

Student filmmakers set sights on top spot at Hot Docs – p. 12



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The end of an era

Joana Draghici
NEWS REPORTER

It's last call for Caps as the North Campus student bar closes after nearly 30 years of bringing students together.

Caps, which opened in 1979, will be remembered for the pub nights that drew large crowds throughout the school year. Director of Student Affairs Maggie Hobbs witnessed Caps' development from the beginning, managing the bar for its first 17 years at its current location.

"Caps was hugely popular," she said. "If you wanted to get into the bar you had to be there by eight o'clock. On special events we could see the lineup close to 500 trying to get in."

More than a bar, it served as a venue for charity events like Dance for Cancer, hosted bands like the Juno-award-winning Mobile, and was a place where students could find refuge from the stress of deadlines and exams.

"Caps was never about drinking, drinking happened, but it was an entertainment place. It was one of the few places that you could go in when it wasn't licensed and just hang out," Hobbs said. "It used to be home for people."

Reminiscing about events over the years – like the safe sex pub with Sue Johanson or the Silly String pub – Hobbs said the graffiti pub was one night she'll always remember.

"One year the college was up in arms because we did a graffiti pub," she said. "I wallpapered the whole pub with craft paper and everyone would come in pay their admission and we would give them non-permanent markers. They drew all over the place."

Vice-president of student and corporate services and 1976 Humber graduate, John Mason, also saw Caps develop through the decades.

"At one point the pub was just a blue haze of cigarette smoke and we've seen that change," said Mason. "In the seventies there wasn't the awareness of the high risk of drinking and driving there is now," he said.

"When I was a student if you attended night classes it wouldn't be unusual for the faculty and student to go to the pub during the break," said Mason.

He remembers Caps when it was located on the second floor of the D building, before moving to the Gordon Wragg Student Centre, and said he's curious to see if the new location will once again promote more



File Photos / Photo illustration Joana Draghici, Mike Melanson, Jason Sahlani

After nearly 30 years of concerts, pub nights and special events, Caps is closing its doors. A new pub, located in the LX building on North Campus, is in the works but its name has yet to be released.

student interaction with faculty.

The farewell bash started last Thursday with a toga party, continues tonight with the 'goodbye to Thursday nights at Caps' complete with balloons, confetti and draw for a prize, and ends with a Hollywood-themed celebration tomorrow night.

"If Humber changed its name, would you remember Humber? It's not physical space, it's about people and the time you spent and memories that you built there. That's what it's about."

– Maggie Hobbs
Student Affairs Director

"I think it's going to be the end of an era," said Anthony Veneziano, a toga-clad fourth-year business administration student. "Halloween

was the biggest bash every year, with everyone in costumes. I will always remember it being great fun with great people." Kathy Jones, a third year policing student at Guelph-Humber, said the best time she's had at Caps was on St. Patrick's Day.

"It's really sad it's closing," she said, sitting with a group of friends. "We've made a lot of good memories here."

Caps will be replaced by a new bar opening in September, located in the LX wing of North Campus. Management has not released the new name. The current manager of Caps, Chris Shimoji, said the closing was bittersweet.

"We're getting a new place and creating a new atmosphere, but there are a lot of memories in this place," he said.

Shimoji said the number of drinks offered will be far superior, including five or six specialty drinks, with prices staying around \$4.50. The food offered will also change from

the pub grub now featured, to more fresh options prepared by a chef.

"On top of what we have now there is going to be margaritas, martinis, daiquiris, and coffee that students could mix with alcohol," he said.

He said the ascetic of the new location will be more modern, including couches and booths, creating a lounge atmosphere.

There is some concern that with the move Caps will be forgotten, but Lindsay said the memories and friendships formed at the pub will keep its legacy alive.

Hobbs, who oversaw the North Campus bar's success after moving from the D building to its current location, agrees the change won't affect its role as a place Humber students congregate.

"If Humber changed its name, would you remember Humber? It's not physical space, it's about people and the time you spent and memories that you built there," she said. "That's what it's about."

Getting out there this summer

Lucas Meyer
IN FOCUS REPORTER

For Humber students looking for cheap alternatives on transportation, activities and accommodations while travelling this summer, planning ahead of time and cross-country networking are important steps to take, travel experts say.

"The key to frugal travelling is good planning," said Helen Lovekin from Ontario Travel and co-author of The Rough Guide to Toronto.

Via Rail Canada and Greyhound offer discounts of 30 per cent and 25 per cent off adult tickets for students with International Student Identity Cards with Greyhound offering 20 per cent off for those with a student price card and 10 per cent off with a valid student ID, but Lovekin also suggests a more basic form of travel.

"Walk and discover things on your own two feet because sometimes the most fascinating things are right under your nose," she said.

Police officials said students thinking of hitch-hiking should reconsider and stick to hiking trails and roads with sidewalks when travelling on foot.

"There's no real law against hitch-hiking, but in today's day and age, it's a pretty risky business," said Sgt. Tim Burrows of 23 Division. "And on limited access highways, like the 401, pedestrians aren't allowed there anyway."

RCMP Cpl. Ray Valequette agrees.

"I would not encourage hitch-hiking, and for the person who is, they should check with provincial statutes," said Valequette.

He added most provinces have regulations where if there is no sidewalk on a highway road, pedestrians must walk facing traffic for safety reasons.

Students heading to the United States should note that starting June 1, crossing the border will require a valid passport or NEXUS card.

Students looking for cost-saving tips should keep visitor information centres in mind when on the road.

"There's student guides, coupons and deals on entertainment," said Elyse Mailhot of the Canadian Travel Commission.

Mailhot also suggested staying in hostels to save money and said there is a growing trend for budget travellers to stay with families.

And for the best combination of experience and budget, Mailhot suggests riding the rails.

"Train travel is fantastic in this country, it's sustainable and makes for a great part of the journey," she said.

• More cheap travel options, p. 15-17

NEWS

Police in Woodstock have made a composite sketch available to the public of the woman believed to have abducted eight-year-old Victoria Stafford. — *thestar.com*

THE SKINNY

News hits from Canada and around the world

Massacre gets marked

A candlelight vigil was held Monday night at the Columbine High School in Littleton, Colo. On that date in 1999, two students launched an attack with guns and pipe bombs that left 12 students and one teacher dead, plus multiple others wounded. (*Associated Press*)

Hawking in hospital

Stephen Hawking, the 67-year-old famous mathematician, was rushed to a Cambridge, UK hospital on Monday and is reported to be seriously ill. (*Associated Press*)

Student dies in fire

David LaForest, a first-year Wilfrid Laurier University undergraduate student and varsity rugby player, died Sunday due to injuries he suffered when his residence caught fire the night of April 14. (*Toronto Star*)

Pension losses feared

A survey released on Monday shows close to nine out of ten Canadian CEOs (88 per cent, which is 42 per cent higher than in 2008) believe pension funding is in trouble. (*CBC*)

Pins being investigated

Police are trying to determine if two safety pins found inside a Hershey Almond chocolate bar were inserted during the manufacturing or packaging process. (*torontosun.com*)

Corrections

In an article published November 6, 2007 in *Et Cetera* about Montreal-based *Naked Eye* magazine, a number of editing errors were made. The name of then creative director and editor-in-chief Renee Gold was changed in the editing process to read incorrectly as Rene Gold. In addition, a quote was also erroneously attributed during editing to magazine illustrator Justin DeGarmo.

Et Cetera apologizes for the errors.

...
In the story [FAT] a treat for everyone on page 12 of last week's *Et Cetera*, Vajna Vasic's name was misspelled. Also, the guest lecturer was Arline Malakian, not Gail McInnes and the final quote should be attributed to Arline Malakian.

Et Cetera apologizes for the errors.

Abuse is serious issue for nurses

Michael Sutherland-Shaw
NEWS REPORTER

Graeme Steel
IN FOCUS REPORTER

Patients physically abused one third of nurses in 2005, according to a report released by Statistics Canada last week. But instead of training students about on-the-job abuse, Humber focuses on teaching students to foster relationships with their patients.

"We teach them how to de-escalate the problem through communication," said Kathleen MacMillan, dean of health sciences.

Liz Lichacz, 45, a first-year Humber nursing student said training for abusive situations would be welcome.

"I think we should discuss abuse," she said. "I want to understand and be aware of how to deal with certain situations."

Vicki McKenna, registered nurse and first vice-president of Ontario Nurses Association, said nurses face a lot of abuse.

"Nurses have the highest incidence of assault over fire fighters and police officers," she said.

McKenna said statistics in the report are alarming, but conservative by ONA standards because only one-fifth of instances are recorded.

Abuse is highly prevalent in two departments — mental health and emergency, MacMillan said, adding nurses are faced with "verbal abuse like sexist comments and physical abuse like hitting, kicking and assault with weapons."

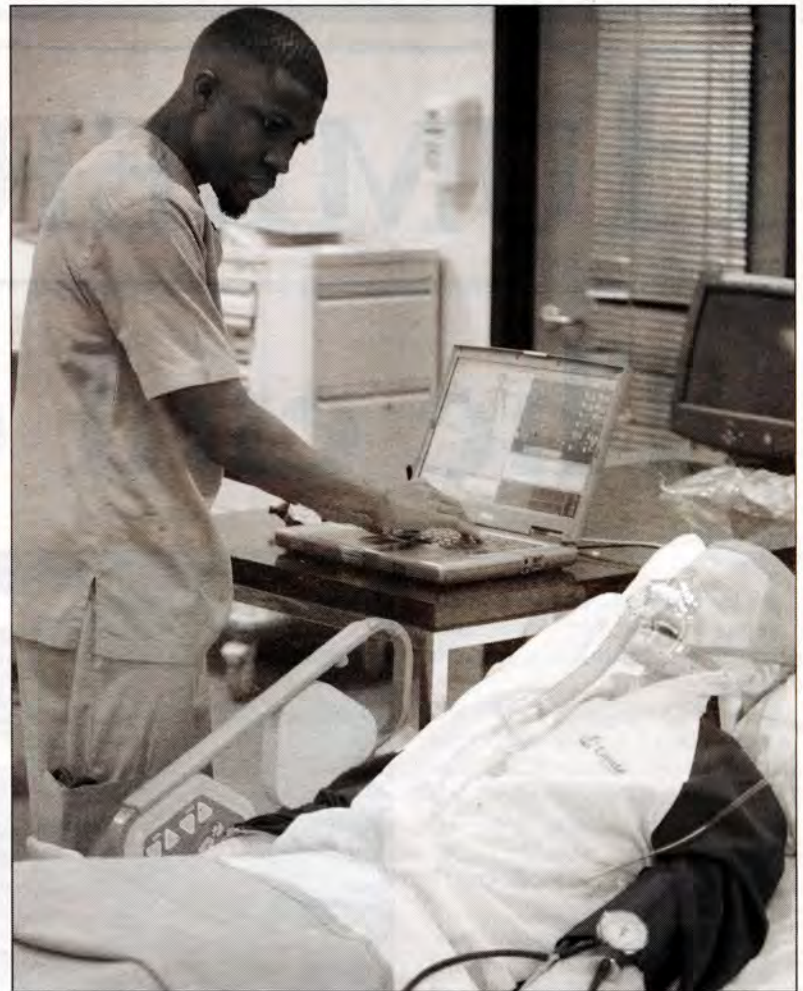
The Statistics Canada survey of 12,200 nurses from across the country showed that those working in geriatrics and long-term care were most likely to experience physical abuse.

MacMillan said, "we can't blame all patients" for the abuse they inflict on nurses, especially those in long-term care where neurological conditions such as dementia are more common and can cause patients to lose control.

Emily Stevens, 22, who has been nursing at Brampton Civic Hospital for three years, said abusive situations can leave a lasting impression.

"The verbal and physical abuse that a nurse may face from patients can be psychologically traumatizing," she said.

Toronto East General Hospital issues lightweight clip-on communication devices to its staff in an effort to curb on-the-job abuse. The Vocera communicator automatically calls hospital security and opens a two-way communication line linking the abused victim and support staff — called a



File photo

Bachelor of nursing student Mide Seyi-Ajaya attends to a dummy for training. Only one in five incidents of nurse abuse gets reported.

code white by hospital personnel.

Rocky Prosser, security manager at Toronto East General Hospital, said nurses feel safer after the device was introduced six months ago.

"We've taken our response time on a code white from two minutes and 15 seconds to 59 seconds," he said. That's from the time we get the call to having officers at the area."

American colleges giving it away free

Philippa Croome
NEWS REPORTER

Pennsylvania has become one of the leading states in America offering free tuition to workers who have lost their jobs as a result of the recession.

Of the state's 14 community colleges, 10 of them are offering the program to more than 1,100 new students. President of Luzerne County Community College in Pennsylvania, Thomas Leary, said the obligation he felt to his community overrode any financial risk taken on by the college.

"Franklin Roosevelt said during the Depression that if your neighbour's house was on fire, you would lend them your hose to put it out without question," he said. "It's comparable to the situation today — people need our help and we should be in line to help them."

Vice-president of academic affairs John C. Flynn Jr. at Montgomery County Community College in Pennsylvania said the program is



File photo

Luzerne County Community College, campus shown above, offers free tuition to the recently unemployed.

designed to give laid-off workers a "jump start" and it does not guarantee them a degree.

The program will continue to be offered in the summer term for both Luzerne and Montgomery colleges. However, both Flynn and Leary said their hopes to keep it going through the fall term would be up to the colleges' boards of trustees.

Leary said the program is necessary to ensure immediate enrollment for displaced workers, who might not immediately qualify for other avenues such as financial aid because they were recently employed.

Humber manager of financial aid Holsee Sahid said the program is a great sign students are being supported south of the border.

"It's important to help people who have been negatively impacted by the recession," she said.

Sahid said Ontario's Second Career program is comparable to the tuition waiver program being offered in the US.

"The Second Career program provides up to \$28,000 per student for the fees to re-train as recently laid-off workers," she said.

Second Career funding covers not

only tuition, but also incorporates the cost of books and other student costs, she added.

In an interview in February, John Milloy, minister of training, colleges and universities, said the Second Career program was expanded in the fall to respond to the failing economy.

"I don't think right now it's a case of creating a new program," he said. "It's a case of making sure the existing programs are as responsive as possible."

Currently, 5,853 students are enrolled in the Second Career program with 3,550 pending approval.

The mass exodus of civilians continues in Sri Lanka as thousands more flee the war zone while humanitarian groups call for a cease fire – to get more out. – theglobeandmail.com

HSF prez about to head out into 'real world'

John Nicholson
NEWS REPORTER

Mike Berg, the current Humber Students' Federation president, said he will continue to take pride in environmental initiatives he helped bring to the school after he leaves office next week.

"We're just seeing the beginning of sustainable initiatives on campus," Berg said, citing Humber's 10,000 acts of green as one of the proudest moments in his presidency. "It's important that we act on these things and be a leader in student government."

"We're just seeing the beginning of sustainable initiatives on campus."

– Mike Berg
HSF president

Berg, in his fourth and final year at Guelph-Humber studying public relations, will move on with his life at the end of the semester.

HSF implemented Humber's earth-week during Berg's time in office.

Troy Dettwiler, president of Humber Environmental and Awareness, said working with Berg on Humber's earth-week was a "great experience,"



Shawna Markus

The outgoing student federation president wants more students to get involved with HSF and its elections.

adding Berg took his presidency seriously.

"It's a lot of work and it's not always the flashiest job," Berg said. "I pretty much live in this office."

Berg said he "couldn't speak highly

enough" of Humber's administration.

When asked about changes he would like to see in the future, Berg said it would be nice to see more students involved in HSF.

"I'd honestly like to see even more students participate in the elections," Berg said, noting he wanted to see more candidates in the recent March election, along with a higher voter turnout than 16.4 per cent.

"When I ran there were a lot of amazing candidates," he said. "Several of them would have done a phenomenal job as president."

"It should be interesting next year," Berg said, while discussing the incoming team of student executives. "They seem eager."

Berg offered some advice for new HSF executives including his successor, Shugufa Kaker, who takes over the \$34,000 per year job on May 1.

"I do feel ready for the real world, but Humber has been a huge part of my life for the past four years."

– Mike Berg
HSF president

"Remember that you were elected by students," Berg said. "You are representative of the students and they do pay your salary."

Berg added that after graduating, he plans to stay in Toronto and find a job.

"I do feel ready for the real world, but Humber has been a huge part of my life for the past four years."

First novel wins big awards

Lea Maiorino
NEWS REPORTER

Elizabeth Duncan's award-winning novel will be published next Tuesday and she said the accolades do not go unnoticed.

"It's a pretty big deal," said Duncan, who is part of Humber's School of Media Studies and Information Technology faculty. "I know how fortunate I am."

Her first novel, *The Cold Light of Mourning*, is a mystery set in Wales two decades ago.

It has won both the William F. Deek/Malice Domestic Grant for unpublished writers and the St. Martin's Press/Malice Domestic award for best first novel.

Duncan has the distinction of being the first Canadian to win either American award, as well as being the first person to win both awards.

The book will be published in the United States and Canada and will be available for sale online and at major bookstores.

Duncan said she loves mysteries and most authors write books they would like to read.

Mysteries are not her only interest, though. She enjoys reading biographies and would like to write one about actor Mickey Rourke.

Duncan, a public relations program adviser, made the transition from journalist to PR in the 1990s.

She worked for several years as a newspaper reporter and editor with the *Ottawa Citizen* and *Hamilton Spectator*, but said she now enjoys the diversity PR work brings.

"It includes writing and other challenges," she said.

After she won the St. Martin's Press competition, Duncan said she was fortunate enough to sign with New York literary agent Dominick Abel. He represents, among others, Britain's Ian Rankin and Canadian Peter Robison.

Long time friend Madeleine Matte said this is a major accomplishment for Elizabeth and she applauds her tenacity.

"I've always thought she had a real flair for writing," she said.

Duncan's publicist, Vimala Jeevanandam, said while the awards are great, she expects this to be the beginning of Duncan's rise in the literary world.

"We are expecting positive reviews from across the country," she said, "which will successfully launch Duncan as a premier Canadian mystery writer."



File photo

Author Elizabeth Duncan is the first person to win two American literary awards simultaneously.

Pushing for equity in schools

Philippa Croome
NEWS REPORTER

The Ontario government launched a new equity and inclusive education strategy that will increase high school graduation and post-secondary enrolment, said Minister of Education Kathleen Wynne.

"If students are feeling excluded, they won't perform as well at school," she said. "We want them to feel as if their school is a safe place – not just physically, but emotionally and psychologically. If we can lower those kinds of anxieties, they can focus on their school work and have a better chance to succeed."

Wynne said the strategy, introduced April 6, looks to address an imbalance of awareness across the province through engaging staff and students in open dialogue and training.

"If people come from more non-diverse areas, they are less likely to be equipped to interact with people who are different from they are," she said. "I don't think right now our curriculum reflects our population the way it should."

Humber College's Nancy Simms, manager of diversity and human rights, said an "embedded approach" that integrates diversity into teaching is a crucial part of equity education.

"It's important that all students receive an education that's as inclusive as possible," she said. "Humber has a number of programs that already integrate diversity into the curriculum, such as liberal and performing arts, health sciences and social services."

Njeri-Damali Campbell, a human rights and diversity adviser, said the

college's staff is required to take human rights and diversity training to encourage awareness of equity issues.

But NDP MPP Rosario Marchese said the introduction of the Ministry of Education's School Finder website on April 4, which allows parents to compare primary and secondary schools, undermines the aims of the equity strategy.

The website compares data such as low-income households, immigrant background and the standardized test scores of its students.

"It's almost as if the government is undermining itself," Marchese said. "The website should be removed completely – it turns the positive aspect of diversity into a negative one."

Annie Kidder, executive director of the parental group People for Education, said the website serves to negatively identify Ontario schools.

"Publicly funded schools are supposed to be places where people can overcome generational cycles of class, poverty and marginalization," she said.

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NEWS

Diplomats walked out of the UN's second conference on racism after Iranian President Mahmoud Ahmadinejad said Israel is the most racist country. — timesonline.co.uk

Police using Twitter now

Laura Di Mascio
NEWS REPORTER

Police services are taking advantage of the growing popularity of Twitter and using the social networking site to update people on crime.

"It used to be that putting information on the six o'clock news was good enough for everybody to see," said Henri Berube, co-ordinator for Humber's police foundations program. "Nowadays a lot of people aren't watching the six o'clock news. You need to get the information out to people and the best way to do it is in cyberspace."

Milwaukee has one of a growing number of police forces turning to social networking sites such as Twitter, which lets users send messages or "tweets" to a large audience in 140 characters or less.

The Milwaukee Police Department uses Twitter to alert people to arrests they've made, to inform people of recent crimes and to offer crime prevention tips.

"We post information so people can maybe feel less at harm occasionally, like if there's been a homicide or shooting in an area, we post it on there," said Milwaukee Police Sgt. Mark Stanmeyer.

He said the site is a useful resource and other police forces would benefit from it.

"This is a way for us to reach a whole new audience," Stanmeyer said.

"Other departments that are also interested in reaching a new audience with their message should absolutely consider it."

Although Toronto Police Services has used the Internet to get messages to the public, it hasn't joined in the trend of "tweeting."

But Humber information technology program co-ordinator Rob Robson said Twitter comes with risks.

He said the only way an identity on the Internet can be verified is through the use of digital certificates — licenses that establish your credentials on the web — but social networking sites such as Twitter don't use these. Therefore, anyone can create an account on Twitter claiming to be the cops.

"Anybody can go out and create an account and say they are Bill Gates, or Barack Obama or whoever they want and there's no check," Robson said, adding a concern with the Internet is always, "who are you really talking to?"



Mark Rothen

Humber President John Davies encourages final-year early childhood education students during a fundraiser they held to raise money for the North York Harvest Food Bank. It was a class project.

Spare change for kids adds up

Mark Rothen
NEWS REPORTER

Final-year early childhood education students raised roughly \$750 for the North York Harvest Food Bank last Friday through a fundraiser aimed at building awareness about child poverty among students and

staff at Humber College.

The "spare change drive" was a requirement for one of their courses, which examines what governments do to support childcare.

"They're learning about advocacy," said teacher Marsha Barrett. "So, the point of this is to understand how to do advocacy and how to get support in our field."

One of the ECE students, 21-year-old Cassandra Adelman, said her class decided to do the project on poverty because one in four children in Toronto is "in poverty."

Nearly half of the 30-student class walked around North Campus asking for donations and distributing child poverty fact sheets, while the other half manned educational displays set up in the main concourse.

Cupcakes, children's toys and games were available to "lure" pass-

ersby to donate during the two-hour drive, Adelman said.

Humber President John Davies stopped by the display in the concourse, spoke with the students about the campaign and congratulated them on doing a good job.

In addition to the drive, students wrote an article about child poverty for submission to Et Cetera and wrote letters to Prime Minister Stephen Harper, Ontario Premier Dalton McGuinty and Toronto Mayor David Miller.

Another final-year ECE student, Nathalia Singh, 20, said sometimes people just need to be reminded of the situation at hand.

"We know they are aware of what's going on," she said, "but we just want to reiterate that fact so they can see students actually care about poverty."

Open house at all campuses will result in tuition for one

Erin DeCoste
NEWS REPORTER

One prospective student has a chance at winning money towards his or her tuition at an open house this Saturday, said Humber's recruitment officer.

John Rose said the event features a chance for students to meet program staff and to enter the tuition draw.

"It can range from anywhere between \$3,000 for a certificate program to \$7,000 for a post-degree," said Megan Oquias, a recruitment assistant.

Rose said the student is chosen when he or she enters into the draw by filling out a feedback form and is then eligible to win the prize money if the student chooses to attend Humber.

The event occurs on all three campuses and offers prospective students a chance to view the college, Oquias said.

"The open house is something we do twice a year, in the fall and the spring," she said. "The spring one is more popular because many students have already made their choice of schools."

Humber is expecting about 2,000 students for the event at North Campus, nearly 1,000 at Lakeshore and about 75 to 100 at the Orangeville Campus, she said.

The open house is also a chance for parents to see the campus, Oquias added.

The event runs from 10 a.m. to 2 p.m. on April 25 and it includes a campus tour.



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Researchers at Iowa State University and the National Institute on Media found some gamers showing at least six symptoms of gambling addiction.— *reuters.com*

Fresh resumes key to success, advisers say

Taking time to format and update resumes a necessary step in getting a summer job

Tyler Mason
Biz/TECH REPORTER

Updating and properly formatting resumes is an essential part of the process for obtaining summer employment, according to Humber employment advisers.

Students looking for summer employment should make sure their resume conveys skills related to job postings requirements, said Humber employment adviser, Christine Colosimo.

"A lot of people can come out of school with technical skills," said Colosimo. "Employers are looking for those interpersonal skills, what we like to call people skills."

Students need to avoid being repetitive when they list their skills, she said.

Students also need to find jobs that suit their personality and should be in their area of study because it will look better to employers, Colosimo said.

Resume tutor Yinka Macaulay said the biggest problem students make is not formatting their resumes.

Macaulay, also a regulatory affairs student, has been helping other students with their resumes since September.

"Doing a resume takes time, don't rush through it."

—Yinka Macaulay
Humber resume tutor

"I would suggest they continually update their resume," said Macaulay. "Sometimes they haven't put a job in there or their education hasn't been updated."

She said students should look for the best way to word their resume and use action words to make it stand out.

"The end of the year is a good time to come in because generally not a lot of people come in," said Macaulay.

"I think it's easier to help others with their resumes than work on your own," said Macaulay. "I'll still sit down with the employment advisers for help with mine."

She said when a student comes in for help, each section of a resume will be broken down and explained to them.

"Doing a resume takes time, don't rush through it," said Macaulay.



Debby Walker



Josh Long

Entrepreneurship professor Bob Bolf, right, says the Summer Company program is an excellent opportunity for students to be their own boss.

Summer program to help entrepreneurs

Josh Long
Debby Walker
Biz/TECH REPORTERS

Student entrepreneurs who want to start their own businesses over the summer are getting a helping hand from the provincial government through the Summer Company.

The Summer Company is an eight-week government program that helps students plan their business based on their original ideas, said John Martin, manager of the company's entrepreneurship and youth partnerships.

"One kid had an idea, I think he was 15 or 16, and he thought of bat removal," he said. "A lot of the houses in his neighbourhood were

attractive Victorian houses that were also attractive to bats, so he found a humane way to remove them."

According to the Summer Company's guidelines, returning students between the ages 15 to 29 who are Ontario residents can apply for a \$1,500 grant for start-up costs.

Once approved, students are required to commit a minimum of 34 hours per week to the program.

They must also have weekly meetings with local business owners to receive advice on their plan and must be trained by an adviser.

Career Centre manager Karen Fast said a proposed business can be simple like cutting lawns or cake decorating.

"Students can also run a business at a marina cleaning boats," she said. "You can be very creative. I know students that started their own T-shirt company."

The Summer Company allows students to receive first-hand experience in forming their own business. Students also receive all profits as an incentive to do well, said Martin.

Humber entrepreneurship professor Bob Bolf said the program provides useful experience even for those who do not intend to be self-employed.

"Companies love people that show initiative and can figure out problems on their own," said Bolf. "Running your own business shows

you can do it."

Matthew Higginson, a 22-year-old Guelph-Humber student, said he made about \$3,000 in profit in addition to the government grant through his own photography business started through the Summer Company, called Riot Design.

"It made me stronger as a businessman, and it made me defend what I was doing," said Higginson.

Higginson said he continued his business into the school year.

To apply, students need to download and fill out the Summer Company's business plan template. Once completed, students must send the template via the Summer Company's website for consideration.

Companies reluctant to accommodate, manager says

Developmentally disabled students finding it hard to enter the workforce

Kimberley Molina
Biz/TECH REPORTER

According to the career centre's manager, graduates of a Humber program for the developmentally disabled can face problems getting jobs.

Company perceptions are one of the biggest obstacles for people living with disabilities to overcome, said Karen Fast.

"Some employers would not be open to hiring someone with any kind of a disability," she said, but adds that some larger companies hire these students.

Companies have the ability to provide specific accommodations and have a variety of jobs that can be filled by students with disabilities, Fast said.

Humber's community integration through co-operative education program, is not a vocational training program, but there is a component where students are able to gain work experience, said program co-ordinator Rosanna To.

The program also provides adults with developmental disabilities the opportunity to experience college life.

The students in this program function between a grade one to grade three academic level and are considered to have moderate developmental disabilities, said To.

It can be difficult for graduates to receive help in finding work outside of Toronto, she said.

"We're lucky in Toronto that there are so many different services that help with employment supports but once you get into Mississauga and to Brampton, outside of Toronto, there's not as many," To said.

According to a study published by Statistics Canada in 2006, a report conducted in 2001 revealed only 45 per cent of people with disabilities between the ages of 15 to 64 were working, compared to almost 80 per cent of persons without a disability.

Ability Edge, a branch of Career Edge, helps graduates with disabilities find paid internships by

working with companies.

Ability Edge only works with companies that hire graduates with disabilities, said their director of marketing and communication, Janice Rudkowski.

Human resources, finance and marketing, and customer service, are the largest sectors in which disabled graduates find jobs, she said.

One of Ability Edge's largest supporters is banks, Rudkowski adds. In 2007, 3.6 per cent of Canadian banks' workforce were people with disabilities, said Andrew Addison, manager of media relations for the Canadian Bankers Association.

Fast said the career centre also helps market the benefits of students with disabilities to employers.

She said that she has seen a shift in perception of some companies.

"All of a sudden, we're seeing employers who are very interested in this population and looking at them with new interest."

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EDITORIAL

The International Monetary Fund estimates that banks and other financial institutions face aggregate losses of \$4.1 trillion due to the economy. — nytimes.com

Think before you eat

When listeria broke out like the plague last summer, it highlighted the need to focus on strengthening the country's food safety system. While most of us were not affected by the outbreak, it is time we start to think about the quality of food we put in our mouths.

One in six Torontonians — 437,000 each year — is sickened by food laced with bacteria, such as salmonella and listeria, according to a groundbreaking study of food-borne illness in the city. The results, triggered by weaknesses in the country's food safety system, represent about \$500 million a year in health-care costs and lost productivity, says a report from Toronto Public Health obtained by the *Toronto Star*.

Food-borne illnesses typically lead to symptoms including nausea, vomiting, diarrhea and fever. The severity ranges from feeling sick for a few days to hospitalization, or worse case scenario — death. Last year's listeria outbreak, traced to cold cuts from a Maple Leaf Foods plant in Toronto, caused 21 deaths and 57 cases of food-borne illness across the country, 15 deaths and 41 cases in Ontario, and four deaths here in Toronto. Perhaps this could have been avoided or even reduced when you consider one in six people suffer from food-borne illness, but less than one per cent of cases are officially recorded.

The report takes aim at the province and the federal Canadian Food Inspection Agency, calling on the two regulators to provide full and timely disclosure of the food safety performance of all food premises they inspect. As it stands, provincial and federal inspection reports on slaughterhouses and food processing

plants are not publicly available. In an attempt to look like they are being proactive, the federal government has announced it will hire an extra 58 food inspectors — to help alleviate food handlers who are too sick to come into work — and infuse \$113 million into food safety. While these efforts are a good idea and a step forward in the right direction, having access to information about food-borne illnesses as it happens is what we need to reduce the amount of deaths and illnesses like last summer.

Every time you head down to your local deli, little thought goes into where, how and who handled the meat you purchased. We place trust into corporations like Maple Leaf products to produce clean quality meats. The City of Toronto makes inspection reports on local restaurants available online and posts inspection results in the windows of all eateries — something the federal and provincial governments are yet to endorse. As it stands, both forms of government keep inspection reports on slaughterhouses and food processing plants away from the public. Transparency on all food and safety results throughout the country is an honest approach that would keep the public informed and strengthen the trust we would have in our meat suppliers.

We are all susceptible to food-borne illnesses that come in the form of processed packaged meats. No one is immune. We, as students, need to think more about what we put in our mouths and be aware of where the meat we buy comes from. Without regular transparency into the government's meat testing, we must take it upon ourselves to change our habits and ask more questions.

Readers, please take note

As the curtain on the 2008/09 academic year begins to descend, the staff of the *Et Cetera* would like to thank all those individuals who gave up their time to provide our reporters with interviews.

Without sources providing vital information, the role of us journalists would be little more than that of the casual blogger, writing nothing more than our narrow perspectives on the world. It is through our interaction with faculty on campus, professionals in the field and experts that we are able to shed any light on the issues covered over the course of the semester.

But if our role as journalists insists upon the gathering of verifiable information in order to write stories that feed the media machine, a responsibility also lies on the shoulders of the media consumer.

Those who turn to the media to inform and educate themselves must always remember that as the media watches over industry and government, they must watch over the media and participate in the gathering and dissemination of news whenever possible.

Media organizations in our society operate with a tremendous amount of freedom, so much so that whenever hurdles arise, they are usually self-imposed.

A case that illustrates the point was the global agreement by media organizations not to report on the kidnapping of the CBC's Mellissa

Fung in Afghanistan in an effort to not put the young reporter in any more danger than she already was.

And even though Canadians are aware that the agreement not to report on the Fung kidnapping was neither the first nor the last time media organizations withheld information, traditional news media is still held in high regard.

An Ipsos Reid poll conducted on behalf of the Canadian Journalism Foundation found that when it comes to reporting the news fully, accurately and fairly, "seven in ten (69 per cent) Canadians have 'trust and confidence' (8 per cent a great deal / 61 per cent a fair amount) in traditional news media such as newspapers, news magazines, TV and radio news. Conversely, just three in ten (31 per cent) say that don't have 'very much' (27 per cent) trust, or none at all (4 per cent)."

The view of the media from within newsrooms across the country is also favourable. A study conducted in mid-February by COM-PASS said Canadian journalists feel the freedom in this country to practice their trade is extraordinary, giving press freedom in Canada a ranking of 81 out of 100.

As traditional news media tries to survive the current crisis in which it finds itself, its audience must remain watchful to ensure no external forces compromise its journalistic integrity.



WORD ON THE STREET

What plans do you have for this summer?



Ali Ali, 19,
2nd year,
heating, ventilation
and air conditioning.

"I'm probably going to go camping somewhere. Maybe head out of the country. Also, I'm going to get my driver's licence this summer."



Whitney Kirk, 21,
2nd year,
business administration

"I'm just gonna be taking summer school courses, working. That's about it. Going to my cottage a couple of times. Nothing special."

Tamara Ward, 37,
continuing education,
critical care

"I plan on going to the music park and the HTO park. I plan on going to a cottage out north, playing in the sun as much as possible and taking the Critical Care course until June."



Rachel Pasley, 35,
continuing education,
critical care.

"I'm working. I'm hitting the patios — as many as I can. That's pretty much my goal. Margaritas, sangria, as much fun as I can possibly have."



The Et Cetera wants to know what you think.

We welcome letters or emails expressing your opinion on issues covered in the paper. Reporting the news is not a one-way street. Hearing from our readers is important to us.0 and debate will bring more depth to the news we report. Think we're missing out on the real issues at Humber? Have we not told the whole story? Let us know! Send us an email at humberetc2008@gmail.com.

HUMBER ET CETERA

The *Et Cetera* will engage, challenge, and inform the Humber College community with progressive and contemporary content reflecting the diversity of its readership.

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A Somali teenager appears in court Tuesday to face what are believed to be the first piracy charges in the United States. — nytimes.com

Orangeville struggling to stay afloat



Ken Brown
News Editor

If Humber College hopes to begin construction of its Orangeville Campus by 2012 — six years later than originally planned — its administration needs to add more than one program per year.

Judging by North Campus, it's hard to imagine a lack of students would prevent the college's administration from doing anything at all.

The North Campus is bustling at the seams with about 15,000 full-time students, but the same cannot be said for Orangeville Campus.

The college administration said it requires between 450 to 600 students enrolled at its Alder St. Campus, an Orangeville community centre, before shovels would be put into the ground at the proposed building site for its new campus.

However, Orangeville only has 150 students now and that's a long

No one could foresee how deep the economic pinch would run, but the college should have planned further ahead in Orangeville.

way from 450. Given the number of students and programs, adding one program per year is not going to cut it if the college hopes to get its 600-student cohort by 2012.

No one could foresee how deep the economic pinch would run, but the



Humber's Orangeville campus is home to 150 students and hopes to get the enrolment number to at least 600 by 2012 File photo

college should have planned further ahead in Orangeville.

It is possible the whole Orangeville expansion was a baby of the previous president Robert Gordon's administration and there is less emphasis being put on getting the facility built.

John Davies, Humber's president, said the community centre campus is good for the early stages because the students have some services — a food court, library, fitness centre and common areas.

Davies said this decision is better financially for the college because the new campus will be built

in phases, but construction will still precede demand.

"We're still going to have to grow ahead of this in Orangeville," he said, noting the full college experience

It is not a case of 'if you build it, they will come', it is more a case of 'they must come before it is built'.

would be made possible at the new campus with at least 600 students.

Humber has \$10 million invested in the project, but will need \$30 mil-

lion more from the federal and provincial governments.

Davies said the administration would begin construction sooner than 2012 if the 600-student mark were met.

Humber is adding a home renovation program in Orangeville next September — to accompany its existing programs in police foundations, early childhood education, business management and business administration.

It is not a case of 'if you build it, they will come', it is more a case of 'they must come before it is built'.

The administration should concentrate less on adding new programs and more on moving existing programs up to Orangeville.

The cohort is an acceptable plan moving forward, but the college is not going to get those students if a wider range of courses does not become available soon.

College officials have blamed the current economic climate for this cautious approach, but they are keeping students' interests in mind.

To put a spin on a catch phrase from the movie Jerry Maguire, show me the spaces.

Kisses & Disses

To the Kenyan man who fought his way out of a python's clutches with the help of his cell phone.

To the Jamaican military for saving all 159 passengers who were held hostage, including four wedding groups on a CanJet flight headed for Cuba.

To the Toronto Blue Jays and their 10-5 start on the season and giving some hope in this victory starved city.

To Zac Efron's movie *17 again* for taking the box office crown over the weekend, earning \$24 million.

To Slovenian authorities for sealing off half the capital city because of a wild brown bear.

To Jamaican authorities for allowing 21-year-old Stephen Fray to get through security with a gun.

To Toronto's other professional sports teams, and their inability to make the playoffs or be even remotely competitive.

To the remaining weekend movies for losing out to another Disney movie.

Texting slays relationships



Cecily Van Horn

I once dated a guy who I like to call Mr. Texto-rama. He always had something to say through text messages, but when we were together the conversation was as stale as week-old bread. At first I thought that he was just nervous. The continuous stream of messages from him eventually became the reason why we ended our relationship. There was too much texting and not enough face-to-face communication and at times it felt like I was dating my Samsung phone — not him.

We have all become so addicted to cell phone usage and now our texting habits have crept into our romantic

relationships.

Etiquette expert Ceri Marsh, co-author of *The Fabulous Girl's Guide to Decorum* says, "It's a pretty bad sign if the person pursuing you can't be bothered to pick up the phone and ask you out," she says. "The person is showing you they're not really ready to get involved."

I agree. The way that I see it: texting is becoming a crutch and a scapegoat.

When things started really going sour with Mr. Texto-rama, he would send me text after text but wasn't willing to talk to me in person. It seemed to me that he wasn't willing to come to terms with how texting had created a void between how we communicated with each other.

How can one truly convey their thoughts, feelings and ideas in a 160-character message? I would rather talk to someone face-to-face rather than spend time going back and forth in a virtual conversation.

By having a constant means of communication with a significant other, it also hinders those nice, relaxing end of the work or school day conversations. You know the ones where you cuddle up to your loved one and discuss what happened during your day? If we constantly are texting every thought, feeling, and emotion then there won't be much to say at the end of the day. In my opinion, romance fades when communication is done via texts.

Messaging should be short and sweet and be reserved for things like, texting a meeting place with friends at the local coffeeshop. Professing your love in Shakespearean sonnets, or sending sweet nothings throughout the day to your significant other should be saved until you see them in person.

LIFE

\$550 million will be spent over the next two years to help schools across Ontario go green, according to Premier Dalton McGuinty. — parentcentral.ca

Electric vehicles to be future of cars at Green Living Show

Kristen Smith
LIFE REPORTER

Humber's auto industrial design students will show off their work at Toronto's Green Living Show this weekend.

"With our concepts we wanted to promote greener living for the future and promote electric vehicles," said third-year student Eric Stafford, 23.

"They're the future of automotive transportation," said another third-year student Warren Schierling, 22, whose design was inspired by a Zen garden. "We're going to get away from oil and gas and move into cleaner, green electricity produced by green methods. It's a more sustainable approach to design."

"If you make something too expensive, no one's going to want to buy it. So there will have to be that balance, especially when the technology is new, there's going to be that cost up front. Once you get into mass manufacturing it is going to drop the price of all the cars," said Schierling.

While the price of oil is down, there is no question it is a scarce resource and the students' designs are addressing this issue, said program co-ordinator Patrick Burke. "We're going to have to find some viable alternative fairly soon and now's the time."

With about 300 exhibits, the show is the largest green consumer event in Toronto and aims to educate the public about how to lead a more sus-



Humber Auto industrial design students (from left) Eric Stafford, Warren Scheirling and Phil Savignac will show off their designs at the Toronto Green Living Show this coming weekend.

tainable lifestyle, said Lindsay Borthwick, event organizer and editor of *Green Living* magazine.

It's for people who are "various shades of green," she said, "whether you're new to the game or have been living a more sustainable life frame for a long time."

The Humber exhibit, Driving the Sustainable Vision, is a "sneak-peek into the future of transportation — using green technology and green materials to develop cars that can actually be realized," said Borthwick.

"The downfall of going greener is it is always more expensive. Recycled

material always costs more," said third-year student Phil Savignac, 21, who included containers for recycling and garbage under the seats in his design to reduce littering.

The show will run from Friday to Sunday at the Direct Energy Centre, Exhibition Place.



Miranda Furtado is in B.C. for the Ski and Snowboard Festival.

Student is the new face of festival in Whistler

Holly West
LIFE REPORTER

Humber fashion arts student, Miranda Furtado, beat 50 other applicants to be the new face of Whistler's Ski and Snowboard Festival.

The Face of the Festival campaign was posted on the World Ski and Snowboard site to recruit an online personality who would embody the culture and excitement of the event, said Lisa Richardson, director of communications.

The tenth annual week-long celebration ends this Sunday with musical performances, celebrities in the snowboard world and a fashion show.

"We had 50 applicants post videos on YouTube and attend live auditions," Richardson said. "We gave them a week to galvanize support for their bid by getting votes for their videos."

Furtado's entry got her a free round-trip flight to Vancouver, ten-day accommodations in Whistler and plenty of screen time meeting and talking with big names in snowboarding, such as U.S. Olympic silver medalist Danny Kass.

Richardson said previous years had many different hosts posting highlights of the festival online, but no specific person to represent the look and feel of the various events.

Cat Channon, media manager of the festival, was part of the team that whittled down the list of entrants to the final five.

"We wanted someone who made us smile and would make us recall all the best moments of the festival," she said.

"When I heard about the contest on the site, I was like, 'yeah I get to go back to my home away from home,'" said Furtado, 23. "I've been involved in a lot of television and broadcast stuff so when I saw that I could interview rock stars and snowboarders as well as attend the fashion show and get VIP access to everything I figured I had nothing to lose."

Furtado has been involved in the ski and snowboard community for years as an instructor and interned for *Snowboarding Canada* magazine.

The contest "will open up doors for me because the videos will be posted daily on dose.ca," she said.

Budding gardeners get tips from expert

Jackie Martinz
NEWS REPORTER

Gardening is a lot like fishing, a renowned gardening expert said.

"You learn to think like a fish and that's how you become a great fisherman. Great gardeners are the ones that understand the needs of plants," Mark Cullen told a large crowd of students and community members who gathered at the North Campus last Thursday.

Cullen gave budding gardeners tips such as to how to repulse squirrels.

"Plant some daffodils. You can take them indoors to get some fragrance and squirrels hate them."

To attract butterflies in the garden, Cullen said to add native plants.

"These are the plants that were here before the Europeans arrived. There are 35 native ferns in Ontario."

To get rid of weeds and help the environment, he said, "it's all about composting. That gives you great soil."

Following the event, Cullen stayed to autograph copies of his latest book *The Canadian Garden Primer: An Organic Approach* and answer questions.

"Great gardeners are the ones that understand the needs of plants."

— Mark Cullen
Gardening expert

Fifteen dollars from the sale of each book was donated to Sending Help and Resources Everywhere Agricultural (S.H.A.R.E.) Foundation which helps farmers in developing countries, said event organizer Steve Anderson.

Rebecca Grove, a first-year horticulture student at Humber, said she enjoyed the lecture.

"He told me a lot of stuff I didn't know, like how to get rid of weeds" she said.

Amazon book scandal not OK

Shawna Markus
LIFE REPORTER

The creative book publishing program paid attention to the recent scandal that hit Amazon.com and its book rankings.

Many books, including gay and lesbian-themed ones, had their rankings dropped, meaning they no longer showed up in searches. While the glitch was fixed quickly, the damage may have been done.

"I think it's interesting it happened and someone discovered it, and only commented on the fact the gay-themed books were the ones gone," said Cynthia Good, director of the program.

"Amazon did mention other books in categories such as health, mind and body, reproductive and sexual medicine, and erotica were affected," said third-year public relations student Sora Kim. "But no one cares about those books being delisted and are only looking at gay-themed books absent from Amazon's rankings."

"We are pleased Amazon acted quickly to restore the bestseller list and we imagine they have done

themselves more damage than any individual author will suffer," said Gillian Rodgeron, editor of *Insomniac Press* and freelancer for the Humber School for Writers agency.

"In order to publish and promote lesbian and gay books, as with any other kinds of books, you need to know and respect the market."

Good said a course within the program deals with certain issues that may arise within the publication field, including censorship.

"We have an open discussion regarding what we think should be the kinds of books that should be freely available and those that should be available but perhaps not as freely available," she said.

Good said she doesn't think there will be any backlash for Amazon.

"It's a little bit of a tempest in a teapot when it comes to Amazon because it has a wide selection of items," she said. "A lot of those areas that people used to back off of in the retail world have now become inclusive and acceptable."

Kim warned, however, Amazon needs to take steps to ensure this type of thing never happens again.

Organ and Tissue Donor Awareness Week has kicked off in Ontario with a \$1-million advertising campaign targeting youth. — healthzone.ca

5k run draws hundreds



Elizabeth Zahur

Elvia Compoverde, 25, was the first woman to finish the run.

Elizabeth Zahur
LIFE REPORTER

Humber student Charlie Lay placed tenth out of about 500 people in the fourth annual five kilometre run, organized by students in the fitness and health promotion program.

"I did it because I'm trying to make the cross-country team next year," said the first-year architectural technology student. "Right now I can only run with the girls. I can run fast but I have to work on my stamina."

Lay's training involves working out every day and running up and down hills in the arboretum. He used the event to gauge how his training was progressing.

Humber students and members of the community walked, jogged or ran along a stretch of the Humber River.

Prizes, such as gift certificates to

Humber's bookstore, the Humber Room, and the Running Room, were given out to the first three men and first three women to finish.

Sami Jibril, 19, from Seneca, was hardly out of breath when he came in first at a time of 16:37. The first woman to complete the run was 25-year-old Elvia Compoverde, who heard about the run from a Humber student, who came in at 21:02.

This event marks one of the first of a number of runs, marathons, and rides to take place in Toronto in the upcoming months. The 200-kilometre Ride to Conquer Cancer from Toronto to Niagara Falls takes place in June and the Toronto Marathon is in October.

Matt Koller, assistant co-ordinator of the health and fitness promotion program, said a relatively healthy person should start preparing two

or three months in advance for a five kilometre run. A marathon would require four to six months.

"Start three days a week and start slow and build yourself up gradually," he said. "And if you're not sure, ask your doctor or talk to a fitness professional."

Ed Mark from the Running Room, a sponsor of the event, recommended a "run/walk program" to train: walk for a few minutes, then run for a minute, gradually increasing run time until the entire distance can be completed running.

Mark also stressed the importance of knowing when you've pushed yourself too far.

"Aches and pains are part of the process, but you don't want bad pains," he said. "If it's affecting your everyday life, if you're limping, that's bad."

Wilderness survival skills course attracts novices and adventurers

Lee Flohr
LIFE REPORTER

It was a small newspaper advertisement and a desire for adventure that brought Les Stroud, TV's 'Survivorman' to Humber to train for a career in outdoor education.

"I thought this is me, I could do that," Stroud said. "I was just beginning a new life of outdoor adventure and that was one of the first things I saw."

Stroud completed his certificate in outdoor education, a part-time, seven course program at North Campus.

Stroud took a course in wilderness survival where he said he learned the foundations for what would become his career.

"I was looking for whatever I could do, learn, or experience in adventure," he said.

Since graduating, Stroud has created two successful television shows — *Survivorman* and *Survive This*, as well as written a bestselling book on the same topic. In addition to putting together a touring musical about survival, Stroud is also getting ready to leave for Borneo, Southeast Asia, in order to film a piece for Discovery Channel's *Shark Week*.

Students hoping to get an experience like Stroud can take four, three-hour classes before they are taken into the wild at the Moon River Basin near Georgian Bay. There, they apply their newly acquired skills in a simulated wilderness survival situation, said course instructor David Arama.

"It's pretty realistic," he said. "We do go in with very little gear. The idea is to go in with what's on your back."

Arama first takes students to the woodlands in the Humber arboretum to teach them how to build

shelters, using only leaves and dead wood. They also learn how to build fires and choose wild edibles like berries when stranded in the wild, he said.

Such skills allow people to survive when lost or stranded in the wilderness, Arama said. "Studies have shown that people who practice something have a better chance to react without panicking."

Arama said his classes usually have about 15 students, though fewer than half go on to complete the outdoor education certificate.

"About three-quarters of people take the course for interest and adventure," Arama said. "We get outdoor enthusiasts, professionals and other types of people who might be going to work in remote locations."

Wilderness survival skills student Dr. Carrie Bernard's obsession with

Les Stroud and Survivorman drove her to enrol in the course.

"We went to the Outdoor [Adventure] Show and saw this course," said Bernard, 43, of Brampton, who enrolled with her husband. "And when we were there they said this is where Les Stroud first took his course too."

She said her time spent working for Doctors without Borders in Uganda opened her eyes to living away from the comforts of home, where she often said she had no power, no access to roads and was often under fire.

"It wasn't this kind of survival," Bernard said. "It was thinking on my feet, trying to figure out what to do, and not sure what's happening next."

Bernard said they plan to take more courses, including winter camping, a course offered seasonally.



Lee Flohr

Wilderness survival skills students build an A-frame shelter with materials found on the ground in the Humber arboretum.

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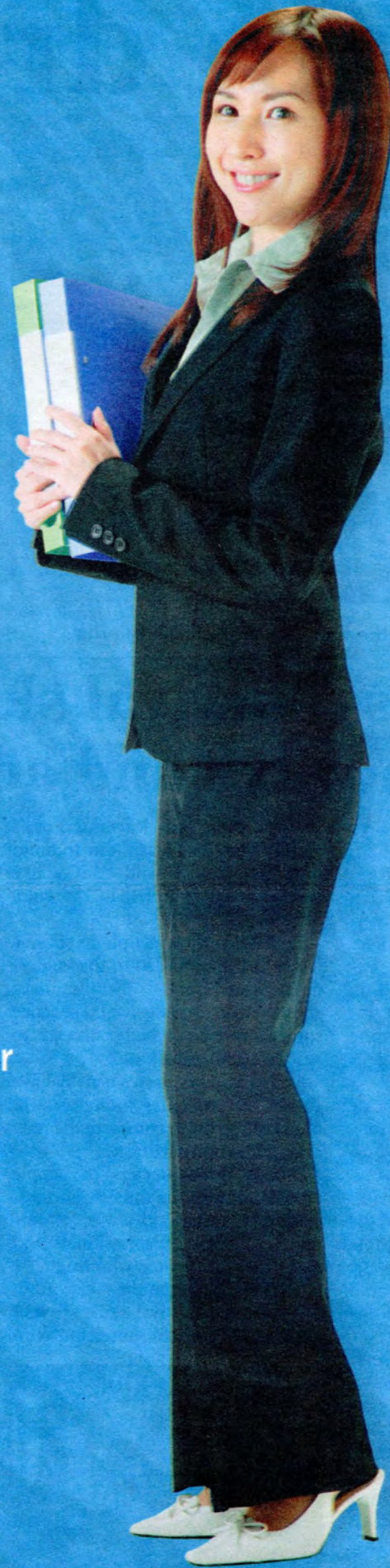
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For the answers to this week's puzzles go to www.humberetc.com

A law banning the use of hand-held devices while driving was passed on Wednesday, coming into effect by the fall, and carrying a fine of up to \$500. – torontosun.com

2			5			3		
	6				3			7
3	1		8					6
7								8
	2	9			1	7	5	
5					2			6
	9				4		7	2
8			1					3
		6			8			9

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

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

HOW GOOD ARE YOU?
 Under 13 minGenius
 13-17 min.....Scholar
 17-21 minSmart
 21-25 minNot bad
 25+ min.....Keep practising

www.sudoku.name

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
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53	54	55	56					57		58			
59					60		61	62		63			
64					65					66			
67					68					69			

- ACROSS**
- 1. Diving gear
 - 6. Plus
 - 10. Mountain passes
 - 14. Pitches
 - 15. Jump
 - 16. "___ dead people!" (2 wds.)
 - 17. Opera highlights
 - 18. Tennis's ___ Sampras
 - 19. Draw the ___
 - 20. Wicker
 - 22. Dublin's country
 - 24. Raised railways
 - 25. North African
 - 28. Be ambitious
 - 29. Prepare tea
 - 34. Latest
 - 37. Hound's prey
 - 38. Foreigner
 - 39. Drink daintily
 - 41. Risk
 - 42. Frolic
 - 43. Woodwind instrument
 - 45. Basil sauce
 - 47. Las Vegas groom, often
 - 48. Removed
 - 50. Kickoff gadget
 - 53. Alleviate
 - 57. Evaluators
 - 59. Bakery hot spot
 - 60. Malicious
 - 63. Forest growths
 - 64. Timid
 - 65. Fiddling emperor
 - 66. Pound part
 - 67. Is mistaken
 - 68. Catch
 - 69. Takes five
- DOWN**
- 1. Gape
 - 2. Reef material
 - 3. Single items
 - 4. Whip
 - 5. James Earl Ray, e.g.
 - 6. Mont Blanc, e.g.
 - 7. Confederate general
 - 8. Sarcastic writing
 - 9. "Aida," for one
 - 10. Fish feature
 - 11. Korea's continent
 - 12. William or Sean
 - 13. Origin
 - 21. Neck part
 - 23. 14th letters
 - 26. Snake's sound
 - 27. Newspaper story
 - 28. Proficient
 - 30. Belonging to them
 - 31. Acquire by labor
 - 32. Cleveland's waterfront
 - 33. Animal skin
 - 34. Field cover
 - 35. Balm
 - 36. Edges
 - 40. Plan
 - 41. "Alien Vs. ___"
 - 44. Copier
 - 46. Poem of praise
 - 47. Gridiron number
 - 49. Levels
 - 50. Young people
 - 51. Upright
 - 52. Road curves
 - 53. Italian city
 - 54. For all time
 - 55. Ogle
 - 56. Pen fluids
 - 58. Factual
 - 61. George Gershwin's brother
 - 62. Ship's record
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Are all your planets aligned?

 <p>Aquarius Jan. 21 - Feb. 18 Be compassionate towards those who need a hand.</p>	 <p>Pisces Feb. 19 - March 20 Make sure to always thank those who've done you a favour.</p>	 <p>Aries March 21 - April 20 You feel so good knowing that your friends are near.</p>	 <p>Taurus April 21 - May 21 Boost your self-confidence and let your friends help.</p>
 <p>Gemini May 22 - June 21 Put together a scrapbook and keep your memories alive</p>	 <p>Cancer June 22 - July 22 Put the drama on hold and focus on your aspirations.</p>	 <p>Leo July 23 - Aug. 23 Reality can hurt in a world that's full of different fantasies.</p>	 <p>Virgo Aug. 24 - Sept. 22 You'll connect with someone very surprising today.</p>
 <p>Libra Sept. 23 - Oct. 23 Be patient, as it's not a race to get work started.</p>	 <p>Scorpio Oct. 24 - Nov. 22 Don't be judgmental towards those that you've just met.</p>	 <p>Sagittarius Nov. 23 - Dec. 21 Consider volunteering if you're unemployed in summer.</p>	 <p>Capricorn Dec. 22 - Jan. 20 You'll come across negative people in life, but keep going.</p>

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The Jonas Brothers will co-host and perform at the MuchMusic Video Awards on June 21, which is highly anticipated and attracts thousands of people. — CTV

Students hot festival properties

John Evans
A&E REPORTER

Two Humber student films will screen at the Hot Docs film festival this year — news that stunned the filmmakers when they heard they'd been selected.

"I think I said a lot of bad words," Sahand Amirikhaledi recalled of his reaction when he heard his film would be at the festival, which runs April 30 to May 10 in theatres across downtown Toronto. "It was awesome because it is a really big, international festival."

Second-year film and television student Amirikhaledi, 28, is the director of *Voorje*, a film with a strong environmental message about man's relationship with nature. *Voorje* was filmed without any dialogue at such locations as the Toronto zoo.

"I'm a fan of telling a story with only pictures," Amirikhaledi said. "A lot of movies these days are full of dialogues that are just for entertainment and have no message or communication."

Hot Docs also chose *Code of Silence*, a documentary about the murder of York University student Chantal Dunn and the reluctance of witnesses to come forward.

Michelle Berry, 21, pitched the idea for the film and produced it. She got the news of the selection March 4.

"I checked my email and it was 'Congratulations, you're going to Hot Docs,'" she said. "I was jumping up and down."

Both films were challenging to shoot.

David Stuart, the 22-year-old director of photography on *Voorje* said a wildlife-focused film with no talking had unique difficulties.

"There's only so much you can get out of an animal that has been taken out of its natural habitat," Stuart said. "It was hard to get shots that drove the story forward."

Berry faced different hurdles.

"The hardest thing was getting people to say more than they wanted to," she said about arranging interviews for *Silence*. "It is a sensitive

issue and people are apprehensive about answering questions about it."

She said being chosen, "is going to have a major impact on our careers. You get to network — to meet all these directors and producers."

A jury of filmmakers, industry veterans and journalists choose winners from the festival films to receive awards and prizes.



David Stuart Photo

Voorje tells the story of a man's relationship with nature.



David Stuart Photo

Voorje will be shown at the festival April 30 to May 10 in Toronto.

Show big draw for employers

Lauren Brunetti
A&E REPORTER

The graduating multimedia design students will have the chance to showcase their talent and impress potential employers as part of their portfolio show next Thursday, said James Cullin, the production program's co-ordinator.

"The pathway for any student to get from the hallways of Humber College to a full-time job as a web developer goes through their portfolio," he said.

Working as interactive designers, the multimedia design program prepares students to become web producers, flash developers, Internet communications specialists, digital media managers and web graphic designers.

Serving as a capstone for the program, Cullin said the event will be a chance for his students to hopefully land a job with one of the 500 industry professionals who will be invited.

"A number of alumni have commented and said they are impressed with the quality of work that the students have this year," he said.

Students will present their portfolios in an auditorium setting, giving them the confidence they need to enter the workforce, he said.

A multimedia design student, Quan Duong, 21, said he is excited to share his work and network at the event.

"I now get the opportunity to show off all of the skills I have obtained and how far I have come in the last two years within this program. When we started we knew nothing and now we know so much."

Another multimedia design student said the program has been a

great experience and he is very happy with its overall outcome.

"This program has been fantastic. The teachers want you to succeed after the program finishes and that's why we have an event like this," said Raymond Bach, 22.

The show features each student's work, from 2 p.m. to 9 p.m. on the third-floor at Guelph-Humber.



Quan Duong Photo

Quan Duong's poster is about sending a 'green' message.



Quan Duong Photo

Quan Duong took inspiration from Coke advertisements.

Babbling pays off big time

Kat McMorro
A&E REPORTER

Students of the arts administration and cultural management program presented a cheque for \$1,769.05 to the Artists' Health Centre (AHC) Foundation last week.

The money was raised through a student run event called Babble-On that took place on March 23 at the Tranzac club in downtown Toronto.

"Babble-On was the culminating activity for our post-grad special events class," said program co-ordinator Anne Frost. "This year's group decided they wanted to make a donation in a very immediate fashion."

Frost said Babble-On was an evening event modelled after Trampoline Hall — a series of talks that go on at the Gladstone Hotel. Babble-On

featured a line-up of artistic professionals who talked about some of their humorous experiences in the arts and a silent auction.

Kari Hueber, a student in the program, said she was very pleased to be part of the presentation.

"We hadn't expected to raise that much, so seeing that we exceeded our goal, and knowing the charity would be excited was great," she said.

Christine Ardagh, of the Artists' Health Centre Foundation, said, "having a group come to us and say they want to organize an event and give the money to us is just fantastic."

The foundation was started in 1997 by a group of Toronto artists to provide outreach, education, and prevention services for professional

artists who live in the Toronto area.

"Our initial thrust was to help start up a clinic which now is open at Toronto Western Hospital, which incorporates the services of a physician, nurse practitioner, naturopath, chiropractor, physiotherapy, psychotherapy — a real mix of services for professional artists," Ardagh said. "We want to create as healthy an artist community as we possibly can."

Ardagh said donations from students can be allocated in different ways, one being the subsidy program. "It will help four artists access a year's worth of care by the alternative practitioners at the AHC."

Laura Pomeroy handed the check to Ardagh, saying, "it's wonderful because people are really going to benefit from this."

Joining professionals with young musicians

Kati Mason
A&E REPORTER

The Humber Community Music Program is offering a chance to see up-and-coming musicians in its 2009 Showcase at Lakeshore Campus this Saturday.

Performances will include some of Toronto's best professional jazz musicians as well as selected seniors from the program.

Catherine Mitro, director of the community music program, said it is magical to bring together young people and seasoned professionals.

"The professionals have such respect for the kids and what they are doing at such a young age," said Mitro.

She said the senior enriched group,

aged 14 to 18, will be split into four different groups, each playing one song.

Some of professional musicians might sit in with them.

"That is one of the strengths of the program," said Mitro. "There is a lot of professional involvement so all the students are very comfortable playing with them."

Among them is Chris Donnelly, a graduate of the community music program who was recently nominated for a Juno.

"It should be good," said Sam Dickinson, 16, who plays the guitar. "I think it is going to be different than other years."

Mitro said the crowd should expect quite an eclectic mix of people

and great music.

"Children who come out of this program are above others," said Christina Takaoka, the program assistant and a graduate of the community music program. "The opportunities in the program are huge."

For the past 14 years, the program has been teaching children from as young as three. The children work through three levels of classes, including improvisation, private lessons and ensembles, until age 18.

Mitro said the older students have been playing and working towards the show all year.

"This is a chance to do something they love in a relaxed and comfortable environment."

Actor/musician Billy Bob Thornton played nice last night on Jimmy Kimmel Live, after his disastrous appearance on CBC Radio's Q two weeks ago. — thestar.com



Stephanie Skenderis



Stephanie Skenderis

Modern-day Alice's stormed the runway at the show. Makeup was applied by the spa students.

Lost in wonderland

Stephanie Skenderis
A&E REPORTER

A group of fashion management students brought over 200 audience members to Wonderland last Thursday.

The 16 female students created an Alice in Wonderland-themed fashion show as part of the final project for their event planning class, said 20-year-old student Natasha Horodelski, who conceived the Wonderland idea.

This year is unique because the show's production was documented by a group of Humber graduates hoping to create a reality show from the footage they have captured.

"We've been at their classes all year, going to their meetings," said Jessica Menagh, who graduated from the television writing and producing program and was approached by the

dean of the business school to develop the show.

Of course, fashion was top priority. Models stormed the runway with Mad Hatter hair and bright makeup applied by Humber spa students. Each model was dressed like Alice, in ensembles picked out by a team headed by 23-year-old fashion student Claudia Messara.

The fashion students enticed local designers Jen Sadzak and SODALicious to create outfits exclusively for the show, Messara said.

But the night wasn't only about the catwalk. The show incorporated live music, a short skit by Humber acting students and food, like playing card cupcakes.

"It's quite different from any other fashion show," said Sheryn Beatty, the professor of the event-planning class.

It appealed to audience members like Humber Vice-President Rani Dhaliwal, who said the show was a perfect demonstration of the combination of learning and delivery.

"It was wonderfully showcased," said Dhaliwal, who also said although this is the first Humber show she has attended, she will "absolutely go next year."

Dhaliwal said the show "brings a visibility to a program we know is strong."

Student and director of the show Miranda Furtado, 23, agreed.

"When people from the industry or people from the media see what college students can do, what we're capable of, it gets our name out there and promotes our program," she said. "It encompasses everything we've done to date.....it's hectic, crazy, but you love it."

Grads find big success halfway across Canada

Jessica Brooks
A&E REPORTER

Dave and Chuck show, produced by a group of Humber comedy alumni, has hit the airwaves.

The weekly variety show, led by Dave Armstrong and Chuck Maloney, who graduated in 2004, now has its own time slot on 93.3 The Fox in Antigonish, Nova Scotia.

The show is taped before a live audience of friends and fans every Sunday from noon to 2 p.m., behind a print shop and down a back alley off of Queen Street West, in a space cluttered with sound equipment, TVs, and a fake palm tree.

A stage is set up in the basement, where the weekly guest band performs in a room decorated with faux fur and disco décor.

Each show is streamed live on the Internet and launched to their website as a podcast and photo diary.

"The Dave and Chuck show is amazing," said Sarah Deschiffert, an audience member at the Easter Sunday show.

Armstrong said they came up with the idea for their own show in 2006, after appearing as Dave and Chuck on a friend's Internet radio program.

They've been going strong ever since, said Armstrong, breaking only for Thanksgiving and the month of August.

The comedy duo have a party planned for tomorrow night at the El Mocambo, a downtown concert venue on Spadina Ave.

The event is to raise money for The Serving Charity, an organization that distributes food, water, and clothing to those in need.

Tickets are \$4 with the donation of a canned good or \$5 without.

Dave and Chuck will be hosting the

evening and eleven bands are scheduled to perform, including Northstar, Bee Rock Steady, and Hamilton Trading Company.

Doors open at 8 p.m. For more info visit:

www.thedaveandchuckshow.com



Jessica Brooks

Dave and Chuck show tape Sundays from noon to 2.p.m.



Jessica Brooks

The show's weekly guest band The Stiff Wires performs.

A good summer sTori

Lauren Brunetti
A&E REPORTER

Tori Spelling sets the record straight in a new celebrity autobiography. By openly and candidly telling her side of the rumours and stereotypes that have plagued her career, she shares her own private thoughts and memories.

Famous for being Aaron Spelling's daughter and exploited on tabloid covers again and again; Spelling has become one of the most recognizable faces of her generation.

A *New York Times* bestseller, the memoir draws on her relationship with her parents, her constant struggle as an actress, bad luck with love and her recent happiness as a mother.

Spelling depicts herself in a down-to-earth way by showing the true colors of her personality, and stressing she is a normal person like everyone else. For instance, her readers are able to see her as a woman who

has struggled with insecurities about her physical appearance since she was six.

Her use of humor and detail in her writing also gives context to her life, which has clearly been filled with ups and downs. Her personal photographs throughout enhance the book, offering a visual insight into her life.

The memoir is written almost as if it were a diary, with each chapter containing her deepest thoughts on a key moment or time period in her life.

Spelling doesn't try to obtain sympathy from her readers, but instead lets them know what really happened in her past — she didn't have a perfect life just because of her famous last name.

Spelling's sTori Telling shows a woman who has come a long way, often misunderstood, as she fights to obtain happiness.

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A&E

Until April 26, anyone can sign up to receive an email coupon for 50 per cent off travel anywhere on the VIA Rail network, valid for travel April 20 to June 30. — viarail.ca

Cooling off in the summer for free

Lauren Brunetti
A&E REPORTER

Humber students can look forward to several events taking place in Toronto this summer. If money is tight or a student is on a budget, Toronto has a lot to offer.

Students have a chance to experience the world of free culture, which is the concept of giving away books for free on the Internet through creative common licenses.

Giving It Away is the most "anticipated, provocative and essential book event of the year," said Cynthia Good, host of the event and creative writing faculty member.

The workshop at the Harbourfront Centre on June 19 gives students a chance to understand free culture and its role within society and the book industry, she said.

"They have a chance to learn how it impacts creative areas like copyright issues. It's so easy to give away things, and less easy to make money off of it. This is a great chance to see how people work collaboratively."

Running for its fifth year in a row, about 200 people attend this event each year, she said. "We offer a great

discount for students. I'm really excited about this event and I'm sure it will be a success, just like it has been in the past."

Students can also take advantage of the The Royal Ontario Museum and the Art Gallery of Ontario this summer, since both of these venues will be offering free admission every Wednesday evening.

AGO volunteer Elizabeth Dowson advises students to come early since attendance is always very high. "There is always a lineup outside, so it's best to come a bit early," she said.

Dean of creative and performing arts Joseph Kertes said both of these venues are a great opportunity for students.

"They offer a different kind of view and a specific insight into other cultures," he said.

If music is more your style, you can find free dance programming and music at the Toronto Music Garden.

Admission to the waterfront facility, located at the Harbourfront Centre, is always free seven days a week.

Inspired by the classical music of Johann Sebastian Bach, the garden is a place of beauty and cultural ac-

tivity, said artistic director Tamara Bernstein.

Another great event is the ten-day Luminato Festival of Arts and Creativity takes place from June 5 to 14. With free events taking place throughout the week, students can look forward to music, theatre, dance, film and visual arts.

"I challenge you to find something of interest to you," Janice Price, Luminato CEO said. "Luminato has something for everyone, how can

you not want to participate?"

Film and television production coordinator Eva Ziemsen encourages students to attend the Worldwide Short Film Festival, taking place June 16 to 21, at several venues across the city of Toronto.

The festival offers special programs and has gala evenings taking place throughout the week – most of them free.

Ziemsen said this will be a good opportunity for students and they

should take advantage of it.

"Any festival is great because it showcases a culture, you get to see something through someone else's eyes. They are also a great chance to network with other filmmakers," she said.

During the final month of summer, The Caribana Festival, a major international event, will be held July 14 to Aug. 2.

Running for its 42nd year, the Trinidad-style carnival will offer music, cuisine and performing arts, in celebration of the Caribbean culture and its traditions.

Caribana is one of the largest street fairs in North America and attracts over 1.3 million people each year to the celebrations.

Also, students can look forward to the week-long Pride Festival which will take place from June 19 to 28.

In celebration of Toronto's gay community, this award-winning arts and cultural event is an important part of Canada's reputation as an open, diverse and tolerant society.

The annual parade is part of the festival every year where upwards of a million people attend for free.



Lauren Brunetti

The AGO offers free admission every Wednesday evening.



Karim Reszk Photo

The Caribana parade is popular at the festival every year.

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CHEAP SUMMER TRAVEL IN FOCUS

Andrew Newberg, author of *How God Changes Your Brain*, says positive feelings toward a higher power can decrease levels of depression and anxiety. – *thestar.com*

See NYC for cheap



The essential expenses when visiting New York City

Flights from Buffalo = \$150 round-trip

Manhattan hostels = \$25-50 per day

Food = \$30+ per day

Jazz Festival a must see, says music student

Angela Mahoney
IN FOCUS REPORTER

Humber music student Milan Boronell has been attending the Montreal Jazz Festival since the age of 14, and said he can't wait to see what this year will bring.

"I love the atmosphere of being around thousands of people that have all gathered for the same purpose: to witness amazing music," said the creative and performing arts student. "I always have a great time."

The festival, which is celebrating its 30th anniversary this year, kicks off July 1.

"There's nothing like walking the streets of an already amazing city and listening to a large variety of amazing music."

– Milan Boronell
Humber music student

Running for 11 days, the festival includes live performances from noon to midnight each day.

The festival holds free outdoor performances as well as various indoor concerts with ticket prices ranging from \$28 to \$130.

"Even though there are some phenomenal and legendary artists that are part of the paid concerts, there's nothing like walking the streets of an already amazing city and listening to a large variety of amazing music," said Boronell.

Some of the featured artists will

include Melody Gardot, Madeleine Peyroux, Ornette Coleman Quartet and The Lost Fingers.

Creative and performing arts instructor, Gord Sheard, said any student making the trip to Montreal for the festival will not be disappointed.

"They have so many outdoor venues that everyone can enjoy for free," he said. "It's a festive atmosphere, with thousands of people walking the streets of beautiful, downtown Montreal."

Sheard not only attended the festival, but performed there as well.

While Boronell says most hotels and motels hike up rates during the festival, he suggested looking at options outside downtown.

"Accommodations in the west part of the island of Montreal would probably be the cheapest," said Boronell. "This area is very nice, the hotels are good quality and you are only one or two buses and a subway ride away from the musical action."

Students opting for the most economical choice will find bed and breakfast deals between \$75 and \$95 per night and hostel rates between \$25 and \$35.

But Boronell said the travel and accommodation costs are well worth it.

"The festival itself is free and the indoor concerts aren't too pricey, so even though accommodation might be expensive, it's worth it since the festival is virtually free," he said.

Cathleen Yoo
IN FOCUS REPORTER

Planning can make New York City a budget-friendly destination, says a Humber tourism instructor.

"A huge way to save money is to eliminate the airfare completely or fly out of Buffalo," said Julie Zomparelli.

Flights out of Buffalo cost about \$150 round-trip with budget-airline JetBlue.

Alternatives to flying include buses and driving, which prove to be much cheaper.

While trains are an alternative, they can often cost more than a flight out of Buffalo, and the travel time is several hours longer than taking a bus.

Bus companies such as MegaBus and Greyhound NeOn offer round-trip tickets for about \$100.

These companies regularly hold promotions that could get travellers to New York for as little as \$1.24 each way.

"Hotels are very expensive in the city. There are inexpensive hotels but they are not in desirable areas."

– Julie Zomparelli
Humber tourism instructor

First-year clinical research student, Matthew Trennum, decided to drive when he made the trip to the Big Apple last March with four friends.

The trip ended up costing each person \$35 on gas – much cheaper than a flight ticket.

But Manhattan parking can be very expensive, so Trennum opted to park in a small commuter town, Poughkeepsie, for less than \$8 a day and take a 20-minute train ride – \$30 round-trip – into the city.

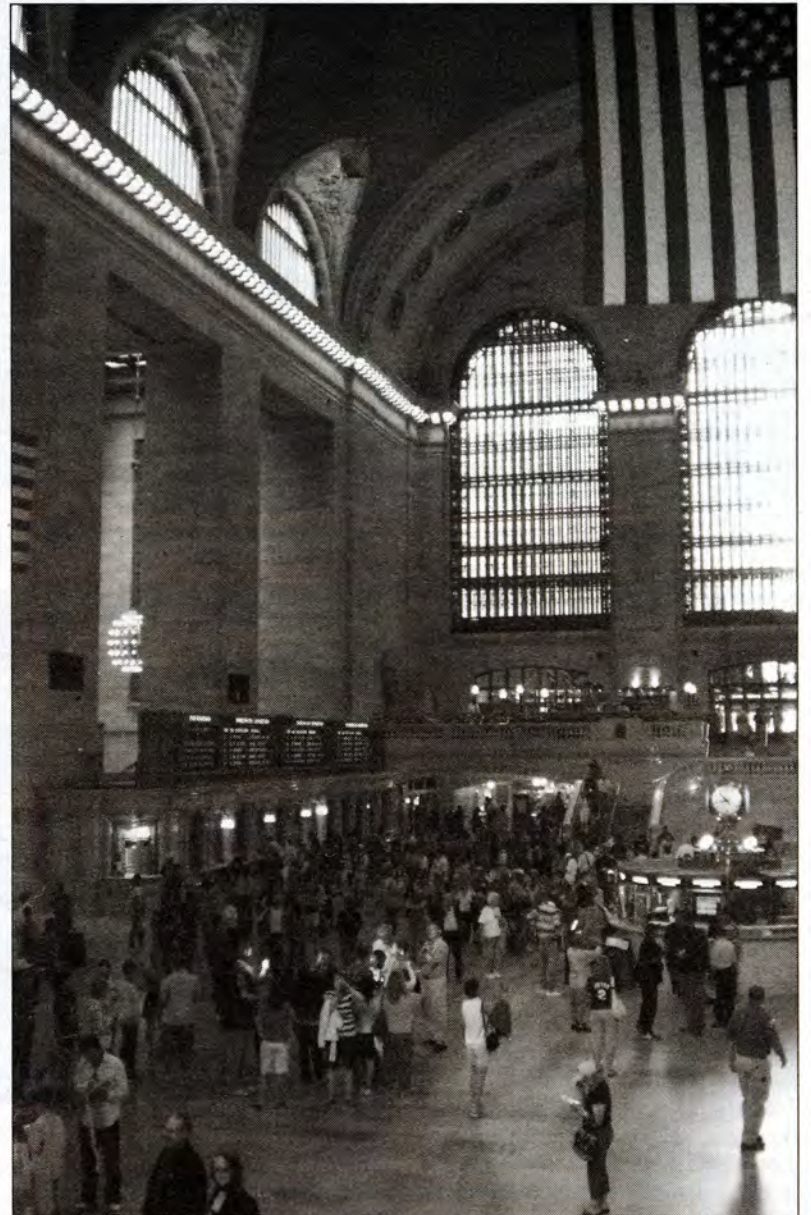
"Hotels are very expensive in the city," said Zomparelli. "There are inexpensive hotels, but they are not in desirable areas."

"The Empire State Building is cool and it's exciting and it's a nice view, but you go up, you walk around, you look at the city and then you go down. And you go to the gift shop ... and you end up spending 60 bucks."

– Matthew Trennum
First year clinical research student

Graham Johnstone, branch manager of Travel Cuts, a company specializing in student travel said, "what you want is a clean bed, somewhere to lock your stuff up. If you're going to be out all the time, why pay the frills for the hotel."

Hostels make great alternatives,



Cathleen Yoo

Grand Central Station in New York, which serves as the crossroads for midtown Manhattan, charges no admission for visitors.

offering a variety of accommodation types including dorms, shared rooms and even private rooms with prices ranging between \$25 and \$50, allowing students to stay in the city.

Some recommended hostels are Big Apple Hostel, The Gerswin and Central Park Hostel.

Johnstone recommended booking in advance.

"People know that New York is expensive, so budget accommodation goes very fast," he said.

Zomparelli said eating doesn't have to be costly in New York.

"The only thing they can really have control over is the meal because there is lots of options," she said.

On-the-go food such as fast food chains and street vendors are budget-friendly choices, Zomparelli said.

Trennum and his friends saved money experiencing New York by taking advantage of pay-what-you-can admissions and student prices at museums such as the American Museum of Natural History and the Metropolitan Museum of Art.

"We wanted to go anyways, but the donation day chose what day we went," he said.

Zomparelli advised planning in advance as some tourist attractions may not accept international student cards.

"What you want is a clean bed, somewhere to lock your stuff up. If you're going to be out all the time, why pay the frills for the hotel."

– Graham Johnstone
Branch manager at Travel Cuts

Trennum said using a *Walk New York* travel book as a tour guide saved them additional expenses that would come with booking a tour.

"The Empire State Building is cool and it's exciting and it's a nice view, but you go up, you walk around, you look at the city and then you go down. And you go to the gift shop and buy a little one and you end up spending 60 bucks," he said.

"If you want to see old architecture, go to the public library (at 42nd Street and Fifth Avenue). It's an old building, it's amazing and it's free," said Trennum.

IN FOCUS CHEAP SUMMER TRAVEL

As of Earth Day (April 22), Ontario has banned the sale and use of about 250 pesticides and ingredients, the toughest cosmetic pesticide ban in North America. — *cbc.ca*

Baseball on a dime

Pattie Phillips
IN FOCUS REPORTER

Baseball may be the great American pastime, but for Humber students looking for cheap summertime fun, a road trip to catch a few away games just might be the ticket. If you want variety, there's lots — 13 major league baseball teams play within a ten-hour drive of Toronto.

"You can do the baseball tour on the cheap," said Jim Bialek, assistant director of Humber Athletics. "It's an opportunity, at a reasonable cost, to get an experience that will last a lifetime."

Bialek speaks from experience.

As a lifelong fan, he's done his own tour and said this summer is a great time for a trip.

"Now you have the opportunity to see a lot stadiums in their infancy," Bialek said, referring to the newly opened Citi Field and Yankee Stadium in New York City. "Plus, you may be able to see some that might not be there a few years from now."

But for students keeping an eye on their wallet, it's the price that's right.

Cheap seats at major league games average \$10 a ticket. Some stadiums, like Baltimore's Oriole Park at Camden Yards, offer seats that include all-you-can-eat concession food in the \$40 ticket price.

Accommodations don't have to set you back either.

"You don't need the Hilton," Bialek said. "Take the camping experience, stay out of the hotels."

That's what 23-year-old Shaylan Spurway, a Humber creative photography grad, plans on doing when she and her fiancé head to Boston this July.

A Red Sox fanatic (her Boston terrier is named Fenway Parker) she's hitting the road to catch her team at home in the historic stadium.

"I can't wait to step foot in it and to see the Green Monster," she said. "Regardless of being a fan, it's some-



Pattie Phillips

Spectators can watch a baseball game at Fenway Park, home of the Boston Red Sox, for \$24, while also getting a tour of the 97-year-old stadium. The trip is less than nine hours away from Toronto.

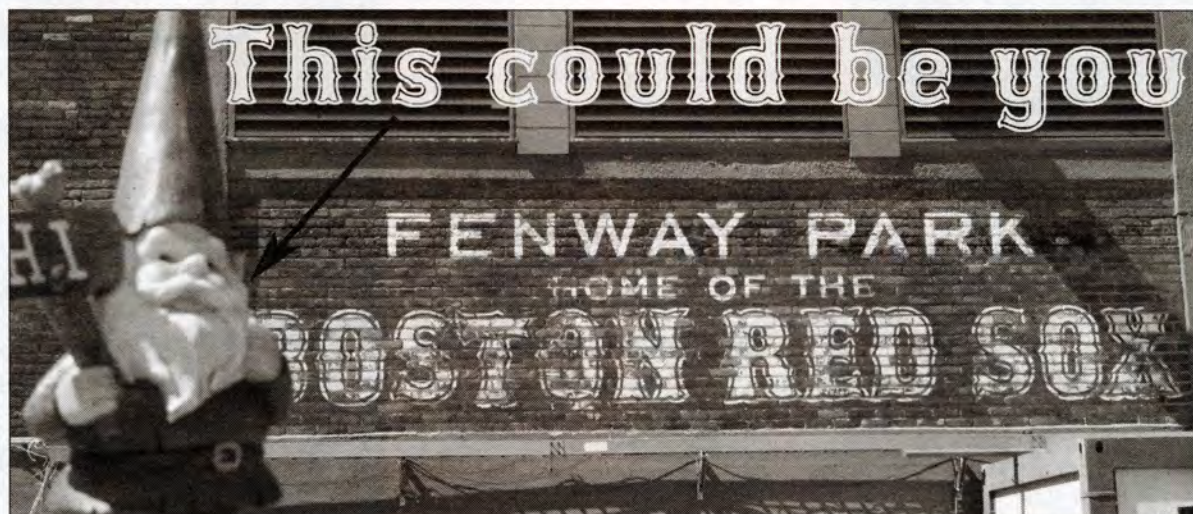


Photo illustration by Pattie Phillips

where I've always wanted to go."

Tickets at Fenway start as low as \$12 a seat, while another \$12 will get you a tour of the 97-year-old stadium.

Matt Angle, owner and operator of the website Ballparks of Baseball, said tours are a great way to add value to your trip, and are offered at most parks.

"Just to be able to go out on to the field, or to sit in the dugout for a few moments — that's what makes a tour attractive," he said.

However, Bialek, Spurway, and Angle all agree that the greatest value of any baseball road trip is the unique atmosphere at the each park.

Bialek said his best-loved ballpark is still Tigers Stadium in Detroit, which

was closed in 1999, while Angle's favourite is Kauffman Stadium, home of the Kansas City Royals. "They all have their own nuances and they all have different experiences," Bialek said, adding that a road trip isn't just for the die-hard fans. "You don't know who you're going to meet or what you're going to do but the experience is something else."

Baseball Stadium Tour:
All distances relative to Rogers Centre as starting point



Rogers Centre — home of the Toronto Blue Jays

Opened: 1989
Distance: 0km
Tickets start at: \$9
Tour: \$13.75



Orioles Park at Camden Yards — home of the Baltimore Orioles

Opened: 1992
Distance: 760km (8h20)
Tickets start at: \$8
Tour: \$9



Fenway Park — home of the Boston Red Sox

Opened: 1912
Distance: 880km (8h50)
Tickets start at: \$12
Tour: \$12



U.S. Cellular Park — home of the Chicago White Sox

Opened: 1991
Distance: 830km (8h05)
Tickets start at: \$9.50



Wrigley Field — home of the Chicago Cubs

Opened: 1914
Distance: 845km (8h25)
Tickets start at: \$9
Tour: \$25



Yankee Stadium — home of the New York Yankees

Opened: 2009
Distance: 765km (8h00)
Tickets start at: \$14
Tour: \$20



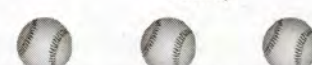
Citizens Bank Park — home of the Philadelphia Phillies

Opened: 2004
Distance: 775km (8h05)
Tickets start at: \$16
Tour: \$9



Comerica Park — home of the Detroit Tigers

Opened: 2000
Distance: 370km (4h00)
Tickets start at: \$5
Tour: \$6 (no game-day tours)



Cooperstown, NY — home of the Baseball Hall of Fame

Distance: 530km (5h35)
Admission: \$16.50

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Jim Bialek gives advice for getting the most out of your game-day experience

- Get to the park before the gates open.

- Watch batting practice.
- Walk around the stadium before the game starts. You'll have access to parts of the park you won't get to see once the game is started.

- Talk with the ushers, they're always in the know.
- Get to know the people sitting around you. The locals will usually treat you well and most importantly, they'll let you know where

to go after the game.

- Spice it up! Cheap tickets are great, but treat yourself to at least one decent seat on your trip.

- Enjoy the ballpark cuisine. There's always your standard hotdog fare, but most parks now feature local specialties (i.e. cheesesteaks in Philadelphia)

- Finally, don't use the trip as an excuse for a frat party. You want to remember all those great parks.

CHEAP SUMMER TRAVEL IN FOCUS

A Toronto man who ran a red light and crashed into a delivery truck turning left into his lane in 2000 has been awarded by a jury a record \$17 million. – *thestar.com*

Algonquin worth the hike

Teri Pecoskie
IN FOCUS REPORTER

Students looking to save the environment and save a buck this summer could try camping in Algonquin Park as an eco-friendly and inexpensive vacation.

“Anything students can do locally definitely helps them save,” said Mary Lendway, Humber’s tourism management co-ordinator. “And there are bears and deer – the wild side of things. Students can minimize their impact on the environment and at the same time really explore and connect with nature.”

Activities like backpacking, hiking, canoeing, and biking are all relatively carbon neutral, said Jim Murphy, Algonquin’s backcountry operations supervisor.

“Most of our hiking trails are on established routes, so you’re not leaving your ecological footprint on any other areas of the park.”

For students trying to stick to a budget, camping is also an economical option. Drive-in campsites cost less than \$40 a night, while back-

country sites reached by hiking or paddling only set students back \$11, Murphy said.

Camping is also a good option for students looking for healthy travel alternatives.

“It contributes to your personal health and spiritual renewal by getting you out and into a wilderness environment,” said Murphy.

“Most of our hiking trails are on established routes, so you’re not leaving your ecological footprint on any other areas of the park.”

– Jim Murphy
Algonquin backcountry operations supervisor

The most memorable vacations are the ones where you challenge yourself, said Dean Wylie, co-ordinator of Humber’s outdoor education program.

“You’ll remember the good times and forget the bad times. Even if you’re struggling up a hill with a 60-pound pack on your back and a

canoe on your head – you forget all that stuff. You just remember when you threw your buddy into the lake or a bear came through your camp.”

For students unwilling to take the plunge on their own, Humber offers a five-week-long backpacking course every September. Anyone can sign up and the \$230 price tag includes a two-day guided backpacking trip in Algonquin.

“It’s a great way to learn about lightweight camping, layering, setting up campsites – how to take a shit in the woods kind of stuff,” said Wylie.

Whether you decide to strike out with a group or as a lone wolf, Wylie, Murphy, and Lendway agree that the most essential part of camping is preparation. Students should take proper gear, know their route, and let someone know where they’re going and when they’ll be back.

“As with any trip,” said Lendway, “do your research. The more informed you are, the more opportunities you’ll have and the more you’ll take out of the experience.”

The Et Cetera’s user-friendly guide to all you need to know about Canada’s first provincial park established in 1893

HOW TO GET THERE

– While the trip by car from Toronto takes just over three hours, by bus Ontario Northland and Hammond Transportation can shuttle you between downtown Toronto and Algonquin in four hours for less than \$80 one-way.

WHAT TO EAT

– A wide selection of lightweight, dehydrated foods are available at outfitting stores like Mountain Equipment Co-op, Algonquin Outfitters, and the Canoe Lake Portage Store, in Algonquin Park
– Most packaged meals cost around \$8 and feed two people.
– Keep in mind: Glass bottles and cans (with the exception of propane canisters) are not permitted on any backcountry sites.

WHERE TO STAY

– Accommodations in the park range from \$11 per night for backcountry sites to \$79 per night to stay in a tent community.
– Reservations can be made at: <http://www.ontarioparks.com>

WHAT TO READ

Information for trip planning and park safety:
– Algonquin Park maps: <http://store.algonquinpark.ca>
– *SAS Survival Guide*, by John Wiseman: \$9.95 at <http://www.chapters.indigo.ca>
– *Survive*, by Les Stroud: \$16.68 at <http://www.chapters.indigo.ca>
– Ministry of Natural Resources Bear Wise Program: <http://www.mnr.gov.on.ca/en/Business/Bearwise/index.html>

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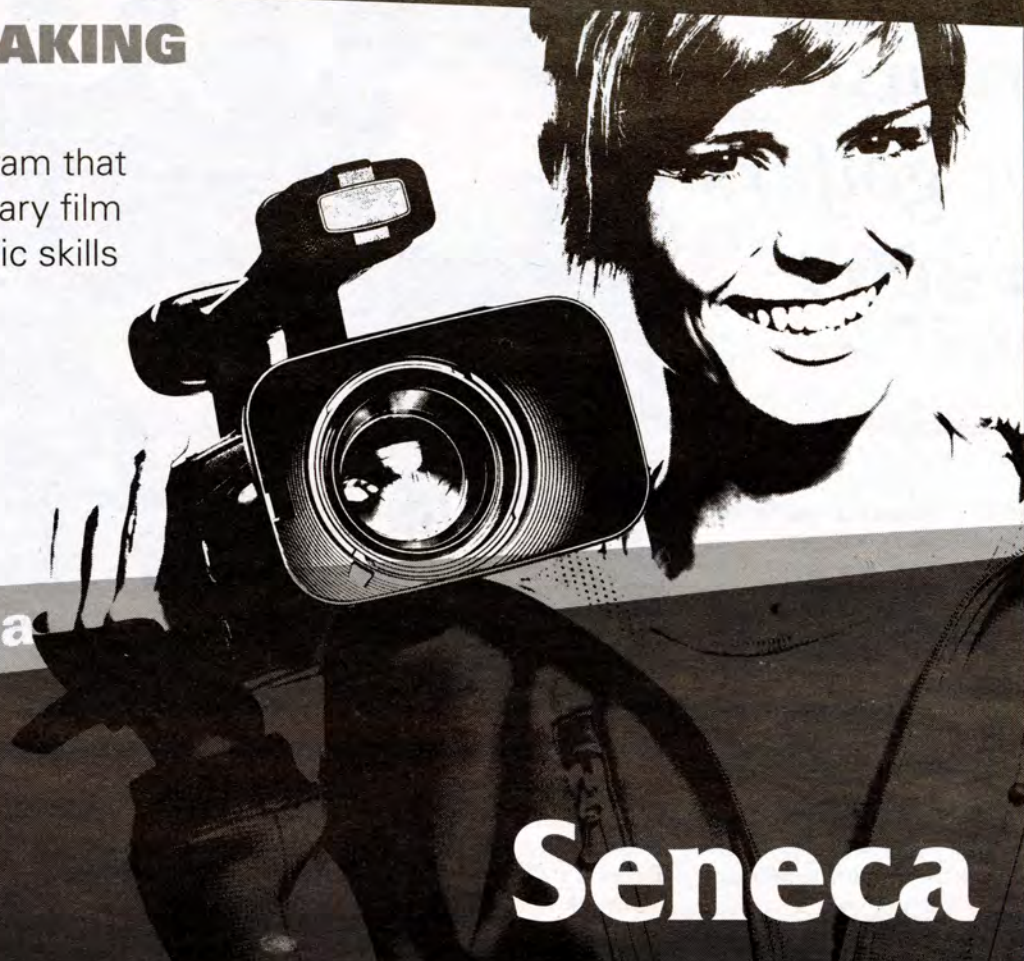
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SPORTS

The Toronto Blue Jays have started out their season winning 10 of their first 12 games. It's the Jays best start since the '92 World Series winning team went 11-3. — tsn.ca



Jason Sahlani

Middle Landis Doyle prefers her superstitions during the game.

Athletes and their quirky superstitions

Graeme Steel
INFOCUS REPORTER

Humber cross-country runner Shea Johnson has to have a spoonful of organic buckwheat honey before racing. Starting guard Meghan McPeak listens to Juicy by Notorious B.I.G. before every basketball game. Landis Doyle, Ontario Colleges Athletic Association women's volleyball player of the year, has to bounce the ball exactly 20 times before each serve.

"Sometimes it's two spoonfuls but it has to be organic and it has to be buckwheat," said Johnson.

McPeak said, "My brother was in Australia for a year. That was a song that we used to listen to together so during that year, it made me think of him."

"Sometimes it's two spoonfuls but it has to be organic and it has to be buckwheat."

— Shea Johnson
Humber Cross-country runner

Landis Doyle said, "Twenty's not my favourite number or anything. That's just what I've developed."

These Humber athletes are no dif-



Alex Brien

Guard Meghan McPeak enjoys easy listening before big games.

ferent than some of the most famous names in sports history, including baseball Hall of Famer Wade Boggs, who only ate chicken on game days, or hockey superstar Wayne Gretzky, who returned to the dressing room after pre-game warm-up to drink a Diet Coke, a glass of iced water, a Gatorade, and another Diet Coke.

Sports superstitions can be silly, irrational nonsense wrapped in omens with a ration of fear but they're a necessary part of an athletes preparation.

"I wouldn't look at it as superstition as much as a ritual that prepares athletes," said Gil Mason, an Ottawa-based psychologist who works extensively with competitive athletes. "They develop this ritual so that somehow, once they've done it, they are relieved of the anxiety and the stress. It's like everything is in place."

"It's psychological because they think that if they do things in a certain manner, it will predispose me to excel at what I'm doing. And if I don't do that, then somehow it's get screwed up," explained Mason, who has worked with varsity athletes at the University of Ottawa.

Humber varsity soccer player Melissa Migliazza has to put her shoes and equipment on from the right to the left. She said that if she forgets, she has undress and start again.

"It's a mental thing, as most superstitions are," said Migliazza, a third year recreation and leisure student. "But it's something I have to do."

Mason said that superstitions are usually found in the more competitive athletes and it is often rooted to their past.

"It has to do with their history. As they are getting into the sport, they attribute their success to certain rituals. So it really has to do with success," he said.

Nationals or bust for golfers in 2009

Justin R. Rydell
SPORTS REPORTER

Canada's most successful collegiate golf program is looking to dominate both provincial and national competitions as they head into the Royal Canadian Golf Association National Championships next month.

Both the men and women are heading to King's Forest Golf Club in Hamilton on May 25 for the Ro university and college national championships.

Coach Ray Chateau and his team of seven all-Canadians are looking to add to their six national titles in eight years.

All-Canadian Mark Hoffman said, "I practiced really hard this off-season. I think this is going to be a great year."

The Humber men are returning from a National Collegiate Athletic



Men's and women's Humber golf teams are raring to go and looking to maintain their provincial and national dominance in 2009.

Association Division I tournament in Michigan where they tested their game against the best of Midwest Division I schools in Plymouth.

The women are returning from a dominant '08 when they finished with a national gold. The men took

silver.

"We have a really strong starting four on the men's side," said head coach Chateau.

Mike Zizek is a two-time all-Canadian and is in his final year of eligibility while Hoffman is coming



File photos

off a third place finish in the Scottish University Championships when the team spent ten days overseas.

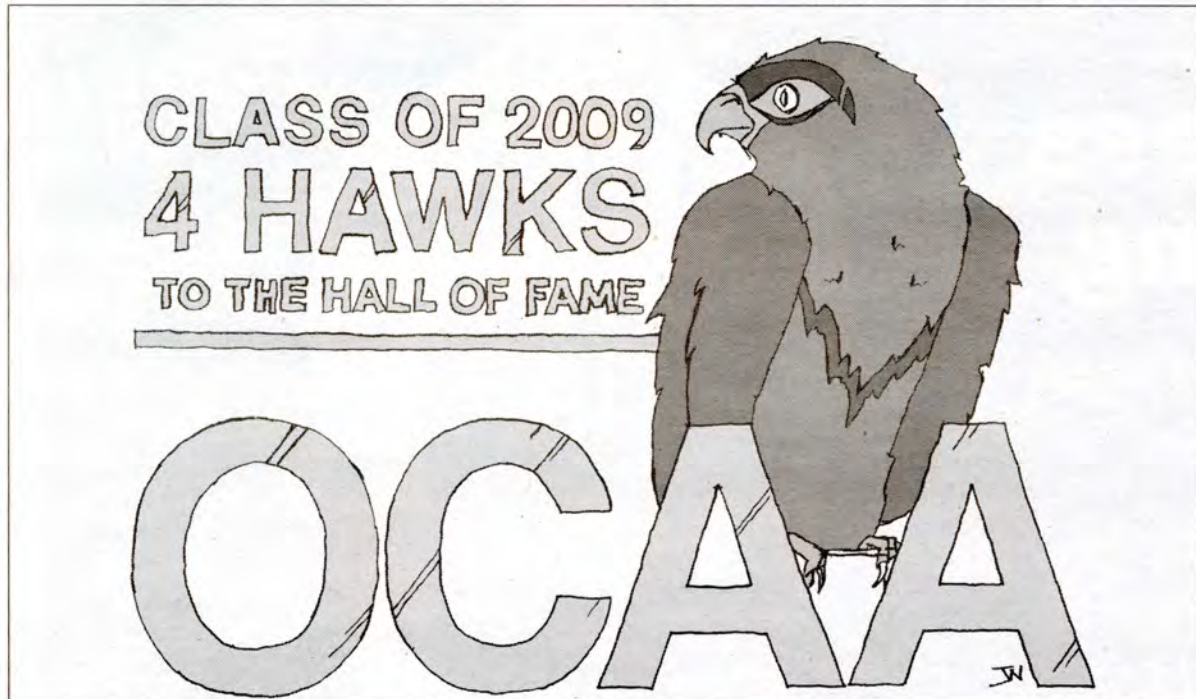
"If we get good scores from our fifth spot in tournaments we will be able to contend," said Chateau. "Mark Hoffman is playing strong

right now and Ryan Willoughby is striking the ball well. We have the three best women in the country."

All-Canadian Maggie Trainor who finished sixth in Scotland said, "I am hitting the ball well and I think this is going to be a good year."

Former NHL goalie Dominik Hasek is coming out of retirement to play for his former club HC Moeller Pardubice in his native Czech Republic. — *thestar.com*

Hall of fame to honour four of college's finest



Jake Nicholson

Four Humber athletics alumni will join 11 other Humber athletes already in the OCAA hall of fame.

Scott Rennie
SPORTS REPORTER

The Ontario Colleges Athletic Association Hall of Fame will open its doors to four former Humber Hawks next Wednesday.

Past soccer stars Jesse Calabro, Luigi Della Rovere and Mike Silva will be inducted, as well as former volleyball player Colleen Gray.

They will join only eight other Hawks athletes in the hall.

"Other schools put a lot more people forward," said Humber athletic director Doug Fox, who nominated the athletes. "I really think it should be the most elite of elite players."

All the footballers played under men's coach Germain Sanchez.

He said the inductees are deserving of the accolades.

"All three of them were the best players in Ontario at their position, if not at the national level," said Sanchez, the 16-year coach of Humber's soccer team.

Silva guarded the Hawk net from 1999 to 2003, and was Ontario player of the year when Humber won the national championship in 2002.

He's now a real estate agent and home energy adviser, as well as a goalkeeper with Portugal FC, a club part of the Canadian Soccer League.

"There's not so much I can say besides it's an honour and it's great to be representing Humber in this way," Silva said.

Calabro, who holds Humber's career scoring record, had the winning goal in the bronze medal game at the 2001 nationals.

"I can't forget those memories," said Calabro, whose 35 goals in four years put him second on the all-time OCAA list.

Colleen Gray was an all-Canadian athlete on Humber's silver medal-winning volleyball squad in 1992.

To be inducted into the hall, athletes must have exhibited athletic skills, fair play, and leadership as well as playing for at least two years and graduating, said OCAA director Blair Webster.

"Humber's OCAA hall of famers are athletes Scott Cooper, Caroline Fletcher, George McNeil, Adam Morandini, Denise Perrier, Christine Rudics, Eugene Selva, Joanna Vitale, and coach Mike Katz and builders Rick Bendera and Peter Maybury.

Summer camps great way to recruit best in Ontario

Mike Marshall
SPORTS REPORTER

Humber will have a chance to recruit the province's best young volleyball and basketball players when it hosts the Ontario Volleyball Association and Ontario Basketball's elite training camps this summer.

Both leagues will hold camps for players age 12 to 18 throughout June, July and August, with 144 players and 24 coaches per camp coming to campus, in the case of basketball.

"Every good player that's in Ontario goes through our facility and is aware of our program," Athletic Director Doug Fox said.

"The intention long term would be to secure these people to come and play for Humber."

When the camps start, Humber will aggressively advertise to recruits, Facility Manager Dean Wylie said.

"We always have our brochures out front especially in the summer and when the kids come in here to train we can advertise this is the place to be because our teams just won nine provincial championships.

"It makes it easier to say 'I remember Humber College, I trained there when I was with the junior development elite camp,'" he said. "They may want to come back."

Humber approached both leagues to host their camps for the first time, with no charge for gym use, and attendees only paying the cost of residence and food, Fox said.

The camps are by invitation only,

with players going through a four-stage selection process for the chance to train with the province's best.

"All the camps revolve around elite skill development to push these athletes to the next level," said Derek Stryker, manager of basketball development for Ontario.

The camps help raise Humber's profile, Fox said.

"We get the notoriety of housing the elite programs that Ontario volleyball and Ontario Basketball have." A higher profile means enrolment at Humber goes up, Wylie said.

"We want a kid here who has a jump shot or who can spike the ball but the college is getting bums in chairs through our work."



Alison Brownlee

Sponsors still looking to advertise despite the current recession.

Sponsors still looking for piece of the OCAA

Alison Brownlee
SPORTS REPORTER

Despite the economic down-turn, the Canadian Colleges Athletic Association already has sponsors for the women's soccer nationals at Humber in November, said its promotions and marketing co-ordinator Ryan Kuhn.

"In my opinion, sponsorships are one thing corporations are sticking with because they are more targeted than advertising," he said.

Adidas and Big Kahuna Sports are sponsoring the tournament.

Both companies are under multi-year contracts to support such events, said Kuhn.

"These companies honour their contracts," he added.

Humber has hosted two national championships in the past 14 months: badminton last month and men's volleyball the previous year.

"For men's volleyball last March, we got \$10,000 from Johnson Insurance to be the title sponsor," said Jim Bialek, Humber's assistant athletic director.

He said the soccer nationals are expected to cost about \$75,000.

But, companies in general are looking closely at their finances before making a commitment, said Johnson regional manager Darren Desmarais.

"Everyone is being more cautious," he said.

Desmarais said sponsoring events is still viable because it's an effort to support the client, and it's also a way to build and maintain brand awareness.

Another longtime Humber sponsor that is being cautious is Coca-Cola.

"Coke bent over backward and did great things for us at last year's volleyball nationals," Bialek said.

Coca-Cola worked with athlet-

ics again for badminton nationals, Bialek said, but it provided less in terms of sponsorship than it did for the volleyball tournament.

Shannon Denny, Coca-Cola's public relations representative, said the company will continue to sponsor Humber's athletic events.

"Despite the tougher economic reality that we and other companies are facing, we have an agreement with Humber to sponsor events."

"We're proud of our relationship with Humber College."

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