

Meningitis nightmare

Survivor tells students to get vaccine to prevent life-altering disease

By Andi Hui
LIFE REPORTER

John Kach knows all about the horrors of meningitis. He lost his legs and fingers to the disease when he was a freshman in university.

Kach knew while in the hospital what he wanted to do with his life. Having gone from a six-foot-four athlete to an amputee and knowing his condition could have been prevented with a suggested vaccine, he now tours high schools, colleges, and universities to shed light on the disease.

"I knew I had a mission. I lived for a reason," he said at North Campus on Monday. "I never got the opportunity to have someone come to my college or my high school or my doctor's office to tell me about meningitis. No one made me aware of the disease that changed my life forever. My mission was to make people aware."

According to the Meningitis Research Foundation of Canada, the disease causes a swelling of the lining around the brain and spinal cord and can have severe consequences including blindness, deafness, paralysis and mental disability.

It is most common among children, teens and young adults. It is carried at the back of the throat and can be transferred through things like sharing a water bottle, lipstick, cigarettes, kissing, and more.

"Lifestyles associated with college life potentially leave students more vulnerable," said Catherine McKee, a nurse for student services. "They live in close-quarter dormitories, they spend a lot of time in crowded lecture halls and share items that come in contact with the mouth."

A Newport, Rhode Island native, Kach's story began in his senior year of high school, when he was looking at post-secondary schools. He eventually found what he was looking for at Salva Regina University but in order for him to attend he had to take a pre-physical exam.

During the exam it was recommended he get the Metamune vaccine for meningitis. His doctor did not have it so Kach was told to get it once at school.

"Me being a college student, being busy playing basketball, partying, and classes – it was the last thing on my mind to get the vaccine," he said. Kach recalls the day that changed

his life. He was watching a movie with his girlfriend when he suddenly became violently ill. He had a fever of 105 F and was constantly throwing up. His girlfriend wanted to take him to the hospital but Kach thought it wasn't serious and decided not to go.

The next morning, when he woke up, he said he was unable to move.

"I knew something was very wrong," he said. "I could barely sit up in bed. I could not really look at light. My neck was stiff, my extremities were really weak."

He ended up at Rhode Island Hospital, where the staff ran every test possible but could not figure out what was wrong. They kept him overnight for observation.

As the night progressed a doctor noticed a red-dish-purple rash on Kach's arms and back.

"This is how you will be able to tell the difference between the flu and meningitis," said Kach.

He was transferred to the intensive care unit, where his condition became obvious. His organs began to shut down and he was placed in a drug-induced coma for six weeks. While in the coma Kach developed gangrene, which meant his legs and fingers had to be amputated.

"I was in a coma when the amputations were done so when I woke up six weeks later I was an amputee," he said. "I woke up and my whole life was changed forever."

He has since appeared on *Oprah* and the CBS show *48 Hours*.

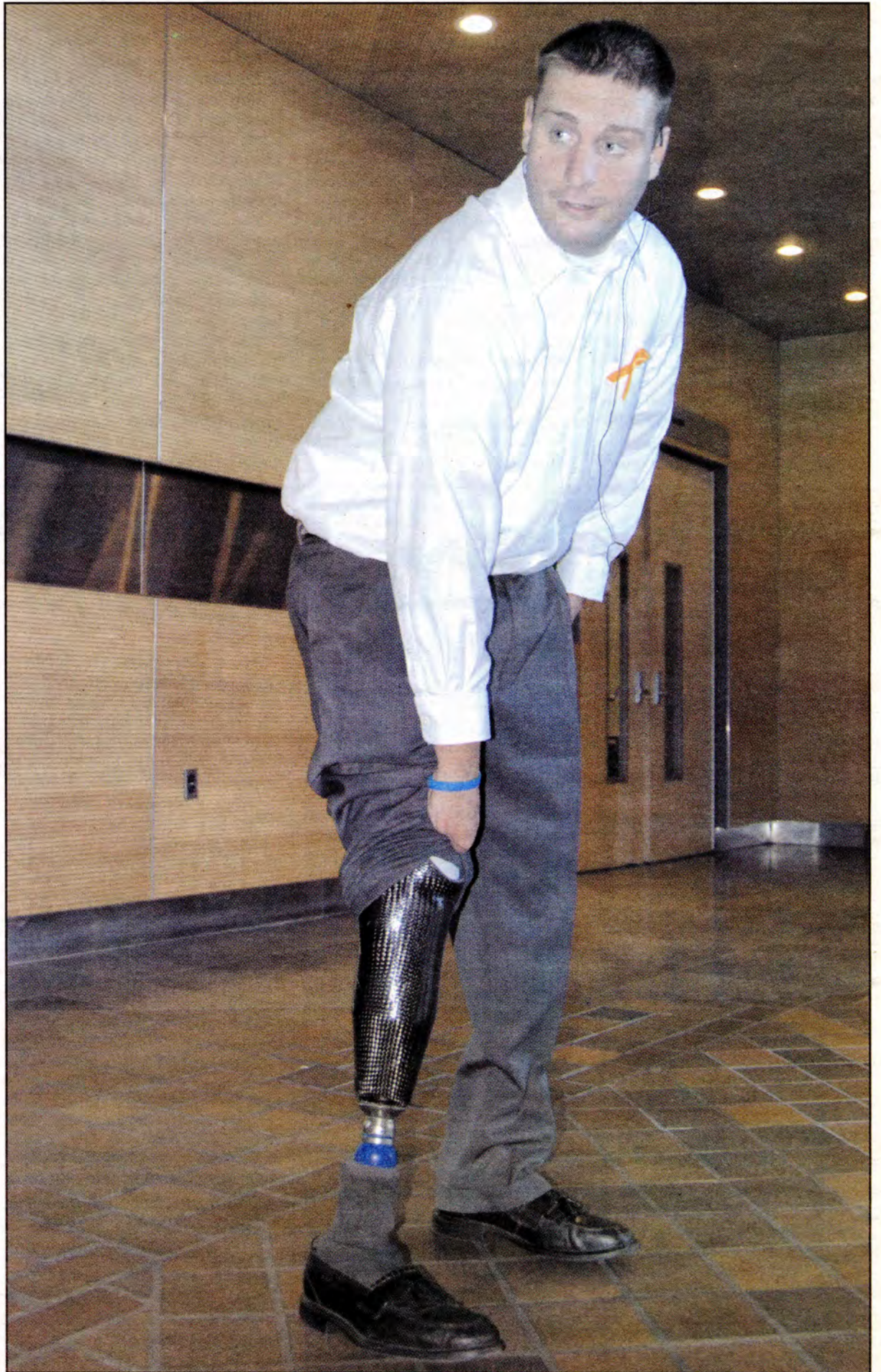
The Nurse's Association along with the Health Centre organized the talk to raise awareness of the dangers and precautions that students can take in order to avoid this potentially fatal disease.

"Our goal was to get this information out there," said Poonam Sharma a nursing student. "We wanted to educate the students here about the signs and symptoms, preventions and vaccines. I think we accomplished that today."

There are five strains of meningitis; A, B, C, Y and W135. There is now a vaccine called Menactra that covers all strains but B. It is available at the Health Centre for \$120, but the student health plan covers 80 per cent of the cost.

"I was in a coma when the amputations were done so when I woke up six weeks later I was an amputee."

– John Kach
Meningitis survivor



Dila Velazquez

In Focus: Health concerns - pgs. 10 and 11

John Kach contracted the C strain of meningitis, which he could have avoided by taking a vaccine.

NEWS

The Toronto Police Services Board has been ordered to pay Marian Evans \$215,000 after she sued a Toronto cop for a sexual assault that happened 30 years ago. — ctv.ca

Ignatieff throws hat in for Liberals' top spot

David Lidstone
NEWS REPORTER

Reactions are mixed regarding Etobicoke-Lakeshore MP Michael Ignatieff's bid for the leadership of the Liberal Party of Canada.

Assistant professor of political science at the University of Toronto Ryan Hurl said he sees positives and negatives to Ignatieff being the Liberal leader.

"It seems to me like he's much stronger than the previous Liberal leader Stéphane Dion. Dion was not popular in Quebec and his English language skills also undercut him in English speaking Canada. I think Ignatieff can avoid those problems.

"His largest problem is that he's a latecomer to the political game, and that his career has been focused outside of Canada and outside the Liberal party. I think it will still be an uphill battle for him despite his otherwise attractive features like his intelligence and personal charisma."

Ignatieff has represented the riding where Humber's Lakeshore Campus is located since 2006. He was re-elected in October.

"If you're looking at the leader specifically, he needs to be more personable. I need to feel like I could talk to them."

—Kalvis Mikelsteins
Humber student

"I think he brings a wealth of international experience, and most importantly two-and-a-half years of experience with the party and in the House of Commons," said Jill Fairbrother, Ignatieff's spokesperson.

She also had good things to say about Ignatieff's competition Bob Rae, Toronto Centre MP, and Dominic LeBlanc, who has represented the riding of Beauséjour, New Brunswick since 2000.

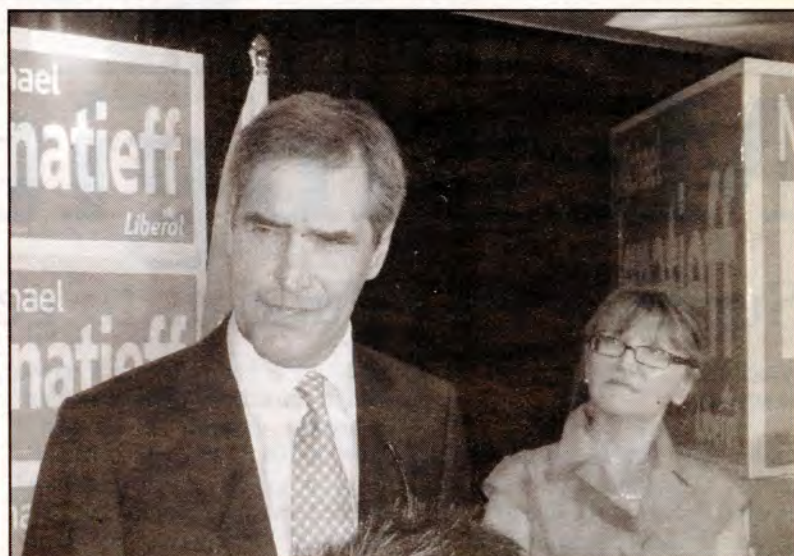
"I think they're all good Liberals and Michael's looking forward to a spirited contest in which the party gets to talk about what we learned in the last election and what's required to help the party move forward."

Hurl was less neutral regarding one of Ignatieff's rivals, Bob Rae.

"Bob Rae has enormous negatives," said Hurl. "I think he will scare centrist voters out of the Liberal party. Though, on the other hand, perhaps he will shore up the left wing of the party. He seems to be a much more dangerous, much more divisive choice, potentially, than Ignatieff."

Rae's press secretary Alan Toulon said Rae's experience will endear him to Canadian voters.

"Bob Rae has wide support from his community and across Canada," said Toulon. "He's been elected to the House of Commons numerous times, to the Ontario Legislature and as the premier of Ontario. That doesn't happen without wide sup-



David Lidstone

Michael Ignatieff, with his wife Zsuzsanna M. Zsohar, addresses the crowd after his victory over Conservative Patrick Boyer in the Etobicoke Lakeshore riding on Oct. 14, 2008.

port from Canadians."

Second-year architectural technologies student Kalvis Mikelsteins also had some thoughts on the Liberal leadership.

"Whoever the next leader is, they need to think a lot about image," Mikelsteins said. "The last two leaders did a very poor job of making themselves seem appealing to the

public."

"Overall, Liberal policy is pretty well known and understandable. If you're looking at the leader specifically he needs to be more personable. I need to feel like I could talk to them."

The Liberal Leadership Convention takes place at the end of April in Vancouver.

Copyright laws a complex issue

Claude Saravia
Biz/TECH REPORTER

Ottawa law professor Michael Geist gave a lecture to Humber students about Bill C-61 which threatens to curb current copyright laws.

Bill C-61, a controversial bill introduced by Parliament in 2008, focuses on changes to what constitutes copyright infringement in Canada.

The bill eventually died after Parliament was dissolved, but the new Tory government plans on reintroducing it.

The lecture was held as part of the Robert Gordon lecture series.

Geist, a law professor at the University of Ottawa and a technology law expert, also discussed the current state of copyright laws in Canada and the evolution of the internet.

"Digital copies have the ability to be replicated identically time after time after time," said Geist.

"I don't remember there being a time in my life in education where we haven't been struggling with the issues of copyright."

—John Davies
President of Humber College

"Of course the ability to distribute has changed dramatically too, so previously you might make a mix-tape but it was just in your local community that you might distrib-



Claude Saravia

Michael Geist, a professor of law, and a technology columnist for several Canadian publications, brings his wealth of knowledge to Humber and shares his opinions on copyright law issues.

ute it. Now there is that ability to distribute it globally."

Melanie Chaparian, program coordinator of humanities, and a board member of the Robert Gordon lecture committee, said she was impressed with how Geist delivered his lecture.

"I was particularly pleased, not surprised, but pleased that he delivered it with some visuals," said Chaparian. "He delivered it in what we teachers might call teachable chunks, so it was easy to follow. But he also, I think, really did demonstrate the complexity of the issue, which was really great."

Chaparian said she was extremely happy that such a wide variety of students turned out to watch Geist.

John Davies, president of Humber

College, also attended the lecture.

"I don't remember there being a time in my life in education where we haven't been struggling with the issues of copyright," he said.

"It wasn't very long ago we were just dealing with photocopies as the major issue with copyright, and as you know with this speech today, it is a huge issue in terms of the digital impact of all sorts of knowledge."

Danielle Petit, a third-year film-and-television-production student, said she found Geist fascinating.

"Copyright has a pretty big impact on the film industry," Petit said.

"I agreed with a lot of the content he had to say. I found it to be really informative. I myself didn't have any questions, but probably because he answered everything."



The 411

Local

Queen's University has canceled its popular Fall Homecoming Weekend for at least the next two years. The announcement came after violence and anarchy plagued the annual event. In 2005 a car was set ablaze and this year an attendee was put in a coma.

—thestar.com

National

The world's oldest polar bear died this week at Winnipeg's Assiniboine Park Zoo. The forty-one-year-old bear, Debby, was euthanized after having a series of strokes. She was also suffering from organ failure. The bear was sent to the zoo from the Arctic islands of Russia in 1967 and had become a local icon in Winnipeg.

—reuters.com

International

A new study published in Britain shows that over half of British adults think children behave like animals. The report was done by the children's charity Bernardos and also showed that at least half of the 2,000 adults surveyed said they saw children as a danger to society. These perceptions are likely based on increasing numbers of stabbing and shooting deaths involving children and teenagers on the streets of Britain.

—guardian.co.uk

Somalia-based pirates are attacking ships in the Gulf of Aden, between Yemen and Somalia. The number of ships hijacked this week now stands at eight. – thestar.com

Recycling contest an 'excellent solution'



Darcie Springall

Darcie Springall
NEWS REPORTER

A competition within residence is underway to make students think more about recycling. "Basically what we're doing is competing with each other to see which floor can recycle the most," said residence life co-ordinator Jen Skinner.

The competition runs from the beginning of November until the end of the semester. The recycling is counted per floor and a running total is carried into the following weeks.

"At the end, the floor in each building that recycles the most will get a pizza party and then another bigger prize," added Skinner.

Residence has been recycle-conscious for a long time and asking students to blue-bin their cans, bottles, and paper is somewhat of a challenge Skinner said. However, implementing the recycling competition has been an excellent solution.

"This generation of students have been recycling their entire lives," said Skinner. "They're very consistent with their recycling."

"This generation of students have been recycling their entire lives. They're very consistent with their recycling."

—Jen Skinner
Residence life co-ordinator

Aside from the competition, there are many other initiatives in place around campus to help students be more environmentally friendly.

"The cafeteria runs a water program in which students can come down and get free water from a container in the caf for their own bottles," said Skinner. She added students who don't want to create any waste after a meal can use the washable plates and utensils provided in the cafeteria.

Thus far, the competition has had a very good participation rate, with the leading floor of S building at 15 bags of recycling after 10 days, but it's not just the incentive of a prize that drives them.

"I always try to recycle everything I can," said second-year resident, Troy Trostenko.

Second-year R building resident Erinn Faris agreed and said, "We have blue bins in our rooms and I try to recycle a lot."

Skinner said that when it comes to residents, the problem isn't getting students to recycle but making it easier for them to do so.

"Our biggest concern is making sure that the recycling bins are in an area that is easy to access making it as easy as possible to recycle."

Bins are placed all around residence so students can dispose of their recyclable waste properly. A new competition has recycling awareness on everyone's mind.

Second Career not first choice for laid-off workers

Adviser says program's admission process can be difficult

Harrison Tripple
NEWS REPORTER

Ontario's Second Career program aims to help 20,000 laid-off workers prepare for new careers, but the program has not been as popular as hoped.

"With Second Career, it's a lot of people who were working and have been let go from their jobs recently and the governments provided an initiative to try and get them back into the workforce," said Kamaldip Dhamoon, an enrolment advisor at Humber.

"With Humber you need to meet the admission requirements, so Second Career becomes a bit of an issue for people when they realize they have to do testing and they have to provide their high-school grades," said Dhamoon. "They've been in the workforce for so long it doesn't seem right to them that they have to go through this."

Second Career programs are offered at all of Ontario's 24 public colleges. The government will pay

for training which helps individuals move up to better jobs, meaning a higher wage in some instances. The total funding provided for Second Career is \$355 million over three years and the total amount allotted for each student is \$28,000.

Humber's associate registrar Debbie Falconi said applying to the program can be difficult with requirements like mandatory testing and research documents that must be completed before admission can be granted by the Ontario government.

"They've been in the workforce for so long it doesn't seem right to them that they have to go through this."

—Kamaldip Dhamoon
Humber enrolment advisor

"The Second Career programs are now available to laid-off workers who might have taken a job at Tim Hortons to muddle through and make ends meet," said Falconi.

She said everyone who applies to the Second Career program has to complete an extensive research document which requires them to know what program they want to apply to and also to contact both a community college and a private college to

see which atmosphere best suits their needs.

Humber doesn't make any kind of exceptions for Second Career students and they are treated just like regular students, the only difference is how they pay for their program.

"I am aware of the Second Career initiatives at Humber," said Harry Chang, program co-ordinator of landscaping at Humber. "But for privacy reasons we can't just ask in class who is receiving alternate funding by the government."

The program's funding is part of a \$1.5 billion, three-year skills to jobs action plan that was announced by Premier Dalton McGuinty in June 2008.

Previously, Second Career programs were only available to those laid-off up to one year before applying to the program. However, with changes that took effect on Nov. 10, 2005 are now eligible for the programs.

Other changes to the program include short-term training options for laid-off workers who are not eligible for unemployment insurance. There may also be additional financial assistance to cover expenses for the cost of academic upgrading, living away from home while participating in training, and dependent care.

Getting sick in rez

Darcie Springall
NEWS REPORTER

As the winter months approach, so does the cold and flu season, and students in residence should be prepared.

"I got sick a lot last year. Probably eight times," said second-year resident Jacquelyn Challis. "When you have 900 people living in one closed in area, germs spread pretty easily."

Senior resident assistant, Jason Marshall, agreed with Challis and said residents must remember to try not to expose themselves to unhygienic conditions.

"There are so many common surfaces that everyone's touching, like lounge door handles, anything in the common bathrooms, even the rez cards are covered in germs, but people always put them in their mouths out of habit," said Marshall.

Free flu shots are offered in mid-November, but Marshall said students should be doing more to prevent themselves from getting sick.

"Living in rez, there's a lot of transfer of germs, so you should be making sure you're washing your hands all the time, whether you're sick or not. Be proactive too," Marshall said. "If you think you're getting sick, take medication at the first sign, which is what I always do and I almost always kick the cold before it gets too bad."

Walk-in clinic pharmacist, Ihab Labib says taking care of oneself is key to staying healthy during the winter months.

"The student lifestyle is stressful and hectic, making it hard for their immune systems to fight off a virus," said Labib. "But, eating well, taking vitamins, and regular exercise will help stave off illness."

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About 1,500 built-in wall ovens made by the General Electric Company are being recalled because of fire and burn hazards that have occurred. — torontosun.com

Retail hopes depend on shoppers

Debora Sardaneta
NEWS REPORTER

Fifty-seven per cent of Canadians have pulled back on normal spending habits this year, according to a 2008 Ipsos News Centre Poll.

Pierre-Pascal Gendron, program co-ordinator of the business school at Lakeshore Campus, predicts this could mean bad things for retail stores this holiday season.

"Given the expected economic situation worldwide, it is expected to be a very bad year for retail sales," he said.

Statistics Canada reports Canadian

shoppers spent \$874 each in December 2006 on a per capita basis, well above the monthly average of \$630 for the other months of the year.

Attitudes of shoppers will be the factor deciding if retail sales will suffer, said Gendron.

"People are worried because our economy is not isolated," said Gendron. "We trade a lot with the U.S. Demand for goods is dropping, and some of our exporters will be affected; there is worry."

"In Canada we are affected by people's perceptions, and the perceptions about the economy are bad, so

consumers will be careful," he added.

Business student Leah Haley said she will spend about \$300 on her friends and family this holiday season. "The only thing I'm doing different is shopping earlier and trying to look for bargains. But I have scratched out some people off my list, like some of my co-workers. I'm sure that there are a lot of people out there who will be hesitant to spend money right now."

Chris Couch, marketing co-ordinator of the Woodbine Centre mall, said retailers are optimistic that sales will not drop and that they're even

hoping for a better season than last year.

"I think the economy is going to hold out for the Christmas season," he said. "I think it will pick up."

Couch said the weaker Canadian dollar has retailers hoping Canadians will stay on this side of the border and will also attract American shoppers.

"There won't be a lot of cross border shopping. We expect a lot of Americans to come here to shop due to the weak Canadian dollar," said Couch. "Lower gas prices will also help because people will be more willing to travel to shop around."

Gendron said if retailers do see a slowdown in sales during the Christmas period, nobody knows how long it could last.

"The financial sector has been rattled and this time is more worrisome than previous recessions because this time people's confidence in the bank and financial sectors has plummeted," said Gendron. "The economy will not recover quickly."

"As long as consumer confidence is low, then the recession will continue lasting because consumers will not buy stuff," he said.

Contract jobs best for grads, says adviser

Employment not secure or definite during economic crisis

Alina Sotula
NEWS REPORTER

The co-ordinator of the school of business is optimistic for student job prospects despite the economic slump.

"I told my students school is a great place to be when economic times are very hard," said Dr. Pierre-Pascal Gendron, program coordinator of the business degrees program. "Typically recessions don't last that long. By the time the students reach second year, this will be over."

Statistics Canada reports that business employment is down 3.3 per cent since last month and almost 25 per cent since this time last year.

The 2008 National Employment report showed an all time low in jobs in the past five years for the U.S. business sector.

Career Centre manager, Karen Fast said the economic slowdown could provide more short-term job opportunities for graduating students.

"They'd have to consider contracts more than others," Fast said. "It takes someone who knows how to market themselves. Those who are well-connected will land those jobs."

Gendron agreed most companies

don't have the money to spend on unnecessary projects.

"There are not a lot of discretionary funds to be spent on unnecessary projects. That affects employment for everyone. The students that are part-time or contract are easier to let go," he said.

Gendron said the slowdowns are unlikely to affect enrollment or the chances of recent graduates to get jobs.

"Students are getting close to their work placements," Gendron said. "Our placement advisors reach out to potential employers and also students are expected to market and look for jobs on their own, so it's a multi-tier process. The long-run effect is probably very small."

Cell phone game creator and small business owner Donald Marges said he cannot afford to take risks right now by hiring some-

one inexperienced. "That's not to say that the grads coming out of college and university aren't talented or well-educated," Marges said. "However, I believe that during a time like this, you need someone who has been through a recession and has a proven track record."

Fast said students should start looking for jobs right now.


"They need to identify employers they can connect with even in January for May jobs. Maybe we'll see a bit of a brighter picture, a little turn in the economy in the next few months."



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According to the Ontario Dental Association, tooth decay in children is one of the leading causes of school absences in Ontario. — *thestar.com*



Jessie Coletti-Greco

People pack into the 3,000 square foot work out space. An expansion to the gym is expected to make the space five times larger and leave more room for equipment.

Incorporating health into academics

Jessie Coletti-Greco
NEWS REPORTER

A new and improved gym is only one aspect of Humber's Wellness Centre development.

"The college is moving towards what's termed centres of excellence, which means we want to have the best from academics to facilities," said assistant athletic director Jim Bialek. "So they now want to create a centre of excellence for wellness."

After construction is complete, the A building will be known as the Wellness Commons.

It will house a gym five times larger than the current 3,000 square foot workout space, and will include a spa with massage therapy, and a health clinic for the nursing program.

"The school is looking at changing a lot of things down this whole wing, so that you have one area in the college that deals with wellness related things," said Leanne Henwood-Adam, fitness co-ordinator.

"Along with that, it would enable us to expand the fitness area of athletics, to make it bigger for the num-

ber of students at Humber."

Henwood-Adam said she thinks more people are being health conscious and is happy she can soon encourage people to use the space and not worry about the availability of equipment.

The new gym will include an entire second floor devoted to athletics facilities, which will be built above Caps.

Since this building is an initiative on the schools' behalf, the athletics department will be able to outfit the area with state of the art equipment. "Instead of having 15 cardio

machines, we can have 50," said Bialek.

A high performance lab, new change rooms, individual team rooms and a larger sports injury clinic are part of the new development.

"Basically we're tripling the size of our active workout area," added Bialek.

At least one student who uses the gym regularly is happy about the upcoming changes.

Mark McNee, 20, a general arts and science student said, "I'm personally really excited that the gym is going

to be expanded and I think most students will agree that this needed to happen."

Humber's Wellness Centre is expected to be finished by spring 2010.

The budget for the project is still unknown, but the athletics department will cover the cost of the centre.

"It will finally put Humber back on top compared to other colleges in Ontario as far as having one of the best facilities around," said Henwood-Adam.

Knowing your student gov't

Miguel Agawin
NEWS REPORTER

Fifty-thousand Ontario students have signed a petition asking Premier Dalton McGuinty to stop tuition costs from spiralling out of control.

But what many Humber students don't know is their student government is not part of the group who organized this petition campaign.

The petition was a part of the Canadian Federation of Student's Drop Fees campaign.

The CFS and the College Student Alliance share a common goal, however each of the student advocacy groups has its own strategy for achieving their goals.

HSF executive director, Ercole Perrone, said he is happy being a member of the CSA.

He said since the CFS's membership is dominated by universities, HSF is better represented by the CSA which focuses more on college issues concerning colleges.

Perrone said the CSA has a credible

relationship with both provincial and federal governments.

He describes their relationship with the HSF as steadfast.

"I can pick up the phone and get an answer right away. If I need them, they're here," said Perrone. "There's no price to that."

The CSA and the CFS provide post-secondary students a voice when lobbying the government.

Perrone said one success the CSA has brought to Humber is the textbook and technology grant.

The CSA was one of the biggest advocates for the grant and Perrone said it is a step in the right direction.

CSA director of advocacy, Tyler Charlebois said the CSA is focused on the issue of access and affordability of post-secondary education.

Charlebois said the CSA helped secure the student access guarantee, which provides aid to Ontario students from lower- and middle-income families with tuition, books and mandatory fees.

He also said the CSA advocated for the textbook and technology grant, which currently gives full-time stu-

dents \$150 per academic year.

However, Shelley Melanson, CFS Ontario chairperson, said the textbook and technology grant is fundamentally flawed. She said many students didn't know how to apply and students who experienced problems like missed payments for OSAP loans were also denied the grant.

The CSA is currently recommending they increase of tuition should match the rate of inflation as measured by the consumer price index. Things like the cost of living are not controlled by the government and have nothing to do with tuition, said Charlebois.

Statistics Canada data released Oct. 9 said tuition fees in Ontario went up the most across Canada. Ontario's tuition fees for an undergraduate degree is now the second highest in the country.

According to Melanson, some of the CFS's successes include tax exemption for all scholarships, the drop of GST on tuition as well as campus residence fees, and freezing tuition from 2004 to 2006.

Charlebois said students should

look at tuition fees as an investment in themselves and added investing in an education will help them get the career they want. He added that a study done by the Association of Canadian Community Colleges showed students who attend Canadian colleges received a return investment of 15.1 per cent, comparing one's income before and after graduating.

The CSA is also involved in funding research by colleges, funding for under represented students, the revival of the millennium scholarship foundation, the distance grant and the transferability of college credits into degree programs, said Charlebois.

Ontario's current tuition framework ends in 2010 and Charlebois said the CSA is in discussion with the province about their plans, however, no details have been outlined.

The HSF has been a member of the CSA since 2002 and the cost for this membership is four dollars per year for each full-time student enrolled at the institution, said Perrone.

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EDITORIAL

"Public opinion is a weak tyrant compared with our own private opinion." – U.S. philosopher, author and naturalist Henry David Thoreau

CFS is a poor choice

Ontario's post-secondary student governments have two student advocacy groups: The College Student Alliance (CSA) and the College Federation of Students (CFS). These groups focus on lobbying the government on student issues, but the approach differs greatly between the two.

The Humber Student Federation made a wise decision to be a part of the College Student Alliance because it better represents the needs of the students.

The CFS claims to be the largest lobby group in Canada with over 500,000 members, and is known to have a more radical approach to getting its initiatives passed – if those initiatives are even feasible.

In Ontario, the CFS has pushed the Drop Fees campaign, which demands affordable tuition. It has held rallies at Queen's Park and at Ontario Premier Dalton McGuinty's Ottawa constituency office. It has also issued a petition with signatures of 50,000 members. The Drop Fees campaign is part of a CFS hope for a federal post-secondary education act that would establish funds to be transferred to the provinces.

Although this may seem like a positive campaign, the CFS is unrealistic in its belief that the federal government will take a role in funding colleges and universities, as that has traditionally been a provincial role. The CFS has, in all likelihood, been wasting time and resources in their lobbying efforts.

Not only are CFS' plans flawed, but the number of student groups across Canada that want

to break membership with the CFS is on the rise. Notorious for disallowing members to break free, the CFS has threatened to sue numerous schools over membership issues.

The University of Calgary, for example, wants to split from the CFS but can't because of strict rules and bylaws it has to follow.

Rithesh Ram, president of University of Calgary Graduate Students Association, said the association is preparing for the possibility of CFS initiating legal action. Ram also said since the association joined CFS, it has spent over \$300,000 for the membership and have seen little done to help their students.

Comparatively, the CSA has been successful in getting some important initiatives passed in the government, such as the textbook and technology grant and the distance grant, passed earlier this year. As said in a previous editorial, the textbook and technology grant is a step in the right direction, but more needs to be done to help students – and the CSA can accomplish that without the hassles the CFS is known for.

The CSA is currently lobbying the government for a moderate but realistic tuition fee adjustment. It wants to have increases of tuition reflect the rate of inflation as measured by the consumer price index. If the CSA can get the McGuinty government to agree with the initiative, we could see real results in tuition costs across the province. In contrast, the demands of the CFS are often too dramatic and unrealistic. That, coupled with its membership issues, is why the CSA is the right choice for Humber.

Thefts are not victims' fault

A rash of recent iPod thefts in Toronto has led some to believe an epidemic is upon us. *The Globe and Mail* reported police are receiving multiple reports every week of an iPod-motivated mugging or swarming, and at least five people were mugged of their iPods and cell phones within two hours last weekend. But most disconcerting is not necessarily the robberies themselves, but the police's response.

Toronto police have issued a series of public warnings to help people avoid being mugged. People should not flash around their expensive gadgets, they say, and should switch the tell-tale white iPod headphones with something less recognizable. If a mugging does occur, they warn us not to fight back, lest another death in the same vein as Michael Oatway's should occur. He was allegedly killed over an iPod on a bus in 2006.

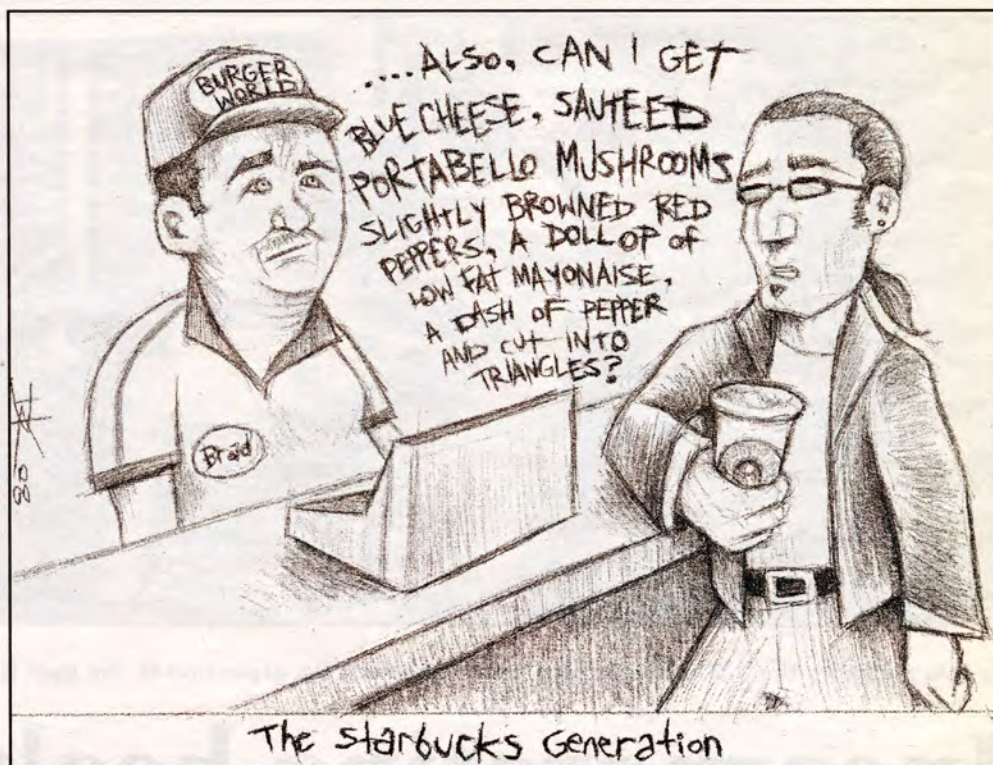
This is telling of a disturbing problem in the city. Nobody should feel compelled to hide their belongings for fear of hoodlums or ban-

ditions. And we should feel safe walking down any street in the city with earbuds of our choosing – white ones included.

Not only that, but the advice itself may not be practical. Considering the prevalence of iPods, a would-be mugger can be nearly certain that anyone wearing earbuds is most likely carrying some form of digital music player.

A strong message condemning such thefts, or a promise to bring thieves to justice, would be a far more reassuring response. Instead, the police have resigned to the fact that these robberies are inevitable, and have taken the unfortunate stance of blaming the victims.

It is truly a sad day when police officers issue warnings to innocent citizens instead of perpetrators. Police can only hide behind their apathy for so long – surely, one would hope, they won't soon be blaming victims for leaving the safety of their homes. Outbreaks of crime should be a time for the police to get their act together, not to shrug their shoulders.



The Starbucks Generation

WORD ON THE STREET

What would you do if someone tried to steal your cell phone or iPod?



Farzan Khan 19
Second-year business management

"Depends. If there's a lot of people, you'd give it up. I'd want to fight them, but if you're outnumbered you have no choice."



Amarah-Cree Barrocks, 18,
First-year early childhood education

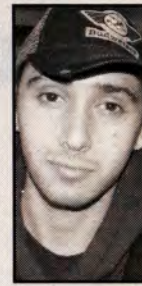
"I'd cry and I'd give it all up. It's either an iPod or my life, which would you take?"

Emily Benjamin, 18
First-year visual and digital arts



"I'd probably let them take it. It's something that can be replaced."

Marc Hadeed, 24
Second-year business management



"If you're just going to give it up to whoever wants it, you might as well not buy it."

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.

HUMBER ET CETERA

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

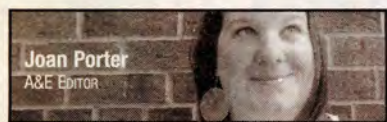
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"Public opinion ... an attempt to organize the ignorance of the community, and to elevate it to the dignity of physical force." – Irish playwright and author Oscar Wilde

Starbucks overwhelms with choices



Joan Porter
A&E Editor

Starbucks ran a full-page advertisement in the *New York Times* and *Wall Street Journal* in the spring of 2008 where it claimed to have 87,000 different drink combinations. Since then, several have tried to work out the numbers – Starbucks included. As its spokeswoman Lisa Passe explained, a statistician did the math based on the menu board, taking core beverages and multiplying them with all the modifiers and customization options. Now that I work

there, I took a stab at doing the numbers, but just focused on the espresso bar and its drinks. Factoring in size, amount of espresso and caffeination, temperature, choices of milk, syrups and toppings – the number of drink combinations came in at 302,400. And that's missing two other milk choices and holiday eggnog! Nor does it account for frappuccinos, teas, brewed coffee, or non-caffeinated beverages.

This alone could be considered terrifying to an adult who's brand new to the Starbucks world. For most, it's probably impossible to imagine an adult who has yet to walk into a Starbucks, but there are many: some

opposed to the evil empire of Starbucks in general, some unwilling to pay "that much" for a coffee, some with no need for the place. But there's a population who – although unwilling to admit it – avoid the infamous coffee shop out of fear; the fear of looking stupid trying to order one of those 87,000 (or 302,400) drink combinations.

I can remember standing in line for the first time, staring up at those crammed menu boards, wondering what the heck a Caramel Macchiato is, and hearing this: "Half-caf, triple, Grande, three pumps sugar-free-vanilla, soy, no foam, one Splenda, 180 degree, cappuccino." Silent

panic and an internal monologue ensued.

I don't know how many pumps! Do I like foam? I have to choose the temperature? What's the difference between a cappuccino and latte?

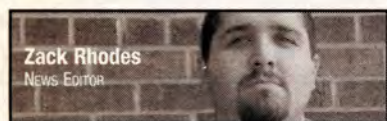
It may sound like a ridiculous drink order, but if you ask any Starbucks barista they'll tell you they've heard worse. In Starbucks' haste to give the customer the ultimate power over their morning cup of Joe, they've created a problem (or several, but let's focus on this one). They've terrified potential customers with overwhelming options causing them to avoid the stress-inducing situation that is the morn-

ing line at a local Starbucks.

A new and potentially regular customer doesn't want to be brought down 12 pegs by a snarky 18-year-old barista who looks at you like you're an idiot, corrects your drink order, and proceeds to make fun of your lack of knowledge (not that all baristas are like that, but that is the fear).

Starbucks' failure is its goal of staying ahead of the pack. More choices should mean a wider customer base; instead, it means the power-crazed who are already regulars have more mind-numbingly complex options, while the timid and indecisive masses hover outside trying to decide why tall means small in Starbucks land.

Cable networks should put petty differences aside



Zack Rhodes
News Editor

Last Sunday, the Toronto Raptors defeated the Miami Heat in front of a sold-out crowd. TSN had the broadcast rights to the game, but almost two million people across the GTA who subscribe to Rogers Cable couldn't watch it due to a conflict between the two companies. Rogers and TSN shouldn't let their petty differences let so many fans down.

When the 2008-09 NBA broadcast schedule was released in October, fans were shocked to see so many

games on TSN's sister network, TSN2. TSN2 went to air in August and is used as an outlet for more obscure sports like billiards, NASCAR and tennis, with almost no major sports teams shown regularly besides the Raptors. Almost all Canadian cable providers, like Bell, Cogeco and Shaw, picked the new channel up with only two holdouts: the Quebec-based Videotron, and Rogers.

Neither TSN nor Rogers has released any explanation other than statements asking for patience while they try and work things out. Perhaps Rogers felt that TSN2 was either unnecessary or too expensive

and decided not to carry it. But who is Rogers to say what sports fans can and cannot watch?

"These two companies would rather flex their corporate muscles and see who gives in first."

If it is a cable provider it should provide the public with cable, no matter how insignificant it may find the content. Rogers needs to do its job even if it means making customers pay more.

On the other hand, TSN is using these Raptors games as hostages in a shady ploy to try and force Rogers to pick up TSN2. TSN comes out looking like the good guy, providing Raptors coverage to almost every major cable provider in the country, while Rogers is left with millions of angry subscribers who can't watch their own city's regular season games. But ultimately, TSN isn't doing its job either, which is to work with cable providers, not against them for their own financial gain.

What this situation tells us is that Rogers and TSN don't care about the fans. These two multi-million dollar entities would rather flex their cor-

porate muscles and see who gives in first. Both already pad their pockets with the fans' hard earned cash for overpriced tickets, mountains of unnecessary merchandise and the plethora of other channels one must pay for to watch all 82 NBA games, which are strewn across five different channels.

Both are to blame for this fiasco: Rogers for not doing its job in providing access to a channel most other Canadians get, and TSN for making an obvious power play and moving 25 high profile games to its secondary network just so Rogers will play ball. Either way only one loser will emerge from this: the fans.

Energy-saving bulbs a quick fix



Lacy Atalik
In Focus Editor

By 2012, all incandescent light bulbs will be banned in Ontario. They will be replaced by compact fluorescent lights in order to decrease the amount of electricity we consume. The federal government has followed the lead, enacting country-wide legislation to make the switch mandatory.

The initiative seems great, and the savings are undeniable – the switch will create a potential decrease in energy use by six million megawatt hours over the course of a year, enough to power 600,000 households.

But compact fluorescents are just a Band-Aid solution to curb energy consumption, and they are laced with problems that outweigh the benefits.

According to government scientists in the UK, compact fluorescent

bulbs emit potentially harmful amounts of ultraviolet radiation.

British homes will be mandated to use the compact fluorescent lights by 2011, but the World Health Organization says prolonged exposure to UV radiation can result in health problems of the skin, eyes and immune system.

Long-term effects of UV rays are listed as skin and blood vessel degeneration, inflammation of the eyes and in serious cases, cancer.

Another health and environmental risk is the bulbs contain mercury, which is highly toxic and needs to be properly disposed of, otherwise the toxic substance will leak into the environment.

Scientific American says mercury is especially harmful to the brains of both fetuses and children. That's why officials have curtailed or banned its use in applications from thermometers to automobiles to thermostat switches.

And what happens when the bulbs break? The U.S. Environmental

Protection Agency's Hazardous Waste Minimization and Management Division recommends ventilating the area and to avoid touching the substance.

Another problem with changing to compact fluorescents is that when safer and more energy-efficient technology makes its way to the market, we may be asked to switch again.

LED (light-emitting diode) bulbs, which are lit by the movement of electrons, don't contain mercury or other toxic substances and they last far longer than compact fluorescents.

Until recently, the cost of LED material has been high, but it has recently come down in price, making them an attractive option for the general market.

But with the trend leaning towards compact fluorescent bulbs, it seems we are being forced into energy-saving initiatives without taking into consideration the consequences to our health and environment.



To Mexico City, for giving free Viagra to its elderly male citizens.

To NASA, for developing a gadget that turns condensation and, wait for it, urine, into drinking water.

To greenhouse gases, which scientists say could help prevent a massive ice-age 10,000 years from now.

To Prima Belle, a cat from Mississauga, who survived a 17-storey plummet from an apartment window sill last week.

To Sylvain Lafrance, an executive at tax-funded CBC, who racks up over \$80,000 per year for meals, theatre tickets and travel.

To a Calgary driver who caused a crash by parking his vehicle across streetcar tracks in order to talk on his cellphone.

To iPods, for provoking a string of muggings across the city (and to Toronto police, who actually believe that).

To a Dutch couple, who were tricked into spending over \$200 on four samosas while visiting India.



Actor Joaquin Phoenix, who recently announced his retirement will make a documentary film about his transition from actor to musician. — www.eonline.com

Writer takes road less travelled

Melissa Sundardas
A&E REPORTER

Liz Worth feels she needs to create space in her mind, so she writes her thoughts down on paper and later turns them into pieces of writing.

"It's just something I have to keep doing; it's like the stuff is in my head and if I don't move it somewhere, then everything is going to get clogged up," said the 2006 Humber journalism graduate. "If I write it down it helps me manage all those thoughts and ideas I have."

Giving the ideas life has not only put Worth's mind at ease, it has built her a successful career.

Freelancing even before she attended Humber, Worth has had numerous articles published in the *Toronto Star*, *Eye Weekly* and *Exclaim!* Magazine among others.

She is the author of a micro novel, *Eleven: Eleven*, which is a mixture of poetry and surrealist fiction, and has

recently finished writing a book about the punk movement in Toronto, entitled *Treat Me Like Dirt: An Oral History of Punk in Toronto and Beyond*.

"I'm a big fan of a lot of the Toronto punk bands that were around in the late '70s and there hasn't been a lot documented about the scene we had here," said Worth.

Two years and 200 interviews later, the book is finished and will be released within the next year by a publishing company called Bongo Beat.

Worth now works in marketing and communications, while continuing to publish work on the side.

"After (*Treat Me Like Dirt*) I was feeling pretty burnt out in terms of doing that kind of work — a lot of interviews, research and retelling of other people's stories — and I kind of felt like I really needed a change from that.

"Now I work on press releases for whatever we have going on or any-

thing that requires any kind of writing or strategies around promotions."

Humber journalism professor, Terri Arnott, remembers Worth as a quiet, but determined student who has an incredible talent for finding an interest in any topic.

"I really think of her as a good team player in the background," said Arnott. "She could drive a project quietly without being the editor, but make sure that her voice was heard and that she was always there to help anyone."

Others who have worked with Worth say she is definitely someone to keep an eye out for.

"I think what she has accomplished thus far is a sketch of what will later be drawn upon us," said Mindi St. Amand, also a Humber journalism grad.

Worth's latest project is an edgy literary event she performed at and helped to organize, called *Fascination Street*.



Courtesy Alyssa Katherine Faoro

Humber graduate, Liz Worth said literature is a fun night out.

"I like to think of *Fascination Street* as a poetry night that's not boring," said Worth.

"I don't want to criticize the existing literary scene in Toronto, but I find a lot of times when I've gone to readings, they can be really dry.

"We combine spoken word with experimental noise soundscapes," she said of the event.

Worth's next appearance will be on Dec. 4 at a reading night called Poetic Justice that takes place in the east end at 663 Greenwood ave.



Tim Morse

Jazz musician Nathan Dell-Vandenberg is keeping jazz alive by performing in his band in the city.

Musician makes his mark on jazz scene

Tim Morse
SPORTS REPORTER

Jazz musician Nathan Dell-Vandenberg says it is good to have young students motivate change in the community.

He has been making his mark when it comes to free jazz in Toronto.

The third-year music major has not only been pioneering his own brand of unidentifiable, mystique jazz, but has also been racking up awards.

Dell-Vandenberg came to Humber after completing high school at Rosedale Heights, where he played in several bands and earned the school's highest music award.

Dell-Vandenberg is studying jazz at Humber with some of Toronto's

finest trombone players including Al Kay and Kelsley Grant. He received private lessons from William Carn, a renowned jazz teacher from University of Toronto.

But Dell-Vandenberg isn't all about awards and credentials. He's been playing in many bands trying to get his music heard.

"Nate's versatile, so much so that he's just great to play with," said band mate Tony McKnight. "Nathan has played in a variety of bands, some of which have received high praise."

He's currently in Humber's A band, which is the top ensemble for jazz students. He played in teacher Luis Mario Ochoa's Latin Big Band, and with the Tantum Quartet, a Toronto-based funk band.

Dell-Vandenberg's newest project,

a band called Maybe Not, has him excited.

"I have no idea how to describe it. It doesn't sound like anything I've ever heard of, it's almost an enigma and I love it," he said.

Joining Dell-Vandenberg in Maybe Not are Humber jazz students Lowell Whitty on drums, Ian Moore on guitar, and U of T jazz student McKnight.

The group was formed recently but Dell-Vandenberg and all the members feel comfortable saying this is a group that will last for some time.

"We have a gig, kind of, playing my final recital for school," Dell-Vandenberg said. "But I'm organizing some shows with local musicians at the Tranzac and Somewhere There for mid-December."



Album Reviews

Kyle Rindinella
BIZ TECH EDITOR

Rise Against is definitely a band that keeps its views and hopes for change out in the open.

On its fifth album, *Appeal To Reason*, the band move to a more mainstream audience, while keeping all their older fans.

From the opening line of the first track, *Collapse (Post-America)*, Rise Against touches on the political subject matter it is known to talk about.

On *Appeal to Reason* the band discusses globalization, war and climate change saying, "This is a chance to set things straight/there is no middle ground, no compromise, we've drawn the line/Neutrality means that you don't really care."

The most surprising part of the album is *Hero of War*, an acoustic song thrown in the middle of the album. The song was written after

the band watched the documentary *The Ground Truth* about American soldiers telling their stories of what they have seen and done fighting in the Iraq war.

"We needed a story to document this time, this war," said lead singer Tim McIlrath. "Vietnam had Dylan, Young and CCR. This war needed a song."

One thing that sets this album apart is in the booklet. Not only do you get the lyrics, but also quotes from Gandhi, Picasso, and the Declaration of Independence along with book and movie recommendations that back up the lyrics in the songs.

Appeal to Reason fits the standard mold as a Rise Against album. Politics, anger and hope are major themes. At a time where change is coming to America, making opinions on the world as it is now is what Rise Against feels compelled to do.

The Weekend Playlist

Nov. 18. - Nov. 23 - *The Toronto Sketch Comedy Festival* arrives this weekend at the diesel playhouse, 56 Blue Jays Way.

Nov. 21 - Nov. 22 - Comedian Robin Williams will perform at Massey Hall, 60 Simcoe St.

Nov. 22 - The classic band 54/40 perform a set list of their songs live at the Music Hall, 147 Danforth Ave.

Actor Hugh Jackman is *People* magazine's sexiest man of 2008. Also making the list are Ed Westwick, Zac Efron and Mark-Paul Gosselaar. – *People.com*

Students getting reel experience

Melissa Sundardas
A&E REPORTER

Humber students are getting a taste of the real television world thanks to a new micropilots project developed by veteran television writers and producers Perry Rosemound and Terry Saltsman.

Micropilots show a key scene in a television episode capturing the show's overall plot without the cost and effort of developing an entire episode of a potential series.

"It's a unique opportunity for students to apply the skills they've learned at Humber and to be exposed to the complete television experience," said Rosemound, director of the CBC's comedy show, *Royal Canadian Air Farce*.

The project is a new learning approach, giving students in the comedy and television writing and producing programs the opportunity to gain knowledge and hands-on skills from industry professionals.

"When we're teaching how to get ahead in the industry we say 'don't send scripts, don't send concepts, don't send outlines and don't send treatments,'" Rosemound said. "If you want to produce television, send a sample of fully produced television."

Students have been involved in every aspect of the project titled, *B.F.F.* (Best Friends Forever), including filming, pre-production, casting, location scouting, directing and publicity.

"The concept for the show was developed by Terry and Perry," said professor Donna O'Brien-Sokic. "They wrote a scene from an episode and then students from a one year post-grad course at Lakeshore called television writing and producing workshopped the script and punched it up and that's what we shot."

B.F.F. is a story about three young 20-somethings who are starting their careers and trying to make it in the big city, said O'Brien-Sokic.

"Three best friends that are living beyond their means, but having the

time of their lives."

O'Brien-Sokic said without the support of William Hanna, dean of the School of Media Studies and Information Technology who approved *B.F.F.*'s budget, the project would never have taken off.

"If Humber's associated with every major studio production company in the country because we've had students working on shows that have been pitched as well as shows that are currently being aired, I think it's good for every student at Humber, not just those in film and television," said Hanna.

Those involved in making the micropilot for *B.F.F.* feel they've had a much greater experience working on the project than they could've gained in the classroom.

"I had a blast shooting on set," said student director Katalina Kovceses. "We were in an amazing lower penthouse in downtown Toronto and the actresses are extremely talented and made the shoot more like a show for the crew to watch."

"From this, we will have a demo reel, two important names on our resume and new friends with amazing talents," Kovceses said.

The producers said they're enjoying working on *B.F.F.* as much as students.

"It was better than working with professionals because everybody was just so nice and eager and no cynicism, no misery, everyone was just happy to be along for the ride and it was just a great experience," said Saltsman.

Filming for *B.F.F.* is now complete and into post-production. Once it's packaged, it can be pitched to major networks like CBC and CTV.

"What we feel is unique about this project is the fact that there is an end product that we would like to elevate," said Rosemound.

"Somebody coming to Humber will end up with what Terry and I term a 'living resume' which will be able to show their professional skills ahead of the next guy because as you know, the industry is a very, very competitive area."



Kruno Bradasevic

The cast and crew gather on their Toronto rooftop set with Terry Saltsman (top left) and Perry Rosemound (bottom left) for a read-through of the script before beginning to film *B.F.F.* on Nov. 5.

In My Headphones

1. I Wish – Skeelo
2. Too Much – Spice Girls
3. This is How We Do It – Montell Jordan
4. Bennie and The Jets – Elton John
5. 1, 2 Step – Ciara
6. Sex Machine – James Brown
7. Cupid – Amy Winehouse
8. All Out Of Love – Air Supply
9. Everybody Get Up – Five
10. See You Again – Milley Cyrus



Dila Velazquez
Photo Editor

THE Greatest

HIGH SCHOOL TEACHER CONTEST

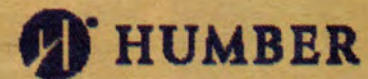


A+

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.



IN FOCUS Health concerns

Dieting can cause depression, mood swings, reduced sexual interest, impaired concentration, judgement and, with severe weight loss, heart disorders, elevated

College life can pose health risks

Lacy Atalick and Bobbie Tubbs
IN FOCUS EDITORS

The rigors of a post-secondary school lifestyle frequently contribute to health problems among students, according to a family physician.

Dr. Alison MacTavish, who runs a practice in Niagara Falls, said when her patients go away to college, it is difficult for them to come for regular check-ups, and they neglect their health.

While going to school and working, students might find their health care is sacrificed.

Pamela Richardson, program advisor in continuing education in the school of health sciences, said because her students go to school part-time and work part-time, she wonders how many have health insurance.

The schedules alone can take a toll on one's body.

Patrick Fredericks, a program advisor in continuing education in the school of health sciences, said his students are taking on a double load, often juggling full-time work, school and a family life.

"You're so busy with your work-life

and student-life you take for granted that you are young, healthy, and you don't follow some regime," Richardson said.

Sometimes admit the hectic timetable, students will consume anything that is quick.

Jackie Galea, who is also a program advisor in continuing education, said students will use energy drinks as a quick fix to stay awake.

"We have 17-year-old students come in who are still in the teenage mode of 'life is long and I don't have to be healthy now because I am going to live forever,'" Richardson said.

"There is always a stress that comes along with furthering your education."

In her evening classes, she sees people rushing in, working all day, trying to grab something to eat and rushing home.

She said a coffee and a cigarette is what some students do to ease some stress, but they are unhealthy because they restrict air to your blood vessels.

"Those are the fast things that we do because we need the jolt to get through the next piece," she said.

MacTavish said there are several common infections, illnesses and

mental health issues she has seen in her patients while they are at college.

"I actually see that people go away to college, university, they come home with more STDs," she said.

She said because the Gardasil vaccine wasn't available for current college students in Grade 8 as it is for students now, they are not immune to the Human Papillomavirus (HPV), which can lead to cervical cancer.

The vaccine can prevent it, but if women aren't going for pap smears, it won't be noticed.

She also said students can be an easy target for infections such as mononucleosis because with irregular sleeping habits, they might overlook the symptom of being tired.

Another common infection for post secondary students is tuberculosis, MacTavish said. Common in Asian countries, tuberculosis is most prevalent with foreign exchange students, but North American students aren't immunized.

"Other students may not know they have it," MacTavish said.

MacTavish also listed depression as an issue for students who are struggling to perform in school.



Many students are unaware of the health problems they could potentially face.

Lacy Atalick

How to have a healthy sex life at school

Adrienne Middlebrook
IN FOCUS REPORTER

Every person having sexual intercourse is at risk for a sexually transmitted infection, but Humber is taking preventative measures.

"In residence we inform our students that every resident assistant has condoms in their room for students to use any time," said RA Chrissy Couwenberg.

"The best prevention is to be informed," said Chloe Richer, an employee at Planned Parenthood in Toronto. "Educating yourself on

prevention is the best protection," she said.

An STI, or STD (sexually transmitted disease), is caused by bacteria passed from person to person during sexual activity.

According to Sexualityandu.ca, over 800,000 people in Canada were diagnosed with an STI in 2003.

Statscan reports that condoms used during intercourse can reduce the risk of contracting an STD by 98 per cent.

An STI isn't always visible on your body.

There are over 25 classifications of

STIs.

Some symptoms can be easily cured while others can lead to consequences as infertility or death.

"People have no idea, anyone could have a disease," said fashion arts student Natasha Nunes. "I think Humber does a good job of promoting safe sex and providing students with free condoms."

Awareness and prevention of STIs has become more dominant in education.

In the past year, Ontario Grade 8 girls were given the option to get a vaccine against sexually transmitted

Human Papillomavirus (HPV), and sex education is now part of the physical education curriculum in high schools as well as middle schools.

"Students who come in are usually pretty well informed on risks and prevention," said Richer.

"It's just a matter of practicing it." The Health Centre at K137 at North Campus and Building H Room 206 at Lakeshore, have free condoms available for students to take.

For more information on STIs, visit www.sexualityandu.ca.



Condoms can reduce the risk of contracting an STI by 98 per cent if used properly.

Adrienne Middlebrook

Energy drinks keep a buzz going throughout campus

Leslie Wilks
IN FOCUS REPORTER

Energy drinks help students stay alert while studying, but a Health Canada spokesperson said people should limit how many they drink per day.

Paul Duchesne said, problems with energy drinks arises when too many are consumed or when they are mixed with alcohol.

Duchesne said Health Canada recommends no more than 400 milligrams of caffeine per day for a healthy adult.

"Tolerance to caffeine differs from person to person," said Duchesne.

While some people may have positive reactions to caffeine such as

increased alertness or ability to study, others may experience anything from insomnia to nervousness to increased heart palpitations, he said.

An average 16-ounce can contains 160 milligrams of caffeine.

Some go as high as 240 milligrams of caffeine per eight-ounce can.

General arts and science university transfer student, Chantelle Gayle, 20, said she drinks at least a couple energy drinks a day as an alternative to coffee when she is feeling tired.

Joe Alonzi, 20, a second-year multimedia production student said he drinks one or two energy drinks a day when in school.

Alonzi said energy drinks do not

affect his sleep, "when it wears off I get really tired."

"Caffeine can dehydrate you and with alcohol it's like double dehydration," Duchesne said.

Matthew Vallantyne, a first-year film and television student, said he normally drinks one energy drink in the morning to wake up. He said it doesn't affect his sleep and on average he sleeps four to eight hours per night.

Aliya Alimzanova from the Universal Sleep Disorder Clinic said most people need an average of seven to eight hours of sleep per night.

"Some of the effects of not getting enough sleep are morning

headaches, falling asleep while driving, difficulty staying awake during the day, feeling tired during the day," said Alimzanova.

The long-term problems associated with sleep deprivation include depression and problems with the nervous system.

The claim on the can of most energy drinks says 'meant for increased periods of mental and physical alertness,' but warn not to exceed two per day.

A representative from Monster Energy Drink said she couldn't discuss the claim or the content of the drink, adding inquiries about the content had to be mailed to their marketing department.



Leslie Wilks

Health Canada says two energy drinks a day can put you over the recommended amount of caffeine.

Health concerns IN FOCUS

cholesterol, anaemia, higher risk of infertility, hair loss, loss of muscle tissue and changes in liver function, amongst other complications. – www.nedic.ca



Alana Gautreau

People suffering from disorders often see themselves differently than they really are.

Eating disorders still hurt

Alana Gautreau
IN FOCUS REPORTER

Eating disorders can develop in individuals as young as nine, but can last well into adulthood if not properly treated, said Lindsay Ross, social worker at the Hospital for Sick Children's Eating Disorders Department.

"Often time you look to the adult population and you find that a lot of the adults, especially adults in their 20s, this started in their adolescence where they were having these thoughts," Ross said.

It's important to take notice of this segment of the population, said Rena Borovilos head of psychology at Humber.

"This child is moving into adulthood," Borovilos said. "This child may be the child in adulthood that you're interacting with."

"This may be your lover, this may be your friend, this may be some-

body that's come into your family and you have no idea of the depth of despair in this person and the sort of incredible solidification of the behaviour that has been so difficult to change," she said.

Ross said the average recovery time for individuals who enter the eating disorder department program is between two and seven years.

Those identifying with these illnesses can come from vastly different backgrounds she said, and there is no universal origin.

"When it comes to the causes of eating disorders what we usually say to our patients and to our families is it's a collision of events," Ross said.

Suzanne Phillips, program co-ordinator at the National Eating Disorders Information Centre said, "An eating disorder is not about vanity, it's about control."

There are going to be areas of your life that you cannot control, but don't use your body as a substitute, said Phillips.

"This is working through psychological issues vis a vis food," Borovilos said.

It's important for family and close friends to be a part of the education and recovery process for adolescents, said Ross.

Phillips agreed support systems can be vital in the healing process.

"Somebody has anorexia, somebody has bulimia, but they are still a person, and certainly when we're talking to people who are supporting others we always say to remember to separate the person from their illness," she said. "So your daughter has bulimia, she (still) is your daughter."

Ross will speak at the University of Guelph-Humber along with others from the Hospital for Sick Children on Nov. 25, at 12:40 p.m in NX111.

The lecture, free and open to everyone, will discuss the often overlooked demographic of adolescents suffering from eating disorders.

When drinking habits catch up

Christopher Fry
IN FOCUS REPORTER

For some students, moving away from home and into residence can be a positive and rewarding change resulting in new friends and new experiences. But for others, the change can result in something far worse.

"For a lot of people it makes it easier for them to drink because they're away from mommy and daddy," said first-year film and television student Jeff Mantha. "Their excuse is just like, 'I'm enjoying my college experience.'"

Mantha's tales are echoed throughout college-aged students in Canada.

A 2004 survey funded by the Canadian Institutes of Health Research (CIHR) said students living without family – whether on or off campus – drink more often and more heavily than students living with family.

Humber residence adviser Kyle Miller said students living in residence feel some peer pressure.

"I think there is a little bit of pressure to drink some times," he said.

Miller can recall a few instances where he has seen a student who has had a few too many alcoholic drinks.

"There have been one or two times where a student will have way more than they can handle and they end up on the washroom on the floor for a half hour," he said.

According to the CIHR funded survey, some 54 per cent of students reported having a hangover during the school year.

According to a Reducing Alcohol-Related Harm in Canada study published in 2007, alcohol is causally related to more than 65 various medical conditions, including cancer, cardiovascular disease and a smattering of mental illnesses.

Other hazardous alcohol-related behaviours reported in the survey include 14 per cent of students admitting to unplanned sexual relations, seven per cent of students who said they drove after drinking too much, and six per cent who engaged in unsafe sex.

When it comes to meeting someone at the bar Mantha said, "Yeah sure, it happens quite a bit. I guess it just makes it easier or whatever."

According to Caps operations manager Chris Shimoji, the bar isn't in the business of getting students intoxicated, despite having Bacardi and Molson Canadian sponsored pub nights.

"Our bartenders are trained to know when someone is getting to the point (of intoxication)," Shimoji said. "Once we see that they're getting to a certain point they are escorted out."

Shimoji also says you shouldn't expect to get into Caps if you have been pre-drinking.

"We see students come to the bar that may be intoxicated over the limit, but we don't let them in," Shimoji said.

For students concerned about their drinking habits, Humber's counselling services department is located in room B112 and offers support and assistance.

Workout formulas not so healthy

R.J. Riley
IN FOCUS REPORTER

A balanced diet that includes all the food groups should give enough vitamins and protein for the average male in their mid 20s, said George Giron, 22, who has been working out for more than four years.

"The average young man coming into this weight room to gain size is not working out to the degree that would require protein in the form of supplements: protein powders, protein shakes," Humber fitness co-ordinator Leanne Henwood-Adam said.

Some men who workout use energy boosters that enhance physical performance like creatine and guarana to help give extra energy when lifting, but it can put extra stress on your heart, said Henwood-Adam.

The problem is that it is legal

for a business to sell and market a supplement as a performance enhancer, even if there is no scientific evidence of the supplement doing so, as long as there is a full list of ingredients.

"The average young man coming into this weight room to gain size is not working out to the degree that would require protein."

—Leanne Henwood-Adam
Humber fitness co-ordinator

Giron said most students stay away from Creatine, a dietary supplement that is defined as a "legal steroid" according to medterms.com.

Law clerk student Nick Romer, 20, consumes a protein supplement every day to help heal his muscles after a workout.

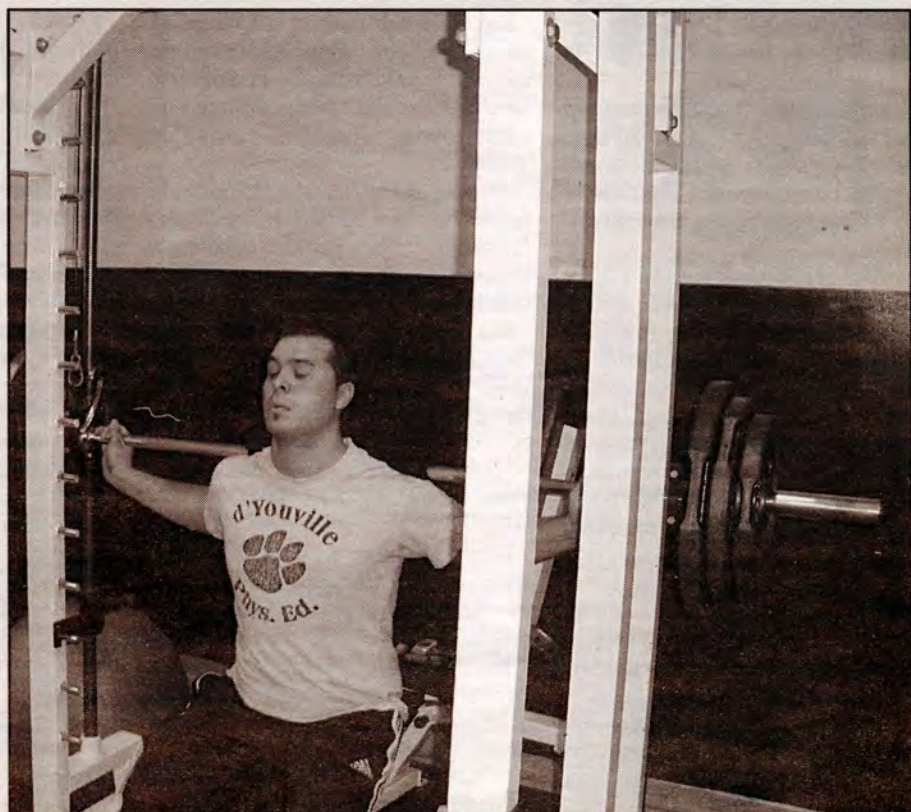
"Adequate protein is one to one and half grams of protein for every kilogram of body weight daily," said registered dietitian Lorraine Gougeon. "It isn't a lot considering an ounce of steak is eight grams of protein."

Holistic nutritionist Cheryl Normandarkhon said on the other hand, taking too much protein can have side effects on the liver.

"Too much protein is not good. You need to have a balance of other nutrients and carbohydrates," she said.

When you have an overload of water soluble vitamins they leave the body through the urine.

On the other hand, fat soluble vitamins: A, D, E, and K, are stored in your fat and can reach toxic levels if you were to take too many supplements, said Henwood-Adam.



George Giron, 22, finishes his squat in the weight room.

R.J. Riley

The supply of insecticide-treated mosquito nets used to reduce the risk of malaria has increased, but 90 million children are still unprotected every day. — nytimes.com

International student thrives

R.J. Riley

IN FOCUS REPORTER

Wearing a headset in her small grey cubicle hours after most students have left, Tanveer Kaur finishes a regular 12-hour weekday.

She is an international student who came to Canada from India to study at Humber.

The second-year electromechanical engineering technology and robotics student juggles work as a student ambassador for the International Centre in the mornings with a student recruitment job in the evenings, while squeezing classes in between.

She enthusiastically calls students to answer questions and remind them of due dates, knowing tomorrow will be exactly the same.

Kaur holds two jobs plus her two eight-hour volunteer days on the weekend, selling sweets.

"Life over here is so busy," she said, which is why she plans to move back to India one year after graduation.

"How she holds three jobs and an extremely demanding program is beyond me and she's doing exceptionally well in all these areas," said Danielle Petite, a lead ambassador in the student recruitment call centre.

A normal seven day week for Kaur has 36 hours of work, along with a full 25-hour course load where she receives honourable grades.

Her schedule is built by her need to help pay for her tuition that totals over \$11,000 per year in international student fees plus living expenses.

"I really don't want [to] come here but I need money, and my schedule is so compact," she said of the call centre. "I don't get enough time to work in the international office."

She said the call centre job is boring. She reads the same script over and over, sitting at a desk for four hours straight but her superiors have yet to be disappointed.

"She's got a great work ethic, really hard working," said Petite. "I think most of her ethics are based on a motivation to be here and do well in the robotics program. Maybe she is part robot."

Kaur's self-discipline and time management keep her going.

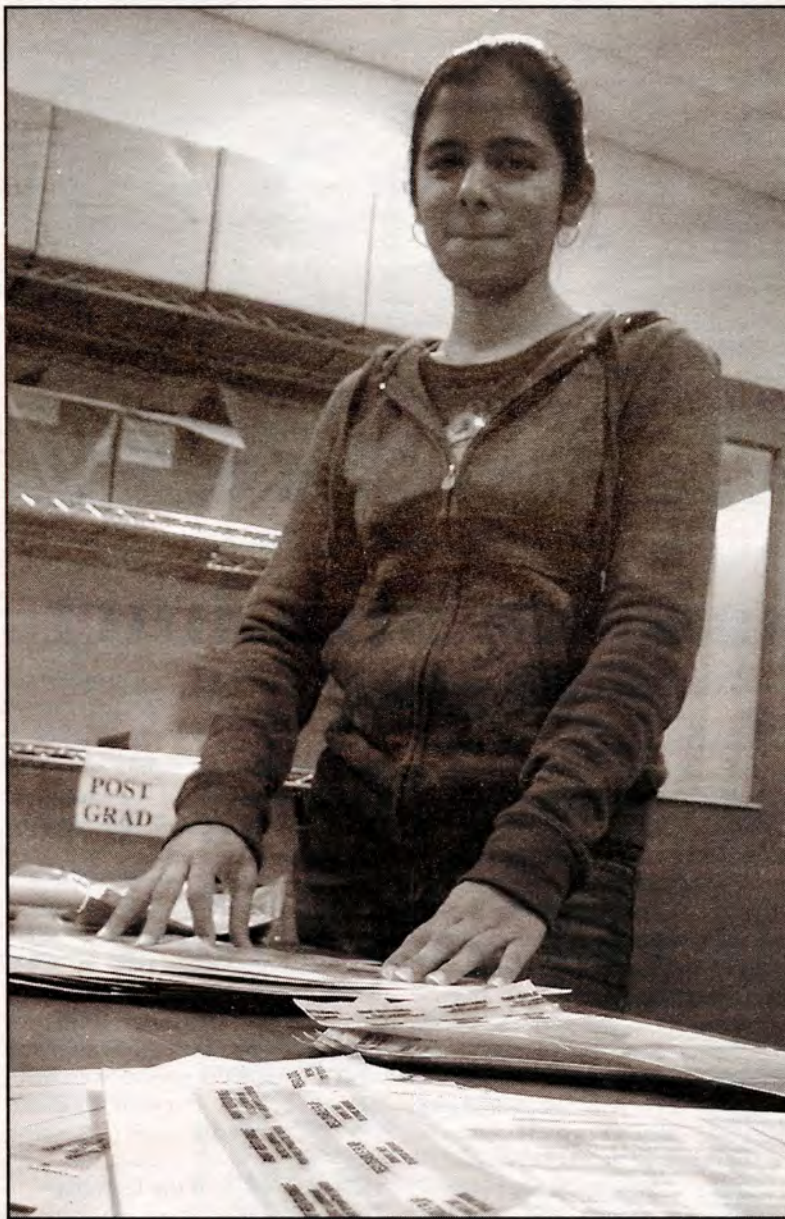
"Whenever I have free time I go to my books," she said.

Friday nights are used for studying, but her time at the International Centre has become essential to her social life, she said.

"I get to meet many people over there, mostly from different countries," said Kaur. "We even have a Montreal trip."

Her consistent hard work never ceases to impress those around her.

"She's focused and gets a lot done, she never misses the deadline," said Reema Patel, a co-worker in the International Centre.



R.J. Riley

Tanveer Kaur holds three jobs while attending classes in electromechanical engineering technology and robotics. Her supervisors and colleagues are consistently impressed by her work ethic.

Caffeine dependency an issue for students

Maddie-Jo Tillapaugh

LIFE REPORTER

A steaming cup of venti cinnamon dolce latte may look, smell and taste good, but experts warn there are negative consequences that come with consuming excess amounts of caffeine.

Just like heroin or cocaine, caffeine increases dopamine levels which activate pleasure in the brain to make you feel good, said Charles W. Bryant, writer for the *How Stuff Works* website.

Caffeine deprives people of a good night's sleep because the drug blocks the adenosine reception in the body, which is essential for deep sleeping, said Bryant.

The chemical adenosine is a by-product of exercise, and caffeine looks like adenosine to nerve cells in the body, making them more alert after consuming caffeine.

Bryant said consumers wake up, feel irritable, and use caffeine to wake up. That cycle encourages dependence.

He said caffeine is a drug that is a stimulant and is addictive.

But although people feel addicted to coffee, the term addiction is incorrect, said Ahmed El-Soheby, who holds a PhD in nutritional sciences from the University of Toronto.

"People get a dependence of caffeine, not an addiction," said El-Soheby. "The term addiction requires specific behaviours such as stealing to get the drug."

Eva Lewarne, a social worker for the Centre for Addiction and Mental Health, said the average person should only drink one to three cups of coffee or tea per day.

"Ten is over the top, and five is even bordering over the top," she said.

While she has seen people have treatment for Coca-Cola dependency, Lewarne has yet to see anyone seeking help for coffee or tea.

Stacey-Nicole Rasil, a George Brown drama graduate said she drinks eight to ten caffeinated drinks per day.

"I usually have two teas in the morning before I am functional," the 20-year-old said. "It can be pretty pricey."

As with anything put into the body, caffeine has its good and bad effects.

"All stimulants, including caffeine, make you lose calcium and urinate often," said Lewarne.

She also warned that those with diabetes and pregnant woman should not drink a lot of coffee or caffeinated tea.

According to the Centre for Addiction and Mental Health website, if more than six to eight cups of coffee or more than 300 mg of caffeine are drunk per day, one may have trouble sleeping, feel anxious, and develop stomach ulcers.

Higher amounts can cause extreme agitation tremors, and a very rapid and irregular heartbeat.

Lewarne added an adult can die from consuming 5,000 mg of caffeine, or 40 strong cups of coffee over a short period of time.

However, caffeine can be beneficial to certain people.

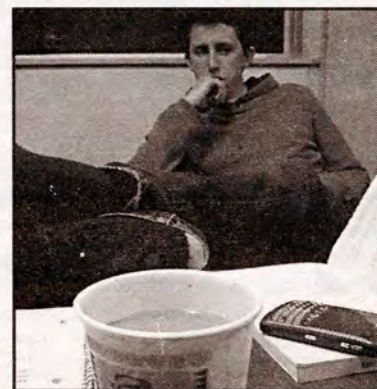
Bryant said Harvard University examined 126,000 people over an 18-year period and found people who drink one to three cups of coffee per day are up to nine per cent

less likely to contract diabetes.

But, individuals who drink six or more cups of coffee daily reduced their risk of developing diabetes by as much as 54 per cent.

Lewarne said hyperactive people have reverse symptoms to caffeine.

"Instead of Ritalin, a shot of coffee helps calm down hyperactive children," she said. "For seniors, coffee can regulate their blood pressure. Anything in moderation is alright."



Maddie-Jo Tillapaugh

Coffee lover Kevin Meikle uses caffeine to stay awake and do his homework in his dorm room late at night.

Fusion Festival to delight

Andi Hui

LIFE REPORTER

A visit to the Student Centre this week will take students around the world in song and dance.

The International Fusion Festival will focus on traditional dances, songs and music. Students will wear traditional garments during their performances.

The festival will be held in the Student Centre tomorrow at 5:30 p.m.

International student ambassadors have been hard at work organizing the event, which will feature cultures from places such as India, Indonesia and Jamaica.

"Humber has a lot of international students," said Reema Patel an international student ambassador. "So I thought why not bring all the cultures together and have students perform their own traditional talents that way the community can see it."

Patel said the idea for the event came from the lack of cultural events held at Humber. The event was created in hopes of bringing together the student body.

Those interested can sign up for the event at the International Centre.

No auditions were held because Patel said it would be hard to judge students on cultural talents that are unique to each individual.

"I love to dance, back home I used to perform all the time," said Tanveer Kaur, an electromechanical engineering student.

Kaur will perform a native dance called Bhangra.

"Back home we would do it in groups but here I will be doing a solo," said Kaur. "It will be my first time doing a solo in Canada so I'm a little scared about that."

There are nine performances confirmed, however that list was expected to grow as applications will be accepted until the performance on Friday.

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with your name, program and year.

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The 30 per cent of adult Canadians diagnosed with asthma do not actually have the disease, and may be inhaling potential dangerous medications. — Healthzone.ca

Zumba becomes new addition to exercise



Katelyn McCallion
LIFE REPORTER

Zumba participants are helping the United Way while they burn calories.

The Humber Athletic Centre is holding the first ever Zumba Fest Nov. 20

It's \$5 for admission with all proceeds donated to the United Way. Two classes will be held at the Athletic Centre, the first will be at 12 p.m. and the second at 1 p.m.

Athletic Centre coordinator, Leanne Henwood-Adam said Zumba is the latest craze in the exercise world.

"It's a combination of dance and fitness type moves," said Henwood-Adam. "The music is a mix of Caribbean, Latin, African as well as other types of music from around the world."

Personal trainer, Chrystal Radtke said, "We have new stuff just for the class, Maringa, Hip-hop, Soca and Reggaeton".

Henwood-Adam said the great

thing about Zumba is students don't even need to know how to dance. All they need to do is move and have fun.

"Even if you don't follow what the instructors are doing just come out and move," said Henwood-Adam. "Because you're having so much fun, you don't realize you've done 40 minutes worth of cardio and a whole pile of squats".

She said age isn't an issue when taken a Zumba class and it can be done by everyone.

Henwood-Adam said the class can have every age group and body size. She said it allows women to develop confidence in their bodies.

"It's a fun workout," said Daniela Posca, 22, a former Humber student and graduate who took a Zumba class while on vacation. It was the energy that first turned her on to the class.

"I like a challenge and Zumba is the type of challenge that's fun and will help you feel good about yourself," said Posca.

Zumba participants work up a sweat at the Athletic Centre on Nov. 20. The workout class uses a combination of Caribbean, Latin and African music to add energy to the workout.

Shoulder bags causing imbalance in back, says chiropractor

Tanisha Du Verney
LIFE REPORTER

The bulky backpacks that many students carry can cause health problems, says a leading chiropractor.

"The heavier the bag the more the person carrying it will lean to the opposite side causing an imbalance," said chiropractor Larry McCarthy. "People have so much stuff in them that I like to call them suitcases."

Second-year business management student Kernisha Henry said students tend to fill their bags with junk that is unnecessary and cluttered.

"Everything gets thrown inside the bag and it becomes messy and it becomes hard to find anything," she said.

Henry said you can go to school and go out to dinner right after and no one would know that you just came from class.

Henry said over the shoulder bags



ECE students, Aisha Zaheer (left), Paramjyot Wochher (middle) and Sue Weisberg walk to class with their oversized shoulder bags.

are smaller and force people to select the most important items they need for the day.

McCarthy said it's not only what people put inside the bags that can hurt them but how they carry them.

He said over the shoulder bags will also cause neck, upper and lower back problems.

"The first things I look at when I am dealing with my patients are what they put inside their bags or purses and how secure the bags are," said McCarthy.

Diana Guevara, a second-year business administration student, admits to having shoulder and neck pains due to carrying her purse as a school bag. Her laptop adds extra weight, but she admits her style is more important than comfort.

"I don't like to bring my backpack because it is too big and I don't like the bulk on my back," she said. "Purses are smaller and more convenient."

There are a variety of places students can go to purchase a bag.

"We have a variety of bags, purses and travelling equipment and people purchase them for different purposes," said Jenize Dixon, employee

of the bag store, Bentley.

She said people come in for large purses and use them for diaper bags or school bags.

Dixon, a Humber graduate of the nursing program said she carried a shoulder purse when she attended school.

"It became really uncomfortable, honestly, I don't know how people carry books in them," said Dixon

"I get the whole fashion aspect of it but not at the risk of hurting myself."

Credit cards being mismanaged by students

Angel Khattra
LIFE REPORTER

Credit cards may seem like free cash but financial advisors are warning students to be careful not to make mistakes.

By paying the minimum balance on a credit card, students may feel that they are slowly chipping away at their bill, but according to financial advisors, in reality they are barely paying the interest.

"We see a lot of young people in debt and the debt is mismanaged," said Frank Wigington, a financial advisor at Tri Delta Financial. "The biggest mistake is people don't

respect the credit."

Wigington said if a student has a \$5,000 debt on a 21 per cent interest credit card and the minimum payment is \$100, then 75 per cent of that goes to pay the interest and only \$15 goes to cover the actual bill.

Many students only realize the depth of their debt when they are too far in.

"I wasn't aware of how quickly the interest on all my credit cards and my student loan would accumulate," said Willo Sears, who has her certificate in early

childhood education and runs her own daycare. Sears graduated ten years ago and still struggles with paying off her debt.

Wigington said the most important factor is to make students aware of what they're getting into before they sign up for credit cards.

"One of the big things they can do when they do

their orientation is spend at least one hour and forty-five minutes talking about credit cards, financial loans and everyday expenses," said

"I wasn't aware of how quickly the interest on all my credit cards and my student loan would accumulate"

—Willo Sears
Early childhood education graduate

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Erica Cassar

Second-year early childhood education students Bharvie Pandya and Raadiyah Nazeem help interested students at the book fair.

Book fair raises \$450

Erica Cassar
LIFE REPORTER

The Guelph-Humber student association hosted a Scholastic book fair and raised \$450 for the Early Childhood Resource Room on Nov. 11 to 13.

Books and stationary and learning materials were sold, giving students the opportunity to do some early holiday shopping.

The event took place at Guelph-Humber in the Atrium.

"What the money does is it goes to buy books and toys and teaching resources that go into the Early Childhood Resource Room," said Suzanne Ruttan, vice-president of academics of the G-H student association.

Located on the fourth floor of Guelph-Humber, the resource room

is accessed by early childhood education students during placements.

"What they do is they go in and they check things out," said Ruttan. "Things like books, toys and teaching resources that they can take with them on their placements to teach the children that they're working with."

There is about \$100,000 worth of merchandise in the resource room and caters to children from the toddler stage up until Grade three, early childhood education student Raadiyah Nazeem said.

There are pattern games, wooden and fabric puzzles, pop-up games, light-up games, group games and academic games.

Students can sign the items out for a two-week period.

The fair drew a steady crowd as students looked through piles of

books. They were fanned out on shelves and stacked on tables.

On the table were pens, pencils, rulers and notepads nestled among the cash tills.

The book fair was run by Nazeem and Bharvie Pandya, both in their second year of the program.

The steady stream of students came to the book fair to show their support for the resource room.

"I think it's very good," said Dolly Birdi, a student in her second year of business administration. "I like the fact the books are organized very neatly. I see a lot of people passing by and it's very nice."

Nazeem said she was happy with the amount raised, despite the fair only running for three days.

Last year, the fair was a week long and raised over \$1,000 for new supplies in the resource room.

Tranquility tanks and massages help relieve stress from daily life

Maggie Cameron
LIFE REPORTER

For students looking to escape from the stress of exam time, there are many suitable options in and around Humber.

The Toronto Healing Arts Centre is home to the only tranquility tank available to the public in the city. Its director, Dr. Nicholas Ashfield, insists a float session is great for stu-

dent stress, offering a restful holiday without leaving town. Each float session costs \$90.

"The concept of the tank is to create an environment that takes you away from all the stresses that occur just by virtue of being on planet Earth," said Ashfield.

The tank resembles a hybrid car from the future.

In a sensory deprivation tank, stimulants that bombard daily life

disappear, letting the patient relax.

"Gravity is removed by having you to float in a liquid medium that is affected by creating a super dense salt solution," said Ashfield. "There is over 1,000 pounds of Epson salts in the tank, so you can lie on your back and become a cork. You cannot sink."

Ashfield said these tanks are designed to be completely dark, losing all visual stimulation.

He said an hour and a half in a float tank is like four to six hours of sleep in terms of recovery for the nervous system.

However, this type of relaxation technique is not for everyone, and students looking for a quick solution can look to other sources.


Spa management student, Karol Kelly Cambridge, recommended a visit to the spa.

"Things like foot massages, aroma therapy and thermal back massages can help relieve muscle tension cre-

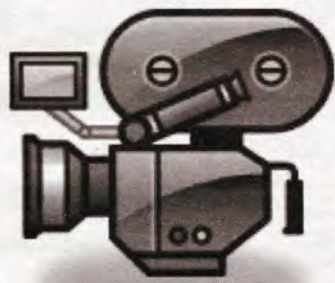
ated by stress," Cambridge said. "It all depends on the individual and of course stress will eventually come back, but in that time that you are with your therapist, and just after, it is gone."

Registered massage therapist, Heather Wilson, suggested a full body massage every four to six weeks to keep stress levels down.

"Massage therapy promotes circulation and blood flow to the muscles so that they relax," she said. "When you relax, you can let go of stress."

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Fashion students shine in NYC

Maggie Cameron
LIFE REPORTER

If you ask fashion diploma student Laura Bonifacio about her recent trip to New York City, you'll get a breathless, drawn out, "amazing."

She and 24 other fashion diploma students just returned from New York City. They were there on a fashion driven trip

that gave them a taste of one of the world's most style savvy cities.

Fashion diploma students learn the business of retail

buying, event planning, costing and how to style for photo shoots.

"We did the *Sex and the City* tour," said Bonifacio. "We went to Nygard, we went to Taboo, we went to Clarins Fragrances, we went to Fifth Avenue."

This was the fourteenth annual trip, and it is open to all fashion diploma students.

Fashion diploma student Laura Rizzello said the highlight of the trip for her was visiting MAC cosmetics.

"The MAC representative was really cool," Rizzello said. "We got lots of little tips on how to do makeup and

I learned a bunch of things I didn't know before."

Bonifacio said that it is a great idea to go to New York City to intern. She said it's extremely important to know people.

"If you don't know anyone, you're not going to go far in the industry," she said. "Be friendly. Be confident in what you wear."

"New York is a cool city. I'd really like to have a career there."

—Laura Rizzello
fashion diploma student

Student advisor and trip organizer, Anna Centurione said the trip gave students some hands on knowledge of the fashion industry.

The students inevitably worked some shopping into their days, and Bonifacio estimated the group spent upwards of \$1,000 on the trip.

"We went to so many great stores," she said.

The city not only gave students insight by being in a new place, it gave them something to build from for their future.

"New York is a cool city," said Rizzello. "I'd really like to have a career there."

Ranked as one of the fashion capitals of the world, New York City was just an overnight bus ride away for fashion industry hopefuls.

"Once a new technology rolls over you, if you're not part of the steamroller, you're part of the road." – Stewart Brand, founder of *The Whole Earth Catalog* magazine

Heat cameras for trucks too pricey for Ontario

Jeff Wimbush
BIZ/TECH EDITOR

A Humber instructor said new technology for scanning transport trucks could save lives, but the Ontario government has deemed it too expensive.

Thermal cameras are being used in

Alberta's truck inspection stations to spot safety problems that generate heat, like brake and engine issues.

Rob Jackson, a truck driver-training instructor at Humber, said the technology is worth the cost.

"We should have them everywhere," Jackson said. "It's going to tell if brakes are overheated and if

there's an expanded drum which would reduce braking."

Jackson said truck drivers have to follow strict inspection guidelines. He said, "if the driver is doing his job, most of these things won't be a problem."

However, Jackson said some issues are harder to detect and the cameras could spot problems that traditional inspections would miss.

"In the media, you hear about so many wheel separations caused by seized bearings, and that friction generates heat."

The government, however, is not so hot on the technology.

Bob Nichols, senior media liaison officer for the Ministry of Transportation, said the government has evaluated the technology and decided against it.

"The results were not enough to justify the costs," Nichols said, referring to the price of the equipment, maintenance and staff needed to run the cameras.

Nichols said the technology is not going to be used in Ontario.

Fred Ko, vice president of Intelligent Imaging Systems, the Alberta based company that makes the cameras, said he's not discouraged by the government's decision.

"We're trying to get them used everywhere we can," Ko said. "We're working with the different enforcement agencies and provincial governments to try to get them used in



Jeff Wimbush

Ardjan Zenelaj said many truck drivers don't follow the rules.

new areas."

He said despite the thorough inspections trucks undergo, there will probably always be a need for safety precautions like the cameras.

"If drivers were always maintaining their trucks properly we wouldn't need the inspection stations or inspection officers."

Ardjan Zenelaj, a first-year truck driver-training student at Humber, agrees the cameras are a good idea because he suspects not all truckers follow the rules.

"I almost don't want to say it, but a lot of these guys don't do it an hour after they get their licences," Zenelaj

said as he motioned to the commercial transport trucks crowding the road near Humber's transport training center.

As part of his studies, Zenelaj has been learning the inspection routine truck drivers are required to conduct daily.

He said that with all the inspections, if everyone were following the rules, there would be no problems.

According to the company's website, the thermal cameras are mounted on vans with monitors inside for inspection of the images. The vans are also used in drug enforcement and border patrol.



Jeff Wimbush

Ardjan Zenelaj shows part of his daily inspection at Humber's transportation center, located on Woodbine Downs Boulevard.

Travel visa presentation answers students' questions

Liz Balsom
BIZ/TECH REPORTER

Humber staff and students gathered for a presentation on how international students can apply and obtain a visa to travel into the United States.

Members of the United States Consulate general Toronto spoke with students last week on how to apply and obtain the correct visa for travel.

The application process involves a fee of \$160 and an interview, according to the Toronto Consulate's website.

Robbie Lowe, counselor officer at the Toronto Consulate said the most common reason people get turned down when applying is that they are suspected of planning to stay in the U.S. rather than visit.

Lowe said it is assumed that visa applicants are planning on staying, and the burden of proof is on the applicant to show they plan to return to Canada.

"There is a presumption that everyone's an intending immigrant, so if somebody gets denied, it's possible they didn't meet that burden."

Lowe said applicants should show they don't plan on leaving Canada

behind by highlighting their ties to the country. Those ties can include things like home, family and career. The Toronto Consulate's website suggests you have "Proof of ties/residence in a country outside the U.S. which you have no intentions of abandoning."

International students could have more difficulty coming up with those ties, said Althea Brathwaite, visa specialist for the Toronto Consulate. Brathwaite said international students that have recently arrived or are nearing the end of their programs will have the most difficulty.

"At the beginning they have no established ties to Canada and at the end they are severing ties" Brathwaite said.

Dalyce Newby, international student advisor said this was the first visa lecture at Humber. Newby said there wasn't a big enough audience in the past, but that's changed.

"We've had a number of international students that want to go visit relatives and friends in the States," Newby said.

"There are a lot of students that come in and ask 'How do I get a tourist visa?'"

Brathwaite hopes students will be

better prepared and have the information they need to know when applying for visas, after attending the lecture.

"I would like for them to ask all the questions they need to know answers for, and don't leave until they're all answered," she said. "We try to spend as much time on the question and answer part so we know that people can have the information they need."

Lowe said she hopes they made the process less cumbersome.

"I hope we've made it easier" she said. "We want people to know what they need to do."

Brathwaite said when students are applying for a visa it is important to bring proper identification, be prepared and to keep your stories straight.

There are a number of websites that supply information regarding students applying for travel visa's. Students can visit the Toronto Consulate's website, toronto.usconsulate.gov for more information.



Liz Balsom

Students who want to visit relatives in the U.S get their questions answered by Toronto Consulate representatives.

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SPORTS



Brian Burke is rumored to be the next general manager of the Toronto Maple Leafs after rejecting a new contract from the Anaheim Ducks earlier this week. — TSN.ca

Runners cap strong season

Women win provincial and national silver while men look forward to next campaign

Robert Coccia
SPORTS REPORTER

After the Humber women's cross country team took silver in both the provincial and national championships this season, Cynthia Black said she has never been more proud to be a Hawk.

"It's been such a great season," said Black, the 14th ranked runner in Canada this year. "To be a part of this team is such an honour."

The women were coming off their second consecutive provincial gold medal, and had their sights set on a medal at the national stage. They entered the 2008 season with high expectations.

"Our expectations definitely weren't low," said Black. "We were expecting the best and we were extremely confident in our women."

They didn't quite get their provincial three-peat, finishing second to Fanshawe by a mere four points at the Ontario Colleges Athletic Association championships in Ancaster, but still managed a silver at the Canadian Colleges Athletic Association championships in Kingston.

"The girls really knew what they wanted to accomplish this year and they went out and did it," head coach Monique Haan said.

The men's cross country team had slightly different expectations for the season.

With five new runners, they approached the campaign as a rebuilding process.

"Our men's captain Wes Correa had a lot of guiding to do, as many of our runners weren't only new to the team, but new to cross country running altogether," Haan said. "The men's main goal this year was to unite as a team. There was no pressure or lofty goals for this season, so they put pressure on themselves to improve every day."

By season's end, the improvement was significant.

All seven runners ran close to their best times of the season at the CCAA nationals, giving the men a great amount of optimism heading into next season.

The women's team had a couple of more reasons to celebrate this season. Both Amanda Pryde and Stephanie Coughlin were named to Team Ontario.

It was the second time Pryde was selected for the squad.

"Amanda's been incredible," said Black. "Watching her develop from the beginning of last season to this season has been amazing."

Black recalled an amusing anecdote from Pryde's first year.

"I remember her very first race. We were all ready to go, and she didn't know how long the race was," Black said. "She thought it was three kilometres instead of five. She was shocked. She's gone from that to a two-time member of Team Ontario."

Coughlin, a wife and mother, joined the team after deciding to apply to Humber as a mature student.

"I remember at try-outs, Stephanie wasn't even sure if she would make the team," said Black. "It's really quite remarkable, now she's running for Team Ontario."

The women's team also included Ciara Gaizutis, who ran this season a year removed from knee surgery, and Becky Tindall, a first-year runner who made a positive contribution to the team all year long.

Black attributes this season's success to the team's outstanding unity.

"People don't see just how close we are, we're such a tight-knit group," she said.

As for next season, Black has set a few early goals for the team.

"Personally, I just want to run better. I want to make the top ten in Canada," she said. "As for the team, I see gold for our girls."



Cynthia Black

Humber women did not disappoint at the big stages this season.

O Brother, where art thou

Tim Morse
SPORTS REPORTER

The OCAA badminton world has already lived through one year with Raymond Wong, and this year they'll have to deal with his brother.

A first-year architectural technology student, Mark played his first college tournament last week nabbing gold medals in both doubles and singles.

The addition of Mark Wong has coaches excited.

"Mark is an incredible player, he's done so much so far, and the season just started," assistant coach Mike Kopinak said. "When Ray comes, we'll be undefeatable."

Raymond Wong will be returning to Humber for courses starting in January.

Mark said playing doubles with his brother will be interesting.

"Raymond plays very, very aggressively, while I tend to play way more technically, because of my height," he said.

Mark learned to play the game at the age of 10.

"My dad learned to play, he taught Ray how to play, then I learned from

the both of them," said Mark.

Mark played throughout high school in Richmond Hill and he won several tournaments.

He fine-tunes his game at the Mandarin Badminton Club with his brother and father, who all play together.

He said he intends to focus on school and keep his architectural technology courses his priority.

"I still want to try to stick with badminton," said Mark.

"We'll see how it goes, we'll see how hard second and third year get."



Athletics Department

Mark Wong in action last week.

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