

Seven sex assaults in Rez

Lindsay Meli
NEWS REPORTER

Seven sexual assaults in Residence have been reported since the beginning of this school year, said Mike Kopinak, manager of Residence Life.

Two of the seven were classified as minor, but the rest were investigated thoroughly by Residence.

"Some of those five went the route of police. Even if the student didn't want police involvement, there would likely still be an investigation on our part," Kopinak said.

All of the assaults were committed by males against females and were isolated incidents, he said.

Det. Sgt. Les Stasiak from 23 Division said he knew of two sexual assaults that occurred in the North Campus Residence.

"Those two were resolved within a matter of days and in both those incidents the perpetrator was charged ... anybody we have the evidence to charge, we charge," he said.

Stasiak said it's important to keep in mind that the definition of sexual assault varies from simple touching to rape.

"The one I'm aware of was strictly a matter of touching. It wasn't anything of a major sexual assault, it was just more the grabbing and the unwanted sexual advances

"We really try to put the power back with the student."

- Mike Kopinak, manager of Residence Life

more than anything else," he said.

Gary Jeynes, director of public safety at Humber, said in most

cases on campus, the victim and accused are acquaintances.

Both Kopinak and Jeynes said their main concern is the victim.

Kopinak said Residence assistants and Residence Life co-ordinators are trained to be supportive when a student reports a sexual assault.

"We really try to put the power back with the student to allow them to make the decisions as opposed to making the decisions for them," he said. "If we can, we really like the student to call the police."

Residence also offers medical assistance and counselling.

"We really like the student to go to the hospital because the best thing for the student is to get themselves checked out ... getting some evidence if she was actually raped," Kopinak said. "Generally the hospital has counsellors on staff."

In the past, victims have been directed to campus counselling or provided with other options for after hours emergencies, like a mobile crisis centre or the downtown women's centre.

Residence victim PAGE 3 Getting real PAGE 3

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photo by ryan vella

The Glenns: Darrell, Elesea, Koren and Danika welcomed the newest addition, Rayner Winston Glenn, to their family on the 407 last Saturday afternoon.

Baby Hawk joins the team on the road

Ryan Vella
NEWS REPORTER

As coaches for Humber's men's and women's basketball teams, Darrell Glenn and Koren Bogle-Glenn are used to dealing with game-time anxiety.

But after the birth of their son this past weekend, they now have a new understanding of what it takes to deliver under pressure.

Shortly after 4 p.m. on Saturday afternoon, Koren began experiencing "intense cramps"

as Darrell warmed their car for the 40-minute trip to Markham-Stouffville Hospital.

Minutes later Koren's water broke and the race was on.

"We had planned that if we need to go quickly we would take the 407 across to try to get there as quickly as possible," Koren said.

But by the time the couple reached the

Bayview exit on the toll highway, Koren's contractions were becoming so frequent that Darrell decided "you know what, we better call 911."

Shortly after contacting 911, it was clear that their baby son was not about to wait until they reached the hospital to be born.

"It became really clear that we weren't going to make it to the hospital. So I indicat-

ed to the dispatch that we were going to pull over and that we were going to have to deliver the baby on the road," Darrell said.

With the guidance of a 911 operator Darrell parked their car on the shoulder.

"Then (the operator) started walking me through what I needed to do," Darrell said. "The dispatch asked me if I saw a head, and I said 'no'."

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Gladstone Exhibit PAGE 13



Cutting Trans Fat PAGE 16



Vista Launches PAGE 20

NEWS

The world's oldest person, Emma Faust Tillman, died Jan. 28 in a Hartford Connecticut nursing home. She was 114 years old. — *Canadian Press*

Plan to clean up Rexdale's image

Jeff Lewis
NEWS REPORTER

A north Etobicoke city councillor is urging media outlets to lay-off naming Rexdale in crime reports, amid growing concern that her ward has been unduly stigmatized.

"There is a perception that where we live is a bad place to live," said Coun. Suzan Hill, who represents Ward 1. "When residents happen to state where they live, people say 'oh why do you want to live there?' So they call me up and say 'what can you do?'"

Hill said her ward has been tarnished because of news reports that repeatedly — and sometimes falsely — report a crime as having taken place in Rexdale.

Hill said using street intersections would help to provide a more accurate portrayal of her ward.

A similar tack was pursued in Scarborough, where Coun. Norm Kelly's proposal for the use of street intersections in crime reporting was dismissed by the city's executive committee.

Although the motion was rejected, Hill said she was inspired by the attention it garnered. She said journalists need to consider their responsibilities when reporting in the field.

"The tangible steps are for jour-

nalists to supervise themselves," Hill said. "Good journalism is doing research, is being very accurate in what you're portraying. If it's factual, be factual."

John Davies, Humber's vice-president of administration, acknowledged Hill's concern, but said it's more important that the community improve itself for the sake of its residents.

"It's a very difficult issue to deal with," Davies said. "Because the odds and chances of telling media what they can and cannot report and how they can report it — I'm not sure whether that's likely to succeed as a strategy."

"My focus is helping communities and the really good people in the communities to change the image by changing the outcomes for kids and families," he said.

Davies pointed to Humber's mission statement that was recently changed to specifically include outreach to the community.

Davies said he would like to see initiatives in north Etobicoke like The Pathways Program which is currently run in Regent Park.

The program aims to turn more high school students onto higher education by providing them with bursaries of \$1,000 per year for each year they attend school, so long as they remain committed to success, Davies said.

The program has shown success



photo by jeff lewis

Coun. Hill believes the media has tarnished Rexdale's image.

in areas with a high proportion of subsidized housing — like Rexdale and Jamestown, he said.

Ian Nyman, who manages the Rexdale Youth Resource Center at the YMCA, agreed.

"I think being proactive and engaging the community is important," he said.

Nyman said using specific street corners to situate a crime is a good first step, and it might help to detract from Rexdale being seen as

"a big bad place."

Meanwhile, Davies said Humber's role is to supply the community with jobs, training and mentoring.

"We have here on this North campus something like 15,000 able, active and, I think, socially caring students and staff," he said. "If we turn our minds to supporting the Jamestown-Etobicoke community, I think we can have a real impact."

Apartment grading plan zeroes in on slumlords

Buildings would get report card under councillor's new proposal

David Hamilton
NEWS REPORTER

The City of Toronto plans to punish landlords by imposing a grading system to fine poorly maintained buildings, but students and other low-income renters may pay the cost.

"We want to work with the city to deal with the problem of bad landlords," said Vince Barshaw, president of the Federation of Rental Housing. Providers of Ontario. "Not charge the lowest-income level of society — that's

including many Humber College students."

Bradshaw said, "It's another form of a tax grab in the guise of a benefit."

He said the fines landlords must pay to the city will be paid by tenants in the form of higher rent.

Bradshaw said tenants will pay more rent for the same sub-standard conditions.

The apartment-grading plan was proposed by city councillor Howard Moscoe to reward good landlords and punish poor ones.

He said giving each apartment

building a report card rating from A to D and fining the lower ranking buildings will make landlords want to put their money into repairs.

"Even bad landlords understand it's better to put your money into your building than give it to the city as a licensing fee," Moscoe said.

Madiha Naushaki, a second-year early childhood education student, survived rat and cockroach problems in her apartments.

She said she would like to see landlords become more account-

able.

"They (the landlords) would say it's like that in the whole building and they can't do a lot about it," Naushaki said. "That really bothers the tenants."

Sean Latchford, a second-year justice student, said tenants will still have to monitor their landlords.

"He can say 'I'm going to straighten up my act,' or he can say 'fine, whatever, I'll pay the extra fees and I'll get my money back because I'll charge my tenants more'"

Disability test centre expansion will give students room to write



photo by amberly mcaateer

Students use devices like this text magnifier to take tests.

Amberly McAteer
NEWS REPORTER

The test centre at Disability Services will expand to accommodate the estimated 1,000 students with special needs.

"We simply cannot handle the demand currently," said Maureen Carnegie, program co-ordinator for Disability Services. "We are way over capacity here."

The test centre will move into the new addition of B-building in April 2008, nearly doubling its current capacity to allow at least

20 students to write at once

The centre filled up early for the past December exam period, leaving many students without the accommodation they required.

Services offered at the test centre range from tests on MP3 players for the visually impaired to ergonomic chairs and desks for students with physical handicaps.

Paul Dasilva, a first-year architectural engineering student, said he had to write four exams in a regular setting, since there were no spots left at the test centre.

Because of a permanent back

disability, Dasilva has to stand and stretch every 15 minutes during a test.

"You can't just get up during a regular exam," he said. "I'm a lot more comfortable at the test centre."

Nonit Dhaliwal, a second-year hospitality and tourism student, said he hopes the upcoming expansion will give him more room to write from his wheelchair.

"When there are a lot of other people in wheelchairs in there, it gets pretty uncomfortable," he said. "I just need more space."

The Skinny

End of an era

Pearson Airport's Terminal 2 closed its doors at 11:59 p.m. Monday. According to CTV.ca, Terminal 1's Pier F will replace the 35-year-old Terminal 2 facility. The new state of the art \$800 million Pier F will handle all Air Canada flights.

The sky is falling

According to CTV.ca, engineers are taking a closer look at the Gardiner Expressway, after a chunk of concrete fell from the highway onto the road below. The 15-pound chunk fell Saturday night into the York Street intersection, narrowly missing a car.

GO derailed?

The *Toronto Star* is reporting that a possible strike by CN conductors could cause delays with GO Transit. Members of the CN union could be on strike Feb. 9 and according to *The Star*, of the 3,000 conductors employed by CN, 109 of them work GO Transit trains. Union reps are working on a plan that would have CN conductors work for GO during the strike.

Black History Month

Black History Month starts today. The HSF and The City of Toronto have a number of events planned to celebrate. Check out the In Focus section in next week's *Et Cetera* for full coverage.

Watch your step

Reuters has reported that Britain is set to launch a database of shoes to help track town criminals. Forensic experts told Reuters that footwear marks at a crime scene are the second largest type of evidence behind DNA.

Correction

On Jan. 18, reporter Katarina Ilic's name was misspelled on p.12.

On Jan. 25, Humber Food Services general manager Don Henriques' name was misspelled on p. 9.

The correct name for the TV show mentioned on p. 19 of the Jan. 25 *Et Cetera* is Entertainment Tonight Canada.

The *Et Cetera* apologizes for the errors.

A lawyer in Wisconsin was arrested for drunken driving after he drove to the police station to pick up a client who had been arrested for the same offence. — AP

Residence victim tells her story

Lindsay Meli
NEWS REPORTER

Away from home for the first time and living in Residence, a first-year student did not anticipate becoming the victim of a sexual assault, especially at the hands of one of her new friends.

"I met him during Residence week, and we were pretty good friends at the time," said the student, whose name must be protected. "You wouldn't expect it from someone you're close to like that, at least not for me."

The assault happened in Residence early last semester, on an evening when she was alone in his room.

"I wasn't expecting it at all," she said. "In my case there was no alcohol involved."

She said students can feel vulnerable those first few weeks of living on their own.

"You don't really have anyone to run to . . . You tend to latch on to your friends," she said. "You feel close to them right away, because you are with them all the time. So there could be more risk I guess."

She was left confused after the assault.

"I didn't even think of it as sexual assault because he was my friend," she said. "The more I talked about it with different people, they thought it was a really big deal and it changed my mind."

Friends and family encouraged her to speak to her Residence assistant.

Her RA passed the information on to a Residence Life co-ordinator.

"I got called down to talk to the RLC. At that point I wasn't really sure what I wanted to do," she said. "But like a month or two later I decided what I wanted to do. I wanted to take action so I went back to her and told her."

Next she had to speak with Mike Kopinak, manager of Residence Life.

He had her write a statement and told her that at anytime she could go to the police.

"I chose not to. I didn't think it was threatening enough," she said. "I just didn't think that putting him in jail would help me at all."

Without police involvement, Residence and the college contin-

ued to investigate.

"They had to get the guy's point of view . . . Then based on both of our accounts they made a decision and sent me a letter saying what happened," she said. "He ended up being restricted from my floor and he's not allowed to talk to me anymore, but yeah, he's still here."

She now feels safe in Residence, but she can sense some tension. "I'm sure he's angry with me."

Unfortunately, coming forward had a price.

"I was concerned about losing friends because that happens. My mom said that that's often why girls don't say anything," she said. "If they're really your friends they'll stick by you and it shouldn't matter what you say about somebody else."

Her mom's reasoning was right and her new friends, especially the ones who were also friends with the man who assaulted her, were not supportive.

"I have one friend here. She tries, but she doesn't really know what to do," she said.

The others avoid the issue by not talking to her at all.

"Maybe they just don't know what to say to me about it, but I'm just not bothering anymore," she said. "It seems like they think he is wrongfully accused. I don't know, that's just my impression. It's silly. You think of all people, I'd know what happened."

Friends and family at home have stuck by her and the Residence Life staff has been supportive.

"I was kind of envisioning myself as being blamed for it but they didn't do anything like that," she said. "They listened to what I had to say. . . They gave me the number of a counselor. I chose not to go, because I was fine just talking to friends and family about it, but they did give me the offer."

Although she said there was nothing Security or Residence could do to prevent the assault, she wished she had received some education on sexual assault from Residence sooner.

"When I went to that seminar it was too late for me," she said. "I already had it happen."

She was surprised that at least six of her fellow residents have also been assaulted. "I kind of thought I was the only one. I didn't think it is a big problem, but I guess it is."



photo by lindsay meli

Former RA Mike Rumsey returns to Humber to speak to first-year students living in residence.

Getting real about assault

Lindsay Meli
NEWS REPORTER

Residence Life held a mandatory sexual assault awareness presentation last week for first-year students called Let's Get Real about Rez.

"No one has ever died from failing to have sex," said Mike Rumsey, one of two former resident assistants who spoke at the presentation.

While neither claimed to be an expert on sexual assault, they have been repeatedly invited by Residence Life to lead frank discussions on the problem.

"This is a problem in large part because people don't talk... this is not as simple as don't walk alone at night... don't date someone that seems threatening," Rumsey said.

They emphasized that it is not always a stranger that is committing the crime.

Rumsey said 60 per cent of assaults happen in an acquaintance's home and 40 per cent in the home of the victim.

Students were assured that Humber can provide victims of sexual assault with support.

"It's a very courageous move to

press charges and you should be respected for it," Rumsey said.

Michelle Mailman, a first-year tourism and travel management student, who attended this presentation last semester said, "it was definitely an eye opener, knowing what guys in this place are capable of. It made me more aware. If anything it made me keep more of a guard up."

Rumsey made it clear that alcohol is often a contributing factor.

"The fact is, if you're drunk you can't give or get consent, so automatically people who get hammered and are having sex run the risk of committing, or being the victim of sexual assault, by definition under the law," he said.

Mike Kopinak, manager of Residence Life, said he feels most cases that happen in residence are not the result of someone going out intending to assault someone.

"It often happens because you're at a bar drinking, that sort of thing. Mixed messages happen, mixed emotions happen, and no communication," he said. "So you come back to a room and you assume. You've been drinking a lot, there's not consent and things go from there."

Kopinak said Residence provides students with information on the dangers of sexual assault with safety weeks, floor meetings and bulletin boards with information on how to stay safe.

After the presentation, Nicole Barnett, a first-year architectural technology student, said, "I know for a fact that pretty much 90 per cent of the residence is drunk on a Saturday night or Friday night or whatever, and obviously its co-ed... sex goes on."

When asked about the level of awareness students have on campus, Jean-Michel d'Hotman, a first-year design foundation student from South Africa, said he noticed people here "have a small outlook on it. They don't know much about it."

Gary Jaynes, director of public safety at Humber, said "security is pretty open about publishing information. It goes on our website. We post notices in the residence."

He added this is not just a security issue.

"Students have to take responsibilities for their own actions, and they have to educate themselves as well."

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NEWS

Toronto Police have charged a man with mischief after people kept finding juice cartons filled with urine on a sidewalk near a public school. — *Toronto Sun*

Memorial falls to vandals

Project unfinished due to lack of funding

By Alex McCuaig
NEWS REPORTER

Five years after the start of construction on Humber's memorial to the emergency workers who died on Sept. 11, 2001, the still unfinished site has fallen victim to vandals.

"I'm a firefighter through and through and this is a surprise to me," said Ian Sim, chief of Humber's firefighters program. "If they want someone to fundraise, I would direct a funding program for it."

Stones used to make Inukshuks, monuments built by Inuit people, have been scattered over the frozen pond surrounding the memorial and columns have been knocked over.

"It's far from finished. It's been a long, drawn out process," said Sid Baller, superintendent of the Humber Arboretum. "We're going to repair it."

Construction started in 2002 on

the two four-metre concrete structures representing the Twin Towers of the World Trade Center and the stone walls surrounding it.

But vandalism, labour and lack of funding has left the completion date uncertain.

"That memorial is going to be there forever."

— Paul Mogavera,
Toronto Professional
Firefighter's Association

"If we can finish it this year, we will," Baller said.

He said the Toronto Professional Firefighter's Association has already donated \$5,000 to the project.

He requested another \$13,000 from the association this week in order to finish the site.

The labour for the memorial has come from volunteers in Hum-

ber's landscape program and many of the materials were donated by Beaver Valley Quarry.

Located beside the Hwy. 27 overpass above the Humber River, the memorial was originally to be a tree planted in memory of a local fireman who died of cancer.

After 9/11, the project grew to encompass a larger project with funding from the Toronto Professional Firefighters Association and Humber College.

"We understood it was going to be a four or five year project when we undertook it," said Paul Mogavera, a spokesperson for the local firefighters association. "I don't think it's an issue getting the funds."

"We're in no rush because that date will live long past any of us, so even if it took 10 years to finish, it won't matter. It'll still be a day that will live on," Mogavera said. "That memorial is going to be there forever. It's not like that land will be redeveloped."



photo by alex mccuaig

Five years after the project started, a monument to the victims of 9/11 has yet to be finished and has been vandalized.



photo by stephanie zolis

Blue boxes may fill up slower now that Ontarians can get money for some glass containers.

New rules for wine and liquor bottles

LCBO customers can swap empties for change at The Beer Store

Stephanie Zolis
NEWS REPORTER

The Ontario government is kicking off a program where people will start paying deposits on wine and liquor bottles.

The new program goes into effect on Monday, and will see deposits of 10 to 20 cents on each bottle which will be refunded once brought back to the Beer Store.

Lori Theoret, from the Ministry of Public Infrastructure Renewal, said a number of factors were considered before the decision to launch the program was reached.

"We concluded that we can no longer allow large quantities of wine, beer and spirit containers to take up room in the waste stream," she said.

While students think it's a good idea, some are doubtful their

liquor containers will end up anywhere other than the blue bin.

For Tori Buchanan, a second-year early childhood education student at Humber, returning empties is not one of her top priorities, and a refund of a few cents will do little to motivate her.

"Right now I have a closet full of bottles that I plan on returning eventually, but it's not something I always do," she said. "I take them back when I can."

For those who frequent the LCBO, it may prove less convenient to make a trip to the Beer Store locations.

Theoret said that shouldn't be a problem for most.

"In many communities, the LCBO and the Beer Store are located very close to each other. Almost 70 per cent of them are located within one kilometre of

an LCBO store."

She said the revenues from uncollected deposits will also help fund the program.

John Steele, from of the Ministry of the Environment, is expecting a recovery rate of 85 per cent — or 80 million bottles.

"The Beer Store has been contracted by government to do two things for the environment: increase the number of liquor containers — glass, plastic, aluminium, tetra pak — being recycled in Ontario and find higher value and markets for recycled liquor containers," Steele said.

"Recycled glass now goes into low-end uses for the product such as asphalt and the Beer Store will be looking for higher-end uses for the product such as glass containers and fibreglass insulation materials."

Variety of treatments exist to help smokers kick butt

Michelle DiPardo
SENIOR REPORTER

Many Humber students who smoke have one thing in common — they want to kick the habit.

"I'm going to try again," said Melvin Phagw, a second-year mechanical engineering student, who has smoked for eight years and quit once.

He said he started up again to deal with anxiety at his job.

"When I started working I was under a lot of stress, smoking calmed me down," he said.

Last week was National Non-Smoking Week, an annual event co-ordinated by the Canadian Council for Tobacco Control to educate the public about prevention and quitting.

Ornell Douglas, project co-ordinator for Youth Tobacco Initiatives for the Lung Association, said although quitting is tough, students should butt out now instead of waiting.

"The longer you smoke, the harder it is to quit," Douglas said. "You're not going to be able to smoke your entire life. You're better off to address it sooner than later."

Douglas said research shows smoking has been linked to almost every type of cancer and smoking-related illnesses are starting to show up in younger people more than ever before.

"Problems could be down the

road or just around the corner," she said.

But with so many quit smoking aids out there, which method works best?

"What works for one person won't work for everybody," said Douglas, adding whatever a person is most comfortable with is ideal.

She added it usually takes three to seven attempts before the smoker can totally stop.

A very popular regime is Nicotine Replacement Therapy (NRT), which includes gum like Nicorette, inhalers and the patch.

NRT provides the smoker with a controlled dose of nicotine to help control cravings.

The cost of nicotine gum and the patch are about equal to that of cigarettes according to the Canadian Cancer Society and work best for heavy smokers (10 or more cigarettes a day).

Going cold turkey is often touted by health professionals as the best choice and one of the hardest.

"Cold turkey involves a full disconnect. If you can do it, that's great," Douglas said.

Jason Freedman, a second-year business administration student who used to smoke two packs a day, said cold turkey proved to be the most effective and most natural.

"I didn't want anything artificial in my body. I had to clean house."

"Cold turkey involves a full disconnect. If you can do it, that's great."

— Ornell Douglas,
the Lung Association



On Feb. 1, 2003, the Space Shuttle Columbia burned up while re-entering the Earth's atmosphere, killing all seven crew members. – www.todayinhistory.com

Toronto Police aim to represent multicultural city

Patrick Soltysiak
NEWS REPORTER

Humber is doing its part to help Toronto Police reach its goal of recruiting more minorities and women to the force.

"I think we have a strong visible-minority component to our program," said Henri Berube, co-ordinator of the Police Foundations program at the Lakeshore campus. "I think we're very reflective of the population of the GTA.

"We're trying to focus a lot on increasing the participation of women in our program," he said.

An information session for women interested in the program will be held Feb. 25 at the Lakeshore campus between noon and 3 p.m.

The program prepares graduates for a career in municipal, provincial and national police services in Canada, as well as in private agencies.

Humber has partnerships with many of the employers, including the Ontario Provincial Police, Canadian Security Intelligence Service, Toronto Police and the surrounding region's police forces.

In order to join the police force, graduates must meet the minimum requirements and obtain an Ontario Association of Chiefs of Police (OACP) certificate.

Graduates obtain this certificate by completing physical fitness, analytical thinking, written communication and behavioural tests, followed by a vision and hearing test.

A survey done by the college last October found only about five per cent of those in the program said their first language was either Indo-Pakistani or East Asian.

These numbers, however, do not necessarily reflect the diversity of the people in the program.

Many students are the children of immigrants, who learned English as a first language, Berube said.

Staff Sgt. Riyaz Hussein, a 19-year veteran with Toronto Police and an instructor at Humber for the past eight years, said, "our philosophy is to be reflective of the community we are policing."

He said the force is very progressive in its hiring methods, noting fewer than half the police academy graduates in the past two classes have been white males.

"There's a good number of Muslim officers, but not enough," Hussein said.

The force is recruiting members of the South and West Asian communities.

Last Saturday, about 30 people attended a recruitment drive at Taric Mosque on Beverly Hills Drive in Toronto.

Hussein said he expects a third of them to apply to the force.

He said attendance was much higher at a similar event, aimed at the East Asian community, held

that same day at the Pacific Mall in Markham.

Future recruiting drives include

one for the lesbian, gay, bisexual and transgendered community on Feb. 10.

"Police officers are problem solvers," Berube said. "If you want to do it right, you have to have an

understanding of the world you live in, and our world is a rich multicultural one."



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NEWS

A Florida teen is being compensated \$35,000 after a police officer forced her to perform topless jumping exercises to avoid an indecency charge. — Reuters

Guelph-Humber gets an 'A' for accounting

Valerie Maloney
NEWS REPORTER

In an era where accounting scandals and corporate fraud always seem to be in the news, students at Guelph-Humber (GH) won a competition where the focus was on corporate responsibility.

On Jan. 20, a team of students

from GH tied a University of Ottawa team for top prize at the second annual Certified Management Accountants (CMA) Ontario annual case competition.

Members of the "Ghumber" winning team are Hassan Gafri, Justyna Hac, Nicholas Horvath and Matt McKeever, all fourth-year students in the business

administration program.

Thirty-six teams from 18 Ontario universities in the competition.

Each participant has completed or is completing the CMA Ontario Introductory Management Accounting course.

The competition was based on a computer simulation in which

teams had to work through a case study, to decipher the problems in a company and implement solutions in ways that made all company members happy, said Katie O'Dell, a marketing information officer with CMA Ontario.

"The focus of the competition was on corporate responsibility," she said. "Companies will be look-

ing to hire people who are knowledgeable in this."

The GH team won \$3,750, to be split between the four members.

Gafri, "Ghumber" team captain, was surprised with the win.

"It got me on my feet when I heard the other winning team was from Guelph-Humber, then I found out we won."

The end of classroom heatwaves

Eric Humber
NEWS REPORTER

The days of unbearably hot room temperatures in Humber North Campus buildings will soon be over thanks to a new energy efficient system.

Dave Griffin, manager of maintenance and operations at Humber, said a multi-million dollar chiller retrofit is underway and should be done by May 2007.

"The way the college runs today is June 1, the air conditioning comes on and on Sept. 31, it goes off," Griffin said. "Now, in May, when it gets stinking hot, we now have a system in place that will allow us to reduce our overall expense, and still produce a cooling in those shoulder periods."

Melissa Dasilva, a third-year interior design student, has sat through the unexpected heat waves and calls it "very uncomfortable."

Dasilva said the new shoulder periods sound good, however, "I don't think it (air conditioning) should be consistent and it should go off if not needed, just like the heating should be off if not in use."

Energy conservation not only concerns students these days, but the federal government as well.

Millions of dollars have been allocated to provide grants for retrofitting homes and businesses.

Griffin said Humber is making a huge effort to be efficient in its energy use, however age of buildings will play a part in what is retrofitted.

"There are varying degrees of newness across the college, various systems have been improved and some are just not there yet," he said.

This 'newness' is evident at the Quad, the buildings once known as the cottages on the east side of Lakeshore campus, where Griffin has the ability to control the heating of rooms.

"Those buildings have automation right down to the classroom level, where I can schedule a warm up cycle," he said. "And when a student comes in and the occupancy sensor triggers, I can modulate the temperature based on activity in the room."

WANTED

Are you interested in running for Student Government?

President
VP Administration (North/Lake)
VP Campus Life (North/Lake)
Program Representative
Director

INSTRUCTIONS

- Election packages now available at the HSF office
- Nomination period ends February 9th at 4:00pm

HSF

Ten-year-old twin boys were expelled from a University of Ottawa course halfway through the term when the school discovered their ages. – *Ottawa Sun*

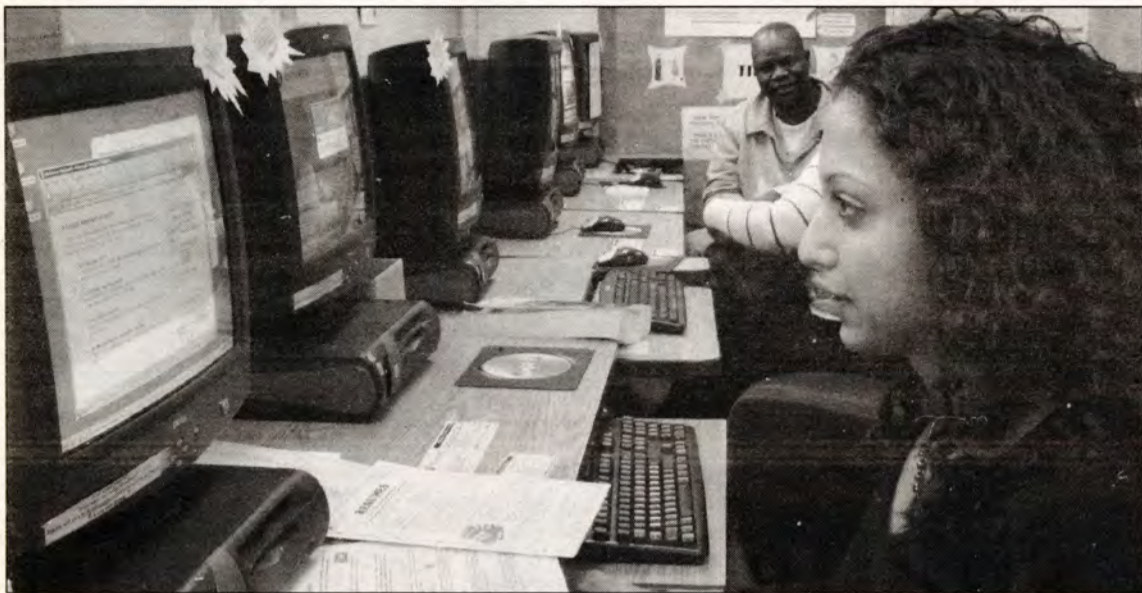


photo by kaitlyn coholan

The Career Centre has a number of computers that students can use to look for employment.

Job program invests in summer work

Kaitlyn Coholan
NEWS REPORTER

The Ontario government recently announced a service to help students find summer jobs, but Humber's Career Centre won't be involved in the program.

Career Centre manager, Karen Fast, said the college used to offer the government-sponsored summer job service, but at some point its involvement ceased.

"I think it was a matter of funding," Fast said.

Service Canada used to fund Humber's program but it now funds the YMCA.

"It was a contract you had to bid on," Fast said. "YMCA got the bid this time."

The Ontario Summer Jobs pro-

gram helps students from the ages of 15 and 24, or up to 29 for someone with a disability, find work.

Chris Bentley, minister of training for universities and colleges, said more than 70,000 students will be assisted this year through the program, which has been running for several years.

The Summer Jobs program helps students find a job by coaching and mentoring in areas like resume writing.

It encourages employers to hire students by offering a two-dollar-an-hour hiring incentive.

The program also runs a summer company program where students can earn grants up to \$3,000 to start their own businesses.

Ontario Summer Jobs program pamphlets are available at the

Career Centre, even though it is not participating in the program.

The Career Centre also receives job listings from employers and posts them on bulletin boards and in binders.

"We get a lot of landscape, camp, outdoor jobs," Fast said.

Sabeen Chaudhary, a second-year court and tribunal agent student, recently used the Career Centre to search for a job.

"I just found out they do sample interviews," Chaudhary said. "They'll grade you on it and pinpoint areas you need to improve on."

Anupa Mistry
NEWS REPORTER

Three staff members would like to see Humber students spending time abroad building schools or homes around the world.

"I think Humber needs to help out," said Michael Kopinak, manager of Residence Life and the International Student Centre.

Kopinak, along with Residence Life co-ordinator Nadia Rosemond and international student adviser Melissa Gallo, held information ses-

sions last week to introduce the idea of service learning to students.

Service learning is similar to volunteer work, said Kopinak, but is not just about giving time – it incorporates training and debriefing before and after projects.

Developing skills in leadership, global citizenship and teamwork are important elements of service learning, said Rosemond.

The three hope interested students will come together to form Humber chapters of two groups.

Habitat for Humanity volunteers help build affordable homes

around the world.

Free the Children focuses on sustainable development projects like building schools.

"We're hoping that there will be some good, solid student leaders willing to take the bull by the horns," said Kopinak.

Starting Humber chapters would give students the opportunity to volunteer either within Canada or internationally.

"People need help everywhere," said first-year accounting student Tatiana Mishra, 29, who attended one of the sessions. "In

Canada and abroad – it doesn't matter, just look around. Sometimes we don't see the people laying on the streets."

Kopinak said he would like to see academic credit given to participants, but acknowledges it would be a long-term goal that depends on administration.

"It sounds like a very interesting idea," said Michael Hatton, vice-president of academic at North Campus.

However, deans of individual schools would determine whether service learning would fit into the academic structure, he said.

"Sometimes we don't see the people laying on the streets."

– Tatiana Mishra, first-year accounting student

Firefighters take pride in good community relations

Priya Mann
NEWS REPORTER

Students in Humber's firefighting program are not surprised by a new poll that shows Canadians think their profession is the most trusted.

Firefighting "has always appeared as a positive type of service to the public," said Captain Paul Cassidy, program co-ordinator of Pre-Service Fire Fighting Education and Training program at Humber.

"We go into people's homes, at a time of high stress and we comfort them. It generates a positive feeling," he said.

An Ipsos-Reid poll of 1,000 Canadians found firefighters are the most trusted, followed by nurses, pharmacists and pilots.

Least trusted were CEOs, politicians and car salespeople.

"Firefighters take great pride in community work," Cassidy said. "Our relations with the public, we nurture that trusting feeling."

The Humber program includes a

class called 'Firefighter in the Community' that teaches students how to act in public and encourages community work.

"Over the past 10 years, Humber Fire students have organized fundraisers for charity organizations and food drives," Cassidy said.

Students in the program have also participated in the CN Tower Climb and donated blood clinics.

Like most Humber Fire students, Christian Horner wanted to become a firefighter "because it's important, meaningful work. (People's) safety is in our hands – at the worst time of their life."

Cassidy said a big reason firefighting students are made to wear shirts with 'Humber Fire' written on the back is because their public image is just as important as their job.

"It forces them to act and behave properly, as you would expect of a student or firefighter. The image helps create that trust between members of the community and firefighters."

A Humber for All

Humber wants to remind you that

- ❖ All members of our community are entitled to participate fully in College life free from any barriers that contribute to a poisoned environment
- ❖ We strive to promote a culture of inclusiveness among our increasingly diverse community
- ❖ Our Human Rights/Complaint Process Policy is readily available in hard copy from the Human Resources Department or online at <http://humanresources.humber.ca/downloads/HumanRights.pdf>
- ❖ The prohibited grounds of Discrimination and Harassment are race, ancestry, place of origin, colour, ethnic origin, citizenship, religious creed, sex, age, marital status, family status, disability, sexual orientation, receipt of public assistance or pardoned federal offences or record of provincial offences as defined by the Ontario Human Rights Code.



You may seek confidential advice on matters related to harassment and discrimination from the College's Human Rights Advisors at Extensions 4948/4425 or from a Union Steward, Counsellor, Nurse or the HSF

EDITORIAL

"See, in my line of work you got to keep repeating things over and over and over again for the truth to sink in, to kind of catapult the propaganda." – George Bush

Professionals needed for sex assault cases

Seven cases of sexual assault have been reported in Humber's North Campus Residence since September, which should be a strong warning for Residence Life and Campus Security to start re-thinking its sexual awareness procedures. Two students have been charged by police with sexual assault and Residence Life co-ordinators have handled the remaining five incidents in-house.

Victims rarely report sexual assaults. But the seven who did report prove sex assault is a serious problem in Rez. Campus Security posts safety tips, although none relating specifically to sexual assault, on its website and Residence Life puts together awareness programs. But for the most part, both Gary Jaynes, director of Public Safety and security officers expect students to be aware of the dangers around them. Jaynes was surprised when he heard seven victims had filed complaints.

Residence should hire professional counsellors who aren't students to make sure victims are confident enough to report these incidents.

Both Jaynes and Residence Life manager Mike Kopinak said most times the perpetrator is someone the victim knows. With out of control drinking and students as young as 16 living in Rez, something has to change soon.

Victims aren't always comfortable reporting incidents. Anybody the least bit hesitant to file a complaint would be deterred by all the channels in Residence they might have to go through. The victim must go through at least

three people; the Resident Assistant (RA), the Residence Life co-ordinator and the Residence manager, before police are called. That's a lot of statements for someone who's been through an awful lot already.

The double-cohort has handed younger, more impressionable students over to colleges and Residence Life needs to take a more professional approach to solve this problem. Students need to take the no-means-no policy seriously and RAs, who are students as well, aren't seen as authority figures. Residence should hire professional counsellors who aren't students to make sure victims are confident enough to report these incidents. And there should always be at least one counsellor on-site 24 hours a day.

The mandatory presentation 'Let's get real about Rez' put on annually by Resident Assistants for students isn't cutting it.

One former RA who spoke at the presentation, doesn't claim to be an expert on sexual assault, so why has Residence Life asked him repeatedly to come and speak? People with professional training, who are not students must be brought in because student RAs, no matter how well trained, aren't equipped with enough expertise to provoke a serious student response.

Campus Security's close partnership with Toronto Police's 23 Division is a benefit to students, but it also shelters them from dangers they should be aware of on-campus. When a crime is committed, security immediately hands the case over to police. From there, it's the responsibility of journalists to inform students about the dangers around them, but it's also Residence Life's responsibility to fine tune policies to ensure victims are confident enough to come forward and share their problems.

The high cost of healthy eating

Living an organic life may be in chic but is the price tag worth it?

Eating organic food ensures you aren't putting any artificial chemicals, pesticides or growth hormones into your body. But organic products can cost twice as much since more labour goes into the cultivation of pesticide and hormone free foods.

Most companies attribute the high price of their organic products to a minimal consumer demand. Another capitalist example of the supply and demand cycle dictating market price.

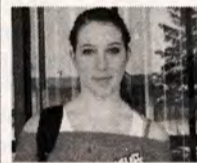
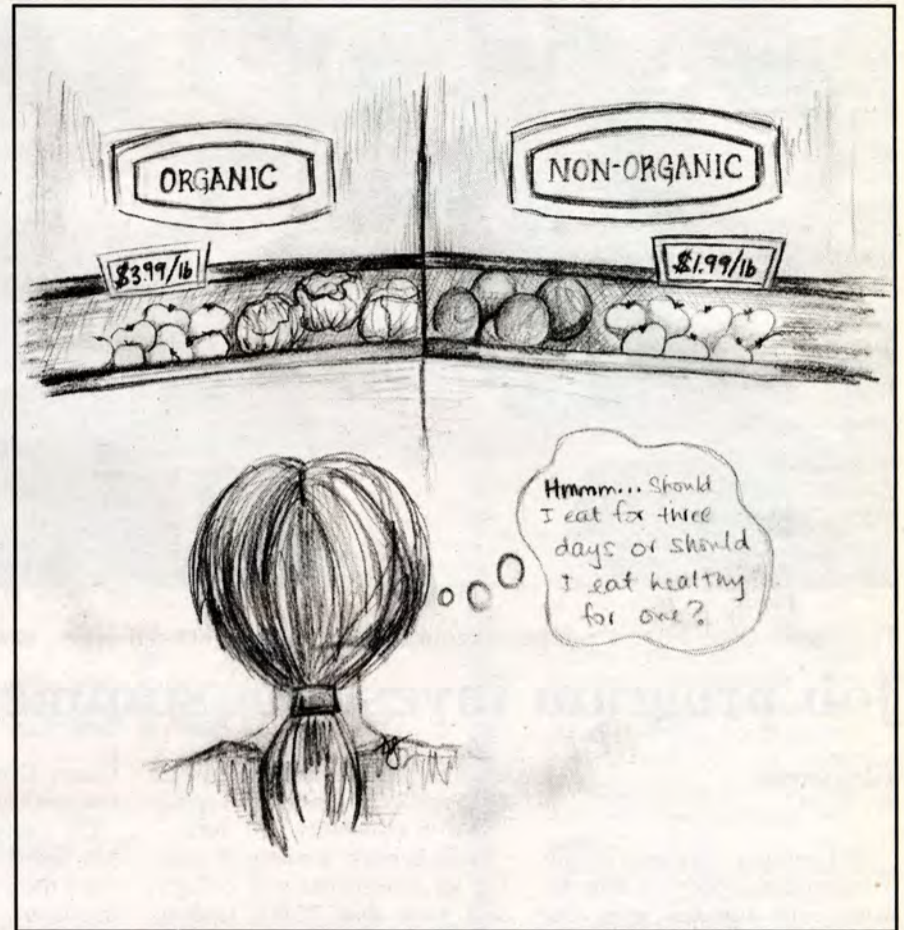
With a growing world population, space is at a premium and some experts claim organic edibles take less space to produce. Organic products provide peace of mind to the millions of people who are concerned about the environment as

well as their health.

Regardless of how clean you live by eating organic foods and using organic products we all breathe the same polluted air. People have direct contact on a daily basis with many products which aren't organic.

For example, wood furniture can have resin in it and many resins are made up of chemicals like formaldehyde. So, while people are guzzling down organic coffee they're sitting on chemically infused furniture in a building with chemically treated materials, breathing polluted air.

If the pesticides and hormones in non-organic products don't kill you, something else will. Exercise and eat plenty of fruits and vegetables but don't shovel out fistfuls of dough for the be all and end-all of your health concerns.



Kris Dowling
20, child youth worker

"I would have more money to pay off my debt, hopefully."



Dan Magee
19, business accounting

"A lot. Because you can afford more things and help pay for school."



Mike Ellis
24, radio broadcast

"It would make life better and make going to work worth your while. The odds are if you're working a minimum wage job it's not because you like it, it's for the coin."



Claudia Greco
19, ECE

"Not much, because when minimum wage goes up so does everything else. If anything it makes me nervous because everything else will cost more."

Word on the Street

What difference would it make to your life if minimum wage was raised to \$10 an hour?

HUMBER ET CETERA

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Phone: 416.675.6622 ext. 4514
Advertising inquiries: 416.675.6622 ext. 5007

"A casual stroll through the lunatic asylum shows that faith does not prove anything." – Philosopher Friedrich Nietzsche.

Another band-aid solution



Alister MacLusky
In-Focus Editor

The Sydney Tar Ponds in Nova Scotia are set to be cleaned up. A ten-year, \$400-million plan set up by the Canadian government and the government of Nova Scotia is finally being put into effect. The damage to the area was done by a steel mill and coke ovens, which have now been closed.

The ponds span 77 acres and contain 700,000 metric tonnes of contaminated sediments, including 3.8 metric tonnes of polychlorinated biphenyls (PCBs).

The plan for cleanup calls for the PCB contaminated soil to be incinerated. Other soils will be treated with hydrocarbon eating bacteria, then stored in concrete and buried.

This plan took 22 years to put together. Is that the best our government can do, seal waste away in concrete and then hope for the best?

The same could be said for the decision to encase the spent uranium from the CANDU reactors in concrete. The less than acceptable plan has produced eroded steel concrete-which since has been moved and replaced.

The whole situation is symptomatic of the general shortsightedness of the Canadian government, and the mentality that most people have today.

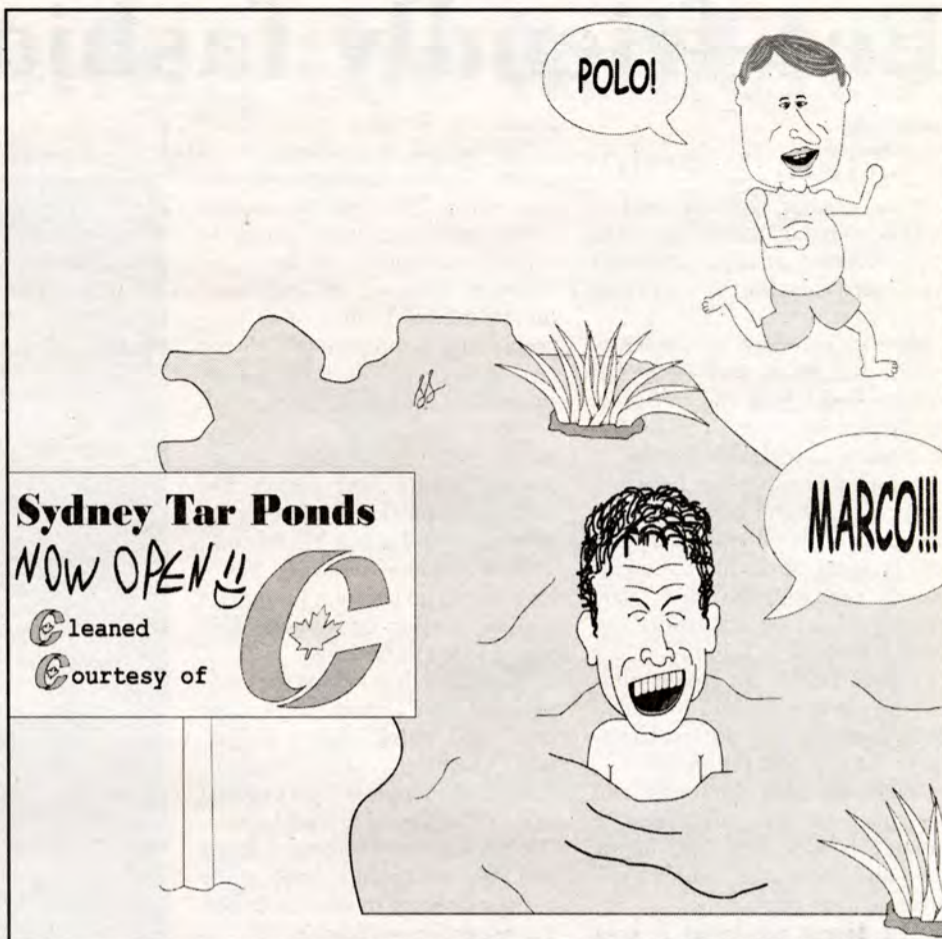
We stash mistakes away, and hope blindly someone in the future will be able to sort out, or at least mitigate the damage we have done.

The tar pond contamination is due to the almost total disregard the industry had for the environment, and the impact that industry would have upon it.

Some of the earlier suggestions to clean up the tar ponds were laughably ineffective. For instance, in 1996 the Nova Scotia government proposed a plan to bury the ponds under slag (waste metals) from the steel mill. Not only would this do nothing to clean the area, it might even pollute it further.

If only someone had had the foresight to properly store the waste materials, or even, god forbid, find a way to re-use the waste.

If someone had done that, the tar ponds would not be so problematic now. And it is a mistake that we make over and over again simply because we cannot really be bothered to properly assess the implications of our actions, not only for the present but also the future. Canadians boast to be protectors and friends of the environment when really we have tar on our hands.



Fastball, slo-pitch, it doesn't matter. Let's just play ball already



Justin Holmes
Sports Editor

Humber considers itself to be one of the top athletic schools in the province and a leader in OCAA sport. Rightfully so. But if there is one hole in the school's league varsity tapestry, it's women's softball.

OCAA fastball is an exciting, strategic sport. Games are entertaining, competitive and well attended. And it has fans in the right places.

"I'm a baseball guy. I'd love to see baseball [at Humber]," said Jim Bialek, assistant athletic director,

and the last coach of a Hawks fastball club. "But there's realities here."

Humber had a fastball team until the early '90s, when the school's ball diamond was paved over and replaced with, of course, a parking lot. Funding cuts soon followed and the team went from being merely displaced to scrapped altogether. (It should be noted that the same happened to the school's now thriving soccer program.)

For sure the lack of a field is the most obvious of the realities Bialek talks about keeping a fastball team at bay. "Without being able to see a diamond, you don't really know there's a program," he said. Out of sight, out of mind.

Ideally the college would be able to build a ball diamond, but there's no available room. The

only real option would be to tear up part of a parking lot – "You got a better chance of seeing Elvis than having them give up parking" says Bialek – but a number of fields in the neighbourhood could be looked into if the demand were there.

This brings us to the real problem – a perceived lack of demand. No one has come in to Humber athletics lately asking about fastball.

Is there any way to bring the old ball game back to Humber? Bialek replies quickly with a 'slow' answer.

"If you want God's honest truth here, I'd rather say, fastball, forget fastball. Put fastball out to pasture here because there's limited fastball opportunities for girls to play now anyway. I'd rather bring in

women's slo-pitch, men's slo-pitch."

Introducing slow pitch softball has its advantages. Slo-pitch is a more hitter-dominated game, and no doubt Humber would see less growing pains than in fastball, where top pitchers in the cases of Seneca and Durham have led to dynasty clubs. Smaller rosters could also be used, which would allow younger teams to play with less players in a growing league.

More than that, though, slo-pitch is a popular recreational sport – much more popular than fastball, according to Bialek, who guaranteed that three to four times the number of players who would try out for fastball would try out for a slo-pitch club.

"I'd be the first one. I'd probably put my hand up and say, hey, I'll

be the head coach. I was the head coach then, and I've coached women throughout, I've coached fastball, hardball, I'd be the first one to step up and be that guy that you're talking about." The only

"You got a better chance of seeing Elvis than having them give up parking."

way for a team – fastball or slo-pitch – to get off the ground is to have the proper support in place. If you want to play on a Humber team, let athletics know. Tell your friends. Get people talking about softball. And if and when a team gets going, do yourself a favour and make sure you get out to a game. It's great entertainment.

Going once, going twice, sold. Enjoy your new life



Marlene Benedicto
Life Editor

Have you ever asked yourself, "Should I sell myself on eBay?" If your answer is no then you're probably like the millions of people out there who would never dream of doing such a thing. It sounds like a stupid idea to sell every aspect of your life, including personal belongings and friends, but one person actually did it.

Australian surfer Nicael Holt, 24, recently auctioned himself off to the highest bidder for a measly \$7,500 Cdn on eBay.

Like most people, when I first saw this story I thought it was a joke. Why would somebody sell their entire identity? And why

would they sell themselves for so little? Was his life so horrible that he wanted to start over?

Holt admitted on his website that he's not completely sure what caused him to make such a drastic decision, but said that boredom and intrigue were part of his reasoning. The philosophy student also said that he wanted to make a point about how the amount and types of things that are sold are "insane and wasteful."

If Holt believes that we are being wasteful then doesn't that mean he wasted his life by selling it?

It seems that there is an underlying reason why Holt sold himself. It looks as though he is trying to run away from something, and he thinks his life is worthless. If that wasn't the case I doubt he would have ever done this.

The part about this that is confusing me is why a person would

want to buy Holt's life. Call me paranoid, but the person who bought Holt might be a criminal who is trying to escape from their own sordid life.

This story shows exactly where our society is heading. It's one thing to sell personal belongings on eBay, but to sell your life to some stranger through the Internet is a whole other thing.

Holt obviously has little respect for himself or the people around him to have done this. I wonder what his family and friends think of this since the winner of the bid will now have the same relationships Holt had? It would be interesting to find out what happened to Holt after this. He may become a very lonely person since he has nothing left of the life he has lived. Although he may have originally thought this was a great idea, I give him six months before he cracks.



To the Toronto Board of Health for plans to guarantee breastfeeding moms the right to nurse anywhere, anytime.	To the Catholic Church of England and Wales for asking to be exempt from anti-discrimination laws, allowing them to refuse same sex couples from adopting children.
To Humber's men's basketball coach Darrell Glenn for delivering his baby boy on the 407.	To the Canadian government for producing another quick fix environmental solution, by trying to bury the tar ponds in Nova Scotia.
To Borat star Sacha Baron Cohen for being named one of the top 20 most influential people in Britain, outranking the likes of Prince Charles.	To the United States government for refusing to take Maher Arar off its terrorist watch list despite the fact he's been proven innocent of any wrong doing by the Canadian government.

IN FOCUS

"Today's produce is full of toxic residue and our children are most at risk. We need a new pesticide law." – Raffi Cavoukian, children's entertainer

Eco-friendly fashions hot off the rack

Daria Locke
IN FOCUS REPORTER

While organic clothing used to only be found on tree-huggers and hippies, green-minded consumers have been turning to earth-safe fibres more often.

Robert Greenwald, an owner of Efforts Industries, said there "has been pressure from the consumer in the past five years or so to produce more eco-friendly clothing."

"A lot of pressure has been put on by agricultural companies too because all the chemicals that go into growing fabrics like cotton are heavily polluting the earth," said Greenwald, an organic fabrics and fashion supplier in Toronto.

Organic fabrics are grown without the use of pesticides and fertilizers, meaning they are less harmful to the skin and the world.

Greenwald said durability and versatility are also advantages to organic fabrics, especially hemp, soy and bamboo, which will increase their popularity.

"The fabrics are tested in over 100 washes and they still hold together like the day they were made," he said. "Hemp's ability to block out the sun just makes it such a great fabric to work with."

The organic clothing trend has increased with companies like Nike starting to use organic cottons and Lululemon, a Canadian-based yoga outfitter, developing an entire organic clothing line, Oqoqo.

"We've seen the development of organic fabrics grow tremendously because of environmental reasons," said Lesley Faust, the manager for the Oqoqo showroom on

Spadina in Toronto.

"The world is running out of room to grow synthetic fibres," said Faust. "We need to explore other options if we're going to consume as much as we do."

Pamela Dettorre, an instructor for Humber's fashion arts program, said "approximately 50 per cent of all chemicals in the soil are caused by growing cotton."

"We're becoming more concerned with the footprint we are leaving behind, and fabrics like organic cotton (are) a great way to minimize the damage left behind."

While organic clothing has a long way to go before it becomes a popular textile, consumers have begun to see its benefits.

"It's definitely good for the environment and I think it's a great idea," said Nicole Henry, a first-year fashion arts student. "Eventually people will get exposed to it in the general market time."

To attract more customers, Faust said they will begin to make some of their clothing in the Lululemon line using organic fabrics.

Judi Shekter, a Humber fashion arts instructor, said "while these clothes only appeal to a certain customer right now, it is helping the environment in some way."

"Ecologically conscious clothing is an advantage for many reasons," said Shekter. "It is ethical clothing."

Awareness through marketing campaigns and ethical platforms being developed by manufacturers.

"Organic fabrics are being used to raise the conscience level of humanity. Clothing with a conscience can be sexy too," said Shekter.



photo by daria locke

Efforts Industries owner Robert Greenwald shows his line of hemp threads in his Toronto store.

Organic growers want a piece of the pie

Andrea Bennington
IN FOCUS REPORTER

Canada has a strict set of guidelines that must be followed by producers if they want to compete in the organic food industry.

According to the Canadian Food Inspection Agency, organic food must be produced without the use of pesticides, fertilizers, growth regulators, hormones or genetically modified material.

The National Standard of Canada for Organic Agriculture states that products must be at least 95 per cent organic to be labelled as such.

If the product is at least 70 per cent organic, the package must be labelled "certifiably organic," indicating it contains a large amount of organic ingredients.

If it's less than 70 per cent, it can only list the components.

Labelling guidelines are set by the Food and Drug Act and the Consumer Packaging and Labelling Act.

These standards allow a number of certifying bodies to test organic products under the International

Standards Organization (ISO) regulations.

Currently, Canada is negotiating with the European Union (EU) to create standardized policies on organic foods.

Reported by the Canadian Press, if Canada does not create a firm national standard that incorporates all the organizations that self-regulate organic food and eliminate the need for multiple organizations, the EU will close its trade with Canadian organic products.

"People have an expectation to eat what they think of as organic or natural food."

– John Dickason
Marketing co-ordinator

This could be a problem as Canadian farmers' annual exports of organic foods are approximately \$65 million a year, says Agriculture and Agri-Food Canada.

John Dickason, program co-ordinator of marketing at Humber's North Campus said, "technically

you are not able to convert current lands being used to organic lands very easily, it takes a significant period of time."

Lands prepared for organic production must go through a period of transition which allows pesticides and chemicals to work their way out of the soil.

"People have an expectation to eat what they think of as organic or natural food," Dickason said. "But they are not prepared to pay what it costs to produce that in the short-term."

The desire to eat food that is produced chemical and pesticide free does not necessarily translate to sales at the till.

Mike Leclair, senior marketing adviser for Agriculture and Agri-Food Canada said consumption ranges from 20 per cent to 25 per cent and Canadians import approximately 85 per cent of their organic produce.

"There's no supply for it. If there was enough organic out there I think they (people) would choose that over non-organic," said Marco Angelucci, a third-year business administration student.



photo by andrea bennington

"Organic food is neither fad nor fashion – it's about quality, family food at prices that don't cost the earth." – spokesman for ASDA Stores Ltd, U.K.

Bursting the bubbles

Getting dirt on the expenses of going green

Moya Dillon
IN FOCUS REPORTER

Consumers can be more environmentally friendly by purchasing organic foods, clothing and cleaners, but they'll have to be willing to pay a premium for it.

According to Ann Slater, president of the Ecological Farmers Association of Ontario, organic foods cost more because more work is needed to harvest them.

"The seeds may have cost more, (but) more work is put into controlling weeds and there's more hand labour involved in organic

farming," she said.

In order to be certified as organic, farmers cannot use pesticides or harmful chemicals on their crops.

If they are farming cattle, it is prohibited to use hormones or antibiotics on livestock.

Organic cotton and hemp must also be grown without pesticides.

Slater partly attributed the high cost of organics to high demand and to reflect a shortage in supply.

"People are willing to pay that premium," Slater said. "They're concerned about their health and they're concerned about the environment."

Slater suggested buying organic produce directly from farmers' markets in order to keep costs down since organic produce is not much more than regular produce if bought directly from a farmer's market.

Tamara Champion is the owner of an online baby boutique, Parenting By Nature, which sells products made from organic fibres.

She said there is definitely a growing demand for natural fabrics, but not a lot of awareness, especially when it comes to hemp.

"Hemp is a lot more environmentally friendly," Champion said. "It's easier to grow than cotton and takes up less space."

Although hemp is more expensive than organic cotton, both fabrics cost more than conventional cotton, a fact Champion blames on low awareness and low demand for organic fibers in Canada.

"It's like anything," she said of the high cost. "As demand grows and more is made, the price goes down."

Fortino's grocery store on Queen's Plate Drive has a special

section for organic products including food, cleaners, homeopathic medications and health and beauty products.

"People are getting involved and trying to educate themselves," said Cathy Farina, manager of the organic section. "Every year there's an increase in sales for our organic products."

Farina named milk and cereal as their best organic sellers and blamed slow sales of health and beauty products on a lack of awareness.

She stressed there is always someone available to educate people on the products.

"People want to clean up their health by buying organic," Farina said. "The only thing that deters them is the cost."

For example, a box of organic laundry detergent will cost you \$13.99, while a box of Tide the same size costs \$7.99.

For organic milks, the consumer will generally pay anywhere from 50 cents to one dollar more than non-organic milk.

Like Champion, Farina said prices should decrease for organic products in the future.

"We used to have to bring all our products in from overseas," Farina said. "Now that Canadian producers are offering them it is more cost effective for us."

Farina added increasing competition between retailers of organic products should bring costs down.

Marco Quaglietta, a student from the Community Integration through Cooperative Education program at Humber, said he generally buys organic food because it is easily accessible, but doesn't know a lot about organic fibers or clothing.

When asked about the cost, he said, "I would probably buy more organics if they were cheaper."



photo by moya dillon

Organic dishwashing liquid costs more than regular liquid.

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The Lowdown

- ▶ Pesticides may cause an extra 1.4 million cases of cancer in an average lifetime. – National Academy of Science
- ▶ In 2001, the world retail sales for organic food was about 19 billion USD. – Alberta Agriculture and Food
- ▶ 257 gallons of water is needed to grow enough cotton for one t-shirt. – Natural Healthcare Canada
- ▶ Three quarters of conventional stores carry natural and/or organic food. – 2002 Food Marketing Institute
- ▶ In Canada, the organic industry has been growing at a rate of 15 to 20 per cent annually. – Canada Gazette
- ▶ There are 497 certified organic farmers in Ontario as of 2005. – Canadian Organic Growers

files from Abby Blinch

IN FOCUS

"Organic agriculture is proving to be a serious contender in modern farming and a more environmentally sustainable system over the long term." – David Suzuki



photo by sean fitzgerald

Twenty-four year old Shaun Chiong tries to find an organic ice cream of his liking at Loblaws.

Food for thought

Benefits of whole foods are dubious and they may not be worth the cost

Sean Fitzgerald
IN FOCUS REPORTER

The co-author of a new book on healthy eating said that organic foods may not be worth the extra money.

"There's not much research to say organic food is higher in nutrients," said Liz Pearson, a registered dietician from Toronto. She wrote *Ultimate Foods for Ultimate Health ... and Don't Forget the Chocolate!* with home economist Mairlyn Smith.

Some customers buy organic foods because they want to avoid cancer-causing pesticides, but Pearson said the danger is exaggerated.

"Right now," she said. "The biggest cancer research societies in the world say that the benefits of eating regular fruits and vegetables far outweigh the risks from pesticide residues."

She cites recent research from the American Cancer Society in her book.

It said there is no evidence low doses of pesticides on fruits and vegetables can cause cancer.

Pearson advises students to eat a healthy balanced diet and to buy organic foods only if they can afford it.

She said buying organic produce might be a reasonable decision for vulnerable groups, like children and pregnant women.

Dr. Peter Kujtan, a family practitioner from Mississauga, said organic products "may not be as healthy as you think they are."

He encourages his patients to be

smart about their purchases.

"People have been brainwashed to think of 'organic' as a little girl who looks like *Snow White*, dancing with her sheep and watering her plants in the sunshine," he said.

For Rebecca Crockett, a 27-year old interior design student, organic food allows her to enjoy meals that she wouldn't normally be able to eat.

"[Organic products] may not be as healthy as you think they are."

– Dr. Peter Kujtan
family practitioner

Crockett said she only drinks organic milk because she is lactose intolerant. She finds that organic milk doesn't make her sick.

"Organic milk won't have the hormones and antibiotics in it," she said. "So I can drink it and not get an upset stomach."

She purchases organic products, like tea, coffee and vegetables, if prices are reasonable.

"I think you have to be careful with the term 'organic food,'" she said. "Because a lot of things say they're organic. I try to read where the product's from."

Adam Ryan, 19, a first-year cooking apprenticeship student, works on food without knowing where it comes from.

"We use what we're given, and the teachers don't explain it," he said. "I'm only at school twice a week, but if I had to handle that meat every day, I'd want to know where it came from."

Natural Fare: Prices and choices

Elaine Mitropoulos
IN FOCUS REPORTER

Culinary students use organic food in class to study flavour differences, but whole foods in general are not on Humber's menu.

"Sometimes we get organic products in for students to see the difference in flavour," said Rudi Fischbacher, culinary arts program co-ordinator at Humber.

While students in the culinary program use organic ingredients when a recipe calls for it, they cannot use them all of the time.

"The cost is very prohibitive to the program," Fischbacher said. "It would be way too expensive."

Peter Fuchs, a spokesperson for Wanigan, a Brampton-based organic produce delivery service, said rates between organic and non-organic foods vary from the same price to double the cost.

"You get what you pay for in the produce business, organic or conventional," he said.

According to Fuchs, many chefs

cook with organic ingredients because it's the higher-end choice of all food on the market. "It's more of a luxury item."

Fuchs also said people buy organic because it's healthier, better for the environment and it supports the local economy.

Although Wanigan doesn't deliver to Humber, orders do come in from students in residences at York University.

"People under 25 aren't necessarily spending a lot of time in the kitchen cooking fresh produce. At least I wasn't at that age. It was mostly Kraft Dinner," Fuchs said.

Still, he said, the service caters to a lot of people in the 20 to 35-year-old age bracket. "They don't necessarily buy a lot of it, but they're really interested."

At this time in the season, Wanigan's local harvest delivery box is full of seasonal root vegetables like beets, potatoes, onions and green leafy vegetables that are hydroponically grown.

Eating food that is fresh-picked

and in season is key to eating and cooking well, Fischbacher said. "It's important to let students know how to cook with the (food) market." Organic food selection is slim at Humber College but there still are choices available for students both around and outside campus.

For students seeking out a partially organic meal on North Campus, their best bet might be eating at the Humber Room, where an organic mixed green salad goes for \$4.50.

"We're absolutely open to all possibilities and it's certainly an opportunity to provide more services to students," said Don Henriques, Humber food services general manager.

But feedback from surveys and just talking to students has not identified a need for organic food at Humber, said Henriques.

Food Services have accommodated other food options – like student requests for health-conscious and religious diets.

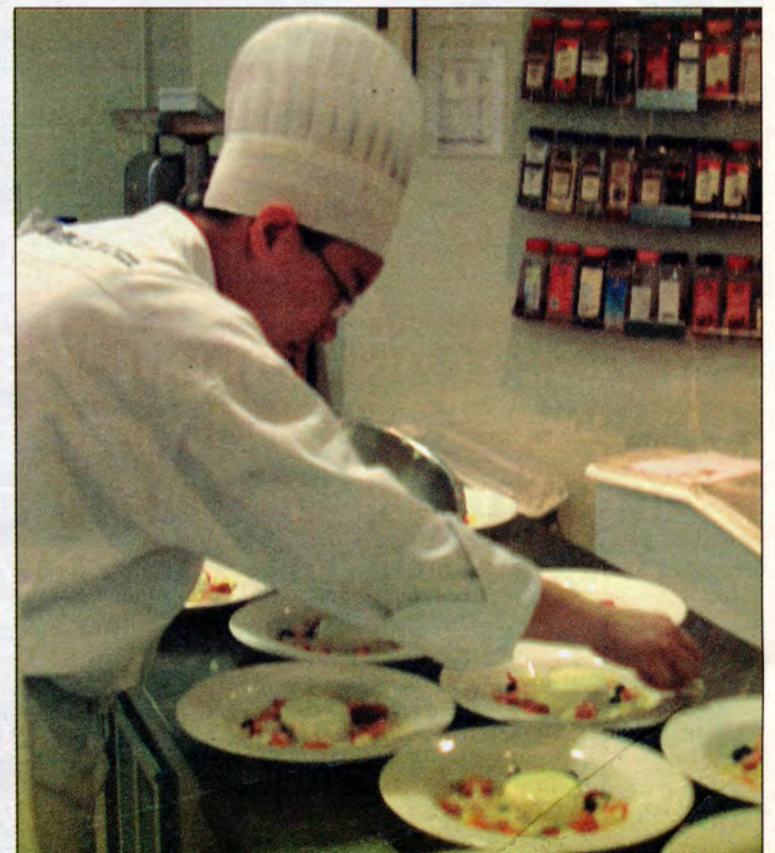


photo by jeff lewis

A culinary student prepares desserts at the Humber Room.



Angelina Jolie's mother, actress Marcheline Bertrand, died after a long battle with cancer on Saturday afternoon. Jolie was by her side. — www.cnn.com

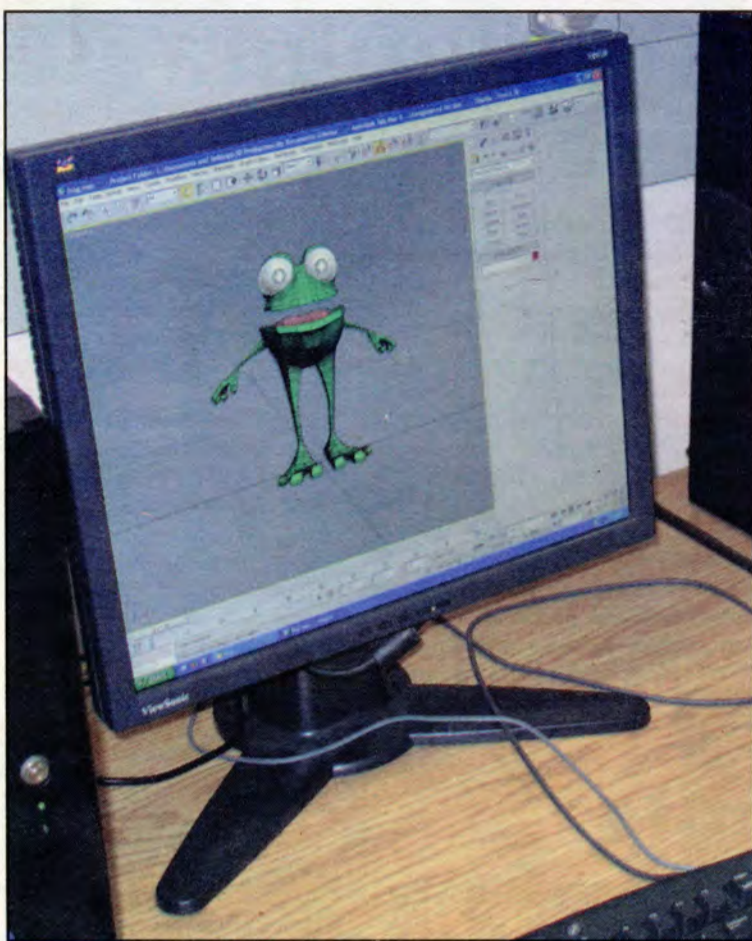


photo by jeremy dickson

Creating *Wide Mouth Frog* took months of dedication to do.

Animated leap of faith

Jeremy Dickson
ENTERTAINMENT REPORTER

A group of Humber animation students hope its post-graduate final project will one day take home an Oscar. The program coordinator predicts they will.

"It will win an Academy Award," said Terry Posthumus who coordinates the multimedia 3D computer animation program.

The film, a two-minute 3D-animated film with the working title, *Wide Mouth Frog*, is geared toward children and is loosely based on a humorous campfire story Posthumus heard when he was young. "It's an adventure story of discovery involving humour, ecology and geography. The story has an environmental message and it's doggone funny," he said.

The concept originally began with a production company Posthumus was involved with, but the work was never completed. "I talked to the students about possible projects, this one came up and they put together a team. I said 'here's the story, but you come up with fresh ideas in terms of char-

acter and sets.' They were also denied access to the original work so they could create their own animation," Posthumus said.

Three honour students from the 3D for Production – Broadcast Design and Animation post-graduate program started the film last October and hope to see it completed by August, with the help of a large crew.

"I'm very optimistic about it," said Jason Labbe, 20, who specializes in character rigging; ensuring that all the animated components move. "We have a good leader in Mathieson Facer and we try to keep on schedule and maintain a professional structure as much as possible."

Facer, 22, took on the role of project leader partly because his specific visual effects work would not be needed until half-way through the production. "I did not want to just wait and watch, so I decided to take on some other roles in the early stages," he said.

Stephan Perreault, 20, specializes in character design for the film. "I've always enjoyed animation, but I never knew much about cre-

ating it coming into the program. Terry told me I had a real knack for it so he pushed me in the right direction and I'm really glad he did," Perreault said.

Teachers and students involved in the film studied the newest technique, used by animators at Pixar, in order to keep their own ideas fresh and anticipate what leading companies might be looking for in the future.

The students said the film will be an excellent demo piece that will help them find employment in the animation industry after graduation.

Posthumus said the project is unique because of the number of people working on it and the amount of time they are committing. "The students are committed to their final project already in their first semester of a three semester program. This has never been done before," he said.

"We want to promote the world's best 3D animation and visual effects program," Posthumus said, "and the only way we can let the world know is by what we show them."

Grey's actor apologizes for repeated homophobic slurs

Media and LGBT community in shock of comments

Tyler Kekewich
ENTERTAINMENT REPORTER

The President of Humber's Lesbian, Gay, Bisexual and Transgender club (LGBT), Ryan Russell said that when *Grey's Anatomy* cast member Isaiah Washington called co-star T.R. Knight a "faggot" during an on set argument and then repeated the word on television, he had gone too far.

"I tend to take offence towards that specific word," Russell said last week. "That's the worst thing that someone can call me."

Washington initially denied using the word. But while trying to defend himself in front of reporters at the Golden Globes in January, he angered the gay community by saying it again.

Richard Hudler, an administrator for the Coalition for Lesbian and Gay Rights in Ontario said "We don't know how sincere he is because he was denying it at first and everybody heard him – I thought that was kind of sad. It would have been better if he admitted it at first and accepted it."

Knight publicly announced that he was gay after reports of the October argument between Washington and another cast member Patrick Dempsey.

Howard Shulman, a co-ordina-

tor at 519, a gay-friendly community centre on Church Street said "It's always a person's choice when and where they want to come out and to whom they come out to. So when someone is forced out, it can be very difficult."

Court and tribunal student, Kimberly Chandra, 22, said Washington should be punished, but not by losing his job.

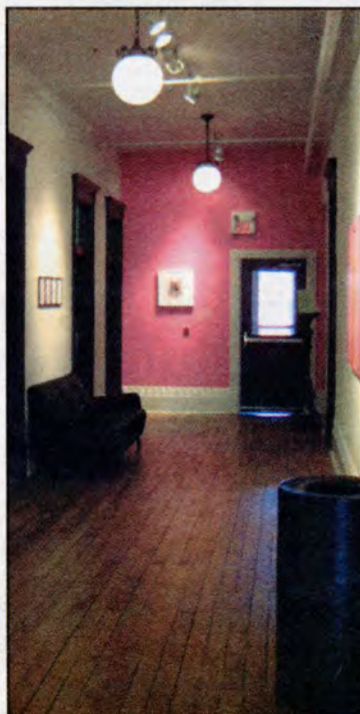
"It was totally inappropriate and he definitely should be penalized," Chandra said. "If he said it in the heat of the moment, in an argument, I don't know if it should lead to a firing – unless it continues."

On Jan. 18, a few days after the incident at the Golden Globes, Washington issued an apology to Knight, viewers of the show and the gay community.

"I can neither defend nor explain my behaviour. I can also no longer deny to myself that there are issues I obviously need to examine within my own soul, and I've asked for help," Washington said in the statement.

Online reports have been the talk of fans of the show and say executives are desperate to write off Washington's character due to his intolerance and difficulties on set.

In an attempt to deal with the issue, the star checked into a residential treatment facility on Jan. 24.



Throw to Other Moments

Urban reflections on existence, beauty and solidarity

Rayna Taylor
LIFE REPORTER

Established and emerging artists are showcasing their work in an avant garde, new age exhibit in downtown's trendy Queen West district.

Eloquently titled, *Other Moments: New Sculpture, Photography and Art on Paper*, the exhibition celebrates both local and international artists, and is being displayed at the stylish and newly renovated Gladstone Hotel.

"A lot of the artists I picked are about three or four years out of college," said Kris Knight, co-curator for the exhibit.

"I wanted to show a lot of people who don't necessarily have a gallery that represents them yet."

The exhibit is a majestic display of photography, paint on canvas and various paper composite, and sculptures crafted from the most unusual materials.

The paintings are incredibly thought provoking, while the self-portraits evoke a range of emotions for the photographer.

Katherine Mulherin is the senior curator for the exhibit, her second collection at the Gladstone.

This year's exhibit marks the first anniversary since the hotel unveiled its modern design.

"I was really impressed by Katherine's first show, bringing artwork out of the context of the gallery and into a big public space," Knight said. "And that hotel is beautiful with hallways so gigantic that they act like little galleries."

Knight said visitors to the exhibit are not only those who frequent galleries but also tourist types and social seekers ranging in age.

The gallery is open to the public from 12 to 5 p.m. daily. The show runs until Feb. 18.

Knight is quite hopeful that most college students who visit the exhibit will be able to recognize some of the artists and identify with what they are doing.

Knight, an artist and a graduate of the Ontario College of Art and Design, suggested anyone who is looking to break into the art scene shouldn't waste any time and dive right into the action immediately following graduation.



photos by rayna taylor

The exhibit, at the Gladstone Hotel, features art from Toronto and around the world.



Montreal's the Arcade Fire will tour Europe and North America in support of its latest record, *Neon Bible*, to be released March 6. — www.pitchforkmedia.com

spotlight on Humber



wrecked

Strange Voodoo magic

Former students' band join forces with emerging label

Anastasiya Jogal
ENTERTAINMENT REPORTER

Jon and Mat Langford are Humber grads who have found commercial success with their band Wrecked.

Currently they are in the studio writing their first full-length label-backed album.

Wrecked hopes to release the album in the beginning of next year.

The quartet was formed in 1998.

Jon, who sings vocals, and Mat are identical twins who have been singing since the age of five.

The other two members are bassist Lenny Daniel and guitarist Matt Dominici.

Wrecked got in touch with Voodoo Records through Mike Dmitrovic, the band's album producer.

Voodoo Records represents a number of bands including Flatline, Toy-box, Token and Danny Nix.

Wrecked plans to sign with Voodoo Records in the next couple of months, said Mike Kiofos, the owner and producer of the company.

"We're looking for hard working

bands" said Kiofos.

Voodoo Records has expanded its facilities into corporate media production, music videos, artist development, bookings, promotion, record distribution and licensing.

The label has been in business for 10 years and has grown into a large two-part organization; Voodoo Records and Voodoo Media.

Voodoo Records has recently signed with Yahoo, which Kiofos said will help the company promote its bands.

Kiofos said Wrecked signing with Voodoo means, "that same album that would cost \$100,000 to produce, would cost \$30,000."

He said the company pays a maximum of 25 per cent of the total cost to help the artist put an album out and the band is responsible for paying the other 75 per cent.

"It's a lot of money. Enough for a number one album" Jon said.

Mat said the band has signed "a non-disclosure agreement," and they can't discuss the specifics of their contract.

"They can leave any time they want," said Kiofos. "We don't lock bands for three years."

The band has total control over the music it puts out.

Mat, guitarist of Wrecked, said this is the first serious band for the brothers.

The twins attended Humber College from 2003 to 2006. Mat received a diploma in journalism and Jon received a diploma in digital media production.

Mat said Humber was fantastic, "It was awesome."

The Langford twins' music is played on Radio Humber regularly and they are well known in the music lover's circle.

Radio and broadcasting professor Paul Cross said, "actually, they're really good."

The self-professed 'hard-core polka' band's influences include Incubus and The Foo Fighters.

Jon writes most of the lyrics with help from other bandmates.

The band writes about, "Things you love, things you hate, everything in between. Things you've been through," Mat said.

Wrecked has played in many venues in Toronto such as Revival, Club 279, El Mocambo, Cathedral and Opera House.

The band recorded its debut album, *Easier to Breathe*, last spring and brought in Rob Sanzo (Treble Charger, Sum41) for mixing and Noah Mintz (Death from Above 1979) for mastering.

Wrecked sold several hundred copies of the independently-produced album.

For more information about the band and tour dates, check out <http://www.wreckedonline.com>.



Aboriginal Students

JOIN US for a Lunch Reception:

Date: Thursday February 8, 12:10 p.m.

Location: Community Room (NX111),
North Campus

An **elder** will be present

Please R.S.V.P to Melissa Gallo at:

melissa.gallo@humber.ca

416-675-6622 x5230

Humber's Student Services Department is seeking to learn more about our Aboriginal student community. We will do this by talking to Aboriginal students to find out what their needs and interests are. From the feedback, we will create a service to complement and support our Aboriginal students.

For more information contact:

Judy Harvey, Dean of Students
judy.harvey@humber.ca





Canadian songwriter Joni Mitchell, 63, was inducted into the Canadian Songwriter's Hall of Fame Sunday during a gala held in Toronto - CBC



photos by Jeremy Dickson

Mr. Lahey (John Dunsworth) and Randy (Patrick Roach) entertain CAPS pub Tuesday night.

Stern talking to from the trailer park

Jeremy Dickson
ENTERTAINMENT REPORTER

The unique comedy styles of Mr. Lahey and Randy from the hit Showcase series Trailer Park Boys filled CAPS pub with laughter on Tuesday night.

Randy (Patrick Roach) and Mr. Lahey (John Dunsworth) are in the middle of their second year on tour performing in character for university and college students across the country.

The duo also stayed in character, for the pre-show interview.

In the Humber games room, Randy, with a shirt on, was jumping from one arcade game to the next with the excitement of a little child. Mr. Lahey shot some pool.

"The tour is going great," Randy said. "We've been lucky with weather and we get to see this great country. We love Humber so far and I really love this games room."

Mr. Lahey and Randy said going to two university taught them a thing or two and offered some advice for today's students.

"Study hard and take it one semester at a time. Don't blow it all," Mr. Lahey said. "It's like Randy knows he can have five or six drinks a night, but he doesn't have to have them all in the first half hour."

Mr. Lahey said he enjoyed his time at university, but Randy said he had trouble focusing.

"University taught me how to drink and how to budget money for drinking. They teach you that

"Study hard and take it one semester at a time. Don't blow it all."

— Mr. Lahey
alcoholic trailer park owner

you can get ten credit cards right away. The temptations of going to the casino and the bar are the hard things to avoid," Randy said.

Both characters jokingly suggested a change in college curriculum.

"They should teach you how to operate a fax machine and a photocopier and there should be a

class that teaches you how to put a condom on properly," Randy said.

As for general advice, Mr. Lahey and Randy said young people need to be more inspired by life and ideas.

"Instead of becoming a shit-puppet you need to become a mover and shaker," Mr. Lahey said, which spurred an exchange of trailer park philosophies using sandwich analogies.

"Instead of going to the same bar all the time, try going to the new bar," the shirtless Randy said.

"Go to the new bar, try the new Tim Horton's fucking breakfast sandwich, get the double cheeseburger with the onions and get the new Quizno's sub," Mr. Lahey added.

"And get the new mushroom burger with the new sauce. When you have all these new things you are inspired," Randy said, ending the bizarre analogy.

Mr. Lahey and Randy will continue their turbulent relationship in season seven of the Trailer Park Boys airing on Showcase in April.

Comics on Trial Humber grads perform at U of T

Adrienne Huen
ENTERTAINMENT REPORTER

The Debra and Trevor Comedy Tour kicked off in Toronto last weekend to a packed house eager to see the TV-hit duo in person.

Humber grads Debra DiGiovanni and Trevor Boris said their exposure on the popular MuchMusic show *Video on Trial* is the main reason they are able to headline a tour that will take them to four more stops in Ontario.

"I couldn't pay for that kind of PR," DiGiovanni said. "It's first of all national and probably one of the most watched channels that Canada has to offer."

More than 450 people jammed into the University of Toronto's Isabel Bader Theatre last Saturday night, paying \$29.95 a piece to see DiGiovanni and Boris perform.

"It's really nice for me and Debra to have done this show and actually find that there are people who are willing to pay to see us," Boris said off-stage before entertaining the crowd with jokes about his experiences as a gay man and farmer.

"So when I moved from Winnipeg to Toronto," Boris said to the crowd. "My girlfriend broke up with me. But, you know, I had a feeling it wouldn't work anyways. I mean she worked a lot and I'm gay, so, basically we both wanted to see other men."

"This is the year," DiGiovanni said about her new year resolutions. "I'm going to start fantasizing about men within my own age range. So, I guess it's goodbye to Harry Potter and Hanson."

DiGiovanni said the training she



photo by adrienne huen

Debra and Trevor backstage.

received at Humber's School of Comedy Writing and Performance helped her climb to success.

"It was wonderful because it was just such freedom," she said. "A lot of comics have to struggle and mess up at some point to learn and I didn't have to because they taught me little techniques and stuff like that, which proved to be very valuable out here."

"In Canada it's hard, you have to take risks," Boris added. "So we thought that this was a nice safe risk. I mean we are doing this together, so if we fail, we go down together."

The openers for the show were comics Gavin Stephens, Sabrina Jalees and Perry Perlmutter.

Audience members Amy Valentine and Sarah Dwier said they didn't expect such a large cast for the show.

"It was a really nice surprise," Valentine said.

Tickets are available for all four remaining shows and can be purchased through www.ticketweb.ca.

a hipster's guide to the weekend

Listen to: Bright Eyes

For all you fledging musicians out there hoping the demos recorded in your parent's basement will reach the ears of someone important, Bright Eyes has come again to prove why he makes money doing it and you don't. Granted, he is surrounded by friends (Cursive, The Faint, Criteria) that have stakes in the local record label Saddle Creek.

For those unfamiliar with the project Bright Eyes, it is the brainchild of Conor Oberst a 26-year-old singer-songwriter

from Omaha, Nebraska. Starting out with a handful of demos recorded in his room when he was still in high school Oberst was thrust into the spotlight last year with the simultaneous release of the folkly *I'm Wide Awake It's Morning* and electronically-laced *Digital Ash* in a *Digital Urn*. His newest release is *Four Winds* EP being released March 6 followed by *Cassadaga* a full length coming out in April.

Since then Bright Eyes and the league of imitators playing delicate, confessional music have become the soundtrack to drinking tequila shots and falling down the stairs at your favourite bar. So kick back this weekend, pour a stiff whiskey drink and listen to Oberst weave diction and imagery like threads in an argyle sweater.

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Until recently, Barbie's boyfriend Ken was not sold in India because it clashed with the traditional arranged marriage – www.amusingfacts.com

Cutting back on bad fats

Justine Lewkowicz
LIFE REPORTER

Humber's food services department says trans fat is being reduced from college food and may be eliminated altogether.

"Maybe six months ago one would say it's not possible. But things have evolved," said Don Henriques, general manager of food services.

He said his department has worked with its suppliers to produce healthier food.

"Corporately, we recognize that there's certainly a need to go trans-fat free across the board," he said. "Our goal is to get our suppliers to produce as many products as possible that are trans-fat free."

Henriques hopes to eliminate trans fat from all food outlets run by food services, which does not include Ackee Tree, the Humber Room or Gourmet Express.

Trans-fatty acids are produced when liquid oil forms a semi-solid

fat. The food industry uses the process – hydrogenation – because it provides a longer shelf life.

Health Canada warns trans fat raises blood levels of harmful cholesterol and lowers good cholesterol, increasing the risk of heart disease.

Many restaurants and food chains have reduced or eliminated trans fat from their menus. New York City has banned it and other cities, including Chicago and Los Angeles, are also considering a ban.

Of the food chains found on campus, Harvey's offers several trans-fat free items, including the grilled chicken sandwich, garden salad and poutine. Pizza Pizza has eliminated the fat from its dough, hot apple pies and french fries.

The chips and muffins at Humber are trans fat free, Henriques said. Frito Lay Canada, which provides all of the chips found on campus, cut trans fat



photo by justine lewkowicz

All Frito Lay products have been trans-fat free since 2004.

from most of its products in 2004. Health Canada created a task force to determine if trans fat should be banned.

Paul Duchesne, spokesperson for Health Canada said "The trans fat task force put together their recommendations and the Minister (of Health) is looking at that right now – how to best reduce it or eliminate it from the food." Health

Canada says it will release a new food guide after two years of revisions and public consultations. But even with the option of trans-fat free food, some Humber students don't pay attention to the food they eat.

"I'm not fat so I don't worry about it," said first-year business administration student Idil Nursed.

Look like your favourite celebrity

Brittany Gogo
LIFE REPORTER

ModiFace allows Internet users to upload pictures of themselves and match it with their favourite star, giving them a makeover without going under the knife.

Users can choose what they would like to change about themselves by selecting features from stars like Angelina Jolie, Paris Hilton, Scarlett Johansson and Beyonce.

Since its launch two weeks ago, the ModiFace website has sparked the interest of many image-conscious people and receives 100 000 hits each day.

ModiFace.com was developed by a group of researchers at the University of Toronto and designed to help plastic surgeons show patients what the outcome of their operations may look like by simulating life-like results.

"It allows the user to choose which feature from one of two faces they want and it takes those features, does re-colouring and blending, and shows you the result," said Parham Aarabi, a professor at the U of T's computer engineering department who led the development of ModiFace.

Although the program was created with plastic surgery applications in mind, it is an ongoing research project enlisting public feedback through the Internet.

"We wanted to create a system that plastic surgeons could use, but people could use at the same time," Aarabi said. "People are very interested to see what they would look like with different make up and with different hair styles."

The project and its new technology could revolutionize the way surgeons approach plastic surgery.

"It's always a challenge for doctors to explain how the end result is going to look," said Alireza Rabi, a ModiFace consultant. "Plastic surgery always relies on what the patients want, relying on the picture they have built in their own mind of what they are going to look like. This program allows the average user to work on it and see how they would look, matching the final results with what they imagined."

Gwen Ho, a first-year marketing student at Humber, said if she could choose a feature from any celebrity and put it on her own face, she would choose Jolie's lips.

Although it seems to be a popular desire, sometimes the image you see is really not what you would expect, and not everyone looks good with Jolie's lips, said Rabi.

Students not concerned about breast cancer

Carrie Trownsom
LIFE REPORTER

Some female students at Humber are not concerned about a study showing women with dense breast tissues having a greater risk of cancer.

"I know it's there, I think about it more every year when I have my check up," said Marta Tetwejer, a third-year business student.

Brenna Adamson, a first-year paramedic student, said she worries because breast cancer is in her family, but is not a major concern right now. "Not so much now, I

just worry about the future."

A study funded by the Canadian Breast Cancer Research Alliance showed the risk of breast cancer was about five times greater in women with extensive dense breast tissue than those with little or no dense tissue.

Breast tissue is made up of fat supporting tissue and the epithelium that forms ducts and lobules. These tissues determine breast density.

The Canadian Breast Cancer Foundation said fat in breasts appears dark on a mammogram while the other denser tissues

appear light. These dense tissues make cancer cells harder to see.

"You just have to accept your fate."

- Abiodun Idris
business administration student

The results of a study published in January's *New England Journal of Medicine* showed women with density in less than 10 per cent of a mammogram, compared to women with a higher density, had a greater risk of breast cancer.

Sarah Bouma, senior manager of research with the Ontario division

of the Canadian Cancer Society, said the study confirmed breast density is one of many risk factors. "Being a woman is the number one risk," she said. Other factors include age, family history, age at first menstruation and pregnancy.

Bouma said studies are ongoing. The Canadian Cancer Society is updating its message by checking accuracy and whether studies are evidence-based.

Abiodun Idris, a first-year business administration student, said she doesn't rely on studies. "It just comes, you can never know. You just have to accept your fate."

Headphone volume could cause hearing damage



Katarina Ilic
LIFE REPORTER

The Hearing Foundation of Canada warns young people to turn down the music in their ears or risk permanent hearing loss.

"I think it's only if you listen to very loud music," said Ashlei Mckie, a first-year law clerk student who has heard about the potential for hearing loss when music is being played too loud.

When asked at what level her volume control is set, she said, "not very loud. I like to hear what else is going on around me."

Richard Bowring, senior manager of programs at the Hearing Foundation of Canada, said being able to hear sounds around you in addition to your music is a good measure of loudness. "If you cannot hear the person standing beside you, talking to you it's too loud."

Noise induced hearing loss occurs when loud sounds damage the hairs inside a part of the ear called a cochlea.

"In your backyard you have grass," Bowring said, comparing grass to the hairs. "If you walk over it once – meaning you're adding pressure to it greater than it's used to – then the grass will bend over but then it will bounce back. This is what happens with

the hair cells of the cochlea. However, if you constantly walk back and forth over the same path, meaning assault the grass, assault the hair cells numerous times with excess force, then eventually the grass will break and you'll end up getting a dirt path."

Gael Hannan, a project manager also at the Hearing Foundation of Canada points out that once these hairs in the cochlea are damaged, it's permanent.

The volume on MP3 players can vary because some music is recorded at a higher sound level but generally the volume goes up to about 105 to 108 decibels.

Permanent hearing loss generally starts at about 85 decibels and can occur after eight hours of listening.

"At every increase of three decibels, sound essentially doubles," Hannan said.

This means that if people raise the volume from 85 to 88 decibels they can only listen to loud music for about four hours before hearing damage may occur. The higher the volume goes the less listening time one has before hearing damage sets in.

Hannan goes on to point out that at 97 decibels, which is equivalent to a motorcycle running, you can only listen to 30 minutes worth of music without damaging the hairs in your ear.

Using special headphones to block background noise allow you to listen to music on MP3 players and iPods at a lower level.

Even a small amount of alcohol, when placed on a scorpion, will make it go crazy and sting itself to death. — www.hookedonfacts.com



photo by ryan vella

Humber's newest Hawk, Rayner Winston Glenn, surrounded by family after his dramatic debut.

Baby born on board

Continued from page 1

Then I looked again, and I said, 'Oh my god, yes I do.'

Meanwhile, OPP Const. Angela Dias — en route to 407 detachment — and unaware of the couple's situation, arrived at the scene.

"I pulled up and the father comes running out and says 'my wife's having a baby,'" Dias said. "I looked in the front seat...and her water's broken, everything is ready to go, she's screaming 'I'm about to have this baby!'"

Mere moments later, Rayner Winston Glenn entered the world.

"It's the most wonderful experience I've had, on and off the job," said Dias.

After Toronto EMS services arrived, they helped the father cut his son's umbilical cord.

"They took me out of the car, because they didn't want me to drive to the hospital thinking that I might be in shock. And I think I was at that point," Darrell said.

The couple joked about the toll the experience took on the over-

joyed, but tired father. "He actually looked like he just gave birth. He looked so frazzled," Koren said.

Comparing the experience to the intense atmosphere of a Hawk's game, Darrell said, "First thing I'll say to the team is 'you know, I understand what real pressure is now'. This is a totally different pressure. In a basketball game when it's over, you just go home. Win or lose you carry on with your life, but this had much bigger ramifications."

Although the two coaches are surprised at the amount of media attention they have received, they realize they are part of a 'feel good story'.

After a few days to let it all sink in and get some needed rest, the proud father said he's no longer in shock.

"Now, a couple days removed from it, I realize that it's an amazing thing that I was able to be there to help (Rayner)," Darrell said. "I'm looking forward to sharing the story with him someday."

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Tattoos may prevent epidural use

Avril Sequeira
LIFE REPORTER

Anesthetists are increasingly concerned about the safety of inserting needles and epidural catheters through tattooed areas. Some have refused to do the procedure if they can't find tattoo-free skin to go through, said emergency room nurse Bev Stevenson in *Alberta RN* magazine.

Some female students are worried have refused that getting tattoos on their lower back will cause them pain in the future that they did not anticipate while getting tattooed.

Not everyone believes that having a tattoo on the lower back is cause for alarm.

"It's a theoretical risk at best," said Jason Powell, co-ordinator for the practical nursing program. "There's no study that demonstrates that ink from tattoos on the lower back pose a risk for infection, that if a woman were to get an epidural, the ink would somehow infect the spinal fluid and cause paralysis. There's no data to support it."

Epidurals are an anesthesia injected into the spinal canal. They are typically used during childbirth and gynaecological surgeries to numb the abdominal, genital and pelvic areas.

The feeling is the needle's hollowed tip could transfer ink particles into the spine as it is pushed through tattooed skin, contaminating spinal fluid and potentially causing abscesses, muscle atrophy or even paralysis.

Humber's nursing program at is addressing the issue by emphasizing awareness and caution in its curriculum.

"Our curriculum is up to date and from a nursing curriculum point of view, we're looking to provide information," Powell said.



photo by avril sequeira

Some anaesthetists worry that ink could be transferred into the spinal column from tattoos through epidural needles.

"When patients are being evaluated, we certainly try to give lessons on the implications of tattoos. Like the idea of nipple piercings. The fact that many teens and adults are getting piercings... and how that can lead to complications with things like breastfeeding."

"It's a theoretical risk at best."

— Jason Powell
Practical nursing program
co-ordinator

Kathleen MacMillan, the School of Health Sciences dean, said there are not enough studies completed on the topic to venture any conclusive opinions.

"I think that something like this would require much more evidence and research so that we could make an informed decision, rather than just speculating especially given how many people are getting tattoos," she said.

At Yonge Street Tattoos, artist Evan MacKinnon said although

the lower back is the most popular place women choose to have work done, he is not concerned.

"The ink sits about the thickness of a dime under the skin. And it's permanent." He went on to say he felt there was no need to worry about the dye's composition because "the ink is pretty much all vegetable-based and boiled down to get rid of toxins."

As it currently stands, putting an epidural through a tattoo is not something that is outright banned, and the final decision is left to each doctor's own discretion.

"No, absolutely," said anesthetist Dr. David Wong of Toronto Western Hospital. "There isn't any standard policy in place. There's no data."

Wong said he has never seen anyone decline to perform the procedure because a woman has a tattooed lower back.

"Still, it's probably a good idea (for expectant women) to talk to an anesthesiologist ahead of time," Wong added. "In the end, it's up to the attending."



On this day in 1978, Harriet Tubman was the first black woman to be honoured with her image on a U.S. postage stamp. – www.brainyhistory.com

Knowing a second language can help fight dementia

Jef Catapang
LIFE REPORTER

A Canadian study has bilingual students hoping their efforts of balancing two languages will have a positive health benefit later in life.

The study, published in the February issue of *Neuropsychologia*, shows bilingual-

ism can slow the onset of dementia by more than four years.

"It's good news," said Humber horticulture student Diego Suarez, 25.

Suarez grew up in Canada learning Spanish and English simultaneously. Juggling the two languages proved difficult, especially when returning to Canada after visiting his homeland of Uruguay.

"Sometimes I'd come back, go there for two weeks, come back to school, and I'd have to go back to my English mode – learning English in high school and all that – and I'd sometimes interfere the Spanish with the English," he said.

"When you are bilingual it means that every time you speak, every time you use language, you are engaging a set of cognitive

processes at the front part of the brain that are very important for all forms of thought," said Ellen Bialystok, the York University professor who conducted the study.

"There are two language systems ... you need some control over which of these language systems you're going to be using," Bialystok, also an associate scientist at the Baycrest Centre for

Geriatric Care, compared controlling two languages to a workout. "It's that exercise and practice that fortifies those cognitive processes and keeps them more robust, even when aging slows you down," she said.

Bilingualism can slow the onset of dementia by more than four years.

– *Neuropsychologia* magazine

The study compared the average age of monolingual patients showing emerging dementia symptoms at 71.9 years for women and 70.8 for men, to that of bilingual patients. On average, the disease appeared significantly later for lifelong bilingual persons, at 75.1 for women and 76.1 for men.

Michael Villalon, 25, a Humber heating and air-conditioning student, also had to juggle two languages.

Born in Canada, but raised in the Philippines, he moved back to Canada for school. Villalon speaks Tagalog while he is at home. "Sometimes I would mix it in," Villalon said, recounting times when he spoke Tagalog at his Canadian school.

Villalon's family, all bilingual, has no history of dementia, of which Alzheimer's is the most common cause. "(My grandfather) calls me by my younger brother's name sometimes, but that's it," he said.

Election Nomination Information Session

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**Student Centre, North Campus
2:00 pm**

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Humber Students' Federation

WHISK



Gourmet Potato Salad

Chef: Bryan Karpowicz

Ingredients:

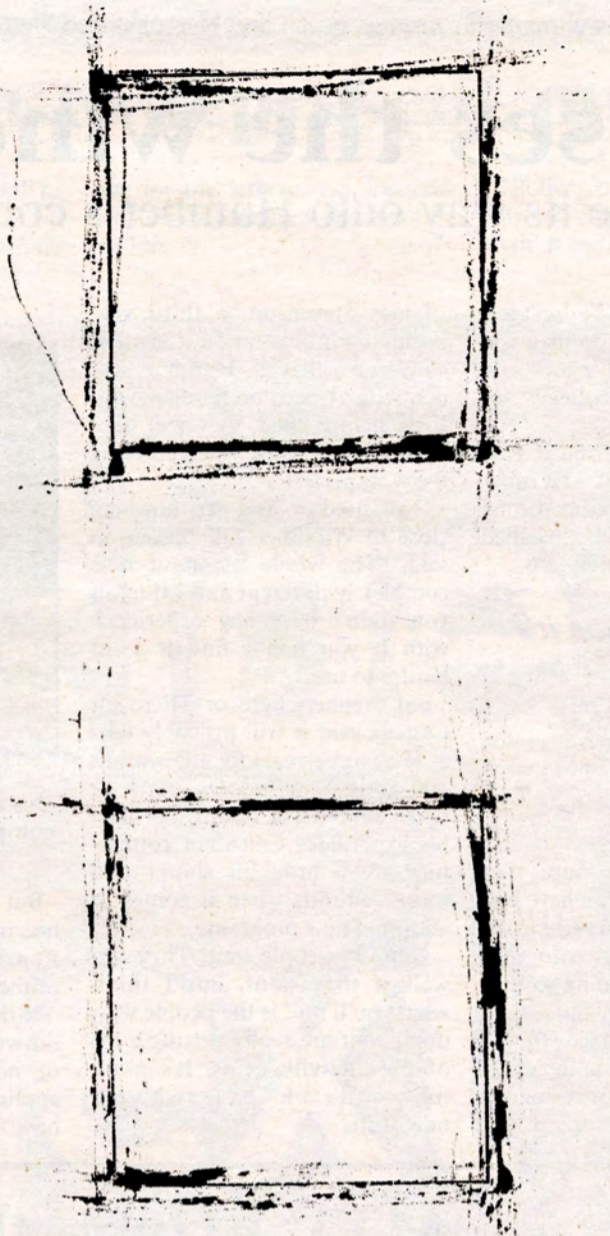
4 lbs of potatoes (waxy)
6 hard boiled eggs
1 cup celery, medium diced
3-4 green onions sliced
1 cup mayonnaise
2/3 of a cup sour cream
3 tablespoons red wine
3 tablespoons dijon mustard
2 tablespoons of fresh parsley
salt and pepper to taste

Cooking instructions:

1. Boil potatoes in salty water until almost cooked. (15 min.)
2. Drain and spread on cooking pan, then refrigerate until cold.
3. Dice/cube potatoes.
4. Peel and chop eggs.
5. Combine ingredients, add salt and pepper to taste.

Approximate cost: \$20.

*Approximate cooking time:
20 minutes.*

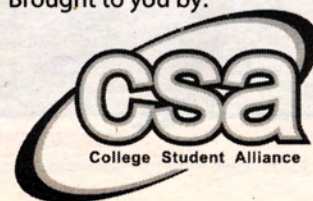


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WORK & PLAY

The iPod family grew once again as Apple unveiled new magenta, orange, green and blue coloured iPod shuffles on Tuesday. – www.ign.com

Humber closes the window on Vista

Microsoft's latest won't make its way onto Humber's computer screens until fall 2008

Stephanie Sherr
BUSINESS REPORTER

Although Microsoft's Windows Vista was officially launched Tuesday, Humber will not be upgrading its computers with the new operating system until the fall of 2008.

"It's been our practice not to install a new version of the operating system right away," said Humber's chief information officer Mark Naylor. "Because then you get to find all the problems that they didn't discover during their testing, and that means our student population gets to discover those problems. And they don't need to do that. It's painful, it's difficult and it can interrupt their studies in various ways."

Naylor said that in the past Humber has sometimes rushed to install new computer programs, but will not be hurried into full implementation of Windows Vista.

"We've all been burned by being too aggressive in putting these

things in," Naylor said. "I don't feel under any pressure to do that, and I don't think my colleagues and the other Ontario colleges do either."

Despite this, Naylor said if particular programs at Humber develop a pressing educational need for Vista, it may be installed sooner in some computer labs.

"I've used it and it's nowhere close to Windows XP."

– James Stevenson
business administration student

"We want to make sure that when you leave here, you have had the exposure and the experience of using the same type of computer software that you're going to find in your workplace," Naylor said.

"So as the workplace slowly moves to Vista, we'll be there. So that means students will go out there fully prepared."

James Stevenson, a third year business administration student, is concerned that if Humber students don't become familiar with Vista before 2008, they will have problems adjusting when entering the workplace.

"I've used it and it's nowhere close to Windows XP," Stevenson said. "The whole layout of it is completely different and I think if you didn't have any experience with it you might find it a lot harder to use."

But Stephen Eyre of Microsoft Canada said it will probably take at least three years for the world's 400 million Windows users to upgrade to Vista, and it has been his experience Canadian companies are a little bit slower and more cautious when it comes to adopting new programs.

"Should people wait? They can wait if they want, but I think what you'll find is the people who don't wait are really getting a lot of productivity gains. It's more fun and it's a lot easier with the new stuff."



Courtesy

The newest version of Windows presents programs on your computer's desktop as 3D windows you can easily browse.

But third-year electronics engineering technology student Sumit Kumar questions the need for an immediate upgrade.

"I think we just first need to ask do we really need Windows Vista or not. I mean, looking at the applications and the software we have right now at Humber, I think

that's all students need to finish their homework and whatever they're doing in their programs," Kumar said. "Getting Windows Vista depends on whether we need it or not, and installing it on all the computers is a big financial project. And we should do it when we need it."

just played

They got the beat

Mark Guilherme
WORK & PLAY EDITOR Elite Beat Agents | Nintendo DS | Available Now

It's hard to pinpoint what is exactly the charm of Nintendo's Elite Beat Agents.

Perhaps it's the game's missions, which consist of outlandish scenarios such as helping an old man win back his gold-digging wife or helping a pair of Hilton-like twins get off a deserted island. If not that, then it's got to be the quirky mix of Japanese and western style that the game pulls off effortlessly.

While the animated scene plays out on the DS's upper screen, it's your job to direct the dance moves of the agents with the stylus on the lower screen, as they groove to modern and classic mainstream hits. The gameplay of Elite Beat Agents is a wonder that could only be possible on Nintendo's quirky handheld.

If you wanted to get into the rhythm-action genre but didn't want to look like that sweaty kid playing DDR at your local mall, Elite Beat Agents is definitely the way to go.



MTV brings the power to colleges

Angela Scappatura
BUSINESS REPORTER

MTV Canada is trying to get students to talk about relevant issues during its College is Power campaign.

Emmalee Nother, a media studies student, residence RA and MTV intern, organized a trip for Humber students to participate on MTV Live for the station's week designated to Humber.

"I brought the residents down to talk about the topics at hand," Nother said. "The discussion was about masturbation and we thought they would be very quiet

but they spoke up a lot about it."

Nother said that MTV is a medium setting itself apart from other music channels such as Much Music because of its frequent discussions of taboo topics.

"We feel like we are much more in tune," Nother said. "People know the history of MTV and we are much more pop culture based."

Audience co-ordinator Derek Forgie was pleased with Humber's response to College is Power.

"We had about 30 people last night from Humber and are expecting 100 tomorrow night," he said. "Depending on the school,

the response has been good, it's been lukewarm and it's been nothing."

The audience was noticeably sparse during the Tuesday filming of MTV Live so the interns were invited on set to make the group appear fuller on television.

Lindsay Rose, a television writing and producing student, was one of the interns taken from her job working coat check and added to the television crowd.

"There are a bunch of positions I do, coat check, helping out with emails and phone calls," Rose said. "Basically anything that is needed."



photo by Angela Scappatura

Emmalee Nother, a Humber student and MTV Canada intern, sits among the MTV Live crowd.

Robot nurses could be bustling around hospital wards in as little as three years, mopping up spills and guiding visitors to beds. — www.technewsworld.com

Give identity thieves a little bit of credit

Convenient high-speed debit turns into highway robbery

Alison De Graff
BUSINESS REPORTER

The invention of Interact machines has opened up a Pandora's box of fraudulent banking activity, something a Guelph-Humber teacher learned first-hand.

Terry Glecoff, a media instructor at Guelph-Humber, said a week before Christmas he made a debit card purchase at a bookstore north of Yonge and Eglinton. He thought the transaction went hassle-free, but received a message from his bank when he got home telling him to contact them.

"Turns out somehow somebody had something on that little gizmo that you use to scan your debit card that picked up the Personal Identification Number (PIN)," Glecoff said. "That's what the people at the bank suggested, that it was something perhaps on a unit at (the bookstore) and that's how they got a hold of the number."

Over the last few years identity theft has emerged as a significant problem for police, banks, businesses and consumers. The main targets are personal information including birth certificates, social insurance numbers and driver's licenses.

Melanie Minos, media relations manager at the Canadian Banking Association (CBA), the main representative body for chartered banks in Canada, said core criminal groups who make financial fraud their day jobs are tapping into the current technology usually used for legitimate purposes.

This illegal activity becomes lucrative when big businesses are hit. Recently, American retailer TJX Companies, Inc., owner of 184 Winners and 68 HomeSense stores in Canada, discovered information related to credit and debit transactions from 2003 through December 2006 had been stolen.

"I mean you walk into a place like that and you figure, 'Hey, this

has got to be safe.' You know, a very reliable chain store, quality place, that sort of thing," Glecoff said. "Yet, it still happened."

Fortunately, the reparation process for financial fraud is not too long.

"You walk into a place like that and you figure, 'Hey, this has got to be safe.'"

— Terry Glecoff
Guelph-Humber media instructor

"Often the bank knows when a customer has been the victim of fraud before the customer does and they get their money back very quickly," Minos said.

Depending on the severity of the case, most victims of financial fraud get their money back within two to ten business days. For Glecoff, the \$200 stolen from his account was replaced in two days. "In fairness the bank handled it



photo by stephanie sherr

Money doesn't grow on trees, so having it illegally swiped from account can give you a bad case of withdrawal.

really well . . . I mean, pardon the pun, but I have to give them credit," Glecoff said.

Minos said the odds of credit and debit fraud happening are still quite low.

"I also think it's important to note that of the 35 million debit cards in circulation in Canada, about 0.2 per cent were impacted by card skimming incidents in 2005," Minos said.

Although identity theft is on the rise, Humber nursing student Jasmine Clark isn't too concerned.

"I'm not so worried about it," Clark said. "Yes I do think about it sometimes when I use the (bank) machines. You know they've talked about people planting devices in the receptor for your card so they can steal your PIN, but I haven't heard of any complaints yet."

Business in the front, college in the back

Will Cottingham
BUSINESS REPORTER

Humber officials postponed the approval of next year's budget because too few board of governors were present at the meeting on Monday to approve the plan.

John Davies, vice-president of administration, said the budget for next year will be balanced.

"We have had a balanced budget for as long as I have been here, and I know my predecessors took the same position," he said. "We are an agency of the Ontario government in a strictly legal sense. We are a Crown operation and a not-

for-profit operation."

Davies explained even though the intention of the school is not to make a profit, Humber must have a surplus in order to commit to long-term building.

"Our preference is to seek capital funding from the province, but the problem is that it's very unpredictable," he said. "We really don't know if and when we can get money for capital programs, and there are different approaches to that. One is to spend less than you get and put that money in reserves, and we do that."

"I can think of a thousand other things I'd rather use the reserves

on to be perfectly honest," Davies said. "We know we have some pressures on the North Campus that are as much about complementary space as they are about classrooms."

"I can think of a thousand other things I'd rather use the reserves on."

— John Davies
incoming president

"Getting funding for that from the government is hard. They are much more likely to fund real

classrooms."

According to Humber's consolidated financial statement issued last March, an annual profit of over \$2 million was made by ancillary operations.

Ancillary revenues refer to those that are secondary to the college, outside of tuition and government funding, which include income from parking lots, restaurants and merchandise sales.

"We deliberately keep it to that amount," Davies said. "Because we know that the \$2 million is essentially coming from our students and staff."

Kathy Fisher, first-year market-

ing student, said she didn't mind Humber making a profit, but only if the money goes back to the students.

"The school needs things now," Fisher said. "Stairs that head to the ground floor inside the R residence building need to be repaired and made accessible."

Noreen Foster, continuing education clerk in the business school, also said she sees short-term needs for Humber.

"Right now, North Campus needs bigger computer labs and more electronic classrooms," Foster said. "And the computer labs we do have are too small."

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SPORTS

"Almost did a gag-aroonie there." – Serena Williams after her first match in the Australian Open. The unseeded Williams went on to win the tournament

Humber Radio duo keep Hawks on the air

New equipment, TV broadcasts, volleyball to come

Jesse Kinosh-Goodin
SPORTS REPORTER

Rob Wong, a broadcasting-radio student, is busy punching numbers into what looks like a walkie-talkie from the Cold War era. Dave Caruso, also in broadcast-radio, is wrapping blue electrical tape around a set of headphones to hold them together.

With this equipment these two students have provided play-by-play commentary for every Humber basketball home game this season on 96.9 fm.

Humber's broadcasting-radio program has been sporadically covering basketball games for 18 years, said program co-ordinator Jerry Chomyn. Within the last three years it has concentrated on providing play-by-play.

"We bought a little equipment, very simple, old-fashioned stuff that nobody uses any more," he said.

"We send it in over the phone and broadcast it out like that."

At first, the plan was to cover select games, said Jim Bialek, Humber's assistant athletic director. "But then Jerry Chomyn said he could provide the commentators, the producer, the website, the radio station and commit to one home game a year. At that point, I was sold. Then I was told they were doing all the home games."

Students are invited to apply for the two available announcer spots at the beginning of every school year. They are paid the same as all other part-time students employed at the athletic centre.

"The two guys we have this year are great," Chomyn said. "One is very straightforward, professional, by the book. The other is very colourful. They complement each other perfectly. Like Don Cherry and that other guy."

Caruso, the Cherry of the two announcers, said he was "born watching sports."

"Personally, soccer is my sport though. Rob is the basketball fanatic."

"Rob Wong is outstanding," Bialek said. "As close as you can get to professional."

"It doesn't feel like work to me," Wong, the Ron MacLean, said. "It's more fun than anything else. It's fulfilling a dream."

Immediate plans call for an upgrade to the outdated equipment. They will be changing from a telephone feed to IT, which will allow for clearer sound.

"It's going to sound like you have courtside seats," Chomyn said. "Right now it sounds like you're in the nose bleeds."

TV production is also in the future, according to Chomyn and Bialek.

"We will do a televised game or two by the end of the season," Bialek said.

But right now the focus is getting Wong and Caruso out to call volleyball games, which they have yet to do.

"They want us to do volleyball too," Caruso said. "But to tell you the truth, we really just don't know the sport."

"They better be doing volleyball," Bialek said. "I'm expecting them."

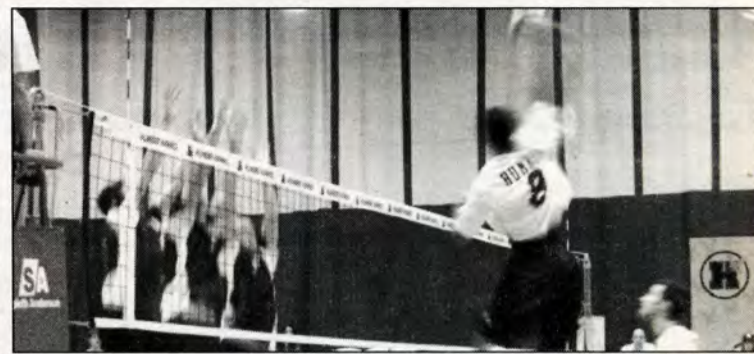


photo by simon yau

David Forrester meets resistance in a five-set loss to Niagara.

Men drop homestand

Simon Yau
SPORTS REPORTER

The Humber men's volleyball team fell two games under .500 this week, after back-to-back home losses to Redeemer and Niagara college.

Both losses came in five-set heartbreakers, including a thrilling second set against Redeemer last Wednesday that Humber took 32-30.

"We shouldn't have lost," said head coach Wayne Wilkins, adding the Hawks "ran out of steam."

"It was a really hard battle," said Bobby Anderson, Humber's player of the game. "Unfortunately, we came up a little short in the end... we'll come into (the Niagara game) a lot more focused than we were before."

Going into Tuesday's match against a Niagara team fighting for first place in its division, Humber

power David Forrester stressed the importance of defense.

"We need to dig a lot of balls, not give up on a lot of points, keep the ball alive, and we should be OK," Forrester said.

After coming out flat in a 25-11 first set loss to the Knights, the Hawks rebounded to win the following sets 23-25, and 19-25, but couldn't finish off Niagara, who fought back to take the final two.

Stephen Eichhorn earned player of the game for the Hawks, with 11 kills, three blocks, and four aces.

"Obviously the guys have a hard time closing out games," Wilkins said. "If these guys honestly think they've seen pressure, they have no idea what playoffs is about. The guys are physically ready, they may have just lost focus."

Humber, now with a 3-5 record, is third place in its division with four regular season games remaining.



photo by jesse kinosh-goodin

Dave Caruso, left, and Rob Wong call a game between the team and Centennial on last Tuesday, Jan. 23.

Three wins for women

Radmila Malobabic
SPORTS REPORTER

The Humber Hawks women's volleyball team won its third straight game Tuesday night, defeating the West division-leading Niagara Knights in three sets.

This was the first since Humber defeated the Knights in the Niagara tournament and went on to win the entire event.

"It was a tough game," Hawks setter Alex Steplock said after Tuesday's game. "Tonight's game for sure showed how we can beat Niagara."

The first set against Niagara saw Landis Doyle and Cheri Hunter each killing the ball three times with a victory of 25-20.

Humber kept its strength in the second set, winning 25-21, and taking the match with a 25-23, third set win.

"Our team played well," said Humber head coach Chris Wilkins. "Defence and blocking are something that we have to work on for the next game."

Last Saturday, they traveled to Sault Ste. Marie where they crushed a weak Cougars side in three sets.

The team had to play without its right side Robyn Stafford, middle Kris Dowling and setter Nyasha Jadunandan because of previous engagements.



photo by radmila malobabic

Kris Dowling (7) had five kills and three service aces last week.

That followed a 3-1 victory last Wednesday night over the Redeemer Royals at Humber.

In the first set against Redeemer, the Hawks won 25-10, but fell short in the second with a 23-25 loss. Humber took the next two sets 25-14 and 25-22.

Cheri Hunter and Landis Doyle led the way with 11 points each.

While the OCAA championships are Feb. 22-24 at Georgian College, the Hawks are second in the Central West division and are

already starting to prepare.

"First things first," Wilkins said. "We need to take each game seriously."

The preparation starts this weekend with a double-header at Humber – on Saturday against the Canadore Panthers who are fifth in the division and on Sunday against the rival Nipissing Lakers who hold first.

"Our focus is on Nipissing this weekend," Steplock said. "They are our biggest threat."

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"Your play and your life brought honour to the Canadiens, to the NHL, to Canada." – Dave Dryden to brother Ken, whose number 29 was retired on Monday night

CRUNCH TIME

Humber's junior varsity basketball team took first place at the U of T Scarborough campus tournament on Friday.

The JV team beat U of T Mississauga's side in the finals to take its third straight extramural tournament of the season.

The women's hockey extramural team had a rough weekend in Sarnia, dropping two of three matches and missing the medal rounds.

Conestoga's club took gold with a 4-1 victory over Durham.

Humber lost to St. Clair 4-2 and eventual champion Conestoga 3-2, but blanked host Lambton 2-0.

The Undertaker won the 30-man Royal Rumble last Sunday in San Antonio, Texas.

He is now guaranteed a main event championship match at WWE's biggest pay-per-view of the year Wrestlemania, where he is 14-0 – an outstanding record, if you ignore the fact that pro wrestling is fixed.

A 5-4 Oshawa Generals loss to the Saginaw Spirit caused the city of Oshawa to plan festivities for Stephen Colbert Day for March 20.

The mayor of Oshawa and the late night television host had a bet between the Generals and Colbert's favourite OHL team.

Badminton regionals begin this Friday

Hawks gearing up to host tourney

Michael Clegg
SPORTS REPORTER

The Hawks badminton squad will be riding some momentum as it hosts the OCAA West Regional badminton tournament, starting tomorrow at Humber.

"Our last tournament was far and away our best one," said team manager Michael Kopinak, referring to the silver medal performance by both the men's and women's doubles teams at the Centennial College Invitational Tournament Jan. 13.

It was the first tournament of the season in which the Hawks received a medal. Kopinak said the team should be able to build on its recent success.

"At the Regionals, I think there's a reasonable chance that we can make some noise."

To medal in the singles competition would "be a challenge," but Kopinak has high expectations for the doubles squads.

"In the doubles competitions, we definitely have a chance – certainly to medal within the Regionals and possibly even medal within the (provincials)."

The team needs to place in the top three to move on to the Ontario championships at Centennial College Feb. 17.

Team co-captain and women's doubles player Merle D'Souza and her partner Sam Gowland will be

hungry going into the Regionals, coming off a silver medal performance.

"It is my goal to aim for a medal," D'Souza said, who has extra motivation as it is her last year at Humber. "We want to be a driving force in the college badminton system. We have high hopes for our regional team this year."

"At the Regionals, I think there's a reasonable chance that we can make some noise."

– Michael Kopinak
Team Manager

Men's singles and doubles player David Vu said he is confident going into the tournament. He hopes competing at home will play in the team's favour.

"This Humber badminton team has grown stronger and stronger with each passing tournament, and I feel that both our men's and women's teams are going to have a great showing at Regionals," he said.

Vu expects stiff competition from Seneca and Fanshawe but says, "I know that we'll have a slight edge on those two teams because we have the home advantage."

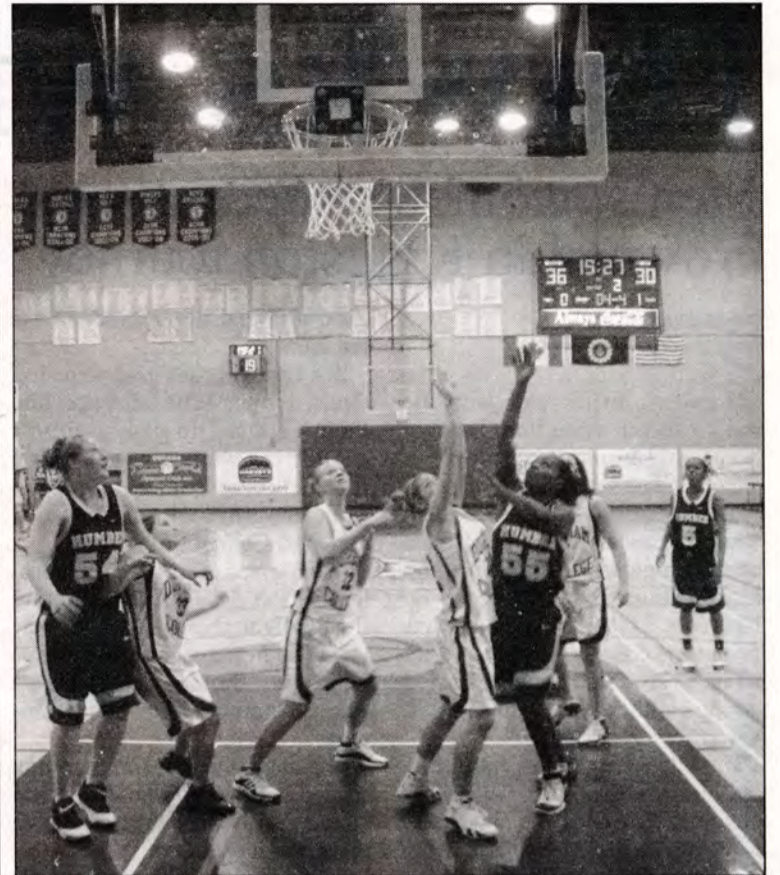


photo by josh gold-smith

Monique Faulkner (55) notched six baskets Friday in Oshawa.

Ladies run afoul of Lords, lose 72-53 blowout

Josh Gold-Smith
SPORTS REPORTER

Officiating played too big a part in last Friday's game in Oshawa which ended in a 72-53 loss to the Durham Lords.

The Hawks were hit with 23 fouls, while 16 were called against Durham.

The constant whistle-blowing quickly put Hawks' starters Monique Faulkner, Meghan McPeak and Kristina Harse in foul trouble, forcing them to the bench early and often.

"I tried to shorten their shifts. We tried to go with some other people," said head coach Denise Perrier. "We just didn't have enough people to get going."

The reserves struggled to contain Durham's all-star guard, Samantha McConnell, who finished with 32 points and 11 rebounds. The fourth-year stand-out never left the court, frustrating the Hawks from start to finish.

Still, Humber initially battled through Durham's full-court press, trailing 34-30 at half-time, before falling apart after the intermission. "The minute we dribbled, we had two people on us," said guard Sarah Miller. "We just had to work hard."

The coach of the team took a shot at the two officials after the game. "The refereeing is not good here," Perrier said of the female and male officials who called 39 fouls against both teams in 40

minutes. "The woman was atrocious. He wasn't that great either – and I told them that."

The game carried significant playoff implications, as Durham drew even with Humber at 6-5 and created a three-way tie along with St. Lawrence for third place in the East Division.

Humber now has four games remaining and must finish among the top eight clubs in the sixteen-team conference to qualify for the OCAA Championships, which begin in Ottawa on March 1.

Durham exacted revenge for a 65-41 loss at Humber in their first meeting in November.

Faulkner led the Hawks with 12 points and four rebounds, while Felon Harris continued her steady play with 10 points, five rebounds and six steals.

Humber was short-handed heading into the contest, as reserve guard Karla Reyes left the team to focus on academics and will not be suiting up for the remainder of the season.

Harris has logged heavy minutes in her absence, playing the full 40 minutes in the last three games.

Centre Lisa Soodeen suffered a right ankle injury early in the second half and did not return. "It's not one of those long-term injuries," said team athletic therapist Kim Borges in Oshawa.

The Hawks face the Algonquin Thunder (9-2) on just two days rest as they travel to Ottawa tomorrow.

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SPORTS

"This is Toronto. Everything is about hockey. But I also like that. The pressure pushes me to play better." – Leafs defenceman Pavel Kubina

Hawks win double gold

Men's, women's soccer teams crowned in Kingston tourney

Brigid Aiken
SPORTS REPORTER

Humber's men's and women's indoor soccer teams both brought home gold from a tournament in Kingston last weekend.

The women went undefeated, while the men battled back from an opening-game loss to finish on top. The tournament, hosted by St. Lawrence College, included teams from nine colleges across Ontario.

The Hawks' women started strong, with a 9-0 win over St. Lawrence-Brockville.

The other four games were closer: 3-0 over Canadore, 1-0 against Fleming, 2-0 over St. Lawrence-Kingston in the semi-finals and 3-1 in a rematch with Fleming in the finals.

"We had five very good, very consistent games," said head coach Mauro Ongaro. "Each game we improved and I thought our final game was our best performance."

Tempers flared in a physical rematch against Fleming.

"Emotions were a little bit high," Ongaro said. "But we were able to keep our composure."

Top scorers for the women included Melissa Magliazza with five goals and defender Jessica Cordiero, who scored three.

Another standout from the day was goalkeeper Emily Curcuruto and Humber's defensive players, who kept opponents scoreless

until the final five seconds of the last game.

"It's too bad that goal went in," Ongaro said. "Our defence and Emily deserved no goals-against."

While the women began with a rout, Humber's men needed a game to warm up, losing their first match to George Brown 2-0.

"We started poorly," said assistant coach Julian Carr. "But we finally figured out how to play together because we have some new faces. I think in many ways we weren't prepared at the beginning."

"We had a hard time getting started," echoed player Ilya Orlov. "It was early, it was a long ride there and it was cold."

But as they warmed up, the men's game took off.

They beat Fleming's team 2-0 and St. Lawrence-Cornwall 3-0, to advance to the semi-finals.

Their next victim was St. Lawrence-Kingston, 3-1, before facing George Brown again. This time the men turned the tables with a 2-0 victory.

Captain Mike Marchese demonstrated his consistency with three goals over the tournament, while Oscar Da Silva and Mark Sebek had two apiece.

The next tournament for both teams is this weekend at Conestoga in Kitchener with the men playing on Saturday and the women Sunday.



photos by brigid aiken

Their tournaments may have kicked off differently, but members of Humber's men's (left) and women's (right) teams were both posing in the end with golden rewards around their necks.

Streak stretches to four with win over Sheridan

James Sturgeon
SPORTS REPORTER

Four Hawks scored in double figures as a streaking men's basketball team defeated an equally hot Sheridan Bruins squad 76-71 in Brampton last Friday.

Kerlon Cadougan's 16-point performance, alongside guard Mackenzie Milmine's 13, spearheaded Humber's offence, while forwards Chris Thompson and Sebastian Hunziker chipped in with 11 and 10 points each to extend the Hawks' winning streak to four.

The Hawks win (9-2) also snapped a four-game run for the Bruins (7-3), which began with a victory over Humber Jan. 11.

"They're a gritty team," Humber's head coach Darrell Glenn said. "They exposed a lack of character in our team last time. I'm glad that we came out and competed with these guys for 40 minutes."

"It's a big statement," said assistant coach Chris Cheng of his team's performance. "We had to come here and be tougher than they were. We did that, and that's what got us the win."

Humber dictated the tempo most of the game, shooting 48 per cent from the field while pestering a usually buoyant Sheridan offence into shooting only 30 per cent.

"We were able to establish our flow early," Glenn said. "We were tougher and we defended better."

Thompson and forward Jadwey Hemmings led all players with nine rebounds each.

A quick start that saw the Hawks lead by as many as 11 midway through the half, allowed Humber to finish the frame leading 40-35.

Humber led by 12 midway

through the second, before a Sheridan run whittled it down to four with six minutes remaining.

However, two defensive stops by the Hawks and forward Mike Swaby's jumper in the lane – his lone basket of the game – one minute later killed Sheridan's momentum.

"They exposed a lack of character in our team last time. I'm glad that we came out and competed with these guys for 40 minutes."

–Darrell Glenn,
men's basketball coach

Milmine sealed the win with two free-throws, pushing Humber's lead to 10 with two minutes left.

"We had to step up to the challenge," guard Lamar Robinson said. "And we did."

The win gives the Hawks a stranglehold on first place in the OCAA Central division and all but guarantees Humber a bye into the second round of the provincial playoffs next month.

"We get the bye, and that's important," Glenn said. "But outside of that, we have to focus on getting better."

"I'm not looking at where we're placed in the playoffs," he said. "A few years ago (2004), Fanshawe was the eighth seed and ended up winning it. Every team is tough."

The Hawks schedule now eases over the final weeks of the regular season. After playing six games in the past three weeks, Humber plays its remaining four games over the next four weeks – all against sub-.500 teams.

"We've got the time now to polish up in areas we need to work on," Glenn said.

The Hawks travel to Barrie tomorrow to face the Georgian Grizzlies (2-7).

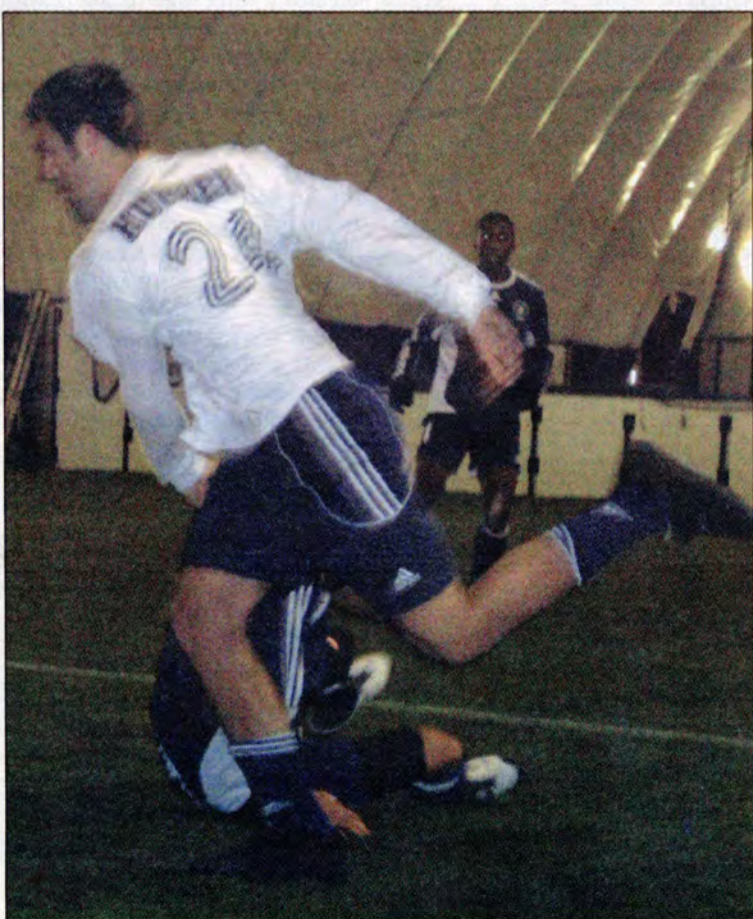


photo by brigid aiken

New addition Mike Trichilo tries to avoid a sliding tackle in the Hawks opening match against George Brown.



photo by james sturgeon

Kerlon Cadougan cuts into the paint for two of his 16 points.