known a few male species who have never heeded such gender-conscious discretion when it comes to their flatulence but have instead enjoyed sharing it with others at a very close range.

After pondering the thought, I can't think of one girl that I've known who's ever let one go "on" someone else.

Flatulence is obviously big enough of an issue to make the big dollars for some, though.

Researcher Sam Chang from Fargo, N.D. is on the hunt for "flatulence sugars" found in beans and has spent close to a million dollars trying to figure them out. His goal is to improve the "social-behaviour sta-

tus" of the vegetable and make genetically modified beans flatulence-free.

At Flatulence-filter.com you can buy an air filter, used by NASA and for Gulf War gas masks, disguised as a conservative chair cushion. The discreet and comfy pad is said to provide immediate odour-absorbing relief and sells for less than \$40.

Innermint.com will sell you a "deodorant pill that makes perfect scents," for \$14.95 to cure the problem from the inside.

Nonetheless, doctors will tell you that in order to stave off the problem, you've got to say goodbye to heavy carbohydrates found in pizza crusts, preserved pastas and vegetables such as broccoli stems, cauliflower, eggplant and of course, beans.

Though not much will ever change the red-faced embarrassment of being caught letting one go, the next time you see a girl who's faint, instead of offering her a glass of water or a cold compress, you can offer to pull her finger!

Silence is a threat to TO's black community



by Julet Allen

There is an epidemic in the African Canadian community. Eighteen of Toronto's 39 murder victims in 2002 have been black men and since 1996, more than 100 black men, with an average age of 26, have died in unsolved murders.

Many of us in the community are calling for an end to violence. We are losing some of our best and brightest.

In the last few months we have become enraged about racial profiling and other incidents of discrimination by the police. This has been a distraction from the real issue at hand.

We should be enraged that our young people are killing themselves.

We are all responsible for the violence when we do not stand up

and speak out. It is because of our silence that the violence is becoming more prevalent and is eating away at the very fabric of the community.

The numerous deaths in our cities need to be addressed and should be a wake up call. We should be ready to respond and prepare our young people to face the challenges of the future. The community needs to revert back to the old adage; it takes a village to raise a child. We need to become responsible for the well-being of our children and protect them.

It is time for the African Canadian community to take charge and become introspective. Change must happen right now and we cannot use the excuse that we are different to prevent us from making changes.

It is time to stop the self-hatred and self-destruction. Instead we need to strengthen our efforts to educate and empower our young people.

So as we mourn our losses, let us direct our energy strategically and positively. Let us join together and engage in a plan to help reclaim our youth.

Bush's move to battle questionable



by Miriam Osborne

This weekend, thousands of people took to the streets of downtown Toronto, protesting the prospects of an American-led war against Iraq.

Despite the below-zero temperature, protesters, carrying signs and singing anti-war songs, marched from Nathan Phillips Square to Convocation Hall at the University of Toronto. Across the country and around the world, from Tokyo to Germany, the Middle East to Washington D.C, hundreds of thousands of people had the same message: Don't attack Iraq. But, is the

It seems that Bush is learning the family trade. How to start a war while you're president.

American government listening?

The war-lovin' gun-totin' Bush administration has made it clear that they will go into Iraq with or without approval from the United Nations. In fact, the Toronto Star reported that thousands of American soldiers are already gearing up in the Persian Gulf. Even while the U.N. inspectors

have not come up with any concrete evidence that Iraq has weapons of 'mass destruction', Bush is saying it loud and clear. He wants war.

When the Americans went into Afghanistan, fighting the War on Terrorism, Presidents and Prime Ministers from around the world pledged to help in any way they could. But this time, countries do not want to get involved without enough evidence from the United Nations. French Prime Minister Jean-Pierre Raffarin said, "We remain determined to be opposed to the war." Britain, America's partner in crime, remains skeptical, but deployed troops earlier this week after the U.S. twisted its arm.

Bush, however, doesn't seem to be listening. It seems that Bush is learning the family trade. How to start a war while you're President. Bush's father unsuccessfully tried to topple Hussein's government in the Gulf War in 1990, (killing many civilians at the same time) and little Bush even said, "(Hussein) tried to kill my father." With this statement, one must wonder, is this pending war

on Iraq just a way of getting revenge?

Even if Bush doesn't want to listen to the United Nations or other government officials around the world, he should at least listen to the American public, most of whom, without strong evidence from the inspectors, do not want war. September Eleventh Families for Peaceful Tomorrows, a group of about 20 people who lost family members in the attacks, recently visited Iraq. They met with some people who also lost family members during the Gulf War. On returning to the States, this group is asking the government to reconsider attacking Iraq.

It seems corny to say, but John Lennon was right. Peace really should be given a chance. No more innocent lives should be lost at the hands of the American government. We saw it in the Gulf War and more recently in Afghanistan. It is even more of a cliché to say war is not the answer, but looking back over the past century proves that it really isn't.

Whatever happens in the upcoming days, weeks and months is not known, but after the massive protests that took place this past weekend, I can say for sure that, as war edges closer, it won't happen without a little kicking and screaming.

Cash & Gizmos

Wiring clothes for the digital age

Two clothing manufacturers design jackets for music devices

by Jeff Collier

In today's digital world, it's sometimes hard to look chic when you're fumbling around with the latest tech toy like an uncoordinated geek.

Whether it's at school, on the slopes, or just going to the store, consumers have been doomed to bear the increasing load of cell phones, MP3 players and pocket organizers wherever they go.

But last week's introduction of the Burton Amp snowboarding jacket at Apple Computer's Macworld Expo is the latest item in a trend that has big and small businesses alike scrambling to harness an untapped market.

"Music, fashion and the style of snowboarding have been so intertwined with each other that we just couldn't resist creating the Burton Amp," said Burton representative Jennifer Rudolph.

A collaboration of Burton Snowboards and Apple, the Burton Amp offers snowboarders a jacket that controls an Apple iPod through the touch of a sleeve. By integrating a textile data strip directly into the fabric of the sleeve, the iPod sits in the chest pocket and is controlled by a raised soft-plastic keypad on the left arm.

The Burton Amp, Rudolph said, is a Frankenstein of pop culture. And it's just the beginning.

Perhaps the most elaborate of items recently created to handle the world of digital gadgets is the SCOTTeVEST. The windbreaker-style jacket contains up to 22 hidden pockets, essentially covering every available centimetre of cloth. The most useful of these are for MP3 or portable CD players, which can be carried while the earphones run to the wearer's ears up a long, thin cloth in the interior of the coat.

Scott Jordan, CEO and president of SCOTTeVEST,

created the jacket with a process he calls Technology

Enabled

Clothing,

which is a

system he

has patented

to hide personal

device wires inside the

garment.

Although the 18-

month old company

has only a dozen

employees right now,



The Burton Amp lets snowboarders and other winter athletes conveniently use an Apple iPod



The SCOTTeVEST in all its gadget glory

he said the growing market demand for a "convergence of apparel, luggage and technology", is soon to have his business hopping.

"The biggest concern consumers have is the method of carrying all those tech items," Jordan said. "In the future I see our product as the next generation of computer housing. The jacket is like the encasing for a CPU's hard drive."

And Jordan said he isn't concerned with competition from the Burton Amp.

"People don't want to be told what device to carry around with them, but the Burton Amp does just that - it's only designed to carry around an iPod," he said. "The SCOTTeVEST will let you integrate any third-party wires for devices."

As today's society speeds headlong into the digital age there will likely be more of the products on the market, and not just for the hip snowboarders or tech-gadget collectors.

Another garment coming is a merger of fashion and technology

from the Sanyo Fashion House and Palm Inc. that has a "designed for Palm Handhelds pocket." The pocket is lined with a static shield material to protect the digital organizer, as well as a magnetically lined cell-phone pocket.

Even staunch Levi's Dockers currently has a pant with an extra pocket specifically made to carry a cell-phone or personal organizer which their Web site says is, "the ideal pant for the mobile executive. Style is the only thing you can't hide."

The tax man cometh, be prepared students

Helpful tips for students who want to get their taxes done right

by Shawna Fryer

Students who don't file tax returns are losing out on easy money.

"Most students don't think they have to file income taxes," said Vijay Shah of H&R Block. "Even if you don't have an income, you can get money back."

Provided your parents don't claim you as a dependent on their tax return and you are at least 18 years old, you will get a \$100 refund. If you will be turning 19 during the year, you can also claim the G.S.T. credit. This is about \$200 and comes in four installments throughout the

year.

"Many students wait until they are 19 to claim the G.S.T. credit, but you can do it if you are going to turn 19 during the year," Shah said. "That way, you get the money sooner."

Even if you make very little money throughout the year, filing a tax return can help you in the future. You can start to build up your RRSP limit now, which simply means you can get bigger refunds once you're working full-time.

Full-time students can claim their tuition fees as well as an education credit. This credit is \$400 per month for full-time students and \$120 for part-timers. Interest on provincial and federal student loans paid during the year can also be claimed.

Eugene Halfon of Burlington Tax Service suggests transferring education amounts to parents if a student's income is low.

"This way, parents get the refund

and give it back to the students," Halfon said.

Many parents do their child's taxes and claim their tuition and education credits. Up to \$5,000 of education claims can be transferred to a parent.

Stephanie Trinchi, 17, a Law

"Many students wait until they are 19 to claim the G.S.T. credit, but you can do it if you are going to turn 19 during the year."

Clerk student at Humber College has her taxes done by her mother. When asked what she spends her refund on, she said, "I've never gotten one."

Many parents who pay their children's education costs keep the entire refund.

If you move at least 40 kilometres away, claiming moving expenses is another option for students.

Rent and residence fees can be claimed provided you have a receipt. "Revenue Canada tends to audit more people now. It's best to get receipts," Halfon said.

When filing a return, there are a few options. The fastest is on-line.

"Students will love to find out that the online version of QuickTax is free for anyone with an income of less than \$20,000," says Brad Stromberg, public relations manager, Intuit Canada Ltd., makers of QuickTax software. They also sell desktop software that includes step-by-step instructions and tips as you go.

Students can visit www.quicktaxweb.ca and complete a tax return entirely on-line. It saves having to

fill out forms and perform manual calculations.

H&R Block also offers student rates. It costs \$49.95 to have them complete your tax return for you. And if you need cash fast, and you're 18 or older, they offer another service that gives you your refund in 48 hours.

Regardless of how you do your taxes, it is wise to start early. "The sooner you file, the faster you get your money," Halfon says. Filing in February means you can get your refund in about 10 days.

Humber College's Web site indicates that their tax receipts for tuition are mailed out in the second half of February. And if you've moved, you'll want to update your student record at <http://srs.humber.on.ca>.

For more specific questions, you can visit the Web site of Canada Customs and Revenue Agency (www.ccr-a-drc.gc.ca).

The business of women's health

by Annie Chau

Businesses of all sorts congregated at the seventh annual Women's Health Matters Forum and Expo at the Metro Toronto Convention Centre to cash in on the growing women's health market.

The two-day event, on the weekend of Jan. 18 was host to the displays of over 120 exhibitors, all competing for the attention of women.

In a market that is ever increasing, businesses were given a forum to inform potential customers about their products.

Companies of all sizes were present at the event to hand out samples, pamphlets and advice to women, as well as men, who have come to learn more about products that can improve their health and enrich their minds.

Dave Parkin, a customer marketing manager for Pinnacle Pharmaceuticals attended the annual event for the fourth time to represent his clients who rely on his company as a marketing broker.

"We found it a great opportunity for sampling, especially new prod-

ucts," Parkin said.

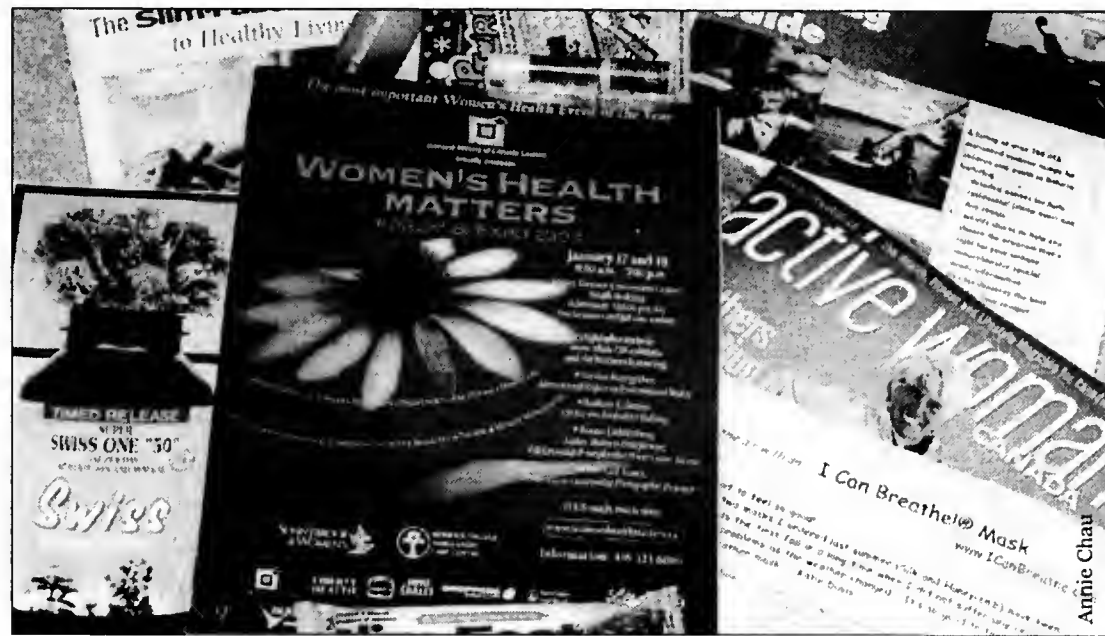
"Today we're sampling a couple of products aimed at teenagers in the lip balm area so it's been a hit. A lot of people come by and are quite excited about the product...this product in particular is targeting teenagers. This is a great venue because of all the students here today so it's perfect."

For Suzanna Nichols, a representative for Slim-Fast, sales resulting from being at the expo has been "tremendous, enormous. We have seen great results from doing the shows."

"People want information and as long as they are knowledgeable of what the product can do for them and how they can gain from it, people will likely buy our product most definitely," Nichols said.

However, it was not the information that Nichols gave that drew Emma Ballard, a grade nine student from Bishop Strachan School to Slim-Fast. "I think I'd actually get one of those diet bars...they're actually really good," Ballard said.

Without the benefit of samples to give away, independent entrepreneur Adrien J. Bledstein came all the way



A number of different vendors took the opportunity to display their wares and services for women

from Chicago to try her luck, relying on information from studies and her own experience to sell filtered masks through her company called I Can Breathe! Masks.

"I can tell you that many, many women order these masks from the

U.S. and Canada...women are more conscious...80 to 90 per cent of people who have lung disorders who require reducing exposure are women," Bledstein said. "The trend is that until pollution is reduced, allergies are gonna be here...women

are becoming more aware of their surroundings."

For more information about this annual expo and women's health questions and concerns, log on to www.womenshealthmatters.ca or call 416-323-6000.

Health Canada looks into prospect of cloned meat

Genetically identical herds of cows could produce high quality cuts of beef, but severe defects also

by Sarah Ternoway

Health Canada is currently considering whether meat from cloned animals should be allowed into Canadian supermarkets.

Several livestock companies have expressed an interest in developing cloned animals for food uses and have asked Health Canada for information about how the meat would be regulated. Health Canada has not yet released the names of the companies or the types of meat they intend to produce.

The department is now working on developing policies and strategies to address the impact of this new technology on Canada's food supply. "The industry as a whole as well as the government is

examining the processes for dealing with biotech-derived products," said Health Canada spokesperson Margot Geduld.

Meat from cloned animals would be considered under the same guidelines that Health Canada already has in place for "novel foods", a term which includes genetically modified and other biotechnology-derived food products.

"[The novel foods approval process] is a rigorous regulatory process which carefully assesses any potential environmental, animal health or human health risk before any biotech product is put on the market," said Geduld. "The public would be consulted before any decisions on regulations are made."

food. The report's writers concluded that meat and other products from cloned animals are probably safe for people to eat but that further research should be done before regulatory approval.

Cloned animals are an attractive idea for livestock producers because animals which produce top-grade meat could be cloned to make a herd of genetically identical animals yielding the same high-quality cuts of meat.

But cloning is still a difficult, unpredictable process. The success rate of the procedure is very low and many of the cloned animals that are born have severe genetic defects.

Japan has grappled with the issue of cloned meat for four years. In

1999, a public uproar erupted after it was revealed that research labs had slaughtered some of their cloned cows and sold the meat unlabeled and mixed with other beef. The government stopped all sales of cloned meat.

In 2000, the Japanese government decided to test the public's attitude towards cloned meat. One cloned cow was slaughtered and the meat sold to a restaurant and several gro-

cery stores. Attracted by the low prices and the sheer novelty, customers snapped up all the beef within a day.



U.S. research concludes cloned meat is probably safe and the Japanese government has already tested the market

Last August, the U.S. Food and Drug Administration released a report on the use of cloned and genetically engineered animals for

Getting the 'dirt' online

Thomas Winkler began life in a normal enough way. He had a good childhood, and a good education at the hands of the Museum of Fine Arts in Boston. No one can say for sure when his fascination with creating cartoons about all things 'Doodie' began (and yes, it's that kind of doodie), but it's made him a hit on the Internet.

"My first cartoon was about a guy crapping in a field," said Winkler of his popular Doodie.com Web site (www.doodie.com). "It made me laugh. I found out about domains and felt that if I could do one of these a day, people would catch on. They did."

"Wise men say, 'Follow your bliss.' Potty humour cracks me up. If you do what you love money will follow soon. I don't love feces, just cartoons about it," Winkler said.

Omar Safi, a 17-year-old high school student from Oklahoma, enjoys visiting the site on a regular basis. "The graphic nature of the

animation isn't pleasing, but the site can be funny."

Jeremy Lloyd, a 25-year-old retail worker from Toronto has a different opinion. "I don't like it. It's funny, I guess, but it's gross."

Winkler has found so much success from his site (over 7 million hits a month), that the only things that can clog his toilet at this point are high bandwidth costs.

"If you have tons of traffic then profit goes way down," says Winkler.

Since his early successes playing with the all-powerful brown substance, Winkler has already found new doors opening to him.

"It's already landed me some high profile gigs like the opening titles of Norm McDonald's sitcom in '99, the peeper on adamsandler.com as well as others."

Winkler has also worked on the hit animated series, *The Simpsons* as an animator.

Web Wanderings by Brian E. Wilkinson

Jewelry candy lingerie

Valentine Show 2003

February 6
10:00 a.m. - 6:00 p.m.

flowers candles

Homemade Chocolates Gift Baskets

And Much More!

Student Federation Centre
205 Humber College Blvd.

Residence vandals hit students' wallets too

by Annie Chau

The mark of a vandal hit the walls and stalls of a Humber North Campus residence and those living on the affected floors may have to foot the bill to clean up.

The students living on the first, second, fourth and sixth floors of 'R' building woke to see that their walls had taken on a new design on Jan. 15. Bright blue strokes of permanent marker defaced the surface of many of the walls that separated the doors to each room.

Among the random scribbles were the letter 'S' written in a bubble font and the words "Smokk Dope".

"When damage is done anywhere on the floor in public use areas and the person doesn't fess up, general floor damage costs would be evenly distributed throughout the floor," Colleen Parton, the residence life coordinator said.

"If anything has been damaged and the person who did it is caught, they would be responsible for the costs and the floor fines would be lifted," Parton said.

Parton would not comment further on the matter except to say that students should refer to page 27 in the Residence code of conduct where the consequences of vandalism are laid out. It says that, "the incurred damage cleaning costs are divided equally among the students of the floor and charged to every student who lives on that floor at the end of each semester."

Students who may have to pay for these damages have varying opinions of the policy.

"I guess I would pay for it if it came down to it because I don't want it all over our floor, but I don't think we should pay for it," Michelle Morden, a first year design foundations student said.

Chloé Fisher, a first year develop-

mental services worker on the other hand is adamantly against the policy.

"I'm not paying for it, I don't care," Fisher said. "The school's already taking too much money from me already. I'm not paying for anything I didn't do."

Gary Jeynes, the director of Public Safety and Security at Humber said that the school doesn't track vandalism expenses, but he does sympathize with the burden that students must bear when vandalism strikes.

"The sad part is [the money for repairing vandalism] comes out of operating budgets; the cost to repaint and repair comes from budgets that could benefit students in other ways."

Jeynes said that although this incident is not a major issue, it is still a matter of concern and that the college is in cooperation with the Toronto police to resolve the issue.

Detective Constable Richard



A reflection of the damage done in a Residence washroom

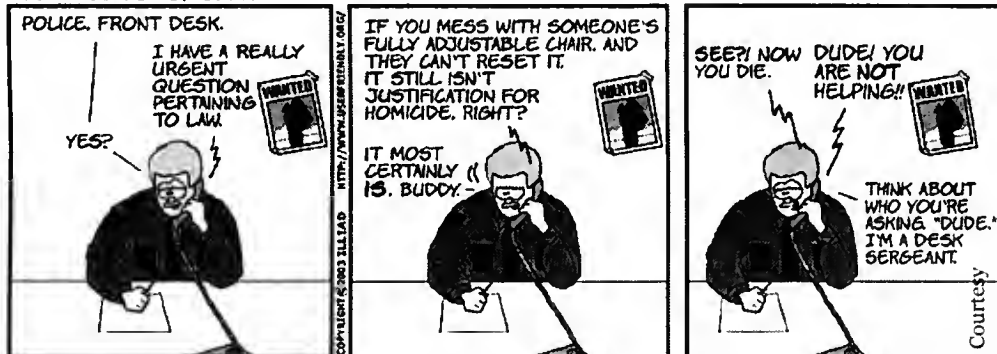
Bobbis, the responding officer on this case was unavailable for comment on the progress of the investigation.

"I would encourage anyone who knows anything about this that they should call 416-222-TIPS," Jeynes said.

To help with the investigation, the Department of Public Safety circulated flyers to the mailboxes of every student in the Residence offering a reward of up to \$1000 for anyone who has information about who is responsible for the vandalism. Anonymity is guaranteed.

Taking your daily dose of funny on the Web

USER FRIENDLY by Illiad



A variety of different comic strips are available online free to Web surfers - and their creators are hoping the buzz will make money

by Brian E. Wilkinson

Pack up your *Peanuts*, let out *Garfield* the cat and tell *Dilbert* to log off because there is a new wave of comic strips appearing courtesy of the Internet.

Over the past few years, web strips such as *Penny Arcade* (www.penny-arcade.com), *PVP Online* (www.pvponline.com), *SinFest* (www.sinfest.net) and *User Friendly* (www.userfriendly.org) have become hits with the Internet community because of their sharp wit, outrageous humour and down-to-earth observations about computers, video games and everything in between.

J.D. Fraser, from *User Friendly*, sees the strip's success residing with mostly male Internet users between the ages of 15 and 25. "It's astounding—over a million people worldwide read the strip," Fraser says.

"You have to constantly be thinking of new storylines, even if it's just in the back of your head," Fraser said.

Other strips, such as *Penny Arcade*, written by 'Tycho' and 'Gabe' deal with every aspect of the video game industry and the odd moments in between that seem to occupy the lives of young men.

A recent strip in particular features 'Gabe' exploring the many potential uses of a cardboard tube (though he seems fixated on its potential as a weapon). Other adventures include home improvement, balancing the poverty line, and trying to charge their girlfriends for sex (so

they can buy more games, of course.)

Paul Kiar, a computer programmer from Burlington, is a regular visitor to *Penny Arcade* when it updates every Monday, Wednesday, and Friday at noon.

"I love the (cardboard) tube. What makes a comic popular is the ability for the reader to relate to the stupidity," Kiar said.

Other sites, such as *SinFest* and *PVPOnline*, find themselves bombarded with the same kinds of fans and audiences that make *User Friendly* and *Penny Arcade* such hits.

Due to the surprising and overwhelming demand, Fraser finds himself working almost full-time to produce more comics. Recent strips have featured pot-shots at the music business, office work and the fine art of relaxing.

"The writing is both the hardest and easiest part; when I'm inspired, I can write a dozen strips a day. If I'm not, it could take a few hours just to fine-tune a single strip," Fraser says.

Given that their print-based peers such as *B.C.*, *Foxrot*, and *Marmaduke* have found financial success in print, Fraser is looking for ways to make *User Friendly* stand the test of time.

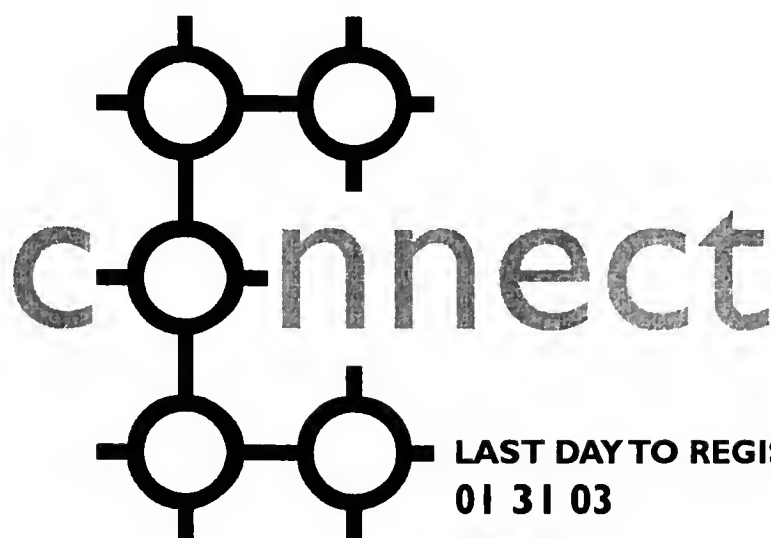
"[It's] what every creator hopes for — further expansion, licensing deals, the lot. It's a real privilege to be able to get paid to do what you love doing," Fraser said.

For readers like Kiar, the payoff is simple: a few laughs while surfing the Web. "It's just good, fun, stuff," Kiar said.

User Friendly, *Penny Arcade*, and other web comics are available free of charge to Internet users.

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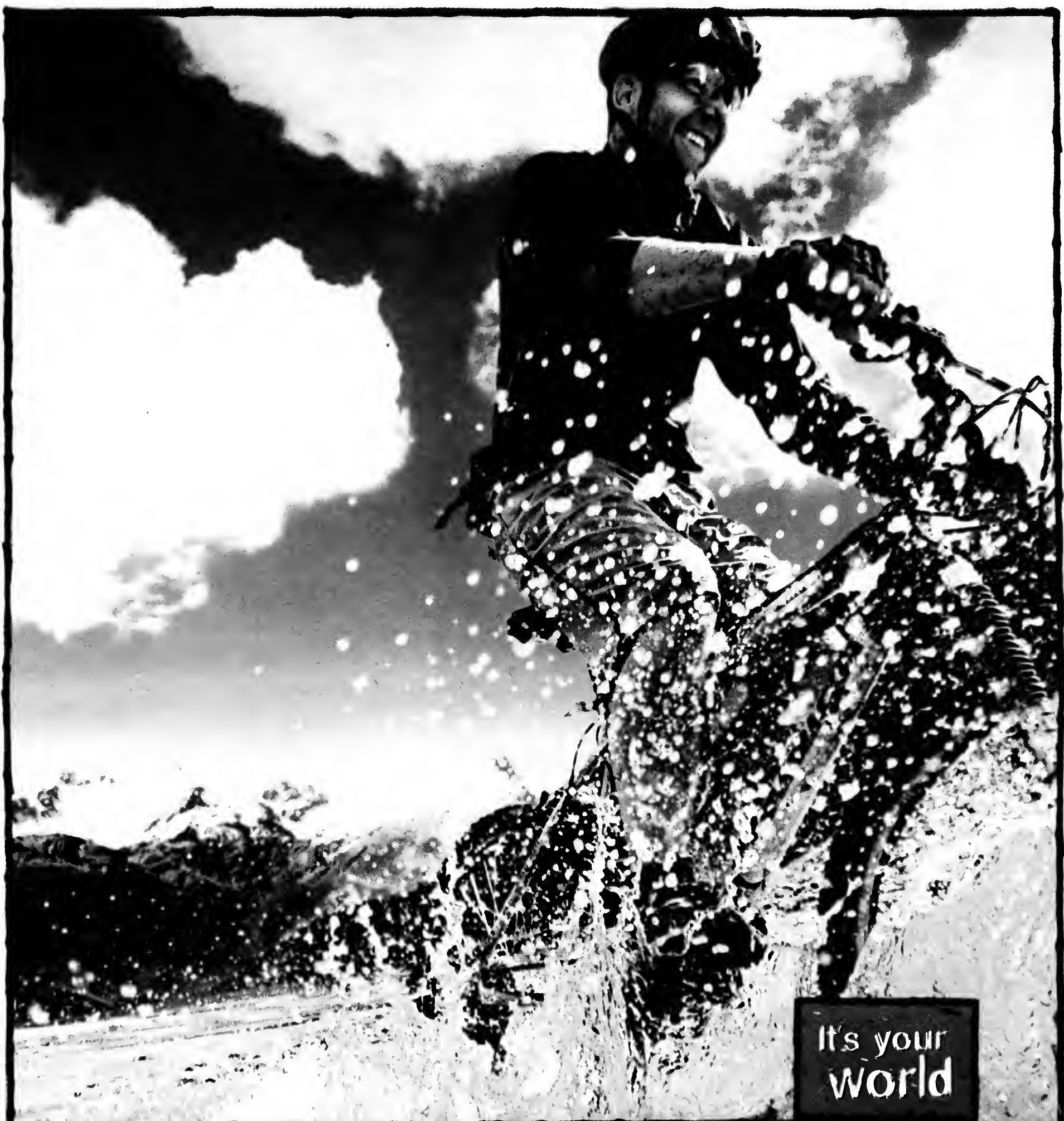
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LifeStyle

Boxing for breasts...

by Andrea Chambers

Clifton Brown is gearing up to fight the contemptible and vile defending champion- breast cancer.

Who will win?

That depends on the success of this unique fundraising event that is set to take place Jan. 30 when Brown, the reigning Muay Thai Super-Middleweight champion, will raise money for breast cancer research.

Rethink Breast Cancer, a registered national charity, and totumlife-science, a fitness and wellness centre in downtown Toronto, have collaborated for Fight Night.

Referred to as the "science of eight limbs", Muay Thai is an ancient form of martial arts developed by the Thai's thousands of years ago to defend their country. Not only does Muay Thai employ punching and kicking techniques, but the use of elbows and knees are involved as well.

The idea to team a fitness center with a breast cancer charity was the result of a recent finding from a correlation study between exercise and cancer risk.

Stacy Irvine, owner of totumlife-science, said exercising four times a week can significantly reduce breast cancer risks in women.

"We thought we could fill an important niche by targeting men and women under the age of 40 for breast cancer awareness," said Mary-Jo DeCoteau, executive director of Rethink Breast Cancer. "Younger people need to find out about their own risks and get involved with the cause."

DeCoteau, who lost her mother to breast cancer, discovered most information concerning this killer cancer was geared towards women over 50. As co-founder of Rethink,



James Hines and Stacy Irvine show off their Muay Thai moves

the idea behind her organization to target the younger generation who get their information in different ways.

"Younger people are Internet savvy and media savvy. A little folded pink pamphlet with some bullets on breast cancer just isn't going to break through to our generation,"

DeCoteau said. "We are trying to get the message about breast cancer and breast health to our audience in a style and tone to which they can relate."

In addition to two Muay Thai boxing demonstrations, Fight Night will also include a lingerie and evening wear fashion show.

James Hines, a qualified Muay Thai instructor at totum, is the official organizer of the matches. He has trained in Thailand under Suchart Yodkerepauprai, the former Northern Thailand Division Champion. Yodkerepauprai will be the official referee for the two matches.

"The first fight will involve two amateur women," Hines said. "One from totum, [Diane Niece], and one from Siam No 1, [Ruth Wilson], a Thai-boxing club at Lawrence and Dufferin."

The competitors for the feature match are still pending due to a recent knee injury sustained by Brown during a fight in Italy.

"I am not sure if he [Brown] will be able to compete, but it is promised that the match will include world calibre fighters," Hines said.

Whether or not Brown will be fighting, Fight Night promises to be an entertaining evening.

All of the proceeds from Fight Night will go to Rethink Breast Cancer for breast cancer research and awareness. Young researchers interested in specialty training for breast cancer research will also benefit from the event's proceeds.

DeCoteau added, "When you are younger, you don't think about your morality or health risks. You tend to think you are healthy and invincible."

For only \$75 a ticket, you can experience Muay Thai boxing demonstrations, a fashion show, cocktails and fine foods. Not to mention a partial tax receipt!

But most importantly, you will help to defeat the number one killer among women over the age of 49 in Canada: breast cancer.

To order tickets, call (416) 979-2249, or visit www.totum.ca/fight-night.

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• **Jan. 26, Feb. 2, Feb. 9, Feb. 16**
Fabulous Fifties Couture & Jewelry
Royal Ontario Museum
100 Queen's Park
(416) 586-5826

• **Feb. 1-15**
Meg Two for One Sale
849 Queen St. W
(416) 364-3983

• **Jan. 31 - Feb. 2**
Toronto Celebrates the Lunar New Year
Automotive Building
Exhibition Place
(416) 483-8218

• **Feb. 8**
Chinese New Year Celebration
The Chinese Cultural Centre of Greater Toronto
(416) 292-9293
www.cccgt.org

• **Throughout January**
Tom's Place January Clearance Sale
190 Baldwin St.
(416) 596-0297

• **Feb. 5-9**
Winter Sidewalk Sale
Sherway Gardens
www.sherwaygardens.ca

• **Feb. 1-9**
Family Health Fair
Ontario Science Centre
770 Don Mills Rd.
(416) 696-3127

• **Feb. 7-9**
ESP Psychic Expo
National Trade Centre
100 Princes' Blvd.
(416) 599-3222

• **Feb. 13-15**
The Interior Design Show
National Trade Centre
100 Princes' Blvd.
(416) 599-3222

Bubble tea craze hits Humber

by Laura Youmans

Bubble tea, the hottest craze out of Taiwan, is quickly gaining popularity in North America and here at Humber College.

The eastern culture drink is now making its way into the open market with Bubble Tease opening shop at the college last November.

The tasty refreshment stand owned by Jennifer Tham, a Humber graduate from the paralegal program and Kareem Madhavjee, who graduated from the business administration program at Seneca College, are optimistic about their new business.

"We're doing well, we still have people trying to figure us out but we have developed our regulars," Tham said.

According to Bubble Tea Canada, the flavourful beverage quickly spread to parts of Asia and

North America in the early 1980's when a tea establishment started to add fruit juices to their already chilled tea. The sweet and cool tasting drink became so popular that other tea stands followed suit.

The unique drink is made when flavouring is added to black or green tea and shaken. This mixing creates the bubbles at the top of the drink.

It gained more popularity in 1983 when Liu Han-Chieh, an entrepreneur, decided to add tapioca balls to the tea. They are usually used in cold beverages and look like bubbles at the bottom of the drink.

After the drink is mixed, it is poured into a clear bubble tea cup. The tapioca balls or bubbles sink to

the bottom of the cup and the shaken tea produces bubbles at the top of the cup, reinforcing the term "bubble tea" on both ends of the cup. The tea comes with a wide straw so the customer can drink the tea and chew on the tapioca pearls at the same time.

However, here at the College, there are mixed feelings about bubble tea.

"I hate it. I didn't like the tapioca," said Yvonne Martin, a second year interior design student.

"A friend of mine talked me into going," said Kevin Kavchak, a second year computer programming

student. "I liked it, maybe there was a little too much tapioca for me."

"I often compare the taste of the tapioca to a gummy bear, it's chewy, it's more for texture than for a taste element," Tham said.

Coconut meat can also be used in bubble. Bubble Tease also uses different flavored jellies: grape, lychee, passion fruit and green apple to make the tea.

The drink can also be made with fresh fruits, milk and crushed ice to create a healthy milk shake as well as drinks made with powder flavouring, creamer, water and crushed ice.

"When the people first came in they hated it, but then they came back again," Madhavjee explained.

"Some people are a little freaked out about drinking something that also gives you something chewy to eat, but I say it's an extra treat in your cup," Tham said.

Warning: Tight and low not the way to go

by Marisa Zucaro

Those sexy jeans that sit below the waistline and expose just enough tummy, can be hazardous to your health.

The medical director of Timmins and District Hospital, Dr. Malvinder Parmar, recently wrote a letter to the Canadian Medical Association Journal citing a common link between three of his female patients and hip hugging jeans.

The women, aged 22 to 35, complained of a "tingling" or "burning" sensation down the length of their thighs. Two of the three women also reported "tenderness" near their spine.

Parmar claims the three patients were suffering from meralgia paresthetica caused by wearing low-slung, tight jeans over an eight-month period.

Those of you who enjoy wearing these jeans will be glad to hear the symptoms in the women were short lived and disappeared after they switched to loose clothing.

Despite the warning, Natalie Richmond, a 22-year-old Humber

"Low-rise jeans make my legs seem longer and my backside look smaller. How can I part with that?"

College student, said nothing will come between her and her hipsters.

"I love hip huggers," Richmond said. "They really flatter a woman's figure. Low-rise jeans make my legs seem longer and my backside look smaller. How can I part with that?"

Retail jean stores anticipate that manufacturers will continue supplying them.

"They're just way too popular," said Adam Smyth, a Jean Machine employee. "If the concern is really that great, our customers always have the option to wear stretch fabric."

Smyth said stretch fabrics, such as lycra, are more popular in denim than the traditional jeans made from cotton.

"If the fabric is soft and stretches," Smyth said, "I don't think it can ever be tight enough to pinch nerves. Jeans need to be pretty tight in order to cause that much harm."

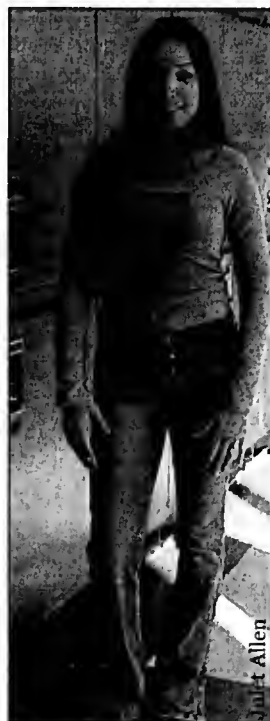
Caleigh Clubine, communication manager for Levi's Strauss Canada, is not worried.

"We make our jeans in a wide variety of sizes," Clubine said. "It's up to the consumer to pick the right size for them."

Levi's, a popular jean manufacturer, is currently running an advertisement to promote their "Red Tab" series hip huggers. The ad coincidentally reads - "Dangerously Low - Levi's Low Rise Jeans."

The Red Tab line makes most of their jeans in a low-cut, snug design, with such names as 2 Low, Superlow and Too Superlow.

"Reports are always published about things not being good for you," Richmond said. "If we took everything so seriously we'd never eat, drink - or for that matter - have sex again."



Hipster health hazard?

Men also face hazard

By Yasna Markovic

Though only women currently suffer from meralgia paresthetica, men may soon come across the same symptoms.

The latest fashion trend for men is wearing low-rise jeans with a seven-inch seam.

Companies like Levi's, Diesel, Silver & Mavi have all introduced the belly-baring jeans that are now extremely popular with European men.

A small warning for those considering these super low jeans: waxing may be required - no one wants to see that unsightly belly or back hair peeking out and unless you own a pair of tiny briefs, you may have to go commando.

Old school runners come back

80's sneakers revived

by Jelani Lowe

Say what you will about 80s fashion; at least the shoes always had style.

Today those very same shoes are now enjoying a comeback thanks to a wave of nostalgia for everything old-school.

"Back in those days the shoes were simple and stylish," said admitted shoe enthusiast Lee Watt. "But today they're either too function oriented or loaded with too many gimmicks."

With everyone from teenage boys to nostalgic adults in agreement, industry giants like Nike Inc. have been compelled to jump onto the retro bandwagon and re-issue classic styles like the popular Air Cortez.

Meanwhile, old-school brands Puma, Gola and Pony, have been given a second lease on life. This

time around they have become the latest in haute couture for the fashion conscious.

However, the real front runner in this footrace has been none other than Adidas, the very same company that ruled the 80s scene before Nike and Reebok stole the spotlight.

"I think they've (Adidas) definitely done the best job so far," said Aziz Alim, owner of the trendy Queen Street West boutique, Jet Rag. "They have so much history to draw from when bringing back the classics."

What's the reason behind this desire for old-school style in the first place?

It may be an act of rebellion against the hi-tech models of today. But a more practical reason would be that most old school sneakers are priced between \$60 and \$80, whereas newer styles command upwards of \$100.

How much longer this 80s

revival will last is anyone's guess, but major shoe distributors like Footlocker are evidently betting on there being enough life left for them to cash in on the craze. The U.S. based chain recently expanded its selection of old-school style sneakers.

And yet for some, this fact alone may mean that the trend already has one shoe out the door.

"It probably has a few years left in it, but the danger of over-commercialization is there," said Dan Rocca, a salesman at the shoe store Get Out Side located on Queen St West. "Every trend begins in an urban centre and then moves out into the suburbs where it dies out and then the cycle just begins all over again."

If that is the case, there may be no telling what the future of fashion holds in store, Rocca admits. It may be a good idea to hold on to your sneakers just in case.



Popular retro running shoes are on display at Queen Street West shoe store Get Out Side

Indian temples flowing with hair

by Vanessa Mariga

Torontonians desperate for a quick way to add length, volume, and shine to their hair may find the answer in the temples of India.

That's where Great Lengths, a British company, tuned into the Indian tradition of women sacrificing their hair, grown from birth, before their wedding ceremony. Snipping off their long locks is a symbol of the new life that they are about to embark.

The hair is donated to a temple, sold to Great Lengths and transformed into extensions for European and North American women.

"This is virgin hair, never permed or colour treated," said Penny Andrias, Great Lengths' Canadian distributor. "It is the best hair for this type of procedure in the world."

The hair is tinted a new colour, anywhere from subtle chestnut to magenta, in a secret procedure similar to the colouring treatment of a fine cashmere. The tinting process can take up to 15 days, but leaves the cuticle layer in tact.

Typical hair extensions are usually synthetic, or "fallen" hair collected during brushing. Unfortunately, the cuticles of this type of hair lie in different directions, or have been stripped away by previous perms or bleaching.

The Great Lengths' hair extensions all have cuticles that lay in the same direction, which means no tangles, a resilient shine, and rich colour that will last for four to six months. A traditional extension lasts around two to three months.

"I have people that come in and don't want to add any chemicals to their hair but want highlights," said Jennifer Richardson, a stylist at the salon W lifestyle at 721 Queen St. W. "The extensions have a polymer bond that attaches directly to the hair so no glues or chemicals are added."

The tool used to bond the hairs resembles a high-tech pair of pliers. The bottom prong warms up to 25 degrees Celsius and rests below the bond, never touching the client's hair. As the bond warms up, it integrates and meshes with the client's hair.

"The extensions are 100 per cent human hair, so anything that you do to your own hair you can do to this hair."

This process can take anywhere from one to seven hours, Richardson said.

Samantha Giang, a receptionist at the salon, has had

her "temple hair" extensions since New Years Eve. "I never thought anything of where the hair came from. I saw it on another girl and I thought it looked so good that I wanted it myself," Giang said. "I absolutely love them. I can't tell them from my natural hair."

"The extensions are 100 per cent human hair, so anything that you do to your own hair you can do to this hair. It literally becomes your own," Richardson said.

The quality does not come cheap though. A set of Great Lengths extensions ranges between \$1000 and \$1800.

Great Lengths has been buying "temple hair" for 15 years, but until now Canadians have been slow to grip the trend. "Being Canadian, we are a little slower than the Europeans to grab onto trends," Andrias said.

Yoga has kids tied in knots

By Laura Youmans

Children today are spending hours hunched over a desk, sitting on a bus or sitting in front of a computer. And so the practice of yoga is trying to make a mark in the lives of children to increase activity of the mind and the body.

"I think it's a wonderful thing," said Maureen Martin, a yoga instructor at Humber College. "Yoga is definitely a stress reliever. It's a relaxation thing. You gain a focus and peace with yourself. It's what I like to call quieting time."

It is the focus techniques and breathing exercises that yoga enthusiasts wish to pass on to children.

"Yoga is meant to help focus your concentration," Martin said. "When you are doing yoga moves you have to focus." Martin has been teaching yoga for two and a half years at Humber College and recently at the Bolton Recreation and Wellness Centre on Tuesday nights in Bolton.

"Yoga is good for everybody young and old. I think it's a great thing to get a child to go to yoga. They are more flexible and they certainly have the energy for it," Martin said.

The McGregor Community Centre in Scarborough is the only community centre in Toronto that offers yoga classes for children to deal with stress. The yoga class is designed for children aged seven to

12 years old.

The classes were developed because the community had concerns about the increased level of stress in their children. The children and youth action committee of Toronto

recognizes this program.

Although Martin has not had the opportunity to teach yoga to young children, her class in Bolton is offered to ages 15 and up.

"Exercise alone could relieve

stress, like a walk, but yoga also increases your ability to help get a handle on situations because it requires a great deal of concentration," Martin said.

It has come to the point where organizations like Yoga Kids International, stationed in Michigan City, Indiana, have courses to certify adults and child care workers in teaching yoga to young children.

According to YogaKids International's website, children today are under a tremendous amount of stress from school, their environment, peer competition and expectations from the media.

The organization supports Yoga as the best method to cope with these roadblocks because it promotes self-confidence and focus in their lives.

"I've been doing yoga with children since 1991 because I thought what an amazing thing. I need to do this for children too!" Marsha Wenig, president and founder of YogaKids International said.

"We are giving children the tools they need to deal with life and I think that yoga will eventually catch on in the education system because of its benefits of mental and physical fitness," Wenig said.

Since its first work shop in 1996 YogaKids International has certified ninety five instructors and by the end of this May the grand total will be 105.

"We are teaching techniques to children they will use in their lives and enhance their daily life," said

Wenig.

When asked to give an example of proof that yoga really does help children relieve stress and live better lives, Wenig said the best example would be her own children.

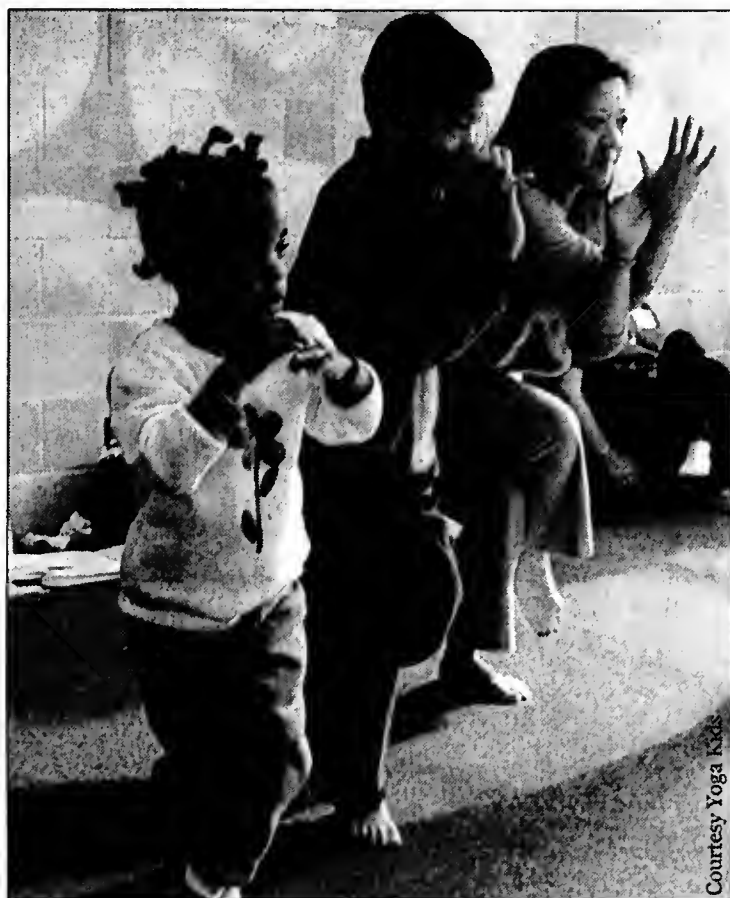
"Even though children do not practice yoga like adults, the fact is they learned the tools to help them deal with their stress. It's especially ever changing with teenagers, yoga is cool one week then it's not because it's something mom does. But every now and then they ask me: 'Mom could you do some yoga breathing with me?'" Wenig said.

But not everyone believes yoga is the best answer to child stress and anxiety. Ralph Schoenstein, the commentator for All Things Considered, gave a lighthearted review of the O Two Yoga studio for children.

During the program, Schoenstein said that this is the age of what is known as push parenting, and O Two Yoga is a response to that. He said parents are trying to make super kids, but sometimes make mini-neurotics instead.

He described the studio as an itty-bitty rehab for children with anxiety problems.

Despite the All Things Considered program, teaching yoga to children seems to be a growing trend. The steady growth of child yoga instructors and classes offered at community centres, like the one in Toronto is proof that yoga just might help children deal with stress.



Practicing yoga will help to exercise children's body and mind.

Courtesy Yoga Kids

Extra pounds linked to leading cause of death

By Kerry-Ann Taylor

France Marcoux travelled from Quebec City to Toronto this past weekend to make changes to her life.

She was among a small group of mostly women, who attended a seminar on the impact of diabetes and obesity on body image and self-esteem at this year's Women's Health

Matters Expo.

Marcoux has struggled most of her life with her weight. "I was eight years old when I started being overweight so it has been a lifelong problem," she said.

A Statistics Canada survey shows that from 1995 to 2001 the number of obese Canadians aged 20 to 64 grew by 24 per cent. This was an increase of more than 500,000 for a total of almost 2.8 million people.

Dr. Anne B. Kenshole, a featured speaker at the seminar, said that gender plays a role in women being obese.

"Women have more fat cells than men and these cells are designed to protect us in times of famine," she explained. "Weight also increases with every decade of life. Therefore, if a woman is plump to begin with, she generally gains weight after menopause."

Marcoux with a family history of obesity but not diabetes, is concerned that she is at risk for developing the disease and attended the seminar to obtain more information.

Health Canada says diabetes is a leading cause of death in Canada. "The number of people in Canada with Type II diabetes is expected to double in the next 25 years or so," said Kenshole.

Scientists say a close link exists between lifestyle and Type II dia-

betes.

"Eighty per cent of people with Type II diabetes are overweight," said Dr. Kenshole. "Even a modest weight loss of five to 10 pounds, which represents five to 10 percent of initial body weight, is the single most effective way to break the vicious cycle of insulin over-production."

Registered Dietitian Carloyn Christo, agrees that weight loss can effectively control diabetes.

However, she cautions against fad

"The number of obese Canadians aged 20 to 64 grew by 24 per cent between 1995 to 2001. This is an increase of almost 2.8 million people."

diets because they are low in vitamins and eliminate whole food groups.

"When calories are restricted, our bodies go into starvation mode and this makes us more efficient at storing calories, and metabolism decreases," she said.

She added, this leads to a dieting cycle, where people diet, lose weight, feel deprived, binge, get discouraged, go back to their regular eating habits and regain the initial weight lost plus another five to 10 pounds.

Marcoux said she has been caught

in the dieting cycle. Even following a plan with a nurse in a clinic, did not result in weight loss. When she stopped that program, she gained about six pounds. Then she tried Weight Watchers. She lost 15 pounds but was discouraged that it took her a whole year so she stopped, and gained an additional 10 pounds.

Christo said she finds that when people think about the amount of weight they need to lose to reach their ideal weight, they become discouraged.

"Set smaller goals first, you're more likely to have positive feelings when they are achieved," she said. "If you make weight loss the priority and you don't achieve it then you get discouraged and that affects self-esteem."

Social Worker Gwen Morgan, believes that in addition to making healthier dietary choices, the overweight also need to work on their self-esteem.

"Body dissatisfaction leads to lower self-esteem," she said. "Low self-esteem leads them to make poor decisions in their lives."

Morgan organizes a 10-week group that takes the focus away from dieting, where participants do exercises in building self-esteem and look at healthy eating.

While Marcoux still wants to lose weight, she said she will try a different approach next time. "I am learning is to focus more on my body,

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Arts

Reality TV: Filling emotional voids or just darn good gossip?

by Hayley Stephens

Any show built on deception and stereotypes is going to get people talking, and this is exactly what Fox's new reality television program is doing. Just walk through the hallways of Humber College on a Tuesday morning and you will hear the controversy surrounding *Joe Millionaire*.

Marketing coordinator for Corus Entertainment, Aubrey Lynas, said part of the appeal of reality television is that "it's water-

cooler talk in the morning." Even though she said she finds *Joe Millionaire* appalling, she has caught every episode so far. "I watch it so I can go to work the next day and talk about it with all my co-workers," she said.

While Lynas tunes in to fit in at work, psychologist Steve Graffi said that some people watch shows like *Joe Millionaire* so they can see the universal need for acceptance played out in others.

"Reality shows are a diversion of one's own reality," he said. "Shows like *Survivor* or *Joe Millionaire* offer a look into group dynamics that are recognizable to audiences. Whether it's

Christmas with the family or the office party, people are thankful they are not the one who is being ousted."

Co-ordinator of Humber's film and television production program, Michael Glassbourg, said it is this very need to be part of a community that attracts some people to shows like *Joe Millionaire*.

"I think it fills a missing void in people's lives," Glassbourg said. "For people who are cloistered or divorced from their emotions, or who have no family, or who work at jobs where they don't have any real human contact, this becomes their human contact with people."

Director of Mind-Body Medicine Canada, Dr. Mark Gilbert, said that some people use reality programs to work through these vulnerabilities.

"We all have parts in

ourselves that feel very vulnerable and it seems to be easier to project that vulnerability into other people and to observe them as they experience either shock or failure," he said. "It's a quick fix, you sit in front of the tube and you allow yourself to work through these things, as cynical and distasteful and morose as that may sound."

Lynas added that it's "the collective unconscious of wanting to watch people succeed or fail."

"Fox is like the *National Enquirer* of television, it preys on people's tacky side," she said. "We watch because we like to see other people embarrass themselves."

This aspect of *Joe Millionaire* appeals to Sarah Cosgrove, a second-year BN nursing student at Humber. "I think it's hilarious" she said, "that these women are willing to be publicly turned down by a man on TV in front of millions of viewers."

While most viewers are laughing at the girls who fight over a guy they think has inherited \$50 million and are anticipating the ending when Evan is revealed as an average Joe, people like Shari Graydon are offended by the show's content.

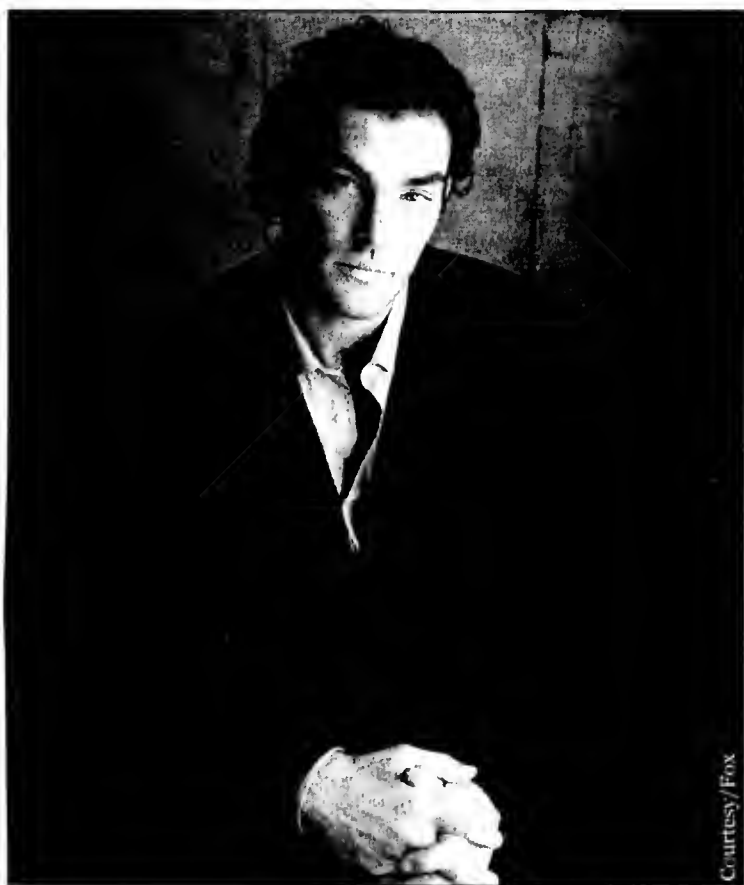
"Shows like this are so offensive, so manipulative, they really prey on humanity at its worst," said Graydon, the past president of Media Watch, an organization that works to eliminate sexism in the media.

And if humanity at its worst is women who are just in it for the money, the other side is men who are just a bunch of bumbling idiots. "*Joe Millionaire* is dumber than a box of rocks," Lynas said. "He is not a construction worker looking for love. He is a bad actor hoping to be discovered."

"*Joe Millionaire* and *Survivor* and *The Bachelor* are total fabrications," Glassbourg said. "We are told that these are real people but the situation isn't real."

Since it's not reality, maybe we should worry less about what this show represents, forget our homework for an hour, tune in Monday nights at 9 p.m. and share a laugh at the women who shovel horse manure and the man who stumbles over his middle name.

At the very least, it will give us something to talk about on Tuesday mornings.



Courtesy/Fox

Muscle man or muscle head? Viewers love *Joe Millionaire*.

Don't let the bouncers scare you

by Tamara Holmes

The Government nightclub is Toronto's answer for the avid clubber to the majestic clubs in any other great party city in the world such as London, Berlin or Ibiza.

Sprawling in the city's industrial Queen's Quay and Jarvis district, Government's entertainment complex featuring seven rooms and two seasonal patios is certain to fulfill even the pickiest clubber's desires.

The main room, Government, can play gracious host to 3,500 party-goers and is outfitted with platforms, dance labyrinths and bars at every turn.

Other rooms in the multifaceted compound include The Drink, The Orange Room, Tanja, Charlie's and the new Goldclub Lounge as well as Skybar and The Patio.

Global Fridays run from 10 p.m. to 3 a.m. and will have you grinding your hips to the hottest hip hop, R&B and house classics. Cover is \$10 to \$12, depending on which room you're lining up for, and all rooms have feature people dressed to kill.

Spin Saturdays are a perfect fix for beat junkies from all around.

Resident DJ Mark Oliver spins flawless mixes of the top worldwide progressive house, trance and techno sounds that are above reproach and he'll have you dancing until the sun rises. Cover

Hot or Not?



One of the many rooms where you can get your groove on at the Government.

will run you \$10 before midnight and \$15 afterwards, unless there is a special event going on, and there's a strict dress code for all the rooms except Government.

Spin Saturdays have attracted some of the globe's top DJ's to grace Government's decks including Tiesto, Tall Paul, Armin Van Burren, Paul Oakenfold and John Digweed.

Things to watch include prices of drinks - they always seem inconsistent unless it's beer - and the fortune you'll pay for a bottle of the Government labeled water. Request confirmation that you're on the guest list and read carefully the age limit for the various rooms - some require you to be 21 to 25 years of age, not just 19.

The bartenders are very friendly and not intimidating at all but the go-go dancers will not hesitate twice to shove you out of the way if they need to get up on stage.

Also, be prepared to feel somewhat violated by the friendly but forward doormen who search you, as they run a tight ship.

The Government is located at 132 Queens Quay East and can be reached at 416-869-0045 or at www.thegovernment.com. Fans of the party house who don't want the night to end can also check out www.guvcrew.com or www.luvtheguv.com.

Coming up...

Video & DVD (Jan.28)

The Banger Sisters
The Master of Disguise
Serving Sara

Movies (Jan. 24)

City of God
Darkness Falls
A View from the Top
Confessions of a Dangerous Mind

CD's (Jan. 28)

Zwan: *Mary Star of the Sea*
Solange: *Solo Star*
Dirty Vegas: *A Night At The Tables*
Sugababes: *Angels With Dirty Faces*

Things to Do

Check out *Crimes*, an exploration of the early 20th century Armenian genocide and the Jewish holocaust. The play highlights the challenges that confront humanity's quest for peace. Runs until Feb. 1 at the Berkeley Street Theatre. Tickets are \$15-\$28, call 416-504-PLAY.

Do you remember your first time? Buddies in Bad Times presents *Where The Boys Are*, an all-boy cabaret where Toronto's top gay talents share their 'firsts' with you. One night only: Jan. 25, tickets are \$20. Call 416-975-8555.

Classical meets contemporary at *Viva Carnival*, at the Living Arts Centre in Mississauga. Ukrainian violin master Vadim Brodski plays Beatles favourites and Carnival classics with the Celebrity Symphony Orchestra. Tickets are \$38-\$55, call 905-306-6000.

Pile your friends into the car and drive out to the boonies for a night of music from the 60's at Casino Rama in Orillia for *True Legends of Pop*. Stars like Bobby Vee and The Chiffons rock the house with hits like "Take Good Care of My Baby" and "He's So Fine". Tickets start at \$18, call 870-8000 or check out www.ticketmaster.ca.

The Canadian Opera Company is premiering two works, one classic, one contemporary: Verdi's *A Masked Ball* is a tale of romance, villainy, political intrigue and hints of the supernatural. The contemporary *Jenufa* is portrayal of people inexorably swept along by overwhelming societal conventions. Both are presented with English surtitles. Student tickets are available for \$20-\$25 in person at the Hummingbird Centre Box Office. Call 416-872-2262.



Julia Sasso will premiere *Beauty* at the Harbourfront Centre.

See the *Beauty* of dance

by Athena Tsavlis

A Toronto-based dance company will celebrate its first homecoming performance since its launch two years ago.

Julia Sasso's *Beauty* will debut Jan. 28 at the Harbourfront Centre as part of World Moves 2002-2003 following a critically acclaimed premiere in Ottawa last June.

"It is really exciting to introduce a new artist," Jeanne Holmes, dance programmer at the Harbourfront Centre said. "She is creatively young and taking exciting first steps."

Although new to choreography, Sasso has been dancing for more than 40 years and is a leading member of Canada's dance community. After 16 years with Dancemakers, one of Toronto's established dance companies, Sasso decided to embark on her own venture forming Julia Sasso Dances.

"I am starting over," Sasso said. "I feel really fortunate that Jeanne, who has followed my work for a long time was brave enough to take this risk."

Sasso is also recognized internationally as a dancer. Though she has choreographed over 50 original dance works, including work for film and theatre, her work is in constant evolution. She finds inspiration in film, literature and dreams and said that her ideas "bubble up in an organic way. Some come and go and some stick."

The idea for *Beauty* came to Sasso while contemplating her departure from Dancemakers. "The evolution of this piece has taken close to three years from inception to the performances in January," Sasso said.

Sasso's choreography is an extension of her personal life, she said. As with many of her creations, *Beauty* is a product of her own experiences.

"I was going through a difficult period in my career when the idea to explore beauty came to me. I was in a dark place in my life and I wanted to explore something positive," she said.

Through physical movement, the concept of beauty is explored in this piece both in abstract and literal ways, Sasso said. "The piece seems to move through life, from birth to death and everything in between."

Beauty is the result of a collaborative creative process between Sasso and six other dancers who are all featured in the piece. Among them is Heidi Strauss, who teaches in the performance program at Humber College.

"The piece has had two years to evolve," Strauss said. "It's been important for the development of our characters and the relationships with the other dancers."

Their collaborative exploration of the concept of beauty has made all of them question what it is to them, Strauss said. "It is such a huge theme. There is aesthetic beauty, personal beauty, beauty of the moment, beauty of humour, beauty of pain... the beauty of taking time to observe..."

Beauty is the Harbourfront Centre's first dance commission in 10 years. "Our audiences want to see things that challenge them," Holmes said.

Beauty runs from Jan. 28 to Feb. 1. Tickets are \$21 with a valid student card. For more information call 416-973-4000.

Vast Antarctic made real in new Omnimax film

by Jennifer Foster

Imagine setting out for the voyage of a lifetime and ending up stranded on an island of ice for 17 months eating seal blubber and fighting for your life.

A land consisting of solely snow and ice, the Antarctic is the forgotten continent.

In 1914, a group of 27 men and 70 sled dogs led by Sir Ernest Shackleton set out on a journey to be the first explorers to cross the Antarctic on foot.

Shackleton's Antarctic Adventure, directed by Morgan Stanley, depicts the journey of the men as they struggle to stay alive after their ship freezes in the Antarctic sea.

The film is playing at the Omnimax Theatre at the Ontario Science Centre where the 80-foot dome screen with digital wrap around sound produces an incredible effect. You are immediately transported out of Canada and into the cold Antarctic.

Dave German led a crew of 37 people to the Antarctic to recreate Shackleton's experience almost 100 years ago. It cost \$2.5 million dollars to make the film and the crew was there for 28 months, longer than Shackleton and his men. The recreation was extremely challenging and dangerous.

"There were a few close calls," said Susanne Simpson, executive producer of the film. "Winds could change in an instant and get up to 160 km/h. There were also problems with swells. We had a few crew members who got stuck on South Georgia Island overnight, but luckily they had supplies."

Shackleton's ship was called the *Endurance* named after his family motto, "By endurance we conquer." When the team of men set out on Dec. 5, 1914, they did not expect the enormous icebergs they encountered. For six weeks the *Endurance* battled the ice until the ship eventually froze solid.

Instead of panicking and assuming the worst, Ernest Shackleton remained positive and devised a plan, to winter on the ice and set out in the spring.

But, Mother Nature played a cruel trick and as ice began to crush the ship, the crew was forced to abandon ship.

The film is an incredible saga of the human spirit. Shackleton's unending optimism inspired the men to band together in a desperate situation.

Shackleton's expedition turned into a mission to save every life. Food rations had run out and their diet consisted of seal and penguin steak and liver.

After 20 long months of existing on Elephant Island, Shackleton and five of his men sailed a lifeboat 1300 kilometres across the Weddell Sea to South Georgia for help. They faced 40-foot waves and a hurricane in the lifeboat but made it to the whaling station in 17 days. On Aug. 30, 1916 after a few attempts, Shackleton rescued his 22 men on Elephant Island.

Kevin Spacey does a great job of narrating the film and conveying emotion, but also letting the pictures speak for themselves.

Shackleton's Antarctic Adventure runs until the summer. Tickets are \$10 for adults and \$7 for youth and can be purchased at the Science Centre Box Office or by calling 416-696-1000.



One of the boats on show at *Shackleton's Antarctic Adventure*.

MuchMusic on the radio

by Tamara Holmes

You'll have to surf the radio instead of your television in order to catch MuchMusic's newest show this week.

Canada's home-grown music station has added the *MuchMusic Radio Countdown* to its family of shows and it premiered nation-wide Jan. 19.

Hosted by Bradford How and

Jennifer Hollett, the segment counts down the top 30 songs as well as throwing in artist soundbites, TV and web updates as well as clips from *MuchNews* with George Stroumboulopoulos.

"We're very excited about enhancing the relationship with our audience through the *MuchMusic Radio Countdown*," said David Kines vice-president and general manager of Much. "It's a great

chance to work with radio partners across Canada and bring the high energy Much production style to a new platform."

"It's a weekly package sure to be a must-tune for fans coast to coast," he adds.

The two-hour long syndicated show distributed by the CHUM Radio Network can be heard in the area Sunday mornings starting at 8 a.m. on KISS 92.5 FM.

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Matinees, Tuesdays, Children & Seniors: \$4.25 Adults, Evenings: \$7.50

Now Playing

Rainbow Cinemas Woodbine Centre	
Darkness Falls (AA)	1:20, 3:30, 6:50, 9:20
Kangaroo Jack (PG)	12:30, 2:40, 4:50, 7:00, 9:10
National Security (AA)	1:10, 3:20, 5:30, 7:40, 9:50
A Guy Thing (AA)	1:15, 4:00, 7:05, 9:25
About Schmidt (AA)	1:30, 4:10, 7:10, 9:40
Just Married (PG)	1:00, 3:10, 5:20, 7:30, 9:45
Catch Me If You Can (PG)	12:50, 3:45, 6:45, 9:30
Lord of the Rings: 2 Towers (AA)	12:40, 4:20, 8:00

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24HR INFO:

Woodbine Centre 500 Rexdale Blvd. 416.213.1998

Check movie listings at www.rainbowcinemas.ca

Celebrity Corner

by Anna Rozbicka

Whoever watched the Golden Globes Sunday night is well aware of the fashion fiascos that took place. Lara Flynn Boyle dressed up in a ballerina outfit like a nine-year-old girl on Halloween, which worked out well since she has the body of one. Sharon Stone stuck her finger in an electric socket to do her hair and then put on a see-through dress to shriek - I'm sorry, present - an award. Nicole Kidman looked stunning as usual and Jennifer Aniston, broken foot and all, seemed a little snippy towards hubby Brad Pitt on the pre-show but still managed to win a Golden Globe and charm the audience...again.

Australian pop princess Kylie

Minogue has signed up to play the role of Olivia Newton John's daughter in *Grease 3*. According to sky.com, the 34-year-old singer will play 16-year-old Chloe, as the old gang returns to Rydell High for a high-school reunion. Maybe we're pushing the age thing just a wee tad?

Winona Ryder has landed her first movie role since being convicted of shoplifting. Ananova.com reports she's set to star in *Eulogy*, a comedy co-starring Ray Romano, Monica Potter, and Rip Torn. They better nail down the sets.

According to canoe.ca, Macaulay Culkin had to teach Marilyn Manson how to smoke on the set of *Party Monster* because he didn't

know how. Manson returned the favour by teaching Mac to shave his whole body, dress like a woman, and worship Satan.

Bobby Brown is in trouble again. He was hospitalized after complaining of an ailment while in jail, that is being kept very hush-hush, according to Ananova.com. At least we know it wasn't a beating from Whitney this time.

NBC is gearing up for a special on Michael Jackson's...face. You heard right. EURweb.com writes that a special edition of *Dateline* will focus on how the singer's appearance has changed over the years. I'm all for gossip and information but really - who cares?

Critic's Comments

What we read:

The Little Friend
by Donna Tartt
Alfred A. Knopf



When Harriet Cleve Dufresnes was a baby, her nine-year-old brother was murdered in her back yard. The killer was never found.

Thus begins Donna Tartt's second novel, *The Little Friend*.

At twelve years old, Harriet is determined to find out who killed her little

brother, and make them pay.

Full of beautiful, descriptive language, this

dark novel is full of haunting imagery: "...the clean shirts on the clothesline flailed and twisted and threw up their arms in despair at the coming rain."

Initially absorbing, this book gets a bit tiresome about halfway through. Although Tartt continues to tell her story with flair, the constant despair makes you need to put the book down and concentrate on something lighter for a while.

The ending leaves a lot of questions left unanswered and is very unsatisfying.

Despite that, *The Little Friend* is still a pretty good read, but don't try it all in one sitting. This book may take you a while to get through.

by Anna Rozbicka

Ghost Rider
by Neil Peart
ECW Press



After rocking the stage with Rush for over three decades, lyricist and drummer Neil Peart plays a more seductive melody in his autobiographical novel, *Ghost Rider*.

After losing his daughter in a car accident in 1997, and 10 months later, his wife to cancer, Neil grabs

onto the one thing that remains, his primal instinct for survival. Gripping the handlebars

of his BMW motorcycle, he rides into the unknown, with nothing accompanying him but the ghosts and songs of memory.

In this story of rebirth and renewal, readers are given a glimpse into the interior of one man's mind. Once making it through the first dark pages of *Ghost Rider*, those who choose to travel on with Neil are rewarded by his humorous and intelligent reflections on himself and his surroundings. The ultimate payoff, however, comes through the inspiration he provides to anyone who has experienced loss.

Beginning as an antithesis to a fairytale, Neil proves the power of survival, as well as its irony, in his last chapter "Ever After".

by Hayley Stephens

What we saw:

Chick flick entertains

A warning to men: don't get suckered into taking your girlfriend to see *A Guy Thing* for any one of three reasons.

First, it's a chick flick about a wedding. Second, there are no gratuitous nudity scenes and third, you'll have to answer difficult questions to your now-curious and paranoid gal while leaving the theatre.

But the movie is funny enough for a girls' night out.

It all starts when nice guy and ideal groom-to-be Paul Morse gets thrown a bachelor party. The Tikki girls commissioned to shake their grass skirts aren't full-on strippers, but Paul, played deftly by Jason Lee, isn't having it and relinquishes his groom status to his best mate.

He thinks he's in the clear, having bowed out of his special dance but wakes up the next morning to find Becky, a Tikki girl, in bed next to him. Problems arise



Julia Stiles and Jason Lee in *A Guy Thing*

right from the start when Paul's fiancée Karen, played by the sullen Selma Blair, is on her way over and Becky, played by Julia Stiles, can't find her underwear.

Girls will have a giggle or two, but guys will be left having to answer questions as to whether lying to cover a friend's mishap is commonplace and *A Guy Thing*.

by Tamara Holmes

Lawrence movie lacking

Save yourself the financial blow of going to the movies and opt out of attending Martin Lawrence's latest flick fiasco, *National Security*.

Lawrence plays an L.A.P.D. Academy reject named Earl who sends an L.A. officer, Hank, to jail for allegedly beating him without just cause a la Rodney King. Hank, played by Steve Zahn, was down on his luck because his partner was murdered on duty, and didn't beat Earl - he was trying to shoot a bee away. Eventually, the two end up as security guards and hesitantly become comrades trying to find and fight crime.

The real problem with this movie isn't so much the lame and exaggerated action scenes or the

arcane and indistinct crime subplots, but rather the over-killed, tacky and offensive racial jokes (if you can call them that).

I would advise against even renting this movie. It will show up on TBS Superstation soon enough.

by Tamara Holmes



Martin Lawrence cops a feel.

What we heard:

Deborah Cox
The Morning After
J Records/BMG



Why Deborah Cox feels the need to lay her better songs over generic techno beats, I'll never understand.

The Morning

After is full of great songs: ballads like "Play Your Part" are great sing-along-at-the-top-of-your-lungs-while-driving songs and her more upbeat tunes like "Like I Did" will have you dancing around your room.

There's also a bonus Remix CD that makes a great coaster. Or Frisbee. But spare your eardrums and don't listen to it. It contains eight

remixes that all sound the same.

Ignore the bonus CD and stick to the main album.

by Anna Rozbicka

Common
Electric Circus
MCA Records

Common's highly anticipated new album, the recently released *Electric Circus* will do little to disappoint

fans.

It's got enough electricity to spark movement but is chilled enough to blend in and out of conscious hearing -- this is the type of album you throw in when a few friends stop by.



Featuring cameos from stars

such as Prince, Erykah Badu, The Neptunes and Jill Scott, Common's newest addition to his discography proves a natural progression in his style and growth.

Although it's not as solid as previous works, the socially conscious lyrics and sounds bring forward past influences while still moving forward into the experimental and uncertain.

by Tamara Holmes

Drumming up credits

by Nicole Gibbs

Was one of your New Year's resolutions to express yourself, delve into your creative side or take up a therapeutic hobby?

If so, the World of Hand Drumming course offered by the music department at the Lakeshore campus, running from Jan. 27 to Apr. 4 will teach you all of that plus a thing or two about playing hand drums.

"This course will be beneficial to both musicians and non-musicians alike," said Steve Mancuso, a 36-year-old percussionist, who teaches the course and has been playing the hand drums for the past 16 years.

Hand drums such as the conga, bongo, djembe and dumbek have been linked with religious and cultural tradition and have a colourful history.

The two-hour introductory course allows students to explore a variety of traditional rhythms, different song forms from around the world and also teaches important drumming techniques.

Students will learn how to play rhythms from South India, Latin America, the

Middle East and Africa.

"Beating on the drums can be very therapeutic," Mancuso said. "It's easy and a lot of people can relate."

Daniel Neil, a 23-year-old Jazz Studies music student, who plays the drum set, said he would be interested in taking the course, since the feel and rhythm are totally different than the conventional drum set.

Mancuso also said rhythm is more important than melody, and

added that learning how to play the hand drums will help musicians improve on their own instrument. "You can have rhythm without melody, but you can't have melody without rhythm."

Students will sit in a drum circle setting that provides an intimate setting. "Students won't be afraid to make mistakes and they will learn the importance of eye contact," Mancuso said. The drum circle also acts as a sound barrier.

Mancuso wants prospective students to know that "playing the hand drum is not hard, just unfamiliar."

Tuition for the world of hand drumming course is \$195. Students will need to bring their own hand drum.



Lakeshore campus is offering courses in hand-drumming.

etc.

Spring Break

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Sports

Academic penalties may deflate men's volleyball



Offside Dave Hartshorn and Middle Mike Smith go up for the block against George Brown last Thursday.

by Todd Clark

The Humber Hawks' men's volleyball team kept its unbeaten streak alive sweeping the George Brown Huskies last Thursday night.

Although the Hawks managed to defeat a weak Huskies team 25-20, 25-12 and 26-24, more importantly they were missing two quality players from the line-up.

Richard Wittemund, a superior blocker, and Sokol Sakrama, arguably the best setter in the OCAA and the nucleus of the Hawks' team, are both lost for the remainder of the

season. And they are not gone due to injuries.

Wittemund, a second-year veteran, is lost for the season because he's "academically ineligible" to play, according to head coach Wayne Wilkins. And Sakrama could also be gone for the duration of the season. Wilkins declined to comment on Sakrama's situation.

"It really hurts. I really want to play and get out there. I feel that I let the team down," Wittemund said.

Losing players half-way through the season due to academics or other non-injury reasons is something Wilkins' is not familiar with.

"Never in 10 years of coaching (has this happened before)," Wilkins said before the game.

Milad Massoudi, accustomed to playing the power position, filled the role as the setter and will remain the setter for the rest of the season.

"For his first league game as a setter with three or four weeks of practice, he did all right. He did fine," Wilkins said after the game.

Rookie Darryl Burton filled in for Wittemund's vacant position.

"He's got that spot as of now. I don't think I want him to fill (Wittemund's position)," Wilkins said. "He (Burton) has to define his own game. That's the catch. He has to be his own player and if he can use his physical ability to his advantage we may actually go somewhere," he added.

The Hawks have added two players to the roster, Matt Popik and Ryan McInerney, whom Wilkins describes as role players.

Popik was originally cut at the beginning of the season, but took the duties as team manager.

"(Popik) is a realist. He may not be the most skilled player, but he tries his heart out," Wilkins said.

Popik went in when the Hawks' were in full control of the third-set, up 22-15. And Matt Singh, who played a solid game as libero, moved over to the power position where he was inconsistent, hitting three consecutive balls into the net.

Rookie Mike Smith, who has played exceptionally well all year, finally put the match away with one of his several kills on the night.

Will the Hawks be a contending team come playoff time?

Hockey Hawk has a soft spot for family

by Ron A. Melihen



Ron A. Melihen

James Rodak loves hockey.

Family and hockey are high priorities for James Rodak, but don't forget fishing, because growing up in Geraldton, Ontario, all three go hand in hand.

"Growing up in that small town three hours north of Thunder Bay made you appreciate family and friends," he said.

He first started playing hockey when he was four years old. Freezing their rink in winter and playing ball hockey in summer allowed for 12 months of enjoying the game he loves. Now that he's 24, hockey's fire still burns in his heart.

"Rodie," as his hockey peers call him, picked Humber because they are almost always in the top one or two places in the standings.

Humber is happy to have him. "Since he came to the team his work ethic has never wavered and he continuously contributes on and off the ice," said Jim Bialek, Humber Hawks assistant coach.

"He is one of the best players I ever played with and he's always there if one of his fellow teammates

needs help," teammate Terry Chikoski says.

Rodak loves the city of Toronto, but as soon as the summer holidays come around he will be travelling north back to Geraldton to fish.

"I just bought my own boat and can't wait to reel in some walleye or giant pike," Rodak said.

His love for his hometown is evident when he speaks about growing up in Geraldton.

"That little town of 1,900 people helped me build my love of hockey and my love of family," he said.

"And I have to say thank you to my mom and dad for their love and support throughout my hockey and my academic years, I couldn't have done it without them."

Rodak's love for the game and his dedication are evident in his work ethic.

"James is the hardest worker on the team and is in the weight room everyday always taking his game to another level," Bialek said.

He also works part-time in the college with disabled individuals earning him the respect of his coaches and his peers.



Humber's Fayola Creft at the OCAA women's all star game.

Basketball all stars soar

by Jeff Collier

Four members of the Humber women's basketball squad took the opportunity to rub shoulders with the Ontario Collegiate Athletic Association's hardwood elite at Seneca College.

Fayola Creft and Karine Nicolas were head coach Denise Perrier's selections to wear the Humber blue and yellow for the 14th annual OCAA All-Star game. Emily Wang and Julie Yagi were also on hand to showcase their talent in the day's other events, the co-ed two-ball competition and the three-point shootout.

It was a first-time honour for both Creft and Nicolas, who with solid play at both ends of the floor, have helped lead the Hawks to a 3-2 league record and third spot in the Eastern division.

Perrier said her choices were made based on the recent departure of some key contributing members.

"Karine's a returning player and she's become a strong leader and contributor," Perrier said. "Fayola started the year coming off the bench and played well enough to work her way into the starting five. They both work hard and were the most logical choices to be here today."

The All-Star game pit members of the OCAA's east and west divisions and by tip-off time at 6 p.m., it was apparent both squads were feeling the effects of the long day. The opening minutes of the contest were riddled with missed lay-ups and turnovers.

It was the west that shook off the rust first, taking advantage of the strong inside play of Fanshawe

College forward Katie Havekes to turn an early 22-11 lead into a 44-19 half-time romp.

The second half began with the east finally showing why they were their division's best-of-the-best, torching the west in a 14-2 run spurred on mainly by the teamwork of Creft and Nicolas. The two women used speed and tough defence to help the east whittle the deficit down to 13 points with more than 15 minutes left in the game.

In the end, though, it was too much for the east to bounce back as the west pounded the ball down low

to Havekes and pulled out a 71-55 win. Havekes led all scorers with 23 points for the west, taking home the game MVP, while Kerri Stevenson topped the east with 11.

Creft finished second in team scoring with seven points, while Nicolas chipped in with six. Both said the experience from the game is something they'll be able to look back on and be proud of.

"It was an exciting opportunity to represent the school," Nicolas said. "I felt it was a good game, even though we lost. It was great to be out there with Fy and just to get to know the girls from the other teams a bit better."

Kroft added she is looking forward to the remainder of the season, and the All-Star game will be something she can use as a measuring stick.

"I think I can show more leadership by just working hard and setting the right examples."

The day's earlier events saw Wang taking part in the 3-point shootout, where she made it to the semi-finals.

"My play tonight will give me the confidence to step it up for the rest of the year,"

Varsity Standings

Men's Volleyball				Women's Volleyball				
Central Division	MW	ML	Points	Central Division	MW	ML	Points	
Seneca	7	1	14	Cambrian	8	0	16	
Humber	6	0	12	Humber	7	1	14	
Georgian	4	3	8	Seneca	6	4	12	
George Brown	4	4	8	Georgian	4	3	8	
Cambrian	3	4	6	Boreal	3	5	6	
Sheridan	1	6	2	Sheridan	2	4	4	
Boreal	0	6	0	Confederation	0	6	0	
				Centennial	0	7	0	
Eastern Division				Eastern Division				
Loyalist	5	0	10	Algonquin	6	1	12	
Royal Military	4	1	8	Loyalist	5	1	10	
Fleming	3	3	6	Durham	5	1	10	
La Cite	3	3	6	Trent	5	3	10	
Durham	1	4	2	Royal Military	2	5	4	
Algonquin	0	5	0	Fleming	2	6	4	
				La Cite	0	8	0	
Western Division				Western Division				
Niagara	4	2	8	Niagara	9	1	18	
Nipissing	3	1	6	Fanshawe	8	3	16	
Fanshawe	3	1	6	Mohawk	7	2	14	
Redeemer	3	3	6	Mohawk	5	4	10	
St. Clair	2	1	4	Nipissing	5	3	10	
Mohawk	1	4	2	Sault	4	5	8	
Canadore	1	5	2	Redeemer	2	8	4	
				Lambton	1	8	2	
				St. Clair	1	8	2	
Women's Basketball				Men's Basketball				
Eastern Division	W	L	Points	Central Division	W	L	Points	
Seneca	6	0	12	Humber	7	0	14	
Algonquin	4	3	8	Sheridan	6	1	12	
Loyalist	4	3	8	Mohawk	3	3	6	
Humber	3	2	6	Seneca	3	2	6	
Georgian	2	3	4	Centennial	2	5	4	
Durham	2	5	2	George Brown	2	5	4	
George Brown	0	6	0					
Western Division				Eastern Division				
Fanshawe	5	0	10	Algonquin	7	0	14	
St. Clair	4	1	8	St. Lawrence	5	2	10	
Redeemer	3	4	6	Georgian	4	3	8	
Niagara	2	2	4	Loyalist	3	5	6	
Mohawk	2	3	4	Durham	3	4	6	
Algoma	0	6	0	Fleming	0	6	0	
Men's Hockey				Western Division				
Eastern Division	W	L	T	Pts	Niagara	5	1	10
St. Clair	6	0	0	12	Sault	4	3	8
Humber	3	1	1	6	Fanshawe	4	3	8
Seneca	2	3	3	4	St. Clair	3	2	6
Conestoga	2	3	3	4	Lambton	3	2	6
Cambrian	2	3	3	4	Redeemer	2	5	4
Fleming	0	6	6	0	Algoma	1	6	2

Humber's Ray Morgan captures MVP



Humber's Ray Morgan gets MVP honours for his efforts in the all star game.

The Humber men's basketball team had a week of good fortune, winning on the road and toting the west's all star MVP to boot.

Humber's Ray Morgan was named MVP of the all star tournament this past Saturday.

Coach Mike Katz said Morgan also played well against Centennial in their 89-74 victory at Centennial.

"I was very satisfied with how we played. We had a much easier time with them than previously," Katz said.

The Hawks are on the road for the rest of this week with two games that Katz says will test who they really are.

'Bestest' sport in the world

Gooodaaa!!!

Even though football continues to be the most popular sport in the world, it is a sport that North Americans haven't quite caught on to. For one thing, the land of the free insists on calling it soccer.

Leave it to North Americans to call a game that requires the use of the hands football. Maybe it's an underlying desire to deny themselves of anything British. Maybe they just don't understand the game.

One thing is for sure, any country that picks baseball as their national past time is just asking to be the most overweight country in the world. Let's be serious. Baseball players, I'm talking the pros here, can be fat and lazy and still break the world record for most home runs in one season. With all the standing around in the sport it's no wonder that these lazy so-called athletes are so fat.

The only time they are required to move is when that little white ball comes sailing over their heads and they might have to make a diving catch. Wow, what exertion.

In soccer, players sprint their little hearts out intermittently while running for 45 minutes at a time.

Soccer, unlike many less difficult sports, does not require an extension of the body. Baseball players need a bat. Hockey, a stick. Tennis players, a racket and golfers, don't even get me started on them.

As for stamina, other than maybe rugby, another sport grossly ignored by our North American selves, soccer is the only team sport that requires full cardio for at least 45 minutes at a time. Hockey wusses only play for a couple of minutes maximum before they skate off, gasping for air, trying to squirt water through the little holes in their

mouths where teeth once were.

American football, again, only requires players to be on the field for a few minutes at a time, depending upon the length of the offensive drive. They do a lot of grunting and groaning before pummeling each other into the ground, as they jog off, waiting for their next kick at the ole pigskin. Don't get me wrong, I love football (Go BILLS!) But I am sick and tired of soccer being overlooked as the truly awesome sport it is.

Musings



by AMY MILES

Passing, shooting, chipping, heading, juggling, dribbling and tackling are all the skills that make up a well-rounded soccer player. Mix in a little stamina and you have a superb all round athlete. Quite the high agenda compared with the ever-popular North American sports that require you to catch and throw.

Hockey, too, requires a lot of skill, not to mention the ability to be agile out on the slippery ice, but the stamina required is not the same as in soccer.

And the padding. Hockey and football players are barely recognizable in all that equipment, and what do soccer players where to protect themselves? Shin pads. That's it. Just little pads that cover the bottom half of the leg in the hopes of preventing a broken tibia.

I don't expect North Americans to convert into soccer hooligans over night, but tune in to a soccer match sometime and watch the soccer gods at work. If you don't understand the game, the least you can do is appreciate the sheer athleticism involved in the sport.

Watch Zidane, and Michael Owen and let them dazzle you with their footwork. Come on, give soccer a chance and see why it's the world's most popular sport, and by the end of it you too will be yelling GOOAAALLL!!!

Hockey team slays knights

by Ron A. Melihen

The Humber Hawks travelled to Lindsay last Thursday and annihilated Fleming 14-2 in front of the Knight's home crowd.

The crowd was silent as Humber controlled the play, leading 10-0 by the second period. "People in the crowd were well aware of the skill level our team possess," said Jim Bialek assistant coach of the Hawks.

The Sault Ste. Marie quintet was in fine form leading the team to victory. Five of the Hawks, who are all from the 'Soo,' were in on all 14 of the points tallied by Humber.

Jason Fortier had 2 goals and 2 assists and cousins Terry and James Chikoski had 5 points between them. Terry broke out of an extended slump helping the Hawks to victory. Rounding out the 'Soo' scorers were Chris Mei notching 3 points and Dan Lambert chipping in 2.

"It was nice to see the Sault boys all contribute especially Terry since he's been in a mini slump as far as scoring goes," Bialek said.

Many padded their point statistics with four different players scoring four points each. "Winning that easy isn't always fun, but we need every win so we can keep up with St. Clair," Terry Chikoski said.

Fleming was missing a few of their players which helped in Humber's romp.

"After the second period the game was boring since Fleming isn't the type of team that can score many goals, especially in their condition," Chikoski said.

The win is a big one helping Humber keep pace with the St. Clair Saints. The Saints won both their games last week to maintain a 3-point lead in the standings over Humber.

The Hawks are still in the hunt for first with the four games in hand.

Bialek says the Hawks can win if they keep up their steady defensive play.

To date they have only allowed 21 goals against, with St Clair allowing 18.

"Chris Mei one of our 'Soo quintet' has been a great addition and continues to shine on defense along with our other defense core," Bialek said.

On the offensive front, Humber is way behind the Sting with a mere 59 goals scored to St Clair's 71.

The Hawks were to take on the third place Seneca Sting last night. The Sting are five points behind the Hawks with both teams having played a total of nine games.

Athletes of the Week



Jason Fortier

-scored two goals and racked up two assists in Humber's 14-2 win over Fleming.



Fayola Creft

-finished second in team scoring for the west in the women's all star basket-ball game with seven points.

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Visiting NBA teams slam dunk Humber-style

College hosts pro-ball practices when ACC schedules conflict

by Steve Autio

Over the past four years, the Toronto Raptors and Humber College have teamed together to allow visiting NBA teams to practice and prepare for games at the college athletic facilities. The gyms serve as an alternative site for NBA clubs when

the Raptors usual practice facility is unavailable.

This arrangement was set up when Humber athletic officials met with then Raptor General Manager Isiah Thomas and Assistant General Manager Glen Grunwald, who were investigating possible options for a practice court.

The Raptors were looking for a

facility that offered the proper practice court as well as all amenities and security required for an NBA team.

Since then, three to four teams have come to Humber each year. Teams that have used the facilities at Humber include the Miami Heat, Milwaukee Bucks, Golden State Warriors, Detroit Pistons, Phoenix Suns, Chicago Bulls, Orlando Magic and the Atlanta Hawks.

Humber has been great to deal with and their facilities serve as an excellent alternative, said Brian James, the travel and equipment manager for the Toronto Raptors.

Jim Bialek, Humber's Assistant Athletic Director, said the college treats NBA teams extremely well and have understanding for both the facilities and security needed.

We make sure that the floors are in top condition, that game clocks, basketballs, towels, water bottles, ice, are all provided and that showers and team-rooms are available to the visiting teams, Bialek said.

We also close down the gym so that the team can have a private workout without any on-lookers.

Bialek and his staff work vigorously to make sure that everything is planned out as professionally as possible.

We like to make this as comfortable as possible for both the visiting teams and the press which also includes welcoming and greeting them, Bialek said.

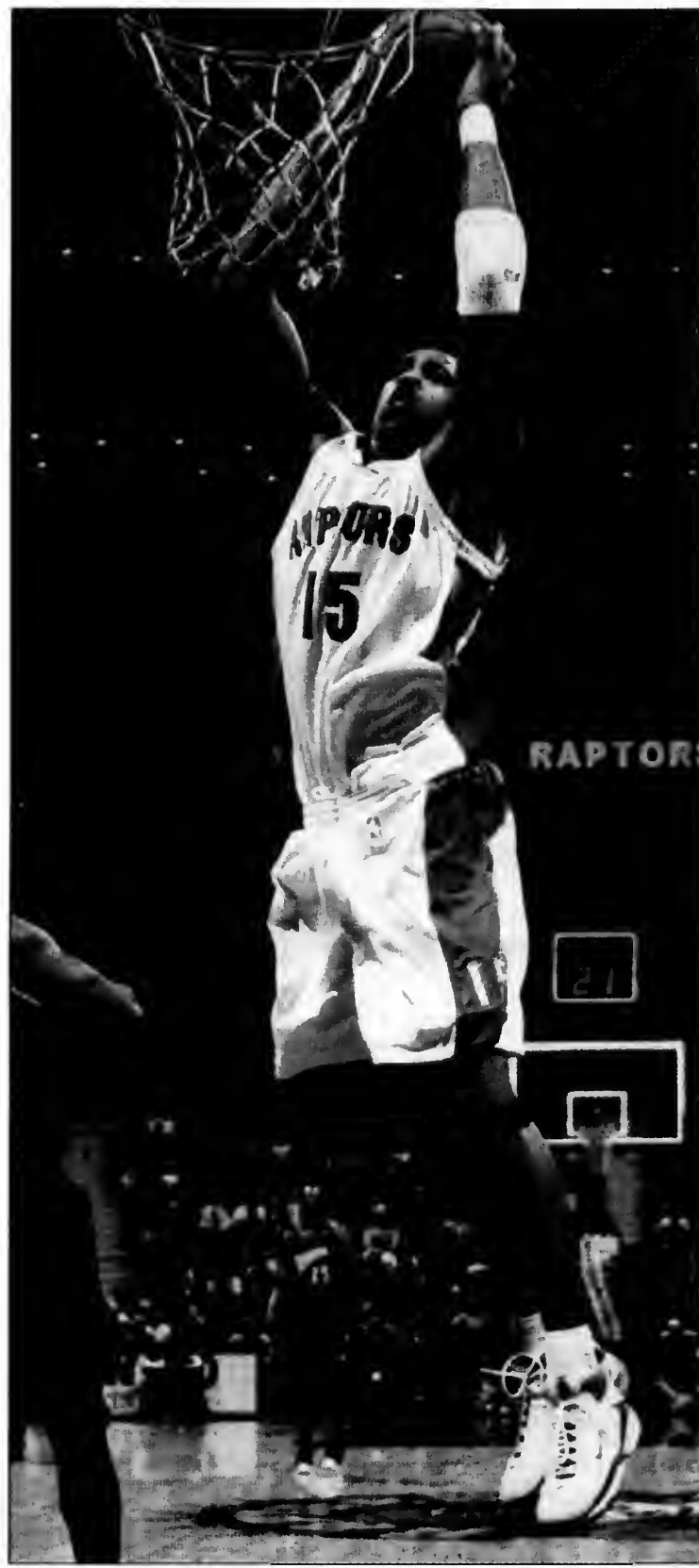
Feedback from the visiting players and coaches has been nothing but positive.

We have received compliments about the facilities and recently many of the Miami Heat players raved about it, James said.

Humber receives very little in return, as it doesn't charge the Raptors a rental fee. However, the notoriety of having NBA teams using your gym more than makes up for that, Bialek said.

It's pretty special that we can tell a student that we have teams of this calibre using our facilities, he said.

In addition to providing NBA teams with a practice facility, Humber is also the home of the men's Olympic basketball team.



When practice times conflict at the ACC, visiting NBA teams practice on Humber's courts before taking on Vince and the Raptors.

Ron's NFL pick: Oakland Raiders

The Tampa Bay Buccaneers and the Oakland Raiders will face each other for the Gruden Bowl or as it is more commonly known the Super Bowl this Sunday, Jan. 26 at 6:18 p.m. in San Diego.

Jon Gruden, first year coach of the Tampa Bay Buccaneers, left Oakland less than 12 months ago to take on the head coaching duties in the sunshine state of Florida.

Gruden was a fan favourite in Oakland during his tenure there and he brought that warm fuzzy feeling with him to Tampa where he is also highly regarded by the home crowd. This makes for a classic confrontation between the East coast Bucs and the left coast Raiders.

This will be Tampa's first ever trip to the Super Bowl since they came into the league in the 1972-73 season. The last time the Raiders were in the big show was 1984 when quarterback Jim Plunkett led the then L.A. Raiders to victory in a 38-9 win over the Washington Redskins.

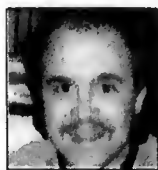
Super Bowl 37 has the look of a classic war of high-powered offence versus rock hard defense.

Warren Sapp, defensive player for the Buccaneers and the veteran of the team will be ready to wear the championship ring. The Bucs top ranked defense will be motivated by the 10 year veteran and will be ready to defend on Sunday.

On the other side we have the geriatric bunch as they're commonly known around the league. Oakland has one of the oldest rosters in the NFL and few people gave them much of a shot this year.

1996 Super Bowl winner Jerry Rice knows what it's like to go to the show. He won the Bowl with the 49ers. Tim Brown a wide receiver for the Raiders has worn the black and silver for 14 years, ever since being drafted from Notre Dame. It's nice to still see a player play his whole career for one team.

Last weekend I was perfect in my picks, picking the Raiders to win at home and the Buccaneers upsetting the Eagles at home.



by Ron A. Melihen

Well fans, Super Bowl 37 will be a great game with plenty of drama and lots of bone-crunching hitting, but in the end Al Davis's team will win another one.

Yes, the

Oakland Raiders offence will outlast the Tampa Bay Buccaneer's defense and Raider's owner Davis will hoist the Vince Lombardi Trophy.

Tim Brown will be the MVP of the game and the City of Oakland will reign supreme as the 2003 Super Bowl champions.

With the scene set for the big game all you need now is the Super Bowl Party plan.

First Step: Invite all other faithful Super Bowl Party fans.

Second Step: Have chili, pizza, chicken wings, potato chips of almost every kind, your favourite beverage and Tums for the day after.

Most Important Step: Have fun and may the meanest, toughest best football team win!

Working out and keeping in shape for the new year

by Liz Byers

The New Year's resolution to get fit and pump up is in high gear at Humber's Fitness Centre.

Every year, when the clock strikes 12 and Jan. 1 rolls around, thousands of people vow to shed those extra pounds.

There were crazy line-ups [at the start of the semester], said weight room supervisor, Crystal Radtke. There were about 12 people just waiting for a treadmill.

Fitness Director Karen Horan

describes the gym at this particular time of year, as absolutely insane.

Usually it's fairly busy at lunchtime and after school, but since the new year began it's been consistent from morning until night, Horan said.

Andrew Poulos, counselling coordinator, has been a gym member for 10 years.

I go to the gym to relieve stress and to keep myself in shape, Poulos said. As I am getting older, it's harder to eat as much as I want to and not have it show.

Poulos meets with students from different backgrounds and programs and always encourages them to exercise.

I tell students it's important to incorporate it into your daily routine. When I attended school, even if I had a lot of work, I would take the time and work out. Then I could come back feeling refreshed and rejuvenated, Poulos said.

Horan agrees and believes exercise should be scheduled into your life the way other important things are.

Always write it down in your agenda or daytimer, Horan said.

Andy Campian, a second year Business Management student, sums up why he works out.

To look good. To look better than I would if I didn't, Campian said.

Campian's theory on why most who sign up for the gym will fail after a short amount of time is because people are lazy.

They don't see the results they want. They just try it for a week and then walk away, Campian said.