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Humber Et Cetera

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January 30, 2003

Reward offered to catch vandals

by Angela So

Toronto police are offering a reward of up to \$1,000 for information on the culprits who vandalized the walls and bathroom stalls of the Humber Rez on Jan. 15.

Constable Richard Bobbis of 23 Division said the graffiti appears to be the work of a group of vandals who call themselves "taggers."

"Taggers draw their graffiti according to their initials," Bobbis said. "Those people do that for their own personal satisfaction."

Police estimate damage at \$20,000.

Few witnesses have come forward so far, Bobbis said. He added that police have looked at the pictures taken from the residence's security camera.

"The surveillance system is very good and the photos are excellent," Bobbis said. "I receive a great deal of cooperation from the school."

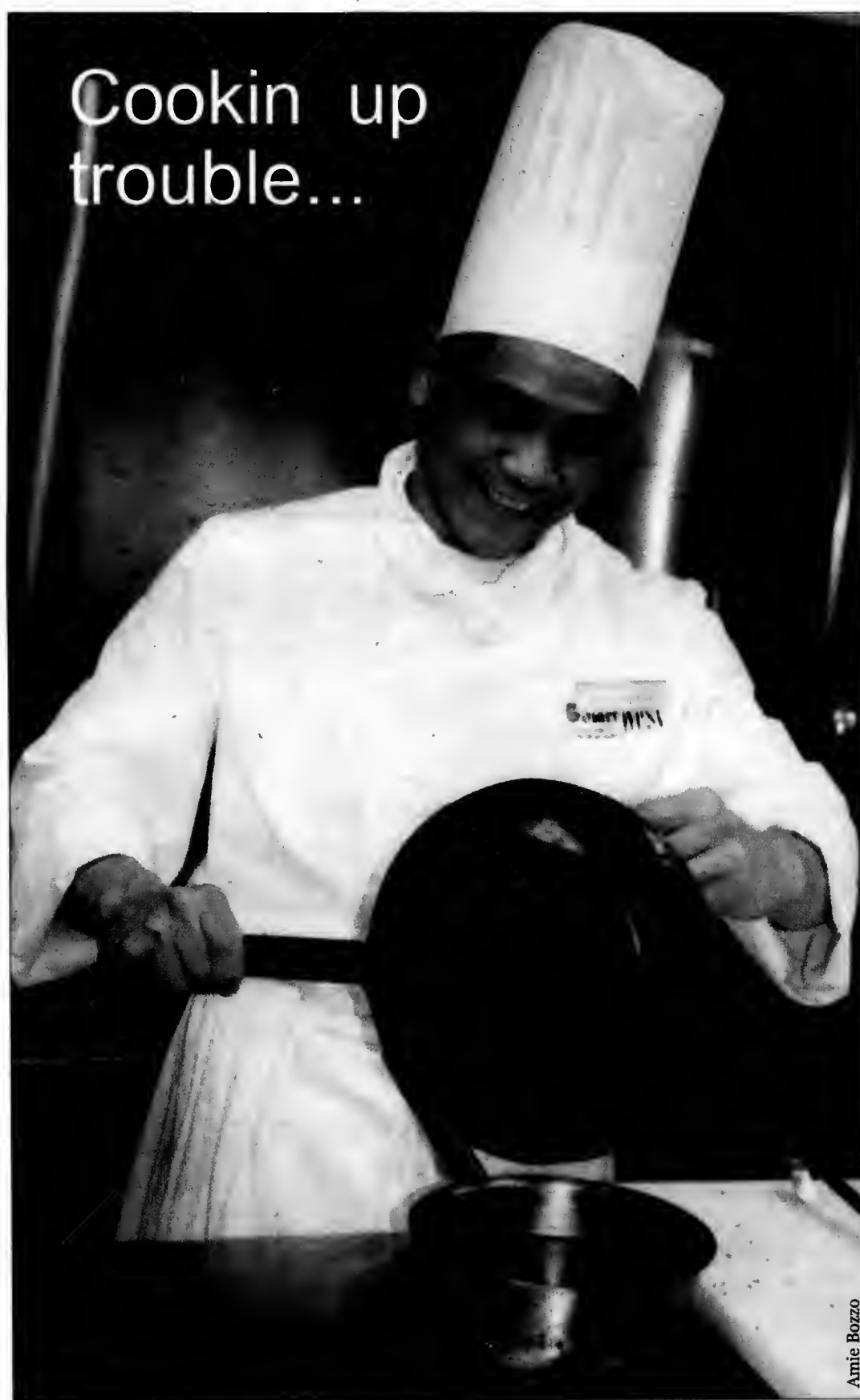
Gary Jeynes, director of public safety at Humber, says he firmly believes someone saw the incident and knows who the individuals [involved] are, but they just haven't come forward.

"We encourage those people to come forward and let us know," Jeynes said.

Both Jeynes and Bobbis said they have potential suspects but refused to comment on the progress of the investigation.

Those responsible for the vandalism will be prosecuted for mischief over \$5,000, and pay the clean-up cost for the damages caused to school property.

Anyone who saw the vandalism occur or knows the individual(s) involved, is encouraged to call the department of public safety on extension 4077, or Crimestoppers at 416-222-TIPS. Callers will remain anonymous.



In the culinary program, working with knives and hot stoves is dangerous. As a result, safety training is front and centre. Good thing — no cook could stomach hospital food. Story page 18.

Iraq is failing to disarm

by Frances Petrucci

United Nations weapons inspectors have found no conclusive evidence that Saddam Hussein is hiding weapons of mass destruction, but they need more time — and more co-operation from Baghdad — before they can be sure.

Chief UN inspector Hans Blix and nuclear watchdog Mohamed ElBaradei read their first reports to the Security Council the morning of Jan. 27, after two months of searching for chemical, biological and nuclear weapons in Iraq.

"These reports do not contend that weapons of mass destruction remain in Iraq, but nor do they exclude that possibility," Blix said, in his 30-minute speech.

Blix reported that more than 6,000 chemical bombs and thousands of litres of anthrax and VX nerve gas remain unaccounted for. He said Iraq has provided inspectors with access to inspection sites, but needs to turn over information more actively and voluntarily.

"It is not enough to open doors. Inspection is not a game of 'catch as catch can,'" Blix said.

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Comments, questions?

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Activists want U.S. co-operation

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ElBaradei, director general of the International Atomic Energy Agency, told the Security Council that he has so far "found no evidence that Iraq has revived its nuclear program." But his team still needs a few months to complete their work, he said.

"These few months would be a valuable investment in peace because they could help us avoid a war," ElBaradei said.

After the Blix report, Whitehouse Press Secretary Ari Fleischer told reporters "time is running out" for a peaceful resolution to the Iraqi conflict.

Peace activists in Toronto expressed concern that the U.S. may not give UN inspectors the time they need to do their job properly.

"Even if Blix had reported 100 per cent co-operation, the United States would still say Iraq is not complying," said Matthew Behrens, spokesman for 15 peace demonstrators who gathered outside the Markham constituency office of Canada's Defence Minister, John

McCallum, the morning of Blix's report.

Pam Johnson, a dance instructor at Humber's Lakeshore campus and active member of the Toronto Committee Against Sanctions and War in Iraq, said the Blix report clearly indicates there is no reason for waging war on Iraq.



Pam Johnson, dance teacher at Lakeshore, is opposed to sanctions and war in Iraq.

"They have not found the 'smoking gun'... At the same time, it's very obvious that Hans Blix has come under... U.S. pressure to say the Iraqis are not being completely co-operative," she said.

Johnson said Toronto councillor Olivia Chow has agreed to propose an official anti-war resolution to city council on Feb. 5.

Johnson took part in the Jan. 18 peace march in Toronto that included 10,000 people. "One of the things that came out of that demonstration was the feeling that protest really is a way to change things. It makes a difference."

After hearing Blix's report, Prime Minister Jean Chrétien told the House of Commons he agreed that "inspectors should have more time to make a report to the United Nations Security Council." But despite repeated questions by the opposition, he refused to say what Canada would do if the U.S. launched an attack on Iraq without UN approval.

Carolyn Parrish, Liberal MP for Mississauga Centre, has stated publicly that she will quit the Liberal party and sit as an independent if Canada supports military action that isn't sanctioned by the UN.

She said she plans to ask the prime minister to hold a free vote in the House before he makes any war commitment. This would permit all MPs to vote according to their conscience instead of along party lines.

Parrish acknowledged that the



Thousands protest the war in Iraq in downtown Toronto last week.

U.S. is Canada's most serious trade partner, "but when it comes to deciding whether or not to wage war on [another] country, it's a moral issue, not an economic issue."

"Mr. Chrétien is gonna have one helluva battle on his hands within our Parliament," Parrish said, if he leads Canada into war without the UN.

Jack Layton wins landslide victory for NDP leadership on first ballot

Layton opposed to war in Iraq, promises to support activism

by David Ros

Jack Layton soared to the leadership of the New Democratic Party in a landslide first-ballot victory this past weekend at the party's general convention.

The former Toronto city councillor and head of the federation of Canadian Municipalities gained 53.5 per cent of the vote from party members across the country, making him the second person in the party's history to win the leadership on the

first ballot.

Supporters said the size of Layton's victory reflected the fact the party is ready to step into a new direction as they embraced a leader with charisma but no federal political experience.

Long time Manitoba MP Bill Blaikie who preached a status quo platform, was Layton's closest rival, gaining 24.7 per cent of the popular vote.

Layton, 52, gained support from a wide age group, from young people to the older guard of the party such as former NDP leader Ed Broadbent, who led the NDP when they had the largest number of members in the House of Commons.

He told party faithful at the National Trade Centre at the CNE the NDP was the only party that could provide true opposition in the House of Commons because Paul Martin, often touted as the next Prime Minister of Canada, and Canadian Alliance leader Stephen Harper have the same position on many issues.

He pointed out the NDP is the only party in the House of Commons opposed to a potential war in Iraq and to tough, anti-terrorism legislation that he claimed has opened the door for racial profiling.

"My personal priority is to mobilize party activists and work with the peace movement to put every ounce of energy we have to oppose war with Iraq," Layton said, sensing an opportunity to gain ground with people opposed to the war, but have traditionally voted



Jack Layton celebrates his victory at the party's general convention.

against the NDP.

Nova Scotia MP and former party leader, Alexa McDonough, said it is easy to be opposed to the war on Iraq.

"But," she added, "the difficult thing is to build a broad based support sufficient to put enough pressure on a liberal government that doesn't have the backbone to stand up to George Bush."

The NDP currently have 14 of the 301 seats in the House. Layton is not one of them.

Born in Quebec, he is fully bilingual and also served as a Toronto

city councillor, two facts which Ontario NDP MPP Peter Kormos, said will serve Layton well in Ontario and Quebec, the two most critical provinces to win to form government.

"Just wait 6 to 9 more months after Layton's got his feet into the federal waters and I think we're going to see some tremendous things for the NDP," Kormos said.

Despite not having a seat in the House, Layton has traveled to Ottawa and said he will conduct his caucus outside of the House three days a week until he gets elected.

No added security for Humber

by Stephanie Crosby

Security at Humber isn't likely to change despite the theft of \$12,000 worth of computers last week from a third-floor computer lab.

With 40 to 50 computer labs at Humber's North campus, security cameras are an expense that the college hasn't had a need for, said Gary Jeynes, director of public safety at Humber.

"We are looking for better ways to protect property, but we would need to balance expenses with the need for them in the labs," Jeynes said.

Jeynes added that campus security is being reviewed and he is continuously trying to find the best way to monitor school property.

"There needs to be a middle ground between [students] and security service," he said. "Security devices are made to be an inconvenience, but making students clear ten doors to use a computer lab is another thing."

Campus security and Toronto police are still investigating the theft of eight computers from E305 on Jan. 20.

Clarification

In last week's story headlined *New dental plan offered to students*, the informal poll referred to involved 40 students at Humber's North Campus. Seventy per cent of those students said they already had dental coverage.

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Kids' sandbox closed as precaution

by Fernanda Caranfa

In a study released earlier this week, Toronto Parks and Recreation found that the arsenic levels in most play structures in parks and city-owned daycare centres did not exceed federal guidelines.

These results were in contrast to the Environmental Defence Canada (EDC) study done a week earlier, which found that more than two-thirds of playgrounds tested in Toronto showed levels of arsenic above federal guidelines.

Both studies tested for chromated copper arsenate (CCA), a chemical used to preserve wood which can leach out of the wood into soil and cause arsenic poisoning.

Susie Gifford, supervisor of Humber College childcare centres, said she knew of the problems with pressure treated wood a year and a half ago.

"The only wood in our playground is in the fence and the sand-

box," Gifford said. "The sandbox is closed and it will be removed in the spring."

Exposure to CCA can lead to cancer, kidney and liver problems, birth defects and death. Children are especially susceptible to its effects. Mild exposure symptoms include nausea, loss of appetite and diarrhea.

The city of Toronto study found that all structures located at childcare centres were safe.

"Playgrounds in 217 city owned parks and childcare centres were tested," said Winnie Li, spokesperson for Parks and Recreation. "Of those, we found 31 had arsenic readings that exceeded federal guidelines."

The same study recommended that the 31 play structures be replaced, 26 others be sealed with paint and a \$25,000 annual budget to monitor the affected parks, starting this year.

"EDC tested only 35 parks in Toronto and they claim they found



Converting play structures from wooden models into metal and plastic (pictured above) is one way to reduce levels of arsenic in playgrounds found in parks and daycare centres.

that two-thirds exceeded federal guidelines," Li said. "They only took one soil sample per location. We took 4 samples."

Heather Smith, an author of the EDC study, said 24 of the 35 playgrounds in Toronto exceeded the guidelines, based on single samples taken within half a metre of where

wooden posts enter the ground and touch the sand or soil.

"We only took one sample because we were looking for hot spots. Toronto was looking for overall levels," Smith said.

Chris Krepski of Health Canada said the use of CCA in the treatment of pressure treated wood is being

phased out. Residential use will stop by the end of this year and it will end in 2004 for industry.

"Re-evaluation of CCA has been going on for five to six years with the United States under NAFTA terms," Krepski said. They have been testing if the risks are acceptable to the latest safety standards.



Boost in federal funding for child care centres will help low income families to afford daycare.

College daycare expects boost from national plan

by Leslie Fleischer

Humber's child care centres are hoping to benefit from increased funding for child care services across Canada.

The funding, part of a national day-care plan, is likely to be announced in next month's federal budget. As much as \$1.5 billion will be allocated to help low income families afford daycare.

"They've been talking about boosting it for years," said Susie Gifford, Humber child care centre supervisor.

Humber's two child care centres have received government funding to upgrade their facilities, but still need more money.

"The rates the government gives

us per child are still the 1998 and 1999 rates. Child care has increased but rates are still backdated," Gifford said.

Recent changes in standards for playground equipment forced schools and child care centres to tear down their playgrounds. Gifford said rebuilding the playgrounds cost from \$50,000 to \$100,000.

"We are in the process of rebuilding our playground and have gotten money from the government to help, but it's not even half of what we need to replace what we had," Gifford said.

Gifford hopes that the potential funding increases will help them to finish building the playground. There are, however, other issues that

she says also need to be addressed.

She said the demand for child care for toddlers and pre-schoolers has dropped across Etobicoke this year. "The rumour is that requirements for subsidies have become stricter and as a result fewer people qualify," Gifford said.

The stricter guidelines mean any family with more than \$5,000 dollars in savings is disqualified from receiving child care subsidies. As a result, more families are being denied funding and can't afford to send their children to child care.

Humber centers care for 138 children from birth to five years-old. Parents may have to wait up to one year for a spot to open up, depending on the age of their child.

Technology a limited help

Climate change forces sports business to adapt

by Lisa Conlin

The cold, snowy winter this season means good business for winter sports, but fluctuating temperatures could be a problem in seasons to come.

Environment Canada released a climate change plan earlier this winter, which states that an unpredictable environment, stemming from global warming, has social and economic consequences.

"You could ask me the same thing about winter sports that you could ask about agriculture," said Paul Giroux, from Environment Canada. "Will there be an impact? Certainly, but what it will be in particular, that's undetermined."

This impact includes changes in wind patterns, the amount and types of precipitation and frequency of severe weather.

The challenge for the winter sports business is to find innovative solutions. For example, ski hills can rely on snowmaking companies when temperatures are mild.

"And [companies] are continuing to come up with new technology to make more snow," said Margot Minardy, of the Ontario Snow Resorts Association. "This year and last have been our most successful seasons. We've had more than three million ski visits."

But even with advances in technology, the question of what to do with the land that can't be covered by snowmakers remains.

"Fifty to 60 kilometers of trails become impractical," said Humber's Hospitality and Tourism teacher Paul Suda.

A climate change survey by Environment Canada reported almost 70 per cent of those surveyed said "human ingenuity can not offset most of the negative effects of climate change."

For snowboarding industries and sports like cross-country skiing that thrive on natural snow, business is very much limited by mild winters. "You're really just waiting out a miserable winter and hoping next year is better," Suda said.

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Lack of cash may delay centre's growth

by Fernanda Caranfa

Construction slated to begin this spring on the Nature Centre in the Humber Arboretum may be delayed because fundraisers failed to reach their \$1.5 million goal.

"Humber College has received close to \$500,000 in donations so far," said Carol Ray, special projects co-ordinator in charge of fund raising.

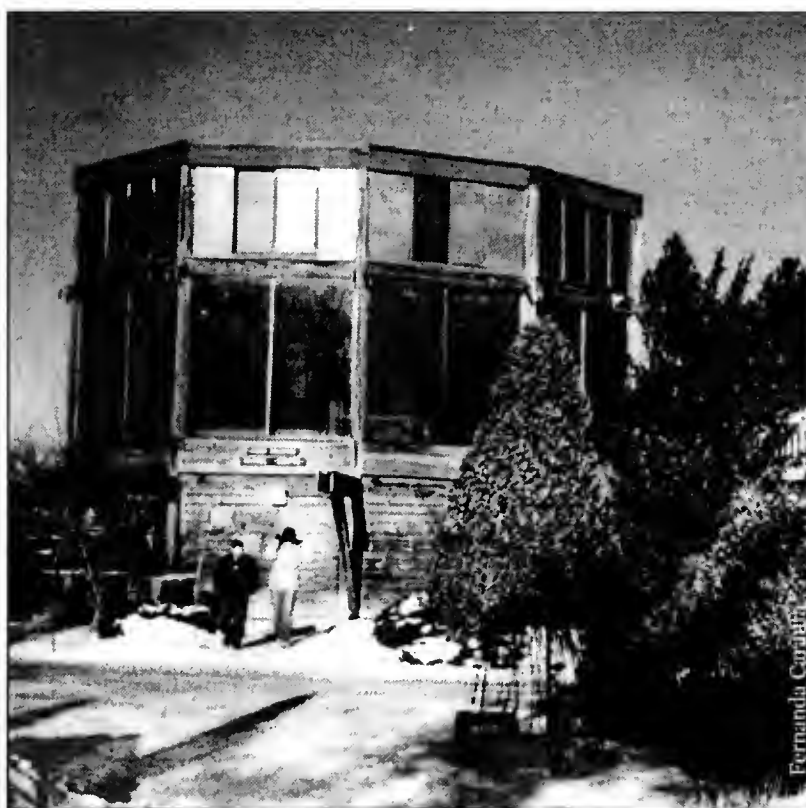
The college and Guelph University met two weeks ago to collaborate on an application to the Ontario Innovation Trust for 40 per cent of the total cost.

"Humber College provided the applied expertise and Guelph the theoretical, to make it a strong proposal," said Michael Nightingale, vice-provost and chief academic officer of Guelph University.

"There is a strong possibility the grant will be approved," Ray said, enabling construction to go ahead as planned. Ontario Innovation Trust will make a decision by early April.

Nightingale was less optimistic. "It depends on the number of applications," he said.

If construction goes ahead in the



Construction of a new Nature Centre in Humber's Arboretum may be delayed if fundraisers fail to reach their \$1.5 million goal.

spring the upgraded centre will be completed in spring of 2004. It will be enlarged to 5,000 square feet from 2,000. New facilities will

include a solarium, a children's nature activity centre, a student workshop and a community resource area.

When completed the re-vamped centre will use wind turbines, donated by Ontario Power Generation and solar panels donated by Automation Tooling Systems to generate all of its own power. Greenhouse gas emissions will be reduced by 100 per cent.

Its wastewater will not flow into Toronto's sewage system. Grey water or sink water, will be filtered through garden beds in the conservatory and a new wetland garden outside. And the centre will be equipped with composting toilets.

Roof top gardens and straw bales will provide ecologically efficient insulation.

Energy savings will add up to about \$10,000 a year.

Humber students in cabinet making are expected to participate in the re-vamping project. They will design and build workstations for the proposed student workshop/lab. Engineering students are also being considered for the project.

Architecture students worked with Allen Kani Associates last year to develop the new design. The Humber Student Federation donated \$1,000 to the centre. All donations are welcome, Ray said.

Paralegal degree offered to prospective students

by Kate Schwass

Humber will be the first college in Ontario to offer an applied degree program for people interested in pursuing a career in law.

The applied paralegal degree will be offered exclusively by Humber and not in cooperation with another university. Humber has offered a nursing degree with the University of New Brunswick in the past and is currently partnered with the University of Guelph to form the new University of Guelph-Humber.

"We wanted to be at the front of the curve," Humber's VP Academic Richard Hook said. Currently there are no training standards for paralegals and there is no guarantee that

clients are being represented accordingly, Hook said.

"There should be some standard of education and some standard of performance," Hook said.

Humber currently offers a Law Clerk diploma program and Law Firm Profile certificate program.

According to the Humber calendar for the 2003/04 school year, "paralegals enjoy one of the highest employment rates and one of the highest average earnings in Canada for those pursuing technical, para-professional and skilled worker occupations.

Michael Hatton, an Associate VP, said high school teachers are very receptive to the new degree.

"I think that degree is one that will become known," Hatton said. "Of the phone calls I get, five to one they're about our paralegal program."

Hook said he has also received a very positive response from people in the law profession.

Humber College President Robert Gordon said he thinks the new applied degree program will enhance Humber's academic repertoire.

"We're not going to offer any degrees where we don't think there's a very powerful job market," Gordon said.

Gordon said the idea of having an applied degree would appeal to many students because it's a focused degree with practical merits.

Romanow report calls for \$8.5 billion for healthcare

Experts urge feds to spend more on health

by Annasta Campbell-Clarke

The Romanow report, a review of Canada's health care system, must be fully implemented, two speakers told an Etobicoke audience on Jan. 22.

More than 120 people, mostly senior citizens, attended the meeting called "Implementing the Romanow Report" at the St. James United Church at Burnhamthorpe Rd. and Hwy. 427.

Toronto Star columnist Thomas Walkom, an expert on world healthcare systems, was one of two speakers at the meeting.

Walkom referred to Romanow's request to rewrite the Canada Health Act (CHIA) to specifically include diagnostic procedure as medically necessary, since the CHA states that any medically necessary procedure, authorized by a physician or a hospital, has to be covered by medicare.

"The trick he says is what is considered medically necessary," he said.

Walkom also spoke about Romanow's request to boost the funding of medicare from what he estimated to be about 18 per cent to 25 per cent.

"The federal government has a

pretty big surplus now and they can handle this," Walkom said. "Romanow [suggests] \$8.5 billion over two years. The federal government can handle that easily."

Walkom also mentioned the Kirby Report, compiled by the Senate Social Affairs Committee, which was released after the Romanow report.

The Kirby Report supports the single-tier system, keeping universal medicare and extending the CHA to include homecare, which was similar to the Romanow report.

Walkom said the two reports box in the federal government because they come from both sides of the fence - Romanow, a leftist social democrat, Kirby, a right-wing liberal.

Dennis Howlett of KAIROS, an ecumenical program, shared the Romanow report from the church's viewpoint, giving background of how the church played an important role in the birth of the medicare system in Canada.

He said the main weakness is the lack of emphasis on what causes health problems.

"Far more important than the latest medical drug ... are things like clean water, the environment ... and poverty, the single most important cause of poor health in Canada," Howlett said.

"If we did something about that we would actually reduce the talks and the burden on the healthcare system."

World Digest

by Joel Hoidas

Powell to present intelligence report

UNITED STATES

In his State of the Union speech the night of Jan. 28, President Bush prepared his country for war on Iraq.

Bush said the U.S. will go ahead with the attack with or without the UN's approval.

The president said he will ask the UN security council to meet on Feb. 5 so Secretary of State Colin Powell can present intelligence about Iraq's illegal weapons programs, its attempts to hide those weapons from UN inspectors and its connections to terrorist groups.

War on terrorism

AFGHANISTAN

U.S. and coalition forces in Afghanistan fought 80 rebels in the largest battle since Operation Anaconda nine months ago, the U.S. Military said on Jan 27.

At least 18 rebel fighters were killed, but there were no coalition casualties.

The battle was sparked by a minor shootout near the Pakistan border in which one man was killed, one injured and one detained. After being questioned, the detained man revealed there was a small group of rebels massing in the nearby mountains.

The U.S. military said the rebels have possible links to the Taliban and al-Qaeda.

Explorers rescued

ENGLAND

Two British adventurers planning to be the first pilots to fly a helicopter to both the North and South Poles were rescued Jan. 27 after they crashed landed into the ocean off of Antarctica.

Quentin Smith, 38, and Steve Brooks, 42, drifted for nine hours off the coast of a nearby remote island before being rescued by a Chilean warship.

The two men used the same R44 helicopter to fly to the North Pole in October - becoming the first pilots to fly a piston-engined craft to the North Pole.

Raider nation riot

UNITED STATES

Oakland Raiders fans rioted through downtown San Diego on Jan. 25 after the Raiders' 48-21 Superbowl loss.

San Diego police said at least 10 cars were set on fire and one TV news van was broken into.

Nearly all of the windows were shattered at a MacDonalds restaurant, which was also set on fire. Police fired tear gas and rubber bullets at the Raiders fans and arrested 23 people - mostly for public drunkenness.

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The number of women in IT programs has dropped significantly. Humber is launching a campaign to address the problem.

"Alarming low" number of women in technology

Small numbers prompt college to host forum

by Leslie Fleischer

To combat the dwindling number of female students in the Information Technology program, Humber is reaching out to young women to consider a career in IT.

"The overall trend in IT is significantly down," said Larry Konyu, associate dean of IT at Humber College. "It doesn't matter which college or university you go to, enrollments are down. And that's not just down by five per cent, we're down by 50 per cent."

According to a recent report in The Toronto Star, the number of women taking IT courses in high school, and subsequently college and university, has decreased significantly in the last five years.

Konyu says that the number of women in Humber's IT courses is alarmingly low. Of the 725 students enrolled in the IT program this year, less than five per cent are female.

"Women are not flocking to computer programming because they're perceived as... male dominated classes and programs," Konyu said.

Women and men alike may also shy away from IT jobs because they assume people who work in IT are strapped to their computers.

"Some people, after September 11, are beginning to think more about putting family first rather than job," Konyu said. "That can happen in a computer career because you don't have to be tied to the office. You can do a lot of your work at home."

In early March, Humber College will host the Women in IT conference. The conference, put on by the Canadian Information Processing Society of Canada, will coincide with International Women's Day.

Geared to all grade nine students in the feeder schools in the Humber area, the goal of the conference is to show young girls that a career in IT can be valuable.

The conference will include a number of workshops run by women in IT professions.

Design contest promises industry contacts and cash

by Sherri Wood

A series of national design competitions are open to students to help them connect with industry contacts, provide internship opportunities and win cash prizes.

The Design Exchange, a not-for-profit design, research, education and exhibition centre, is hosting its fifth national student design competition called "Connect." The competition is intended to help students in engineering and graphic and industrial design programs meet with other members of the design community.

"The objective of this program is to bridge the gap between students and businesses, helping students jump-start their future careers in design," said Ilena Messina, business programs coordinator for the Design Exchange.

The three Design Exchange competitions, which range from automotive to certificate design, have cash prizes from \$1,000 to \$5,000. All entries will be featured in the Connect exhibition in May for industry exposure.

"Our partners are excited about working with the new generation of designers, who provide a fresh perspective to the design process," Messina said.

The Canada Millennium Scholarship Foundation, Decoma International and DuPont Canada are sponsoring the event. DuPont Canada, a sponsor for the past five years, is looking for students to design a unique safety travel harness for pets.

Hans Koopman, DuPont Canada's senior technical consultant and faculty advisor for Humber College, sees the competitions as an educational experience for students.

"Students get the benefit of being able to see how the real world operates as well as gaining practical experience working with real mate-



Students interested in graphic and industrial design can show their stuff at this year's fifth annual design competition.

rials and being able to meet with working design professionals," Koopman said.

Koopman has received a positive response from both students and teachers at Humber College.

"The competition is embedded into the curriculum for second-year industrial design students. This year [the response] is definitely hot," he said.

Koopman added that anyone interested in design is welcome to participate.

"We focus on industrial designers but any student can contribute," Koopman said. "It doesn't even have to be a class project. Students

can make an individual entry from outside the class."

Students enjoy the various benefits of entering design competitions like Connect.

"For students looking for work, the interaction [with members of the design community] is beneficial," said John Katsoulis, a recent Humber College graphic design graduate. "You have a forum where you can compare your work with other designers."

The last day to register for Connect is Friday, Jan. 31. After registering, students must submit their entries by Mar. 10. Visit www.dx.org for more information.

Some college staff accused of insensitivity

by Kate Schwass

Humber College staff should participate in sensitivity training, college president Robert Gordon told Academic Council at a recent meeting, following reports that some college staff are making inappropriate comments to students.

Gordon made the statement after college counsellor Camille Hannays-King said students had been coming to her with concerns about comments made by staff.

"Students are disturbed by these comments," Hannays-King said. She mentioned two recent examples. The first involved a student who was withdrawing from her program and who asked what would happen to her OSAP.

The student told Hannays-King that the staff member stated that, "Humber is not a welfare office."

The second complaint came from an older woman having difficulties in her studies and a staff member suggested that the course might be too difficult for a single mom. The student was not a single mom.

Hannays-King urged the members of Academic Council to be aware of what staff members are saying and whom they are saying it to. She noted that the issue of making inappropriate comments to students is not a new problem.

Hannays-King said this is not a unique situation and was unable to estimate how many students come to see counsellors with similar complaints. She said the counselling department doesn't keep a record of problems and therefore it is impossible to keep track.

Gordon said all faculty and staff must keep in mind that the college is becoming an increasingly diverse

community.

"We run the danger of focusing more on the academic and less on the compassionate," Gordon said. "We don't need the smart comments."

While the college does provide a staff development course about working in a culturally diverse workplace, the course is not a mandatory one. Many members of Academic Council questioned whether this type of course should become mandatory.

Valerie Rothlin, the HSF VP Administration at Lakeshore, said that she thinks the topic of staff sensitivity is an important one. Rothlin said she has had students talk to her about staff at Lakeshore making inappropriate comments.

"There are certain characters at Lakeshore," Rothlin said. "It's not just administration."

Hannays-King also stressed that there is not one particular group of staff members who are making these comments, but that it is a problem that stems across the board from teachers to administration.

"It's a big issue. If I see 10 stu-

dents, that's 10 too many," she said.

Students who are faced with staff making inappropriate comments are encouraged to report the incident. Students can reach the counselling office at 416-675-5090.

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Editorial

World opinion on Iraq shifts after Blix report to U.N.

Earlier this week, weapons inspectors presented the world with evidence of several key flubs in reports handed over by Iraqi officials during a 60-day search for weapons of mass destruction in Iraq.

The two-month struggle divulged nothing but a plethora of moth-eaten documents indicating the strong possibility Iraq is hiding what the world is scared to find.

The U.N. and the United States may not have found the "smoking gun" the world wanted as validation for an Iraq invasion. But the report presented by chief U.N. Weapons Inspector Hans Blix did prove that inspectors were given the run around by Iraqi officials. He said inspectors would need at least several more months to gather concrete information as to whether or not Iraq is indeed hiding nukes.

But why give inspectors more time to be dragged around by a rope? Inspectors aren't even allowed to question scientists without Iraqi officials present. Bush has been aware of Hussein's lack of cooperation for the longest while. But his public and much of the world has been neither fully aware of that fact nor willing to make the leap of faith and accept the president's word.

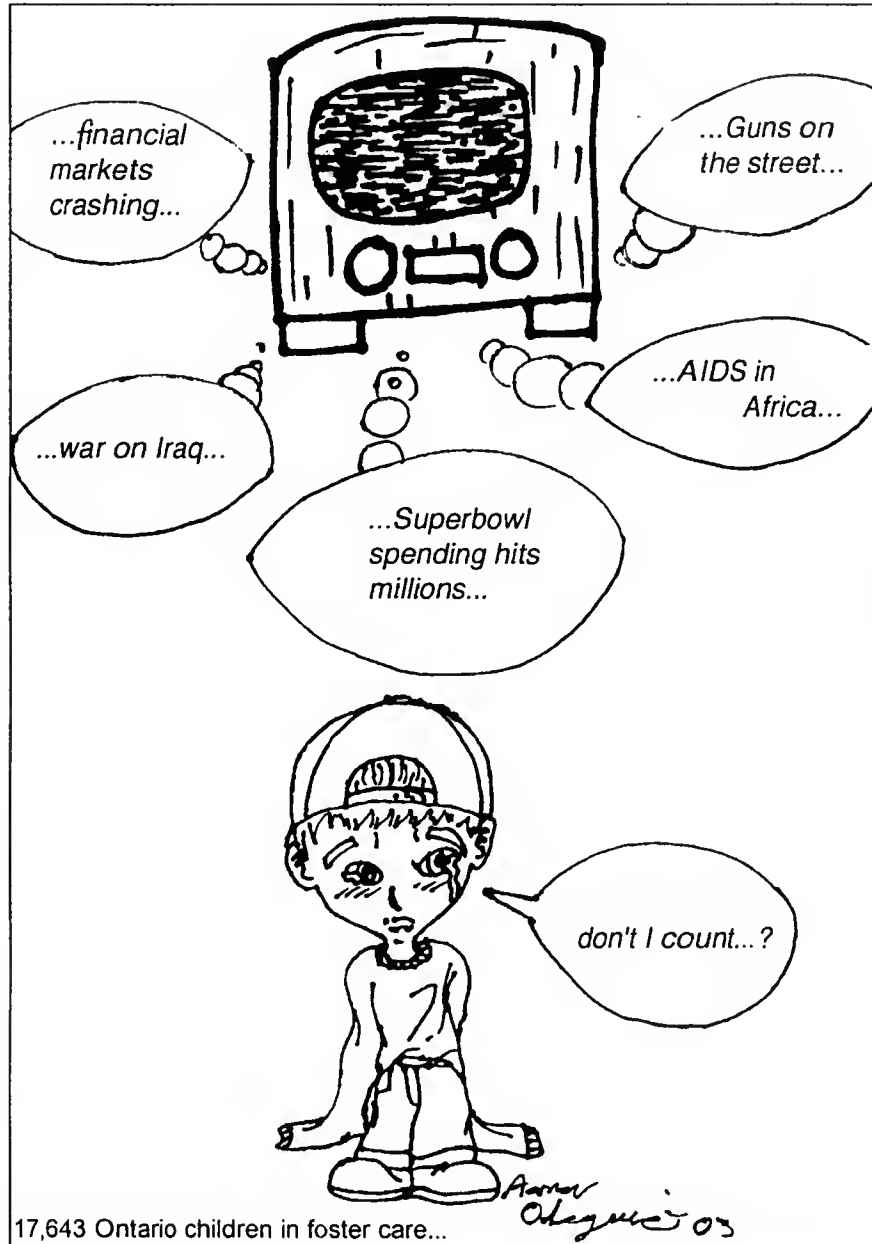
Bush's strong approach and awareness of Iraq's ways should not come as a surprise. After all, his father was president of the United States and led the Gulf War against Iraq in the '90s. It is assumed Bush senior recounted to his son what he found in Iraq, what fell through his hands and what not to do when dealing with such a noncompliant country.

Blix said in the Jan. 27 report that the situation is a "frightening" reminder of what Iraq is capable of. He addressed a 12,000-page file provided by Baghdad last month, which contained incomplete and out-of-date information previously submitted to inspectors during the Gulf War. The only new information in the file indicated that Iraq has failed to account for about 6,000 chemical rockets.

Despite inspectors reassuring that all nuclear activity in Iraq is neutralized and though officials are asserting that Iraq has no chemical, biological or nuclear weapons, there is a messy paper trail indicating that materials do indeed remain undeclared and stockpiled.

For example, Iraqi officials say that they destroyed nerve agent VX and Anthrax stockpiles, but fail to provide the world with paper work proving so. Lost paperwork cannot be the reason; particularly after a 3,000-page document about uranium enrichment was found hidden in an Iraqi scientist's household.

This lack of information is a wake-up call for North American citizens and the rest of the world to take part in some sort of action against Iraq. Unfortunately and apparently, peace talks, protests and inspections aren't giving us any solid answers and if the stockpiles are mounting, then very few options are left.



Too many Ontario kids abandoned

As a province, we are discarding our own children - 17,643 to be exact.

It's hard to believe, but that's the number of children in Ontario currently in foster care, children who for some reason have been yanked out or forced out of their natural family unit.

Some kids are lucky and fall in warm, generous and loving foster homes while others spend years drifting through the system, traveling from home to home, confused by inconsistencies in parenting and other family problems.

It's too hard for Children's Aid in Ontario to keep an eye out on every kid because the program is dangerously low on cash. There are simply too many kids to care for and not enough love and money to go around.

The pain of child abandonment smacked Torontonians in the face earlier this week in the baby Mira case.

On Jan. 24, one of the coldest nights Toronto has seen all winter,

paramedics responded to a 911 call where they found a newborn baby girl abandoned near city hall naked on cold concrete under a stairwell. It was estimated that the baby was born about 15 minutes prior to the paramedics arrival and her umbilical cord was still in tact.

The mother is allegedly a woman with a mental illness who frequents Toronto's shelters and hostels. Authorities say that it is likely the baby will be put up for adoption. Mira already has at least 50 calls from families willing to adopt and care for her.

This case, and the thousands of others in Ontario, clearly make the point that we, as a society, need to find a solution to stop hurting our most defenceless.

But the dilemma of what to do to stem the tide of abandonment is complex.

Should we punish parents who throw away their responsibilities, or

should we help them?

Perhaps, just like people who cause car wrecks or carry illegal firearms, parents should suffer consequences for failing to take proper care of their children.

A two-year-old lost north of Newmarket earlier this week was found haphazardly dressed in a snow-suit and stranded, crying alone in the street.

Thankfully, police found the child, but his parents were nowhere to be seen. An afternoon, door-to-door search in the community eventually led police to the boy's home and father. It is alleged the boy dressed himself and left the house.

Again, he was two years old... Parents have primary responsibility for their kids and shouldn't be relying on police to babysit.

But it does take a village to raise a child and perhaps then instead of punishing those who fail to parent we should be helping them.

Some parents are too young or simply incapable of raising children and need outside aid. The reason? Often they haven't been trained. Perhaps, then, a mandatory parenting course should be added to the high school curriculum.

As well, more accessible group workshops and parenting classes should be provided to all parents, particularly single parent families.

A recent Swedish study shows that children living in single parent households are more likely to suffer severe morbidity, injury, and psychiatric diseases than children living with both parents.

Children do not deserve to be abandoned on a sidewalk or shuttled back and forth between foster homes. They deserve love, stability and guidance. But when parents lack the necessary strength or know-how to offer the necessities, someone needs to step in.

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Opinion

Regurgitated TV shows a dire plague



by Tamara Holmes

Television is a disgrace these days.

Sure, we all have our guilty viewing pleasures. I feel like I need an anonymous meeting or two for mine.

"Hello. My name is Tamara and I'm a watching-girls-make-asses-out-of-themselves-aholic."

In recent seasons I've been known to twist my eyebrows and hover over cheesecake watching shows like *The Bachelor*, *Bridezilla*, *Joe Millionaire*, *Blind Date* and a few bootlegged *Jerry Springer* episodes.

On a sick day I'll consider a brainless hour of *Jenny Jones*, not to watch Jones pimp 12-year-old stripper-wannabes in revealing duds purchased by drug-addicted mothers, but more for the geek-to-chic confrontations. I don't know how some girls continue to think that coming on stage in a stripper's outfit three sizes too small and dumping a bottle of peroxide on their heads makes them any more appealing than

the days of braces and Charlie's Angels feathered do's. Their desperate quest for vindication is more laughable than not, and I repeat - only on a sick day, do I watch!

Typical tube time for me would usually involve flipping back and forth between *The Simpsons*, *Girls Behaving Badly*, *Trading Spaces* and *BBC World News*.

Ahh. There's the problem. All the flipping.

Is it just me or are North American attention spans, especially media-related, decreasing by the annum?

Broadcasters have resorted to babysitting the nation and are caught up in tiresome efforts to keep our attention piqued and our thumb off the remote.

Television is one of the most innovative inventions of our time.

Showing no signs of slowing, the broadcast industry has the ultimate freedom to create whatever they choose within the confines of a secure and popular medium that entertains channel surfers of all demographics.

So why is all the programming hackneyed regurgitations of itself?

Shows like *American Idol*, *Popstars*, *Canadian Idol*, *Star Search* and *The Great Canadian Music Dream* just to name a few are stale and they don't work.

Yes, it's a good giggle to listen to someone whose squealing singing voice has never extended past their shower curtain, but there wasn't anything wrong with the old way of marketing pop icons. This way, it's insulting to the audience as we're privy to the closed-door meetings where judges and industry authorities insist the public won't dig a certain look carried by auditioners, which must be compromised in order to make it to the top.

But publicly manufactured pop stars never get very far afterwards. *American Idol*'s premiere princess of pop, Kelly Clarkson has yet to chuck out a CD and the new season is well underway.

The recent influx of specialty channels is a great sign of the times, demonstrating that viewers want more enhanced and focused programming. Slowly but surely, something

for everyone is becoming available, whether it's day-long extreme sports coverage you're after or just documentaries.

Canadian cable broadcasters need to keep up their record-setting pace and avoid relying on American spin-offs to shadow over their lack of initiative.

It may seem like such a silly idea - that what's on the telly is fine - but it's not, and the problem is something that affects most of us daily.

Viewers are forever flipping around trying to find a show that is better and more engaging than what they're watching. Broadcasters need to start delivering that elusive 'something' soon.

And while someone's at the drawing board, they should reconsider *Electric Circus*. I still don't get the point of it.

Celebrities sell religion to slip back into public eye

What do Madonna, Guy Ritchie, M.C. Hammer, Sinéad O'Connor, Steven Segal and Pamela Anderson have in common? Spiritual and religious reverence.

This is an odd combination, but all of these celebrities are turning to God and spreading His word.

Madonna and husband, director Guy Ritchie, are devout followers of the Kabbalah, an off-shoot of Judaism. The material girl and her family regularly attend classes at an L.A. centre and even celebrated her birthday at the Kabbalah centre this past summer. She also wears a thin red bracelet around her wrist that is believed to ward off evil spirits.



by Yasna Markovic

Barbra Streisand have also jumped onto the Kabbalah bandwagon.

Does anyone remember when Sinéad O'Connor tore up a picture of Pope John Paul II on *Saturday Night Live* in the early '90s? Well, neither does the religious sect that ordained the singer as a priest almost three years ago. O'Connor refers to herself as Mother Bernadette, never naming in which church.

O'Connor is not the only ordained singer. M.C. Hammer is a minister, turning his back on his days of excess spending and rapping.

Steven Segal has turned to Buddhism, often raising money for the Dalai Lama and performing concerts in Buddhist garb. It's hard to believe Segal as a spiritual man on the straight and narrow when he is constantly being linked to the mafia and putting out the most dreadful and horrifying action movies.

The one celebrity to shock us all with her recent spiritual enlightenment is Pamela Anderson. Before you continue to read this you may want to sit down because what you are about to read will send you spinning. Hugh

Hefner's favourite centrefold, silicone-infested, bad boy rocker addict, teaches Sunday school in California. She volunteers at her church's children's ministry.

In a recent *Elle* Canada interview, Anderson says "It's a positive thing. There's a whole community of great kids out there and it gives me hope. My kids have just thrived there. I feel like they learn more there than in school. They actually even look forward to Sundays!"

I think someone needs to explain to Pammy that the kids aren't there to listen to her teach the Bible. They're probably there to gawk at her breasts and porn-star attire. Besides, what can she possibly know about the Bible to teach the children?

This latest celebrity trend has become a terrifying one. Celebrities have a bad habit of falling into the darker side of fame and Hollywood, slipping through the cracks, but exploiting religion is no way to make it back on top. Mixing sex, drugs and mischievous behaviour is not a good combination for the church. Hasn't the church seen enough scandal in the last year? This whole reformation is much like a convicted killer who claims to have found God while in prison awaiting execution.

Religion and spirituality are losing credibility because of scandals rocking their core. Celebrities suddenly following this path don't help. Madonna herself has gone through more phases than anyone can remember and the Kabbalah is probably one of them.

Hugh Hefner's favourite centrefold, silicone infested bad boy rocker addict, teaches Sunday school in California.

This new-found spirituality has apparently caused a minor rift in the Ritchie household. Guy is an avid hunter and has even taken Madonna out with him, teaching her to brandish a rifle. The problem? The Kabbalah strictly forbids hunting, teaching that if even one bird is killed, the face of a thousand birds will haunt you. Demi Moore and

The relentless pursuit for perfection



by Lyndsey Van Dyk

"He was really sweet but his ears were way too big and his car was a Ford," she said rolling her eyes. The subway filled with giggles from her and her friends.

No wonder people have been resorting to TV dating, on-line relationships and phone dating services like 'Lava Life.' People have become picky to the point where they have ruled everyone out in their desperate search for perfection.

Don't get me wrong. I wouldn't date someone unattractive or unintelligent. No one wants a guy with mossy teeth and a grade two reading level, but I wouldn't dump a guy because he wasn't driving the best car.

Everyone seems to be looking for Miss or Mr. Perfect or trying to

become it. Breast implants, colour contacts, electrolysis, plastic surgery, weight loss pills, tanning salons, etc. have become a thriving market for people like you and me who are all trying to look like something in *Muscle Magazine* or *Vogue*. Not that there's anything wrong with trying to look your best, but I think as a society, we have pushed the envelope too far and we are all guilty of buying into it.

Maybe this is why people divorce so often or why dating services even exist. Are people so convinced there is always something better out there, that they're afraid to stay with a person in case someone better comes along? If so, is that why we are all buying into those phony digitally enhanced models in the magazines - to try our hardest to be that perfect someone for somebody else?

Yesterday I was in the subway when I overheard those girls talking about that poor boy and today I was in the hallway at school when I heard some guys saying pretty much the exact same thing.

"She was pretty hot and cool and everything, but I met this even hot-

ter chick at the bar the next night, so now I don't know what to do. The chick at the bar had bigger breasts than the other girl was thinner," a red-haired guy said to one of his friends.

Okay, I know you want someone hot - we all do. And no one should settle for less - I'll give you that, but come on guys, give us a break.

If everyone keeps holding out for the best deal, the sale will be over sooner or later and you'll be kicking yourself in the butt for cashing in that one special person years ago for the chick with the bigger breasts or the guy with more money.

I hate to break it to you, because it was a shock to me as well, but you aren't going to get the 'Victoria Secret' super model or Prince Charming with a flawless personality and chiseled good looks. Personally, I don't want it. Give me the flaws because most of the time that's the most interesting part about a person.

Perfection is usually pretty boring. Besides, I'm not perfect either and I'm more comfortable with someone who realizes that than someone who doesn't.

Sports



Steve Autio

Morgan makes up for in skill what he lacks in size.

Size doesn't really matter

by Keneisha Walter

With a slew of accolades under his belt, Humber basketball player Ray Morgan has proven size doesn't matter.

As a youngster, Morgan, a 5'7" guard, dabbled in other sports such as baseball, where height didn't matter, but his dream was the hoops.

And he finally took the plunge, starting basketball in grade six.

He became really fond of the game and soon dominated in a sport known for players over six feet.

"I was always the short guy but I was fast," he said.

Morgan, playing his first season with the Hawks, is already making it a memorable one.

He recently captured the MVP title at the all-star game at Seneca College.

"I didn't expect it, I wasn't looking for it," he said. "I just went out there and played the way I play. I play hard no matter what. It could be me against one other person or me on a team."

He also averages 13.4 points per game, making

him the lead scorer of the Hawks and eighth in the league central division. He has made 23 of his 26 free throw attempts and scored 121 points in nine games. Morgan is also a tremendous force in the Hawk's current 9-1 record.

The British Columbia native who moved to Toronto at the age of seven, has won other outstanding awards. In 2000, he was presented the Raptor Cup and named men's all star.

He repeated his quest in 2002, winning a second

Raptor Cup. Morgan attributes his success to hard work and dedication.

to play for the Hawks. Head coach Mike Katz commented on Morgan's passion and dedication to the team. "He practices hard, very hard. He's a really good guy to coach," Katz said.

A student in the Sports Equipment Specialist program. Morgan said George Brown, a team he played with for three years, was not as serious about its basketball program as Humber.

Bruins hand Humber first loss of the season

by Steve Autio

The rivalry between the Humber Hawks and the Sheridan Bruins continued last Friday night with an intense game that culminated in a surprising loss for the Hawks.

The men's basketball team was narrowly defeated 63-60 at Sheridan College before a raucous crowd. The Hawks seemed to be in control of the game, but the Bruins kept clawing away at the Humber lead, cheered on by the boisterous crowd.

The Hawks were up by 10 points with about nine minutes left in the game but stumbled down the stretch. "I guess their crowd got to the team and it broke down towards the end," Hawks forward Roger Scott said.

"We should've won the game," said Mike Katz, coach of the Humber squad. "We did a lot of good things...we've just got to get tougher. We should close a game like that and hopefully we will when it really counts," he said.

Humber was led by Scott, who powered in 16 points on the

night. Sheridan Bruin Jordan Morrison led all scorers with 19 points.

Scott was very active inside and displayed a lot of ruthless aggression in going to the hole. "I felt we played hard, but we didn't want it as bad as they wanted it," Scott said.

"It was a very hard game. They played intense the whole way

through...they were down but they played like they were ahead at times," said Hawks guard Jeremy Walters, who scored nine points.

Hawks point guard Ray Morgan once again played a strong game for Humber. Morgan's jump shot was working well for him on the night as he drained 13 points.

Humber couldn't match the intensity that Sheridan had down the stretch. "There are no excuses. We got beat by the bet-



Steve Autio

Humber suffered their first loss of the season at Sheridan last week.

ter team tonight," Morgan said.

"Once they come into our gym, it's war...the battle has just begun," Morgan said after the game.

Slam 'em

Come out and support the Hawks basketball team for the rematch at home against the Bruins this Tuesday, Feb. 4 at 8 p.m..

Trials and tribulations of the traveling athlete

18 varsity athletes must foot the bill for the daily commute from Lakeshore to North Campus for practices and games.

by Chris Clay

Student athletes at Humber College may soon find it easier to travel between campuses, thanks to a proposed plan to cover their commuting costs.

Currently 18 varsity athletes at Lakeshore have to make the trip to North Campus several times a week for practices, at their own expense.

Doug Fox, athletics director for North Campus, says that he acknowledges the financial burden Lakeshore students face when commuting, and wants to work with the students to find a solution.

"I'd be willing to allocate money to Lakeshore athletes for gas," Fox said. "It would have to be an equitable program where I would look at the distance the student has to drive and then give them money for it."

Many of the students are feeling an extra financial burden to be a part of the varsity teams.

"It's not only costing me money in gas, but I have to spend extra on food as well," Matt Eagleon, a rugby team member and business management student, said. "But I

am pretty committed to playing for the team."

One student in particular is finding it almost financially impossible to make the commute to be a part of varsity sport.

"Right now public transportation is not an option," said Krzysztof Kmiecik, a soccer player and general education student who plans on entering the police foundations program next year. "It's a long trip just to get to North from Lakeshore and then it takes me almost two and a half hours to get home after that."

"I'm up [at North campus] two times a week for soccer plus another couple of times a week for treatment for injuries," Kmiecik said. "It'd be awesome if there was some sort of shuttle bus system between campuses."

Kmiecik is working three jobs just to pay for his education and doesn't have the extra money to spend on commuting.

"I do have a car but I had to put it in storage because I can't afford it," he said. "Unfortunately I'm the only soccer player at Lakeshore so I can't find people to car pool with."

Fox also said that he is willing to work with students to arrange other means of

travel.

"We hold the occasional practice at Lakeshore campus but, 90 per cent of the time, the onus is on the students to get here," Fox said. "I try to identify groups of people who can car pool together."

Other colleges have started programs to assist student athletes who need to travel between campuses to participate in competitive sports. Sheridan College has a program in place to shuttle their athletes between the Brampton and Oakville campuses.

"We started the program seven years ago because so many of our athletes were spread out between our two campuses," Jim Flack, athletics director for Sheridan College, said.

"It's very expensive but it's also a necessity to keep our varsity teams running."

Fox has looked into the possibility of renting vans for the students but doesn't believe it would work.

"We've explored the van option but it brings up a bunch of problems such as cost and who will drive," Fox said. "What we really need to do is upgrade our commuting system."

Varsity Standings

Men's Volleyball

| Central Division | MW | ML | Points |
|------------------|----------|----------|-----------|
| Seneca | 8 | 1 | 16 |
| Humber | 8 | 0 | 12 |
| George Brown | 4 | 4 | 8 |
| Georgian | 4 | 3 | 8 |
| Cambrian | 3 | 4 | 6 |
| Sheridan | 1 | 7 | 2 |
| Boreal | 0 | 7 | 0 |

| Eastern Division | MW | ML | Points |
|------------------|----|----|--------|
| Loyalist | 6 | 0 | 12 |
| Royal Military | 4 | 2 | 8 |
| La Cite | 4 | 3 | 8 |
| Fleming | 3 | 4 | 6 |
| Durham | 2 | 4 | 4 |
| Algonquin | 0 | 6 | 0 |

| Western Division | MW | ML | Points |
|------------------|----|----|--------|
| Niagara | 10 | 0 | 20 |
| Redeemer | 6 | 3 | 12 |
| Fanshawe | 5 | 4 | 10 |
| Nipissing | 4 | 4 | 8 |
| St. Clair | 3 | 5 | 6 |
| Mohawk | 1 | 5 | 2 |
| Canadore | 0 | 8 | 0 |

Women's Volleyball

| Central Division | MW | ML | Points |
|------------------|----------|----------|-----------|
| Cambrian | 9 | 0 | 18 |
| Humber | 7 | 1 | 14 |
| Seneca | 7 | 4 | 14 |
| Georgian | 6 | 3 | 12 |
| Boreal | 3 | 5 | 6 |
| Sheridan | 2 | 5 | 4 |
| Centennial | 0 | 8 | 0 |
| Confederation | 0 | 8 | 0 |

| Eastern Division | MW | ML | Points |
|------------------|----|----|--------|
| Durham | 6 | 1 | 12 |
| Algonquin | 6 | 1 | 12 |
| Loyalist | 6 | 1 | 12 |
| Trant | 5 | 3 | 10 |
| Royal Military | 2 | 6 | 4 |
| Fleming | 2 | 7 | 4 |
| La Cite | 0 | 8 | 0 |

| Western Division | MW | ML | Points |
|------------------|----|----|--------|
| Niagara | 11 | 1 | 22 |
| Fanshawe | 10 | 3 | 20 |
| Mohawk | 8 | 2 | 16 |
| Canadore | 6 | 5 | 12 |
| Nipissing | 5 | 5 | 10 |
| Sault | 5 | 6 | 10 |
| Redeemer | 2 | 9 | 4 |
| Lambton | 1 | 9 | 2 |
| St. Clair | 1 | 9 | 2 |

Women's Basketball

| Eastern Division | W | L | Points |
|------------------|---|---|--------|
| Seneca | 7 | 0 | 14 |
| Loyalist | 5 | 4 | 10 |
| Humber | 4 | 2 | 8 |
| Algonquin | 4 | 2 | 8 |
| Durham | 2 | 5 | 4 |
| Georgian | 2 | 5 | 4 |
| George Brown | 0 | 6 | 0 |

| Western Division | W | L | Points |
|------------------|---|---|--------|
| Fanshawe | 6 | 0 | 12 |
| St. Clair | 4 | 1 | 8 |
| Niagara | 3 | 2 | 6 |
| Redeemer | 3 | 4 | 6 |
| Mohawk | 2 | 3 | 4 |
| Algoma | 0 | 8 | 0 |

Men's Hockey

| | W | L | T | Pts |
|---------------|----------|----------|----------|-----------|
| St. Clair | 10 | 1 | 1 | 21 |
| Humber | 9 | 1 | 0 | 18 |
| Seneca | 4 | 3 | 3 | 11 |
| Conestoga | 4 | 7 | 1 | 9 |
| Cambrian | 3 | 8 | 1 | 7 |
| Fleming | 1 | 11 | 0 | 2 |

Men's Basketball

| Central Division | W | L | Points |
|------------------|---|---|--------|
| Humber | 8 | 1 | 16 |
| Sheridan | 7 | 1 | 14 |
| Mohawk | 4 | 4 | 8 |
| Centennial | 2 | 6 | 4 |
| George Brown | 2 | 6 | 4 |
| Seneca | 2 | 7 | 4 |

| Eastern Division | W | L | Points |
|------------------|---|---|--------|
| Algonquin | 8 | 0 | 16 |
| St. Lawrence | 5 | 3 | 10 |
| Georgian | 5 | 3 | 10 |
| Durham | 4 | 4 | 8 |
| Loyalist | 3 | 6 | 6 |
| Fleming | 0 | 9 | 0 |

| Western Division | W | L | Points |
|------------------|---|---|--------|
| Niagara | 6 | 1 | 12 |
| Fanshawe | 5 | 3 | 10 |
| Sault | 4 | 3 | 8 |
| Lambton | 3 | 2 | 6 |
| St. Clair | 3 | 2 | 6 |
| Redeemer | 2 | 5 | 4 |
| Algoma | 1 | 8 | 2 |

Hawks net big home win

by Ron H. Melihen

Humber rolled over Seneca 9-3 last Wednesday at Westwood Arena on their way to another big win in a game filled with fights and raucous play.

Humber school president Robert Gordon was in attendance and feels Humber has the goods to win the championship if they keep their cool.

"It was a good win, but they will need to cut down on the cheap penalties if they want to win the championship," Gordon said.

Seneca's Dan Oshell had a confrontation with one of the referees before the game started. That set the tempo of the game with a lot of cheap shots and fisticuffs, carrying on throughout the match.

"There were many so-so penalties handed out but the referees tried to even up the calls," said head coach Joe Waskurak.

By the time the second period rolled around Humber had a five goal lead and tempers that were simmering reached the boiling point.

"Once the game was out of reach Seneca started running some of our players and we retaliated when we should have kept our cool," said captain and Humber MVP of the game, Sean Kane.

Humber jumped out to a quick two-goal lead. By the end of the first they led 3-1 with goalie Nick Grainger keeping the lead going in the first with some outstanding saves.

"Grainger saved our bacon in

the first period," Waskurak said.

Seneca came into the game missing some of their players. By the third period they had most of the fight knocked out of them.

"Our boys settled down and by the third period we dominated the play keeping the pressure on and getting another important win," Kane said.

Humber will play the Cambrian Golden Shield at home on Saturday, Feb. 1 at 8 p.m. in Westwood Arena.

The team hopes fans will cheer them on to another win.

"When we look into the stands and see and hear the fans cheering it motivates us to play harder," said Humber Hawk James Rodak.

Women's volleyball gets third in weekend tourney

by Liz Byers

The women's volleyball team put on an excellent show this past weekend at the Centennial Classic tournament in Scarborough.

They won all three of their games throughout the day long event but lost in the semi-final match to Durham College. In two close games the Hawks were defeated 25-22 in the first game and 25-21 in the second. The Durham Lords later went on to take first place at the tournament.

They played the bronze medal match against Mohawk College and won two out of three games. They bounced back from a loss in their second game to an impressive 15-6 victory in the end.

Ten teams participated in the event.

"This was an excellent learning experience for the entire team," said head coach Chris Wilkins. "It is just a reminder that we have to work hard all the time, especially

with the provincials coming up soon."

Alex Romano, a key player for the Hawks agrees with the coach. "It's good practice and we get to see teams from different pools and divisions," she said. Romano also said this works both ways, since other teams have the opportunity to see what Humber is up to. "It shows our reputation. Different teams can see how we play and hopefully say we are the team to eventually beat."

The team headed into the tournament with confidence after coming off a huge win at the Durham College tournament Jan. 18.

In regular season play, their record is 7-1 and they're ranked second in the central division.

"We are playing together and the girls are definitely working hard," Wilkins said. "We are having our ups and downs and it's tough to get up for every match when we know we should win and play well."

This week the team takes on the Georgian Grizzlies.

Crazy about Super Bowl

The real drama of the Super Bowl seemed to occur after the final touchdown was scored.

Throng of angry, frustrated Oakland Raiders fans rushed the streets to protest the loss of their favourite team.

Cars were overturned, countless windows were smashed. Even a McDonald's restaurant was set on fire.

After all the commotion was over, 23 people were arrested by police decked out in full riot gear. Dozens more were sent to hospital after tear gas was launched into the crowd.

All of this for what? A football game?

Now I know that the Super bowl isn't just your regular, everyday match between two competing teams. The hype leading up to it is massive, even nauseating at times. It is clear to anyone and everyone that this is the day all sports fans crave.

The big problem I have is the unnecessary violence. There is certainly no need to see the loss of your team as a ticket to act like an absolute idiot, or dare I say it...moron.

Sure, you can get angry, yell and curse all you want, but try to remember that it is in fact a game. With the threat of a war with Iraq looming thick in the air, an angry mob of frenzied football fans looks more like a bunch of bratty, spoiled children.

One can still display great passion for the team you happen to be rooting for. I mean knock yourself out and go crazy. Paint your face, do a little dance, heck, even mock and mimic the opposing team the minute they step onto the field.

But when it's over. Cut your losses. Go home. And remember that old saying, there's always next year.



by Liz Byers

Hawks claw the Grizzlies

by Jeff Collier

The Humber women's basketball squad returned to winning form by taking the bite out of the Georgian Grizzlies 66-53 in regular season league action last week.

The all-star tandem of Karine Nicolas and Fayola Creft paced the Hawks to improve to 4-2 in the OCAA's East division. Nicolas led all Hawk scorers with 19 points, while Creft finished with 14.

Even though a win is a win. Hawks head coach Denise Perrier said the game was anything but pretty.

"Every year at Georgian, we seem to play a bit sluggish," Perrier said, indicating this year was no different. "We were up 13 points by the end of the first half, but we just lost our intensity in the second and led them back in the game."

The Grizzlies couldn't overcome the large first half deficit and combined with a heartbreaking two point loss to the Loyalist Lancers three days later, slip to 2-5 and seventh spot in the East.

Power forward Shenelle Morgan, who also had a solid effort with 15 points in the contest, said the Hawks can ill afford

to be unfocused for the remainder of the season. Especially this week against the winless George Brown Huskies.

"We're definitely not going to cut them any slack," Morgan said. "We can't take them for granted, even though we've beaten them

twice this year. They may come at us with something different, so we need to be ready."

In their two previous meetings this year, the Hawks embarrassed the 0-6 Huskies, outscoring them by an average margin of 37 points.

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Athletes of the week
Ray Morgan
Karine Nicolas

Arts



A group of wannabe high school students get tied up in knots at Po Na Na Hammersmith club in London, England. The *School Disco* nights have been such a huge success that promoters are bringing the night to Joe in downtown Toronto.

This ain't an average high school dance

Get out those old kilts and ties, *School Disco* is coming to Toronto

by Jennifer Foster

Just like in high school, guys will be drooling over girls in short plaid skirts and tights as they wait in line in their ties and dress shoes to get into *School Disco*.

High school was carefree and most of all, fun. It struck DJ Bobby Sanchez when he re-visited his old high school in London that people wanted somewhere to go where they could have a good time remembering the past; a place they could dance to old songs and get a little crazy if they felt like it.

Sanchez wanted to create a nightclub where the music would take you back to high school.

The idea for uniforms seemed natural for British nightclubs because the majority of students in Britain wear uniforms to school.

"The great thing about uniforms is that everybody is on a level playing field. No one feels out of place," said Mark Holmes, one of the men who is bringing *School Disco* to Canada. "A bloke doesn't have to worry about his clothes being right or his hair being out of place because everyone dresses the same."

Holmes has been involved in the club scene since the mid-nineties in the U.K. He and his partner Bobbi Guy run a night called the *Mod Club* every Wednesday at Lava Lounge and Saturday at Revival. It features British music from the 60s to the 90s. *School Disco* is different because of the uniform and because the music is more fun than cool.

"*School Disco* is a huge phenomenon. It is going to be all over the country," Holmes said. "Toronto is a great market for this because British culture and music has always been popular in Toronto."

When *School Disco* started, the age range was 19 to 25. But it has broadened to include 25-35-year-olds. Holmes attributes the success of the event to everyone wanting to "have a good laugh with their mates."

"So often people have kids and they forget what it feels like to be young," said Holmes. "*School Disco* takes you back to the best days of your life, to a time when you had little responsibility and all you cared about was fun."

The uniform can be a basic shirt and tie or you could come as a sports team or even a group of cheerlead-

ers. Holmes said everyone would be in uniform.

There will be crossing guards, a lunch lady and teachers handing out detentions. He and Guy will be the headmasters, although Holmes said he is more like the fun art teacher.

When asked if he would tire of the club scene one day, Holmes said,

"I can't imagine wanting to do anything else. I love this. I get paid to have a good time. We take our fun dead seriously."

School Disco will also be launched in Vancouver, Montreal, Los Angeles and New York, with Toronto as the head office for North America. Holmes and Guy will run the show but a lot of people will have to be hired, Holmes said. This past New Year's Eve, 10,000 people attended a *School Disco* event in London, a far cry from the 50 people that came to opening night in 1999.

"The reason it's the most successful club in London ever is because it's a concept that was staring people in the face for so long," Holmes said. "This is a good injection. The club scene is like an enema. This is one for an elephant."



You couldn't get away with wearing these uniforms at school but they're the norm at *School Disco*.

Opening night for *School Disco* is Friday, Jan. 31 at Joe (formerly *Whiskey Saigon*). It starts at 9 p.m. but Holmes advised to get there early to avoid the line. Cover is \$10 and remember you must wear a school uniform to get in. For more details check out www.joeonline.ca or visit www.schooldisco.com.

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Starring Will Ferrell, Luke Wilson, and Vince Vaughn.

This new movie isn't coming out until Feb. 21 but we've got tickets to the premiere Wed. Feb. 12.

The first 30 people to email humberetc@yahoo.ca and name another movie Will Ferrell has been in wins a pair of passes. Winners will be published in next week's issue.

GOOD LUCK!

Coming up...

Video & DVD (Feb. 4)

Sweet Home Alabama
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Movies (Jan. 31)

The Recruit
The Guru
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CD's (Feb. 4)

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Faith No More: This is It: Best of
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Things To Do

Listen to the other other piano man as *Garrick Ohlsson* plays Bartok's Third Piano Concerto and more with the *Toronto Symphony Orchestra* Jan. 29-Feb. 1. Tickets start at \$28, call 416-593-4828 for details.

Check out a different type of movie as *The Tunnel* opens on Feb. 7. A gripping human drama that takes you back to the nightmare of the Berlin Wall, and the agony of those who were forcibly separated from their families. Playing at Cumberland and Canada Square Theatres.

Get down with *The Roots* as they promote their new CD *Phrenology* with a concert at the Kool Haus Feb. 1. \$34.50

Free parking and cheap drinks on the West Side

Crocodile Rock, the newest addition to the Mississauga club scene, is a great alternative to downtown

Hot or Not?

by Nicole Gibbs

Crocodile Rock's Mississauga location is the perfect alternative for party-goers looking for a night of drinking, dancing and laughs that's close to home and where they can park for free.

The Mississauga bar, located on Hurontario, one light north of the 403, is a place where people ages 19 and over go for a night of cheap drinks, friendly staff and can avoid the many headaches of traveling downtown.

"It's something new," said Brian Baxter, the co-owner of *Crocodile Rock*. "Mississauga doesn't have a lot of places to go."

So after four years of looking for a perfect spot outside the Toronto area, the owners of Toronto's *Crocodile Rock* found a



A bar with no attitude – bouncers always try to get you inside quickly at *Crocodile Rock*.

location that "caters to all aspects of the business."

"We wanted something where people can go after work for dinner and for a late night," Baxter said.

The single floor bar filled with a diverse crowd of attractive women, students and businessmen is an environment where "having a hell of a good time is the only way to survive," said 25-year-old Rosie Kapuano, administrator for an auto body shop.

Nick Hajicosti, a 22-year-old account coordinator for Global Television said, it's the best place to be in Mississauga.

Hajicosti often clubs downtown, but stays in Mississauga when he doesn't feel like commuting to the city.

"It's a happening place, good music and I always see a ton of people I know," he said.

Baxter said the bar "is doing very well", with clientele from all over the Peel area and occasionally people from Toronto.

Mississauga's *Crocodile Rock* is a nice change from the usual downtown prestigious, I'm-too-cool attitude that most downtown bars give off.

It's overwhelming at first and surprising that the doormen try their best to get you in quickly, instead of the usual treatment of being kept waiting out in the cold line, for what seems to be forever.

Partygoers can also enjoy *Crocodile Rock's* theme nights from Wednesdays to Saturdays. Theme nights include Wednesday's 911 nights (full of firemen and cops, ladies), Thursday's Watch a Game and Win, Friday's ladies night and Saturday's let loose with DJ Phil.

The dress code is casual and cover is \$5.

New artist-in-residence jazzes up Lakeshore

by Buket Oktem

Humber College, renowned for bringing in talented teachers from industry, has cemented that reknown with its latest artist-in-residence.

In December 2002, Humber's music program appointed a widely acclaimed Toronto jazz musician to that position. Alex Dean has quickly become a favourite amongst students who have their ears set on music.

"He was the ideal candidate," said Cathy Mitro, coordinator of the program. As artist-in-residence, both senior and junior music students can benefit from Dean's vast experience.

He spends a lot of time working with students, both in groups and one on one. "Alex is a rich resource of ideas and experiences," Mitro said. "He is well-respected by staff, students and parents. He has really opened things up."

Alex Dean first picked up the saxophone in a grade nine music class. He had played the piano since childhood, and in high school, developed a liking for drums. But he is not quite sure what first drew him to the sax.

"I don't know why I went for the saxophone, but it seemed like the fun thing to do," Dean said.

Soon after, a love affair started between the two and Dean realized that music was all he wanted to do. He began to grow more and more impatient with his studies in school.

"My music teacher would say 'Look, he just wants to be a musician, so let him go and be a musician.'" And he did just that.

He struggled to complete high school, missing classes in order to play

in concerts along with distinguished Canadian music greats, like Phil Nimmons.

"In high school, I lied and said I was in university just to go down to U of T and play with Phil Nimmons' band," Dean recalls.

Moving from one gig to the next, throughout high school he played in countless rock, swing and big bands. Surprisingly, this did not go over well with the ladies when formal dance season rolled around. When his band was booked for formals, as was always the case, Dean's eagerness to perform outweighed all else.

"It's not like you're going to turn a (paying) gig down to go to a school formal. What are you crazy?" he laughed.

On stage, Dean is electric. His sets are always full of energy and he delivers a great blend of jazz rhythms and good-humoured stand-up.

After graduating from high school, Dean continued to play alongside well-known musicians, including his father, who had a great reputation as a trumpet player in Toronto. "My father was a lawyer by day, a real smart guy whose greatest passion was for music," he said.

Unlike his father, Alex Dean decided to pursue a career in music. He headed to Humber College, primarily

for the chance to study under jazz legend, Pat Labarbera.

From there, it did not take very long for Dean to go from student to teacher in the music program.

With numerous CDs under his belt, Dean has contributed to over 100 recordings and released three albums under the Alex Dean Quintet as well as two with D.E.W. East (a trio band, along with Barry Elmes and Steve Wallace). "Playing with Alex is great. He's a complete musician and at the same time, he keeps an element of humour," said Elmes, who has been playing with Dean for many years.

On stage, Dean is electric. His sets are always full of energy and he doesn't stop short of delivering the audience a great blend of smooth jazz rhythms and some good-humoured stand-up.

"It's obvious how much he loves the music," said Kim Hughes, who came out to The Rex jazz and blues bar to listen to Dean's quintet.

Alex Dean is a big "ball of energy", as one Humber music student, Jay Hay described.

"He is a really funny guy," Hay said. "He is definitely living music as a lifestyle." This effervescent style mixed with a strong love for learning and teaching has injected his students with a great enthusiasm for music.

If music was not a part of his life, Alex Dean would probably become a chef. "I really like cooking, so if I could do that I would," he said. "But music is everything I ever wanted to do."

He probably is a great cook. But anyone lucky enough to have listened to Alex Dean play should thank him for sticking to music.



Alex Dean plays at *The Rex* blues and jazz bar.

Four time Grammy winner to perform at Lakeshore

by Hayley Stephens

The jazz program at Humber may seem to be on the dark side of the world – on at least the music spectrum – to people who listen to Justin Timberlake and Britney Spears. But to the students who practice at the Lakeshore Campus studios, the genre that accounts for less than three per cent of all CD sales offers them a wealth of opportunity.

"One of the main reasons kids come to study at Humber is because you can't get a faculty like ours anywhere else in Canada," said Denny Christianson, the director of music at Humber. "Through our depth and diversity, we cover almost every part of the jazz spectrum."

All of the faculty have made a name for themselves within the music industry and some have even performed or recorded albums with distinguished artists like Ray Charles, Diana Ross, Smokey Robinson and Aretha Franklin.

"We have some of the best players easily in the country and some who are internationally renowned," Christianson said in praise of the staff.

The opportunities for aspiring musicians don't stop there. Outstanding musicians are brought in from all over the world to do workshops and clinics and three times a year, guest artists come in to perform.

In less than a week, the Hilario Duran Latin Jazz Ensemble and The Humber College Studio Jazz Ensemble – two of the program's best – will have the rare opportunity to play with Paquito D'Rivera, Grammy award winning clarinetist, saxophonist and composer.

"He is easily one of the most famous Latin jazz musicians of our time," Christianson said.

D'Rivera said he is looking forward to working with Humber students.

"I like to play with young people because they are so fresh and open to suggestions to enhance their style," he said.

The talented students who get to work with D'Rivera will likely cherish any advice from the man who refuses to let his own music be boxed into any one genre.

"I don't have a special definition for my music," he said, "My compositions are a combination of everything I have been collecting all my life. They are a combination of life-hood."

Such a life includes performing live in Havana by the age of six, joining the Cuban National Symphony by the age of 10, playing in Dizzy Gillespie's band after defecting from Cuba, receiving four Grammy awards, and recording over 30 solo albums in Jazz, Bebop and Latin music. He has also made numerous contributions to classical music, as well as composing diverse pieces, which range from Afro-Cuban to the dance hall.

"I am a very eclectic person, so my music appeals to a wide audience," D'Rivera said. "There are many different people who come to see me play, all people of different races, different ages, and different musical inclinations."

Without skipping a beat, he added, "There is candy for everybody here."

Jazz enthusiasts can see D'Rivera perform live on Feb. 5, 2003 at the Lakeshore Campus auditorium. Tickets are available at the door or by calling 416-675-6622, ext.3427. \$15 general, \$10 students.



The cast from the original company of Disney's *The Lion King*, on stage at the Princess of Wales Theatre, 300 King Street West.

Roar: Trying out for *The Lion King*

by Tamara Holmes

An open casting call for Toronto's production of *The Lion King* saw hundreds of new and veteran faces of the city's stage scene belt out a tune last Saturday.

Nervous energy lay heavy in the air at the door of Maddison Dance and Theatre's studio as early as 5 a.m. as hundreds of hopefuls lined the street with headshots and resumes on hand.

"The turn out that we've had for auditions this year is fantastic," said Larissa Mair of Stephanie Gorin Casting Inc., the group handling all preliminary auditions prior to Mirvish Productions. "We really only expected to be here until noon but it looks like we'll be auditioning until 6 p.m. tonight."

Jessica Friedlenden couldn't decide between singing "Fever" or something by Alicia Keyes for her audition, but knew she'd make her mind up once inside the audition room.

"It's one of those things that you just have to go with your gut feeling once you're in front of the casting panel," Friedlenden said of her last minute song selection.

She says the most important part to winning a call back or nailing an audition on the spot is being believ-

able in the role.

"If you ain't Miss Britney [Spears], then don't do Miss Britney. Auditions are all about who you are and what you can offer."

Zyrack Osmon had been waiting at the open audition since 5 a.m. on the front steps outside equipped with two sleeping bags and his sheet music.

"I had to convince three people that I wasn't a bum hiding out from the cold and that I was waiting for an audition," said Osmon, pointing to his dreadlocks. "Maybe it was my hair that threw them off."

Osmon said he has *The Lion King* at the top of his goal list.

"*Lion King* is a great production and to be a part of it would be fantastic," Osmon said.

He said he came so early because he's used facing more competition.

"In New York...we'd line up for nine or 10 city blocks about seven hours before the sign-in time and still wait 13 hours to get inside."

More auditions are planned for the coming future and information can be received at 416-208-0637. To mail in your head shot and resume for a chance in *The Lion King*, send it to *The Lion King* Casting, c/o Mirvish Productions, 4th Floor, 284 King Street West, Toronto, Ontario, M5V 1J2.



Paquito D'Rivera will perform at the Lakeshore Campus Feb. 5.

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Celebrity Corner

by Anna Rozbicka

It was a very happy birthday for Athina Roussel on Wednesday, as the last descendant of the late Aristotle Onassis became one of the richest people in the world. According to *Sympatico.ca*, the 18-year-old has inherited an estimated \$2.7 billion dollars in properties, companies, stock, artwork and a private jet. I don't know about you but for my birthday I got socks.

Talk about a pretty boy complex. *MSN.ca* reports that Russell Crowe ran up a \$150,000 bill for getting his hair highlighted and styled for an upcoming movie. He flew his personal stylist in from Australia (first class) to Mexico and also paid her for the work she lost by styling him there. With all this money going into his 'do, why does he always look like he hasn't washed it?

Try not to panic, but J.Lo and Ben

Affleck's relationship is rumoured to be headed down the toilet instead of the aisle. *Sky.com* is reporting that the pair is arguing like crazy and studio execs are scared they'll call off their engagement before the release of *Gigli*, the film they appear in together. Personally, I'm devastated. After confessing that she can't imagine her life without Ben, and even dedicating pretty much all of the music on her album to him, how can J.Lo leave him? Oh right, just like she left her previous two husbands. After all, if her goal is to be the next Elizabeth Taylor, she needs to get a move on. She's no spring chicken.

And speaking of love affairs, Britney Spears seems to be moving on fairly quickly – and frequently. After dating Fred Durst, Spears was seen arriving at a movie premiere with newest Hollywood heartthrob Colin Farrell. *Sky.com*

writes that the pair was draped all over each other which is interesting since Farrell was last seen holding hands and tongue wrestling with Demi Moore at the Golden Globes.

Is Madonna pregnant? Tongues have been wagging since rumours started circulating that the star was trying to get another bun in the oven. *The National Enquirer* reports that she could be pregnant. Her frequent arguments with husband Guy Ritchie are well documented and this is said to be an attempt to hold on to her man. Doesn't Madonna know that pregnancy won't help you keep your man? Doesn't she watch Maury?

Aretha Franklin is missing after refusing interviews in court about a possible arson attack on her home, *BBC News* reports. How hard can she be to find? That's like losing the CN Tower.

Critic's Comments

What we read

The Lost Garden
By Helen Humphreys
Harper Flamingo Canada



It's amazing how a book so small can tell such a powerful story.

The Lost Garden is the story of Gwen Davis, a young woman posted to a

country estate in England during the Second World War where she is in charge of a group of young girls growing crops for the home front.

There, she meets Raley, a Canadian officer awaiting a posting, and Jane, whose fiancé is missing in action.

Humphreys uses simple, poetic language to tell her story, getting to the heart of human emotion. This is a story about love, loss and longing

that leaves you utterly satisfied.

The Case of Lena S.
By David Bergen
McClelland & Stewart Ltd.

This is the story of Mason Crowe, a 16-year-old boy who discovers love and sensuality.

The women in Mason's life are troublesome: Seeta Chahal, an older girl heading into an arranged mar-

riage, Mrs. Abendschade, a teacher who sparks fantasies, and his own mother, who has taken a lover and shares details of her affair with her son.



But most important is Lena Schellendal, the girl that Mason falls in love with. Lena has her own agenda, and is

impulsive, erratic and sad. She takes him on a journey of sexuality and confusion as she tries to figure out her identity.

The Case of Lena S. is written with humour and deceptively simple language and precisely captures the desires of its characters, and the universal human need to be loved.

by Anna Rozbicka

What we saw



"I'll get you my pretty...and your little teeth too."

Darkness Falls
Columbia Pictures

What's so scary about the tooth fairy?

Darkness Falls would like you to think that there is a lot to fear about the only money-hustling scheme a seven-year old can master.

The movie is about the quiet coastal town of Darkness Falls that boasts a big lighthouse and a big secret.

Once upon a time, a nice old lady would dish out gold coins to the village children when they showed up at her door flashing their toothless gums. At some point, in-between being a granny figure and having to wear a porcelain mask to cover a hideous burn, the fragile lady was blamed for the disappearance of two village youngsters and later executed.

Town legend went from then on that when the last tooth was lost, her

restless spirit would come to collect. If the curious kid snuck a peek at the spirit, she would kill them.

This movie is not scary. It's funny, judging by the constant laughter of the audience.

It's the type of movie that will make you jump out of your skin a few times due to several cheesy horror movie formulas. But you'll be embarrassed you did.

by Tamara Holmes

Serving Sara
Paramount Pictures



It's difficult to review movies that are completely mediocre. There's nothing to rant or rave about.

Serving Sara is such a movie. The storyline revolves

around Joe (Matthew Perry) a process server who needs to serve Sara (Elizabeth Hurley) divorce papers. She offers him a million dollars to turn around and track down her husband to serve him first, letting her get the majority of the family fortune.

So the pair set off on an adventure that includes her flashing her breasts and him sticking his arm into a bull's rear end. With such highbrow humour it's not hard to see why this movie was a box office flop.

Matthew Perry plays another character eerily similar to Chandler and Elizabeth Hurley once again just plays pretty.

It's not a completely horrible movie but it's not good. If you're bored and have seen everything else at your local video store give this a whirl. Maybe it will serve up a chuckle or two. Or maybe not.

by Anna Rozbicka

What we heard

Bic Runga
Beautiful Collision
Columbia/Sony Music Canada



This is a CD to stay away from if you've had a fight with your significant other. If you haven't and are blissfully happy - grab it.

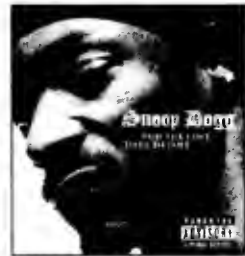
Beautiful Collision is the work of a singer from New Zealand, who writes her own music and plays guitar, drums

and piano on her own album. The music is a fusion of folk and pop that echoes of Poe, Bjork, and Tori Amos. Runga's voice is sweet and at times haunting and many of the songs have a melancholy air.

The opening song "When I See You Smile" is just voice and acoustic guitar and sets the tone of the disc. She follows with songs like "Get Some Sleep" and "Something Good" which are somewhat upbeat. Her lyrics are simple but resonate with you as they talk plainly about emotion.

"The Be All and End All" has a country twang and "Honest Goodbyes" has a jazzy flavour. *Beautiful Collision* is catchy, if somewhat sad at times, and worth picking up.

Snoop Dogg
Paid Tha Cost To Be Da Bo\$\$
Capitol/EMI Records



I'm still not sure why Snoop Dogg felt the need to put out another album with his acting career flourishing the way it is - all three people that saw *Bones* will tell you how great it is.

To be honest, this CD isn't half bad. It has some catchy beats

and guests like Jay-Z, Pharell, Redman, and Ludacris add some variety to the Hip Hop tracks, which I'll admit sometimes all start to sound the same to me.

I do think that Snoop has a bit of a complex since he needs to refer to himself constantly throughout his songs and has decided that he is now the Don Doggy. That will get him the ladies. If it doesn't, lyrics like "let me shoot my thang in your bellybutton" and "I'll stick my dick in your neck" definitely will.

But overall, the CD is well done, has some great songs and will make Hip Hop fans very happy.

by Anna Rozbicka

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Cash & Gizmos

Citytv's morning television show shoots in the halls of Humber

Jennifer Valentyne and crew showcase the Humber apprenticeship program on Breakfast Television

by Annie Chau

The spotlight shone brightly on some of Humber's staff and students on Jan. 23 when Breakfast Television came to showcase the apprenticeship program at Humber.

Live Eye host Jennifer Valentyne arrived early Thursday morning with

her crew to showcase programs such as the plumber apprenticeship program and the cook (cuisine) apprenticeship program in order to give her viewers a dose of the diversity of courses that Humber has to offer.

Valentyne said that she would like to give her viewers "a knowledge of what goes on at Humber, they're gonna watch and say maybe they can

take something here too." Valentyne added that "people are always calling in and asking questions from the show," and that she hoped that she could help bring more attention to the programs at Humber that people may not know about.

Sara Mezzone, the learning support officer for the apprenticeship program, co-ordinated this event.

"I watch Breakfast Television every day and I see what a great way it is to advertise," Mezzone said. "A lot of people are not in tune with apprenticeship and we really wanted the exposure more than anything," she said.

Exposure is exactly what staff and students got when the cameras began to roll. Jason Conklin, a student in his last year of the advanced plumbing apprenticeship program, agreed to wake up in the wee hours of the morning not only to be on TV but also to help his program.

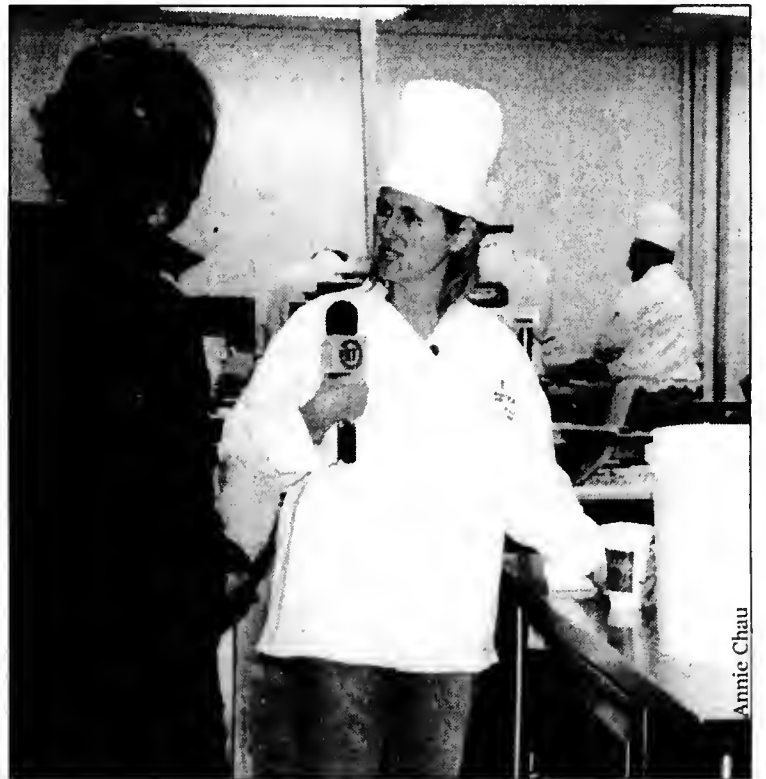
"It would probably spark up the apprenticeship program more. People would actually get into the trade. If you didn't know what you wanted to do with your life it would give an outlook on the trade," he said.

His instructor Rick Snowden agreed with Conklin. "The trades need exposure I think. We don't get enough exposure and TV is the best exposure you can have."

In addition, Snowden said that those in the plumbing profession work hard, yet people often don't see how difficult it is. "It's like the tip of



Valentyne on the go during the morning shoot for Citytv show.



Valentyne cooks up a storm of publicity for Humber College.

the iceberg, 90 per cent of the work is behind the wall or under the floor."

Bob Moulton, the dean of the School of Applied Technology said, "I hope [Breakfast Television] helps Humber as a profile, but mostly I want it to promote apprenticeship as a career...today, young people don't think of it as an occupation."

Valentyne and her crew did all they could to promote the program, despite some obstacles.

Near the end of a very long morning of filming, Valentyne made her last stop at the Humber Room to give

her audience a taste of the cooking apprenticeship program.

Students of the cooking program were in danger of losing their 15 minutes of fame, however, when the satellite signal was lost. Valentyne said she knew how much work was put into the preparation for this TV spot and she was not willing to disappoint the cooking students. Instead of going live with the cooking segment, Valentyne compromised and insisted on taping the segment so she could air it on her show on Friday instead.

Discovery may allow repair of brain damage

Chromosome from men appears in four female patients

by Sarah Ternoway

New research suggests that cells from bone marrow may be able to travel to the brain and make new brain cells.

This discovery could open the door to a new way of treating strokes, brain trauma and diseases such as Alzheimer's and Parkinson's.

Dr. Eva Mezey and colleagues at the U.S. National Institute of Neurological Disorders and Stroke looked at samples of brain tissue taken at autopsy from four female

patients. Their work was described in a paper published in the Jan. 21 advance online edition of the Proceedings of the National Academy of Sciences.

All four patients received bone marrow transplants from male donors to treat various diseases. Mezey's group searched for and counted cells which contained a Y chromosome. Y chromosomes only occur in cells from males. Since all the patients examined were female, it was assumed that any Y-chromosome-bearing cells would have arisen from the transplanted bone marrow.

The researchers found Y-chromosome-containing cells in the brains of all four patients.

The new brain cells most likely came from the bone marrow stem cells. Stem cells are cells which can make a variety of different cells

when given the appropriate chemical signal.

Recent controversy has erupted over the use of human embryonic stem cells taken from an embryo in

"Stem cells could some day be used to replace neural elements lost to ... stroke or trauma."

the earliest stages of development, killing the embryo in the process. These cells are valuable because they can make any kind of cell in the body.

But most adult tissues have their own stem cells and recent research has shown that many of these cells are more flexible than expected. These kinds of cells are less ethically troublesome since harvesting adult stem cells doesn't involve killing an embryo. For therapy, the cells could even be taken from the same patient who will be using them.

Still, some scientists are skeptical about some of the more remarkable results, such as coaxing bone marrow stem cells to become neurons.

"To be frank, we have had trouble convincing some members of the scientific community that this could happen," Mezey said in an interview. "Accepting this idea is the first step towards accepting the suggestion that adult stem cells could some day be used to replace neural elements lost to neurodegenerative diseases, stroke or trauma."

The next step will be to look at whether bone marrow stem cells can actually repair damage in the brain and what conditions are needed for the process to work well. Research in mice suggests that bone marrow cells can reverse brain damage but only to a small extent.

"Normally, the process does not seem very efficient," Mezey said. "So we need to determine how cells in the blood enter the brain, how to induce them to enter the brain in larger numbers, how to promote their differentiation into neurons - in fact, the exact sorts of neurons needed - and how to target them to areas of need."

Mezey cautioned that there's still a lot we don't know about using stem cells for therapy. "If you induce cells to enter the brain in greater numbers, how do you turn off the switch?" she said. "Can there be too much of a good thing?"



Showing off audio at the Speedorama auto show

by Jeff Collier

Loud, louder, and loudest.

That was the only way to describe the car stereo area at Speedorama, a custom auto show in the National Trade Centre at Exhibition Place last week.

Clarion Canada, Eclipse, Kaption Audio and Kicker were just some of the leaders of in-car multimedia and stereo systems to show their stuff from Jan. 24 to 26. The three-day extravaganza had an assortment of ear-splitting gadgets that caused car windows to rattle and mouths to drop.

"It's absolutely awesome," Toronto native Ryan Humphrey said, pointing to Clarion's \$2,700 multimedia system. "With something like that, why would you ever want to get out of your car?"

The 24-year-old ogled the unit and its numerous flashing buttons and controls, which sits at the top of the mountain of the world of in-car entertainment.

The Clarion VRX925VD is an in-dash AM, FM, DVD, CD, MP3 player with a fully motorized 7" wide screen colour LCD display including

touch screen control of all major functions.

It also includes a switch that allows rear seat passengers to enjoy a separate audio/video program on a rear monitor, while the front seat passengers enjoy a completely separate screen. The system controls a six disc DVD player and plays conventional CD audio, DTS audio discs as well as MP3 files burned on a CD-R.

And like the proverbial cherry to this mammoth sundae of features, a Dolby Pro Logic II Surround sound system helps the car speakers and subwoofers let everyone within a square block know what the driver is listening to.

Not to be outdone was Eclipse and its integrated in-dash digital system displayed in an enormous camouflage-coloured Humvee, sitting smack-dab in the middle of the Audio Eruption exhibition.

A carbon-copy of the Clarion model, the Eclipse AV8132 is centred on its automated, fold-out 7" LCD display unit and multitude of accessories. Virtually anything can be integrated with this system.

Seemingly, the only thing the Eclipse model can't do is drive the

car. But the real stars of the Audio Eruption stereo area were companies like Kicker and Kaption, who managed to keep the thousands who braved the noisy section at an audio fever-pitch.

Both companies strategically crammed subwoofers, amplifiers and speakers into their show-car of choice and boosted the volume well beyond the point of human eardrum capabilities.

Not everyone thought the stereo area was loud enough, though.

Humphrey and his friends begged a local radio station disc jockey to "crank up," the volume to a recent airwave favourite that was being played over the booth's enormous speaker system.

"I can't," the DJ said. "That's as loud as I can get it."

The five twenty-somethings then shrugged and strolled over to the Kaption booth, where the reps not only granted their request, but immediately drowned out the DJ's equipment with the Kaption show-car's stereo system.

Too bad earplugs didn't come with the price of admission.

Marvel Comics reinvents the medium

by Brian E. Wilkinson

Marvel Comics has announced a new project called *411* that re-invents the way people write and read traditional comic books.

Marvel COO Bill Jemas described the book as a way of telling "uplifting stories of people choosing to fight aggression with information and non-violent resistance."

Beginning April 11, the three-issue mini-series will feature a wide range of creative talent. For *Uncanny X-Men* writer Chuck Austen, the idea was appealing because as a father it shows his children better ways to solve problems than with anger.

"The story that I worked on was

about a soldier who loses his daughter," said Austen. "The obvious response is to go off and retaliate. Instead, it gives him an idea for a more peaceful solution than the one others might choose."

Marvel hopes the series will be a hit with both traditional and non-traditional comic readers and that it will be the kind of book teachers will embrace in schools.

Ryan Scott, a 22-year-old student at the University of Florida, is interested in reading the final product.

"It seems like a book I could easily hand to my non-comic friends," Scott says. "It will be interesting to see if they can pull it off."

Jemas added that the inspiration for the series came from another Marvel writer, Mark Millar. "He said

that 9-11 really affected his comic writing. The heroes would fly in, knock the buildings over and fly off, but now he wants to see where the buildings land."

"There is no mandate to following any particular theme," clarified Jemas. "We're just showing alternatives. [The issues in the stories] can be anything from nuclear war, to issues of racism. It can be a number of different things. We want to show any alternative other than violence or hate."

"I think it sounds really good and seems like a worthwhile project," Scott says.

Each issue will feature at least three stories and will feature a card-stock cover and come with a cover price of \$5.75 CDN.

PopCap.com lots of gaming fun

In the world of high speed Internet traffic, one company suggests you slow down and relax with a fun and interesting game hosted at PopCap.com (www.popcap.com).

"I visit PopCap a lot," says Brian Ancliffe, a 21-year-old student at Fanshawe College in London. "Probably more than I should since I tend to go when I should be paying attention in class."

"I like the wide variety of games," he says. "And I love that it's free."

PopCap.com features 18 mini games that you can play directly off the Web site. All games are 100 per cent Java, so that means you don't need to do any downloading or own any particular software aside from a Web browser like *Internet Explorer* or *Netscape Navigator*.

New games are added to the busy Web site on a monthly basis.

Internet users can play solo puzzle games like *Diamond Mine* or *Tip Top*. Also, users can join the thousands of others who have discovered PopCap by playing group games like *Psychobabble* (based loosely on fridge-magnet poetry), *Lucky Penny Poker* and *Atomica*.

The company was founded in 2000 by John Vechey, Brian Fiete and Jason Kapalka. PopCap's web games soon became popular both on their home site and on partners' sites such as the Microsoft Gaming Zone, Yahoo, RealOne Arcade and Shockwave.

Recently the team at Popcap moved their home operation to an office in Seattle, Washington. More

than 15 employees currently work to bring PopCap to life.

"Everyone here understands that it's all the little things that make the difference between a game that's cute or fun for five minutes, and a really addictive, entertaining game you can play for months or years," Kapalka says.

Their flagship game, *Bejeweled*, won Computer Gaming World's Puzzle Game of the Year award for 2001. On any given day, the site boasts that hundreds of thousands of people play the free web versions.

Web

Wanderings

by Brian E. Wilkinson

Chris Vettoreto, a 21-year-old construction worker from Guelph, sees PopCap's simplicity as its biggest draw. "PopCap games are simple, yet entertaining. Fun when you have nothing else to do."

PopCap also offers downloadable versions of their games. These games are of higher quality but they come with the price tag of about \$29.99 US if you want to keep them after a brief trial period.

"It sounds a little pricy to me," Ancliffe says. "I'm more than happy to use the web versions, but I can't afford to buy them."

PopCap games are available for both PC and Mac users. They can also be used on PDAs, cell phones and more. "We've even got a deal to have the games adapted for in-flight entertainment on long-haul overseas flights... so in theory if you were flying to Hong Kong you could play *Bejeweled* on the screen by your meal tray," Kapalka says.



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Streetsville Glen Golf Club (Mississauga)

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Surf online for new places to surf

Make travel plans on the cheap

by Izabela Jaroszynski

Amid the growing popularity of purchasing travel online, many students are turning to the Internet to find the best deals on flights, hotels, and attractions for spring break.

But with so many Web sites claiming to offer the lowest rates — and prices changing almost by the hour — how can students find the best possible deals on the World Wide Web?

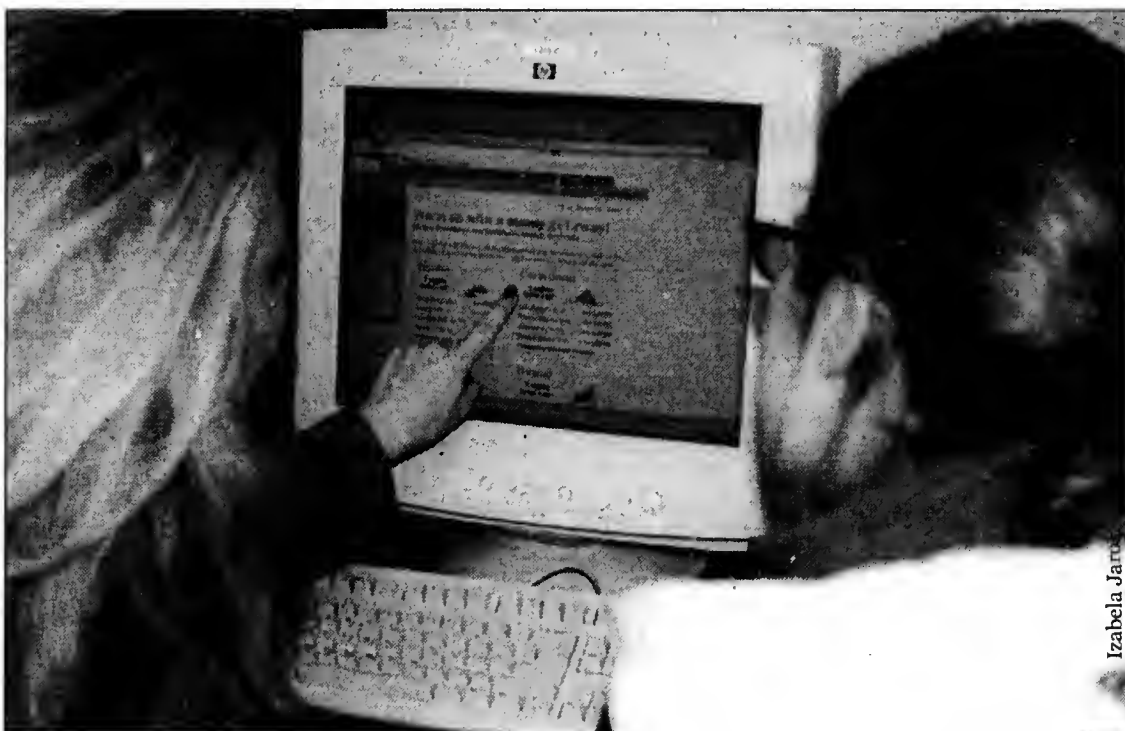
Edward Hasbrouck, world-traveler and author of *The Practical Nomad: A Guide to the Online Marketplace*, says booking travel over the Internet puts you in the role of a travel agent.

"Being a do-it-yourselfer when it comes to arranging your travel means you do more of the work yourself," he said in an interview from his home in San Francisco. "It's slower, it's more difficult, you have to learn skills in order to do it effectively or you can make very expensive mistakes."

One of the secrets to getting the best deals online is to shop around, Hasbrouck said.

Start with large online companies, such as Expedia and Travelocity, but also search less known sites.

"There is a lot of smaller local hotels, hostels, guest houses, local tour operators for that matter that



Izabela Jaroszynski

A secret to getting the best deal online is to go to lots of different Web sites and shop around.

don't participate in the kinds of reservation systems that travel agents have access to," Hasbrouck said, "which is particularly important for students who are on a budget."

Look for online sites that specialize in discount travel. Hasbrouck particularly recommends Hotwire, a

discount travel site dedicated to finding great deals on accommodations.

"That's where we can really help students for spring break," Amy Bohutinsky, a travel specialist from Hotwire, said. "We sell [hotel rooms] in the Caribbean, in Florida, and we just started selling in Mexico.

And our hotel rooms are up to 75 percent off."

Bohutinsky admits that another secret to getting great travel rates is to remain flexible in dates and time.

"You have to be flexible," she said. "The reason we are able to get the low prices is because of the flex-

ibility."

When flexibility is not an option, like during spring break, booking through a discount travel agent can be a better bet for students.

"We offer some great deals for students going to popular spring break destinations," said Carrie, a travel consultant from Travel Cuts in Toronto.

Travel Cuts specializes in finding airfare specifically designed for student budgets and they work with Breakaway tours to accommodate spring break travel.

Other discount travel agents have Web sites that offer estimates online, but final booking is done through a travel agent. Check out the Web sites for the Flight Centre and STA Travel for specials.

It's important to remember that aside from booking your airfare and accommodations, the Internet can provide a wealth of knowledge about your chosen destination. Traditional travel guides, such as *The Lonely Planet*, *Fodor's*, and Hasbrouck's *The Practical Nomad*, all have Web sites with useful tips to save you time and money.

"My biggest hope, is that access to information on the Internet will empower people and give them a confidence to explore and go further a field than they might have done before," Hasbrouck said.

Fair reveals the cost of higher education

by Annie Chau

Droves of Humber students at North Campus attended the sixth annual University Fair on Jan. 22, looking to make a further investment in their futures.

Over 30 universities from North America and even one from Australia came to advertise their schools to prospective students who might buy into what their schools had to offer.

One major issue that was on everyone's minds was how transferable their college credits would be to university credits. For many universities, doing well in college could really pay off.

At Carleton for instance, students who have yet to finish their college diplomas could still get the equivalent of half a year to a whole year's worth of credits toward a B.A. degree. Those who already have a diploma will be able to jump ahead a whole year to a maximum of a year and a half. Similar credit transfers were also honoured at many of the other universities in attendance.

Going from paying college tuition to the tuition of a university however could really put a hole in your pocket.

"I know that the actual tuition will be roughly twice from what I understand they pay here... I do know that our tuition fees are slightly higher, that's for sure," said Trevor Lewis, the off-campus recruitment co-ordinator for Carleton University.

Michael Houston, director of liaison and student recruiting for the University of Windsor, said the higher tuition costs for a university education could be in part based on the salaries of the faculty members. "You look at the University of

Toronto for example, 60,000 students there and the upkeep of the numerous buildings on the number of campuses they've got, obviously there has to be some way of providing for that," Houston said.

For Lewis, the university experience is something that cannot be measured in dollars.

"It's not a cheap endeavour but it's an investment in themselves and it's certainly worth making," Lewis said. "I think the two (college and university) are a great marriage for one another. I think it's important to realize that in terms of furthering career goals, the degree opens some doors for some things that perhaps they may not get [in college]."

Shellyanne Sherwood, a first-year physiotherapy assistant, came to Humber from Trinidad because she says her program is not offered back home.

The cost Sherwood will have to incur going on to university is something she must accept.

"I am an international student so I'm already paying double what Canadians pay, so money is definitely a concern... of course going on to university will kind of double what I pay as well," she said.

Regardless, Sherwood is happy with her choice to further her education. "I plan to go back [to Trinidad] to practice. It's a good field to study,



Michael Houston promotes schooling at the University of Windsor

It'll be a good field to be a part of and it pays well," Sherwood said.

To give students their money's worth, universities have expanded their campuses and spent more money on hiring additional teachers, erecting new residences and buildings and expanding programs to offer more variety.

In addition to receiving Superbuild funding from the government to expand the school's capacity, Lewis said that "[Carleton] alumni ... gave us \$70-some million over the course of the last five years so we didn't feel a need to bump up the tuition at all in fact, so I think that's a good thing."

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LifeStyle

Early detection key to fighting mental illness

Schizophrenia is youth's greatest disabler

by Karen Elstone

Biagio Chimenti is a 37-year-old Toronto man who suffers from schizophrenia. When he was about 20, he experienced delusions.

"I was watching television and people were telling me to get in my car—this was my last chance to get away or else they would get me. I got into my car. I drove out and thought I saw police officers at the intersection. When I turned the radio on, I could hear what the broadcaster was saying, but I could hear another voice coming from the

radio," Chimenti said of his delusion. "I couldn't drive away because the police were all around—I couldn't go to the airport because the FBI and CIA were there. I kept going with that belief that people were after me. I think I was hospitalized shortly after that."

Known as youth's great disabler, schizophrenia is a type of psychotic disorder that causes people to have trouble interpreting reality.

Symptoms include hallucinations, delusions, false beliefs, disorganized speech and behaviour, apathy and social withdrawal. It hits usually between the ages of 16 to 26.



Biagio Chimenti had schizophrenia for two years before diagnosis.

"One out of every 100 people will develop schizophrenia in a lifetime," said Bill MacPhee, founder and publisher of Schizophrenia Digest.

The three main contributors of schizophrenia are genes, a chemical imbalance in the brain, and stress—which usually acts as a trigger, MacPhee said.

"There is a misunderstanding in the general public about what schiz-

ophrenia is," said Deborah Deacon, manager of program development at the Schizophrenia Society of Ontario.

Since many have the disease for two to five years before diagnosis, early detection is critical. "If we can teach people the initial things to watch for and to intervene in the early stages, chances for recovery are much greater," Deacon said.

"When people first experience psychotic symptoms, it isn't always clear what the nature of the illness is," said Claudia Tindall, a social worker for the first episode outpatient program at the Centre for Addiction and Mental Health (CAMH).

Though Chimenti was diagnosed when he was 19, he already had had the disease for about two years.

"Nobody knew what was wrong with me—I didn't know what was wrong with me," he said. "A lot of the things that you do when you are psychotic or schizophrenic could be things that would be going on in a

teenager's life anyway—like drinking a lot and doing drugs."

"When I first became ill, there was a period of denial and noncompliance," Chimenti said. "I continued to function as well as I could."

Noncompliance is failing to take medication without a psychiatrist's approval.

"[Schizophrenics] lose the ability, sometimes, to relax, to concentrate or sleep. They can become moody or withdrawn and shut out their friends," Mosher said. "Their work or school begins to suffer, and their physical appearance often declines."

After his condition improved, Chimenti's medication was reduced but he put a lot of pressure on himself to get his university degree and as a result, he relapsed.

"After that pattern of working and going to school and failing, eventually, by the age of 23 or 24, I had become compliant," Chimenti said. "I knew that I had to take the medication for the rest of my life."

Wrestling in the name of God

by Adam D. Booth

In the Christian Wrestling Federation, the forces of good and evil battle it out.

It may seem like a contradiction in terms, but Christian Wrestling Federation (CWF) founder Rob Vaughn and the CWF wrestlers have managed to make the two opposites attract for the past two and a half years.

Since May of 2000, the CWF has traveled to churches and community centres across the United States to attract youth and other fans of professional wrestling to Christ.

"Christianity is everywhere. Music, books, everything, even in wrestling. You just have to look for it," Vaughn said.

Vaughn, 32, of Texas, began his career as a professional wrestler in 1999. He was unhappy with the hardcore and violent direction that pro wrestling was taking and wondered why God put his life on such a path.

After turning to God and discussing his situation with friends, Vaughn decided to blend his faith with his wrestling skills. From there, the CWF was born.

The CWF has fewer hardcore, bloody matches with one rule: weapons are allowed.

Wrestlers use Christian rock songs for their entrance themes and stage names.

The "Faces" (good guys) have names such as Angel and Jonah while the "Heels" (bad guys) have distinctly evil names, such as Nightmare and Apocalypse. Vaughn's own ring name is Jesus

Freak.

Scriptures and Bible passages are read between matches and after the show. Each match centres around a particular theme or message played throughout the show representing the eternal struggle between good and evil.

"There may be many wrestling fans out there who aren't Christians," Vaughn said. "We can't just sit back and wait for them to come and listen to sermons. We use wrestling to bring them in to the message."

Vaughn quotes 1 Corinthians 9:22 as religious justification for the CWF. "I have become all things to all people, so that by all possible means I might save some." The meaning of the passage is that

God works in various ways so can reach people one way or another.

Not everyone is sold on the idea of the mating of Christianity and pro wrestling.

"Christianity isn't about fighting," noted 21-year-old Chris Van Dusen, a first-year student in the Theatre Performance program at Lakeshore campus. "It's like a fight breaking out in the church."

Carl Oliver, a Humber IT instructor, is also not sold on the idea. "It might raise awareness. It will make some believe, but what it might raise awareness of is the wrestling." He expressed concern about the Bible verse the CWF uses for justification, saying that spreading the faith however one can, may not necessarily be so good an explanation.

"You can hold a gun to somebody's head and say 'believe', but it's not a good way to do it. Not every way's a good way," he said.

"I have become all things to all people, so that by all possible means I might save them."

Israeli army training new fitness craze

Military techniques used in self-defense classes

by Andrea Chambers

What's that latest craze in the fitness world that's been sweeping North America off the treadmill and into...your face?

KAPAT!

A Hebrew acronym for "face-to-face" fighting, it has brought Israeli military training techniques right to the gym.

"This class is recognized as the best source of self-defense," said Joel Gerson, the KAPAT instructor at Toronto's Diesel Fitness. "We drill and condition the students to be able to react effectively to any kind of dangerous situation."

Almost every dangerous confrontation, Gerson said, will always end up on the ground. In KAPAT, training for ground situations is a major component of the system.

"A real confrontation will end up in what's called a 'clinch' where two people are wrestling and there's a 90 per cent chance it will finish on the ground," said a senior student of the founder of KAPAT.

Students are also Army training has become the latest fitness trend.

taught to react to any kind of attack including choking, headlocks, or bear hugs. The emphasis is on working with reflexes and attacking pressure points to distract the attacker allowing you to escape.

Each level of training introduces particular obstructions in an attempt to simulate real life situations. Students will learn to be the victim of surprise attacks with the lights out and even blindfolded.

"Eventually they escape from any hold imaginable from any size

attacker," Gerson said. "Students are trained to defend themselves ambidextrously because you never know what side you will be attacked from."

Krav Maga is the official system of defensive tactics, employed by the Israeli Defense Forces, the Israeli national and military police and its special operations and anti-terrorist units.

Moni Aizik, a member of a very elite unit in the Israeli military, founded KAPAT and taught the techniques based on Krav Maga to Gerson.

"The fitness drills in KAPAT are very intense. They're full body workouts from head to toe and they're always different. We're working on strength, coordination, balance, timing, speed and agility."

Gerson is the only person in North America allowed to teach KAPAT.

In addition to private instruction, Gerson also runs organized classes at the Centre for Martial Arts and at Diesel Fitness.

Those interested in KAPAT can call Joel Gerson at 416-712-7605.



No fries for lunch today

Breakfast is the meal most often skipped

by Jelani Lowe

Martina McPherson wakes up every morning with just enough time to grab a shower and make it to her classes at Humber College.

Her classes are mostly scheduled back-to-back until the afternoon at which time she heads back home for a quick change of clothes before zipping off to work.

"Who has time to eat," says Martina, a first year student in the Tourism and Travel Program. "I'm lucky if I have time to grab a pop and a bag of chips from the café between classes."



Eating healthy helps to fuel the body.

Indeed, many college students may be able to relate, with little time in their schedules for a well-balanced breakfast, lunch and dinner. However, nutrition experts say this is no reason for anyone to be shortchanged out of a healthy diet.

"Breakfast is always a huge deal," says Donna Bottrell, a dietician for United Kingdom based Chartwells, which manages college and university dining services—including the ones here at Humber. "We need it to get our brains started in the morning but, unfortunately, breakfast is the one people are most likely to skip for the sake of saving time," said Bottrell.

Just what constitutes a balanced breakfast, you ask?

In her lectures at various Ontario colleges and universities (she visited Humber in early January), Bottrell regularly tells students that the key is to have foods that are a good source of energy-giving nutrients like protein and carbohydrates, which fuel our

bodies throughout the day.

But should you not have time in your schedule for a sit-down breakfast, there is always the option of taking it with you and eating on the run, she says.

"For breakfast you can do peanut butter on waffles with a little honey or dry cereal in a zip-lock bag with a bottle of milk and then you're out the door. They're quick and easy and most importantly, they have the necessary protein and carbohydrates to keep you going."

For lunch, Bottrell suggests brown-bagging a yogurt cup mixed with granola or her personal favourite, fresh fruit and vegetable.

However, if neither is your cup of tea, there are plenty more healthy options to be found in the cafeteria.

"We advertise our meals and products to be nutritionally balanced in terms of having right mix of nutrients to give students the necessary energy to study and be effective," says campus food services general manager, Don Henriques.

As an example, Henriques points to the cafeteria's vegetarian-based Terrave program, which offers a variety of healthy options such as steamed vegetables, stir-fry, wraps, grilled ciabatta sandwiches and a salad bar.

Still, old habits die hard — especially the bad ones. So how do we resist the inevitable temptation of no-no's like cafeteria french fries? The good news is we may not have to.

Bottrell points out that the occasional treat isn't likely to do our bodies any real harm.

"French fries themselves are not the culprit," she explains. "They only become a problem when we get into the habit of eating them everyday."



Students from Humber's Chef Apprentice Program review safety tips in their first couple of classes.

Safety first in the kitchen

Chefs agree, that with hundreds to feed, safety issues and practices are placed on the backburner

by Amie Bozzo

Without proper training, working in a kitchen can spell disaster. For chefs, one wrong move could send them to the hospital.

Safely handling flames, sharp knives and raw meat all within the confines of very tight and hectic quarters are part and parcel of a chef's job. Although safety should be a top priority to management and chefs alike in the restaurant industry, it seems to be on the back burner.

"I think there's a lack of safety issues that are not being addressed in our industry," said Michael McFadden, head of the culinary department at Humber College.

That's why, he added, safety issues are not only taught in Humber's chef program, but also reinforced when interns return to the program from industry apprenticeships.

"Having come from the industry, I know the last thing on my mind when I had four restaurants to manage, a staff of 120 and a couple thousands of people to feed every day, safety was not necessarily at the top of my list. Leaving safety issues unattended only paves the way for future problems, he warned.

"I think the industry needs to identify that safety must be taken care of and they need to set aside the resources to do that," McFadden said. "All it takes is one weak link in your management crew and you have problems. If it's not being addressed at the next level, it becomes a bad scenario ready for an accident to happen."

Culinary students were also quick to point out how their safety procedures are not reviewed once they enter the industry.

"From my experience, it's basically common sense and trial by error," said Matthew Dunn, an apprentice at Humber college. "If they ask you for experience, they just assume that you know all that sort of stuff, but most of the places I've worked they don't actually say 'ok this is how you sanitize things and this is how you work safely'."

Paul Mariano admits most of the

students and teachers identified having two dry towels when removing hot pans and pots from the oven. Wet towels will burn the hand.

Kitchen workers need to keep utensils separate to avoid cross contamination. Washing your hands after touching different foods is critical to preventing bacteria from spreading.

The first thing McFadden said students must do when they enter a lab is hit the sink, irrespective of what the excuse. For example, "oh I just went to the washroom and washed my hands". Every lab is outfitted with this.

Even the chef's uniform is created with safety in mind. The proper chef's uniform consists of a chef's hat, a double breasted long sleeve shirt to protect from spills and burns. Long pants and steel toe shoes are also essential.

"Many students develop bad habits when they enter the industry," McFadden said. For a period of seven weeks in the second semester students spend time in the work force. He said when students come back from their placements they have to spend the first couple of classes going over safety measures.

"The first couple of classes can be unnerving to both parties because they have to be reintroduced to what you had taught them." For example returning students view burns as a natural occurrence of the job. In fact they almost seem proud of their burns. "I've been working in a kitchen for three years. I get burned all the time, but I mean it's usually my fault or it's just by accident or whatever, nothing too serious," Mariano said.

McFadden said fixing the problem has to start by setting proper examples for students to mimic. Management has to lead by example.



Humber chefs practice safety.

training he received was in school and industry training was not too thorough.

Chef Jurgen Lindner chef technician for the Humber Room says industry managers do not spend time with new employees often enough which is very crucial in the beginning. "Somebody who hires [you] has to show you where everything is, how it is done and what you should do in case of emergencies that could cause injury or something more severe to a young person who is not familiar with their surroundings," he said. Even simple things need to be reinforced. For example, McFadden said both stu-

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Alcohol diminishes risk

Cheers to a healthy heart



A new study found that drinking a moderate amount of alcohol, three times per week, can actually decrease the risk of heart disease.

by Vanessa Mariga

Harvard medical school released a study that has many men raising their glass to a healthy heart.

The study, which monitored the drinking habits of 38,000 men over a span of 12 years, found that drinking a moderate amount of alcohol (a glass a day, three days a week) can actually decrease the risk of heart disease. Dr. Kenneth Mukamal, the head of the study, said a little bit of alcohol on a regular basis keeps the platelets in blood from becoming gummy, which in turn prevents heart attacks.

"Most studies to date have shown a "J" shaped curve for the relationship of alcohol intake with disease," said Dr. Philip Connelly of the Department of Medicine at the University of Toronto. "At the zero intake level [of alcohol] there appears to be a modest increase in disease, the incidence of disease drops with moderate intake, and then increases with increasing intake," he said.

"If you go to other cultures, such as Russia, where the intake of alcohol is more common, you may be able to find support of a positive relationship of alcohol intake with heart disease," Connelly said.

But a number of variables in the

study groups used by Mukamal could have affected the study's results, said Dr. Ira Goldberg of Columbia University College of Physicians and Surgeons, in a letter to the New England Journal of Medicine.

The heaviest drinkers smoked the most cigarettes, the non-drinkers got the least amount of exercise, and it's possible the moderate drinkers drank more tea, ate more nuts, or consumed more fish— all factors associated with lower risks of heart disease, Goldberg said.

"The issue is whether these types of associations are sufficient to make clinical judgements," Goldberg said. "As we've learned

with hormones and vitamin E— they can be wrong."

"If alcohol did not have a downside, the response with this level of uncertainty would be why not do this?" Goldberg said. "However, that's not the case for alcohol and I think that careful physicians should require a higher degree of certainty, especially since there are other approaches to lower the risk of heart disease that have been proven to work and are safer."

Among these other approaches are a healthy, balanced diet, daily physical exercise, and no cigarette smoking.

Cooking, Canadian style

by Jen O'Brien

There is more to our country than just great bacon and the Emerging Trends in Canadian Cuisine course is out to prove that.

The revamped course has moved out of the classroom and into the dining room allowing students to showcase Canadian cuisine and fine-tune their skills.

Students are learning to cook with ingredients like venison and salmon to create Canadian cuisine. Culinary management students worked with alumni chef Christine Walker, executive chef at The Village Grocer in Unionville, to pre-

pare a four-course meal that highlighted Canadian products and tradition. With the Humber room re-opening on Jan. 21, the first of three dinners kicked off on Jan. 22.

"People don't really know what Canadian cuisine is besides maybe donuts, hamburgers and french fries and I think this helps the students get a better understanding as to what is really out there...and how much you can get locally," Walker said.

The first Emerging Trends dinner featured pan-seared butternut squash soup, Brome Lake Duck Breast on portabello mushrooms and a maple-smoked salmon fillet on a

lemon and thyme potato cake.

Walker said the program has been running for several years but the format has changed this year. Students previously worked towards producing a dinner for two people, this year the 18 participants will put together dinners for over 30 people.

The students benefit from the revised program, Walker says. "They get to meet a lot of chefs and every one is entirely different in the way that they cook, teach and think," she said. "It gives them more exposure to what they're going to be in for when they get into the real world."

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