

# HUMBER ETCETERA

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Nicole McIsaac

Lori Clyke, a self-proclaimed "freegan", recovered used items headed for landfills for the past five years. Recently she began to find food for her two pets and herself.

## Welcome to the dumpster

Nicole McIsaac  
IN FOCUS REPORTER

Dumpster diving, curbside salvaging and aggressive recycling are not just for people living on the street.

Recent Humber social service worker graduate Lori Clyke proudly calls herself a "freegan" and has been a part of several free collective groups that support minimalist lifestyles for the past five years.

Clyke has been dumpster diving for food for the past three months. She admits to doing this two to three times a week to find items she can use to feed her pet lizard and dog, as well as herself.

"I go in the grocery stores recycling bins and scoop up anything salvageable for them to eat," she said.

"I also scoop up food items for myself when I feel they are safe."

A self-proclaimed "germaphobe", Clyke won't go near food that has touched the side or tops of bins.

Clyke also takes other useable items from, but is sure to clean them.

She rinses everything thoroughly, including food, with a mixture of bleach and water.

She also said she won't pick up soft furniture from people's homes or roadsides.

Although she lives in a comfortable home in Scarborough, Clyke dislikes the idea of good food being thrown out just because it has a bruise or ugly packaging.

"People throw things out too easily, we're just spoiled now."

Clyke said there is too much waste in society today and that it is important to make use of things that can be salvaged from the garbage.

Clyke is a member of the worldwide community called Freecycle

which, according to their website, freecycle.org, is a nonprofit organization and a movement of people interested in keeping good stuff out of landfills.

The website offers a place where people can get free items that are tossed away by people who don't want them.

*"People throw things out too easily, we're just spoiled now."*

—Lori Clyke  
Social service worker graduate

Christine Wons, an international studies and modern language graduate from the University of Ottawa is also a member of Freecycle.

Wons lives with roommates in Ottawa and said they regularly search through people's discarded

furniture or look on Freecycle for salvageable goods that can be fixed up to use in their apartment.

"It's a nice way to divert things from the garbage dumps and not have stuff that you don't want or need lying around collecting dust," said Wons. "Oh yeah, and it's all free."

Freecycle.org has a search engine to find cities across the world that support the initiatives of the group.

Clyke took over the ownership of the Toronto Annex Freecycle website five years ago and said since becoming a member she looks at consumerism in a completely different light.

"Buy it used, get it used, ask a friend or a family member for it."

Mark Dallas, an instructor with the English Through Comedy Troupe – a class that teaches English as a second language through comedy said he is conscious about the

effects of consumerism.

"When you buy something, you are condoning every stage in the process leading up to that purchase," said Dallas. "But what happens to it after you've used it? Can it be recycled or does it end up in a landfill somewhere, leaking contaminants?"

Dallas said in order to create awareness about consumerism and the effects of it he held a zombie walk last year for his students to partake in.

It fell on Buy Nothing Day – a day that asks people to refrain from consumerism by abstaining from buying anything. It falls on the day after American Thanksgiving.

Wons said for her every day is Buy Nothing Day.

"I don't need a Buy Nothing Day to not buy anything," she said.

*In Focus: Buy Nothing Day, and consumerism pg. 17*

York University and CUPE workers are set to resume talks today with a mediator. Job security, wages and benefits will be the main issues discussed. — *thestar.com*

# Changing the rules of the road

## Ontario plans to alter licencing system

Keith Roberts  
NEWS REPORTER

The reaction to the province's proposed G2 licence restrictions isn't welcomed by those it will effect.

"If I was still 19, I'd be pissed," said 20-year-old media foundations student Ellie Salmon, referring to the potential one-teenage-passenger restriction to teen drivers.

"The whole point in getting a licence when you're a teenager is so you and your friends can have more freedom to go places," she said.

The change has caused conflict for many other students as well.

"It could be a problem for me, I usually drive friends places," said

Michael Szczucinski, 19, a first-year film and television student.

MADD Canada's Carolyn Swinson said the criticism of the teen passenger limit is misunderstood.

"It's just for the first year of G2," said Swinson. "It's not as onerous as perceived."

"A lot of teens think this restriction is the same as the BAC," she said, referring to the new Blood Alcohol Concentration proposal.

Currently G-class drivers can legally have a blood alcohol level of between 0.05 and 0.08.

Now only G1 and G2 drivers are restricted from consuming any alcohol before getting behind the wheel but the new proposal would ban all drivers under 21, regardless of licence-class, from drinking before driving.

Ministry of Transportation spokesperson Emna Dhahak said changes to the Graduated Licensing System could bring down the accident rate for youths.

"Despite the overall success of the

current GLS program, young drivers continue to be significantly over-represented in fatal and injury collisions," Dhahak said.

"Studies have shown that teenage drivers are three-and-a-half times

more likely to be involved in a fatal collision than drivers aged 30 to 34."

Dhahak said the restrictions are meant to benefit drivers.

"Our ultimate goal is to give novice drivers and young people in this

province the opportunity to acquire the driving skills and positive attitudes they need to drive safely for the rest of their lives," she said.

## Proposed G2 restrictions



Keith Roberts  
NEWS REPORTER

On Tuesday, Nov. 18 the Ontario government proposed new restrictions for the graduated licensing system that was first introduced in

1994. Here are some of the major changes:

- Teen drivers would be restricted from carrying more than one passenger aged 19 and younger for the first year of their G2 with exceptions for family members. Right now this only applies for the first six months.

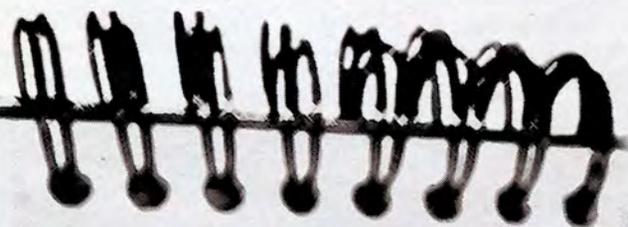
- Zero Blood Alcohol Concentration level for all drivers under the age of 21. Right now this only applies to G1 and G2 licence holders.

- Escalating penalties for repeat offences of G1/G2/M1/M2 restric-

tions within a five-year period. First offence equals a 30-day licence suspension, second offence a 90-day suspension, and at the third offence the licence would be taken away, causing the driver to begin the licensing process from the beginning.

- The length of time spent at each licensing level would be raised, for G1 and G2, from 12 months to 18 months.

This information and more is available at [www.mto.gov.on.ca](http://www.mto.gov.on.ca)



## The 411

### Local

The Canadian Council of Grocery Distributors has announced the city of Toronto's plan to curb plastic bags. Shoppers will pay a nickel for every plastic bag they use when grocery shopping. The city originally proposed grocery stores and retailers give customers a 10-cent refund for not using bags.

— *thestar.com*

### National

Today's national economic update contains high-profile measures to control discretionary spending, said Kory Teneycke, director of communication for Prime Minister Stephen Harper. The measures could be worth tens of millions of dollars in savings over the coming years. Finance Minister Jim Flaherty wouldn't comment on the details of the update but implied the need for politicians to curb their spending habits.

— *thestar.com*

### International

Thai Prime Minister Somchai Wongsawat, rejected his army chief's demand that he resign. Wongsawat was advised to step down because of anti-government protests that threaten to spiral out of control across the country. Wongsawat stated his government was democratically elected and would work for the country's benefit. Protesters have seized Bangkok's Suvarnabhumi airport and all flights have been cancelled.

— *theglobeandmail.com*

# Ipods are a hot steal

## Police give students tips on stopping player thefts

Debora Sardaneta  
NEWS REPORTER

iPods are a popular accessory and according to Detective Izzy Bernardo of 14 Division, they have become a target for thieves.

"It has been a bad month for iPod thefts in the city," said Bernardo. "iPod theft has been pretty steady since they have come out."

Det. Bernardo said police found a surge in iPod thefts at the beginning of the school year. He said the majority of street robberies with young people involve iPods or some type of electronic device.

However, this doesn't mean students should not be careful. Const. Rob McDonald of 55 Division said because iPods aren't really traceable, often thefts do happen.

"Subways and areas where young people hang out is where we have seen a rise in iPod thefts and robberies and when there's a lot of con-

gregation of young people, that's where young people should be careful," he said.

Police said students should be careful when travelling on the bus or walking to and from school.

"We recommend that people switch the noticeable white earplugs to something less obvious, like black colour ones to lessen their odds of becoming a target," said Bernardo.

Director of Public Safety at Humber, Gary Jeynes, said theft of electronic property is very low on campus.

"There are no reports of iPod thefts at Humber," he said.

McDonald said people should think about the consequences before trying to resist an iPod mugging.

"Is the \$130 iPod worth broken bones?" McDonald asked. "People have to use their own judgement."

Humber student Denis Wong said, "I usually keep my iPod in my back pocket, I don't really think someone will try to take it from me, but I think if I was put in that situation I would just give it up," he said.

Ken Westin founder of GadgetTrak said iPod thefts have been rising. He said electronic devices are getting smaller and more valuable, more data can be stored in them and the data also becomes useful. "It's easy for thieves to sell at pawn shops or in the black market, and it's easy to take away from someone because they're so small," he said.

GadgetTrak is a company that

manufactures anti-theft products for electronic devices, including iPods. Westin said users can register their iPods on their website for a membership of \$15 a year. If it is stolen and attempted to be used in a network like iTunes, the device is flagged and police are able to use that information, such as the ip address to recover the iPod.

"We have had a lot of recovery stories," Westin said.

"We think we have hit a nerve, we realize there's a need for a product like ours. Not only is this about recovering the iPods stolen, but it keeps people safe, it allows them to give that device up without fighting the attacker, knowing that they have a chance at recovering it."

## Corrections

On page 12 of the Nov. 20 issue of the *Et Cetera*, in the story "International Student Thrives", Danielle Petit's name was misspelled.

On page 14 of the Nov. 20 issue of the *Et Cetera*, the story "Book fair raises \$450" was written by Angel Khattra, not Erica Cassar.

The *Et Cetera* apologizes for the errors.

Police fear one person may be dead after attempts to rescue the victim of a parking garage collapse failed in Montreal on Wednesday. — *thestar.com*

# Terrorists attack Mumbai

**Jon Sufrin**  
OP-ED EDITOR  
**Alex Cooper**  
MANAGING EDITOR

Coordinated groups of gunmen armed with grenades and automatic weapons held Mumbai under siege yesterday, killing and wounding scores of people.

Humber students with relatives in India reacted with fear, anger and immediate concern for their loved ones.

"I'm just absolutely stunned and horrified by the entire thing," said final year journalism student Chelsea Sandanha, who is from Mumbai. "I feel very helpless. There's nothing I can do."

The crisis was ongoing at press time, with the gunmen seeking out foreigners with British or American passports, according to CNN.

Attacks were carried out at high-profile sites throughout the city,

including luxury hotels, popular tourist destinations, and a hospital. Blasts occurred at the Taj Mahal and the Oberoi hotels.

According to the Associated Press, the terrorist group Deccan Mujahideen claimed responsibility through emails to several media outlets, but a BBC correspondent did not rule out the possibility that other groups were involved.

CNN reported the gunmen, who appeared to be aged between 20 to 25, had taken hostages at multiple locations throughout the city.

"It makes me really mad," said Sunny Verma, 20, a first-year nursing student with an aunt and uncle in Mumbai. "I just want to go down there and make sure everyone's ok."

Saldanha went to university in the area the attacks took place. One of the targets was a popular place she used to go while in university.

She said her mother works and brother goes to school in the area.

"My mom is fine. I haven't heard from my brother yet."

For Herman Singh, 20, an international student from Ludhiana, India, thoughts were with his mother, father, brother and sister living there. His hometown is an over ten-hour drive from Mumbai, but he expressed apprehension for the ripple effect such an attack will have on the entire country.

"There's going to be a little bit of fear in my mind because it's going to affect Mumbai and the Punjab — it's going to affect all of India."

Computer management student Amit Chhabra is from Chandigarh in northern India, but said he had many friends living in Mumbai. He called and e-mailed them when he heard about the attacks.

"They are safe but some of their friends got hurt," he said.

Priyesh Patel, 18, a business student at Guelph-Humber, feared for his family in India — who live far



The terrorist attacks took place throughout Mumbai. *Google Earth*  
from Mumbai — but admitted he's growing jaded to terrorist news. "We're used to hearing about it," he said. "Before, about two years ago, it was rare. But now it's really picking up."

## These boots are made for raising money



**John Nicholson**  
SPECIAL TO THE ET CETERA

Students in the fire and emergency services program are strapping on their boots to fight breast cancer.

"They've raised just under a thousand bucks, I'm guessing," said Ian Sim, program manager for fire and emergency services. "They're getting all kinds of response."

The students have organized a boot drive, which is designed to help raise money and promote awareness. The fire and emergency services began the drive on Nov. 17. It finishes up tomorrow.

Students participating in the boot drive patrol the hallways wearing boots painted pink. They are trying to communicate to students about breast cancer awareness while at the same time attempting to bring in

donations for the Canadian Breast Cancer Foundation.

"They're popular out there with the other students," said Shanta Vogel, office assistant with the fire and emergency services department. "We do different fundraising throughout the year."

The fire and emergency services students who participate in the boot drive are enthusiastic and eagerly approach other students in their fireman's overalls.

"I always give the students some assignment for community involvement," said Sim. "I just give them ideas. They pick it. They run it."

"Each student in the class is volunteering," said Diane Harkins, 34, a student in the pre-service firefighter program. "We're all taking turns. We're volunteering our time to promote awareness."

The Canadian Breast Cancer Foundation says an estimated 22,400 Canadian women will be diagnosed with breast cancer this year and one in nine women will develop breast cancer at some point within their lifetime.

"Everybody's putting in their time," said Arthur Sawa, 26, another fire and emergency services student involved in the boot drive. "We're trying to do our part, trying to raise some money."

"Any dollar helps, right?"

Fire and emergency services students collect funds for breast cancer with pink boots in tow.

John Nicholson

## Canada takes second place in global tourism rankings

**Vanessa Federico**  
NEWS REPORTER

Tourists have ranked Canada number two out of 78 countries, according to the 2008 top country brand rankings.

The countries are ranked across 30 categories, focusing on strengths, weaknesses and opportunities within in the country.

Canada had previously ranked number six in the 2007 study, but now ranks above countries like the U.S. and the U.K.

Australia, made number one on the list.

Keke DasGupta, Canadian Tourism Commission worker said the reason for Canada reaching second place is because over the past two years it has developed a more

popular reputation with tourists. "Visiting Canada was described as a 'life-changing experience with many festivals and events, cosmopolitan, very cultured, and foodie-filled'," said DasGupta.

The categories Canada ranked the highest in were families for providing a variety of activities for visitors of all ages and easiest to do business in, because it welcomes and facilitates business from different countries.

However, there are some categories Canada didn't make the top ten for. Some of those categories include authenticity, art and culture, rest and relaxation, fine dining and advanced technology.

The Country Brand Index is created by a company called

FutureBrand. They conduct an annual survey is conducted around the world interviewing many travelers. Travelers are asked where they are coming from, and why they have chosen to visit where they are going.

The Canadian Tourism Commission uses the study as a way to make Canada more appealing to tourists.

Canadian Tourism Commission director of brand integration, Giselle Danis, said there is a new strategy for marketing Canada. A series of video clips shot by actual visitors to the country will be used to market and encourage people to visit.

The clips have not been released yet as they are still in the process of being made.

"We have marketed and received positive feedback for this operation," said Danis. "It has shown that Canada is more than just open landscape, and given the world an authentic and exciting option for travel."

She said Canada's second rank could open more doors for the country.

"Canada is a large country with tons of culture," said Nahrain Elia, a second-year travel and tourism student.

"You're visiting one country and seeing people from all over the world," Elia said.

"Canada is a very friendly country and always creates great rapport with its visitors. I think our friendliness keeps the people coming back."

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The economic crisis has Russians cutting back on vodka, their national drink. Russian stock markets have lost about 70 per cent of their value since May. — reuters.com

# Disabled students face fiscal barrier

\$10,000 per year available to those who meet OSAP requirements

David Lipson  
SENIOR REPORTER

Justyna Zmurko manoeuvres around Humber's halls in a wheelchair to get to her classes.

She has cerebral palsy, a brain disorder which affects body movement and muscle coordination.

Zmurko, 23, said people with disabilities often feel forced to apply to the Ontario Student Assistance Program to help pay their extra educational needs.

"If you are disabled and you have parents that earn enough that you don't meet the OSAP requirements, and you need an assistant, you'd be in big trouble," Zmurko said.

Students who apply for Canada's disability access grants must first meet provincial loan requirements. Those who qualify are eligible for up to \$10,000 in grants a year.

Zmurko said disabled peoples' education can include hidden costs such as tutors, adaptive software,

and alternative format course materials.

The financial barriers they face are the subject of a new \$85,000 study commissioned by the Canada Millennium Scholarship Foundation and the Higher Education Quality of Council of Ontario.

**"They don't want any special treatment or pity marks, we just want to be treated as equal and productive members of Humber's society."**

—Justyna Zmurko  
Humber student

"Anecdotally from students we have spoken with and anecdotally from my own personal experience, the financial aid packages that are currently available are not adequate," said Mahadeo Sukhai, director of the project and president of the National Educational Association of Disabled Students (NEADS).

He said this will be the first in depth study of its kind in Canada that will provide much needed data

on students with disabilities.

University students with disabilities have the second highest average level of repayable debt at \$14,405, according to a 2005 report. Students with children have the highest amount at \$16,756.

The report does not provide figures for colleges, but suggests college students with disabilities are less optimistic than traditional students in their ability to repay debt.

"A lot of students with disabilities get discouraged and they don't really finish their education," Zmurko said. "You pretty much have to be a truly determined person if you have a disability to finish post-secondary education."

Researcher Tony Chambers hopes to have the study complete by March 2009.

"At the end of the day I hope it stimulates conversation among policy makers and other researchers to take the findings a step further and hopefully affect the discussion they have in the policy chambers," he said.

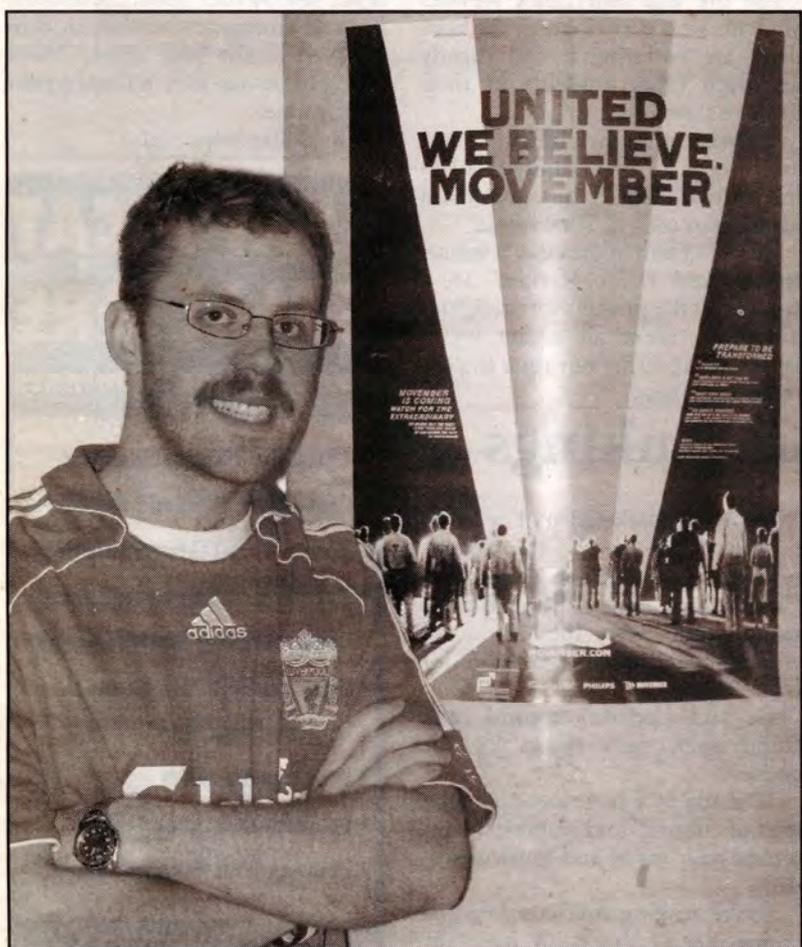
Zmurko said students with disabilities aren't looking for a free ride.

"They don't want any special treatment or pity marks, we just want to be treated as equal and productive members of Humber's society."



David Lipson

Students with disabilities like Justyna Zmurko can qualify for disability access grants worth up to \$10,000 per year but must meet OSAP's financial requirements to receive them.



Tyler Mason

Broadcast and television student Kyle Miller is one of five mo bros at Humber, all part of team Mo Awesome. The team has spent all month raising funds and growing facial hair for cancer.

## Bringing back the 'stache for the fight against cancer

Canadian mo bros close to tripling the amount raised last year

Tyler Mason  
SPECIAL TO THE ET CETERA

November has become Movember for men worldwide who are growing moustaches to raise funds and awareness for prostate cancer.

Last year, Canadian men who participated raised over \$550,000 for Movember. So far this year \$1.3 million has been raised.

"We initially set out to bring back the moustache," said Adam Garone, founder of Movember, speaking from Los Angeles.

"There was nothing really together for men's health particularly prostate cancer. So we wanted to marry the moustache, which is a manly expression of who we are,

with male only disease."

Dubbed mo bros, men support the cause by simply creating teams and growing a moustache.

The Movember campaign started in a Melbourne pub in 2003 when Garone, his brother, and a friend were joking around about growing moustaches.

**"There was nothing really together for men's health particularly prostate cancer. So we wanted to marry the moustache, which is a manly expression of who we are, with male only disease."**

—Adam Garone  
founder of the Movember initiative

The Prostate Cancer Research Foundation of Canada said an estimated 24,700 men will be diagnosed with prostate cancer this year and one-in-seven men will be diagnosed in their lifetimes.

There are about 180,000 mo bros

worldwide who are expected to raise over \$30 million this year, Garone said.

According to the Movember website, they are about halfway there.

"Both of my parents had cancer, so I figured I would do something," said Kyle Miller, a Humber broadcast and television student.

The 21-year-old, wearing a Burt Reynolds-esque moustache, ran a benefit concert with his team Mo Awesome in residence last week.

The five-man team put on a *Rock Band* performance which raised \$25.

They plan to go door-to-door to raise more funds before the month is up.

At the end of November, gala parties are thrown worldwide and awards are given for the Man of Movember, Miss Movember, Team Mo Bro, Mo Bro with his Mo Sistas, Best Mo in Character, the Lame Mo, and the Ultimate Mo.

The Toronto gala will be taking place tonight at the Phoenix Concert Hall beginning at 8:30 p.m. Tickets must be purchased in advance.

Amsterdam city council announced that 43 of the 228 coffee shops that sell pot will have to close up shop by 2011 due to their close proximity to schools. — yahoo.com



Chelsea Saldanha

Humber president John Davies made an appearance at the Lone Star Grill on Front Street this past Monday night to support the brand new Kevin Allen Scholarship for Student Excellence in Fundraising that will help those who volunteer full-time and struggle to make ends meet.

## New scholarship provides much needed financial help

### Program requires students to work pro-bono from nine-to-five

Brad Lemaire  
NEWS REPORTER

The memory of the late fundraising legend Kevin Allen will be honoured through a new scholarship announced earlier this week at a Humber alumni event.

The Kevin Allen Scholarship for Student Excellence in Fundraising will be awarded based on academics, financial need and merit in the voluntary sector to a student entering the fundraising and volunteer management program.

Allen was the founder of consulting firm Inspire, established in 1988, which became the largest fundraising firm in Canada. He passed away March 23, 2008, at the age of 54 in Toronto.

The financial burden students face is hefty with more than a quarter of them leaving the one-year program with over \$20,000 in debt, according to former student Laurie Pringle.

Forty-nine per cent of past and present students in the fundraising

and volunteer management program required financial assistance from OSAP in order to pay tuition.

Money is a concern for many students said Emma Cosgrove, co-ordinator of Monday's event at the Lone Star Grill on Front Street.

"I think a scholarship is much more than a need for a lot of students in this program. A lot of people, including myself, in this program are really struggling to feed ourselves."

***"If you don't volunteer you won't get an internship. So the time it leaves to actually work and pay for rent, food, and the program itself is very minimal."***

—Emma Cosgrove  
FAVM student

Allen's friend and colleague, George Stanois, started the scholarship by contributing \$5,000 for an endowment fund. The provincial government will match all additional funds. The scholarship will assist students entering the world of fundraising, which can be hard work with little payout, added Cosgrove.

"Particularly because the program is nine to five and students are expected to volunteer," she said. "If you don't volunteer you won't get an

internship. So the time it leaves to actually work and pay for rent, food and the program itself is very minimal."

Humber president John Davies attended the event and said he thinks anytime alumni get together is good for Humber's reputation. He said volunteer work done by graduates of the program will be very important since the country is facing an economic downturn that could see many people in need of assistance.

"The work these people do is absolutely critical for our society as a caring and productive society," Davies said. "We are one of the leaders in fundraising and volunteer management programs so it is important to come to these events."

Humber alumni Ann Forsythe said these events are a good opportunity to meet people from the program both past and present. She added it is important to network in the volunteer and fundraising business.

Freelance writer and Humber alumni Lindsey Patten reiterated those sentiments.

"A lot of people come out of this program doing amazing work," said Patten. "We are all trying to make a positive difference in the world, so it is nice to see how many people come from the program and how they can influence the world through their work."

## Neighbour fed up with loud parties

### Community meeting set for next Monday to find solutions

David Lipson  
SENIOR REPORTER

A resident living near North Campus is determined to change her student neighbours' late night habits and living conditions at a meeting next Monday.

Wanda Wloch, 62, said some students living on Briarwood Avenue and the surrounding streets North of Humber College Boulevard regularly party into the early morning.

"There are a lot of children in this area," she said.

"There are a lot of working people and seniors that get up in the morning and are too tired to go to work because these assholes across the street decided to have a party until five in the morning."

Wloch also said that landlords are "illegally" cramming students into unequipped single-family homes.

"I've worked with Wanda and her concerns for a long time," said Toronto city councillor Suzan Hall. "I think they're quite legitimate."

"The police are being good because they are not charging students," she said.

"Because students would have a record for their life if they were to be charged, but some of their behaviour leaves something to be desired."

Wloch's neighbour Harrison Jones doesn't think students in the area go overboard with their partying.

"I wouldn't say it's excessive by any means, because it's not like as if it's every night of the week," said the 21-year-old radio broadcast student.

"In terms of getting the landlords to clean up their act, I think that is a just cause. But the concept of trying to evict students from this area onto the campus is kind of ridiculous."

Jones said that Wloch is infamous in the area for trying to give the students the boot.

She is the self-proclaimed "broom lady" because she does not hesitate to use the bristly product to scare students.

"I whack them," she said. "I can't stand young people because they are such idiots."

"They've got a proper education and they can get an education where others can't. You are all idiots, you really are."

This is the second meeting Wloch has organized in the last month. She suspects students egged her car after the first meeting.

Humber vice-president of student and corporate services John Mason said the college has been aware of the issue for four years and is "looking at it very seriously."

But he also said it is not the college's jurisdiction to monitor students living off campus.

"Technically a student is an adult and is a citizen and responsible to

comply with any of the laws of the country," he said.

"So it is really up to the individual students to conduct themselves as citizens, if indeed there are problems."

The Dec. 1

public meeting will include Mason, Hall, Toronto Police 23 division Superintendent Ron Taverner, and regional fire inspector Winston Mapp. It will be held at 7:00 p.m. at 5230 Finch Ave. W.

***"I wouldn't say it's excessive by any means, because it's not like as if it's every night of the week."***

—Harrison Jones  
Radio broadcast student and neighbour

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“Difference of opinion is the one crime which kings never forgive.” – American essayist, poet and philosopher Ralph Waldo Emerson

# Auto sector needs aid

The Big Three automakers are crying poor. The heads of Chrysler, Ford, and General Motors are looking for handouts and hoping the government will rescue them from decades of bad business decisions. According to an Angus Reid survey released last Friday, only 25 per cent of Canadians support a bailout of the auto industry. Even in Ontario, where the majority of Canada's auto industry is located, only 33 per cent support aid.

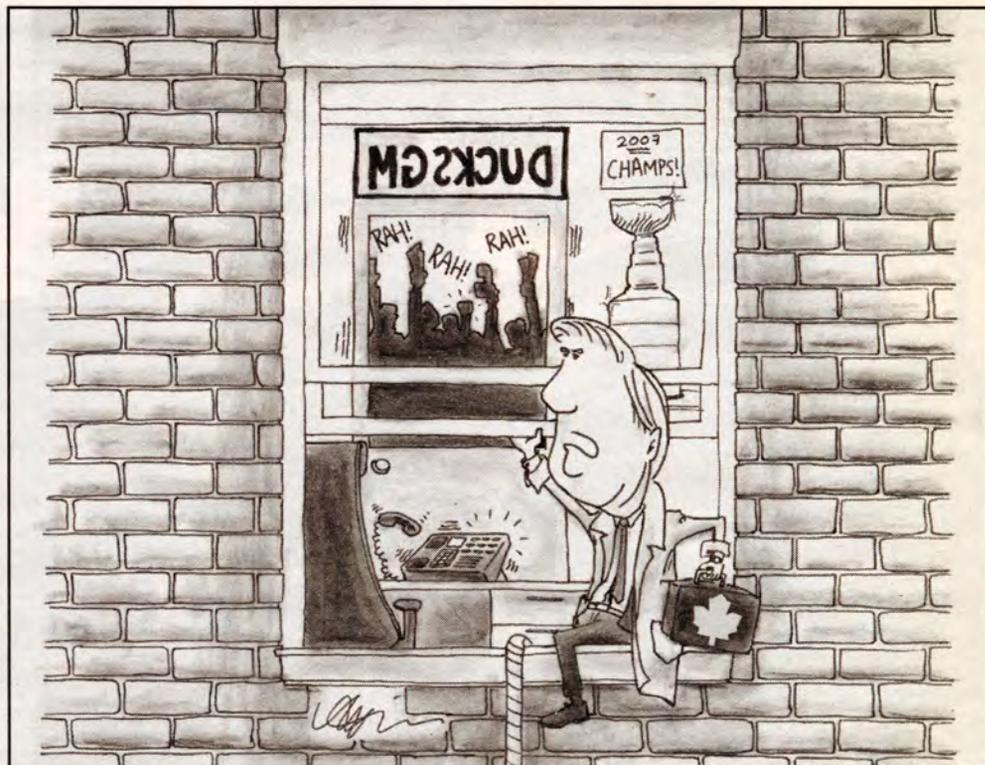
Over half-a-million jobs in Canada are tied to the auto industry and many communities are reliant on it for their well-being. Last week, the mayors of 22 Ontario communities dependent on the auto industry called for action. These towns and cities could collapse if the industry fails, and thousands of taxpayers would be out of work and on the receiving end of government support. Despite public aversion to a bailout, the government needs to take action. The risk of letting the Big Three fail is huge.

However, the government – both federal and provincial – needs to put conditions on this support. This represents a tremendous opportunity to force the Big Three to adopt higher gas mileage standards. For years they've been pro-

ducing behemoth gas-guzzlers like the four-ton Ford Excursion and the massive Hummer. While some people no doubt need larger vehicles for work purposes, most people who own them do not.

Auto emissions represent a huge chunk of our green house gas emissions. The Canadian and U.S. governments should tie any bailout money to the development of environmentally friendly vehicles. GM seems to be on the right track with the Volt, a new electric car it expects to roll out in 2010. Any money loaned by the government should be tied to further development of these types of vehicles. Greener vehicles can go a long way to reaching our emission reduction targets.

Ottawa and Queen's Park also need to act soon to ensure jobs stay in Canada. They should put forward a package to the auto industry that allows them to re-tool plants to manufacture new hybrid and electric vehicles and obtain guarantees that auto manufacturers will keep jobs in Canada. There is talk in Washington of tying any American aid to a repatriation of jobs to the United States. The Canadian government needs to act to make sure this does not happen.



# Not buying Buy Nothing Day

The idea behind Buy Nothing Day – an unofficial day of protest that will take place on Nov. 28 – is a noble one. *Adbusters*, who has been actively promoting Buy Nothing Day since 1992, states on its website that “There's only one way to avoid the collapse of this human experiment of ours on Planet Earth: we have to consume less.” Ostensibly, individuals who spend a day literally buying nothing will be forced to re-think their ways and moderate their consumerism. The campaign is, however, nothing more than a publicity stunt that will do little to shake people out of their dependence on capitalism.

For the campaign to reach a broad audience, *Adbusters* has already succumbed to that capitalist venture they denounce in their name. In order to advertise Buy Nothing Day, *Adbusters* purchased air time on CNN, seemingly oblivious to the blatant hypocrisy in doing so. It is also hosting events world-wide that feature free food, music events and info booths. All of these surely contain items that were bought from one institution or another and were surely not of absolute necessity. The anti-capitalist endeavour, it seems, is dependent on capitalist means. That contradiction in itself indicates our sheer reliance on a consumerism

that cannot be budged by one day of opting out.

Compare the short-sightedness of Buy Nothing Day with another leftist campaign: Buy Nothing New For A Year, initiated by a San Francisco-based cooperative called The Compact. The group pledged to buy only used or vintage items – bare necessities excepted – over the course of one year, to “resist global corporatism” and “to simplify (their) lives.” With this aim, The Compact is trying to garner a genuine, day-to-day concern for over-consumption, rather than focusing on a one-day gimmick that is impossible to sustain. The group is also acknowledging that some consumerism is necessary and is seeking moderation rather than outright abstinence.

Buy Nothing Day is doomed because of its short-term viewpoint and its failure to recognize that some consumerism is unavoidable. Buying nothing for a single day simply invites participants to lust after their wants, only to buy more the following day. Promoters of such campaigns should acknowledge our dependence on bought items, as well as their own, and take a more enduring approach. Over-consumption is something we should all be concerned about, but Buy Nothing Day is not the solution.

## WORD ON THE STREET

What do you think of the proposed changes to the graduating licensing system?



Jeff Teixeira, 20, second-year business management

“Nobody's going to be car-pooling. There will be more cars on the road, which is dangerous.”



Leanna Dacunha, 18, first-year spa management

“It's probably a good idea, but at the same time it might create more problems.”

Annie Davis, 28, first-year nursing



“It's not only the youth who drive bad. Adults drive crappy too.”

Ahmad Khan 20, second-year architecture



“It's not fair for us. Because of one person, we all have to suffer now.”

### The Et Cetera wants to know what you think.

We greatly appreciate 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 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](mailto:humberetc2008@gmail.com).

## HUMBER ET CETERA

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**"A study of the history of opinion is a necessary preliminary to the emancipation of the mind." – British economist John Maynard Keynes**

# Facebook is replacing face-to-face

Social websites ease communication, but they may also threaten the nature of our friendships



Livia Fama  
COPY EDITOR

Facebook has re-mapped our routes of communication by forcing its way into our daily social agenda, and it has jeopardized the nature of our friendships in the process.

According to comScore, a marketing research company, it is the most trafficked social media site in the world – and with 120 million users it is also to some extent responsible for limiting our personal interaction with each other. The site should stand as a cogent example of how online technology can never replace

real, personal communication.

Many users staunchly rally to Facebook's defence. They say it offers many benefits: it simplifies contact with old and new friends, it makes it easy to stay in touch and brings together like-minded people.

The problem with Facebook is that instead of social interaction in person, we get to learn everything about someone immediately. We don't take the time to get to know each other anymore – instead we deduce who our 'friends' are from an online profile. This detracts from an authentic communication experience and cannot possibly foster new-found friendships. It also eliminates our desire to physically com-

*"I fear that all of this may lead to an increasingly shallow evaluation of those around us."*

municate with our Facebook friends because we already have a technological diary of their activities. This is especially the case when making new friends on the site, which quickly becomes a novelty. Shortly after making contact they often disappear, taking on the form of an ellipsis as they trail off into obscurity, rendering the communication superficial.

Then there's the time-wasting habit of Facebook lurking. The countless hours spent procrastinating from our daily tasks to see what everyone else has been doing starts to add up, and users who treat their profiles as a marketing tool encourage all of this. An online profile casts the user in the most attractive light, allowing them to show off the best version of themselves – or the version they would like to be. In this way, the site has a consumerist quality, and quenches our thirst for instant gratification. I fear that all of this may lead to an increasingly shallow evaluation of those around us. The 'bigger, better, faster, more' mentality of my generation is

reducing our attention spans to the size of peanuts, and sites like Facebook are part of the problem.

It's not that I'm anti-Facebook – I just don't think it should be relied on as a primary source of communication to keep up with friends. Technology is meant to help us better communicate, but it should never replace personal contact. If used in moderation, the site can be an interesting way to supplement our friendships without reducing them to a one-dimensional profile.

I certainly hope that ten years from now we will make the effort to visit an old friend, rather than 'poking' them to make sure they're still alive.

## Teen driving plan is too strict



Bobbie Tubbs  
FOCUS EDITOR

Young drivers have always had to deal with the issues that come with being on the road for the first time, and they are always blamed for poor driving. However, if new legislation aimed at toughening the graduated licensing system passes, then these newbies of the road are going to have a lot more problems.

I understand what concerned parents as well as M.A.D.D., who are pushing for the tougher driving laws, are trying to accomplish. Although

they may be inconveniencing young drivers, they just want to keep them safe. But these rules may be stepping on young drivers' toes too much.

For one, allowing a driver with a G2 license only one passenger under the age of 19 discourages carpooling. Not only does carpooling save the environment from fuel emissions and save everyone money, it also reduces the amount of drivers on the road. In addition, many high school students and families rely on carpooling to get to school. If this legislation passes, most high school students will be unable to drive a group of friends or their younger siblings to

school.

Another proposal is that when a young driver is caught speeding, they will lose their licence immediately. When I was in driver's school, I was always taught to follow the flow of traffic, not to abide by the speed limit unquestioningly. If young drivers start to follow every rule set in place, they will become more of an inconvenience to other drivers on the road, causing road rage, which leads to more accidents.

I understand that there needs to be a bit of a tighter leash around young drivers, but the rules shouldn't choke them.

## Campus pub more like a nightclub



Jeff Wimbush  
BIZ/TECH EDITOR

I was walking to class earlier this week and I found myself distracted by hundreds of posters, still left up from last week's pub night, lining the hallway leading to Caps pub. The posters were advertising Caps' Hawaiian pub night, another meaningless theme night used by students as an excuse to get drunk and dance. As I looked at the posters, I realized I couldn't imagine how anyone could enjoy the type of atmosphere Caps provides. With music too loud to talk, expensive drinks and crowds of drunk dancers, Caps is a sorry excuse for a pub.

I had high hopes for Caps when I first arrived at Humber. The word 'pub' conjured up images in my mind

of something more intimate than a bar or club, probably from British movies and TV shows I've watched where pubs are a major part of the culture and never seem to feature crowded dance floors or top 40 music. I was sorely mistaken.

*"I prefer meeting new people in a setting where you can actually talk."*

I went to a Caps pub night early in my first year at Humber and vowed never to go back. Despite the fancy name, Caps pub night was just like every second-rate dance club I'd seen before.

It was crowded, hot, smelly and the music was too loud to talk to someone right next to you without screaming in their ear.

So what does one do if there's barely enough room to move and it's too loud to talk?

I guess one is supposed to dance. But you're out of luck if you are like me and don't see any value at all in dancing in a club.

Many people go to dance clubs to meet people. Choosing who you want to meet based on dance moves doesn't make any sense to me. I prefer meeting new people in a setting where you can actually talk and get to know the person.

So don't be fooled by Caps' name. If they wanted to be accurate, they should have called it Caps Dance Club.



To The Vatican, for admitting that The Beatles are a good band.

To marijuana, for slowing memory loss and the onset of diseases like Parkinson's, according to an Ohio State University study.

To the Conservatives, for pledging to save millions of dollars by imposing frugalities on MPs.

To the Girl Guides, for eliminating 90 per cent of the trans-fats from their cookies.

To a U.S. judge, for his unusual method of punishing noise offenders – he forces them to listen to an hour of Barry Manilow.

To a Chinese college student who, in an attempt to cuddle with a panda bear, climbed into its enclosure. The panda was not pleased.

To a Tokyo police officer, in charge of keeping the streets clear of drunk drivers, who was arrested for drunk driving last week.

To Queen's University, for training 'facilitators' on campus to spy on student conversations.

To the oil sands, for being the fastest growing source of CO2 emissions in the country.

To the Indian navy, for sinking a Thai fishing boat, not, as it had previously claimed, a pirate "mother ship."

Scientists in Ohio have found a daily puff of marijuana can improve memory function of aging brains. It also promotes the growth of new brain cells. — [globeandmail.com](http://globeandmail.com)

# Dedicated students help the invisible

Maggie Cameron  
LIFE REPORTER

Guelph-Humber students Jessica Brigantino and Melissa Hunter are so dedicated to fundraising for Invisible Children, they have to remind each other to stay on track with school.

The two friends are taking time from their busy lives to raise money for the organization which supports the children of Northern Uganda who have been victimized by the country's civil war.

"I think the biggest thing that moved me is that it is the longest running war in Africa and it's so unseen," said Brigantino. "Nobody knows about it. It's called Invisible Children because the children are invisible."

Brigantino said thousands of children are living in internally displaced persons camps in Uganda, unable to go to school or return to their homes, for fear of being abducted by rebels and being forced into becoming child soldiers.

"I think it's disgraceful," she said. "Here in Canada we should be so

grateful and try to do as much as we can."

Hunter recently went on a humanitarian trip to the Dominican Republic with Absolute Leadership, and became inspired to make a difference. When she met Brigantino, she decided that through Invisible Children, she could.

"I find myself concentrating more on Invisible Children because I know I'm making a direct impact somewhere in the world, so school work sometimes takes a back seat," she said.

Despite a heavy load of school work, Brigantino and Hunter are doing everything they can, including becoming part of the Schools for Schools campaign which helps raise money that goes towards the rebuilding of schools in Uganda.

Much of their fundraising comes from used book drives, and cotton candy and baked goods sales they take part in. Hunter said they speak to everyone, hoping to raise awareness and said she is excited by the number of donated books for the Invisible Children book drive.

On Nov. 19 they took their efforts

beyond the halls of Humber, and hosted a musical event at the Smiling Buddha bar.

Jenny McInnes, 22, went to the event and said she was happy to support such a great cause.

"It's a smart way to fundraise because people come out and have fun and enjoy themselves, and they're supporting a wonderful cause at the same time," she said.

Brigantino said the bar and musicians were fantastic, donating their time and facilities to the cause.

According to the Invisible Children website, the war in Uganda has been called one of the world's most neglected humanitarian emergencies.

A civil war between the Lord's Resistance Army and the Ugandan government has been ongoing for over 23 years, leaving over two million innocent civilians caught in the crossfire.

The website said an estimated 90 per cent of the army's troops are abducted children.

Brigantino and Hunter continue to lend their voice and effort to make the invisible children of Northern Uganda visible to the west.



Maggie Cameron

Cody Elliott donates his time at the Smiling Buddha bar to help raise money for Invisible Children, a charity that helps Ugandan children who have been enslaved as soldiers in civil war.

# Muslim student insulted over scarf

Paul Paquette  
A&E REPORTER

Humber law clerk student Aneesa Ali was recently a target of intolerance in a cafeteria line-up because of her Muslim headscarf.

The nineteen-year-old was aggressively questioned about her hijab by a fellow student and was the victim of cursing and insults while waiting in line for her pizza.

"I was deeply offended, because I don't know his name, or anything about him, but he decided to do that," Ali said. "It made me feel very mad, because I'm in a multicultural country, and Canada gives me the right to do whatever I want to and wear whatever I want."

Nuzhat Jafri, a member of the National Board for the Canadian Council of Muslim Women, said it's important that incidents like these are reported.

"If it occurs in a post-secondary institution, it should be reported," Jafri said. "They often have procedures for handling harassment and discrimination complaints. The idea is to stop it from escalating and hap-

pening to other people, so it is very important that it be reported right away."

Jafri said there are a wide array of complaints the board receives from Muslim women.

"Some complaints we hear are about the headscarf, but a lot of complaints are just about not being treated with respect or being abused, or racial slurs," she said.

Ali decided not to report her incident and instead relied on family for support.

"I didn't report it because I usually just talk to my mom," she said. "I have a great support team at home with my parents, sister and brother, so I will be fine."

HSF President Mike Berg said there are support networks available to help students like Ali.

"If any student is having an issue, they should come to the Humber Student's Federation, and we will direct them to the Human Rights and Diversity department," said Berg. "You're not alone on this campus. Everyone who comes to Humber College deserves to feel safe and included."



Paul Paquette

Two Muslim women bow their heads in Humber's prayer room. Racial remarks were targeted at Humber law clerk student Aneesa Ali.

# Toga party to hit Caps

R.J. Riley  
IN FOCUS REPORTER

Tomorrow night will bring back an old college tradition akin to *Animal House* in the form of Humber's very own toga party.

Second-year hotel and restaurant management student Katie Watson and a group of students from her event management class have decided to host the charitable toga party on Friday, Nov. 28 at Caps.

The party starts at 10 p.m. and ends at 2 a.m. and everyone is encouraged to donate towards prostate cancer research.

"We surveyed everyone in our group and prostate cancer has affected almost every one of our group member's families and friends," said Watson.

According to the Public Health Agency of Canada, prostate cancer is the second leading cause of cancer death for men. While mortality rates have decreased by 14 per cent since 1995 thanks in part to increased awareness, the threat still very much exists for men.

The preferred dress code for the party is toga and all students must be 19 or over to attend.

"You don't have to wear a toga," said Watson. "But if you do then all the power to you."

Nicole Pece, 20, also a second-year hotel and restaurant management student, said they hope to "get one of those big cheques you see on T.V. and donate that."

Tickets for the party are being sold for \$7 in advance and \$10 at the door.

"We're going to have Greek emperor and empress prizes – a prom king and queen equivalent," said Watson.

"For prizes we've got stereos, a DVD player, a snowboard, and a woodbine dinner for four."



R.J. Riley

Katie Watson prepares her toga for this Friday's party.

The Archives of Internal Medicine released a study that some cancers naturally go away when left untreated, including melanomas and kidney cancers. — nytimes.com

# Spa supports women's shelter



**Tanisha Du Verney**  
LIFE REPORTER

Massages, facials, manicures and pedicures were offered at the Humber Spa last weekend in return for donations to Ernestine's Women's Shelter.

"For the holiday it is our desire to give the women new stuff," said Anika Murray, a Humber student from the spa management program who put the event together.

Donations towards the women's shelter totaled \$1,600.

The fundraiser took place through Murray's church, The Cathedral of Praise. Many church members came out to support both her and the cause.

"We came here to support the Ernestine's shelter," said Debbie Tobo, a member of the Cathedral of Praise.

Some of the spa management stu-

dents also volunteered their time and services to perform the massages and facials.

"I may not have gone through it personally, but I understand where these women are coming from," said volunteer spa management student Shereen Clarke.

Daphne Siddque, a representative from the Cathedral of Praise, said there is a deeper meaning behind the fundraiser.

"There are people out there who are in need and we close our eyes," said Siddque. "This is a blessing to have these women give their time and all the people who came out in support of the shelter."

The women from the shelter were also brought into the spa to get pampered.

Murray said all proceeds from the event will go towards buying gift certificates for them for the holiday season.

Spencer Fortner, 20, a spa management student, volunteers her time at the spa fundraiser for Ernestine's Women's Shelter. The spa accepted donations from students, faculty and the public.

## Club goes green for TD bank

**Erica Cassar**  
LIFE REPORTER

TD bank and the Humber Environmental and Action club are encouraging students to get involved with TD's \$100,000 Go Green Challenge, said club president Troy Dettwiler.

"It's really important for people in our age group to start thinking critically about our future," Dettwiler said. "This is a great contest for students to generate ideas about a sustainable future."

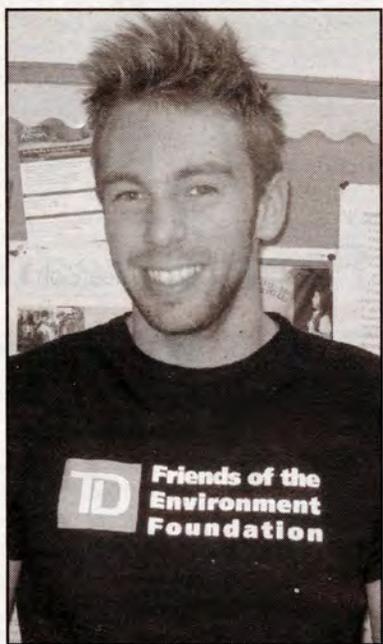
To participate in the Go Green Challenge, teams will need to complete and submit an entry form and an essay that outlines an idea that fits within the theme of urban sustainability, said executive director of TD Friends of the Environment Foundation, Mary Desjardins.

Participating in the \$100,000 Go Green Challenge is a great way to make a difference, said Desjardins.

"Students have big ideas to help improve the environment and for making communities more sustainable, but they simply don't have the resources to take their plans to the next step," she said.

Desjardins said four prizes of \$25,000 will be awarded to four teams with the best proposals.

"The money could be used to help pay for the cost of education or to



Erica Cassar

**Humber's Environmental and Action club president Troy Dettwiler wears his T-shirt to promote the contest.**

help get the winning ideas off the ground," she said.

Third-year bachelor of nursing student Michele Richards, 30, said she is going to enter the contest and it's the responsibility of every individual to do their part.

"As the health of the environment and our world has diminished due to our neglect we have seen the rise of many diseases like asthma and cardiovascular disease," she said. "We need the environment to be healthy in order for us to be healthy."

The contest deadline is Jan. 16. Any students thinking of entering or wanting additional information can go to the contest website, [www.tdcanadatrust.com/gogreen](http://www.tdcanadatrust.com/gogreen).

**"We need the environment to be healthy in order for us to be healthy."**

—Michele Richards  
bachelor of nursing student

## Fashion show grants wishes

**Angelica Samad**  
LIFE REPORTER

The Style, Stars and Wishes fashion show proved to be a big success as students raised money for charity and showcased new clothing lines.

"We only had a number of gift bags and those ran out in a matter of time," said Martha McLoughlin, 20-year-old fourth-year business administration student. "It was a great turnout."

According to fellow co-ordinator and business administration student Devi Ramroop, \$300 was raised for the Children's Wish Foundation.

McLoughlin said she was worried at first but was excited with the way

everything worked out.

"This fashion show has been in planning for a number of months so I was a bit nervous before the show, but after seeing what a success it was the work paid off," she said.

McLoughlin, along with other business administration students, planned the fashion show as part of a project for their program.

There were six designers present at the event whose lines were showcased.

Designer Tiffany Warden was unsure prior to the event.

"Even if I didn't go first, I would have been nervous either way," she said. "It did though, take a bit of the nerves off my mind once the models

came out with the clothing on and it was over."

Her line, Cosplay, showed the anime side of clothing.

Warden, a University of Toronto student, said she would do a fashion show again but would have to make new clothing.

"I would do a fashion show again but with new clothes because a lot of people have seen the clothing that was on display tonight," she said. "I would just need time to make them."

One of the models Meagan Graves, a first-year early childhood education student, said the only other time she would do another fashion show would be for charity.

## Support Humber Endowed Student Scholarships

2008/2009 CAMPAIGN  
Your gift will be doubled through an Ontario gov't matching program

For info contact:  
The Development Office  
North Campus, H217  
416.675.6622 ext. 5480  
[humber.developmentoffice@humber.ca](mailto:humber.developmentoffice@humber.ca)

Legumes, avocados, soybeans, nuts and egg yolks contain biotin, and a lack of this chemical can lead to dry skin and brittle hair and nails. — *Healthzone.ca*

# Students live with phobias daily

Maddie-Jo Tillapaugh

LIFE REPORTER

Students who suffer from phobias face daily challenges.

"Phobias are very common. At CAMH people get treatment for all types," said Irene Marques, an information representative at the Centre for Addiction and Mental Health.

Some Humber College students are living with phobias daily.

"I get nervous if I step on a manhole because I always think I am going to fall in," said Dan Dubois, 19 a former Humber student. He also can't step on big crates on the sidewalks downtown either.

Guelph-Humber media studies student, Sarah Doktor, has Ornithophobia, known as the phobia of birds. She has had it since she was three years old.

"I was in a bird sanctuary, getting carried on my dad's shoulders when these birds started pecking at my head," she said.

"Ever since then I've been afraid of them."

Doktor, 18 said she is terrified of the pigeons downtown because they don't fly away until you get extremely close.

She runs away from them while



Maddie-Jo Tillapaugh

Many students live with phobias that are out of the ordinary such as being scared of people, but Earla Dunbar, founder of the social phobia support group said it takes baby steps to get over them.

blocking her head with her hands.

Guelph-Humber student, Lindsay Terrence has been horrified of mannequins since she can remember.

"I am always afraid they'll grab me when I'm in a store, they're so realistic," she said.

Earla Dunbar, founder of the social

phobia support group, said it takes baby steps to conquer your fears. Before seeking treatment at the Centre for Addiction and Mental

Health she was afraid of people and didn't have any friends.

Dunbar would have a hard time grocery shopping or even doing what she loves most, gardening. She was in constant fear that she would have to face people.

According to the Social Phobia Support of Toronto group website, people with social phobia have a persistent, intense, and chronic fear of being scrutinized by others and of being embarrassed or humiliated by their own actions.

They begin to avoid social situations and often worry days or weeks in advance of a dreaded situation,

"At the support group we help each other the same time we're helping ourselves," said Dunbar.

Queen's graduate Caitlin Burke, 22, has recently developed a phobia of whales and has reoccurring nightmares of them.

Chantal Lavalley, 22, who is applying for Humber next year said popsicle sticks terrify her.

She said she can never fully finish a popsicle, because she is afraid of the wooden stick.

Anyone with a phobia can be treated at the Centre for Addiction and Mental Health for it.

## Special events class fundraise for diabetes

Sandy McLachlin  
SPECIAL TO THE ET CETERA

Students from the special events class in the recreation and leisure services program will hold a fundraiser today on behalf of the Canadian Diabetes Association.

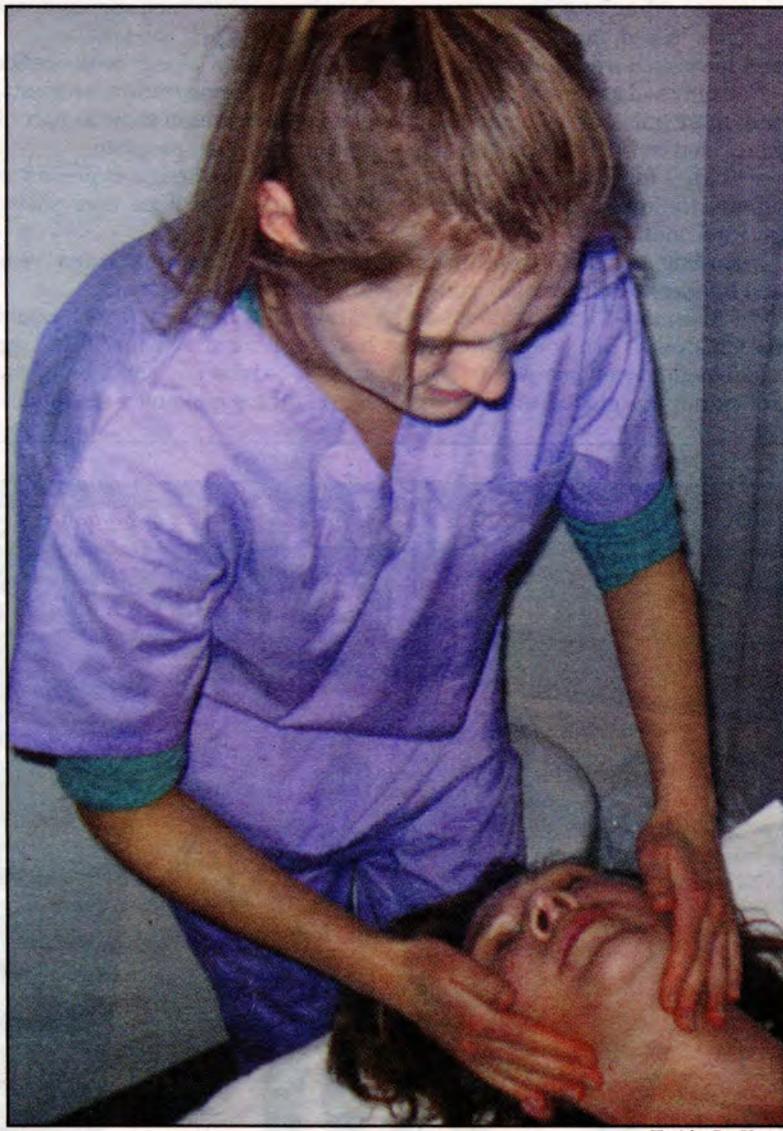
"Type 2 diabetes usually comes about later in life and we want to show what a healthy lifestyle could prevent," said Heather Savage, a faculty member in the recreation and leisure services program.

The fundraiser will be in front of a carnival at the North Campus student centre and will take place between 10:30 a.m. and 2:30 p.m. Students can purchase 25 cent tickets to join in activities such as a football accuracy toss and a prune and carrot juice chugging contest.

"We had a bake sale earlier this year to raise money for this event," said Jaime Orr, 23, the student in charge of marketing and promotions for the carnival.

"We're hoping to receive \$500 on top of what we have already spent."

Type 2 diabetes may account for 90 to 95 per cent of all diagnosed cases in Canada, said the Public Health Agency of Canada.



Tanisha Du Verney

A spa management student gives her client a facial treatment to help keep her skin from any breakouts or becoming too oily.

## Facial treatments help prevent acne breakouts

Tanisha Du Verney  
LIFE REPORTER

Everybody gets pimples but some skin types are more prone to acne flare-ups, says Rita Ciotoli, managing director of Charm salon and spa. "Anybody can break out," said Ciotoli, adding hormonal breakouts can be impossible to get rid of.

Common skin types include dry, normal, oily, acne, fragile or sensitive skins.

Bacteria, using the wrong products, or over-stimulating the skin when washing can all cause breakouts.

According to Delia Fiorante, lab technician of the Humber spa, hormones, stress and anxiety along with menstrual cycles can cause acne for women.

"At the Humber spa we offer specific facial treatment which include machines with high frequency to help with oily or acne skin," said Fiorante. "We also have microdermabrasion which removes layers off the skin."

First-year early childhood education student Katie Mets said she has normal skin, which is not too oily and not too dry. She said she suffers from slight acne and her skin changes depending on the weather.

"I found when I was using the same product for a long time my

skin got used to it and I stopped seeing results," said Mets. "Now I switch it up every month and I find it works a lot better."

Mets washes her face once a day and splashes with water at night so that her face doesn't get too dry.

Cristina Casimiro, also a first-year ECE student, said she has dry skin. She gets random breakouts and when that happens she usually pops the pimples.

"One time I put Purell, the hand sanitizer, on my pimple and my pimple shrank, but then it came back bigger and redder," said Casimiro.

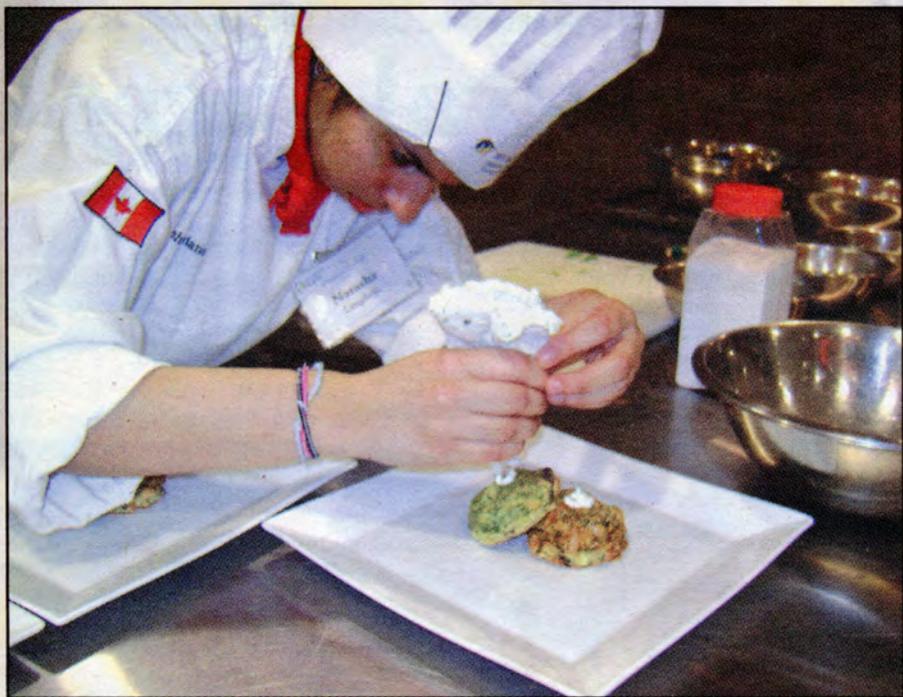
"Acne is the hardest skin to maintain and sometimes you can't control it" said Ciotoli.

Along with the every day cleaning of the face, eating right and having a good diet is important to people who suffer from acne.

"I want to try and shrink my pores. I think that it will help prevent acne," said Mets.

At the Humber spa a product line called Dermologica is used for acne.

Ciotoli said aloe vera and salicylic acid are very good for the skin. She said cucumber is good for acne and tea tree oil is a more natural method of skin care. Ciotoli recommends everybody use a cleanser, toner and moisturizer.



Culinary student Natasha Langdana prepares her fritatas for the Real in the Kitchen category. Langdana had 20 minutes to make the egg dish.



Christine Fancy prepares her rosemary french toast for the Just the Good Stuff category. She had to create the appetizer for the competition.



Chef judges critique the egg dishes. From left to right: Christopher Ennew, Sebastian Cugno, Cora Tsoufidou, Carolynne Griffith and Anita Stewart.



Natasha Langdana and Christine Fancy display their egg masterpieces, created in two different categories. While they didn't win top prize, the two walked away with a year's supply of eggs and a gift basket of goodies.

## Great egg-spectations

Two culinary students compete in the second annual Egg Farmers of Ontario's Egg-spress Yourself competition at George Brown College

Story and photos by Andi Hui

Their hopes were curdled but it was an egg-cellent experience anyway.

Two Humber culinary students came away with a year's supply of eggs after competing in the second annual Egg Farmers of Ontario's Egg-spress Yourself contest.

Christine Fancy and Natasha Langdana, both second-year culinary students, participated in the student recipe contest Nov. 19 and said it was a valuable experience.

"Even though we didn't place, it was a great experience," said Langdana. "Competing is definitely something that I will try again. We had nothing to lose so why not, right? We walked out of here with a year's supply of eggs and experience under our belts."

Fancy couldn't agree more.

"It's never a lost opportunity to learn and get some tricks of the trade. It was a really good entry level competition," said Fancy. "For anything later on that I would want to compete in, this exposed me to it and helped me get started."

Fancy competed in the Just the Good Stuff category with egg dishes for appetizers or desserts. Her dish was called Rosemary French Toast.

"It's actually an orange rosemary french toast with a bacon vinaigrette and hazelnut crested goat cheese medallions," Fancy said of her creation.

Langdana was in the Real in the Kitchen category with easy to prepare egg dishes that use five ingredients or less that require a combined preparation and cooking time of 20 minutes. Langdana's dish was called Mini Steak and Chive Fritatas.

"It's not the easiest thing to make a dish out of five ingredients but obviously it's do-able," said Langdana. "My five ingredients (were) eggs, fast fry steak, chives, sour cream and oil."

Preparation of the dishes went smoothly for the Humber women, however, that cannot be said for some of the other contestants who dealt with a mix up of the salt and sugar.

The students for the contest were chosen through various individual college contests.

"Each college held their own internal contest," said Claire Jones, food consultant for Egg Farmers of Ontario. "Each college was allowed to send in two recipes to our competition. Our internal team of food professionals then chose the finalists who were invited to come to the cook off here at George Brown."

Winner of the Just the Good Stuff category was Christopher Stecko of George Brown College. The winner of the Real in the Kitchen category was Sarah Hess of Liaison College in Kingston.

The prizes were awarded to the top three students in each category. One thousand dollars was given for first place, \$750 for second, and \$500 for third. The winner's respective schools also received the same amount of money to go towards their culinary program.

Egg Farmers of Ontario recruited an impressive panel of judges for the event, who included Chef Sebastian Cugno, Chef Christopher Ennew, Anita Stewart, Cora Tsoufidou and the chair of Egg Farmers of Ontario, Carolynne Griffith.

Breast-cancer screening may lead to over-diagnosis, with about 22 per cent of cases likely to resolve themselves without treatment. — *The Globe and Mail*



Katelyn McCallion

Donated documents from Torontonians are displayed at the exhibit showcasing 125 years of public health history in the city.

## New archive exhibit documents Toronto

Katelyn McCallion  
LIFE REPORTER

The Toronto Archives has set up a new exhibit documenting 125 years of public health in the city.

The new exhibit will last until the end of 2009. It is titled 'An Infectious Idea' and features documents and photographs that illustrate the history of public health in the city.

Most of the documents that are shown at the exhibit have been donated by Torontonians that have either inherited or found them.

"We appraise the collection when someone comes in and has something they want to donate," said Manda Vranic an archivist at the Toronto Archives. "We'll talk to them about it and decide if it's something that we want to have at the archives."

When it comes to helping people understand Toronto's health history, 19-year-old freelance photographer Amanda Belvde said pictures are the best way to do so.

"People look back on pictures when they are trying to visualize information," she said.

Humber creative photography coordinator Neil Fox agrees and said, "People are very visual they can look at an image and understand." "As we become more of a culture it becomes more important to document it."

According to the city of Toronto website, the archives have photographs dating back to 1840.

Vranic said when it comes to the development of Toronto, these photographs help illustrate how much the city has changed since the middle of the 19th century.

## Fusion Festival success

Katelyn McCallion  
LIFE REPORTER

Humber celebrated its international students with its first annual Fusion Festival last Friday in the Student Centre.

Reema Patel, an ambassador for international students, said she was incredibly pleased with the outcome of the first ever International Fusion Festival.

"We've done a lot of work and it took about a month to put together," said Patel.

"It turned out better than expected."

Jonathan Raymond, who was part of a steel drum band that represented Trinidad in the event said the festival is a good way for students to express their different backgrounds.

"It's a good way to show off you're culture and talents. I only wish there was more of a variety."

Most of the performances

came from Punjabi students. An international business student from Indonesia, Puti Vathia Sardjanto, won first prize for her dance.

"I feel great about the performance, I didn't expect to win," said Sardjanto.

"Show off your culture to other countries," she said. "It shows people something that they may not know."

With performances representing cultures from Korea to India, Patel is hoping that the success from this year's first annual Fusion Festival will carry over to next year.



Katelyn McCallion

Bora Lee, a Humber student who works at the International Centre, helped out at the Festival.

## Tastebuds

### Chamomile tea infused chocolate chip muffins

#### Ingredients:

- 250g all-purpose flour
- 1/4 tsp salt
- 10g baking powder
- 125g sugar
- 3 bags chamomile tea
- 250mL milk
- 1 egg
- 125mL vegetable oil
- 1/3 cup chocolate chip
- 1/2 tsp sugar
- 1/2 tsp cinnamon
- 1 bag chamomile tea

#### Preparation:

- Preheat oven to 350F.
- Mix the milk with three bags of tea, bring to a boil, turn off fire and rest covered for 10 minutes.
- Mix the flour, salt, baking powder and sugar in a bowl.
- Mix the egg, oil and infused milk in a separate bowl.
- Pour the wet ingredients into the dry and mix to combine (do not over mix!).
- Add the chocolate chips.

- Butter the muffin pan and pour in the mixture up to 3/4 of the height.

- Mix the sugar, cinnamon and content of tea bag (rip it open and pour the content)

- Sprinkle the mixture on top of the mixture in the pan and bake for 20 minutes or until a bit golden brown on top.

Makes 12 muffins



Eyal Liebman

One of Chef Eyal Liebman's creations are his chamomile muffins.

**CHRISTMAS IN WHOVILLE**  
A Zany Time In the Land of Rhyme

Hurry Humber staff and don't delay  
'Cause Christmas Time is on its way  
It's a Dr Seuss party. Come ONE and come ALL.  
We'll have some fun. Yes, we'll have a BALL!

Saturday, December 6th - 8:30-11:30am  
Humber North Campus - Registration Entrance  
Tickets: Adult \$8  
Children \$6  
tickets sold at campus bookstores  
November 3rd - December 5th  
Food Drive and Raffle!!

Amy Winehouse has returned to a London hospital – her second stay in less than a month. The singer had a reaction to medicine she was taking. – [www.eonline.com](http://www.eonline.com)

# Writer finds his way easily around *The Office*

## Alum's script takes TV show *The Office* north of the border

Melissa Hayes  
A&E REPORTER

Anthony Farrell is finding out that you can actually have fun in an office.

The Torontonian, who studied comedy writing at Humber, is the only Canadian writer on the award-winning sitcom, *The Office*.

"It's a dream come true," Farrell said in an interview from his home in Los Angeles. "To be able to write for a living for any show is great, and for it to be for *The Office* is a dream."

Recently *The Office* decided to film a show where the characters go to Winnipeg for a Canadian – based episode.

"Mostly the writers were very interested in ways of portraying it, things that weren't so stereotypical," Farrell said.

"So we definitely stayed on that path and found some new and fun

ways to talk about Canada."

Having studied at Queen's University as well as Humber, Farrell moved to the U.S. in 2001.

He started out as an actor and producer. A play he wrote titled *Room* generated interest in his work and led to him writing scripts for television.

"Eventually one of my scripts got to Greg Daniels, who runs *The Office*," said Farrell. "He liked it and asked for more."

**"I feel like a lot of very funny people come out of Canada. They just seem to have a very loose, make-fun-of-yourself type of air about themselves."**

–Adam Briggs  
Fellow comedian

His instructors at Humber said they noticed his talents right away.

"He was one of the best students that I had, a terrific writer," said Lorne Frohman who taught Farrell in the comedy program at Humber and is now the coordinator of the television writing and producing

program.

Frohman said the odds of landing a job at a show like *The Office* are high.

"When you look at the percentage of students who want to work as a writer and get into the writer's room of a major television show, the chances are 10 to 15 per cent that you can make it."

Before writing for *The Office*, Farrell co-founded an L.A.-based sketch troupe, The Audacity, which he's still a part of.

Fellow member Adam Briggs said he's proud of Farrell.

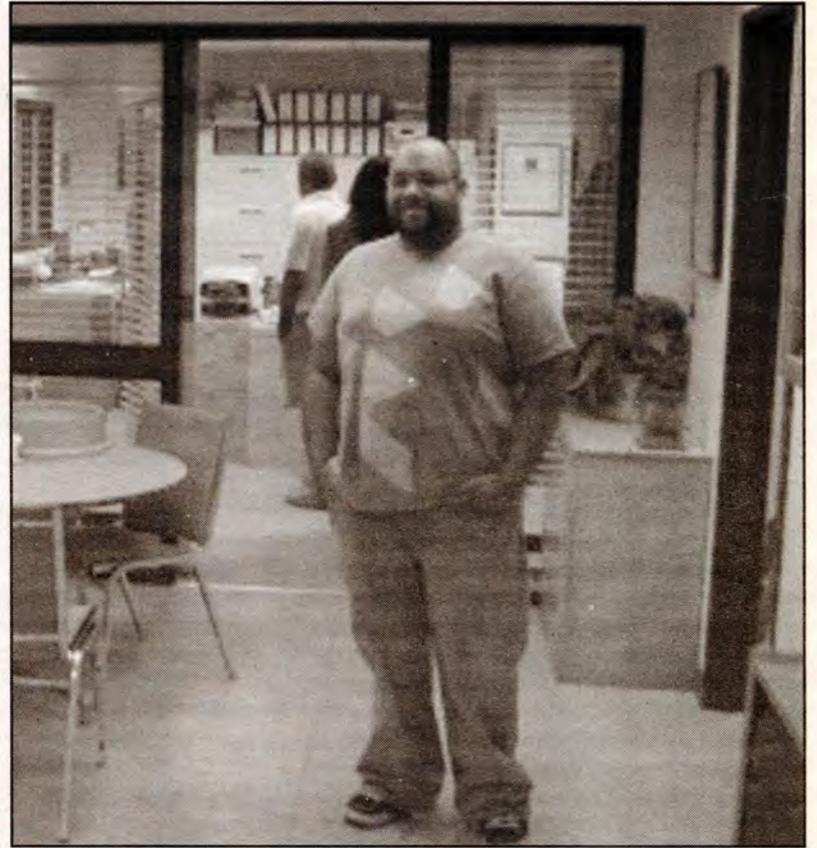
"I feel like a lot of very funny people come out of Canada," Briggs said.

"They just seem to have a very loose, make-fun-of-yourself type of air about themselves."

Farrell has been with *The Office* since May of 2007. He plans to have his own show one day and branch out into film.

But for the time being, Farrell is happy where he is.

"You're working with amazing writers and performers. You have to pinch yourself every day because everything is so great."



Courtesy

Canadian writer Anthony Farrell at home on the show *The Office*.

# Real talent and skills for aspiring guitar player

Tim Morse  
SPORTS REPORTER

Humber jazz major Giordan Postorino has been turning heads since he was a kid.

Postorino, 20, said he learned to play guitar at a young age by listening to heavy R&B music and classic rock. He taught himself how to play guitar at the age of eight, but soon gave it up.



Tim Morse

Giordan Postorino's passion for guitar includes many genres.

"It didn't really stick with me," Postorino said.

"It wasn't until my best friend won a guitar at a silent auction that I got jealous and started to really play and practice again."

And play he did. Postorino was the lead guitarist for the senior band at his high school at Rosedale Heights and afterwards took his act to Humber.

Postorino eventually branched out of his high school band music to begin learning Don Ross – style acoustic guitar, which in terms of playing, is very technically demanding.

"I was really into it. I went to Don Ross' retreat up north to play with him just so I could learn the style."

"Hendrix was always big, as well as Lenny Breau, Bill Evans and some others," he said. "Ted Quinlan and Geoff Young have always been a huge help to me."

Quinlan, also the head of the guitar department, said he envisions great things for Postorino.

"I think he's got a real future as a professional musician. With the right combination of playing skills and temperament to deal with the life," Quinlan said.

The head of the music department at Humber David Hayes, said Postorino was always aspiring to be the best but at the same time play with everyone because of his dedicated passion for music.

Postorino's new musical endeav-

ours are mostly school-related.

**"Hendrix was always big, as well, Bill Evans and some others, Ted Quinlan and Geoff Young have always been a huge help."**

–Giordan Postorino  
Student

Recently he reformed a band made up of fellow high school players and

college buddies.

The group, called *The Bad* consists of Postorino on guitar, Alan Zemaitis on keyboard, Jim O'Brien on bass, and Lucas Freddette on drums. After a one-year hiatus they've re-united.

"We draw on our influences and even other genres, but there's nothing in it you can hear explicitly," Postorino said.

The band recently finished a gig on Saturday night at an east-end hotspot The Black Swan.

Audience members young and old were able to hear the funky sounds of the newly reformed band.

"They almost sound like a cross between Steely Dan and Little Foot," said Amy Beckett who attended the gig.

The band's next gig is Dec. 17 at The Rivoli at the corner of Queen and Spadina.

The band will play alongside funk rebels *The Disease*.

To check out the band's music go to [www.myspace.com/thebadguys](http://www.myspace.com/thebadguys).

## The Weekend Playlist

Friday, Nov. 28 – The Paranormal show has just finished its run at the diesel playpot and can now be seen at Toronto's Campbell House Museum at 160 Queen St. W.

Saturday, Nov. 29 – R&B singer John Legend will perform his hit songs this weekend at Roy Thompson Hall – 60 Simcoe St.

Friday, Nov. 28 – Opening this weekend, *Milk* the new bio-pic by Gus Van Sant. The movie chronicles the career and assassination of San Francisco's first openly gay city supervisor. It is already generating Oscar buzz and tons of praise for actor Sean Penn.



Britney Spears headed to Europe this week to promote her latest album, *Circus*, which hits stores Dec. 2. She's scheduled a worldwide tour for this spring. — *People.com*

# Jazz orchestra show to be a rare treat



Kirk MacDonald sought funding to rehearse and play a concert in Toronto. This is the orchestra's first time playing together here.

Melissa Sundardas  
A&E REPORTER

Humber students will have a rare opportunity to see and hear some of Canada's finest jazz musicians jam together on campus Saturday.

On Nov. 29, the Kirk Macdonald Jazz Orchestra will be performing a two hour concert at the Lakeshore Campus auditorium at 8 p.m.

"What we wanted to do was to make high level music available in a venue that's open to a broader range of the public," said Catherine Mitro, director of the intro to commercial-jazz music program and community music school at Humber Lakeshore.

"Younger people can't always go out to clubs to hear jazz music and there's many elderly people who may not want to go to the clubs as well. It appeals to a broad range of people, and it's another way the school can be a part of the industry at large."

This is the first time the orchestra is playing in Toronto and only the second time these musicians have played together since a 2004 show in Halifax.

"I wanted to do something in Toronto for a while, so I got some funding from the Canada Council to rehearse the music and put on a

concert," said saxophone player Kirk Macdonald.

"I teach here and it's a good venue to do concerts."

Second year fashion arts student Zashia Whyte heard about the concert from her friends at Lakeshore. She said it's great the concert is being brought to students.

*"To have people who you've idolized playing your music is just amazing."*

—Kirk Macdonald  
musician

"A lot of events advertised at school are always at different places outside of school—like the semi formal gala that was at some hall," said Whyte. "This is a cool event that's actually on the school's campus."

Macdonald said he wants the concert to be a learning experience for students as well as a great show.

"When you have so many great musicians together at the same time, it's also a great opportunity to have them interact with the students on another level," he said.

"We've been able to set up a number of clinics with the community

music program, which is hosting the event on Sunday, and the Sunday following the concert. We're doing a number of master classes again with the Humber community music students."

Students are also invited to attend an open rehearsal before the concert on Saturday and get some insight into the process of putting together a concert like this with limited time.

"We have a total of nine hours to put together a two hour concert featuring 19 musicians," said Macdonald.

The concert features all his original written pieces arranged by some of Canada's finest musicians.

"To have people who you've idolized playing your music is just amazing," said Macdonald of the other musicians in the orchestra.

The Kirk Macdonald Jazz Orchestra includes P.J. Perry from Edmonton, Rob Smith from Michigan, Joe Sullivan from Montreal and others from across the country.

Mitro said the concert gives people a rare opportunity to hear all these musicians on stage together.

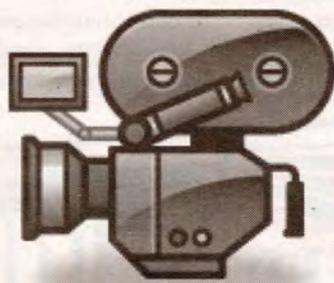
"People can expect to hear great music," said Mitro. "This is only the second time this orchestra has performed. Now's the time to see them."



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## Showcasing artistic wealth

Melissa Hayes  
A&E REPORTER

The lead vocalist of the JUNO-nominated afrobeat band Mr. Something Something wants Toronto to know the west-end is brimming with talent.

The band, with its lead vocalist John Hultqvist, is the co-founder of Free Speech, a monthly event designed to showcase the various artistic wealth originating from the Parkdale and High Park area.

"We have novelists, we have poets, we have stand-up comedians, we have journalists, we have storytellers, we have playwrights," said Hultqvist. "It's a really wide variety of writers and performers; they all live here in the west-end."

The idea for the series came to Hultqvist about two years ago when he and his friends were having a reading night, and decided to throw in some music for variety.

"The format kind of came by chance," Hultqvist said. "It seemed to work really well and was really fun so I thought why not turn this into a reading series."

Since then Hultqvist has been presenting four acts each month — consisting of three writers and one songwriter, two men and two women — at Tinto Coffee House on Roncesvalles Ave. in Toronto.

One of the guests at this month's



Melissa Hayes

Paul McDougall at Free Speech event was Hultqvist's bandmate, guitarist and songwriter Paul McDougall.

McDougall studied jazz at Humber, and is also member of the "pop-y folk Canadiana band," The DoneFors. He performed three original songs during his first performance at Free Speech.

"I know (Hultqvist) has a really good rotating cast of authors and poets and musicians so maybe he'll have me back in six months," said McDougall.

"There's probably a lot of musicians in line to do it because it's a great thing that he puts on here."

Also featured this month were award-winning poet Jeff Latosik and comedian and writer Kathleen Phillips.

"It's always really nice to come and see all the performers," said Luis Gonzalez, who's been attending the showcase since moving to Toronto. "I think it's a great thing to have in the neighbourhood."

To promote the DVD release of *The Chronicles of Narnia: Prince Caspian*, Disney will hand out free subway tickets in busy stations across the U.S. on Dec. 2. – Reuters



Paul Paquette

Taylor Dixon combines his radio education with video technology to put 20-minute music shows online for others to enjoy.

## DJ hopeful uses Facebook as an outlet for his music

Paul Paquette  
A&E REPORTER

Since September, first-year radio student Taylor Dixon has been busy recording daily mixes for his online music group, *The Facebook Mix*. The mixes are broadcast through audio videos online.

"It's a 20-minute mix I do each and everyday," said Dixon. "All request music, mainly dance, non-stop and live by me."

With 86 members, the group features 20-minute videos of Dixon mixing music from every genre: hip-hop and house to Latin and trance. There's also a place for people to request songs and news updates on upcoming guest DJs.

The group has attracted a multitude of different people, including University of Toronto student Matt Quilan.

"My friends told me it was a really good group, so I joined," Quilan said. "I think it is a great idea and I like the music."

Dixon, 18, has found performing on a public medium, such as Facebook, made it possible for many people to listen and give feedback.

"I get comments on specific shows all the time. They are all mostly positive," he said.

Using his own equipment, he records in a unique environment.

"The mixes are actually done live in my bedroom."

Dixon's group has also caught the attention of one of his teachers at Humber, Jerry Chomyn.

"Radio students are very creative by nature, so I applaud anything they do that allows them to explore their creativity," Chomyn said. "If they can get access to enough equipment to do something online that involves performance, music and talking, I think that is good. Explore your creativity, perform and get lots of feedback on your performance."

–Jerry Chomyn  
Director of Broadcast Media

The group has excited officials from the college's music program, due to Dixon's interest in featuring up-and-coming Humber music students in future broadcasts.

"Music students have a very high quality of music, either writing themselves or just performing with similar musical groups," said music teacher Christina Takaoka. "It would be awesome for them to go on the radio and promote their stuff."

Dixon feels he has accomplished the perfect balance between his passion for radio and his music interests in *The Facebook Mix*, and that it will play into his future career.

"I'm hoping to get into announcing, but start out as a DJ," he said.

## In My Headphones

1. Watch it Burn – Lucero
2. She's a Hack – Living With Lions
3. Bad Year – Shook Ones
4. Christmas (Baby Please Come Home) – Dustin Kensrue
5. What Up Man – The Cool Kids
6. Blue Jeans and White T-Shirts – The Gaslight Anthem
7. I Don't Believe – The New Mexican Disaster Squad
8. Don't Worry Baby – Rivers Cuomo (Beach Boys Cover)
9. Straight Outta Compton – N.W.A.
10. Groundbreaking Ceremony – Orphan Choir

Bobbie Tubbs  
In Focus editor



# THE Greatest

## HIGH SCHOOL TEACHER CONTEST

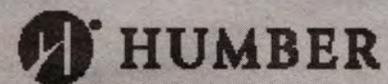


# A+

Here's a chance for you to honour that special high school teacher – the one who inspired you and helped you become who you are.

Full details and contest entry forms are available in all School offices and on the Humber website under "fulltimestudents.humber.ca".

Entry deadline is Friday, December 5, 2008.



Children whose families celebrate both Hanukkah and Christmas have a 97 percent higher chance of getting socks as a gift. — *topfive.com*

## HSF to host tropical-themed holiday party



Courtesy

Last year's holiday party, organized by HSF, saw attendance more than double from the first year.

**Kristen Smith**  
SPECIAL TO THE ET CETERA

The Student Centre at North Campus will be transformed Saturday afternoon for a tropical-themed holiday party for students and their children.

"HSF does many events throughout the year for students and students with children don't really get to participate," said Humber Student Federation programming director Aaron Miller.

"It's nice to do something for them during the Christmas season."

This is the third year HSF has thrown a holiday party for students with children.

"We saw a lot of people come back the second year," said Miller, who is organizing the party.

The first year saw a turnout of about 50 children. It more than doubled the second year, as 120 kids showed up for the party.

This year, HSF is holding the event a little earlier and hopes there will be an even greater turnout, said Miller.

Posters are the only formal advertising for this event and have been put up around the school.

HSF is using leftovers from frosh week to decorate.

There will be craft tables where children can make ornaments and gingerbread men. The main event will be when Santa arrives and gives each child a present, said Miller.

HSF buys age and gender appropriate presents in the \$5 to \$10 price range for all the kids.

Since the beginning of the school year, financial aid has given study grants to approximately 600 Humber students with dependents 11-years-old or younger.

Students wanting to attend the party need to register at the HSF office in the student centre or by e-mail to [events.north@hsfweb.com](mailto:events.north@hsfweb.com). The deadline is Friday.

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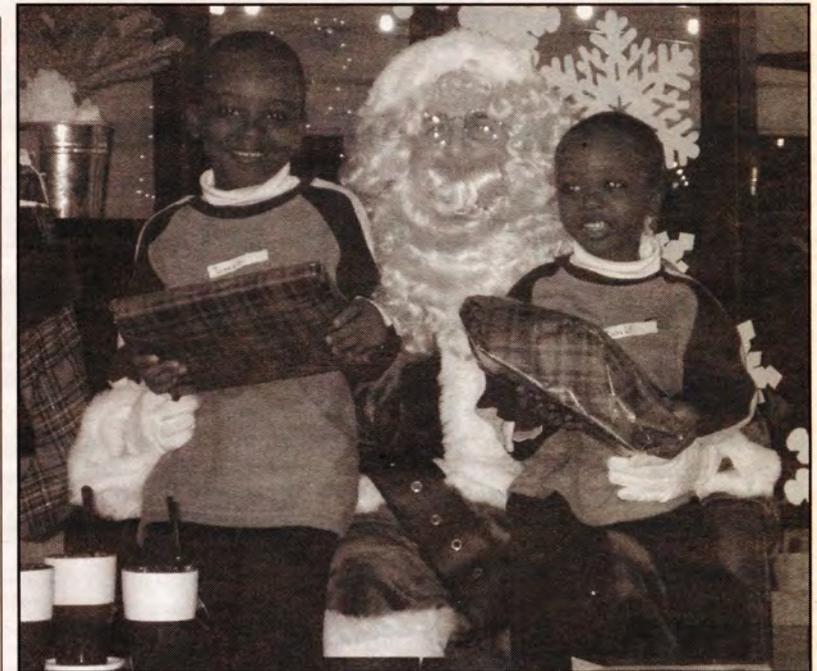
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For more information, please visit [www.telecaredistresscentre.org](http://www.telecaredistresscentre.org)



Courtesy



Courtesy

Children will receive presents from Santa at the holiday party.



# Over consumption

Thirty million tonnes of garbage are produced in Canada every year. The largest portion of that material is paper products. — [www.on.ec.gc.ca](http://www.on.ec.gc.ca)

## Fight black Friday sales to combat consumerism

Leslie Wilks  
IN FOCUS REPORTER

Buy Nothing Day fights against consumerism, and encourages people to give up spending for 24 hours on the day after American Thanksgiving, said Lauren Bercovitch, social marketing manager of Adbusters magazine.

"We're not saying don't buy anything ever again, because that's unrealistic and that's not going to happen," said Bercovitch. "We want people to start thinking about where they're shopping, why they're shopping, what they're buying."

The campaign was started in 1992 by Vancouver-based artist Ted Dave, who went to Adbusters to help spread the word, said Bercovitch. Adbusters now runs the campaign.

"The day's about being conscious about what you're buying," said Bercovitch. "If you are going to buy things, buy things that are environmentally friendly or buy local."

Second-year fashion arts student, Christine Ferrari, 18, said she doesn't think she'd be able to go a whole day without spending.

"It's a good idea, but I also think it would be hard," said Ferrari, adding since she lives on her own and is a fashion student she is always buying something.

In North America the day falls on Black Friday – this year it's on Nov. 28– which typically marks the beginning of the holiday shopping season.

First-year fitness and health student Will Oiffer, 23, said he wouldn't participate in the day.

"People already know they spend too much. We don't need a day of not spending to remind us," said Oiffer.

Bercovitch said the day isn't to be taken too literally.

"When we say buy nothing, really Buy Nothing Day is like extreme positive so we can get people to take notice. But if you really need to buy some food, then get food," said Bercovitch. "No one is going around policing."

The day also gives people a chance

to be creative, said Bercovitch, adding she has seen some pretty original displays of anti-consumerism for Buy Nothing Day.

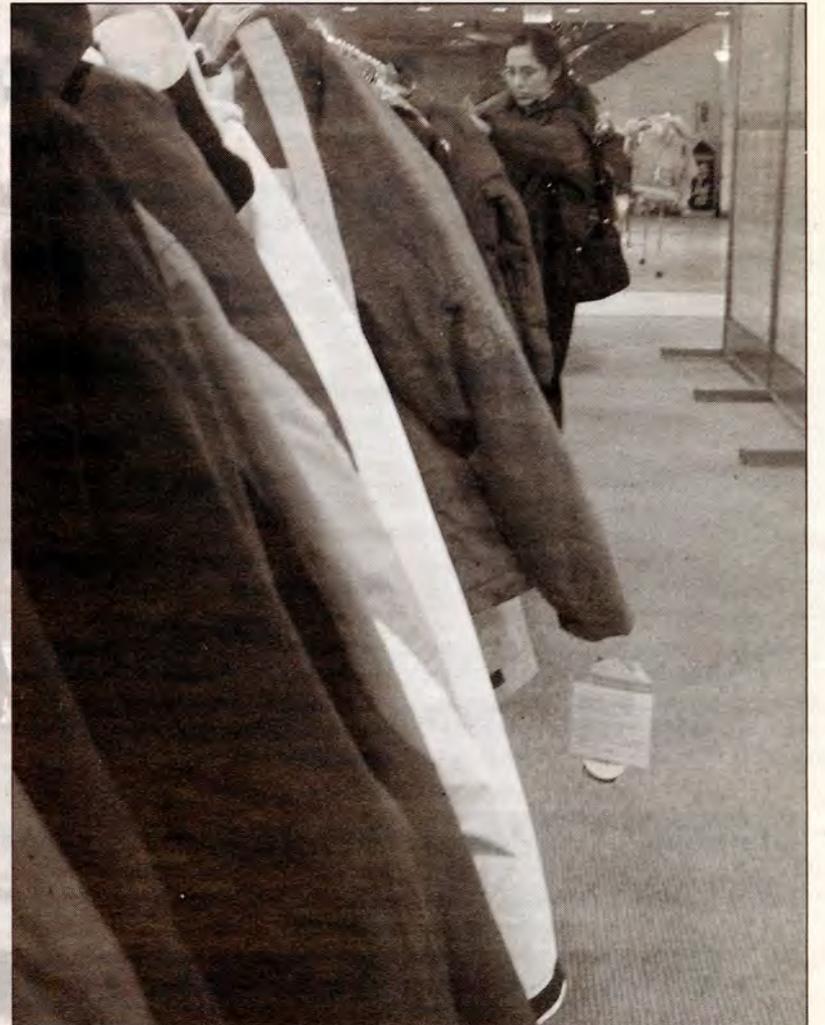
She listed cut-up credit cards and couches set-up outside malls to songs about what Jesus would buy as some of the ways people support the day.

She said one year in the UK a group of people made shirts that said '100 per cent off.'

"They all went into Top Shop or one of the really big UK stores and pretended to be working there and pretended to be giving stuff away for free," said Bercovitch.

"People do everything," she said, and anyone can get involved, especially students.

"Just encourage people not to buy anything that day. Just sit and hang out outside the buses or the mall or the student union building and say we need to think about why we buy things and enjoy things that are free. We need to think about what consumerism is doing to our economy, to the environment."



Adrienne Middlebrook

Buy Nothing Day starts on the Friday of American Thanksgiving.

## Putting a damper on western shopping cultures

Adrienne Middlebrook  
IN FOCUS REPORTER

North Americans spend more on want items than they do on items they need, a study shows.

According to the United Nations, in 2005 the wealthiest 20 per cent of the world accounted for 76 per cent of total private consumption.

This includes spending on all luxuries such as entertainment, fast food and retail goods.

The statistics also reveal the copious amounts of money North Americans spend on luxuries.

The United Nations states North Americans spend over \$8 billion per year on cosmetics while the global spending for education is two billion less at \$6 billion.

"Westerners are regularly taught that owning many things relates to happiness, love and popularity," said Humber sociology professor John Steckley.

"Love is shown through diamonds. Popularity comes through owning what others own."

In 2006, retail spending in Canada hit a ten-year high at \$389 billion,

according to Statistics Canada.

The Humber cafeteria is a small example of how many things in North America come in abundance— with seven dollar subs and dozens of fresh pizzas being made daily.

Comparatively, the streets of many developing countries and cities appear differently.

Golden arches, thousands of SUVs and big retail stores are unfamiliar sights.

"In Jamaica I eat healthier just because there isn't as much fast food

available," said Tashana Gordon, a international Humber nursing student from Jamaica. "Here it's everywhere and so available."

Western consumerism practices are also beginning to spread to other parts of the developing world.

"In India, westernized food and culture is becoming more popular," said international student Amit Chhabra. "A lot of the older people don't like it because they're used to the way it used to be before those stores came in."

However, getting everything we

want and having everything at our fingertips doesn't necessarily mean we're happier or better off.

"It is like falling in love and the idea of falling in love," said Sketchley. "Goods only bring momentary happiness."

## Two Kensington owners are fighting back

Christopher Fry  
IN FOCUS REPORTER

On Nov. 28, the Kensington Market stores Left Feet and Heart on Your Sleeve will close to observe Buy Nothing Day.

"It's largely symbolic, but we wanted people to understand any business can take a part," said Left Feet owner Steven Fish. "It's an idea that we don't need to be constantly consuming things and it's OK to take a day off to spend time not buying things."

Fish says he and Heart on Your Sleeve owner Natalie Stephenson have supported the event since before both of them were business owners.

"We'd supported Buy Nothing Day in the past," Fish said. "But

once we became retailers we were in this conflicted situation where we both don't believe in rampant consumerism."

Fish says many of his customers understand the importance of Buy Nothing Day.

"Most of my customers get it," he said. "My customers fall in the category of reluctant consumers."

They're like, 'I'll buy something if I have to buy it and I'll buy something if it's useful, but I wouldn't say they're like crazy, avid consumers.'

First-year Humber cabinet making student Daniel Jackson can understand why people – business owners

or otherwise — would support Buy Nothing Day.

*"It was the only way as a business owner to observe the day – hang up our hats for the day."*

—Steven Fish  
Left Feet Owner

sary."

However, not everyone is onboard with Buy Nothing Day.

Critics of the event say the campaign is fruitless and business owners like Fish and Stephenson are hypocritical.

Fish said he has heard the skeptics before, and has also received nasty

"I feel we do buy too much," Jackson said. "We waste our money on things like clothes or video games when we could be using it on other things that are necessary."

emails and death threats from people. They say it is a conflict of interest observing Buy Nothing Day and being a business owner, but still, he said the event still serves a purpose for him.

"It was the only way as a business owner to observe the day – hang up our hats for the day."

Trevor Fulton, a first-year broadcast television student admires Fish and Stephenson for closing their doors for Buy Nothing Day, but said it may not make the most business sense.

"They're doing their own thing for Buy Nothing Day, but they should be aware people are probably going to go somewhere else for things," Fulton said. "I don't see how a small business can afford to do it."

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# BIZ/TECH

A U.S. couple is suing McDonalds for \$3 million after nude photos of the woman, from a cell phone the husband left in a McDonalds, were posted online. — BBC.CO.UK

## Business programs offer students choices

Mike Nasmith  
Biz/TECH REPORTER

With Humber and Guelph-Humber being so close, students may think they are faced with having two schools that appear to offer the same program right next to each other.

But that is not the case. "The focus is on a lot more projects," said Laurie Turner, associate dean of Humber's Business School. "The focus is on doing instead of knowing."

Turner said students attending Humber are interested in getting practical skills, adding all students are required to do a minimum of 85

hours of work related co-op.

"These students are anxious to hit the road running," she said.

Jessica Gosnell took business administration at both Humber and Guelph-Humber and decided to focus on marketing at Humber. She said she liked Humber because of the number of assignments since it took pressure off by distributing the marks instead of having her entire grade decided by a few big assignments.

"A lot of our assignments we were doing were directly related to the working world," Gosnell said.

George Bragues, program head of business at Guelph-Humber, said his school's program focuses on a fusion of the practical and theoretical ele-

ments. He said this allows for the hands on experience one gets at college, while also providing the knowledge that can prevent students from hitting an earnings ceiling they may encounter with a college education.

Other differences in the programs include the length and the cost.

Turner said Humber offers a two or three year course, where the Guelph-Humber program is four years.

Humber's program costs just over \$1,500 a semester, while the Guelph-Humber program is a little under \$2,500 a semester.

The Guelph-Humber students are happy with their choice.

"Most universities don't have the co-op aspect," said Kristin Rhodes, a

student at Guelph-Humber. "Here you get the college part where you have the co-op, but you also get that university degree that everyone is so obsessed with in the industry."

There are similarities in both school's programs; both Turner and Bragues stress that the small class sizes are an advantage. Both also see areas where they would like to improve.

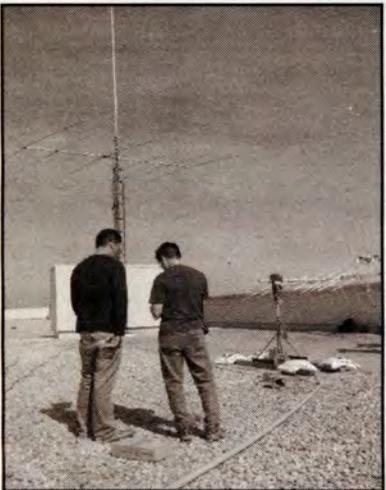
Turner says Humber is focusing more on green initiatives, noting the program already covers profit and people and now they want it to deal equally with the planet.

Bragues said Guelph-Humber intends to add more writing elements to the program to give students a more rounded education.



Mike Nasmith

George Bragues says a Guelph-Humber education combines college and university skill sets.



David Lipson

When the students speak with the space station, they will be able to ask questions regarding the water recovery system.

## Space station water recovery system gets renovated

Angelo Elia  
Biz/TECH REPORTER

Humber wireless and telecommunications students, who will be contacting the space station in 2009, said the International Space Station's urine filtration technology is great for the future.

NASA spokesperson Jennifer Marcone said they are developing the Water Recovery System, a recycling technology that allows urine to be made into drinkable water.

Wireless and telecommunications student Patrick Neelin said the technology is a life-saving project "Considering that every living being on this planet urinates, if there's a

clean, safe way of recovering water from that, then that can possibly save the world," he said. "That's amazing."

Neelin said when the process is broken down, there's nothing wrong with drinking the filtered water. "There's a psychological thing, like 'hey this was pee once,' but when you think about it, the water we drink now has all been purified from an extent."

Marcone says the technology works by filters. "When the astronauts go to the washroom, urine and

waste water is plumbed to the hardware to a system of cleaning and filtration into drinkable and clean water."

*"Developing this technology, it would be a benefit towards mankind."*

—Paul Je  
Wireless and Telecommunications Student

their project.

"After I do a little bit more research on this, it might actually be one of

the questions we ask."

Neelin's classmate, Paul Je, said the Water Recovery System is a great advancement. "If mankind continues on this destructive path, where water is constantly being polluted, by developing this technology, it would be a benefit towards mankind, regardless of what anyone says if it's disgusting."

Je says the technology will be beneficial to astronauts, making water more available.

"These guys are up there for at least one year and I know they don't send a shuttle up every week."

Neelin and his classmates are scheduled to contact the space station between January and April.

## X-box Fable Two reviewed

Maciej Chabelski  
SPORTS EDITOR

Have you ever wanted to be good and evil, loved and hated, welcomed and feared, all at the same time? Now you can, thanks to Fable II.

Players enact the role of a young hero looking for his niche in fictional Albion, a world eerily similar to medieval England.

In the game, players have the option to choose their destiny down to the smallest detail. Players can choose to become a feared warrior, travel the world and visit ladies of the night at their will, or stay at a local village, have a family and become a beloved bartender. It is all their prerogative.

Another nice addition is the option to play as a female hero, adding a dimension to an immensely deep gaming experience.

One drawback to the game is the

repetitive combat matrix. Much like its predecessor, Fable II has a simplistic combat system that leaves the player pressing buttons rapidly without any real strategy.

Presentation wise, the graphics are breath-taking, from the detailed player models to the ever-changing climate. Take too much damage in battle, and you can get permanent scars all over your body. The audio in the game is equally impressive, particularly interactions with villagers, ranging from flirtation to sock puppet entertainment.

And to top it all off, you get a dog. Your best friend will help you find treasure, take down enemies, or keep you entertained with a game of fetch.

Fable II is a rarity among next-generation video games in that it delivers an experience that's actually better the second time you play it.

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 **HUMBER**



Canadian soccer striker Iain Hume has been hospitalized for a second time, two weeks after he fractured his skull in a game against Sheffield United. — [worldsoccer.com](http://worldsoccer.com)

## Prize fighter tackles North Campus

Matt Serra wants to lift ban on his sport

By Mike Sagsoz  
SPORTS REPORTER

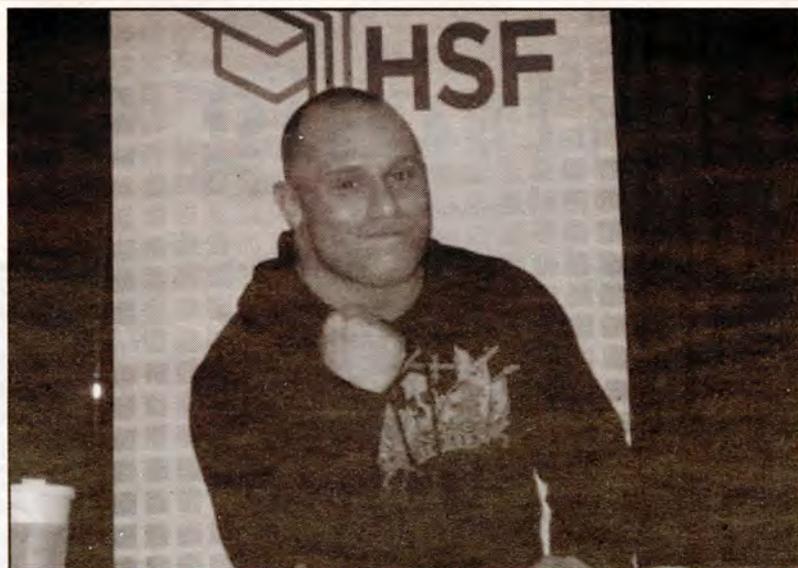
Former Ultimate Fighting Championship Welterweight title holder Matt "The Terror" Serra answered questions and signed autographs at North Campus last week.

"The event was run wonderful and I'm surprised at the turnout," creative-photography student Stacey Daly said. "Matt Serra is an awesome fighter himself. He's really driven by making it all the way up to win the belt, and he's just awesome, he's a really cool guy."

The event was sponsored by the Humber Students Federation.

Students had the chance to step up to the microphone and ask the questions they wanted answered regarding martial arts.

Serra also signed autographs for



Mike Sagsoz

Matt Serra knocked out Humber students with his answers.

his Humber fans.

Students got interactive as they got posters, collages and T-shirts signed as well as having the opportunity to take pictures with "The Terror."

Since his first fight with the UFC in 2001, Serra fought his way up to becoming a household name within mixed martial arts.

In November of 2006, he earned his UFC contract and guaranteed title shot with Canada's Georges St-Pierre after becoming the welterweight tournament champion. He lost the fight to St-Pierre, which was held in Montreal as part of the main event of UFC 83.

The fight was to have been held in Ontario, but the Ontario athletic commission did not approve of mixed martial arts fighting.

Serra was not surprised by the decision and said he is trying to legalize the sport in his hometown

of New York, which also doesn't recognize the sport.

Despite his most recent loss, Serra's popularity level has risen, and he has taken it all in stride.

"You see a huge difference from just fighting in the UFC and being on the Spike show," Serra said. "Before the show and just doing fights, you feel like a celebrity because you're fighting in Vegas and everything is paid for. You go back home and tell your buddies, hey I signed an autograph and took a picture. But when I got on season 4 it was like everyone knew me at the local 7-Eleven or even in other countries," he said.

Serra added that the fame affects his life in a good way.

"The popularity helped me buy my house," he said.

Serra will next face Matt Hughes in April.

## New locker rooms for varsity teams

Graeme Steel  
SPECIAL TO THE ET CETERA

The Humber Athletic Department will soon see construction started on extensive renovations that will give all varsity teams their own locker rooms.

"There has been a push to upscale everything," athletic director Doug Fox said.

Fox is the coordinator of the \$4.5 million project, which is scheduled to begin in 2009.

He said the complete redesign of the athletic wing — the largest since 2001 — will benefit the entire student body.

Fox added that many initiatives are focused on upgrading the access and amenities of varsity teams.

"We're designing a high-performance lab which will be used for personal training appointments and by teams to do specialized training," Fox said.

The makeover will also allow Fox to give permanent homes to varsity sports sharing locker rooms with the general population.

"Administratively you need to have it," Fox said. "I'm putting messages

and bus schedules all over. Where do you put them for teams that don't have anywhere to go?"

He added that having their own space will also provide peace of mind for the athletes, allowing them to go to practice without worrying about the security of their belongings.

Space within change rooms is another issue.

The rugby team boasts some of the biggest bodies on campus, yet they have been operating out of the smallest locker room.

"I've got 30 people changing in that room and they're just crammed on top of one another," Fox said.

Assistant rugby coach Rick Bot thinks the new additions will make the players feel welcome.

"It will make them feel like they're a bigger part of the athletic program here at Humber," Bot said.

In addition to the new locker rooms, there are plans for modernized player lounges where coaches can meet with their players," he said.

They should have done this four years ago when I started," said Kris Dowling, a women's varsity volleyball player in her final year.

### OPINION

## Burke not a sure thing for Leafs



James Shea  
Sports Editor

Is Brian Burke the next general manager of the Toronto Maple Leafs? All signs point to yes.

On Nov. 12, Brian Burke stepped down as the general manager of the Anaheim Ducks.

For Leaf fans, this brought visions of Stanley Cups dancing in their heads.

While the colourful Irishman may be a decent fit for a floundering Leafs franchise, make no mistake: he is no saviour.

A quick look at Burke's track record clearly proves this.

First, he drafted the Sedin twins while in Vancouver. That was obviously a good move, but Cliff Fletcher drafted Mats Sundin. Don't we already have Fletcher?

Second, he seemed to think Dan Cloutier could be a franchise goalie. Several subpar playoff performances

later, Cloutier was shipped out of Vancouver and now finds himself out of the NHL entirely.

Burke has long shown a propensity of lacking the ability to acquire a bonafide number one goaltender. While in Vancouver, Burke went through 13 goalies in six seasons. The list included Garth Snow, Corey Hirsch, Kevin Weekes, Felix Potvin, Corey Schwab, Alfie Michaud, Bob Essensa, Alex Auld, Petr Skudra, Martin Brochu, Tyler Moss and Johan Hedberg. Only three of these goalies still hold NHL jobs.

The point is that goaltending usually determines the success or failure of a GM. Toskala, Joseph and Pogge hardly seem like a very promising group in Toronto.

Third, the Stanley Cup he won in 2007 while with the *Anaheim Ducks* was mostly because he inherited a good hockey team.

Mind you, he did make some good acquisitions. But if anything, they can all be attributed to a little bit of good fortune.

Chris Pronger? He wanted to be anywhere but Edmonton. Burke certainly shouldn't be given all the praise.

Scott Niedermayer? He wanted to play in Anaheim with his brother Rob. If Rob isn't playing for Anaheim, neither is Scott. Burke or no Burke.

**"Is Burke as good of a GM as he's made out to be? All signs point to no."**

Even Burke himself didn't feel he deserved any credit.

"Anybody who takes credit for signing a Hall of Fame player when he's an unrestricted free agent is an imbecile," he told the *Orange County Register*. "There were 30 teams that wanted him."

In today's NHL, teams must now deal with a salary cap and Burke has shown he isn't up to par.

Back in July 2007, Burke signed 38-year-old defenseman Mathieu Schneider to a two-year/\$11.25 million deal only to trade him away the very next season, essentially admitting a \$5.75 million mistake.

Burke signed declining power forward Todd Bertuzzi to a two-year/\$8 million contract only to buy him out after one disappointing season in which barely exceeded 40 points.

Most notably, he traded Andy McDonald to St. Louis for an aging Doug Weight to alleviate a cap issue he created in the first place. On what planet is that a good move? Before he got injured, McDonald was leading the Blues with 18 points in 12 games.

So before everyone starts painting their face blue and white, let's be a little realistic.

Is Burke as good of a GM as he's made out to be? All signs point to no.

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Newest Toronto Maple Leaf Lee Stempniak recorded his first point with the team, assisting on a goal versus the Atlanta Thrashers last Tuesday. — TSN.ca

# Captain caps strong season

Amy J. Shields  
SPORTS REPORTER

The last 14 years have seen the captain of Humber's women's soccer team, Joanna Alexopulos grow from an uninterested player at the age of seven to being named a 2008 Canadian College Athletics Association All-Canadian.

"I never wanted to play soccer," Alexopulos said. "My sister wanted to join soccer and when my sister's team had players go on vacation, I ended up playing with them. People tell me that as soon as I touched the ball you could tell I had a feel for the game".

Alexopulos went from playing with her sister, and girls three years her senior to playing at both the provincial and national levels.

In 2005 she was awarded an athletic scholarship to play with the University of Memphis Tigers.

"It was all soccer, soccer, soccer," she said of her time at Memphis.

"For me, it was more nerve racking worrying about not messing up rather than just enjoying the game and playing. It's like the fun was taken out of it."

At the end of her first year with the Tigers, Alexopulos decided to return home.

"I was kind of going through something personal; deciding if I actually wanted to play soccer because at that point my passion



Joanna Alexopulos, Brittany Szczerbakow and Keyla Moreno each receive Ontario College Athletic Association awards.

Amy J. Shields

and love for the game kind of fell." After enrolling in Humber, Alexopulos chose to try out for the soccer team at the suggestion of a family friend.

"At Humber it's just play because you love it," she said. "If you screw up no one's going to ream you out. I just play and have fun. That's why I

wouldn't trade it for the world."

Alexopulos was named the Hawks team captain for the 2008 season, which was her third with the team.

"In the first couple of years she was still trying to get used to our program and the team and the role she fits into," said co-coach Vince Pileggi.

"I think with the graduation of other players, and with Joanna's experience and her leadership abilities, it just seemed very natural for her to be captain."

Her teammates recognize her contributions to the team.

"She does her job and does it well," forward Melissa Migliazza said.

"I think one of the reasons we got as far as we did this season was because of her and her persistence.

"She worked day-in and day-out to organize our disorganized selves, keep our heads high and realize the amount of greatness that could be accomplished when we worked as one."

However, being captain came with some difficult choices.

"You kind of get torn between being there for your team and the girls and also being truthful and honest with the coaches because you're kind of the liason between both groups," Alexopulos said.

Alexopulos proved to be a key figure in the Hawks success this past season, leading the women to an Ontario College Athletic Association title.

At the Canadian nationals however, the Hawks suffered a tough loss.

"I think that its possibly the hardest thing in the world," she said of losing.

"You also have to remember, as a leader, that the younger players look at you to see how you would respond to everything."

Despite the hardships, Alexopulos plans on returning as captain next year.

"I wouldn't trade it for anything," she said.

Brittany Szczerbakow was an all-star within Humber's West/Central division while Keyla Moreno took rookie of year honours.

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