

Cat's claw
for your cold
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Blow your
mind at NASA
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Coach Corbin
says goodbye
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30 YEARS

HUMBER ET CETERA

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Hike this, Mr. President

Students and staff
angered
as parking fees
rise drastically

By AKUA HINDS

Rebecca Palmer is currently in her final semester at Humber's North Campus, but she still worries about those pulling in after she leaves.

Palmer is one of the nearly 2,000 students at the North Campus who have signed a recent petition requesting the Board of Governors abandon a plan to increase Humber's parking fee by 20 per cent next year.

Humber staff also have their own petition circulating.

Palmer, who is enrolled in the Law Clerk program, was fortunate enough to win a parking pass in Humber's lottery last semester, but she is currently forced to pay \$5 each day to park her car in the pay-by-day lots.

"Fortunately I'm only at school four days a week. I'm at my placement for my program on the fifth day."

Palmer said that taking the bus to school is out of the question for her because it would take around four hours each day to travel from her home in Brampton to Humber. She has two small children and needs her car in case of emergencies.

Thanks to rising tuition costs and

the new parking fee increase to take effect September 2002, Palmer doubted she will be able to continue with her original plan – to study a new program at Humber next year.

"The parking money alone is too crazy to afford, especially based on what you're getting for your money, which turns out to be not very much. You're lucky to get a halfway decent spot," a frustrated Palmer said.

Full-time students at the North Campus are currently paying \$368 a year to leave their vehicle in general parking. By next year, the fee for general parking will increase to more than \$440 annually.

Students who choose to pay for preferred parking or designated parking currently pay \$400 and \$460, and next year's fee will be anywhere from \$500 to \$550.

Even the pay-by-day parking fee will increase – \$5 to \$6 – beginning next September. The fee increases will help fund Humber's expansion plans for both campuses.

Humber College President Robert Gordon said the fee hikes are necessary to further Humber's growth.

"I'm never pleased to have to go the Board of Governors for increases in the parking fees, but we need significant change for the expansion," he explained. "We're bringing our numbers up to the norm in the area compared to the other schools."

Annabella Lopes, the director of

Applied Technology for the Humber Student Federation, decided to take action against the Board's motion.

Humber's parking fees haven't increased in seven years and Lopes admitted that both the Lakeshore and the North Campus expansions are necessary, but she still thinks it unfair that

Humber students will have to suddenly pay for relining the parking spots, shuttling students at the North Campus to and from the Woodbine Centre, and paving the 300 new parking lots leased at Queen's Plate.

"HSF feels that the construction is needed, but it's a lot of money for

students to dish out on in one year," Lopes said. "It's not fair to put \$73 to \$91 on a student at one time. They (Board of Governors) could have increased the cost of living by two per cent. Other schools have gradually increased the cost of living until

Continued on page 3

Suspect Video: not so usual



Cinephiles can bask in the selection at two downtown Toronto locations (see story, p.14).

It only gets better with age

Cougars on the rise

By KRISTINE ARCHER

It's happened to many – chatting with someone at a party when a striking couple enters. There's an older woman, probably in her early 50s – and looking great – with a 25-year-old man on her arm. Only that's not her son. It's her lover. And the two of them couldn't be happier.

She's a cougar – a confident, attractive, mature woman who chooses to date considerably younger men. She isn't interested in a long-term commitment – no marriage or kids –

she may have already been there, done that. The cougar is interested in companionship, conversation and, above all, joyous sex.

How do some people initially react? Nick



Taylor, who attends Humber's Fire and Emergency program, said there's something wrong with the woman.

"She's probably got some issues," Taylor said. "Low self-esteem, not sure about her weight or something like that – trying to revitalize her sex life." Taylor also added, however, that he would date an older woman for a while. Just enough time for your average cougar.

In a society where the divorce rate is high and baby boomers are aging, an abundance of cougars may not seem all that surprising. Why then is this concept so shocking?

"Society has always feared older women – strong, older women," said Toronto Sun colum-

nist and self-proclaimed cougar, Valerie Gibson. Gibson has written a book called *Cougar – A Guide for Older Women Dating Younger Men* that outlines the wonders – and pitfalls – of living the cougar lifestyle.

The term is somewhat derogatory, but Gibson is quick to note that both types of cougars are strong and attractive animals – and being a predator isn't such a bad thing.

While she said that May-December romances shouldn't be looked at negatively, Gibson conceded there's still a stigma attached to older predatory women.

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etc.

News etc.

HSF plans to raise the bar

Expanded food services, patio coming to Caps as student federation approves renovations

By PAUL MARKOWSKI

Student life at the North Campus may be getting a major facelift over the summer, as the HSF has taken the first step toward renovating Caps.

A plan to expand the food services at the pub was approved last Tuesday.

"We're renovating Caps because we will be better able to service students," said Stephen Anastasi, HSF's vice-president of campus life at North Campus. "The facility will have a menu with more variety at competitive prices and it will also support students who are enrolled in the meal plan."

The renovation costs and the operation of the new eatery will be assumed by Chartwells Food Service which provides all food services on campus except The Ackee Tree, Tall Hats, The Humber Room and currently Caps.

Under the plan, Chartwells will install a kitchen within Caps – as well as the smaller area of the games room – to provide students with a more diverse menu.

"We'd probably reduce the total number of video games," said Anastasi. "But there is room to accommodate about five more games in the larger area of the games room."

In February, the HSF will address the loss of revenue in the games room, the variety of the menu and pricing in negotiations with Chartwells for a lease agreement.

"Right now, Caps is one of the cheaper places



Caps student manager Alissa Orser surveys the bar, to be renovated this summer.

on campus," Anastasi said. "And HSF wants to keep a degree of control over pricing to benefit students."

In a meeting later this month, the Board of Directors will also consider options for general renovations in Caps.

"I think the renovations are long overdue," said Caps operations manager Kenny J. Dimech. "The only thing that was done since Caps was built was painting the room and putting in tall stools."

Some of the proposed renovations include replacing the bar, chairs and flooring, refinishing the tables, installing a new dishwasher and refrigerators for the bar and updating the stage.

The overhaul could also include building an

outdoor patio, which would allow the student pub to comply with the new Toronto smoking bylaws, coming into effect in 2004.

"Caps will become a non-smoking establishment with the construction of the patio," said Anastasi. "It will be fenced in and house three to four tables."

Caps will also return to serving students of all ages. "By having a strictly 19-and-over establishment, you're excluding a portion of the student population," said Anastasi.

The HSF hopes to see the renovations take place over the summer and be completed in time for students to enjoy in Sept. 2002.

"That's the goal," said Dimech. "To keep as many students happy as possible."

Crime Watch

Police look for ATM robbers

Toronto police are looking for four male suspects involved in a robbery that occurred last Sunday evening.

A 35-year-old male reported that at 5:30 p.m. Sunday he was approached by four males outside of an ATM machine in the area of Humber College Boulevard and Finch Avenue West. The victim alleged that he was surrounded by three of the suspects, and that money and a bank card were removed from his wallet.

The suspects then ran across Finch Avenue West to a walkway leading to Holyoake Crescent. The victim sustained no injuries.

Detective Sergeant Gerry Hanlon of 23 Division said that robberies have occurred at this location before.

"Robberies can occur at any time of the day," he cautioned.

Police are looking for an 18-year-old black male, 5'7", with a heavy build; a medium-built 14-year-old black male; and two 15-year-old black males.

Anyone with information about any of the suspects is asked to contact police.

- CHLOE STEELE

Rez sex attack suspect faces new charges

The man charged in connection with last month's sexual assault at Humber College's North Campus Residence has been charged with two additional counts of sexual assault.

The most recent charges stem from an incident in which two girls were allegedly drugged and sexually assaulted in Toronto hotels.

According to a clerk at the College Park Courts, 21-year-old Saith Zetina-Aburto remains in custody and will appear in court on Feb. 4 to set a trial date.

- CHLOE STEELE

Freezer burn at Health Centre

North Campus scrambling to replace vaccines ruined in faulty refrigerator

By CHARLOTTE CUSTARD

Thousands of dollars worth of valuable medicine was ruined at the North Campus Health Centre last weekend when its aging refrigerator ground to a halt.

More than 70 bottles of vaccines, including those for Hepatitis B, worth approximately \$3,000, were destroyed. Not only must the vaccinations be replaced, but a new refrigeration unit is also needed, according to Marg Anne Jones, the Health Centre's manager.

The old fridge was already second-hand when they received it 15 years ago.

"The technician said (the recent breakdown) may have been caused by a thermostat problem," said Jones.

Usually, when Hepatitis B vac-



The HSF's Annabella Lopes has some unique fund-raising ideas

cines reach their expiry date, the government issues free replacements – but in this case, the expiry date is 2004, so new ones must be bought immediately at the Health Centre's expense.

Dean of Student Services Judy Harvey reviewed her budget and loaned the Health Centre enough money to buy a new fridge, which arrived Monday, but there is still no

money to buy more vaccines. That's where the Humber Student Federation comes to the rescue, Jones said. The HSF has voted in a new Health Centre representative, Annabella Lopes, to raise some badly-needed cash.

"We understand that the HSF has kindly offered to buy (a new fridge) for us by special fund-raising events," Jones said.

etc.



PETER A. CRISCIONE

Union head Maureen Wall is wringing her hands over the plight of Humber's short-term teachers.

Instructor insecurity worries union

By PETER A. CRISCIONE

Instructor anxiety caused by a lack of job security may affect the quality of education offered to Humber students, according to the college's faculty union president.

Maureen Wall, president of the Ontario Public Service Employees Union (OPSEU) local 562, fears that job insecurity may compel instructors on short-term contracts to feel less committed to their work.

"We have excellent teachers on short-term contracts trying their best to serve students, but their jobs are made difficult because they just don't know if they will continue working," she said.

Nearly half of Humber's 857 instructors are currently employed under short-term or part-time contracts. Under such contracts, working hours can be significantly reduced and employees can face dismissal without notice or explanation.

Post-secondary institutions in Ontario are facing a potential staffing crisis, with an enrolment

explosion expected with the addition of the double cohort in 2003 and a high percentage of instructors eligible for retirement in 2005.

Wall said staffing concerns must be addressed now if Ontario colleges hope to avoid future problems.

The union has set out to raise the government's awareness and is demanding more money be allocated for additional full-time positions.

Government cutbacks to education have placed many financial restraints on Ontario schools, but Wall argued that Humber could find the money to fund more full-time positions if "the college shifted its priorities."

On the contrary, Richard Hook, Humber's vice-president of Academics, said that although he agreed with Wall that a surge in student enrolment in the next few years will oblige Humber to expand its staff and facilities, simply deciding to reallocate more money to staffing is not the answer.

With limited resources, Hook said Humber must strive for a balance between commitment to staff

and college flexibility in order to ensure that students are best served.

"Sure we can take money away from computer labs and libraries to accommodate new full-time positions, but that won't be beneficial to students," he said.

Hook said statistics taken from student feedback suggest no significant gap in the quality of teaching between full-time faculty and staff employed on short-term contracts.

This past August, OPSEU negotiated a new collective bargaining agreement with college administrations. Although the union raised the matter and pointed to the overuse of short-term faculty, Wall said no official reaction was given.

"Essentially the issue of staffing (was) quickly overshadowed by other concerns," she said.

In an attempt to raise public support, the union will hold a series of meetings and information tables at both the North and Lakeshore Campuses in the next several weeks.

A meeting is scheduled for Jan. 30 at 10 a.m. in the Lakeshore Campus cafeteria.

Rising parking fees concern HSF

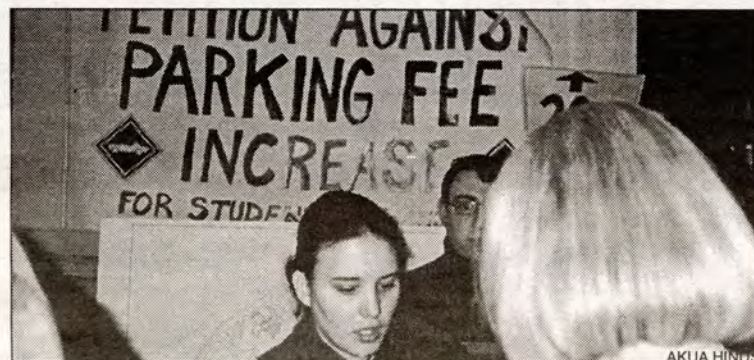
continued from front page

they've gotten the funds that they needed."

"Perhaps we should've raised money gradually, but we hope that people can absorb the changes and understand," said President Gordon.

Because Ontario's secondary students no longer need Ontario Academic Credits to go to university, there will be an increase in Humber's enrolment, further aggravating the problem.

Lopes said that the purpose of the petition is to convince the Board of Governors rescind or adjust their motion to fund their



1,200 have signed a petition against Humber parking fee hikes.

expansion projects.

The HSF plans to present it to the Board of Governors once they feel that most people have had a chance to sign it. The Lakeshore Campus also has a similar petition regarding the issue.

"The HSF has no final say about the parking situation," added Lopes. "We could only try. That's the whole point. All we can try and say is that the students don't agree with this. They're upset, and they want to be heard."

The one-stop degree shop

Schools and companies are keeping watch for fake online diplomas

By JULET ALLEN and CELESTE BOTTERO

Universities and colleges now need to worry about Internet-based diploma mills that are duplicating their degrees and selling them for cheap.

Web sites such as www.degrees-r-us.com and www.bogusphd.com are easy to use and offer Bachelor's degrees for prices ranging from \$40 to \$425 (US). These Web sites clearly state in their protective declaration that their degrees are for entertainment purposes only, but in many cases they look virtually authentic.

While these degrees are marketed as reproductions, it is likely that most people buy them with the intent to misrepresent themselves in the job market.

Karen Whitley, a representative from degrees-r-us.com, said, "I have been told by customers that these degrees have helped them to get jobs and job advancement. Before applying for any degree you should have at least three to five years of experience in a field in which you are competent."

Companies shouldn't be fooled by the fact that these sites are in the U.S., according to Whitley. "There are a lot of Canadians who are taking advantage of the site," she said.

Most businesses make an effort to verify someone's education prior to hiring. Grant Leahy, a spokesperson for Apotex, Canada's largest pharmaceutical company employing over 4,000 people worldwide, is not aware of anyone currently trying to pass a fake degree off as the real thing. Nevertheless, Apotex does perform thorough reference checks

and will contact former professors to verify authenticity.

One way that schools are attempting to combat the problem is by making their official documentation as hard to reproduce as possible.

Dawn Little, associate registrar at Ryerson Polytechnic University, said, "It is very difficult to duplicate Ryerson's degree because the face of the document is very specific with a complicated seal that has eight colours."

Most universities and colleges rarely see impostors trying to enrol with phoney degrees, in part because academic institutions carefully screen potential candidates and their documents.

Richard Hook, Humber's vice president of Academics, stressed that the odds are against someone becoming accepted at the college if their transcript is not sent from an accredited school.

"Students are obligated to have their transcript sent to us from the awarding university," Hook said. "In the absence of a transcript, we seem to have a problem. If it is just a degree and you pay your hundred dollars, the transcript tends to flush that out."

"There have been cases where people have misrepresented their qualifications and that's happened in faculty as well as in students," said Hook. "So the notion of academic dishonesty and misrepresenting your credentials is probably a little bit more of the human character, rather than just students or just faculty or just administrators," he said.

Academic institutions are building their resources to ensure those who decide to submit such documents will never step foot inside their school as student or staff.

"On the academic faculty side, we (Humber) have a validation methodology that we are implementing now. We are going to make sure that these are real degrees, there's a real transcript and there's the right person," Hook said.

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Queen's U students stand up to administration

Five occupy principal's office for five days to protest rising tuition

By CANDI JERONIMO

Several students at Queen's University, protesting the deregulation of tuition, staged a five-day sit-in at the office of the Kingston school's principal.

Five students, all in different programs, laid across the doorways to the offices of William Legett and his administrative offices from last Monday morning until Friday night. It is their hope that Queen's would back down from deregulation.

Legett and his administration have submitted a recent proposal that would end the regulation of all undergraduate tuition fees, making rising costs a certainty.

"We just have people laying down peacefully, non-violently," said Paul Quick, a spokesman for the protesters (who is also a Queen's graduate). "If anyone actually wants to get in, they would have to physically tram-

ple us, which would be assault."

Students learned last month that the eastern-Ontario university could be the provincial government's test site for full deregulation.

"Students last year held a referendum on tuition deregulation with a 44 per cent voter turnout," said Joel Duff, the Canadian Federation of Students Ontario chairperson. "Over 91 per cent of the students voted against it."

"That's an impressive display of student concern. Many student elections are lucky to see 10-15 per cent voter turnout."

For now, Queen's administration has broken off all talks with the protest group. "The administration is not interested in being democratic or accountable," said Quick.

The CFS is organising a national day of student action in support of this campaign. The proposed date is Feb. 6.

The effects of deregulation can



"The administration is not interested in being democratic," said protest spokesperson Paul Quick.

already be seen in this city. Medical program tuition at the University of Toronto rose from \$1,400 in 1997 to \$11,000 this past year.

It's unclear if deregulation will

ever affect Humber College. HSF president John Pulla says the issue is an important one.

"It is a concern . . . It's one of the things that I'll be asking about."

Students hoping to be involved in supporting a tuition fees freeze can get more information at www.cfsontario.ca.

with files from Celeste Bottero

TTC to test enviro-bus

By LOULA CONSTANTINOPOULOS

The TTC plans to test-drive a new environmentally-friendly bus later this month.

The Orion VII Hybrid Bus is being introduced with hopes of not only lowering environmental pollutants but also saving the city some money. The bus uses a combination of battery and fuel functions to charge the engine.

"Electricity is used to drive the bus through batteries placed on the roof - the diesel engine continuously recharges the batteries," said Mark Brager, director of sales for Orion.

"It is a self-propelled streetcar," said Bob Boutilier, deputy general of surface operations for the TTC. "The advantages are we have a much smaller diesel engine on board, which means lower emissions and better fuel mileage and with the propulsion system we have a smoother ride, there's no shifting of gears."

"We're on the forefront, this is a new type of energy. It's environmentally better, fewer emissions, more fuel efficiency, that's really good, we all want that," said Marilyn Bolton, a



The TTC may use hybrid-engine technology in the future to save both money and the environment.

media relations spokesperson for the TTC.

The hybrid bus costs approximately \$800,000, in comparison to \$400,000 for conventional buses. However, the advantages for buyers and riders are cleaner air, up to 50 per cent better fuel economy, reduced maintenance requirements and improved accessibility.

"There is a wider entrance on the hybrid bus. I can't get my chair on the buses right now because my

chair is too wide. To me it's better," said Roger Roberts, a member of the advisory committee on accessible transportation.

One hybrid bus will be tested in Toronto for 60 days, after which other technology will be evaluated. "We are looking at new technologies, for which this is one of many," said Boutilier. The TTC also plans to look at Compressed Natural Gas (CNG) buses.

The TTC will also gather infor-

mation from cities who have already implemented the hybrid bus as part of their public transportation before it invests money on hybrid buses.

"We can't afford to buy new technology off the shelf the first day - its got things to work out and we'd rather someone else work that out other than us," said Bolton. New York City has already launched a fleet of hybrid buses and plans to increase its numbers of both hybrid and CNG buses.

Check out the Et Cetera online at www.etcetera.humberc.on.ca

CORRECTION

In reference to an article in the Dec. 6 issue of the *Humber Et Cetera* entitled "Canadians not as randy as Brits, Yankees," the editors would like to offer their sincere apologies to Michelle Kvenvich.

Michelle's hobby is actually playing baseball.

On Campus etc.

Students chillin'

By KELLY LABINE

Winter didn't look so bleak when the HSF put on a week of entertainment, games and a little sumo wrestling for Winter Chill at both Humber campuses last week.

"It's been a very big success. I'm very happy. There was a good attendance for all the events," said Stephen Anastasi, vice president of campus life.

"It's good that it happened at the beginning of the semester, so new students can get familiar with HSF."

Anastasi also said the HSF will be giving away Raptor tickets from now until the end of February, at events such as Millionaire Mondays and pub nights. Winners will sit in a VIP box for the upcoming Feb. 22 game.

The week began with a concert by the Mud Men last Tuesday afternoon in North Campus' Student Centre.

On Wednesday, there was a Chill and Grill Barbeque with an ice sculpting demonstration.

"Hot dogs and a pop for a dollar, that's a good deal," said Marianne Bolton a first-year Computer Engineer student. "I saw that it was HSF that was organizing it and said 'okay I'll participate.' I used to participate in events like this in high school."

XXX Hypnotist Tony Lee had a free show at Caps Wednesday night, where the house was packed to capacity at 460 students, and more were turned away at the door.

There were events, like sumo wrestling on Thursday, where students could put on huge, padded



Humber's Winter Chill ran Jan. 14 - 18

sumo wrestler costumes and get on the mat with friends.

"I really wanted to try it, but I never got a chance. It looked like fun," said Michelle Kelly, a first-year Public Relations student.

That same day, there was also a contest to see how far people would go for gross food.

"People were eating things like raw bacon, dry fried onions, pickled eggs and head cheese," said Anastasi. "A guy had to drink a six pack of warm non-alcoholic beer in half an hour. He won two Raptor tickets for it."

"The grossest was when one had to eat a whole jar of tartar sauce. Also, one girl had to eat five spoonfuls of headcheese," said Kelly.

Friday's Battle Royal, an AWF championship wrestling match, kicked off the weekend.

Wrestling show elbow smashing success

By ASIA WHITEMAN

about the AWF in the paper.

The packed-house at Lakeshore Campus on Jan. 18 proved that the Apocalypse Wrestling Federation has easily become a college favourite.

Hosted by the Humber Students' Federation (HSF), the night was full of jeers and cheers as wrestling fans were served the proper amounts of antics and hijinx of professional wrestling.

HSF vice president of campus life, Steven Anastasi, commented, "Following characters is cool - it's like a male-dominated soap opera."

The saga began with match-ups that had wrestlers feuding with the audience as well as inside the ring.

Headliners for the night included current AWF champion James Champagne and women's wrestling upstart La Felina, who stupefied the audience with her endurance and drive to win.

"I've always been athletic, I've always loved wrestling. Now it's a passion of mine. I love it," La Felina said.

The match kept the audience entertained with on-going dramas and conflicts that weaved each match together to the climactic Main Event.

The Independent Soldier, also known as the Squeegee Kid, explained the key to the AWF's success. "Basically it's like a soap opera, it's like watching Days of our Lives," he said.

He said that his character in particular is part of the success.

"My character is good because that idiot Mel Lastman is going around and trashing the squeegee kids."

The Squeegee Kid has wrestled since he was 16, when he first read

The AWF is the promotional arm of a training school where kids become athletes and develop characters that connect to a broad audience.

"The Squeegee Kid defends the kids on the street trying to make a hard living," the wrestler explained of his character.

Ron Hutchinson is the owner and operator of Ron Hutchinson's Pro-Wrestling gym. He's been training wrestlers since 1983, and has churned out superstars like the WWF's the Edge, Christian and Trish Stratus.

But it's not all about the braun - wrestler's feelings count too.

"In order to get into my school I have them write an essay," he said. "I just don't take anybody - I look at them to see if they have the heart. If people can't be bothered to do that, then I can't be bothered to waste my time with them."

La Felina agreed that wrestling is a lot of hard work.

"We're athletes as well. People don't see it that way but we are. We take as many injuries if not more," she said.

The wrestlers' endurance allowed the AWF to stage 100 shows in 18 days at the CNE last year.

The Campus Slam proved to be an event that shows why pro-wrestling is a Canadian favourite.

Jaguar Vijay Singh, who began training in 1998, explained, "It's something different. It's sports entertainment, it's athletes, it's storylines."

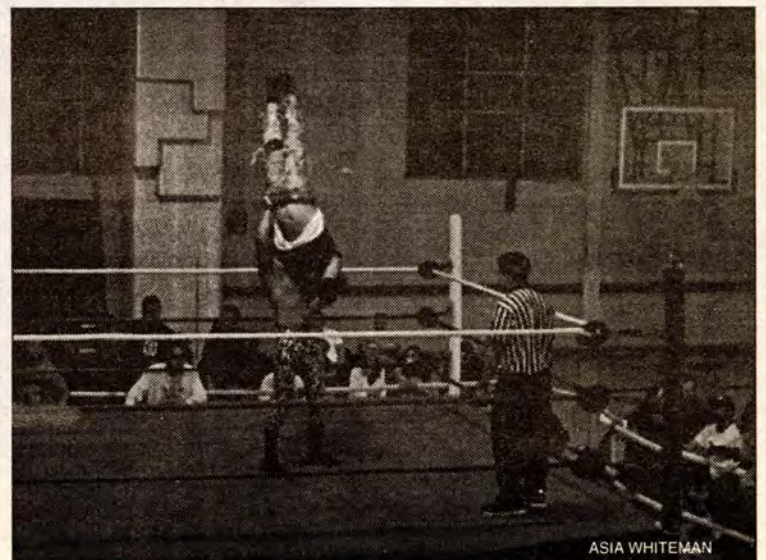
The AWF's strong fan-base is the key to their success.

Fans can learn more about the AWF and Ron Hutchinson's Gym at www.awf.ca.



ASIA WHITEMAN

Laying the smack down at Lakeshore - Apocalypse Wrestling Federation Championship matches closed a week of fun-filled Winter Chill activities at Lakeshore Campus. Headliners at the Jan. 18 wrestling match included James Champagne, La Felina, and The Independent Soldier (a.k.a. Squeegee Kid).



ASIA WHITEMAN

etc.

Students and seniors pair up for play

Elderly residents at Lakeshore Lodge share their life stories with Lakeshore Theatre students to produce not only a play, but lasting friendships

By JILLIAN WELLARD

Third-year Theatre students bridged the generation gap with elderly residents at Lakeshore Lodge when they produced a collective creation called *And That's the Whole Dip* in December.

The collective creation was a play comprised of intertwined stories based on the lives of lodge residents, as told to the students.

"It was an interesting project for the students to undertake," said Diana Belshaw, coordinator of the Theatre Performance program.

The idea came out of a conversation between Belshaw and a social worker at the lodge. More conversations were to come as students paired up with elderly residents.

During the process, the students and residents developed friendships with their partners, and learned many lessons from the experience.

Sarah Campbell, a performer, said the experience was amazing and hard to describe.

"Although their bodies are failing them, they are still very much alive," she said of the elderly residents. Campbell said that simple stories came out of conversations that they had together, and "became great stories and became human."

The students met with the residents weekly and became involved in one another's lives. "We still wanted them to own the stories and feel that the stories were theirs," Campbell said.

This style of theatre, called collective creation, originated from a Canadian production in the early 1970s called *The Farm Show*.

"It was a nice opportunity to explore this style of theatre," said Belshaw.

Professional Director Stephen Bush took on the project that started at the beginning of the school year.

Themes of the production included love, loss, youth, food and difficult decisions that arose throughout the residents' lives.

Some students said they still feel a connection with their partners. Campbell sent her partner flowers over the holidays and feels the need to visit regularly.

Riley Wilson, a third-year Theatre student, said he has visited his partner and they have established a friendship. "It's nice to just have a chat," he said. Most of Wilson's visits included feeding the birds with his partner and having a morning coffee.

Campbell and Wilson agree that the experience was rewarding, both in its development and

performance. "It wasn't about the work I was doing; we had experienced something together," he said.

Wilson said his goal was to celebrate his partner's life and said the feeling after the curtain fell was fantastic.

Wilson is excited about the concept because he feels that there are a lack of productions that concentrate on the elderly and their importance to society.

The show was performed at both the Lakeshore Lodge for residents and their family members, and at Humber College's studio for the performer's families and friends.

Campbell said both performances were powerful and ended with tears from the audience. Family members of residents were moved when they recognized themselves as characters.

Volunteers and nurses of the home were also touched as they learned things about residents that they didn't know.

Lakeshore's Theatre department may enter the production in the Toronto Fringe Festival and Summer Works Festival.

The Humber Studio Theatre will also be presenting William Shakespeare's *A Midsummer Night's Dream*, Feb. 15-23 in the L Building at Lakeshore Campus.

Hey there buddy! That's not your locker

By PATRICIA CARVACHO

Winter semester is here. That means new classes, tougher assignments – and for some, a \$15 fine for locker violations.

Nancy Deason, Humber's public safety manager, said security receives about 10 reports a day of unauthorized locker use at the beginning of each semester.

These violations spike sharply in second semester, as many students who rented lockers for first semester don't realize their rental period lasted only four months.

It's recommended students pay a \$24 fee to rent their locker for eight months, rather than paying \$14 dollars a semester.

Since there are only about 6,500 lockers between North and Lakeshore Campuses and these are rented on a first-come, first-served basis, so securing your locker rental from 'day one' means you won't have to worry about it come second semester.

It's usually the new renter in second semester who discovers someone else's lock on their assigned locker and reports the violation to registration or security.

Security then cuts the lock and removes all of its contents.

The removed belongings are then taken to a storage room where they are logged and placed in a bag that is sealed and labeled with the



Cameron Roberts takes advantage of available lockers.

locker number.

If a person wants to get their belongings back, they must first pay the fine.

Security returns all belongings and keeps a record of the violation.

Although it is college policy to store belongings for no more than three weeks, Deason said it usually ends up longer than that. "At minimum, we store (belongings) for a semester," she said.

As storage is limited, items that are not claimed cannot be kept forever, but security does not necessarily throw them away.

"We try to give all the items back either to the student body or to charity," Deason said.

Texts and other reusable supplies often go to the Humber Students' Federation, while items like clothing are given to charity.

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Book buyers will find good deals at library

By PATRICIA CARVACHO

Read any good books lately? If not, here's your chance.

The Humber library will hold its annual book sale from Jan. 31 to Feb. 2 in the quiet study room next to the library and will feature a variety of hardcover books.

Joanne Merigiano, circulation clerk at Humber's library, said that there is "a wide range

of new and used books at reasonable prices."

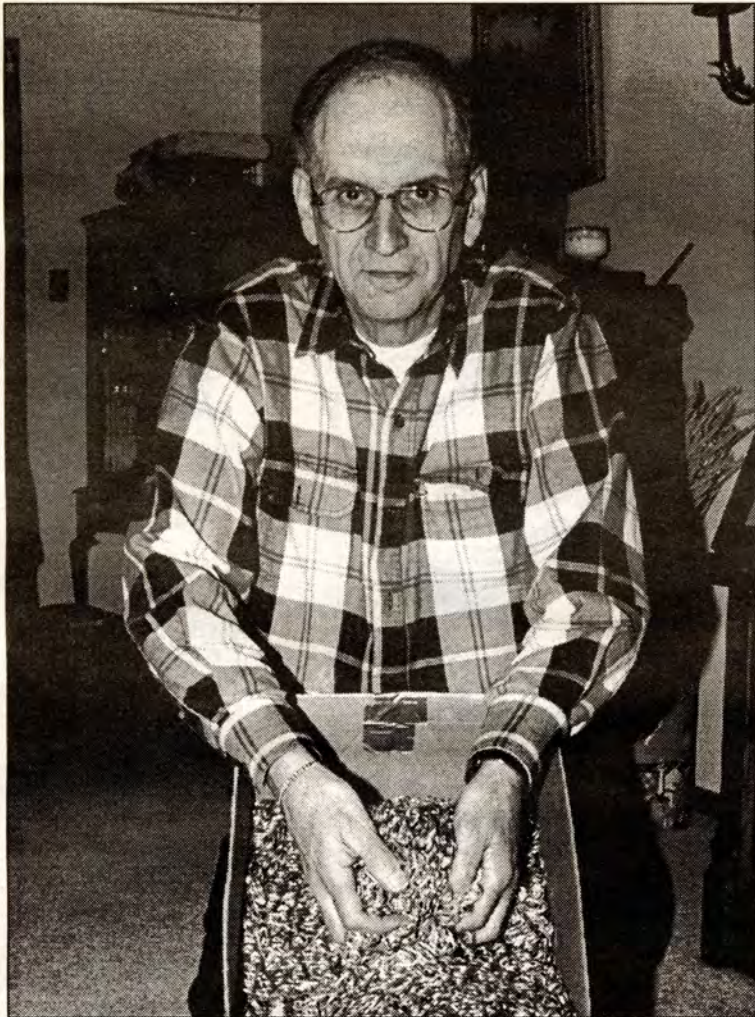
The used books are those that have been discontinued from the library's collection.

Proceeds from the sale will go towards updating the that collection.

Sale times are: Thurs. Jan. 31 from 9 a.m. to 9 p.m., Fri. Feb. 1 from 9 a.m. to 6 p.m. and Sat. Feb. 2 from 11 a.m. to 5 p.m.

etc.

Keeping tabs on charity



CHRISTINA GELINAS

Accounting instructor, Harvey Freedman, makes pop can tabs count

By CHRISTINA GELINAS

By day, Humber instructor Harvey Freedman teaches accounting to dozens of students. By night, he's still doing accounting, only, instead of tallying up columns of figures, he's tallying up pop can tabs for those in need.

At last count, Freedman had tallied over 750,000 of those little pieces of tin.

"There's a huge need for wheelchairs out there and every one of these little tabs can help buy one for someone who can't afford it," Freedman said.

Freedman the collector is also Freedman the philanthropist.

The provincial government, subsidizes 75 per cent of the cost of wheelchairs, but the remaining 25 per cent is sometimes impossible for purchasers to manage, explained Chris Hepburn, an administrator with the Ontario March of Dimes.

That remaining amount, said Hepburn, can range from \$300 to \$1,000 for a regular wheelchair and up to \$10,000 for a motorized one.

"Many just cannot afford the extra expense," he said. "They have been disabled from youth and just don't have enough of an income."

Hepburn pointed out that many in need of chairs are seniors who cannot afford the cost because they

are on small pensions.

And that's where Freedman enters the picture. He and his colleagues in the Solel Jewish Brotherhood in Mississauga collect the pop can tabs and exchange them for money to help buy wheelchairs for those in need.

Freedman takes the tabs to a recycling plant where he receives 50 cents for every 1,000 tabs. That may not sound like a lot of money, but one million pounds worth of tabs equals \$500.

"Last year, it made a difference in at least three individuals' lives," Hepburn said of the tab fund. "It has given them their independence."

In his current campaign, Freedman is a little ahead of the game. His collection this month is already three pounds heavier than what is needed to reach the Brotherhood's 1,000 pound mark in the next five months.

Thrilled with the progress to date, Freedman nonetheless has his sights set higher. His goal is to help finance one chair a year.

"What the fund does is fantastic," he said. "But I would like it to be even better."

Students can help by depositing pop can tabs in the many bags and jars placed around the campus and in neighbouring stores.

With any luck, Freedman will soon be asking for accounting help.

HSF wants you to suck

By PATRICIA CARVACHO

The Humber Students' Federation thinks you're special and to prove it, they're going to help you celebrate your birthday.

You may have seen the signs advertising a free birthday gift to students and wondered what the gift might be.

The mystery is no more. HSF's birthday present is a delicious gourmet sucker, artfully packaged in a lovely, multi-colored paper wrapper.

All you have to do to get one is march yourself down to the HSF office in KX 105, show your I.D. to prove it's your birthday, and the sucker's yours.

But wait, what if your birthday is on a weekend or in the summer?

According to Melinda Sule, an HSF customer service representative, this isn't a problem.

You can claim your sucker as close to your birthday as possible. For instance, if your birthday is on a weekend, you should go into the office the Friday before.

"If your birthday's in the summer," said Sule, "you should wait until April."

But where does all this generosity come from?

The skeptic might think HSF is just taking advantage of a great deal on bulk orders of suckers.

Well, each order of about 300 suckers costs \$214. Considering the suckers retail at nearly \$1, the savings are minimal.



PATRICIA CARVACHO

Adam Hackett, HSF vice president of administration, lures people into the HSF office with 20 flavours of delicious gourmet suckers.

Adam Hackett, HSF vice president of administration, thinks the cost is worth it. After all, there's an ulterior motive behind the birthday sucker program.

Federation staff simply want to get students into their office to increase awareness about the many services they offer.

These services include a health plan, a lawyer who dispenses free advice, discount cards, events, and 18 clubs and associations, just to

name a few.

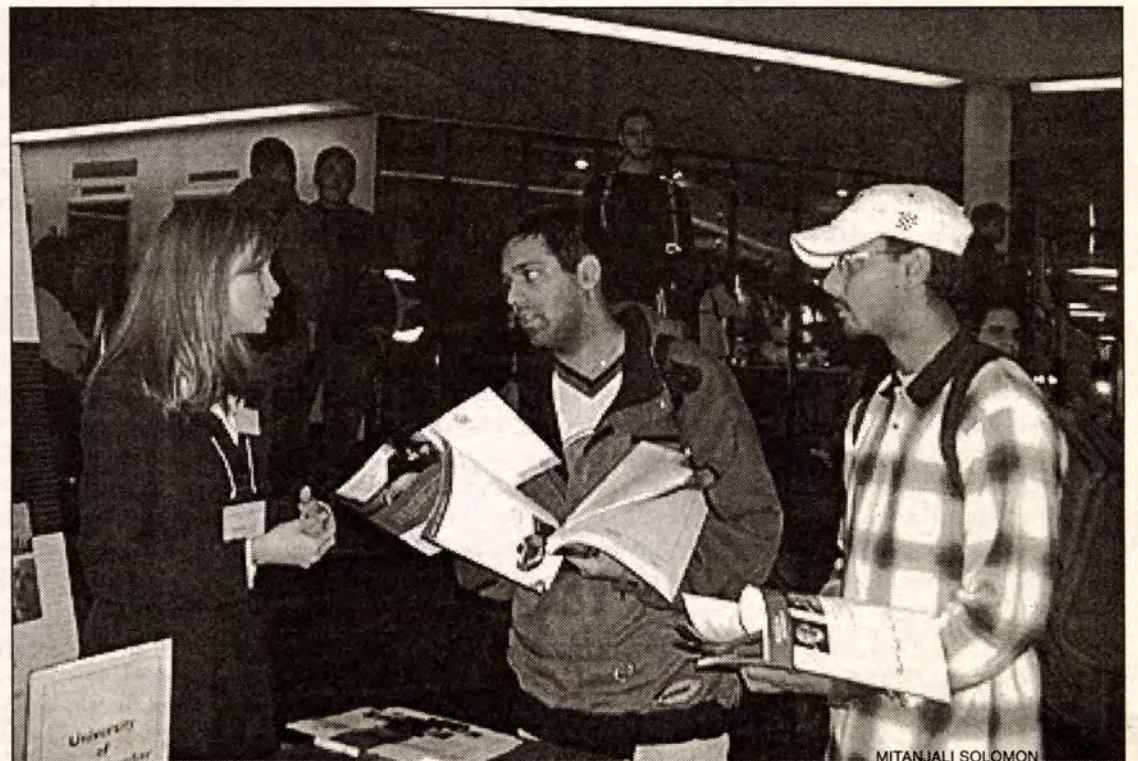
So far the program, started in September, has been a success, Hackett said.

He added the program will definitely continue next year.

Sule said people come in to claim their suckers at least a couple of times a week.

When you do, check out what services HSF has to offer, then choose a sucker from the selection of about 20 flavors.

University showcase



MITANJALI SOLOMON

Engineering students, Sunil Prasher and Piriyan Kamalanathan, check out the university fair on Jan. 23 in North Campus' concourse. The fair featured a record 26 universities from Canada and the U.S.

Editorials etc.

Creating an elite 'class'

Students occupied the principal's office at Queen's University last week to protest the proposed deregulation of undergraduate tuition at the university.

Whether or not you agree with their tactics, they did once again bring the issue of escalating post-secondary fees to the media forefront.

In all fairness to Queen's principal Bill Leggett, his proposal to jack up undergraduate tuition is only a response to the more than \$10 billion in tax cuts by Queen's Park, which hasn't left the province with enough money to give the necessary funding to universities.

Professional schools have already been allowed to do this. The University of Toronto's law school is planning to increase its tuition to \$12,000 per year in an effort to compete with top American schools like Harvard and Yale. At this point, it seems that the effort to compete with these schools is doing nothing more than attracting kids with the wealthiest parents.

Both Leggett and Rob Daniels, dean of law at the University of Toronto, maintain that this system is not elitist because it will provide financial assistance to qualifying students. This leaves those who are neither rich nor brilliant left with the choice of incurring outrageous debt or going to a cheaper, less prestigious school.

When did price and prestige become inexorably linked?

A study conducted by an organization of medical students at The University of Western Ontario gives some insight into what deregulation has meant so far. The study, done last spring, shows the average family income of first year medical students at Western has increased from \$80,000 in 1998 to \$140,000 in 2000. The number of medical students from low- and middle-income families dropped from 36 per cent of enrolment to 15 per cent in four years, as the Med school's tuition rose from \$4,800 to \$10,000.

This increase in tuition is a move toward privatizing Ontario's education system. The province is in danger of losing public education and replacing it with the two-tiered U.S. model. Deregulation means promoting a class system where the privileged elite can prosper, while the rest are forced to either get a second-rate education, or take on even larger debts than the present average of \$20,000.

Instead of using tax-cuts to win re-election, politicians should recognize the benefits of maintaining a publicly-funded education system and start putting money back into Ontario colleges and universities, where it belongs.

Truly a Dogg among men

Mad prizops to our nizzle Snoop Dizzle, for shizzle. Or rather, congratulations are in order to rapper and all around Renaissance man Snoop Dogg.

The Pocket Oxford Dictionary defines Renaissance man as "a person with many talents or pursuits, especially in the humanities."

Hmm.

Sounds bang on, especially the "talent in the humanities" part.

Surely we cannot deny Snoop the glory which is his - a successful, and recently award-winning, crossover from one pursuit to a different one completely.

Ahem, from rap to, uh, porn.

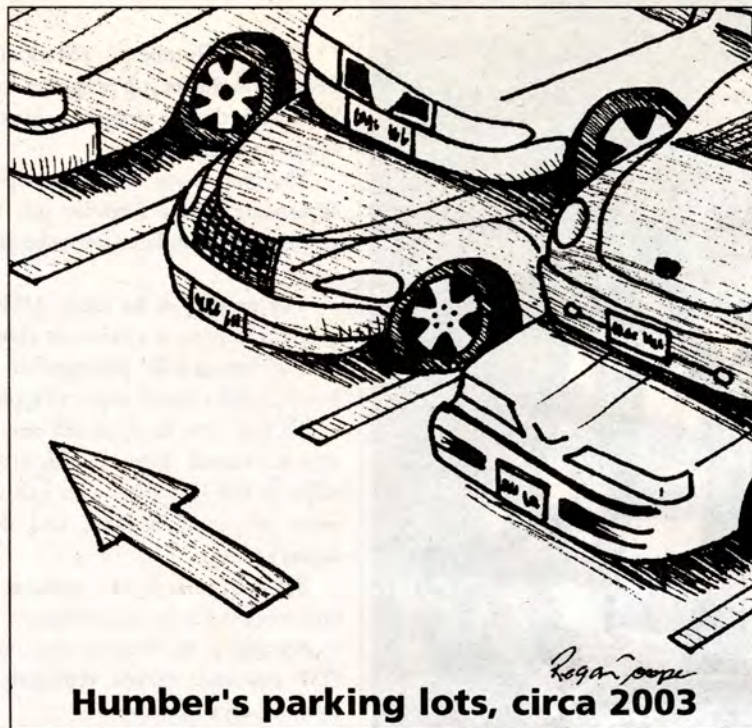
This year's Adult Video News Awards acknowledged the Doggfather's accomplishments as the top selling tape of 2001, incidentally overshadowing that one produced by Pam and what's-his-face.

Snoop also snatched the Best Music in a porn video category, with the help of his band Tha Eastsidaz and 11 previously unreleased tracks.

Now don't misunderstand, a classy guy like Snoop Dogg wouldn't be caught lifting his leg in some compromising position, in front of a camera and the whole world no less. The modest man-dog kept all his clothes on during his cameo, which consisted of him walking through his home while some of his hoes went at it.

Snoop Dogg has managed, all in one shot, to extend both his talents and pursuits and win awards for his versatility, while still retaining a sense of self-preservation by not stripping down.

Bravo to Snoop Dogg, not only a rizzle for the pizzle (rapper for the people), but a realistic, ultra-modern Renaissance man.



Humber's parking lots, circa 2003

Lend me an ear



Ryan Paxton

So, Mike Tyson attacked undisputed heavyweight champion Lennox Lewis at a press conference announcing their upcoming title fight. Is it really a great surprise? Tyson's perpetual tailspin is certainly captivating, but at the same time, it's become almost expected of him.

What happened was nothing new to Tyson, who has a long record of beating, biting, and sexual battery. However, having them happen all at once was a bit unexpected.

First, Tyson confronted Lewis on the podium and began throwing punches at a bodyguard who blocked his path. Then, when finally restrained, Tyson allegedly bit Lewis' leg. Then, to top it all off, he was rumoured to have said, "I'm going to fuck you until you love me," to a reporter who suggested Tyson be placed in a straight jacket. Quite a busy day, indeed.

Tyson was, and still is, the most feared man in boxing, only now for a much different reason. His fists have lost some of their zip, and now most of his opponents are more afraid of losing a limb or appendage than being disconnected from conscious-

ness. Make no mistake, Tyson is a shot fighter. He hasn't been able to compete at a world-class level since the early '90s, even before his three-year stint for rape, and he doesn't belong in the same arena with Lewis.

Public interest is high, though. There is a reported U.S. \$100 million purse to be split between the two combatants, the highest ever in sporting history. This is mostly due to Tyson's expert marketing team. They've somehow managed to convince the general public that he is the wrecking machine of old by pitting him against men whose idea of training is eating donuts.

I suppose Tyson's violent outbursts have played a role in the interest too. The general public seems to have an insatiable bloodlust that won't rest until he actually kills someone.

In the past five years, Tyson has bitten off an opponent's ear, attempted to break the arm of another fighter while in a clinch, deliberately punched a rival after the bell, and pushed a referee to the canvas in order to batter an opponent senseless after the fight had already been stopped. Keep in mind, this is only what he's done inside the ring. And still, the people want more.

Realistically, Tyson has the proverbial "puncher's chance" against Lewis, but there are only two realistic outcomes. Either Lewis will knock out Tyson, or Tyson will be disqualified for fouling. Either way, it's another notch in Lewis' belt, and hopefully the final chapter of Mike Tyson's violent and pathetic saga.

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Opinion etc.

Money makes stupidity go 'round



Ryan McLaren

ly 100 more got sick.

Heard of Enron? It's an oil company and financial backer of George W. Bush (who trashed the Kyoto Protocol in the States). A month after execs were told the company was heading for a drastic nosedive with horrible third quarter returns, the company encouraged its employees to buy stock. The company had been doing well the previous year, so why not? And plus, chairman Kenneth Lay told employees that the third quarter was "looking great." Three weeks later they reported U.S. \$638 million in losses, and Enron wouldn't let the employees sell.

They lost their lives' savings.

And did you hear that Coca-Cola is producing an hour-long drama for NBC? Characters will casually drink large amounts of Coca-Cola with surprising regularity.

Did you know that the Federal Communications Commission in the States is deliberating the rules about media ownership? That means that in the near future, it may be possible for one company to own multiple media outlets in one geographic region. Why aren't major media outlets reporting it? Because they have the most to profit. I mean, AOL Time Warner owns CNN,

doesn't it? And CBS is owned by Viacom.

Oh yeah, and General Electric owns NBC.

Oh, and the FCC is also looking to centralize Internet distribution to major cable companies, which means no more open access, at least in America.

And did you know that all but one of the American casualties in Afghanistan have resulted from friendly fire?

Oh, and more good news. With Afghanistan's economy and infrastructure in ruins, it looks like the opium fields are growing once again. Opium production apparently dropped by 91 per cent, from 3,276 tonnes in 2000 to 185 tonnes in 2001.

But luckily the war on terrorism put a stop to that pesky war on drugs, so look for a resurgence of high-quality Afghan heroin pretty soon.

But no worries. If you listen to the scientists, the nanobots will straighten everything out.

Do you have something to say?

Write to the Et Cetera at:

humberetc@botmail.com

For verification purposes, all letters must include full name, phone number, and address.

We reserve the right to edit for space and clarity.

Crazy zealots really suck



Brett Clarkson

Manuela is prone to giving the three-fingered skid salute to the throngs of media in the court, while both she and Daniel – who has incidentally filed his nails to match the sharpness of a razor – enjoy a good giggling bout now and then while the trial is underway.

Of course, the worst part of this whole exorcise in crack demonology is the Rudas' unwavering conviction that their actions were – and are – justified.

They are honestly convinced that they are right to have done what they did.

And this is the cancer in religion today: smug, self-assured practitioners of insert-belief-here who (wrongly, always) assume it's their duty to convert the masses – to impose their faith upon the great unwashed.

It's just like the Christians who firebomb abortion clinics or their fundamentalist Islamic cousins who, well, you know what they did.

It's obvious that Satanism, Christianity, and Islam are all markedly different. Even so, they are all respectable when practiced in private, or at least among those who share similar beliefs. They are not, and never have been, licences to get away with harm and murder. But when some vain zealot like OBL declares a holy war, when the Ayatollahs of Iran talk about nuking Israel, or when the loons at the Illinois-based World Church of the Creator dismiss the Martin Luther King holiday as an "irrational love of niggers that is being promoted by the Jew manipulators of the press," all in the name of religion, that's when I draw the line.

Who the hell wouldn't?

I hate to invoke the cliché t-word here, but the line between religion and terrorism is not as thick as most would like it to be.

Maybe this is all too obvious to even talk about.

Whenever the very topic reared its head at the dinner table, my mother always said correctly that, "Religion is personal, and everyone should keep it to themselves."

So for God's sake, do us and Allah a favour and keep it to yourself. Please.

Or at least don't hang out with anyone that sleeps in a coffin.

You know your night is ruined when a so-called friend invites you to his apartment and ends up stabbing you 66 times.

Then, just for a laugh, he and his wife carve a Satanic pentagram into your chest before drinking your blood from a bowl like it's Hochtaler or Spumanti Bambino or something. "Cheers," he says. "To us," she responds, a maroon trail of liquid running down her chin.

Not exactly the congenial end to a Tupperware party, is it?

To top off the night's festivities, the two lovebirds then have sex in a coffin – the girlfriend usually sleeps in this – while you decompose on the floor with a scalpel protruding from your stomach. (Oh don't complain, you see this stuff in horror flicks all the time.)

Manuela Ruda, 23, and her lovely husband Daniel, 26, apparently committed this very unpleasantry in their Bochum, Germany flat in July, 2001.

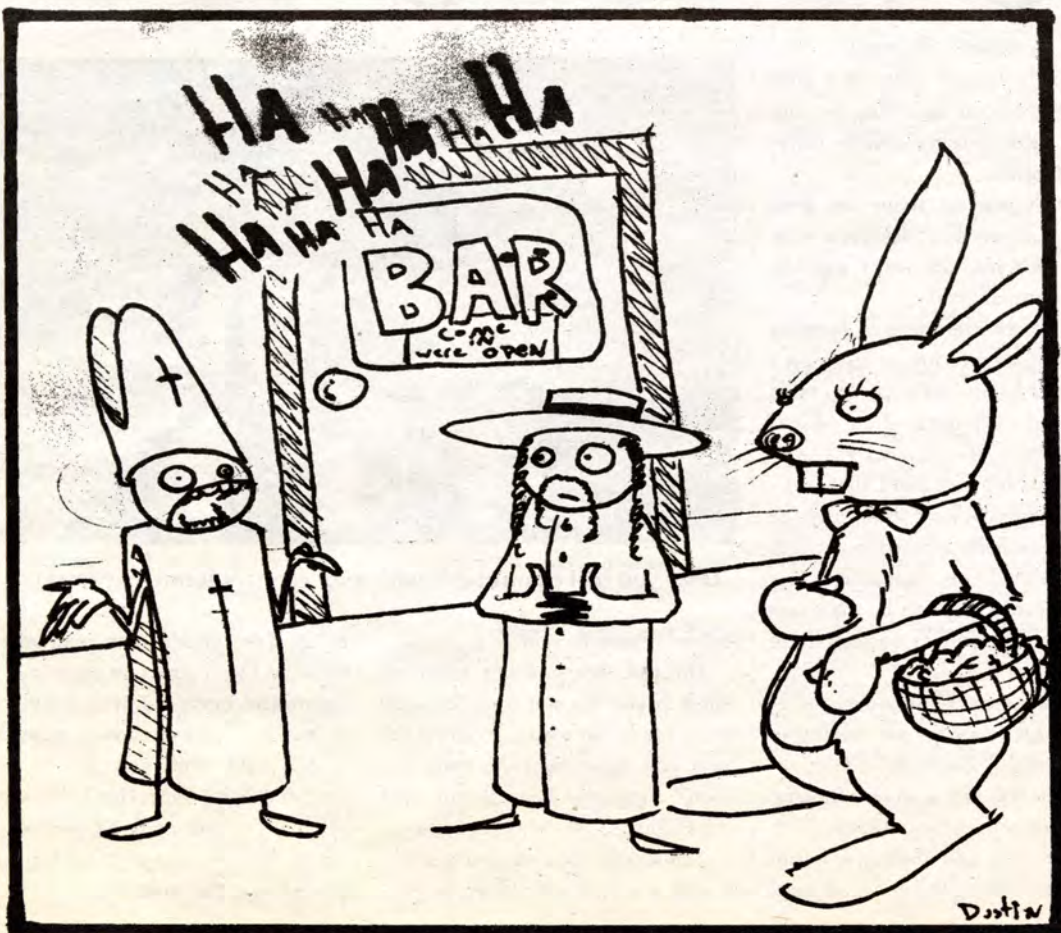
These two cretins are now on trial in a court near the west-central German city of Dortmund for the murder of 33-year-old Frank Haagen, whose mutilated body was found soon after in their, uh, living room.

The Rudas have both admitted to committing the spectacularly heinous crime, but have denied responsibility for snuffing Haagen.

"It was not murder," Manuela explained to the court last week. "We are not murderers. It was the execution of an order. Satan ordered us to. We had to comply. It was not something bad. It simply had to be.

"We wanted to make sure the victim suffered well."

Not surprisingly, these two wankers have burst on to the Hasselhoff-adoring German public eye with a Natural Born Killers-type notoriety.



"I just don't think we should go drinking together anymore"

Life etc.

Humber ramps need revamping

By CHRISTINA GELINAS

The state of Humber's Student Centre wheelchair ramps could endanger lives in the event of a fire, said Adam Hackett, HSF vice president.

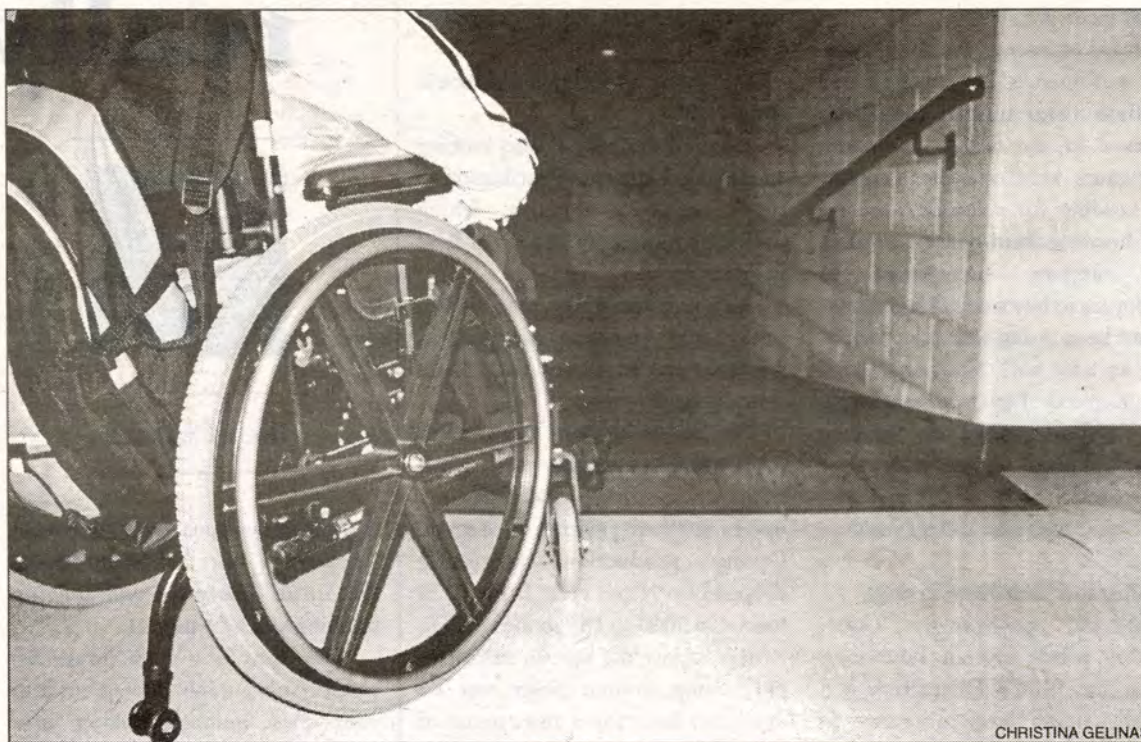
Hackett explained that in the case of a fire, students in wheelchairs would have to cross the main Student Centre area, wheel up two ramps and exit through the HSF office.

Hackett, along with other members of the HSF executive board, has proposed renovation plans for the Student Centre. The changes would include wheelchair lifts in order to make the centre more wheelchair friendly.

"It is not easy to get into the Student Centre by wheelchair," he said. "The ramps are safe, but they are almost breaking fire codes."

Ollie Leschuk, support services officer for students with disabilities, said that although wheelchair students call the ramp behind The Pipe 'suicide run', all ramps in the school meet the minimum standards of the human rights code.

"I know the codes, and the ramps



CHRISTINA GELINAS

Regardless of the weather outside, Humber College students find slippery conditions on school ramps.

are suitable as far as regulations go," Leschuk said.

Overcrowding on the ramps is also an issue, Leschuk said.

"People are the problem," she

said. "There are signs near the E-wing ramp beside the concourse to keep it clear, but they are not respected."

It's a similar situation on the

Student Centre ramps, which are usually only used by mobile students.

Mike Johnson, a third-year Business Administration student

who uses a manual wheelchair, said he is usually able to get around quite easily but acknowledged the Centre ramps are difficult to use.

"I have used them," Johnson said of the ramps. "But they're so steep and long, it deters me from going to the Student Centre."

He added that there are others in manual wheelchairs who don't get around as easily as he does and would never be able to tackle the incline and length of the ramps.

However, Johnson also said he is confident he would be safe during a fire evacuation.

"In the case of a fire there would be people to help me, so I'm not too worried about that," he said.

Since they meet the minimum required regulations, the Student Centre ramps will remain in their present state until extra funding for renovations becomes available, but it won't be any time soon.

Hackett said HSF funds and time for this semester will be allotted for the more pressing issues of parking and school evaluations.

Hackett said that the ramps are an issue that will be looked at within the next five years.

Cutting through cooking terms

By MICHELLE SABA

Julienne, Brunoise, Concassée... what?

The world of cooking has a fundamental language all its own – the unique vocabulary of culinary professionals. To chefs, these complicated words are essential tools of their trade, but to anyone reading a recipe for the first time, they can instill fear.

Humber Culinary instructor, chef Frank Formella, said culinary students must know the proper names of cooking techniques so they can be efficient, precise, and flexible to work anywhere in the world.

Knowing the vocabulary is like knowing an international language, he said.

"I can go to Russia or anywhere in the world and cook because I know my terms," Formella said.

He added that if you are not a chef or not studying to be one, you don't need this extensive vocabulary for everyday cooking. There are,

however, certain culinary terms seen frequently in recipes that are useful to know.

Julienne/Brunoise

Julienne and brunoise are two common terms used to describe a way of cutting food.

Formella defined julienne as a way to cut vegetables in thin strips.

Brunoise means to finely dice. Formella suggested it is better to finely dice vegetables yourself rather than putting them through a food processor because you tend to preserve the flavour by not over cutting. Formella said that although cutting is slower, chefs always chop food themselves to ensure perfection.

Demi/Julie

When it comes to sauces, two common terms are julie and demi.

Formella described demi as a sauce that has flour added.

Julie is described as a sauce which has no thickening agent. Formella said that it is acceptable to use store-bought sauces instead of spending endless hours making

sauces yourself. Formella cited Campbell's Tomato Soup as a great base for many creole dishes, but cautioned against using strictly store-bought items.

"Ready-product items are great as long as you don't let them rule. Make sure you add other ingredients," Formella said.

If you are interested in learning special culinary terms, or just want a book as a handy resource, Formella suggested *Webster's New World Dictionary of Culinary Arts* (Labensky, Ingram, and Labensky).

Although cooking shows may be useful, Formella advised not to be overwhelmed or intimidated by them because they can be the worst offenders of instilling cooking-term phobias.

"Many (television cooks) sometimes forget they are not talking to professionals," Formella said.

When you boil it down, cooking is all about your personal preference.

"The love and feeling you put into your cooking will reflect in your



MICHELLE SABA

Once you feel comfortable with your culinary terms, get cracking.

dishes," Formella said.

Do not worry about technical words if you are not a professional chef. "Have fun with it, because the more you experiment the more you learn," suggested Tony Bevan, chef and Humber Culinary instructor.

You should cook to your personal taste, if it's garlic you love, be gen-

erous, if you've added an extra onion it's okay. Don't stress on exact ingredients said Bevan. Only in baking is it crucial to use exact measurements.

So, next time you are in the kitchen, close your recipe book, turn off the TV, and cook on your own terms. And no matter what happens, don't forget the wine!

Mercury from fillings contaminating sewers

By LAURA KUPCIS

Toronto has a sewer problem and dentists may be to blame.

Toxic mercury from fillings is entering the city's water supply, polluting the environment and putting animals and people at risk.

Toronto dentists who work with silver combination fillings are now required to install a filter in their plumbing system, which will catch mercury deposits. A pollution prevention plan to minimize dentists' mercury emissions will also be requested.

The filters were to be installed by Jan. 1, 2002 as stated in a new sewer use by-law hoping to remove a minimum of 95 per cent of mercury waste in sewers by June 30.

Mercury is a toxin that affects the brain and is especially dangerous to unborn babies.

Metal fillings are made of amalgam, which is a powder mixture of alloys, such as copper, zinc, silver and mercury. When mixed with water, it hardens to form a filling in the tooth.

One-third of all mercury found in sewer systems is linked to dental practices, said Jason Thorne, the communication director for a Canadian environmental group. The bits of removed amalgam fillings enter the sewage system and are released into the environment with the waste when it is burned.

However, most of the mercury coming out of a dental practice settles into the plumbing or sewer systems and does not make it all the way to the treatment plant, as it is five times heavier than sand, said Martin Shaw, senior engineer at the City of Toronto Works and Emergency Services. This causes an accumulation of mercury in the plumbing drains, which can be released into the environment.

"Approximately five per cent of the mercury passes through the treatment plant and ends up in the lakes," Thorne said.

The mercury poisons the fish, which is the primary source of exposure to humans, causing governments to post fish advisories to warn against consumption.

"Ninety-six per cent of these advisories are posted because of mercury poisoning," Thorne said.

In addition to the contamination in the lakes, it is possible for the mercury to diffuse into the air. Thorne said the city has targeted dental practices because it is very easy to capture that mercury. The amalgam separators range from \$500 to \$7,000, but Thorne warned that some of the less expensive mod-

els may not meet the city's requirements.

Most amalgam separator companies offer a program where the mercury is cleaned out and recycled, reducing the need for fresh mercury mining Shaw said.

While Toronto has the toughest bylaw to date with a legal limit of 0.01mg/L of mercury, other municipalities are starting to put similar bylaws in place.

"When the idea was first introduced, dentists argued that the limits the city was proposing were too hard to reach," Thorne said.

The Ontario Dental Association was concerned with existing ISO standards, which only confirmed a 95 per cent efficiency rating and meant that dentists had to determine which equipment would meet the limit and which would fail.

The ODA has encouraged some manufacturers to confirm in writing that their equipment will comply with the bylaw standards.

Some dentists, however, feel their practice would not exceed the legal limit.

"I am in favor of controlling (mercury), but they did an experiment at the Faculty of Dentistry that did not meet the criteria, therefore a little practice like mine won't ever exceed it," said Sarma Damanis, a Toronto general practice dentist who has installed an amalgam separator in compliance with the new bylaw.

Damanis is referring to a study done by the city at the University of Toronto dental school, where mercury concentration in the waste water was found to be below the legal limit. Shaw said that two separate samples were taken for this test and no mercury was found, but this is because the lab had been measuring the levels in the wrong drainage pipe.

"In a study conducted by the city of four Toronto dental clinics, mercury was found in quantities ranging from 1mg/L to 100mg/L in the waste," Shaw said.

Thorne, from the RiverSide Stewardship Alliance, has concerns about the city's likelihood of enforcing the bylaw, as anywhere from 1,500 to 1,700 dental practices are required to install amalgam separators. Private citizens and environmental groups can now lay charges against dentists who are not abiding by the bylaw.

RiverSide's proposed solution suggested dentists submit a report indicating the separator model to spot sub-standard separators. The proposal is being reviewed by the committee.



STACEY ROY

Students beware. Never leave your drinks unattended, and if you do, be sure to not pick it up again.

Date rape drug gains popularity with partiers

By RENEE BOROVITCH

An addictive date rape drug is also being used to get high.

A report from the Centre for Addiction and Mental Health (CAMH) stated, "in recent years Gamma-hydroxybutyrate (GHB) has gained popularity as a club drug among young people for its euphoric and sedative effects. At a low dose, users usually feel more sociable, less inhibited."

Yet Health Canada has pointed to another group of people who use the drug to incapacitate women to commit sexual assault.

GHB is grouped with other date rape drugs such as Rohyphnol, or 'Roofie'.

GHB, also known as 'liquid X', 'liquid ecstasy', 'georgia home boy' or just 'G,' is odourless and tasteless in liquid form.

There have been no reported incidents of GHB-related date rapes at Humber, but campus security staff and Caps take matters like this very seriously. They caution that it is up to the customers to make sure no one touches their drink.

"We haven't had any (assaults) dealing with GHB in Caps here at Humber," said Kenny Dimech, operations manager of Caps. "We do have people on staff who are

trained to look for signs of when people are experiencing something like that. There would be a lot of consumption of water since it starts dehydrating them from the inside out. They are obviously at the bar drinking lots and lots of water. Our bartenders are trained to watch for that," he said.

Dimech added they are currently putting together an information package, which will include awareness factors that highlight some of the drugs that can be found in bars, and tips on how to make evenings out safer.

Education and awareness are paramount to staying safe.

"In regard to date rape drugs, it is my view that the individual has to take some personal responsibility to ensure that the drink is protected," said Gary Jeynes, Humber's director of public safety.

Humber's security will be quick to react to suspicious behavior.

"If a person was suspected to have this or any other known contraband on them, the authorities would be notified," Jeynes said.

It is known as a date rape drug, but experts say there is a rising use of GHB at raves.

"This is leading to further and escalated abuse," said Kim Caragianakos, an intake coordinator at the Jean Tweed Treatment Centre.

"We have had about 10 clients come in to the centre in the past year for addiction to GHB. Of those 10, two were addicted to GHB alone. The others were addicted to GHB and various other rave-type drugs," Caragianakos said.

She disagreed with reports saying GHB is more addictive than heroin, but warned it is still very addictive.

The CAMH report stated with GHB there is only a slight difference between a dose that produces the desired effects, and one that puts the user at risk. If you have too much GHB, the consequences can be fatal.

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Entertainment etc.

Humber Buzz – shooting for the world

By ANNA ROZBICKA

Monique Weston is usually obsessed with camera lenses and lighting. Today she's on the prowl for air miles.

Walking through the Pipe in Humber College's North Campus, she asks people promoting credit cards how many miles they give out.

"I need a card that gives at least one for every dollar," she said.

She's not kidding.

Weston, 23, is a second-year Creative Photography student. For four years now, she has worked as a photographer under the name Monique Simone Photography. Her job takes her around the world.

"I will be heading in two weeks to Kauai (Hawaii) to shoot a wedding," Weston said. "I have bookings this semester in Atlanta, Georgia, and come this summer, another wedding in Kauai and also Los Angeles."

Fortunately, she doesn't need to use the miles for work. "People seem to like my style and they're willing to pay for me to go to where they are to shoot," she said. She would use the miles for her personal travel, to take pictures all over the world.

Weston has always had a camera. She took every available photography course at Unionville High School, fast-tracked and graduated at age 17.

"I took some time off to travel which is my second love," she said. "It was after traveling that I collected my images, and my mentor, another photographer, took a look at my work... he said, 'You've really got an eye.'



Second-year Creative Photography student Monique Weston, 23, is a highly sought-after photographer who's been known to travel the globe, all expenses paid.

That's when I decided to do an exhibit."

Her first exhibit was a huge success, with people purchasing some of her work.

"I realized maybe there was a way to make a living doing what I love."

She began getting offers for weddings and portraits. Although she hadn't done anything like it before, Weston jumped at the chance to start working. She decided to come to Humber to improve her already impressive talent.

"It's been challenging, because I am working a fair amount," she said. "To be honest, I'm a little too busy. It's difficult."

Weston has recently started a project with the Manulife Financial Center in downtown Toronto.

"They have a new landscaping concept that I worked on," she said. "They're going to enter a contest and they'll be working alongside me and use (my) images in the contest."

Sitting in a Humber stairwell, Weston looks a lot like a fashion model. She actually treats weddings like fashion shoots.

"Everyone is walking down their own runway and that's what I think the brides want to see," she said with a smile. "They're a model that day."

Weston specializes in black and white photography. She tries to make her wedding pictures different and innovative. She covers the basic portrait shots, then moves on to her signature style.

Her wedding prints feature bridal parties leaping for joy, couples lying in autumn leaves, and most noticeably, couples with genuine smiles. She captures the exhilaration of the day.

Weston gets visions. She sees pho-

tographs in her head even before she takes them.

"I've been woken up out of my sleep with an idea or a concept that I want to execute," she said. "I'm always thinking of the next picture."

Her favourite place to photograph is New York City. She said there is an energy there that comes off the walls and the ground.

"I'm not sure I'm ready to not have 'my' New York," she said. "I don't think I could stomach the tragic events."

Her teachers agree that she has a huge amount of potential.

"Monique has a lot of energy, she's very enthusiastic," said Jim Chambers, Humber's Co-ordinator of Advanced Photography. "I



MONIQUE SIMONE PHOTOGRAPHY

think with her personality and talent she should go far."

Neil Fox, her Creative Photography instructor, agreed.

"Monique has a real flair with people...she has an effervescent, go-getter personality."

Weston wants to do a lot with her life.

"I don't ever want to become a slave of the craft," she said with conviction. She wants to have time for herself and a family.

Weston's photographs are impressive. But what comes through the most is her enthusiasm and her determination. There is no doubt that this woman can accomplish whatever she sets her mind to.

She stops and thinks. "I love taking pictures!" she exclaimed. "I love taking pictures and I don't know why."



MONIQUE WATSON PHOTOGRAPHY



MONIQUE SIMONE PHOTOGRAPHY

With a whimsical style, Weston captures the candid excitement of the big day.

Hot Spot – going intergalactic at NASA Dance Pub

By PAUL GURNSEY

NASA Dance Pub was re-launched last week and devotees of this small, unique Queen Street party spot should be relieved to find that their neighbourhood bar has not changed.

Minor renovations occurred during a brief closure, but NASA fixtures like the airplane seat lounge, central DJ booth, and touches of

futuristic, retro kitsch remain intact.

“We are going to do a lot of different types of parties and themes here but we want to maintain the idea that this is a place where you can just go for a beer,” said manager Ben Ferguson.

Like a traditional pub, there is no dress code or cover charge. But unlike most pubs, people come here for the music – not darts and Guinness.

“It’s crazy what happens in here,” said Ferguson, “It looks small but by one o’clock everyone’s had a few drinks and they’re just dancing through the whole place.”

He noted that the right mixture of atmosphere and music can make something special happen.

“We stay away from cheesy mainstream stuff. People come here and expect quality music of all types.”

“That’s true,” said Kim Roth, bar patron and Toronto computer program designer.

“I’m so glad they’re back. It’s hard to find a place where you feel comfortable that plays cool house stuff.”

“We’re open seven days a week so there are a lot of different formats to play with,” said Ferguson.

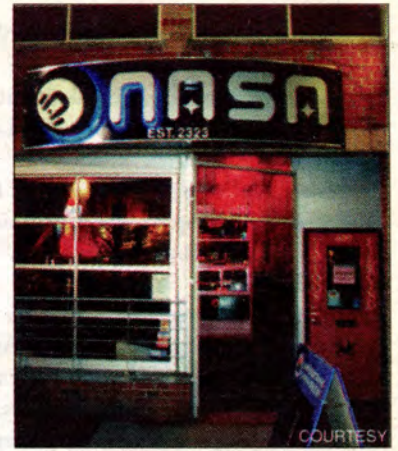
“Each event is sponsored by a different promoter. We have Drum and Bass nights, a couple of House nights, Soul nights and we also get live bands about once a month.”

At www.nasadancepub.ca you can find out about upcoming events and also listen to archived music from

DJs who regularly spin at the club.

If you want to check out NASA Dance Pub, they’re open seven days a week at 609 Queen Street West. If you’re traveling by subway, go to Spadina station and take the streetcar south to Queen Street, then walk two blocks west.

NASA Dance Pub – 609 Queen Street W. (416) 504-8356. DJs spin in an environment that caters to both high-energy dancers and lounge lovers.



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Suspect Video – find all your favourites

By KELLY BRENTON

There's nothing unusual about Suspect Video owners Merrill Shapiro and Luis Ceriz. They just love movies.

After graduating from Ryerson's film studies program, Shapiro and Ceriz decided to open a different kind of video store.

Not ones to advertise their business, Shapiro and Ceriz rely solely on word of mouth to keep customers renting. And there's no particular suspect that they cater to.

"It's all over the map. Doctors, lawyers, punks, anarchists, lesbians," said Shapiro.

Sections include a Stanley Kubrick R.I.P. display, a 'what we think is good' shelf, and an impressive anime selection.

Suspect Video has a decidedly anti-

Blockbuster feel, and it's no coincidence.

"Generally, video stores are awful and lifeless. Humorless. Even if they have good titles, the stores have no personality, and they seem pre-fabricated," said Ceriz.

The birth of Suspect Video wasn't an easy one. Borrowing money from their families and working 12-14 hour days helped make their vision a reality.

The first location of Suspect Video opened in August 1991 and by the end of their first year in business, they were already turning a profit.

Now Shapiro and Ceriz have two downtown locations.

Suspect Video has been voted Best Specialty Video Store by NOW Magazine readers for a number of years.

Their disdain for corporate entities extends to the current trend of super-sized theatres and inflated ticket prices.

"The picture quality is good and the sound quality is good (at big theatres), but I don't like walking through a pinball machine to see something interesting. They have a circus kind of atmosphere which I think promotes talking in theatres," said Ceriz.

If their selection of 19,000 titles doesn't satiate customers, the owners can order specific titles for purchase or rental.

Their DVD collection in particular is rapidly expanding because demand has risen 22 per cent since December.

"Every Christmas, people either give coffee makers, or DVD players," Shapiro joked.

Their opinions diverge, however, on the subject of DVD audio commentary.

"Some commentaries are an experience unto themselves – like for Battlefield Earth. Listening to people justify stupid decisions is funny. Scorsese's commentaries are fantastic. They play like a film class. He'll let a scene play out, then comment, rather than feeling he's got to speak for two hours," said Ceriz.

Shapiro, on the other hand, has found that many cinephiles would rather not hear the analysis provided in the DVD format.

"Some people are reacting against it. They'd rather just see the movie," he said.

The owners' passion for film becomes more evident when they're asked about favourite directors.

"Preston Sturges," Shapiro said. "In two years time, I think he made six of the greatest American films ever made."

Ceriz added, "He decided that comedy as a



KELLY BRENTON

Suspect Video offers popular favourites and unknown gems.

genre wasn't elevating the human spirit and he could do a lot better by making serious films, so he went out on the road to real people to get a taste of what real people were like."

Some of Sturges' films include *Christmas in July* and *The Palm Beach Story*.

Suspect Video is open Monday to Saturday, noon to 11 p.m., and Sundays noon to 10 p.m. New releases are \$3.75 for one day, for both VHS and DVD formats. Older titles are \$2.50 for five days in VHS format, and \$3.25 for DVD. They are located at 605 Markham Street, (416) 588-6674, near Bloor and Bathurst, and 619 Queen Street West, (416) 504-9116, near Queen and Bathurst.



KELLY BRENTON

Want great Cleavage without a push-up bra?

By ASHLEY MARTIN

Everyone loves gawking at Cleavage on a cold January night.

The Humber College Student Association is giving Humber students the chance to see some fine homegrown Cleavage later this month.

Bassist Bill Jamieson, guitarist Jeff Smith, drummer Jon Jamieson and vocalist Luke Rossi makes up this successful indie quartet.

Kasia Koziara of Francis Entertainment, the band's management company, described Cleavage as a melodic rock band.

"They're a cross between the Smashing Pumpkins and U2 with a little more of an edge," Koziara said.

She's been working with the band for just over a year, assisting Cleavage's manager Garry Francis.

Jon Jamieson said the name Cleavage began as a way to get a reaction, until the name grew on them in a more serious way.

The band is able to cover their expenses by touring, opening for big names like Edwin, the Tea Party and Big Wreck.

Koziara said the quartet's personalities range from quiet to charmingly flamboyant. Oh and they're damn fine dressers too. However, image and attitude isn't all this band has to offer.

"They're actually all good musicians and



COURTESY

Cleavage will appear at Caps on Jan. 30.

that's what is really cool," Koziara enthused.

Each member has his own favourite musicians that span different genres. When asked what's in his CD player, Jon said he's been listening to the Dave Matthews Band, 311, the Deftones and Jeff Buckley, which gives a glimpse of the band's diverse musical tastes and influences.

Born from a life-long friendship, the band has been playing together for seven or eight years. Drummer Jamieson and Rossi have been best friends for 19 years, since they were toddlers.

Flash forward a couple of decades to 2000 when the group won the prestigious Best Unsigned Band award at the North by Northeast Music Festival in Toronto. The prize gave them the opportunity to record a six song EP, distributed by Universal Music.

Thanks to their powerful live show, the band has developed a devout following of gawkers and their success just seems to keep growing.

"They're working on recording some new stuff with Jon and Jason Levine from the Philosopher Kings," Koziara said.

Jamieson explained that a mutual friend of the band played some of Cleavage's songs for Jay Levine and after listening to the group's sound, the Levines met with the band.

Koziara said that the songs are currently being mixed in L.A.

Jamieson eagerly noted that if the final mix of these songs turns out well, "I think we are going to make our first full length album."

The band's first video, *Riddled*, is currently on rotation at MuchMusic through VideoFACT – a program that provides financial aid to struggling bands.

Jamieson thinks the most important thing is just to keep writing all the time.

"We have a library of songs and just keep on adding," he said. On that note Koziara added, "They write a shit load of songs."

Everyone is fairly hush-hush about what's in the works for Cleavage – and the mystery alludes to big things for this homegrown act.

"I think what makes me really proud is just playing really great shows," Jon said. "There is nothing that feels better than when you get off

stage and you're like, 'You know what, that was a wicked show' – and that is why we do this."

Fans will keep busy over the next couple of weeks as Cleavage continues their tour of Ontario college and university campuses.

A little tip may be useful here: typing the word cleavage into a search engine may link to sites you never intended. Those interested in checking out lyrics and biographies can go to www.cleavageinc.com.



COURTESY

Money Matters etc.

Tech jobs down

By JOHN PRATT

Despite sweeping layoffs in the Information Technology sector, Humber IT students and staff are still optimistic about future employment opportunities for graduates.

"There's still jobs – you just have to navigate the system a little bit differently," said Karen Fast, business manager of Humber's Career Advancement and Student Services.

She advises that IT students "don't look specifically for job titles," but consider other industries where their skills may also be applied.

Fast said the IT industry has a unique ability to change with the times.

"They have people who can adapt very quickly, so at least the industry has that advantage," she said.

By the end of 2001, computer and telecommunications companies across North America cut almost 400,000 jobs. Nortel alone just announced a loss of U.S. \$27.3 billion and cut nearly half its workforce, about 96,000 workers.

"We're coming through one of the worst cycles in the IT business, but I think coming through is the operative word," said Lynda Leonard, vice-president of communications and research information for the Information Technology Association of Canada (ITAC).

Leonard believes people have had a false perception of the health of the industry.

"The decline is exaggerated by the heady pace of growth that was taking place three years prior to 2001," said Leonard.

Dave Devoe, a first-year Computer Programming student at Humber, said programming is what he loves to do but concedes he's a little concerned about job prospects.

He recognizes that, although he has some experience in the field, a diploma should make him more desirable to future employers.

"One of the reasons I'm here is because self-taught freelance stuff might get you the interview, but doesn't get you much more than that," said Devoe.

Li Wang, another first-year Computer



First-year Computer Programming student, Li Wang is hopeful for an economic boost to create IT jobs for the end of this year

Programming student, is cautiously optimistic about her future. Wang has only been in Toronto for 18 months.

"I'm not afraid very much," she said about finding work. "The economic down period has seen many big companies facing problems but small companies are running well. I expect an economic rising at the end of the year."

Louise Bardswich, dean of Information Technology at Humber, said that people should realize job cuts at Nortel and other companies will not necessarily affect IT students.

"The kinds of jobs that disappeared are not the jobs that our students are going for," said Bardswich. "They were engineering jobs, high-end design, that kind of thing. There are still all those entry-level jobs that are available."

Bardswich has a general feeling that students in the workplace program are waiting a little longer than previous years to be placed. The same goes for graduates looking for work, but ultimately both groups continue to be successful.

She believes students currently looking for

work should use the Internet.

"In the IT industry, job fairs aren't working anymore," said Bardswich. "They haven't worked for about three-years that's industry wide."

"I think the big change is that IT people are starting to hire using the Internet. They're all hidden jobs and very, very few are advertised."

IT students entering a co-op work placement can expect a bit of a challenge when it comes time to finding an employer.

"We did see a serious dip about a month or so after Sept. 11, but it is coming around," said Leah Brown, Humber's IT workplace liaison officer. Brown does see particular fields that do not seem to be affected by industry malaise.

"We certainly have seen consistent activity in the areas of network support and tech support," said Brown. "Anything in the Oracle database, those kinds of jobs are still really viable. Nortel scared everybody, but people are calming down. They're starting to realize that we're not going to fall down or go away."

Campus Worklink, Humber's job bank, has seen an overall drop of 50 per cent in job postings compared to last year. Fast feels that students looking for placement or full-time work should go directly to the employer's Website.

"A lot of employers now are putting their jobs on their own Web site as opposed to a job bank Web site," said Fast. She suggested students use local business directories to locate the Web site.

She also recommended using the Career Advancement Services office. There, they can generate a list of employers who have contacted Campus Worklink and left their current email address.

ITAC's Leonard had some final words of encouragement to offer Humber's IT students: "Information technology is a fundamental building block and has emerged as the important driver of the economy," she said.

"If I were talking to IT students I would say, we still need you and don't let a couple of bad quarters divert you into another field that may not be what interests you."

Economy downturn takes Humber upward

By CAMERON MITCHELL

An increase in applications has made Humber College a winner in this economic downturn.

As of Jan. 14, preliminary figures show Humber enjoys an increase in student applications of almost five per cent, said Barb Raich, associate registrar. "Many other post secondary institutions have reduced numbers."

"Today's sexy programs today are in emergency response," said Raich.

"Applications are up for the training of paramedics, firefighters and nurses," she said. "Any of our programs that get weeks of media attention will see more interest, and this is especially true for the compassion professions."

"The increases in the number of applicants are not up across the board however," Raich said.

Schools with a heavy component of information technology (IT) programs or hospitality and tourism are down in overall student applications. Raich cited post Sept. 11 travel and Nortel's recent performance as the most probable causes.

Humber's dean of IT, Louise Bardswich, said applications were way up in the fall and down this winter – the usual pattern being admissions going up in the second semester.

"Humber, like every other school, competes for the best applicants," Raich said. Winning the applications race means it may become easier for Humber students to get jobs, and if the trend continues, a Humber certificate or diploma will have increased value.

OSAP lineups go bye-bye as online takes over

By CAMERON MITCHELL

The next time you fill out your OSAP form you can forget your pen and the long line ups. OSAP forms are going digital.

"Online applications will be the

method of choice," said Daniel Castillo, a Humber Campus Financial Aid advisor. "Processing times will be faster, money will get to your bank account sooner, and there will be no more waiting in line."

Students concerned about loan repayment will also find a Web visit useful. Castillo said student's rights and responsibilities are outlined on the site, as well as a schedule of repayments and the circumstances required for a payment holiday.

"I like the internet, I used the online OSAP application last year," said Becca Alkema, a first-year Humber student.

"Getting rid of the printed forms kind of sucks though, not everyone knows how to use the net or can

afford it. My old high school had very restricted access to computers and especially Web sites."

This year a printed application costs \$10, there is no fee for the online version. You can visit the Web site at osap.gov.on.ca.

Come and play with me



COURTESY

Canadian Alfred Jay, founder and president of Ottawa-based Ramius Corporation, operates CommunityZero, a web-based virtual community working to connect users.

CommunityZero.com takes the downloading out of online networks. Students can create a Web site for their colleagues, classmates and fellow playmates.

By JAMES TONE

Enjoy that savoury pint with your colleagues while you can, because the next time you hold a group meeting, you may be staring at a computer screen.

The Internet has almost created virtual meeting places.

Although most online forms of communication have not been flexible enough to truly mimic real-world gatherings, CommunityZero, a free online community hosting Web site, challenges the notion that the Internet cannot be used to effectively organize communication.

CommunityZero is unique because it is based from a Web site, meaning no downloads.

This community can be accessed from your home computer, the computer lab at school, or anywhere else you have an Internet connection.

Users can create a public or a restricted community in a matter of minutes and begin customizing the Web site to reflect the interests of its members.

CommunityZero allows members of a group to communicate through chat, instant messaging, bulletin boards and group discus-

sions. Members can update important dates on interactive calendars, as well as use storage space to upload graphics and save bookmarks to share with the community.

Web sites can also feature custom polls to gather census on issues.

Alfred Jay, founder and president of Ottawa-based Ramius Corporation that operates CommunityZero, said the Web site is a tool that seeks to connect people to groups of users who share common interests.

"CommunityZero is really meant to build communities of interest with people you may or may not know," said Jay. "It centralizes communication across the group and allows the group to continue even if membership changes."

CommunityZero has many practical uses for college students.

"We've got lots of college students using communities for project workgroups, communicating with old high school friends and organizing clubs and public interest groups," said Jay.

Humber College is home to dozens of student clubs, and organizing them can be a challenge.

Laura Fox, president of Humber's Lifeline Christian Fellowship/Baptist Student Ministries, said it can be difficult for members to communicate about the club.

"Sometimes phone messages do not get through," said Fox. "The emails that we send out are often not received because people don't check their email."

An online community is similar to personal email in that not all community members may access it.

However, an online community's powerful features and simple interface could make members of large groups feel more connected, said Jay. Thus increasing the likelihood of their interaction within the community.

Fox said the core of the club is mostly comprised of people who live in residence, and other club members, such as Lakeshore students, who may not feel as connected to club activities.

While interactive features may improve online communication, the future of these communities may rest in their ability to mimic the taste of that ice cold pint.

Quick facts about CommunityZero

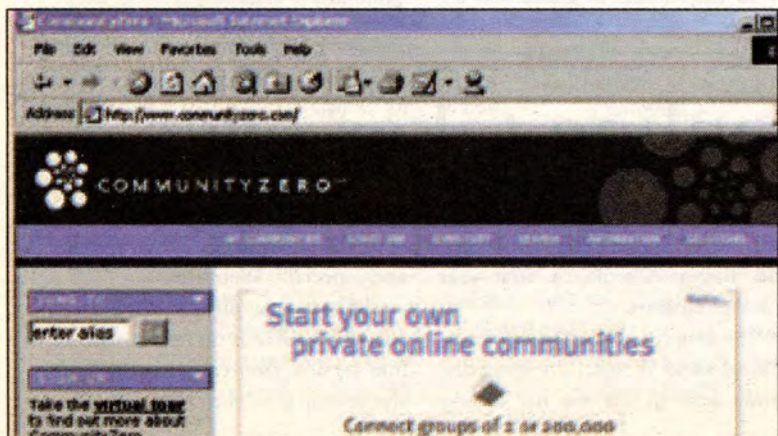
CommunityZero is a Canadian success story.

The Web site, founded in September 1999, now hosts over 60,000 communities and 800,000 members, with Jay estimating that the number of members doubles every six months.

CommunityZero's innovative communication tools led to the Web site winning the 2001 Impact Award for Changing the Way People Communicate, awarded by Internet World Canada.

The Web site does not feature advertising, instead it uses word of mouth to attract commercial customers to a more advanced pay version that offers enhanced features for companies and large groups.

Jay said it is this business model that has allowed CommunityZero to remain profitable while many other online technology companies have gone broke in the last few years.



COURTESY

Health etc.

Herbal weapons combat illness

By VIRGINIA WATSON

Cold and flu season always comes trailing behind New Year's festivities, infecting students when they least expect it.

An herbal remedy may be the solution to combat that pesky cough.

Gerry Harrington, director of public and professional affairs at Non-Prescription Drug Manufacturers Association of Canada, estimates the annual sale of herbal remedies and supplements at \$350 million. And, if you include vitamins and minerals that number doubles to \$700 million annually, Harrington said.

"Echinacea has been around for hundreds of years," said Wayne Chindemi, a doctor of naturopathic and homeopathic medicine from Vineland, Ontario. "It has been gaining popularity over the past decade because it is said to stimulate the immune system."

Originating in western medicine, echinacea, traditionally known as the purple cone flower, is one of the most popular plants used to treat everything from colds and flu to bacterial infections.

At the onset of a cold or flu, Chindemi suggested taking a complex that includes echinacea, garlic, cayenne and vitamin C. He pointed out other new trends in herbal remedies, such as reishi and shitake mushrooms, which are useful in treating viral infections.

Doctor of homeopathic medicine, Amanda Smith, also suggests elderberry, cat's claw and goldenseal, which she said are all immune system supporters.

Smith preferred to err on the side of caution, particularly

when it comes to echinacea, because studies say it should not be taken for an extended period of time.

"Echinacea, over the long term, has been documented to depress your immune system, so it's going to have the opposite effect you want," Smith warned.

Vicki Soder, a veteran in herbal remedies for 15 years, cautioned to check with your herbalist before taking any remedy. "You need to make sure it's a plant in a family that you are not allergic to," she explained.

Some herbal remedies can also interfere with prescription medications, so it's essential to research any medication before using it, Soder said.

"People who don't have success with echinacea often have success with astragalus," Soder said. "It acts as a tonic to protect the immune system."

Astragalus originates from traditional Chinese eastern medicine. It can also be taken for longer periods of time because it's gentler on the system and is particularly good for those allergic to echinacea.

One remedy that is hot on the herbal frontier is oil of oregano. "It's used for colds, flu and chronic infection," Soder said. "It's a general stimulant for improving energy."

Soder suggests diluting the recommended dosage of oil of oregano in a glass of water or juice, as the tincture has an unpleasant taste.

The main goal in warding off illness is to give the immune system a boost. Yet, Soder warned that continuous use of any herbal remedy is counter-productive.

"When you take a remedy everyday, your body builds up an immunity to it... and when you do get a cold and try to up the



Echinacea, garlic, elderberry, cat's claw and goldenseal could be your solutions to battling the cold and flu.

dosage it has no effect," Soder said.

The most effective way to use herbal remedies is to begin taking them at the earliest onset of illness. "As soon as you feel a tickle in your throat is the best time to begin using a remedy," Soder said.

Herbal relief

By VIRGINIA WATSON

The Complete Medicinal Herbal Guide by Penelope Ody suggests the following herbs for each particular ailment:

Echinacea: cold, flu and sore throat, bacterial infections

Astragalus: cold and flu

Garlic: cold, flu and coughs, chest infections, and bronchial ailments

Ginseng: cold and flu, viral illness

Peppermint: cold and flu, add a pinch to other herbal remedies to help reduce a fever

Ginger: cold, flu and coughs

Chrysanthemum: colds and flu accompanied by fever and headaches

Yarrow: colds, flu and fever

Elderberry: coughs and colds, sore throat (gargle)

Goldenseal: sore throats (gargle)

Marshmallow: bronchial complaints, dry coughs

Burdock: antibiotic properties for infectious illnesses

Cayenne: colds and chills



ANN-MARIE COLACINO

Women's health does matter

The Women's Health Matters Forum and Expo is one of the largest, most informative women's health events of the year.

By VIRGINIA WATSON

Last weekend's sixth annual Women's Health Matters Forum and Expo provided fresh facts and analysis of current concerns regarding the ever-changing issue of women's health.

More than 130 booths were set up in the Metro Toronto Convention Centre and a stage set up at the front of the forum provided entertainment and 15 minute presentations throughout the day. More than 40 interactive presentations were given by medical experts and health professionals on topics ranging from eating disorders to skin care.

The forum opened with a seminar on women's reproductive health and rights. Speaker Dr. Nafis Sadik, special advisor to the secretary general of the United Nations, has been a guiding force in the field of international maternal and child health.

Sadik discussed the importance of sexual education. Women in developing countries "don't know their rights exist," Sadik said. "More than 50 per cent of these women have unassisted births."

With the proper education, she said, women are learning how to protect themselves from sexually transmitted diseases. "Women need to be equipped and empowered."

Over one-third of pregnancies in developing countries are either unplanned or unwanted. By giving

women a right to an accessible health program, they are able to make decisions about their own life, Sadik said.

While abstinence is the option most often taught, Sadik pointed out that this is not the reality.

There was also an interactive discussion on the power of active women given by Julia Alleyne, medical director for Sport C.A.R.E..

Alleyne provided tips on proper form for weight training, and physiological differences between men and women.

Focusing on the importance of adding strength training to any existing fitness regime, Alleyne pointed to studies that prove weight lifting helps reduce stress. "Upper extremity weight training is helpful in preventing heart disease and reducing breast cancer."

For maximum results, Alleyne said it is important to train larger muscle groups first, such as biceps and triceps, moving onto smaller groups, such as shoulders.

Alleyne also announced her position as Editor in chief of a new Canadian women's health and fitness magazine *Active Woman*, which is due to hit newsstands around November of this year.

The magazine will target women of all ages, featuring topics such as weight management, nutrition, lifestyle, exercise concepts and techniques for both the gym and home-bound exercisers, as well as a host of other health and fitness related issues.

Butt-out, support weedless week

The Canadian Cancer Society reported that smoking is responsible for 87 per cent of lung cancer cases.

By CHRISSIE O'BRIEN

Touch the hot flame to the tip of your cigarette, take a long drag and feel the smoke cascade down your throat, through your lungs, into your body, tickling the tingle that has been in your brain for hours.

Now drop that cigarette. National Non-Smoking Week has arrived and organizers are asking all smokers to consider their own health and the health of those around them.

Butting-out activities have been scheduled across Canada during the week of Jan. 20-26. Now in its 25th year, National Non-Smoking Week seeks to educate Canadians about the dangers of smoking and to prevent non-smokers from picking up the habit.

According to Statistics Canada, in 1999, more than 27 per cent of Canadians over the age of 12 smoked cigarettes regularly. Due to the steady rise in these numbers, National Non-Smoking Week was born.

"Needs have really changed," said Maurice Gingues, president for the Canadian Council for Tobacco Control. "Now we're looking at the source of the problem - controlling the tobacco industry."

The council will encourage smokers to put down their packs for at least one week. However, organizers also advocate a 'one day at a time' philosophy - the idea behind Weedless Wednesday (Jan. 23) - one day for someone who can't bear the thought of quitting for an entire week.

Humber's Lakeshore Campus has planned activities to celebrate National Non-Smoking Week,

including specific events for Weedless Wednesday.

"January 23, between 11 a.m. and 1:30 p.m., the public health department will be presented a display about quitting smoking in the large cafeteria," said Penny Apps, of the Lakeshore Campus Health Centre. "There was literature, interactive display material, games and prizes."

The North Campus Health Center will not be hosting specific activities for National Non-Smoking Week, but they are encouraging any students who want to quit smoking to seek assistance and support from their staff.

"The nurses are very happy to talk to anyone who wants help quitting smoking; we act as neutral parties," said Marg Anne Jones, manager of the North Campus Health Center.

Students looking for a good reason to quit smoking might look at the National Non-Smoking Week as just that.

Jones advised that motivation is the key to kicking the habit. "Nobody will write you a prescription for Nicoderm or Zyban unless you're motivated to quit. I often ask people if they remember the first cigarette they smoked," Jones said. "You'd be surprised how many people didn't like it but kept smoking anyway."

More information on National Non-Smoking Week and scheduled events across Canada can be found at the Canada Council for Tobacco Control Website, at: www.cctc.ca.

For information on how to quit smoking, visit the Canadian Cancer Society Web site at: www.ontario.cancer.ca.



If you need help quitting smoking, the Canadian Cancer Society offers a self-help program called *One Step at a Time* and a free, confidential smoker's helpline at 1-877-513-5333.

The hard facts on soft drinks

Adolescents, the largest group of soft drink consumers, are at high risk of developing osteoporosis. Consuming large amounts of pop and not enough calcium could lead to bone deterioration.

By TONI MARIE IPPOLITO

Did you know that the average person drank 112 litres of pop last year? Or that soft drink sales rank sixth among products sold in Canadian drug stores, with annual sales more than \$130 million? These startling facts, revealed by the Canadian Soft Drink Association (CSDA), tell us that people are not making healthy choices when choosing beverages.

It's safe to say that most people know soft drinks aren't exactly a nutritional food source.

But what people may not know is that frequent consumption of soda could be setting them up for serious tooth decay, bone deterioration and early forms of diabetes that could also lead to obesity.

Shirley Newman, a nutritionist from the Trillium Health Centre in Toronto, said that individuals aren't meeting their daily requirements for a healthy diet and lifestyle.

"We're getting too many calories and aren't balancing our meals properly and we're definitely not getting enough calcium," she said.

However, soft drink consumption remains high despite evidence that they could lead to serious health problems.

Dr. Vera Varadi, a Toronto dentist, said most people don't realize that drinking pop bathes your teeth in acid because of the high levels of fructose and phosphoric acid.

This acid interacts with the bacteria already in your mouth to demineralize the tooth enamel, causing major calcium loss.

"Loss of calcium causes the tooth to become weaker and softer," Dr. Varadi said.

If that hasn't caught your attention, what about the threat of developing osteoporosis?

Dr. Lynn Hamilton, a rheumatologist and the head physician at the Osteoporosis Clinic in Toronto, said soft drinks counteract calcium consumption.

"By consuming a lot of soft drinks in our daily diet, we are neglecting food and beverages that are high in calcium," she said.

While Dr. Hamilton said phosphoric acid in soft drinks plays a role in bone deterioration, she identified caffeine, a soft drink ingredient, as the major culprit.



TONI MARIE IPPOLITO

Frequent consumption of pop could lead to serious tooth decay, bone deterioration, major calcium and water loss, and early forms of diabetes that could lead to obesity.

"Caffeine increases the calcium excretion in the kidneys which is where the majority of calcium is lost," Dr. Hamilton said.

Adolescents, identified as the largest group of soft drink consumers, should especially monitor how much they drink because their bones are still growing, she said.

"Adolescents consuming large amounts of soft drinks and not getting enough calcium in their diet may not reach their peak bone mass," Dr. Hamilton said. "[Adolescents] are more likely to develop osteoporosis later in life."

Drinking soft drinks on a regular basis could also cause serious blood conditions.

Dr. Khosrow Adeli, head of clinical biology from the Toronto Hospital for Sick Children and a professor at the University of Toronto, said regular consumption of soft drinks may have serious effects on blood sugar levels.

Currently researching the effects of high fructose on blood sugar levels, Dr. Adeli discovered that feeding rats high dosages of fructose caused mild forms of pre-diabetic conditions, high cholesterol levels and obesity.

"Sugars which are plentiful in soft drinks, especially those containing fructose, can induce insulin resistance, which is a pre-diabetic condition that can lead to full blown diabetes," Dr. Adeli said.

However, he indicated that the real danger is that most people who have developed this pre-diabetic

condition don't even know it.

"It's actually been shown that for every one person that has diabetes in any community, there may be three others who have it and don't know it," Dr. Adeli said.

But what does the soft drink industry say about this?

According to their Web site, the CSDA said that soft drinks can be a part of a healthy lifestyle.

"Soft drinks can provide a great variety of beverage choice in a person's diet," said Cala-Farn, a CSDA representative.

Cala-Farn said that since we need carbohydrates for energy, and soft drinks are a form of carbohydrate, it can be beneficial to consume them.

She also said that soft drinks can be a part of the eight glasses of fluid required daily.

However, health professionals disagree.

"Saying you can consume pop as part of your recommended eight glasses of fluid a day would be like me telling my clients that they could eat cake to make up their 1,500 calorie a day diet," Newman said.

Dr. Adeli also disagreed with the CSDA, and said that nothing should replace water for our primary source of hydration.

"When you are thirsty the worst thing you can do is drink soft drinks," he said. "They increase your water loss because of the chemicals they contain and induce urination, therefore negatively affecting the body's water balance."

In Focus etc.

Cougars reaching peak in sexual wilderness

Continued from front page

"If you're going to date much younger (men), you have to be of a particular state of mind. You have to be very strong and independent because you will get the comments, the barbs, the sneering, the putdowns," Gibson warned.

"When it comes to (other) older women, they're threatened by women that are very independent, know what they want and who are sexual, because they don't believe that they should be sexual."

There's nothing wrong with it. It's been happening for years with the opposite sex, so why not?

— Jason Roy, Humber Arts and Science student

"The older men, of course, are not happy about it because we're sort of treading on their territory," she continued. "Men have always been in control of sexual relationships in the past and now women are taking control of their own and saying, 'Excuse me, but you're too old.'"

What about younger women, who Gibson jokingly refers to as pumas?

"The young ones simply just have no knowledge — to be fair, they're just ignorant of the whole aging thing," she said.

"When they get older and do grow up, they'll understand it far better. In fact, the closer they get to 30, the more they seem to understand. And of course, the older they get, the more they realize what a damn good idea it is!"

Regardless, today's North American cul-

ture is youth-centred, whether we're fawning over Britney Spears or being bombarded by ads for wrinkle creams, cosmetic procedures and fountain-of-youth promises.

Gibson acknowledged that the successful cougar, whether consciously or unconsciously, strives to look, act and feel young.

"We have an entire society based on image, whether we like it or not," she said.

"Men of all ages are visual creatures. I think older women may concentrate on looking good and they feel like looking youthful — but there's a lot more there."

The cougar's seeming preoccupation with sex is perfectly natural, according to Gibson, who noted that with average life expectancy between 80 and 90 years, the assumption that sex should be abandoned by midlife is ludicrous.

"North Americans wince when you say so, but sex is a wonderful thing. It's joyful, it's good for you," said Gibson. "Older women have been told by the entire doctoring profession, and by the world, that sexuality dies, that it ends. Suddenly you wake up one day and you're no longer sexual? If you look at it logically, it doesn't make sense."

Gibson also pointed to well-known clinical evidence backing the cougar and her mating habits.



KRISTINA KOSKI

Look deep into my eyes. You will see that I can be warm and wild. I can bring out the animal in you.

"The big scientific thing is that young men peak sexually in their 20s and women peak in their 40s. So, I mean, you've got a perfect match, quite frankly," she said.

Despite the negative responses cougars encounter, Gibson noted that opinions are changing.

This is Gibson's second book on the subject, and she said that this more recent version is enjoying better success and acceptance.

Humber Arts and Science student Jason Roy sees no problem with the cougar philoso-

phy, noting that older men should see the turnabout as fair play.

"There's nothing wrong with it," he said. "This is the year 2002. It's been happening for years with the opposite sex, so why not?"

Gibson also credited the evolving attitude of cougars themselves as reason enough for wider acceptance.

"The difference between this book and the first is women have gotten stronger. There are a lot of women in their 40s who are confident — and they don't really care what you say."

Valerie Gibson's Cougar Rules

1. Feel sexy, be sexy, dress sexy.
2. Ignore anyone who says you shouldn't.
3. Avoid sex on the first encounter.
4. Well, okay, if you absolutely must.
5. Keep control when hunting.
6. Well, up to the third martini anyway.
7. Think short-term, not long-term.
8. Okay, think long-term if the sex is amazing.
9. Carry condoms
10. Use them.

— From *Cougar: A Guide for Older Women Dating Younger Men* by Valerie Gibson.

Warning!

"A predator needs every advantage to be able to successfully pull down a meal. Camouflage also provides the cougar with another crucial split second advantage...It is difficult to guess the age of a cougar without extensive testing. The easiest way is by examining the colour and wear of the teeth."

— From *The Biogeography of the Cougar* by Jeff Davis.

"Normally a silent hunter, the cougar, like any cat, becomes vocal when ready to breed. Female cougars in heat have been seen and heard yowling. Cougars do not breed in any special season, and the young may be born at any time of the year."

— From the *Canadian Wildlife Service*

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etc.

Experimental video showcase targets students for crash course

Magnetic North exposes the new blood to the art of image manipulation

By GINA COLLYMORE

Picture this: A woman celebrates her 27th birthday on camera, telling the tales behind her scars and imperfections. Now picture her naked, doing the exact same thing.

It's not blockbuster material. It's not something Hollywood would back with millions.

It's a form of art called experimental video. Experimental, because it's different – not your typical movie or documentary.

Harbourfront's Power Plant gallery is currently exhibiting a showcase of Canadian experimental video called Magnetic North. The idea is to bring Canadian video art to a wider audience and the commercial world.

"Experimental video is just independent video created by visual artists," said Xandra Eden, assistant curator at the Power Plant. "It does not have the same type of commercial intentions as other types of video."

There are so many different places in Toronto alone where experimental video can be seen.

- Steve Reinke, experimental videographer

The exhibit was developed by curator Jenny Lion. Lion saw that there wasn't enough exposure for Canadian video art, and thus came the idea behind Magnetic North: a touring exhibit to showcase Canadian video around the world.

At the famous Walker Art Center in Minneapolis, the debut show was a success and has continued to travel to Scotland, Los Angeles, San Francisco and other major cities across North America and Europe.

"Video artists try to manipulate (images) you would normally not see on TV," Eden said. "Not only the manipulation of subject matter, but also the material."

Who are these people, these relatively unknown artistic geniuses? Names like Lisa Steele and Steve Reinke may not ring a bell, but in the short film and video world they're as big as Tom Cruise and Julia Roberts.

Earlier this month, an event was held as part of the gallery's new youth program. The aim of the program was to give "young people interested in art a place to see it other than on TV...to introduce a new type of audience to different forms of art," Eden said.

Only high school, college and university students were permitted to attend.

The workshop allowed them to view various videos and to become a part of an experimental video, produced by Reinke.

"I had never heard of it," said high school student John Mills. "So what better way to learn than to be in (a video)?"

Reinke also fielded questions as to why he chose to become a video artist.

"I don't think I ever consciously chose video art as a career, it just kind of happened," Reinke said. "Because it's close to impossible to make a living as a video artist, the idea of it as a career is – as strange as it may seem – foreign to me...it's more of a profession than a career."

Only recently has the popularity of experimental video increased, due to events like the Gay-Lesbian Film Festival and the Images Festival.

"(Now) there are so many different places in Toronto alone where experimental video can be seen," said Reinke, citing venues like YYZ and the Pleasure Dome.

The recent surge in this art form's popularity has resulted in specialized visual arts programs in many established colleges and university.

University of Toronto student Kelly Long said, "Even though (experimental video) is over 40 years old, it's only now being taught in visual arts programs."

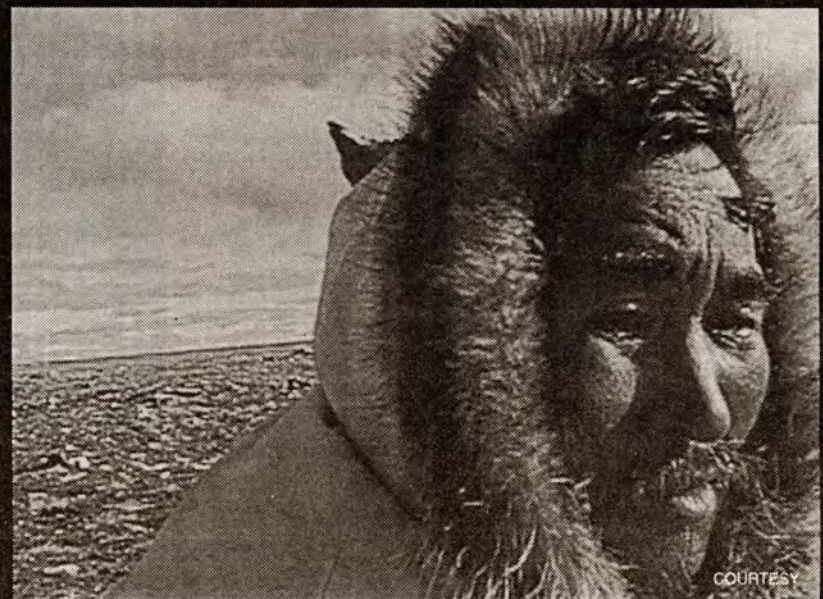
Many Humber programs touch on experimental video art, such as graphic design and film and television production, but with a more applied nature.

"This was the aim of the project," Lion said. "To get people aware."

Magnetic North continues until March at the Power Plant, 321 Queen's Quay West. Phone: (416)973-4949 for details.



COURTESY



COURTESY



COURTESY

Photos (top to bottom): *Object/Subject of Desire* – Directed by Shawna Dempsey/Lorri Millan. *Nunuvut (Our Land)*, episode 8 – Directed by Zacharias Kunuk. *Positiv* – Directed by Mike Hoolboom.

Toronto's Pleasure Dome: Not so much a place as a movement

The Pleasure Dome is one of Toronto's leading exhibitors of underground and experimental film and video.

"It isn't really a place, it's a state of exhibitionism," it's Web site claimed. "From the old boys to the

new girls, Pleasure Dome is always looking for work that kisses like a slap in the face. Esoteric, beautiful (darling, it's a prerequisite!), political (... well, isn't everything?)"

Always open to submissions, the Pleasure Dome organizes screenings

around Toronto. For \$10 you get a membership for a 60 per cent discount at all screenings.

Visit the Pleasure Dome Web site for details and screening information.

<http://home.ican.net/~pdome/about.html>

etc.

Sports etc.

Hawks shine at all-star gala

By MARC MACDONALD

The Ontario Colleges Athletic Association (OCAA) held its all-star basketball games at Durham College last weekend and Humber was well represented.

Representing the Hawks' teams were men's players Haldon Hutchinson and Curtis Francis. The women's team selections were Miranda Pyette and Lindsay Higgs.

Francis made the all-star team last year when he played for Niagara College, and playing for Humber is special, he said.

"I came here because it's an elite basketball school. I just want to have fun. I mean it's my last year," said Francis, who replaced fellow Hawk Fitzroy Woolery. Woolery was unable to attend the game.

In addition to the all-star games, the players took part in a two-ball competition, pairing a male and female player from each college.

The object of the competition was for each gender to alternate shots on net over a period of 45 seconds in an effort to amass the highest number of points. Shots ranged from two to

eight points, with a lay-up worth two points and a three-pointer earning eight points.

Humber's representatives were Francis and Pyette who led after the first round with 49 points. The second round was not as kind to Francis and Pyette, who were only able to net 26 points and were eliminated.

The eventual winners were a couple made up of Centennial's Damian Porter and Durham's Nicole Moore.

The next events were the women's and men's three-point competition. Higgs and Hutchinson participated for Humber. Higgs didn't put any pressure on herself leading up to the competition, she said.

"I just want to go out and have fun. I'd like to hit a couple shots, so that I don't make a fool of myself. I certainly don't expect to win this competition," said Higgs, who is finishing her final year at Humber.

Higgs fulfilled both of her expectations, scoring seven points in the opening round. However, the total was not enough to qualify for the

next round, and the Hawks guard was eliminated. The winner was Kim Powluk of St. Clair College.

The men's three-point competition was next. Unfortunately for Hutchinson, he didn't perform well. Scoring only one point, he was out of contention early. Niagara's Eliran Kikos took the championship, once again beating a Durham player, Kevin Kirulek.

Pyette and Higgs both started for the East team in the all-star game. Both played well, but sacrificed their own shots at times, concentrating on setting up their teammates. The East squad, guided by Humber coach Denise Perrier won 79-62.

The men's all-star game capped off the day's events. Francis and Hutchinson suited up

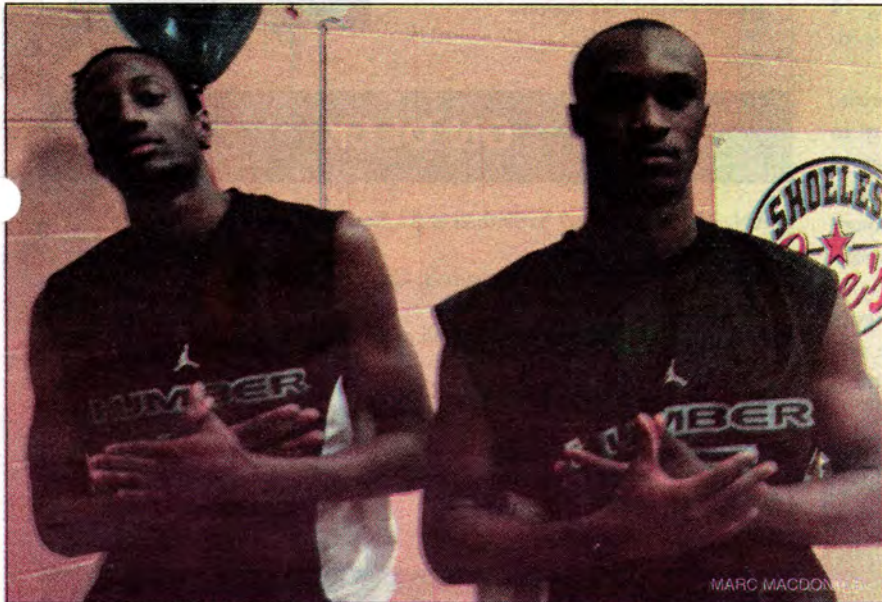
for the West.

The men's game was up-tempo and filled with turnovers. Mis-cues aside, there were a great deal of highlights in what amounted to a playground game.

Hutchinson, who finished the game with eight points, started off hot, scoring six of the West team's first eight points.

He also got involved in a few of the highlights on the night, connecting on two pretty alley-oops with Sheridan's Hugh Bent. Francis played unselfishly and scored six points in the game.

Once again, Humber players were on the winning side, as the 'Best of the West' prevailed over the 'Beasts from the East' by a score of 88-75.



Curtis Francis (left) and Haldon Hutchinson (right) show off their hawk wings before taking to the hardwood in the 2002 OCAA Basketball All-Star Game at Durham College last Saturday. The pair helped the West beat the East 88-75.

Ontario Colleges Athletic Association Scoring Leaders - Men's Basketball

Name	School	PPG
Dale Swift	Sir Sanford Fleming (Peterborough)	34.7
Robbie Green	Sault College	27.0
Steve Talbot	Saint Clair College	23.3
Charles Cox	Georgian College	21.0
Kenny Bernard-Smyhalditch	St. Lawrence (Kingston)	19.7
Jeff Giovanatti	Algoma University-College	19.3
Hugh Bent	Sheridan College	19.1
Brian Bradley	Saint Clair College	18.5
Ian Bryan	Georgian College	18.5
Fitzroy Woolery	Humber College	18.4

date
Jan. 28 + 29

place
Student Centre

hours
9-8

last day
9-5

► FINE ART
FANTASY ◀
WILDLIFE ◀
► GIANT-SIZED POSTERS
► MUSIC
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Corbin says goodbye

By TRACY MOORE

Humber's men's volleyball team will say goodbye to their assistant coach and technical advisor, but this time it's permanent.

Steve Corbin will be leaving Humber this weekend to work with an engineering firm in Florida.

"His leaving will change dynamics of the squad because he is one of the best technical coaches in the business," assistant coach Dean Wylie said.

Corbin joined the Hawks in 1995 as head coach and remained in that position until he left for a brief time during 2000, only to return to the Hawks for the 2000-2001 season.

The team has since been led by present head coach Wayne Wilkins, who asked Corbin to come back as a technical advisor/assistant coach.

Corbin leaves on Jan. 27, but attended one last game with his team on Jan. 23 against Georgian College.

"This team has a chance to be special. I am going to miss these kids," Corbin said.

It's certain that the 'kids' will also miss him. They played very well



Departing Steve Corbin (right) with head coach Wayne Wilkins.

against Boréal last weekend, winning 3-1 (25-13, 25-16 and 25-18.)

"We made him honorary coach for that game since he'll be leaving us soon," said coach Wilkins.

Although he is packed and ready to go, Corbin is sad to leave his friends and colleagues, including Wylie and Wilkins.

"Dean and Wayne have become really close friends and although you can replace an environment, you cannot replace friends," Corbin said.

Corbin is excited to be starting a new chapter in his life. He said he isn't planning to get back into coaching, but he said he'll surely continue to watch the Hawks and monitor their progress.

"When the Hawks make it to the provincials and then on to the nationals, I will definitely come back to support them," he said.

Hawks take venom out of Vipères' bite

By AMY MILES and TRACY MOORE

Humber's women's volleyball team deflated the Boréal Vipères this past weekend, winning three straight games, (25-20, 25-23, 25-19.)

Setter Laura Solski served up six aces in Humber's impressive 9-0 run to the first set.

Solski attributed her successful serving to consistency.

"Everyone on our team has a strong serve. Today I had consistent serving, making the other team move, and keeping them on their toes," she said.

Coach Chris Wilkins said his team is probably the toughest serving team in the league. "For us to move ahead at the start with six aces really set the tone for the whole match."

What a match it was too, as the Hawks continued to slam the ball into the middle of their opponents' court. During the first set, rookie sensation Alexandra Romano smashed an unanswered spike at the Vipères defence to increase Humber's lead to 22-9.

During the last set, the last place Vipères returned the game point serve out of bounds to hand the win over to the Hawks, 25-19.

Coach Wilkins was proud of the composure that his team showed, despite the dismal level of play exhibited by their opponents.

"The maturity of our team and how we're really starting to come together is how we're staying at our

level of play the whole time," he said.

The men's volleyball team also had success as they shut down Boréal quickly and furiously last weekend in a 3-0 bout.

"Coming off a big win in our last game against Seneca, the boys were really excited to play this game" said assistant coach Dean Wylie.

Humber won the three sets with scores of 25-13, 25-16 and 25-18 and was especially merciless with their 42 kills, 10 blocks and three aces.

High scorer Bart Babij completed the game with a whopping 14 kills, three blocks and an ace to boot.

Assistant coach Steve Corbin, who was given the opportunity to act as head coach before he leaves Humber for other employment, said the Hawks are playing well enough to make the provincials and nationals this season.

"With this new group of guys and their combination with the veteran players, their (the team's) playing is even better," Corbin said.



Two Humber players jump to block a ball hit by a Boréal player during last Saturday's game where Humber swept the match 3-0.

ATHLETES OF THE WEEK

BILL YOUNG

Humber hockey forward Bill Young clinched the Hawks' win against Conestoga last Wednesday when he added an insurance empty-net goal with one second left in the game.

Young also scored another goal earlier in that game.

After eight games played, Young is fifth in scoring with eight points.



COURTESY

LAURA SOLSKI

Solski served up six aces to aid the Hawks women's volleyball squad in sweeping the Boréal Vipères 3-0 in last Saturday's match.

She is also an all-star setter who was chosen to play in the Jan. 12 OCAA All-Star volleyball game.

Solski has 26 points in 26 games played this season.



ON DECK

- JAN. 24 Men's basketball at St. Lawrence (Kingston), 7 p.m.
- JAN. 25 Women's volleyball, Centennial tournament
- JAN. 29 Women's basketball at Durham, 6 p.m.
- JAN. 30 Men's hockey vs. Seneca, 4 p.m.
- JAN. 31 Women's basketball vs. Mohawk, 6 p.m.
Men's basketball vs. Mohawk, 8 p.m.

QUOTE OF THE WEEK

"I just want to go out and have fun. I'd like to hit a couple of shots, so that I don't have to make a fool of myself. I certainly don't expect to win this (competition.)"

Humber College women's basketball guard Lindsay Higgs on entering the women's three-point competition.

She ended up scoring seven points in the opening round of the competition, but that wasn't enough to qualify her for the second round.

Higgs is a third-year Journalism student, finishing her final season as a Humber Hawk.



COURTESY

Hawks exact revenge, even up season series with Seneca

By MARC MACDONALD

The Humber Hawks men's basketball team were less than gracious hosts last Thursday, leaving Seneca College feeling stung after yet another close loss to Humber.

The Hawks defeated the Sting on their home court by a score of 74-59. Despite winning by 15 points, the game was much closer than the score would indicate.

For the second consecutive time the Hawks blew a comfortable lead to Seneca, only to come back for a tumultuous victory.

"Our intensity was awful tonight, there was very little consistency. I think it has a lot to do with practice. Our players are now adjusting to a new practice schedule and that can impact the quality of practice," said assistant coach Andrew Vallejo. "We had some defensive lapses, which is something that has to stop. We need to finish teams off."

The Hawks led at the half 37-31 on the strength of a concerted effort on the offensive boards. The second half was a tale of two teams, as Humber started out slowly, and Seneca went on a 7-0 run to take the lead. The last 10 minutes were all Humber as they pulled away to a win.

Humber head coach Mike Katz was happy to come away with a victory in a game that was crucial to the Central Division standings, he said.

"That was an important win for us. We're hoping to hold onto second place and earn a bye into the final eight," said Katz, who also

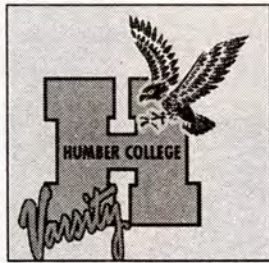
pointed to the play of Neriya Tsur as playing a big role in the win.

"I was impressed with his [Tsur's] play. We needed his contribution. He was our only outside threat. Not only that, but he played well defensively. He showed an intensity that he doesn't always show. His play indicated to me that he's coming along well," said Katz of the first-year forward, who scored 15 points on the night.

The victory pushed Humber's record to 5-2. The Hawks still trail their long time rivals from Sheridan College who sit atop the standings at 7-0.

Humber has lost two straight meetings to the Bruins, who they beat in the Canadian Colleges Athletic Association national championship game last March.

Their next matchup comes on Feb. 15 when the Hawks will travel to Brampton and try to take the final game in the season series.



Humber point guard Elaine Morrison gets trapped on the baseline during a 84-47 win against Seneca last Thursday.

Hawks guard-play too much for Sting, Thunder

BY KOLIN JONES

The Humber Hawks women's basketball team proved to be the hottest team in Ontario after easily defeating the Seneca Sting and Algonquin Thunder last week.

Guards Elaine Morrison and

Beth Latendresse both scored 20 points in the 84-47 victory against Seneca, while another guard, Lindsay Higgs stepped it up against Algonquin.

Higgs scored a game-high 19 points as Humber continued their hot-streak by pummeling the Thunder, 75-31.

Hawks hockey nets sixth straight win



KOLIN JONES

Conestoga's goaltender was kept busy last Wednesday but he couldn't stop everything, as Humber came home with a 4-2 win.

By KOLIN JONES

Despite a lacklustre performance, the Humber Hawks hockey team extended its winning streak to six with a 4-2 win over the Conestoga Condors in Kitchener last Wednesday.

Four tournament and exhibition games prepared the team for the second half of the season, but its performance against Conestoga in their first league game since December was mediocre at best.

"We didn't compete very hard tonight. I think we were very fortunate to come out of it with a victory. We were certainly in second gear all night," coach Wayne Crawford said. "I'm very happy that we got two points, but we didn't bring our best game tonight. Hopefully we learned from it."

Hawks defenceman Marc Hobor said the game was definitely not the team's best since returning from the break, but he'll take the victory by any means.

"The Fredonia (New York) game, the third game back, was a better one than this one. It was a little sloppy tonight," Hobor said. "We had a hard time coming out of our end. But overall, it's a win and we'll take it."

Humber led 1-0 after the first period, but came out weaker defensively in the second. The Condors

fought back with two goals in the second period, one shorthanded, but the Hawks refused to give up the lead by adding two goals of their own in the period.

Midway through the third period, Humber goalie Terry Gilmer was knocked over while playing the puck in the open ice. The Hawks kept their cool and didn't retaliate.

"In a 3-2 game like that we can't take any stupid penalties, so we kind of just let that slide," Hobor said.

During the final minute of the game, Conestoga pulled their goalie.

Already shorthanded, Humber forward Jason Fortier was called for having an illegal curve on his stick, giving the Condors a two-man advantage.

Humber forward Bill Young added an empty net goal, his second of the game, with one second left.

OCAA Men's Hockey Scoring Leaders

PLAYER	G	A	PTS
Pavel Shtefan (St. Clair)	15	14	29
Ryan Baird (Conestoga)	16	9	25
Gilles Boudreau (Cambrian)	8	11	19
Scott Barnes (Humber)	7	9	16
Brett McDermid (Conestoga)	5	10	15
Ian Labrash (Cambrian)	3	12	15
Phil Fraser (St. Clair)	10	4	14
Aaron Rice (Seneca)	9	5	14
Jason Fortier (Humber)	3	11	14
Chris McFadyen (Humber)	5	8	13

CORRECTION

The editors of the Humber Et Cetera would like to apologize to Kolin Jones, the Humber Hawks men's hockey team, and Humber College's athletic department for mistaking the Peter Maybury Cup for the Two Nations cup (Hockey team extends winning streak to five, Jan. 17, 2002). The Peter Maybury cup was actually played in October, 2001.

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