

# HUMBER ETCETERA

MARCH 24, 2005

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## Northern Style

Fashion Week showcases Canada's hottest designers

## Head Space

Advertisers turn to tattoos for new ad space



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REBECCA GRANT

**Missing link:** Newly elected HSF members (from left to right) Daniella Cross, Joey Svec, Cameron McKenzie and Ravjot Chhatwal celebrate their victory while election officials investigate two of the candidates running for the position of VP Campus Life North. The results of the inquiry will be announced Tuesday.

## Controversy still dogs election

### Two candidates under investigation

REBECCA GRANT  
NEWS REPORTER

An investigation is underway this week after student election officials disqualified two of the five candidates running for VP Campus Life North.

The unidentified duo were pulled from the race following questions about ethics and policy issues, according to Deputy Returning Officer James Grigull.

"It's the job of the HSF to ensure the fairness of these elections," he said.

Officials would not reveal the identity of the disqualified candidates.

Both candidates will have the opportunity to appeal the judgment. The winner of the VP position is scheduled to be announced Tuesday.

In other election news, current VP Campus Life North Joey Svec won the presidency over fellow executive member, Tyler Burrows, this year's VP Admin.

Voter turnout shot up from 12 to 19 per cent this year, with 3,028 total votes.

"Thank you to everybody at Humber who voted," Svec said. "Our 19 per cent voter turnout shows just how good the school is

and was a testament to the entire organization."

Ravjot Chhatwal who won VP Campus Life Lakeshore said he felt very thankful to God and Lakeshore campus students.

"I came here as an international student without any family and friends and I'm so thankful for all of the love and respect that I've received. If it's any reflection of what Canada is, then it sure is beautiful."

Cameron McKenzie said he felt overjoyed, excited and relieved to win VP Admin Lakeshore. "It was a pleasure working with Ravjot. We worked as teammates and he also got in."

McKenzie pledged to work to

make Humber harassment free, to push for better resources for music students and improve food services.

Daniella Cross was elected VP Administration North and will also attempt to lower food and book prices.

Cross noted that students pay 25 per cent more for textbooks than publishers charge, a mark-up she would like reduced or subsidized.

Public safety will be another of Cross's priorities. "I think that we need to have security supervisors on campus that work for Humber College, not who just work for a contract company that has no loyalty to the students and to the college."

### What's Inside

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# News

More than 900 protests held worldwide

## Protestors mark second anniversary of Iraq invasion



REBECCA GRANT

A protestor voices opposition to the war in Iraq at Nathan Phillips Square last Saturday. About 2,000 people joined in.

### Protest attendance down sharply from previous year

REBECCA GRANT  
NEWS REPORTER

To commemorate the second anniversary of the start of the Iraq war, more than 900 protests were held worldwide this weekend, including a rally at Toronto's Nathan Phillips Square attended by more than 2,000 people.

Across the U.S., 725 demonstrations were held Saturday, but numbers of protestors have dipped from the millions which led up to the war to thousands.

"This is a media problem," said Mitchell Gold, associate editor of *UN News* in Canada. "The number of people here is a reflection of the (lack of war coverage in) the media."

Humber student Andrey Bilenky, who attended the downtown rally said he wasn't surprised by the lack of media coverage, but was pleased at how peaceful the

protest was.

"Peaceful protest helps us not to lose hope that we can solve world problems without the blood-bath of revolutions and world conflicts," he said.

Jesse Greener, Ontario chairperson of the Canadian Federation of Students, spoke to the crowd about the CFS campaign against

**"A democracy cannot take place when your homes are being bombed . . ."**

-Susan Spratt, protestor

racism and Islamophobia.

Darrell Anderson, a 22-year-old U.S. soldier who served seven months in Iraq as a commanding officer, told the crowd he quit the war because he would have had to fire on unarmed civilians.

"The insurgency I fought against, were people whose homes had been blown up. They were

people who had their brothers and sisters killed, innocent people who were defending their homes and their country," he said.

Anderson added that the best way to support troops was to bring them home as the crowd chanted, "war resisters welcome here."

Marilyn Churley, deputy leader of the provincial NDP, told the crowd her party would fight for war resisters to be accepted as refugees in Canada.

"To see these children and their mothers and their fathers needlessly and recklessly killed and murdered in Iraq . . . my heart breaks and I get more angry every day," she said.

Susan Spratt, of the Toronto Coalition to Stop the War, said more than 100,000 civilians have been killed in Iraq and disputed that democracy was thriving.

"A democracy cannot take place when your homes are being bombed, when your children are dying, when you don't have a job and when you're fighting to leave your door," she said.

## One in six Canadians victimized by racism, study reveals

### Humber challenges racism head-on with new initiatives

CYNTHIA REASON  
NEWS REPORTER

A national survey released Monday reveals that one in every six Canadian adults has fallen victim to acts of racism.

The survey, conducted by Ipsos-Reid, was planned to coincide with the International Day of Racial Discrimination on March 21.

About one-third of Canadians polled said they believed schools were the most effective institutions in promoting racial tolerance.

Victor Hugo, an executive member of the Humber Latin Club, said the HSF is taking this challenge head-on and doing a great job through its support of a wide variety of clubs and groups.

"These events cause the student body to recognize that we are a multicultural community and really are equal, even though we may look or speak differently than the person sitting next to us," he said.

Tennica Hamilton, president of the Caribbean Culture Society, agreed.

"Clubs like the CCS, LGBT or the Christian Students Association are on campus to promote their cultures through events, music, dance and educational things . . . so students are engaged in promoting and embracing diversity on campus."

VP of Campus Life and incoming HSF president Joey Svec said events like those held throughout Black History Month are examples

of initiatives taken by the HSF to promote tolerance and respect on campus.

He doesn't see racism as a problem at Humber.

"I've never seen a problem in my two years that I've been here," Svec said.

Gen Green, current HSF president, said that while racism isn't a huge issue on campus, it certainly does exist and the HSF functions to combat racial discrimination in several ways.

"We represent all students. In every HSF area, there are positive space campaign posters. They remind students that the HSF believes in a positive space in the hopes that they will, one, respect

that, and two, maybe adopt the same message and beliefs," she said.

**"We are a multicultural community and really are equal."**

-Victor Hugo, Latin Club

The next initiative on the HSF agenda will be the establishment of a diversity resource room on campus, according to Green.

"It's definitely in the works and it looks like it's going to be very positive. We definitely agree that Humber is very diverse and that a diversity resource room would be a good opportunity for students to get information."

Statistics Canada reported in 2001 that nearly one-third of the population of Etobicoke consists of visible minorities.

Of a total population of about 338,000, just over 116,000 are members of a minority group.

Statistics Canada projects that half of Toronto's population will be of visible minority groups by 2017 when Canada celebrates her 150th anniversary, according to a report released March 22.

Monday was also the unveiling of the Canadian government's first ever action plan to combat racism.

"Canada is a world leader in the development of policies and laws to fight racism, but many Canadians still experience racism and discrimination in their lives," said Multiculturalism Minister Raymond Chan in a Canadian Heritage news release on Monday.

The goals of the Action Plan are to reinforce social cohesion, advance Canada's human rights framework, and demonstrate federal leadership in the struggle against racism and hate crimes. The 2005 federal budget allocated \$56 million to the cause.

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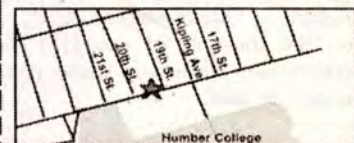
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## College webcast pulled for story on racy pics

### Administration intervenes after *Sheridan Sun* publishes front page photo of student bunnies

DAVID JUTZI  
NEWS REPORTER

Student journalists at Sheridan College are steamed after school administration pulled a story about a Playboy-themed pub night from their live web cast last Thursday, starting a controversy over censorship.

"The biggest problem is that they are not supporting us as journalists," said Journalism and New Media student Cara Loverock. "We feel we were unfairly censored."

Loverock was covering a story for the webcast about a revealing picture of two female students which appeared on the front page of that day's *Sheridan Sun*.

The photo was taken March 10 at a Playboy-themed event night organized by the student union held at the campus pub, the Cage. The two girls were upset to find their picture on the front page and insisted the photographer did not identify herself as a member of the *Sun*.

When administration found out Loverock's class was covering the controversy on their weekly webcast, they pulled the story.

However, Loverock said after some deliberation, the class decided to air the piece on Friday.

Loverock said she and her peers were not the only ones cheated out of offering their opinion of the matter

online. One of the girls in the photo had offered to tell her side of the story and be interviewed for the webcast.

"She wanted to have her say and defend herself," Loverock said. "When they pulled my story, they

**"The biggest problem is that they are not supporting us as journalists."**

-Cara Loverock, student

also took that away from her. It is insulting that they would say they know what is better for her than she does. She's an adult."

According to Sheridan president Robert Turner, the issue was not whether the picture should or should not have run but what level of pixilation (distortion) should have been applied to it. Turner scheduled a meeting with Loverock's class on Tuesday to discuss the issue.

"We are going to work through it together," Turner said.

But Loverock said she and her classmates were not satisfied after the meeting.

"I was upset," she said. "Points made by students were not really addressed."

According to Marlow, readership reaction to the picture was mixed.

"We got quite a few complaints from parents and other people who read the paper," Marlow said. "But (we) have gotten a lot of comments from people saying we've done a good job."

Journalism professor Leslie Butler said there is a bigger issue at hand than censorship.

"The real issue is: what is the administration or student union doing about these pubs?" Butler said. "Where is the student union being held accountable for events that are sexually exploitative?"

She said she is surprised by the lack of control Sheridan's president Robert Turner has over events at the pub.

"The president said he has no control or authority over what goes on in the pub," Butler said.

She said she heard journalists' access to pub events may be restricted from now on.

The Journalism and New Media class is preparing for a web cast today at 5 p.m. The show will address the issue of censorship and can be accessed by going to [www.thesheridanreporter.com](http://www.thesheridanreporter.com).



This picture, published on the cover of Sheridan's campus paper last week, has caused a stir over censorship.

### Officers advise students to use good safety judgment

## Police step up car patrols in college area

DANA BROWN  
NEWS EDITOR

Police are stepping up patrols around Humber's North Campus, as they continue to investigate five robberies involving students at the college.

Between October 2004 and March 2005, there have been seven incidents around the school, including recent muggings in the wooded area just off-campus known as the valley.

Sgt. Larry Dee, 23 division, said car patrols in the area have been increased.

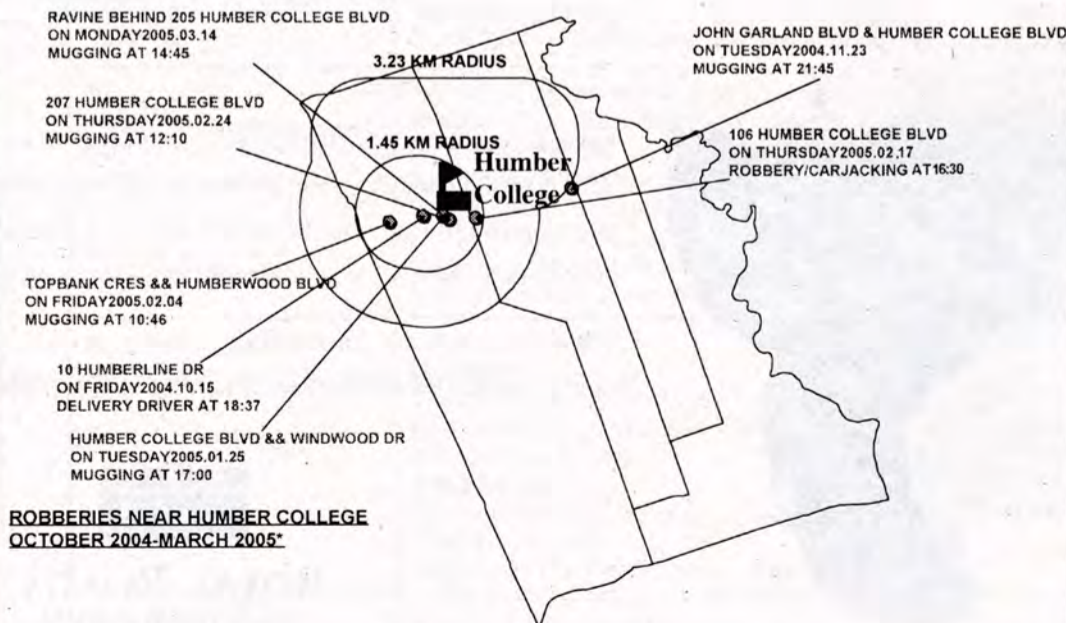
"Once the good weather comes and it dries up enough we'll be putting all-terrain vehicles in the parks and do bicycle and regular foot patrol," he said.

On Feb. 24 a student walking through the valley around 12:30 p.m. was approached by two men who robbed him of \$30 cash and a cell phone.

Less than three weeks later, on March 14, two students walking through the same area at 2:30 p.m. were robbed by two men of \$40 cash and key chain watch.

Dee said students should be aware of their surroundings, stay away from vacant areas and try to stick together in large groups.

## Robberies reported near Humber October 2004 – March 2005



Seven robberies around the North Campus have been reported to police since October 2004. At least two of the incidents involved Humber students walking off-campus through the valley.

## Students not pumped about rising gas prices

MARK KHOUZAM  
STAFF REPORTER

Gas prices have forced Steven Resendes to get a job. The first-year Business Administration student commutes to school every day from Mississauga and has had to funnel money he'd set aside for both food and gas this semester into his gas tank.

"It's putting me in the poor house," Resendes said.

Working to bring in more cash is not something he'd planned to do while going to school.

The recent gas price hike has been fueled by speculators on the NYMEX who see problems in supply and refining, according to Roger McKnight, senior petroleum cost advisor for En-Pro International Inc.

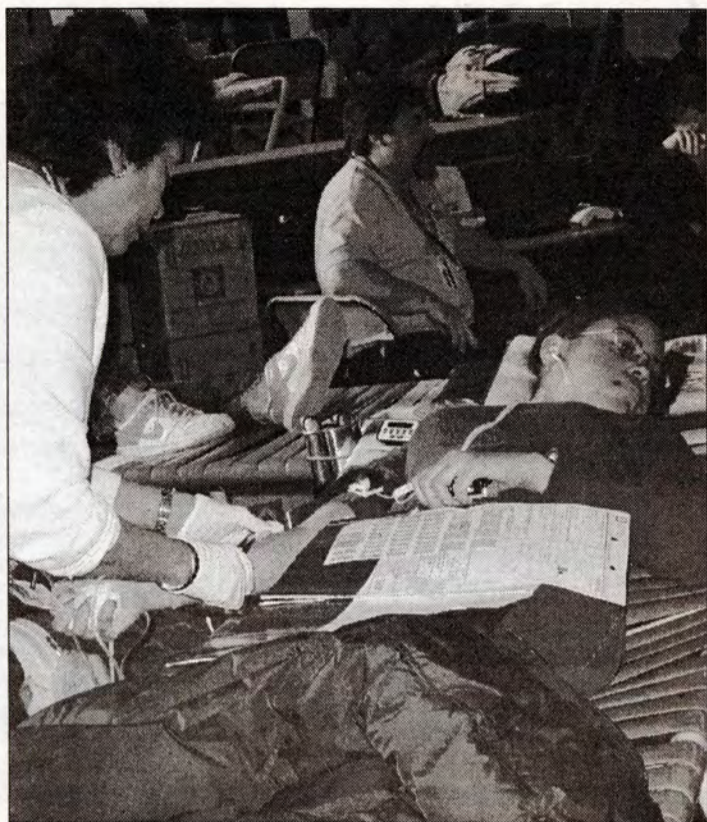
"The world is producing 84 million barrels a day and consuming 84 million," McKnight said.

On the supply side, much of the world's crude oil comes from politically unstable countries.

"What the speculators are saying is that if one side of the equation goes wonky, like supply, or a refinery goes down or a pipeline corrodes, it's going to drive up demand because supply will be down," McKnight said.

"When we work it all out, the price of gasoline is going to come awfully close to \$1/litre in the very foreseeable future."

# News



MUENI KITHUKA

## The need to bleed...

Second-year nursing student Alana Levy rolls up her sleeve at Humber's Blood Donor Clinic yesterday afternoon. Sixty-three donors in all gave blood.

## G-H elections become team event

JESSICA GRAY  
SPECIAL TO ETCETERA

For the first time in its four-year history, the Guelph-Humber Student Association elections have become a team event.

Slate campaigning, where candidates seeking different positions run together as a team was used in the campaigns which ended Monday.

GHSA members are elected to represent Guelph-Humber students' concerns and needs on campus.

Tennica Hamilton and Adrienne McBride are both on the ballot for GHSA president.

Each said they teamed up with other candidates for a different reason.

"I wasn't planning on running a slate, but while I was encouraging others to run, they asked if they could run with me," said Hamilton, a third-year business student.

Hamilton lined up alongside Kimi Holloway for VP Activities, Charmaine Jenkins for VP Operations and Darin Lee for VP Academics.

McBride, a third-year media studies student, was not as happy about running a slate.

She said she felt forced to find candidates to run with her because most of the other executive candi-

dates had teamed up

"I felt I had no other choice since there was a slate running on the other side," she said.

McBride joined up with Mary McLoughlin for VP Activities and John MacIndoe for VP Academic.

Each slate received infractions

during the campaign period: Hamilton's for not cleaning up after a campaign event and McBride's for too much noise in the atrium during campaigning.

Guelph-Humber students can vote until Monday.

## Humber strikes gold in NYC

CAROLINE LAURIN  
NEWS REPORTER

Journalism students arrived back from New York last weekend with their pockets full of gold.

They attended the annual Columbia Scholastic Press Association awards convention to pick up their hardware.

The competition is open to all universities and colleges across North America with student-run newspapers or magazines. Two kinds of awards are handed out: the Crown awards for best overall, and Gold Circle awards for individual entries.

This year Humber College brought home six Gold Circles.

Ming Chieh Hsu won first place for her illustration, "The Great Trade Race" in *Magazine World* and Jon McCarthy came in second for his "Politics of the Environment" photo in *Planet Oz*.

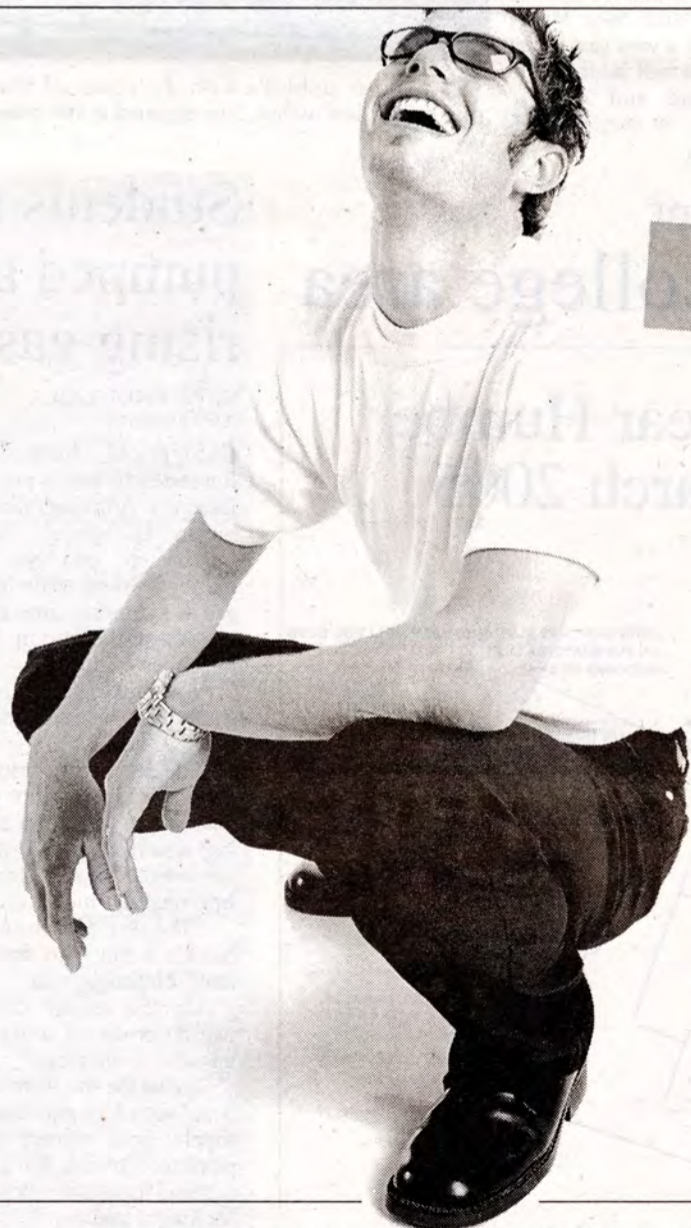
Kermin Bhot won third place for her work in *EtCetera's* In Focus section, and Courtney Muir also came in third for her non-fiction column "Tooker Gomberg" in *Planet Oz*.

Adam Ledlow received a certificate of merit for his *EtCetera* cartoon portfolio and *Convergence's* student staff also received one for the overall design of the spring 2004 issue.

"It gives us a sense of, 'damn we're good,'" said journalism coordinator Terri Arnott.

The awards give the students a chance to see how they're doing in comparison to other journalism students, including those at Ivy League schools like Harvard and Yale.

*EtCetera* is up for another three awards this April at the Ontario Community Newspaper Association annual convention.



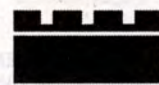
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## Non-emergency 911 calls waste paramedic resources

CLARE TATTERSALL  
NEWS REPORTER

The misuse of 911 has led paramedics to question how to stop people from using the emergency service for trivial calls, like nose-bleeds and stomach aches.

"I just finished three hours at a hospital with a trivial call," said paramedic and recent Humber graduate Sean Mason.

"It (trivial calls) takes us off the

road which leaves fewer crews to deal with more serious calls."

Mason said he has, at times, spent half of his 12-hour shift in the ER.

Once a paramedic takes a patient to the hospital, he has to wait with them until they are taken off the stretcher.

"A lot of patients think they are going to be admitted faster if they come with us," Mason said.

"However, it's based on priority."

Lynne Urszenyi, coordinator of Humber College's paramedic program, said trivial calls waste resources.

"Even if the paramedic doesn't transport the patient, it still takes time to convince the patient to go by other means," she said.

"We might be with a patient for 45 minutes."

Every time they are transported

to hospital, patients are charged \$45.

The fee is not covered by OHIP but is often covered by medical benefits. The Ministry of Health pays the remainder of the \$240 ambulance fee.

People are typically unaware there's a fee until they receive a bill.

Toronto EMS said about a third of all 911 calls are transported to

hospital.

Urszenyi said she doesn't think greater public awareness about the financial penalty is the answer.

"People are sent the bill (now) and they just don't bother paying it. It doesn't matter to people."

Urszenyi said there needs to be more public education about what constitutes an emergency and when you should and shouldn't call 911.

## Two people stabbed at local charity event

AARON JACKLIN  
NEWS REPORTER

Two basketball spectators were stabbed in the stands of a local high school last Wednesday night.

"There was a group of people from the audience who had crossed paths before," said Det. Sgt. Les Stasiak of 23 division. "There was bad blood between them. Some type of altercation started, knives were drawn and two people were stabbed."

One was stabbed in the chest area and another was slashed in the face. The stabbing happened during a Hoops Unlimited basketball game held at Father Henry Carr Catholic Secondary School over March Break.

Hoops Unlimited is a basketball program intended to prevent crime and keep youth off the streets, said Shawn Gray, director of basketball operations for the program.

"We've been running for three years with no incidents," Gray said.

He said it's too soon to tell if the stabbing will make them lose sponsors.

Stasiak said the incident was a crime of opportunity that just happened to occur at the game.

"It had nothing to do with the basketball game itself," he said.

Police are still looking for suspects.

Anybody with information or who witnessed the fight is asked to contact police or Crimestoppers at 416-222-TIPS.

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## CONVOCAATION 2005

|   |   |   |
|---|---|---|
| Tuesday, June 21<br>2:00 p.m.<br>North Campus                             | School of Social and Community Services<br>School of Hospitality, Recreation and Tourism  |   |
| Tuesday, June 21<br>7:30 p.m.<br>North Campus                             | Corporate and Continuing Education<br>Liberal Arts and Sciences<br>School of Applied Technology   |   |
| Wednesday, June 22<br>2:00 p.m.<br>North Campus                           | School of Media Studies & Information Technology  |   |
| Thursday, June 23<br>The Business School<br>2:00 p.m.<br>North Campus     | Accounting<br>Accounting 2 Year<br>Accounting 3 Year<br>Accounting Business Systems<br>Administrative Services<br>Advanced Accounting<br>Business Analyst<br>Business Development<br>Canadian Institute of Management<br>Computerized Accounting<br>Computerized Accounting Clerk<br>Cosmetic Sales/Make up<br>Court and Tribunal<br>Executive Administrative Assistant<br>Fashion Arts<br>Financial Planning<br>Human Resources<br>International Business<br>International Marketing | International Project Management<br>Law Clerk<br>Legal Administrative Assistant<br>Legal Assistant<br>Legal Studies<br>Logistics Management<br>Marketing Management<br>Medical Administrative Assistant<br>Microcomputer Management<br>Microcomputer Office Management<br>Microcomputer Technical Support<br>Office Administration – Law Firm<br>Paralegal<br>Professional Sales<br>Public Administration<br>Small Business<br>Supervisory Management<br>Training and Development |
| Thursday, June 23<br>The Business School<br>7:30 p.m.<br>North Campus     | Business Administration<br>Business Administration Co-op<br>Business Administration – Professional Golf<br>Bus Admin – Professional Golf Accelerated  | Business Management<br>Business Management – Financial<br>Business Studies<br>Marketing   |
| Friday, June 24<br>School of Health Sciences<br>2:00 p.m.<br>North Campus | Activation Techniques in Gerontology<br>Advance Care Paramedic – Intensive<br>Clinical Research<br>Community Integration through Cooperative Ed<br>Early Childhood Education<br>E.C.E. – Advanced Studies in Special Needs<br>E.C.E. – First Year through Distance Education<br>Emergency Telecommunications  | Funeral Service Education<br>Gerontology – Multidiscipline<br>Occupational Therapist Assistant<br>Paramedic<br>Pharmacy Assistant<br>Pharmacy Technician<br>Physiotherapist Assistant<br>Regulatory Affairs   |
| Friday, June 24<br>School of Health Sciences<br>7:30 p.m.<br>North Campus | Bachelor of Nursing<br>Coronary Care<br>Fundamental of Critical Care Orientation<br>Neonatal Nursing Intensive Care<br>Nephrology Nursing<br>Palliative Care<br>Personal Support Training<br>Practical Nursing<br>Registered Practical Nursing – Operating Room   | RN – Critical Care Nursing<br>RN – Emergency Nursing<br>RN – Mental Health Nursing<br>RN – Neuroscience Nursing<br>RN – Obstetric Nursing<br>RN – Occupational Health Nursing<br>RN – Operating Room  |
| Saturday, October 22<br>2:00 p.m.<br>Lakeshore Campus                     | School of Creative and Performing Arts  |   |

**FOR THE ATTENTION OF ALL HUMBER STUDENTS**  
**Notice of Election**  
 for the  
**Student Representative**  
 to the  
**Board of Governors**  
 of  
**Humber College Institute of Technology and  
 Advanced Learning**

An Election will be held on **Thursday, April 7** and **Tuesday, April 12, 2005** for the position of **Student Governor on the Board of Governors of Humber College**. The term of office for this position is September 1, 2005 through August 31, 2006.

Please note the following timelines for this Election:

|                      |  |
|----------------------|--|
| March 14 - 24        | Nominations Period - packages available from:<br>North Campus - Val Hewson, Room D 167<br>Lakeshore Campus - Ian Smith, Room A 114 |
| March 30 - April 5   | Campaign Period, which will include an All Candidates' Forum   |
| April 7 and April 12 | Voting at both the North and Lakeshore Campuses  |

Voting at both the North and Lakeshore Campuses

Further information about the Board of Governors of Humber College and this Election can be obtained through the President's Office, Room D 167, North Campus, or by contacting:

**Val Hewson**  
**Executive Assistant to the Board of Governors**  
 phone ext: 4102  
 email: [val.hewson@humber.ca](mailto:val.hewson@humber.ca)

# Companies pay big bucks for human billboards

## Logos tattooed on body parts

KERRIN MCNAMARA  
BUSINESS REPORTER

Students needing a little cash can now put their body parts up for rent.

The Vancouver-based company TatAD is recruiting human billboards — people getting paid to tattoo company logos on their body.

TatAD president Mark Chadwick described the process as simple.

"A company gives us their logo and brief description of the type of person they are looking for," he said.

"We e-mail that information to our members and they respond by selling themselves to the sponsor as to how they are the best person to pick. If there's a match, we contact the member and set up the tattoo process and payment."

Chadwick said contracts usually last for two years and the person must show the tattoo or simply talk about the company for at least five hours per month.

This type of advertising was popularized last month when Andrew Fischer from Omaha, Neb. auctioned off his forehead on eBay.

The winner — Los Angeles-based SnoreStop — paid him \$37,375 U.S. to have their logo tattooed on his forehead for a month.

Last month *GoldenPalace.com*, a popular online casino, paid a 27-year-old Scottish woman just under \$800 U.S. to have its logo temporarily tattooed across the cleavage of her 42GG breasts.

The company had previously emblazoned their logo on boxers' backs since 2001. But Drew Black, director of marketing for Golden Palace's publicity company, credits eBay with opening up a whole new realm of possibilities.

"We would like to see our brand anywhere that can attract attention," he said.

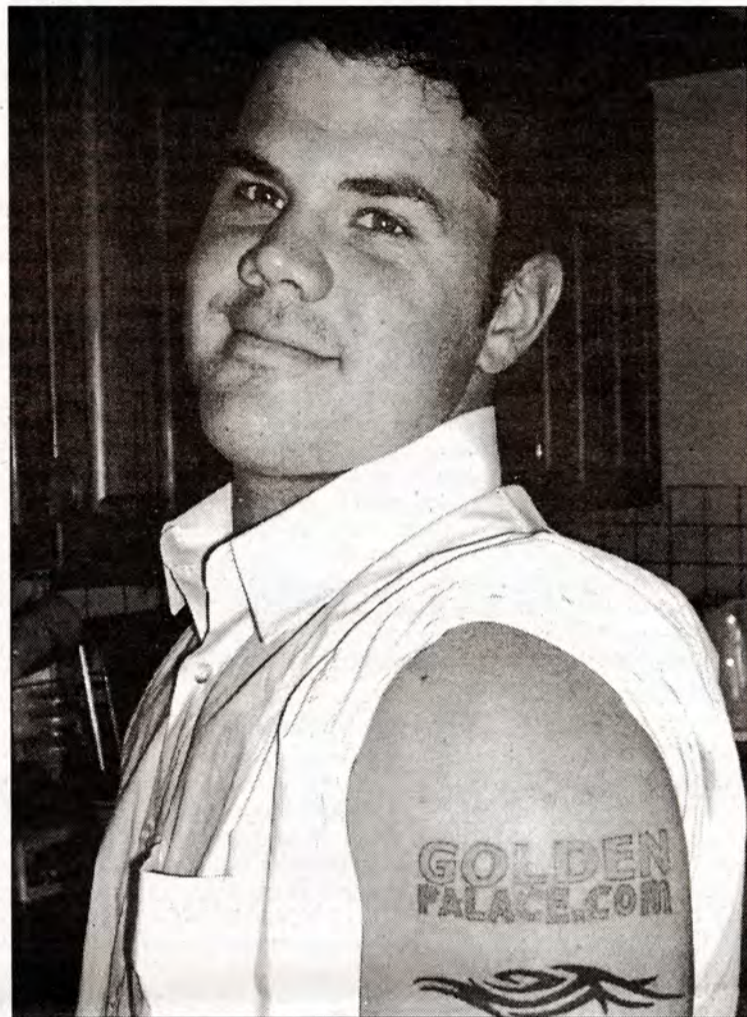
"Foreheads, pregnant bellies, arms, legs and cleavage are all fair game."

Heather Lowry, program coordinator for advertising and graphic design at Humber, sees this as an evolution of branding.

"We've been using our bodies to promote products forever," she said. "Ten years ago you let your underwear hang out so everyone could tell you were wearing Calvin Klein."

But some companies are offering more than just money to willing participants. One of *TatAD.com's* current ads is a two-inch square tattoo of *TravelReseller.com's* logo in exchange for \$250 cash and a \$3,000 vacation package.

Chadwick said the process gives companies a cheap but highly effective form of advertising.



COURTESY

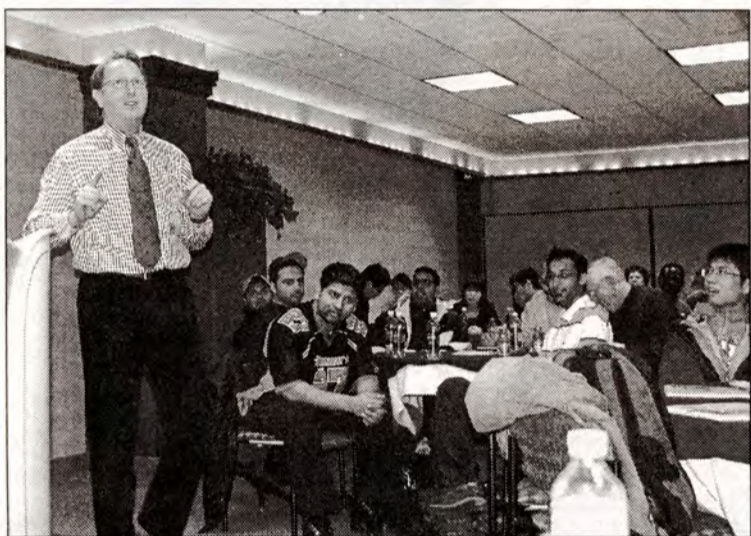
TatAD has over 1,200 members signed up to their website, all willing to let companies to use their body as mobile promotion.

"It's really about choosing the right promoter that aligns with the company's demographic," he said.

"*AbsolutePoker.com* and *GoldenPalace.com* have just tattooed two TatAD members. One belongs to poker clubs and plays poker every day, and the other one just loves gambling on *GoldenPalace.com* and already talks about the site."

However, Lowry says big problems ahead when everyday people are given the responsibility of representing a company's image.

"You can't control people in the general population," she said. "It'll all go the way of the dodo as soon as the first person who has someone's logo tattooed on them does something that isn't in keeping with that company's mandate."



DANIELLE SAVONI

Speaker Nicholas Boothman believes everyone has the potential for great communication skills. Some, he says, just need a little extra help developing them.

## Speaker teaches how to talk the talk

DANIELLE SAVONI  
BUSINESS REPORTER

World-renowned entertainment speaker and author Nicholas Boothman came to Humber's North Campus last week to give his tips for making connections in business to students.

The event, held last Thursday in the Seventh Semester, had been sold out for months.

Boothman was originally a fashion and advertising photographer, but was more intrigued with the communication that the job required and started speaking to camera clubs.

After doing his presentation to a North York camera club, Boothman was approached to speak to other groups.

He went on to study neuro-linguistic programming and is now well known for his book *How to Make People Like You in 90 Seconds or Less*.

Boothman has presented his unique perspective to communications to Harvard Business School, Ernst and Young, Sony, Chanel, Mackenzie Financial Corp. and several other leading companies and universities.

Alvina Cassiani, associate dean of Humber's business school, said Boothman was a valued guest speaker because of his approach to the communications process.

"It was important for our students to hear that," she said. "They

get it from our faculty, our industry experts that talk about presentation, but we wanted them to live it and that's why we thought it was important that he come to this school."

"I learned a lot about body language and how to present yourself," said Humber student Gianluca Parente.

"I guess because he studied it so much, he knows how to keep an audience entertained."

Boothman packed his presentation with valuable advice without skimping on excitement.

"I flipped the top of their heads off in that two hours and put what was inside on the table and said, 'Look, put it all back. Now you know it's there, it works and you can do stuff,'" Boothman said.

Students from Humber's Lakeshore campus made the trek uptown to be part of the event.

"I thought it was a really useful, innovative, and integrative presentation," said post-graduate public administrative student Kara Thornhill.

"I would definitely recommend it to other students or even to professionals. I feel really positive leaving here," she said.

"I just make them feel good about themselves," Boothman said. "So many people are like a rose with a rubber band around them. I just cut the band off and let them bloom."

## Daycare plan good for kids?

### Government and experts disagree about usefulness

DAVE LAZZARINO  
BUSINESS REPORTER

Minister of Social Development Ken Dryden is leading the offensive toward a universal daycare agenda he hopes will please parents and caretakers alike.

"It's important to understand the priorities of Canadians as we work toward an agreement with the provinces and territories to implement an early learning and child care system," Dryden said in a press release. "The best way to do this is to listen."

But according to journalist Peter Shawn Taylor, the government is listening to the wrong people.

Taylor, who has written for the

*National Post* on childcare and education issues and is a contributing editor for *Canadian Business* magazine, acknowledges the government plan is good in the short-term. However, Taylor says the long-term possibilities are not as promising.

"National childcare is a solution to a problem that exists only because the government wants it to exist," he said during a luncheon speech earlier this month at the Fraser Institute's Toronto office.

"Institutionalizing the nation's children may be attractive to government and to certain other interests, but those interests hardly align with the intended customers, parents and children."

Taylor said countries such as Australia and New Zealand have both set up publicly and privately funded daycare programs and are doing remarkably well. In fact, according to Taylor, those countries now offer higher wages for daycare workers combined with a

full supply of daycare openings.

Taylor also cited studies that showed most parents prefer to have their children looked after by a family member or neighbour before entrusting the duty to qualified daycare personnel.

The statement was echoed by Nancy Russell, a professor of child and youth work at Humber College and director of a youth home in Toronto.

"In early childhood, it may be more important to have a bond with family," said Russell when speaking about the protective factors of childhood development.

Though money spent on these programs will affect students going into the workforce, some tend to retain an altruistic approach.

"I don't know where the money will end up going," said Vanessa Wolowiec, a second-year child and youth work student at Humber. "But if it helps out kids, that's what's important."

# Editorial

## Censorship now a growing threat to college students

Walking down the halls of any post-secondary institution, one would be led to believe that the hallways and classrooms of academia would provide an environment where opinions and ideas could be freely exchanged.

But just three months into the new year, a number of accounts of censorship have been plaguing student freedoms in colleges and universities across the country.

In January, a student at Saint Mary's University in Halifax was banned from selling pin-up calendars of female students, who posed willingly, as they were deemed to be disrespectful to women.

Humber also faced its own controversy with *sweat*, the official magazine for the Ontario Colleges Athletic Association produced by final year journalism students, when it was literally yanked from distribution at Loyalist College. The school's athletic director took offence to the front cover picture of a male athlete holding volleyballs in front of a female athlete's breasts. The picture was being used to illustrate the problems female athletes face in sports.

In February, five York University students were arrested at an anti-Bush rally for refusing to follow campus rules on on-site protests.

And just last week, censorship reared its ugly head yet again, when Sheridan College administration pulled the plug on an online broadcast of the controversy surrounding racy pictures of students dressed up as *Playboy* bunnies published in their student paper.

In context with the article, it's clear the image was not only used to draw in readers but also to make a point: Is it appropriate for the student union to hold such events?

### offensive opinions

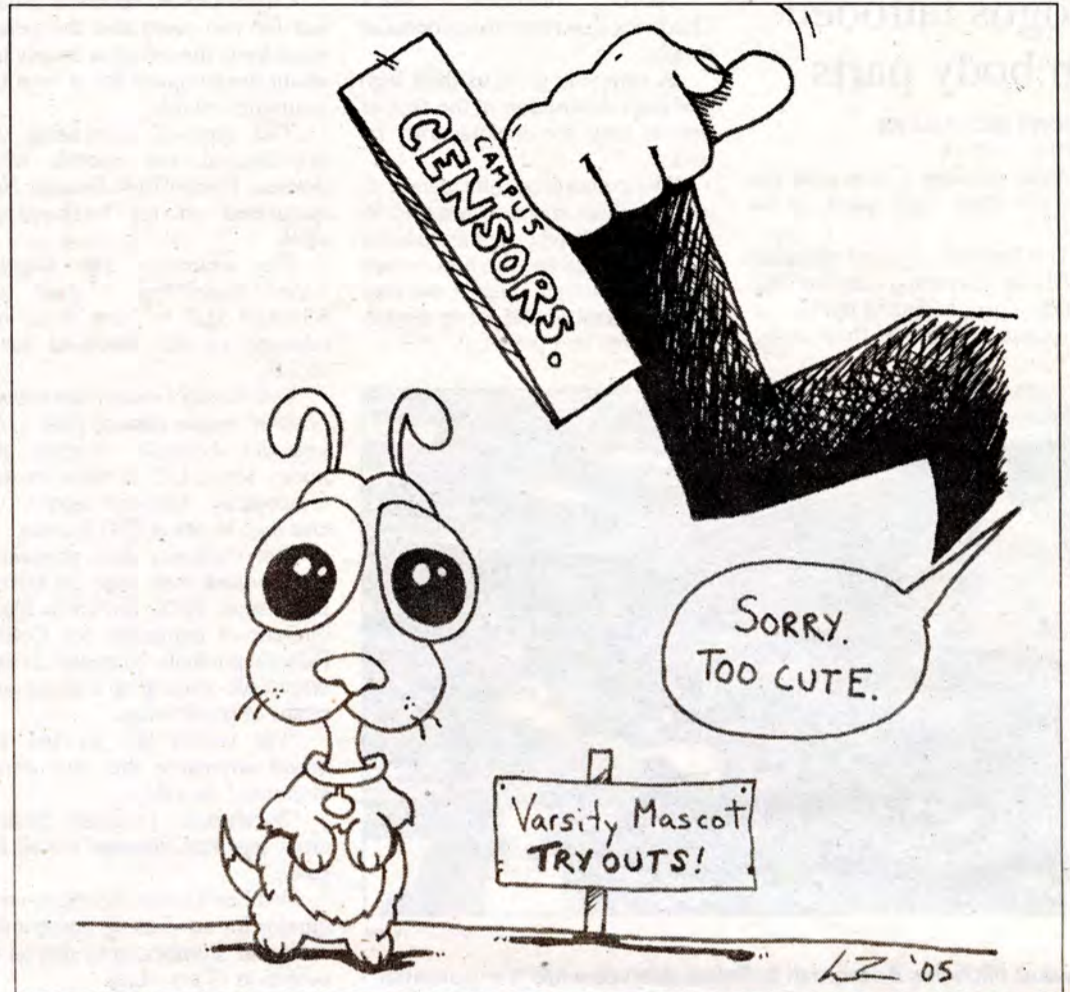
No one should be attacked for offering an opinion that some may find offensive.

And college or university administrators, of all people, should encourage their young charges to fully engage in debate. Every campus should be a forum for open discussion of controversial issues, where dissenting opinions are welcomed as catalysts to expanding the dialogue.

As students we send a wrong message if we allow administrative suits to limit our freedoms.

If we don't do our part now to curb this growing trend of censorship, then the next generation of students will grow up to think that our voices are nothing but a nuisance.

The right to free speech is a freedom worth fighting for. It is a dark day that some men in suits actually think they have the right to deny us such basic rights. We need to turn on the light.



Contact the newsroom at (416) 675-6622 ext. 4514  
or email us at  
[etceteraopinion@hotmail.com](mailto:etceteraopinion@hotmail.com)

## The worst thing a celebrity could do when let out of prison



ADAM  
LEDLOW

It looks as though Robert Blake didn't get my memo about celebrities keeping a low profile in the face of criminal charges.

The former child actor from the *Our Gang* comedies of the late 30s and early 40s went before the press after he was acquitted of the 2001 slaying of his wife, Bonny Bakely, last week. And once again, my expectations about a celebrity's reaction to a court verdict were dead wrong.

I was looking to see a solemn and tearful Blake, graciously

addressing the press, thanking his lucky stars that his wrongful accusation had been nullified after the jury failed to put the gun in his hand.

Blake's immediate reaction after his verdict was read certainly suggested this would be the case. He was tearful and shaky, as I had envisioned.

However, an hour later, Blake had pulled himself together and got down to business.

Crowds were treated to a slightly indignant Blake calling his doubters "commode scum," telling reporters to shut up and later hamming it up playing guitar and singing in the street. Blake used his press conference

to jump-start his shaky career in show business. He complained that the four-year ordeal had cost him almost \$10 million in lawyer

**"I'm broke. I need a job," he pleaded. The whole scene was offensive and pathetic."**

fees. "I'm broke. I need a job," he pleaded.

The whole scene was offensive and pathetic.

It was no mystery that Blake

was not a fan of Bakely, a woman he openly admitted to marrying because she was pregnant with his child. She had an apparent history as something of a grifter who sent provocative photos to celebrities with promises of sex.

But I still fail to see the appropriateness of treating a press podium like a Broadway stage with your wife six feet under.

Only in Hollywood could a man come sauntering out of a murder trial and use the media like the circus it often is, turning a press conference about his murdered wife into a nationally televised want ad for an acting job.

Disgusting.

And yet, as it did with Martha

Stewart and Robert Downey Jr., Hollywood will no doubt accept Blake back with open arms, welcoming him back into the fold.

And we, the viewers, will too soon forget Blake's horrendous display, perhaps enjoying Blake's voice on stage or chuckling at how he can still pull off a tough-guy role at 71.

We'll toss the Blake case into the celebrity news disposal with the rest of the long-forgotten debris and move on to something fresh.

We'll fast forget there ever was a Bonny Bakely and get on with our lives like we always do, while a woman rots in the ground, her murder still unsolved.

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# Opinion

## The results are in . . . TV paternity tests are trash



LAUREN  
LA ROSE

A letter to the "TV Talkback" section in the *Toronto Star's Starweek Magazine* caught my attention a few weeks ago. The man was writing for information on the host of his favourite TV program, *Cheaters*.

For those not familiar with the show, the title is self-explanatory: a man or woman who suspects the infidelity of their spouse, boyfriend or girlfriend decides to confront them by having surveillance follow their every move, leading to the inevitable – and often heated – confrontation.

It doesn't surprise me that a man with such high standards for television programming would cite another of his favourite "shows" as paternity tests on *Maury*. No joke. Not *Maury Povich's* talk show, but only the paternity tests.

And if you've ever tuned in on a weekday morning when the paternity topic is featured – which is at least two or three times a week – it isn't hard to see what gets viewers hooked.

Sometimes guests come on the show to reunite with long-lost dads and take paternity tests to find out if they're a match. But these warm, fuzzy Hallmark moments are in the minority.

The paternity tests that really get the audience going are those involving a woman who has slept with two or more partners within a close period of time and is usually cheating on a spouse or boyfriend,

**"Maury called Marisol's ongoing search for her kids' fathers 'courageous.' I call it filthy McNasty."**

leaving her uncertain of the identity of her child's father.

In one unforgettable case, a woman had 10 men tested to find her baby's daddy – and they all failed. She had to admit there may be three more men to test.

Thirteen men?! What is going on in these towns? Boredom? Or perhaps just severe birth control shortages? I can't believe men and women in this day and age, when

every time you hit the sheets you risk infection or death, would go to bed with anyone and without birth control.

For a man in the position to pose tough questions and provide guidance to millions of viewers, *Maury* really doesn't take either side to task. What's more, these frequent fornicators often make regular appearances.

A young woman named Marisol was one of them. She was in her mid-twenties with four kids, and thanks to the show, she knew the paternity of two of them. Halfway there!

She brought two brothers to the show to be tested, the 11th and 12th men on her list. *Maury* called Marisol's ongoing search for her kids' fathers "courageous." I call it filthy McNasty.

When answering the question of why he had hooked up with Marisol in a taped segment, one of the brothers replied: "I only slept with her because I was bored and she was a *Maury* celebrity."

Charming.

Neither of the brothers was the daddy of any kids in Marisol's troupe, but let's be

clear – there's nothing courageous about this process.

No one forces people to showcase their dirty laundry on national TV. And the whole need could be avoided by taking necessary precautions – and maybe spacing out sexual partners by more than, let's

say, a week.

The *Maury* paternity test/*Cheaters* fan and the millions of others who watch need not worry. As long as viewers continue to create demand by tuning in, the cog in the machine of tawdry programming will keep chugging along.

## 50's not worth a Cent



HENTLEY  
SMALL

I've been listening to hip-hop music forever and have heard a lot of guys who probably shouldn't have become stars. But of all the inexplicable phenomena, 50 Cent's rise to glory is one of the most puzzling.

Why is he so popular? Why do the masses flock to buy his product? His latest work, *The Massacre*, is selling at record rates.

To find the answer, I hesitantly dipped into my brother's CD collection and pulled out 50 Cent's, *Get Rich or Die Tryin'* album.

I went into the experience with an open mind. Maybe there were some redeeming album cuts that I could point to as his real strength. But the search for allure came up empty.

My verdict? The CD is garbage. Only two songs offered anything exciting or different. Everything else was stale and formulaic.

At that moment I shifted gears in my thinking. The appeal must be the story, not the songs. And I don't mean the story behind the songs – I mean the story of his life. Gangster, thug, street pharmacist, whatever sounds catchy. But every rapper has got the same background.

(Cue: gruff voice) "I grew up in the hood. Life was hard, man. I had to sell drugs just so I could have something. That life almost killed me so I turned to rap."

Don't forget to add that he claims to be the victim of nine bullets or that he started some beefs with established rap stars – it's all there. But shouldn't success eventually be credited to at least some passable skill? Maybe that's just wishful thinking on my part.

I've heard the two singles off his new album. Garbage. I guess he's so popular now, he doesn't have to try but couldn't he at least pretend he's trying for the sake of the people who actually listen to his music? Maybe he truly is trying, which is just as scary a thought.

Not that some of his contemporaries are any more skilled but a guy like Ma\$e proves his appeal with the ladies. Ja Rule's calling card is his sing-songy R&B choruses, which are fun and easy to recite.

Snoop Dogg and Jay-Z use clever wordplay to back up the drawing power of their stories.

But 50 Cent is not so fortunate. I can't recall reading an article or review praising his rap skills. In fact, it's been quite the opposite. His ability is as limited as his subject matter.

The hip-hop art form is about storytelling but I thought the most crucial stories were told in the songs, not the interviews.

It's a shame when the story behind the music is more important than the actual music.

Give us your two cents on 50!

Contact the newsroom at  
(416) 675-6622 ext. 4514  
or email us at  
etceteraopinion@hotmail.com

## Lost in the space between



PIERRE  
HAMILTON

Of all the moments in our modern lives, we tend to lose sight of the ones in between delete/backspace and send.

They are the bittersweet nothings you typed, erased, re-typed, re-worded and finally sent scurrying to someone else's inbox.

They're the ones still pasted to your fingers, the ones, which if unglued would threaten to loosen the bond you were trying to forge.

They are the memories we share only with the delete/backspace key. Increasingly, I find them creeping into the real

world as the sun scrapes across the morning sky, glaring at me through dirt-spotted windows, or during those uncomfortable, yet inevitable silences when there's everything and nothing to say, but where you could type

**"The things you erase are pregnant with what you really wanted to say, but couldn't."**

and re-type to your heart's content.

These are the moments that rule our online lives, especially

in affairs of the heart and especially during class when your mind is like driftwood winding down a riverbank of what you should've typed.

What gets deleted is far closer to the truth than the highly edited gobbledygook we end up sending. The things you erase are pregnant with what you really wanted to say, but couldn't.

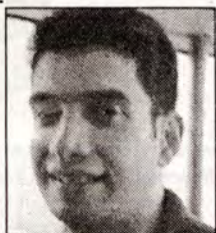
To be fair, into every life a little sadness must bleed. A little sadness, so we can let the soft sands of hope sift through our fingers and let this crazy little thing called fate show its cards.

If she asks, just tell her I understand.

I get the feeling all we'll ever have is the space between. And between you and me, I'm okay with that.

## Public Opinion

What do you think about *The Sheridan Sun* front page pic? (see story pg. 3)



"I don't think it's appropriate for school, but it's relevant in the real world"

- Joe Mamone  
Human Resource  
Management  
Certificate



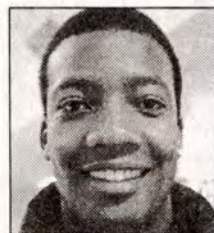
"It's pushing it a little too much."

- Hillary Circhton  
1st year Personal  
Support Worker



"They look like they belong on Jarvis Street. They look like they should be charging."

- Lindsay Macphee  
1st year Business  
Administration



"I think it's hilarious. It's sexual but it's not degrading at all."

- Jason Wilson  
2nd year Health  
and Fitness



"I guess those people have no shame."

- Jessica Smith  
1st year Guelph-  
Humber Media Studies



"It's shocking. I don't really expect to see two girls dressed like that on the front page."

- Mike Ryan  
1st year General Arts  
and Sciences

# In Focus

## East vs. West: Yoga's culture clash

Commercializing yoga as fashionable exercise rather than spiritual meditation

JACQUELINE FIGUEIREDO  
IN FOCUS REPORTER

Before there was Lululemon or Karma Athletics there was a different kind of yoga.

Most Westerners have contrived ideas about the practice of yoga, between the ancient teachings of yoga, the union with the inner self and the *Yoga Journal's* 2005 guide to yoga vacations.

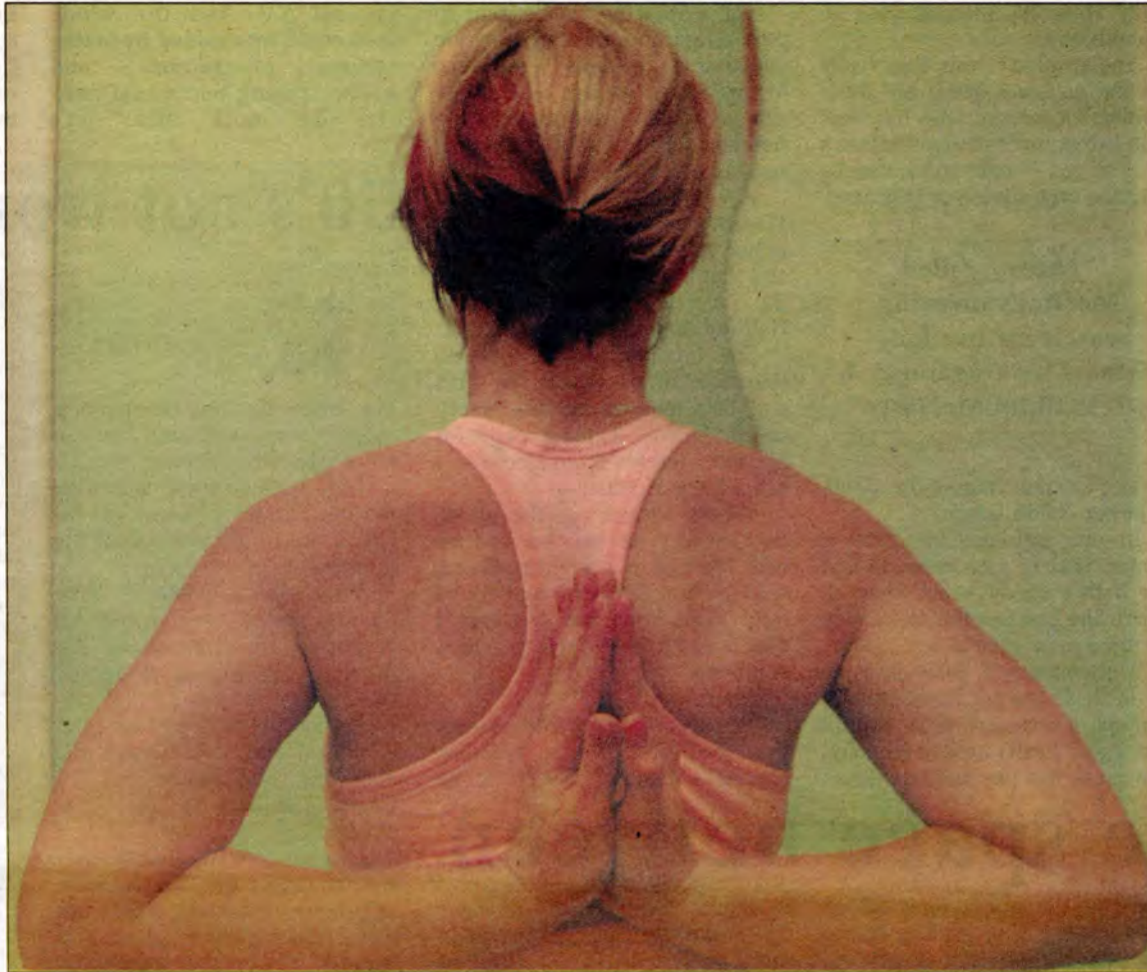
"In the East, there tends to be a lot of foundation in the spiritual aspects of the teachings, basing it on the philosophy and scriptural teachings," says Jeannine Woodall, yoga instructor at Jivamukti Yoga centre in Toronto.

"In the West there tends to be bit more emphasis on the yoga practice just as a physical asana [or posture] practice."

The West was first exposed to yoga sometime in the 20th century. In 1966, following a trip to India, the Beatles introduced the West to transcendental meditation with the help of their spiritual guru Maharishi Mahesh Yogi. Then came yoga communities, TV shows, classes, fashion and exhibits. Yoga became mainstream in the last eight to 10 years thanks to the health and fitness craze of the 80s.

"Because of the changes in the world, a lot of stresses and careers, people started to need outlets to find more peace in their lives, more calm and reduce the stress levels," Woodall says.

"People started to be drawn to yoga because they felt initially that



JACQUELINE FIGUEIREDO

Westerners are more into the physical side of yoga, as a means to relieve stress.

it would help them be healed physically and emotionally."

Yoga works against the fast-paced Western lifestyle. It encour-

ages strong breathing to improve endurance, calm nerves and tone the body.

"The physical side probably

evolved in order to assist people with the spiritual side of things," says Norm Greer, yoga instructor at Active Yoga Centre in Toronto.

"For one thing, exercise doesn't conflict with other people's religions and it's something that people in the West are used to doing - whereas sitting still and being calm is not something inherently Western."

Yoga followers believe that only when the mind is completely still, without interruption, can the true self be experienced. That is why yoga is a precise series of postures and movements.

When yoga was introduced in the West, its ancient traditions changed to suit a more contemporary society.

"Recently people have been focusing more on just the physical," Woodall says. "Building up the strength in the body, relieving stress and becoming healthier physically or emotionally too, but not so much of an inquiry to the nature of the mind, for example. And I think that perhaps is coming back a bit now."

Spirituality may slowly be coming to the West, but this time in a different form - as logos on t-shirts, one of the hottest items last November at the Yoga Show in Toronto.

"A lot of people who attended [the Yoga] show did kind of come away feeling that it was overly commercializing yoga and just viewing yoga as a business," Woodall says.

Shows like this suggest yoga's culture clash is prominent in the West, emphasizing the trendy fashion side while losing the ancient practises of spirituality.

## Rebirth of the hippie diet

Microbiotics: A harmonious relationship between mind, body and environment

CAMERON AINSWORTH-VINCZE  
IN FOCUS REPORTER

Looking for a diet that improves health and is rich in spiritual development, emotional discovery and internal peace? If the answer is yes, you might want to give microbiotics a try.

"Macrobiotics isn't simply a way of eating, it's a philosophy that strives to create a harmonious relationship between people and their environment," says Jess Porter, macrobiotic chef, hypnotherapist and recent author of *The Hip Chick's Guide to Macrobiotics*.

"It is a powerful experiment with nature that can help you lose weight, ward off disease, improve your skin and increase

your overall level of happiness."

A standard macrobiotic diet is mainly vegetarian and consists of eating meals comprised of 50 - 60 per cent whole grains, 25 - 30 per cent locally grown vegetables, 10 - 15 per cent beans and bean products and five per cent soup made from vegetables and grains.

Dieters are also encouraged to exercise regularly, wear cotton clothing, avoid television and meditate for the full macrobiotic lifestyle.

The combination of foods and activities "allows the body to discharge itself of toxins and creates

positive emotional balance," Porter says.

The diet was developed by George Oshawa, a Japanese philosopher, who in the 1920s integrated traditional Asian medicine with Christian teachings and Western medicine.

As a child, Oshawa's family fell victim to tuberculosis. He was cured from the disease by a doctor who prescribed a simple diet that followed a ratio of one volume of sodium to five volumes of potassium.

Oshawa introduced a 10-step version of the macrobiotic diet to the U.S. in the 1960s and it was embraced by a counter-culture open to alternative forms

of living.

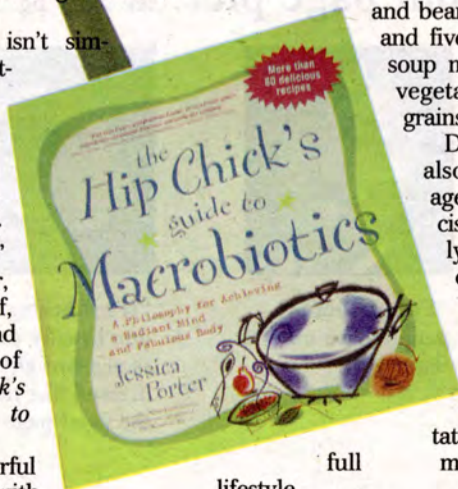
"It was know in the 1960s as the hippie diet and was seen as a way of doing drugs without really doing drugs," Porter says. "People often followed the extreme form of the diet (Oshawa's Diet Number 7) which involves eating only brown rice and water. This can result in people going totally nuts after an extended period of time!"

Lately, Porter says, macrobiotics "has experienced a sort of rebirth," Porter says, as celebrities like Madonna and Gwyneth Paltrow use the diet as a cleansing technique.

But Julie Daniluk, a holistic nutritionist, says the diet can be harmful if people don't educate themselves about the diet prior to trying it out.

"A diet of whole grains and vegetables lacks essential proteins that the body requires in order to function," Daniluk says. "Not everyone can handle a diet consisting of only grains and vegetables because it is deficient in vitamins and calories like vitamin B12, vitamin D, calcium and iron."

Before starting a macrobiotic diet, Porter suggests people read a few good books on the subject and assess personal activities like sleeping patterns, stress levels and physical condition.



## Cultivating false body images Experts examine eating disorders from a cultural perspective

FAZEENA SAMAD  
IN FOCUS REPORTER

Canadian women are dying to be thin.

A recent study by Health Canada shows an increase in eating disorders among young women.

According to the 2005 report on mental illness in Canada, three per cent of women will be affected by eating disorders in their lifetime. The report identified three of the major eating disorders: anorexia nervosa, bulimia nervosa and binge eating disorder.

"The causes of eating disorders are multi-factorial. For example it can be factors within the individual, the family or within the culture," says Ann Kerr, program director of Sheena's Place, an organization for those with eating disorders. "But often it has to do with the way we define beauty in our culture."

Society's obsession with thinness, accompanied with low self-esteem in young women has been cited as a main factor for the increase in eating disorder cases.

"Young people, especially young women, in our society are vulnerable because popular culture has a very specific idea of what beauty looks like, Kerr says.

"Young women feel pressured to look a certain way. Eating disorders usually develop in individuals who have low self-esteem and are conscious about their body image."

Statistics show that the age at which girls become more self-aware about their body image is getting younger.

**An alarming 40 per cent of nine-year-old girls have already dieted.**

-National Institute of Nutrition

The National Institute of Nutrition in Toronto reported that over 80 per cent of girls have dieted before age 18, and an alarming 40 per cent of nine-year-old girls have already dieted.

"Katherine" an anorexia survivor, who wishes to remain anonymous, admits her struggle with the disorder began with her first diet.

"At 12, I created what would be the first in a long series of strict 800 calorie-per-day diets. This

first diet was to ensure that I would enter the seventh grade with a knockout figure," Katherine explains, on an online support forum for recovering anorexics. "I did lose weight, but as most of us know, diets do not cause permanent transformation, nor are they ever a one-time event. The next four years were dominated by diets of all types - you name it, I tried it."

A brief e-mail interview with 'Mandy' who also wishes to remain anonymous because of the nature of the disease, revealed that dieting is usually the stepping stone to disordered eating.

"It started when I was on a big diet. I practically starved myself for three years, and then when I stopped losing weight I started making myself sick," 'Mandy' confesses. "I'll make myself sick every day for a month, then won't at all for a month, like a cycle."

In some cases, eating disorders develop into other forms of self-mutilation.

"My most challenging time was when I made myself sick every day for a week, I couldn't stop myself, that's when I started cutting," Mandy says.

According to the National Institute of Nutrition, eating disorders usually result when teenagers

are exposed to unattainable body sizes considered perfect by societal standards. They say teenagers are bombarded by messages that thin is beautiful and fat is socially unacceptable. The 'ideal' portrayed by ultra-thin models and entertainers is usually impossible and certainly not healthy for most people.

The aim is to look beyond the traditional stereotype that mostly upper class, Caucasian women between the ages of 14 to 25 are affected by eating disorders.

Chinese film director Ying Wang has made a documentary about the cultural aspects of eating disorders. The documentary titled *Sisters* tells the story of two Chinese sisters who struggle with weight issues after immigrating to Canada.

"I wanted to raise the awareness of ED (eating disorders) happening to minorities, because this fact is still ignored by the mainstream western media," he says.

"This issue has not drawn much attention either from the Western media or from Asian societies. Traditionally, Chinese culture doesn't take mental health problems seriously. The family would feel ashamed if they have child suffering from a mental health problem, and they normally consider it an ethical problem."



LIZA WOOD

Eating disorders are prominent in women who are exposed to Western culture.

## Battling the bloat: Irritable Bowel Syndrome

Most diagnosed problem by stomach specialists

JEREMY LLOYD  
IN FOCUS REPORTER

Robyn Evans says because of her illness, she can never be too comfortable in her own life. For her and other IBS sufferers, comfort is a rare commodity.

"It's constant worry," she said. "It's always weighing on your mind. You think 'I may be fine now, but I may have to run to the bathroom any minute.' It just hits you."

IBS, short for irritable bowel syndrome, is a condition that affects 10 to 20 per cent of North Americans. Seventy per cent of IBS sufferers are women.

Despite its frequency, it often goes undiagnosed because sufferers don't want to discuss the symptoms.

Doctors test for and rule out other conditions like Crohn's Disease before diagnosing a patient as having IBS.

Medical experts say IBS is a group of symptoms with no known physical ailments. Instead they call it a functional disorder. That means there is nothing wrong with any organs in the digestive system: they simply don't work the way they're expected to, possibly due

to a neurological abnormality. This is why diagnosing IBS takes time.

Evans was 12 years old when she was diagnosed. It meant many doctor's visits and tests that she would have preferred to avoid.

To x-ray her lower intestine, Evans said doctors gave her what she describes as a massive jug of laxative to mix with water or Kool-Aid. "It tasted awful," she said.

Once the laxative had done its work, doctors pumped air into her lower intestines.

Once all other diseases had been ruled out, all that was left was IBS.

Now at 25, having IBS has become a regular part of Evans' social routine. While it doesn't rule her life, she said it remains a constant problem.

"It makes me feel like I'll never be able to give my all. It's always going to be an obstacle," she says.

Evans foresees having trouble holding down a full-time job with the number of sick days required to deal with an attack.

"That makes me worry, and that makes the disorder worse."

The idea that worry or stress

may affect the frequency of IBS attacks is one being examined by doctors at the University of Buffalo, one of the few institutions specializing in IBS research.

Dr. Jeffrey Lackner conducted clinical trials in 2003 that used cognitive therapy to treat IBS sufferers. Such a treatment tries to alter a patient's attitude towards a disease, rather than treat the symptoms with surgery or medicine.

In an article published in the *University of Buffalo Reporter*, Lackner said: "Of psychological factors, the beliefs, expectations and thoughts patients hold about their symptoms appear to be particularly important in 'short-circuiting' the neural connections between the brain and gut."

Lackner had done previous research that showed IBS patients' brains control pain and emotion differently from non-IBS sufferers.

Cognitive therapy is not the only treatment option. While Evans agrees that certain modes of thinking affect the frequency and intensity of her attacks, she also acknowledges diet as a factor. A nutritionist told her that fibre was key to strengthening her intestinal muscles and reducing the frequency and intensity of the attacks. Evans also tries to avoid certain foods, such as pizza or carbonated soda.

"If I'm nervous about something on a given day, I'll be in the bathroom that morning, but it won't hurt. But if I've eaten something stupid, then it hurts."



JEREMY LLOYD

Dr. Jeffrey Lackner said to *Shape* magazine last September that most people who suffer from IBS have specific personality types, primarily as submissive and nonassertive.

### Symptoms of IBS

- Constipation and diarrhea
  - Painful or urgent bowel movements
  - Bloating and stomach pain
- Diagnosing IBS is not as straightforward as this list. Check with your doctor.

# In Focus

## Real women have Curves

Women-only gyms have gained popularity but some experts question whether they offer proper workouts

ANNETTE VELHO-PEREIRA  
IN FOCUS REPORTER

Ladies, dust off those running shoes because Curves, a women-only gym, has just opened down the street from Humber College's North Campus.

After opening its first franchise in 1999, Curves has become a

huge success. By 2003, 550 Curves locations had been added in Canada, with 240 in Ontario alone.

The secret behind Curves' success may be its relaxed female-friendly environment says Leanne Henwood-Adam, Humber's fitness and lifestyle coordinator. Henwood-Adam says women tend

to feel intimidated by men when they work out in co-ed gyms.

"But at Curves it's a comraderie and there's a friendship factor. You can work out with other women who are in the same boat as you," she said.

Men and women at Humber work out in the same gyms, she says because there simply isn't enough room for separate ones.

She finds the younger students are fine with working out in co-ed gyms. But the older exercisers who are new to working out like a non-co-ed environment.

At Curves, fitness technician Heather Smith describes the environment as encouraging. "No body's running around in little bikini tops or anything like that. It's very comfortable," she said.

Curves members go through a 30-minute workout circuit.

"Everything is set up, so you do 30 seconds on a board, which you can walk or jog on to keep your heart rate going and then 30 seconds on a machine," she said.

"The workout, done three times a week, is really quick because the machines work more than one set of muscles at a time," Smith said. "It's really great for women who are looking to tone or women who



LIZA WOOD

(Left to right) Students Claudia Jimenez, 19, and Latoya Scarlett 19, working up a sweat at Humber's athletic centre.

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ment.

"I liked the no-pressure atmosphere because I don't feel like I'm being judged by the way I look," she said.

Many women might love Curves but at the Good Life fitness club in Etobicoke, fitness manager Colin Duncan is not impressed.

"Sometimes (women's gyms) enable women to set a lower barrier and it's not as challenging," he said. He adds that their non-competitive nature doesn't motivate women at these gyms.

Henwood-Adam disagrees.

"At women's only gyms, women definitely help keep each other motivated. You get to know people and you're cheering each other on as you're there."

Duncan acknowledges women can lose inches and be active at Curves but says it's usually the bare minimum of a workout.

"It's very much cut and dry. Once you're in there, a trainer takes you through everything. You do your half-hour of cardio and away you go."

Duncan trains women and focuses on the upper back muscles for the first six weeks to two months, because he finds most women have posture problems.

He said Curves doesn't offer different sets of exercises, or reflect the changing needs of the clientele because they have the same routine.

He added that some men resent the increasing number of women's gyms "There are some guys who resent the fact there might be four gyms around their place but three of them are women-only," he chuckled.

He believes the main reason Curves gyms are growing in popularity is marketing. "It's almost like a Jenny Craig kind of approach. The marketing is excellent," he said.

But Duncan maintains both women and men will find more varied workouts in co-ed gyms.

## Humber artists head to international show



ALEXANDRA DEMARIA

This fairy painting draws inspiration from Xena the Warrior Princess.

**ALEXANDRA DEMARIA**  
ARTS REPORTER

Last Friday, five jurors gathered in the North Campus student centre toting pens and paper. They were there to deliberate over what artwork would be selected to represent Humber at the upcoming League of Innovation Art Competition in Ohio.

Humber College is the only Canadian school invited to take part in the annual competition.

The entries fell into one of five categories, ranging from photography to mixed media.

It took judges about two hours, walking from one easel to the next, to select the 24

winners based on criteria such as creativity, technical elements and overall impressions.

One hundred and thirty five entries were submitted to the exhibit.

Cristi Fraser, chairman of the Event Planning Committee for the art show, said the art came from a range of different programs. "Everywhere from photography to journalism to business. It goes to show Humber is a very artistic school."

The top five entries will be catalogued on slides and sent to Ohio for further judging in the international competition.



ALEXANDRA DEMARIA

Bob Dylan gets the Humber treatment at the art exhibit.

### Best in show winners are:

- Olga Tchertvernykh - *Antilles* - Colour Photography Indoor
- John Del Guercio - *Another One Bites The Dust* - Painting/Drawing/Mixed Media
- Varia Lebiadzenka - *Mysterion* - Black and White Photography
- Dianne Denby - *Hungry Fish* - Colour Photography Outdoor
- Danielle Nash - *Spanish Lady* - Painting/Drawing/Mixed Media

### See This



**BEAUTY SHOP**  
2.5 out of 5  
0000

You'd think being a spin-off of *Barbershop*, *Beautyshop* would be great, but with an unclever script and supporting actors playing stereotypical characters, the film will leave customers looking elsewhere for haircuts.

The film follows hairstylist Gina Norris (Queen Latifah) as she opens her own shop after storming out on her egotistical boss Jorge's (Kevin Bacon) upscale salon.

Latifah does her best to carry the film, while Alicia Silverstone and Alfre Woodard work hard to bring some depth to their characters. Everything else should have been left on the cutting room floor.

~Reviewed by Louis Campos



*In 'Yo Headphones*

Laura Combden, 21  
2nd year Film and TV.

Listening to: Neil Young, The Corblund Band and The Band.

## Cleaning up the city's graffiti a mural at a time

### Toronto elementary teacher paints the way for kids to get off the street

**SCOTT JORDAN**  
ARTS REPORTER

Every so often Michael Brown has to clean graffiti off the murals he and others worked on for Toronto's graffiti transformation program.

The youths working with Brown on the mural projects are graffiti artists; some have had run-ins with the law, and others come from unstable homes. The at-risk youths are targeted because the National Crime Prevention Centre helps fund the program.

Brown is an abstract artist who works with canvas and wood, but he's also an elementary school French teacher. The 39-year-old artist not only works at the Harbourfront Community Centre, he runs a program that focuses on troubled youths aged 16-24. His goal is to make Toronto a more artistic city.

"The original plan was to reach out to graffiti artists and get them involved in a project

where their work gets up on main buildings," Brown said.

"Not only was it channelling their energy into beautifying the community, but it also helped them with life and job skills."

The original graffiti program began in 1997.

Kim Morison, program director at the Harbourfront

Community Centre, said the response to the program has been great.

"It helps the youths with art skills, job searching and other life skills," Morison said.

Michael Brown, the chief artist,

took art courses in drawing, painting, sculpting and installation at OCAD.

"Some of the pieces we use have graffiti elements and some of the people are into anime, some into illustration and some into fine art so the approach is much more different every time," Brown said.

The work can be seen around Toronto and at Sam the Record Man on Queen St. where a brightly coloured cartoon mural dominates a side of the building.

The latest project, *Beneath Your Feet*, 1750-2005, is based on the history of the Harbourfront

Community Centre. It takes up the entire north face of the building.

City councillors, Mayor David Miller and Toronto Police members support this program. Board member Councillor Olivia Chow unveiled the mural to the public two weeks ago. This is not the first type of mural projects to help benefit Toronto youth. Hamilton based artist Bryce Kanbara did a very similar thing 10 years ago with Central Commerce Collegiate.

"It was really great and once it was over we had parents saying how great it was for their kids' self-esteem and confidence," Kanbara said.

Officials say interest in the graffiti transformation program has been gratifying.

"Response has been amazing and many of the youths want to return, and some of them do tell their friends. Some of the youths have on to be youth artists and done leadership programs," Morison said.



# Arts

## Sassy jazz rhythms get crowd shaking in their seats

NATASHA ELKINGTON  
ARTS REPORTER

The air was electrified as the crowd enjoyed the music of Hilario Duran and Rick Lazar's Latin Jazz ensembles at the Lakeshore Campus last Wednesday.

Dressed in a turquoise blue coat and playing with grace, Hilario Duran, world-renowned Cuban jazz pianist and Humber music teacher, began the evening with a solo piano tribute to legendary percussionist Chano Pozo.

"I think (Duran) is just one of those people who fills you with that kind of want and desire and love for what you do," said Maya Chilton, a second-year Humber music student and vocalist for Duran's ensemble.

He was then joined by the 11-member group who played everything from upbeat and sassy jazz tunes to slow, sultry Latin rhythms, which got the crowd shaking in their chairs.

"It was a great rush to be on the stage with someone like Hilario," said Mike Ward, who played alto

saxophone next to Hilario.

After the intermission, Rick Lazar's Latin Ensemble took to the stage and catapulted the night into a musical feast.

Lazar, leader of the Latin Jazz band Montuno Police and creator of the Samba Squad, let the drumbeats govern the direction of the music, delivering an effervescent and animated performance.

"I loved it. I wanted to get up and dance," said Nanci Nuqui, a Humber post-graduate marketing student.

"My favourite part was the audience participation - when we had to clap to the rhythm."

Denny Christianson, director of the Humber music program, said the students' performance was great. "They were very well prepared and played at an extremely high level," he said.

"This is why the Humber music program has (received) a good reputation for over the years and in my estimation (it) keeps getting higher."

Montreal singer Ranelee Lee will

be in concert on Apr. 13 at the Lakeshore Campus.

Tickets are \$10.00. A student

ensemble directed by multi-instrumentalist Don Thompson is also on the bill. It starts at 8 p.m.



NATASHA ELKINGTON

Vocalist Maya Chilton pauses before belting out another soul-stirring tune during last Wednesday's performance.



NATASHA ELKINGTON

Pianist Hilario Duran tickles 88 keys of ebony and ivory, making a collect call from his soul to all those in attendance.

## Music profs share notes from Paris to Humber

LAURA THOMPSON  
NEWS REPORTER

Juno-nominated jazz musician Francois Th  berge joined Humber's music department last week to participate in the program's first-ever faculty exchange.

Th  berge, a saxophonist from the Paris Conservatory, came to the Lakeshore Campus last week to lead students in a series of workshops. In the exchange, Pat LaBarbera, one of Humber's internationally renowned saxophonist grads, spent five days instructing students in Paris.

Denny Christianson, director of Humber's music program, said the faculty exchange program provides an opportunity for students to learn from an expert with a background in a different musical environment.

Th  berge grew up in Montreal, but has lived in France for 15 years. He studied in Canada, the United States and Europe before he began teaching jazz at the Paris Conservatory in 1995.

Th  berge said the exchange was the first step in getting students to forge connections with other musicians.

"As teachers, we know the importance of meeting people from other cultures," he said.

"We have to do everything in our power to open doors for students to meet each other."

Christianson has signed on for two more faculty exchanges, which he hopes will lead to an agreement for Humber students to study at the Paris Conservatory.

He also said Gourmet Jazz, a program which would allow Humber music and culinary students to study in France for two weeks, is likely to begin next spring.

## LISTED

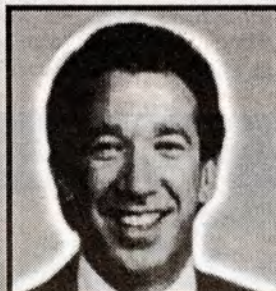
THIS WEEK'S TOP TEN:  
'OVER-HYPED, OVER-PLAYED BANDS/ARTISTS WE HATE

- I. Anything by Green Day
- II. The Killers: Somebody told me you had a hit song but we don't like it being played all the time
- III. Maroon 5: How 'bout some songs not about Jane
- IV. Sum 41: Do the math - you suck
- V. Nickelback: You remind me of a band that we really hate
- VI. Usher: Hey man, these are our confessions
- VII. U2: You're giving us *Vertigo*
- VIII. Nelly: Dude, no one likes country
- IX. 50 Cent: Unfortunately, no refunds
- X. Simple Plan: You better plan for early retirement

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## Alumni Watch

### Knight takes risks at Global TV

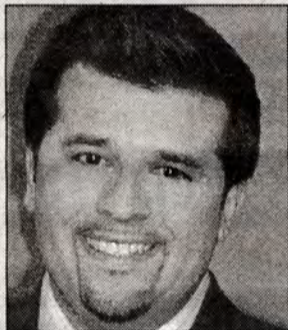
CHARLENE MCCALLUM  
LIFE REPORTER

From the Energy 108 morning show to being the youngest morning man in the city, presenting weather for Global TV, Anwar Knight has learned to ride the media beast to his success.

"You have to be willing to take a risk. Toronto is one of the most competitive markets in the world," he said.

"You may not get your dream gig or the money you want to start off, that's just the nature of the beast."

Knight started in radio, after graduating from Humber College 10 years ago, and then branched out to television.



CHARLENE MCCALLUM

#### Anwar Knight

He was selected to launch the national broadcast for the Weather Network, when they moved from Montreal to Toronto.

Knight was there three years before Global TV called him for the anchor position.

He learned that TV is a different world from radio.

"In TV the biggest adjustment is you have to rely on a lot of people. In radio you just do it," Knight said.

"In TV you could be on (your) game, but if your sound guy is going through a divorce and doesn't turn on your mic, you still look like a chump. That's the reality and the viewer doesn't know, nor do they care."

Being right and on time is something that isn't new to Knight.

Anchoring at the Weather Network five years ago, he broke the Pine Lake tornado, where six died.

The best advice he could give a journalism student is to have a plan, enjoy what you're doing and be yourself.

"Don't pretend you're the next Peter Jennings. If you want to be the best anchor, then work towards that."

## Canadian cuisine



LIZA WOOD

Sizzling strips of bacon are a popular side dish among breakfast eaters at the staff lounge.

### Native food known internationally for diverse and delicious mixture

JACQUELINE FIGUEIREDO  
IN FOCUS REPORTER

Believe it or not, Canadian cuisine goes beyond pancakes and maple syrup.

Perhaps not as well known as Italian, Japanese or Indian, Canadian food is served around the world.

Humber dedicates a course to its culinary management program called "Emerging Trends in Canadian Cuisine."

So what exactly is Canadian cuisine?

"In Quebec, the major influence is French cooking, for example goose liver or foie gras," said Rudolf Fischbacher, professor and coordinator of culinary programs.

"In New Brunswick, it's Acadian cuisine and all the way down south to Creole traditions. In Ontario, it's the British influence with locally grown produce."

Like Canada's population, the cuisine is a mosaic of native produce and immigrant influences. Native Canadians had a great deal of inspiration on Canadian cuisine.

Native cuisine uses traditional local ingredients, wild rice, forest mushrooms, various berries and wild fish and game. It then gets roasted over hot coals or boiled in water.

Each province and territory has its own traditions. Initially, Ontario enjoyed primarily British cuisine with roasted beef and pork, white bread, tea and dairy.

Then, as different ethnic groups entered Ontario, they

established their own customs.

The Polish formed communities in Wilno, the Portuguese in Strathroy, the Italians in Guelph, the Scottish near Ottawa and the Finns in Thunder Bay. Ontario's cuisine is now fragmented but it's this mosaic of flavours that people in Ontario love.

"Internationally, when someone thinks about Canadian food, they think of smoked salmon, arctic char and game like moose and deer," Fischbacher said.

"Also candied salmon, P.E.I. lobster, muscles, oysters, P.E.I. potatoes and Yukon Gold Potatoes which were actually invented in Guelph."

Restaurants are starting to capitalize on being 'Canadian.'

Tundra restaurant, in the lobby of the Hilton Toronto, not only looks typically Canadian with décor inspired by the Canadian landscape but also serves up the different tastes of the country.

It has become successful since opening five years ago and has devoted patrons according to restaurant manager Craig Leicesper.

"Traditional Canadian food is a cultural mosaic," he said.

"It has specific source ingredients, like short ribs and deer loin, food that is traditional to its natural environment."

Items typically featured on the lunch menu include Quebec pork tenderloin, Nova Scotia lobster, Bay of Fundy salmon, Canadian back bacon and Alberta lamb.

"Other than the food, we have an extensive wine list with a focus on Canada, from places like Niagara and Okanagan regions," he said.

### Toronto club offers free Cover Girl beauty makeovers

REBECCA WELLUM  
LIFE REPORTER

If you don't have time to do your makeup before you go out, the Ultra Supper Club has a solution.

Each Thursday, staff from local spas and salons come into the Toronto club and offer their services for free.

At 8 p.m. the doors open and just beyond the curtained entrance, a makeshift beauty salon is set up. There, beauty consultants will do your makeup, using the latest techniques and products.

Last Thursday, Cover Girl and MGM studios were at the Ultra Supper Club advertising their upcoming film, *Beauty Shop*, featuring Queen Latifah.

Patrons were able to receive makeovers with the latest Out Last Cover Girl products.

Manicures were also available

and before each person left, they were armed with a goodie bag filled with Cover Girl products, an energy drink and a package of mini makeup brushes.

"The beauty bar (idea) originally started in clubs in New York and San Francisco," said Christina Vlahos an MGM representative.

"It was meant to bring an element of beauty to the nightclub, or to bring the salon to the club," she said.

The turnout was tremendous.

"I haven't really stopped all night," said freelance make up artist Christine

Barberic.

In previous weeks the club has sponsored other salons and spas, such as the Pantages Spa, where free massages were available to club patrons.

"So far the idea has been a great success and it will continue as long as the club has a sponsor each week," Vlahos said.

### Canuck Cuisine Quiz

1. Which of the following cheeses is Canadian?

- a) Camembert
- b) Oka
- c) Brie
- d) Feta

2. Which Canadian animal has a pastry named after it?

- a) Beaver
- b) Deer
- c) Moose
- d) Salmon

3. Which of the following chocolate bars is produced only in Canada?

- a) Krakel
- b) Butterfinger
- c) Kit Kat
- d) Coffee Crisp

4. What famous Canadian drink uses Mott's Clamato as its main ingredient?

- a) Bloody Mary
- b) Mai Tai
- c) Fuzzy Navel
- d) Bloody Caesar

5. What delicious square has the same name as a city north of Victoria and west of Vancouver found on Vancouver Island?

- a) Tweed
- b) Nanaimo
- c) Rice Krispie
- d) Brownies

Answers: 1.b 2.a 3.d 4.d 5.b

## It's "Canadian cool" at L'Oreal Fashion Week

DIANA KOWAL  
LIFE REPORTER

Big sunglasses and air kisses were everywhere as Toronto's coolest and trendiest fashionistas descended on the Liberty Grand entertainment complex last week, home to the L'Oreal Fashion Week runway.

Organized by the Fashion Design Council of Canada, the

**"This event is putting Canadian designers on the map ... the response is getting bigger every year."**

*-Justine Tissenbaum, FDCC*

event runs twice a year and promises "100 per cent Canadian cool".

Showcasing some of Canada's best fashion designers like crowd favourites Paul Hardy, Arthur Mendonça, Mackage and others, the event presented fall 2005 collections to notable magazine editors, stylists and industry executives.

Pat McDonagh's collection has

been on Canada's fashion scene since the 1960s and has dressed the likes of the Beatles and the late Princess Diana. McDonagh's beautifully cut jackets and full skirts displayed an indelible attention to tailoring and her evening gowns drew gasps from audience members in unmistakable approval.

"This event is putting Canadian designers on the map," said Justine Tissenbaum, designer liaison for the FDCC. "The press, the reviews and the response is getting bigger every year. Many of the designers shown at fashion week become recognizable internationally."

Arthur Mendonça, who was known affectionately around fashion week as 'King Arthur', has shown collections in Los Angeles, Toronto and Sao Paulo since the label's launch in 2002. His elegant feminine touches such as chiffon ribbon-tie necklines added whimsy and romance to a season that normally demands practicality.

Paul Hardy's designs have been called "Oscar worthy" by notable critics and stylists like Phillip Bloch and the *New York Post* and this season he paired flowing dresses, metallic coats and

supple fur to create a melange for fall 2005.

The colour palette for the season resonated throughout the shows in a blend of aubergine, cranberry, chocolate and charcoal. Black was also very much on the scene, similar to other international fashion weeks in Milan, New York and Paris where it was announced that black is back.

Tissenbaum said the show has changed the way it selects designers, recently installing a jury process filled with fashion executives and magazine editors.

"The jury selects designers based on a number of criteria such as awareness of world trends, (whether) they are unique and creative, and have saleability."

The shoes were not creations of the designers themselves. Crissi Giamos, director of corporate sales and public relations for Town Shoes, said more than 90 per cent of the designers used footwear from the company for the shows.

Even Mayor David Miller caught the fashion fever, saying in his opening remarks on Monday evening that he was dressed entirely in Canadian designs, right down to his socks.



PHOTOS BY DIANA KOWAL

Models show off new clothes by popular Canadian designers

## Dentists warn lip piercing may harm gums

**'Receding gums can cause hypersensitivity in the teeth ... no simple way to fix it'**

IAN HONEY  
LIFE REPORTER

Lip piercing can cause receding gums, according to a new study from Ohio State University.

Of the 23 pierced participants, 41 per cent had areas of receding gums - a high percentage compared to the 6.9 per cent of the non-pierced populace affected.

Howard Lim, a Toronto dentist who has seen many patients with lip piercings, said the metal can cause the gums to recede on the

lower front side of the mouth.

"It would be just on the one spot where the post irritates the gum," he said.

Receding gums can cause hypersensitivity in the teeth and there is no simple way to fix it.

"We do gum grafting where we lift the gum back up," Lim said. "Whenever the gum recedes, the bone usually recedes with it. So you would get a loose tooth."

Sarah Wilson, a first-year business management student, had

her lower lip pierced last August. Wilson said she recently went to the dentist and was assured that

**"Whenever the gum recedes, the bone usually recedes with it. So you would get a loose tooth."**

*- Howard Lim, dentist*

her gums were not receding.

"A bigger backing (on the piercing) can cause receding gums. With a smaller backing or a

plastic backing, it's not as much of a problem," she said.

Matt Robak, a piercer at Way Cool Tattoos in Toronto, warns people of the problem before he does the piercing. He said he informs his clients of ways to prevent gums from receding.

"If you've ever had braces, you get a little canister of wax," he said. "Coating the inside or backside of the ring will help it from wearing down your gums."

Robak said that using an alternative to stainless steel can also reduce the chance of receding gums.

PolyTetraFluoroEthylene is an implant grade plastic and a popular alternative used in piercing.

"PTFE style jewelry is a lot softer than steel so your gums

won't recede as fast," he said.

Though Way Cool Tattoos warns clients of the risk of receding gums, not all piercing studios do. Wilson said that when she had her piercing done, she was not told of the risk. Luckily, she already knew.

"I did my research and I wouldn't do something like this without knowing anything about it."

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## Farnell edges closer to his 21.2 km goal Wellness Challengers full of vigour at end of sixth week

ANDREA UTTER  
LIFE REPORTER

In the final week of the Wellness Challenge, participants are still going strong and striving to reach their goals.

As part of his training, Nick Farnell ran 10 km in The Around the Bay Road Race in Hamilton last weekend.

"It went really well. It was cold, but good," he said.

The oldest race in North America, the Bay race was first run in 1894. Farnell became part of the tradition when he ran the last 10 km of the three-person relay race.

"They said, 'You're younger than us, so you're running last,'" he said. "It had the most hills, but it was fun."

For Farnell, getting out of the gym and onto a real track increased his motivation.

allenge has encouraged Irene Enesi to make changes in all aspects of her life.

"We're moving closer to the school. I'll be close to the gym so I'm kind of looking forward to it," she said. "It will be a new

lifestyle."

Just five weeks into the challenge, Enesi is seeing results.

"I feel healthier, I'm lighter, I don't get tired and sometimes I have so much energy I just want to keep going."

Natalie Chinsam, nutrition consultant for the challenge, said Enesi's progress is more than she expected.

"Irene is our biggest improvement and is definitely showing the most positive gains."

She said the success stories have changed her and everyone involved.

"It's just really positive and powerful stuff," she said. "It's been a huge impact on everyone's life."

"I've definitely seen an improvement in myself, my running and just my overall physical health."

-Nick Farnell, participant

"You've got so much adrenaline. It's totally different than running on the treadmill because you're trying to beat other people."

He said the experience will help him reach his goal of running a half-marathon.

"It's one of the longer races I've done so it's bringing me closer to the 21.2 km mark."

He's grateful for the opportunity to be involved and for the help achieving his goals.

"I think it's great. I've definitely seen an improvement in myself, my running and just my overall physical health."

Being involved in the chal-

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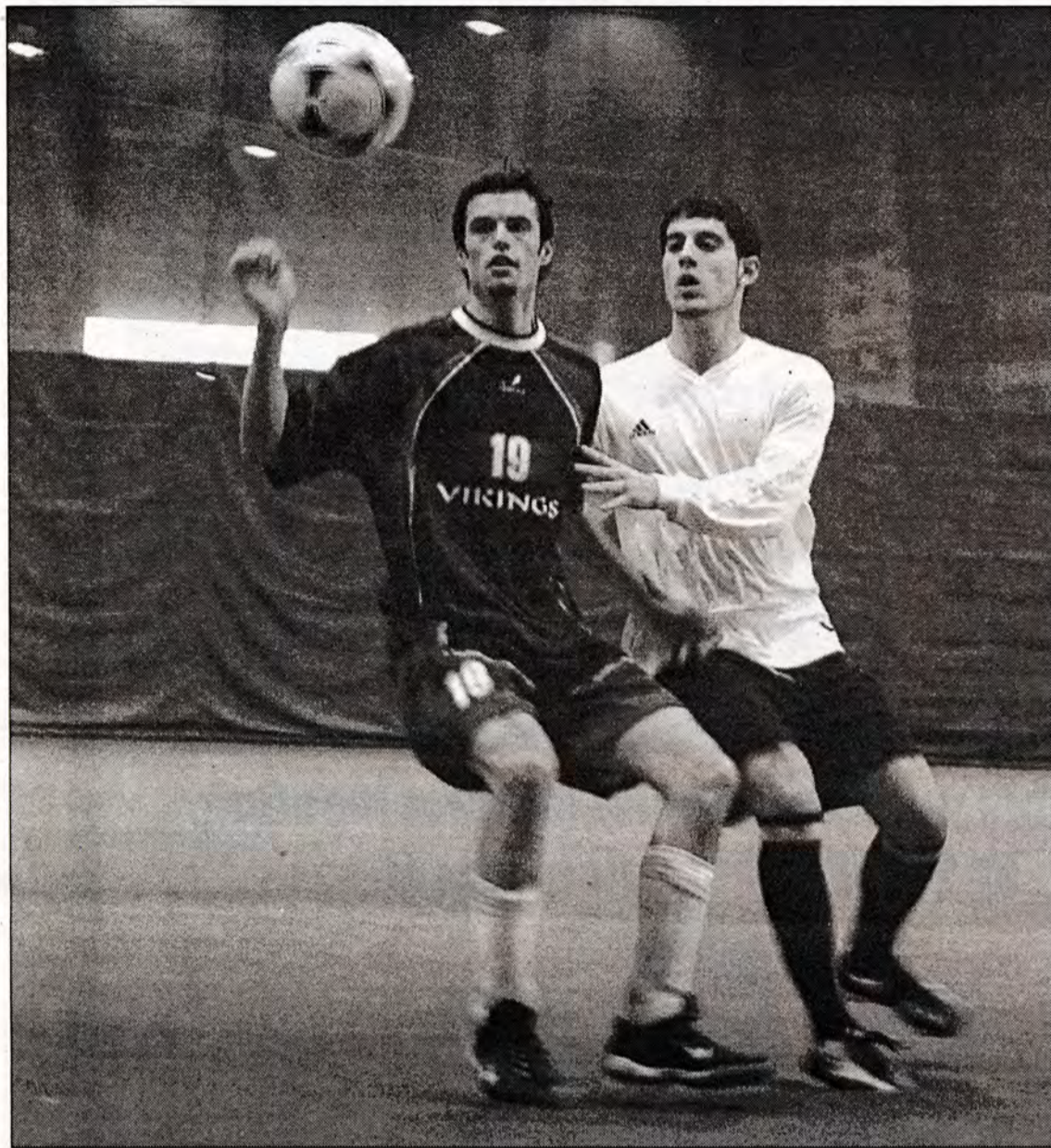
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# Sports

## Men's soccer maintains Humber's gold winning trend



DANIELLE SAVONI

Men's soccer joins Humber's men's/women's basketball and men's volleyball as provincial champs.

## Del Duca's four goals helps lift Hawks past Sheridan for provincial championship

DANIELLE SAVONI  
BUSINESS REPORTER

The Humber Hawks men's indoor soccer team continued the college's golden streak by picking up the top prize at Tuesday's provincial championship match.

The game ended in a 2-1 victory against the Sheridan Bruins and was the fifth consecutive appearance at the provincial finals for the Hawks.

Galeano, tied it up and Cameron Medwin, one of Humber's leading goal scorers, kicked in the winner.

"It was a very close game," Sanchez said. "Same as the semi-final with George Brown. Sheridan has a very good team (but) I think ... our players know what it takes to win a championship"

Humber's Vito Del Duca helped earn Humber its place in the championship match after scoring the clincher in the final seconds of play of the semi-final match against George Brown.

"They were a tough team physically," Del Duca said of George Brown. "The defence was really tight and it could have been anybody's game. It was going to penalty shots, but Mike [Marchese] gave me a quick pass and I saw the net and I shot it and it snuck through."

The round robin tournament started Monday and the Hawks, aching from many injuries, still easily controlled all three qualifying games. In one of the games, Del Duca dominated, scoring four of the six goals, which ultimately helped him win the tournament's most valuable player award.

"I've never been acknowledged for anything," Del Duca said. "I'm the second all-time leading goal scorer at Humber and I finally won tournament MVP."

Jason Mesa, the team's captain in his final year at Humber, says the win couldn't be sweeter. "There is no better way to go out than on top," he said.

**"There is no better way to go out than on top."**

*-Jason Mesa, team captain*

"It's amazing that we play every year and we play against some good teams and somehow we keep winning," said head coach Germain Sanchez. "We must have some kind of formula somewhere."

Team captain Jason Mesa says Humber has now entered into a whole other class of soccer players.

"I know (the word) 'dynasty' has been tossed around with some (other soccer) teams and maybe you can toss it around with Humber College right now," he said.

The final match was a see-saw battle that saw Sheridan College scoring early in the first half. The Hawks' defenseman, Diego

## Disappointing finish for women's soccer

### Two losses eliminate Humber in first day of provincials

DANIELLE SAVONI  
BUSINESS REPORTER

Despite playing a heart-filled tournament, Humber's indoor women's soccer team was nudged from medal contention on the first day of competition.

In the opening game, the Hawks played strong in the first half but were undone by defensive miscues in the second half and fell to the Centennial Wolves 2-0.

In the second game, the Lady Hawks blew out Redeemer in a game that was never close. Humber's Connie Tamburello shone, scoring three times as Humber defeated the Royals 4-0.

In their final game, Humber was eliminated from the finals losing to Fleming 1-0 after a lone second half goal.

Defenceman Sandra Coelho, most likely in her last year of play was upset the team couldn't go out with a win.

"I was very disappointed because we had a really good chance to make it through," she said. "It hurts because it was my last year and knowing all the girls

put a lot of effort into it."

Humber goalkeeper Evelyn Davidson said the third game was a big challenge. "We were getting tired and weren't running as quickly and we couldn't keep up," she said.

Humber's head coach Mauro

**"I was very disappointed because we had a really good chance to make it through."**

*-Sandra Coelho, defenceman*

Ongaro said that, despite the loss, the team had a successful tournament.

"It was a slow start, but the second game we really picked it up. The third game I thought we played really well but we're just very unlucky to have a goal scored against us in the last minute," he said.

In the intense final contest against Fleming, Humber was forced to play the second half without leading scorer Tamburello after she went down with a groin injury.

"When your best goal scorer is sitting on the sidelines, it always makes it more difficult because you rely on her to take opportunities," he said. "But everybody played really well. I thought maybe that was their best game—other than the score."

Ongaro said Davidson had a successful tournament in net.

"She played very well," he said. We let in three goals in the regionals and provincials - in six games. That's pretty good. When you need her to make a big save, she's usually there."

Davidson is hoping for something better next season. "Next year is my last year so I would love to win provincials, win nationals," she said. "Most of our team were rookies this year. I think we are going to need a lot of pre-season practices to gel together the way we want to."



DANIELLE SAVONI

With many players returning next year, the Hawks will look to use their experience to contend for next year's provincial title.

# Sports

## Humber b-ball teams finish out of medals at Canadian championships

HENTLEY SMALL  
SPORTS REPORTER

The Humber Hawks men's basketball team had a strong showing but was unable to capture any medals at the CCAA championships in Edmonton March 17-19.

The OCAA champions began the tournament well, winning their first game against Malaspina Mariners 79-63. The Hawks were down 46-30 going into the second half but mounted a furious comeback in the form of a 32-point turnaround.

Shane Dennie, who scored 20 points including five three-pointers, led their balanced attack. Also, chipping in were Samson Downey, who netted 16 points going 6 of 7 from the foul line and OCAA tournament MVP Jason Walcott, who had seven rebounds, three assists and 14 points.

JR Bailey also had a stellar, all-around performance with eight points, nine boards and five assists.

The Hawks shot over 49 per cent from the field and almost 79 per cent from the line, compared to the Mariners 48 and 54.5 per cent respectively.

Humber also outhustled Malaspina on the boards, gaining a 36-21 advantage and 10-2 at the offensive end.

Humber's second game against the number three-ranked Grant MacEwan Griffins was a battle to the bitter end, with the Alberta champs edging out Humber 58-54. With that defeat, the Hawks lost the chance to play in the gold medal game against the top-ranked Cariboo Sun Demons, this year's CCAA national champions.

Humber lost the game in the second half after holding a slim 32-29 lead at the break, but their undoing came from an inability to nail shots from the field or the free throw line. They shot less than 31 per cent for the game and were just as unlucky with their free throws, shooting a dismal 6 of 16.

The Hawks again out rebounded their opponents 35-27, but were unable to turn those extra possessions into enough points to pull out a win. Walcott and Bailey tied for the team lead in rebounds with

Humber's size and accurate shooting were too much for Centennial to overcome as they lost the rebounding battle by 10 and shot only 34 per cent to Humber's 48.5 per cent.

The Hawks also stroked the three-ball with considerable touch, nailing 48 per cent of their shots behind the arc. Centennial's Robert Rago was their lone bright spot with 18 points and 12 boards.

Humber faced first-round opponent Malaspina in the bronze medal game.

The Mariners played a more complete game and defeated the Hawks 69-61. This time, it was Malaspina who turned around a halftime deficit and came back for the win. They were led by Jason Hubbs 25 points and Jordan Kinakin's 13.

Humber's leading scorers were Roger Scott and Aron Bariagabre with 13 points each as Humber finished fourth overall in the nation.

The Humber Hawks women's basketball team was unable to follow up on its impressive OCAA championship-winning performance at the CCAA championships in Calgary, March 17-19.

The Hawks came into the tournament as the No.8 seed and were dismantled 80-35 by the top-ranked University College of the Fraser Valley Cascades from British Columbia. Humber kept it somewhat close in the first half down by 15 points at 37-22 but fell apart in the second half.

"We came out strong against Fraser Valley. We were only down two points with three minutes left in the first half," said Humber head coach Denise Perrier.

They scored only 13 points after the break to the 43 of the Cascades. Their second half shooting was a dismal 18 per cent and 27.5 per cent for the game. That compares poorly to their opponent's overall 48.4 per cent shooting.

"We just deflated, I don't know what happened," Perrier said. "We didn't rebound, we came out flat. We just couldn't come back."

BCCAA first team all-star and B.C. tournament MVP Jamie Born led the way for Fraser Valley with seven rebounds, three assists and 20 points on 9 of 14 from the field in only 18 minutes of work.

Cascades head coach Al Tuchscherer pointed to his team's experience at the national tournament as one of the deciding factors.

"It's our fifth consecutive year being at the tournament," he said. "We were going into it pretty hungry because we lost in the semi-finals the year before."

Leading the way for Humber was Karine Nicolas and Erin Chamberlain who scored 10 and seven points respectively.

The Humber women bounced back from that crushing defeat to outlast the Capilano Blues 68-59.

**"We just deflated. We didn't rebound, we came out flat. We just couldn't come back."**

-Denise Perrier, head coach

The Hawks were paced by a better shooting performance than in their opening round loss. Chamberlain and Nicolas both scored a team-high 17 points and OCAA tournament MVP Tanya Castang poured in 13, while leading the team in rebounds with eight. She also notched five assists to round out her balanced effort.

The Hawks 36.5 per cent shooting was buoyed by strong, long-range accuracy as they sunk almost 47 per cent of their three-point attempts.

Though Humber was out-rebounded 49-39 it did not affect their ability to get off vastly more shots and they outscored the B.C. club 13-4 in second chance points.

The Blues were led by I-Fan Liu, who had a game-high 18 points to go with nine rebounds and Angela Aydon was a monster with 12 points and 12 boards.

continued on p. 20



## Sidelined



CHASE KELL

### on the MLB steroid fiasco...

Is it just me, or is the MLB slowly transforming itself into a freak show?

When last Thursday's congressional meeting took place, many of the accused steroid users such as Mark McGuire, Rafael Palmeiro and Sammy Sosa made poor attempts at defending their innocence.

### accused

McGuire (who vowed to not comment directly on advice given by his lawyers) essentially made himself appear guilty and should have been considered for a Oscar when he nearly began shedding tears in a pathetic display of emotion.

And what the heck was with Palmeiro wagging his finger at the congressmen? He tried to defend his innocence by pointing a finger at his accusers.

"I have never used steroids. Never," he said firmly.

Isn't unchecked aggression a side effect of steroid use?

Sosa really didn't do much of anything. What more can be said other than the fact that he has been exploring many questionable ways to get a leg up lately. Remember his corked bat? The one that was made to impress the fans in batting practice but accidentally found its way into his hands as he stepped up to the plate back on June 3, 2003? Too bad that it shattered on you Sammy. You almost had us fooled.

### downfall

Baseball has been a sport filled with blunders ever since the infamous strike back in 1994-95, which cut short the last stellar season from the Expos. We all know what eventually happened to the 'Spos, and baseball in Toronto has never been the same. To this day the Blue Jays continue to struggle to fill seats and it was that very strike which lost a lot of fans of the game.

Years later, it appears that baseball is reviving itself, thanks to the help of McGuire and Sosa's duel for Hank Aaron's home run record in 1998. Next thing you know, Barry Bonds will surpass McGuire's 70 dingers and become baseball's new poster boy. Isn't it funny that all three of these sluggers are now the forefront of this huge steroid debacle?

But, maybe it's just me.

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# Sports

## Acupuncture gaining popularity to treat sports injuries

MATT LANG  
SPORTS REPORTER

Acupuncture is becoming increasingly recognized as a legitimate treatment for sports injuries, according to a recent report in the *Minnesota Daily News*.

Having previously been used more as a last resort, acupuncture is now gaining popularity in treating the earlier stages of sports-related injuries.

"(Acupuncture) not only looks at the specific injury but can find what precipitating factors might have caused the condition and treat those as well," said Oriental medicine practitioner Fay-Meling von Moltke Pao.

"For example, if someone has body alignment problems and they're more prone to getting a specific type of injury, acupuncture can help correct those imbalances so they might not develop more problems in the future."

A 3,000-year-old traditional Chinese healing system, acupuncture works by inserting needles into any combination of several thousand points on the human body.

"Rather than putting a needle through them, I would put electrical energy through them..."

-Owen Picton, athletic therapist

Each point is connected to a series of pathways called "meridians" which control the flow of energy throughout the body.

"I believe you can use acupuncture at any time (during the rehabilitation cycle) but in my own practice I tend to use acupuncture in modalities," said Owen Picton, an athletic therapist at Humber's Sports Injury Clinic.

Modality is a therapeutic method such as surgery, chemotherapy or electrotherapy involving the physical treatment of a disorder.

"Some of the points I would take are acupuncture points, but rather than putting a needle through them, I would put electrical energy through them and it seems to give a similar effect."

Acupuncture, recognized as being able to treat a multitude of conditions including but not limited to arthritis, hypertension and asthma, is actually painless during treatment and many times patients say the needles feel like mere mosquito bites.

## Lady Hawks place sixth in the country

continued from p. 19

In its final game, Humber was unable to overcome College Montmorency Les Nomades from Quebec as they fell 74-45.

Defensively, the Hawks could not stop the Nomades as they

shot a sizzling 57 per cent from the floor.

Quebec's finest were led by the incredible play of Julie Frappier who tallied 15 points, eight assists and seven steals. Laurie Grenier, who had 14 points helped lead the charge.

Castang led the Hawks in scoring and rebounding with 13 points and eight boards while Chamberlain chipped in 10 points.

Humber was beaten in every facet of the game from turnovers to points in the paint, fast break points to second chance points.

Montmorency's bench outscored Humber's 27-6.

Humber finished sixth overall in the tournament, which was won by Concordia University College of Alberta Thunder.

"We did a good job and the girls should be proud," Perrier said.

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