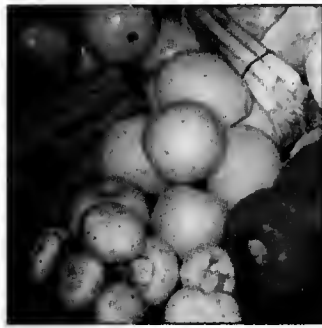




Everyone
salsa!
page 14



Raw food
diet
page 18



My
precious
Web site
page 11

Humber Et Cetera

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February 6, 2003

Students rally against war

*Politicians come out
in support of peace
vigil in Mississauga*

by Frances Petrucci

Politicians from three of Canada's national parties set aside their differences and stood united with more than 1,000 demonstrators at a rally on Sunday Feb 2.

Jack Layton, newly elected leader of the federal New Democratic Party, joined Progressive Conservative leadership candidate, David Orchard, and Liberal MPs Carolyn Parrish, Colleen Beaumier and Paul Szabo to address the peace advocates outside Mississauga city hall.

"I think it's wonderful that, on an issue like this, we're putting aside partisanship and trying to work together," Layton said.

Billed as a Youth Peace Vigil, the event was organized by Parrish, MP for Mississauga Centre, with the help of a high school chaplain and student volunteers. Parrish said she was inspired by the Jan. 18 peace march in Toronto and wanted to give her constituents, particularly young people, an avenue for expressing their views about the looming war.

Wednesday Feb. 5, United States Secretary of State Colin Powell revealed information to the United Nations that indicated Iraq has been hiding weapons of mass destruction from UN inspectors, which he said justifies an invasion.

Powell played phone conversations and showed satellite photos that suggested Iraqi officials transported and hid banned weapons and volatile substances prior to the UN inspectors' arrival in Iraq.

Story continued on page 2.



Giving peace a chance: Clarkson Secondary School students [Left to right] Lauren Jamieson, Laura Winter and Jessica Campbell were among over 1,000 people outside Mississauga's city hall on Feb. 2 who demonstrated against war in Iraq.

High percentage of grads find jobs

by Leslie Fleischer

Students who complete their field of study at Humber College can expect to get program-related jobs when they graduate.

The Ontario Ministry of Training, Colleges and Universities' most recent report of job placement for college graduates across the province shows that 89 per cent of Humber graduates from 2001 were employed in their field within six months after graduation. Statistics from 2002 will not be available until April.

The figure among Ontario colleges ranges from as high as 93 per cent and as low as 83 per cent.

"The Ministry gathers all of the information [by calling] all of the graduates in November," said Karen Fast, manager of the career centre and career advancement services at Humber.

Once the surveys are completed, Peter Dietsche, Humber's director of institutional research, maintains the information.

"He collects all of the [answers] about how students felt about the

course content, whether it prepared them for the jobs in their field, about the salary they're earning, the hours they work, and if they would recommend the college," Fast said.

Fast said that Humber tries to help students achieve success by showing an interest in the future and the success of all graduates.

"For the last three years we have given out a kit to graduating students. We try to get into every single graduating class," Fast said.

The kit includes a guide for preparing resumes, a list of industry

related Web sites, a list of employment resource centres and other useful information. The kits are compiled for the specific program to which they are being distributed.

Humber's ability to prepare students for the work force is proven by the student and employer satisfaction statistics compiled by the Ministry of Training, Colleges and Universities.

Ministry statistics from 2002 show that 82 per cent of graduates and 91 per cent of employers are content with the education students receive at Humber.

What's Inside
This Week...

Fez Batik discount
page 15

Hawks beat Bruins
page 21

Comments, questions?

E-mail Et Cetera at:
humberetc@yahoo.ca

News

Former Etobicoke mayor may run for Lastman's job

by Annasta Campbell-Clarke

Etobicoke Councillor Doug Holyday is considering every option before officially throwing his hat into the ring to run for mayor of Toronto.

"I haven't finalized my decision," Holyday said. "Things are looking favourable, but I haven't made up my mind."

One of the factors holding Holyday back is the fact that he will no longer be a councillor if he loses the election. He said he wants to be sure he has a chance.

"Lastman didn't declare his intentions to run last election until August 17, 2000," he said. "I don't intend to wait that long."

Holyday said his past experience and political track record show the citizens of Toronto that he is up to the task.

"If I do run, it would be because I think the people of Toronto want better leadership for their city," he said. "They want someone who will be outspoken and make sense ... some-

one they can trust."

One of Holyday's top priorities as mayor would be to cut taxes to keep people from moving out of Toronto. He said the city council needs to find more efficient ways to provide the services that weigh heavily on taxpayers.

"If I do run, it would be because I think the people of Toronto want better leadership for their city. They want ... someone they can trust."

"We are starting to make the taxpayers donors in some of these programs we have implemented that were not intended to be paid out of the property tax base," Holyday said. "We are going to bounce them out of their homes."

As mayor of Etobicoke from 1994 to 1997, Holyday never raised taxes and reduced the budget by 25 per cent.

"I guess [politicians] think the public is not paying attention as long as they turn the tap on and water comes out, the streetcars come by everyday and the lights work at night," Holyday said. "Some [politicians] think that will keep them elected."

While Holyday enjoyed success as mayor, he also had his share of controversies. Holyday spent most of his second year as mayor cleaning up a scandalous misuse of the city's credit cards by his employees amounting to over \$30,000 of taxpayers' money.

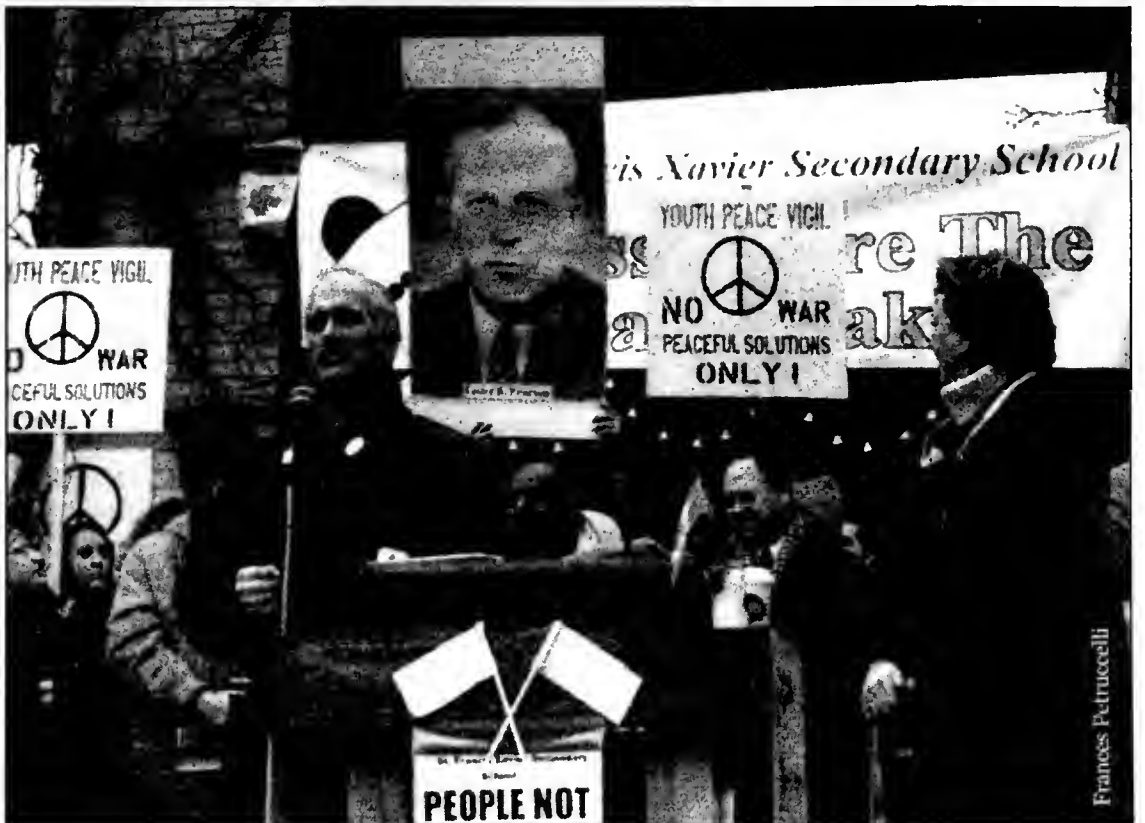
Holyday said in the five years he has been a city councillor in Toronto, he has always tried to control spending.

"I have one of the lowest expenditures of all the councillors. Some of these people are spending over \$70,000 where I am spending two or three."

Holyday said he still wants to consult his wife and their two sons on his possible candidacy, but said there is no doubt in his mind that they will be as supportive as always.

"He would make a great mayor," said Holyday's Executive Assistant Bev McVeigh, who has been working for Holyday since 1983. "I have to say that I respect him very much. I like the way he works and I like his honesty."

The deadline to announce his candidacy for mayor is Sept. 25.



Jack Layton speaks in front of 1,000 demonstrators at Mississauga City Hall questioning the U.S. government's decision to withhold evidence of Iraq's weapons of mass destruction from the UN.

Powell speaks to UN council

Continued from page 1.

He added that Saddam Hussein has repeatedly failed to comply with the inspection, and his time is running out.

"How long are we willing to put up with Iraq's non-compliance?" Powell asked. "Iraq has now placed itself in danger."

At the peace rally on Sunday, Feb. 2, the demonstrators were wondering why U.S. President George Bush didn't reveal this information sooner.

"If they have evidence, why didn't they already give it to the UN inspectors?" Layton said after addressing the Mississauga crowd. "It's very puzzling and demoralizing."

St. Francis Xavier chaplain Brian Finamore, who helped plan the Sunday peace event said the vigil in Mississauga was "The culmination of a lot of research, thinking and talking at school."

"We've looked at people throughout history who have used non-violence to achieve tremendous things. People like Martin Luther King who wore down his opponents with his ability to love."

Finamore led about 25 of his students through a sub-zero overnight vigil at Mississauga Civic Square. To keep warm throughout the night, they played some soccer and did hourly readings by peace activists like Nelson Mandela and Mahatma

Gandhi, the students said.

"We're opposed to the war the U.S. is thinking of starting," said Richard Chang, a grade 12 student at St. Francis Xavier. "It's for reasons like oil, resources and power. So many innocent lives will be lost in the process."

Laura Winter, a grade 12 student at Clarkson secondary school who helped paint placards in preparation for the event, said she has learned

"If they have evidence, why didn't they already give it to the UN inspectors? It's very puzzling and demoralizing."

that more than 48 per cent of the Iraqi population is under the age of 18. "That means this would be a war on children," she said.

The politicians shared the speaker's podium with students from all over Mississauga, including 16-year-old Fahad Ahmad who lived in Kuwait during the 1991 Gulf War. He spoke about his childhood recollections of travelling along a stretch of highway that had been bombed while crowded with civilian vehicles.

"Innocent people in [the cars]

were hunched over, mouths open in horror, eyes wide and motionless," Ahmad said. "People just like you and me, just travelling along the highway."

Though Mississauga Mayor Hazel McCallion agrees that peace is the best option, she said the situation in Iraq must be solved one way or another.

"Everybody wants peace," McCallion said at the gathering, "but there are problems that have to be dealt with."

According to Orchard, the United Nations charter states that to attack another country, the only justification is self-defence.

"Canada is not under attack by Iraq," Orchard said. "If we attack [them], we'll be in breach of international law."

Orchard said he has made the Iraq crisis a leading issue in the Tory leadership race and all the other candidates have also said they're opposed to Canada's participation in a war on Iraq.

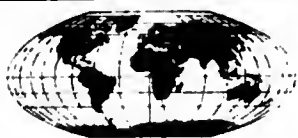
"I must stress that [almost 100 per cent of] those of us in the Liberal party, 100 per cent of the NDP, 100 per cent of the Bloc Québécois and 100 per cent of the Tories are against this war," Parrish said, referring to views expressed during a House of Commons debate on Jan 29th.

"This is not about partisanship," Layton said. "This is about who we are as Canadians."



Etobicoke councillor Doug Holyday is contemplating running for Toronto mayor.

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The Chinese community around the world celebrated the first day of the Chinese lunar calendar year with music, dance and food.

Traditional dance, music ring in Chinese New Year

by Lori Paris

With tons of food, music and dancing, Toronto's version of the Chinese New Year celebration last weekend had everything a good party should.

The three-day festival opened on Friday, Jan. 31 at the CNE's Automotive Building where an estimated 150,000 people participated in the celebration.

This year is the year of the ram, according to the Chinese calendar.

The festival provided fun and

amusement for some, while others hoped the happy atmosphere would send a message.

"The festival is wonderful and it gives us a sense of hope," said newly elected NDP leader Jack Layton, "a hope for the future, and hopefully a message of peace as well."

Layton and his wife, city councillor Olivia Chow were present at the ribbon cutting ceremony for the opening of the festival.

The event featured traditional Chinese dancing and music on its

main stage. Also showcased were kung-fu demonstrations and a fashion show.

More than 200 vendors were set up at the festival including an Asian food court and a flower market.

"I'm surprised at the number of people here," floral vendor Melissa Chow said. "It seems to be a mixture of people, not just people from the Asian community. It's a positive event."

Executive producer of the festival Alex Yeung said organizers made an effort this year to involve

more youth in both the planning and entertainment side of the celebration.

"I think by getting involved [youth] discover a little bit more about their culture and their roots," Yeung said. "That's the most satisfactory feeling I get from doing the show."

Yeung has been involved with organizing the festival for the past five years and hopes that greater youth involvement this year will increase youth patronage in the future.

Police sell goods on Internet site

by Chris MacKinnon

Toronto Police are sitting on a stash of loot so big they have turned to eBay for help.

They have set up shop at www.ebay.ca/torontopoliceauctions, where people can visit to bid on merchandise seized in crackdowns, stings, and routine patrols.

"If you go to the site, you'll see a tremendous amount of bids on a lot of the items," Sgt. Robb Knapper said.

The bidding is already underway on items from a Yamaha Saxophone and a new Sony Play Station to a set of Magnum car speakers.

Anybody with Internet access can make an initial online bid of \$1 and get in on the action.

The pilot project of the Toronto Police and eBay, the Internet auction house, began after GTA Auctions went bankrupt last June.

"It's a first in Canada from what I understand," Knapper said of their relationship with eBay.

In fact, Toronto's police force is one of the first in North America to use the Internet for auctions.

Anyone on the continent can now browse the items 24 hours a day, seven days a week. Bids on the Play Station and Magnum speakers wrap up this week, but more goods will be available.

If the project works out, it could become a whole new moneymaker for the police, redefining the word "cop-shop."

"Will it become a mainstay of the police service? That's a very good possibility," Knapper said.

Demand for tradespeople met by colleges

by Patrick Kane

Humber College is trying to boost its training programs to attract more students to help deal with the shortage of skilled trade workers across Ontario.

"We're doing better than most schools," said Joe Tomona, the associate dean of Applied Technology at Humber College.

Humber is just one school trying to meet the demands set out by employers and unions. Many others are starting to offer new apprenticeship programs to help get students into the work force with the best hands-on training possible.

Humber is looking to start a machine and tool building program, robotics, and a water and industrial instrumentation program as early as next fall.

But skilled trades still lack support from industry sectors.

"Some industry sectors just aren't organized enough to support training, in that, they have no governing body to speak through," Tomona said.

With little support coming from the sectors, the employer demands continue to increase while the number of tradespeople dwindles.

Barry Maddock, who teaches in the Plumbing Apprenticeship program at Humber, said that enrolment in the program has increased slightly in the last few years, but still remains quite low.

"A lot of people stay away from the trades because they think [working a trade] is just about getting dirty," Maddock said. "People think flushing a toilet takes stuff to a magical place in the sky, but there are workers who have to build the

pipelines and water purifiers too."

But with many tradespeople on the brink of retirement, skilled workers are needed to operate new and sophisticated equipment.

"Training and advancement is phenomenal and the old timers are happy to have younger, skilled workers come in and help out," Tomona said.

"A lot of the work tradespeople do is done on computers, and sometimes the older guys learn a few things from the people who are trained in apprenticeship programs."

Jim Sheppard, who is enrolled in the intermediate plumbing apprenticeship, said that the shortage of trade workers has its benefits.

"[The shortage] is good for me because it means that I'll have more work, but it's bad for the trade because we're working with a short supply of workers," Sheppard said.



Two students from Humber's Plumbing Apprenticeship program work on the pipes of a toilet. Enrolment in the program is low.



Food Network's Christine Cushing joined dignitaries and culinary professionals at Humber this week to promote Canadian cuisine.

Humber toasts Canadian cuisine

More medals than Olympic athletes

by Jen O'Brien

Celebrity chef Christine Cushing joined dignitaries, culinary masters, and media personalities in the Humber Room last Friday to wine, dine and celebrate Canadian cuisine.

Cushing, host of the Food Network's Christine Cushing Live, acted as master of ceremonies at the educational luncheon event titled "What's cooking with Canada's culinary future."

"We need to respect, understand and appreciate what people go through to be chefs," Cushing said. "We are so used to getting great food that we take our food here for granted. We are a global culinary

destination with every ethnicity at our doorstep."

Honoured at the luncheon was Culinary Team Canada member and Humber graduate Lesia Burlak. Burlak was awarded the highest honour at the recent Culinary World Cup in Luxembourg.

Knorr, a brand of Unilever Canada, organized the event to launch its sponsorship of Culinary Team Canada and promote this nation as a culinary destination.

"Team Canada has won medals and we are making sure the media knows it," Ralph Bettany, national culinary manager for Unilever Bestfoods said. "We want to put something back into the industry."

Representatives from The Canadian Press, Elm Street, Global Television Network and the Food Network were present to learn about Canada's culinary success.

Some notable dignitaries at the event included the manager of Culinary Team Canada, Judson Simpson, and provincial Minister of Culture David Tsubouchi.

"As Canadians, we don't tell the world how good we are," Tsubouchi said. "We have some of the best chefs in the world here, we should be screaming this from the rooftops."

"We probably have more medals than the Olympic athletes, though we don't get the coverage of Olympic athletes," Simpson added.

Alister Mathieson, dean of the School of Hospitality, Recreation and Tourism, said the event also helped the college gain recognition within the culinary world.

"It elevates the profile of our culinary program and brings us into a partnership loop with Team Canada and Unilever Bestfoods," Mathieson said.

Online voting will provide options

by Melissa Lim

The Humber Students' Federation is hoping that an online voting option will increase voter participation in the upcoming March referendum.

"This will hopefully solve the problems of people who are off campus on co-op terms or who just can't make it in to vote for whatever reason," HSF president Craig Wilson said.

"A Paper ballot is a very hard system to carry out for pooling such a large number of students," Wilson said. "An online option would make it much more feasible for more people."

The online option, an HSF initiative in partnership with the college, is in its final stages of completion.

A test model will be presented to HSF executives for a trial run on Feb. 12.

The online voting option will be made available on the Student Record Service Website

(<http://srs.humberc.on.ca>).

"It's all very exciting," said Nadia Conforti, VP of administration at Humber's North Campus. "It should be up and running by the end of February in time for the March elections."

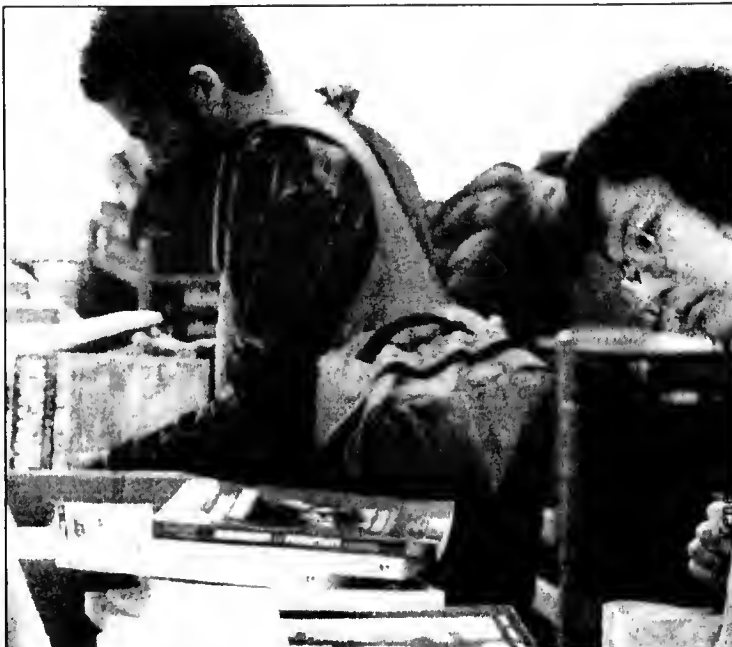
Online voting was used by NDP members during the party's general convention last week, the first party in Canada to adopt an Internet voting option.

"Internet voting not only makes the election process easier and more convenient for members, but it introduces an element of interactivity to the leadership vote that we've never had before," said Chris Watson, federal secretary of the NDP.

The HSF is looking for a similar outcome.

"We hope this will lead to more voting participation and will provide less reasons for people not to vote," Wilson said.

Humber elections take place during the second week of March.



Humber Students rummage through the large stock-pile of books at the annual Library book sale held between Jan 29. to Feb. 1.

Bargain book sale brings in extra cash to library

by Keneisha Walter

For students who were looking for a good bargain on books, the Library's annual book sale was the place to be last week.

The event, which ran from Jan. 29 to Feb. 1, had books on sale for less than a cup of coffee. Some books ranged in price from 50 cents to one dollar.

Library Clerk Brian Crowle said the event was a tremendous success.

"We made 50 per cent more money than we made last year," he said.

Crowle added in past years most books were bought by students in

the continuing education program, but this year full-time students bought books as well.

In addition to the books from the library, donations were made from various departments including Business, Science and Technology, as well as from Humber students.

The majority of books for sale were donated by the college library. Some books were from discontinued titles.

For the past two years, books that have not been sold have been donated to a church group that sends them to Africa. "They are very pleased to get them," Crowle said. "And we are very pleased to give it to them."

World Digest

by Joel Hoidas

Columbia disaster

UNITED STATES
All seven astronauts aboard the space shuttle Columbia died when it suddenly exploded upon re-entering the earth's atmosphere on Feb 1.

NASA admitted on Feb. 4, that they may have underestimated the damage a piece of debris from the external fuel tank made when it struck Columbia after take off on Jan. 16.

A piece of insulation - no heavier than an average phone book - hit the orbiter's left wing, possibly causing some of the tiles protecting the wheel well to come loose or fall off.

Any such cracks in the heat shield tiles, NASA says, can seriously jeopardize the vessel - which carries tons of volatile fuels - when it reaches 3,000 degrees upon re-entry.

Officials said the left side of the orbiter quickly heated to 60 degrees above normal before it exploded, traveling 20,117 km/h, 62.7 km above the ground.

NASA said their space program will be grounded until the investigation into the disaster is completed.

Capsized ferry claims 1,900 lives

SENEGAL
Prime Minister of Senegal Idrissa Seck said Monday, nearly 1,900 people may have drowned when a ferry capsized in stormy weather last September.

The search for bodies continues, with 1,863 victims found so far.

Only 64 people escaped from the ferry, which was intended to carry only 550 people.

Seck said there were 1,143 people listed on the ship's manifest. It was one of Africa's worst maritime disasters.

Stalingrad's 60th

RUSSIA
Last week, Russian veterans were honoured at the 60th anniversary of the battle of Stalingrad - the bloodiest battle of World War II.

More than two million Russian and German soldiers died in the 200-day battle - many of which froze to death when temperatures dropped to -40 C in the winter of 1942-43.

The city of Stalingrad, where the battle took place, was renamed in 1961 due to crimes against humanity committed by former Russian leader Joseph Stalin. Stalingrad became Volgograd - named after the river that splits the city in two.

Many of the veterans have fought to have the name Stalingrad restored ever since.

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No 'appetite' for Rez food forum

by Angela So

The residence food services manager is wondering if students really like the food they eat at their home away from home.

Of 720 students living at Rez, only five of them attended the Food Forum Committee meeting on Jan. 29.

"It has been an ongoing problem since August," Rez Café food services manager Adrian Calvin said. "The first couple of meetings [for this school year] were well-attended but attendance has been gradually falling since then."

To encourage more students to attend the meeting, yellow flyers were posted in residence. Also, the meeting time was pushed from the usual time of 6:30 p.m. to 7 p.m.

Calvin said the food forum is a way for students to voice concerns about the food at Rez. But Calvin said the low turnout at the meeting has made his job difficult.

"Not knowing what [the residence students] would like [to eat] is an ongoing problem," Calvin said.

First-year General Arts and Science student Lauren Boyce was one of five attendees. Boyce said she was disappointed more students didn't take the forum seriously.

"There should be more input from the students to design good food for the students,"

Boyce said.

Calvin said the "Let's Talk" board located at the Rez Café entrance provides another option for students to raise concerns.

"I have friends who complain and make suggestions on the board," first-year Multi-Media and Design student Mardi Smith said. "But there's no point."

Smith said she seldom sees fresh vegetables available at the salad bar and the soup often sits at the counter for the entire day. Despite her concerns, Smith added she didn't see the point of complaining about the lack of choice.

"I don't think I should have to," Smith said. "Why should the soup be sitting there for the whole day anyway?"

First-year Fashion student Stacey Truscott said she wasn't interested in attending the food forum meeting, nor has she used the "Let's Talk" board before. But, she says the services and the food have



Of 720 students living in residence, only five managed to attend the Food Forum meeting on Jan. 29 intended to improve the menu in the Rez cafeteria. The next forum is scheduled for Feb. 12.

improved since she came back from Christmas holiday.

"The quality of the food is better now," Truscott said. "The new assistant manager [at

Rez Café] is willing to listen and that's when the services started to change."

The next Food Forum Committee meeting is scheduled for Feb. 12.



A new online carpooling program will reduce the number of cars entering and congesting parking lots at the College.

Carpooling may improve parking

by Tara Dermastja

There may be a new solution to help free up much-needed space in Humber's parking lots.

The Humber Students' Federation and Humber College have split the cost of subscription to www.carpool.ca, a Web site that matches drivers and passengers for carpooling.

"Obviously there's a problem with parking here," said Craig Wilson, HSF president. "If two people that live fairly close decide to carpool, it frees up a parking spot."

The Web site's rideshare program, created by Commuter Connections, has about 120 Canadian companies and post-secondary institutions involved.

"Across Canada, we've got about 4,500 people registered," said Anne Marie Thornton, Commuter Connection's executive director.

"We do provide people with the ability to screen," Thornton said.

Registering on the Web site allows users to match smoking and

gender preference and provides a potential carpooler's full name and email address.

The HSF has put up posters around Humber advertising the site.

"We're going to put up a transportation kiosk," Wilson said.

Wilson added parking spaces will be allocated for the carpoolers and that the college will notify new students about the service during orientation.

"It's more or less getting integrated in the next few years," he said.

Humber College is registered on the Web site for both its North and Lakeshore campuses and for the University of Guelph-Humber.

"We really feel it's safe," Wilson said.

A disclaimer is posted on the Web site that denies Commuter Connections' liability and puts responsibility solely on the individual user.

The Web site began in 2000 with initial funding from Environment Canada's Climate Change Action Fund.

Double cohort will leave little room for applicants

Despite jump, new spaces will be limited

by Vivian Song

Program applications at Humber College are up 2,500 for the 2003/2004 academic year as a result of the double cohort, but only 550 additional students will be accepted, said Joyce Woodend, assistant registrar for the college.

"As of Jan. 21, we received approximately 20,000 applications," Woodend said. "The expected maximum that we're hoping to enrol for September is 8,000."

Woodend also said the selection pool has become more competitive with the increase in applications.

"We have certainly increased the grade cut-offs [in certain programs] required to meet our admission criteria," she said.

The programs that have received the most notable increase in applications are the Police Foundations program at the Lakeshore Campus, Film and Television, Journalism and Paramedics.

"Right now for paramedics, in [high school] English, we're saying if they are getting a 90 per cent in the general level, 77 per cent at the advanced level and 73 per cent at the OAC level, they go on to the next step which would be completing the questionnaire."

To prepare for the double cohort influx, Humber's administration has

integrated computer programs to reduce the manpower and time needed to manually input applicant data.

Technology also helped ease the burden of the double cohort at the Ontario College Application Services (OCAS) in Guelph.

"We have a new, fabulous electronic application Web site which is much better than the previous one," said Greg Hughes, CEO of OCAS. "There's a new program locator so you can do much more powerful searches [to find] information about

paying online tuition, and [at] a much higher level of security."

Hughes said the online security system was previously under in-house surveillance, but it has been recently upgraded to the same security level that commercial banks use for their online customer services.

According to a report released by OCAS called *What Factors Influence Enrolment Planning in Colleges*, the projected growth of college enrolment in Ontario in 2003 is expected to be 16,352 more than the 2000 academic year.

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Final Destination (AA)	1:10, 4:00, 7:20, 9:30
Kangaroo Jack (PG)	12:30, 2:45, 4:50, 6:45
Lord Of The Rings: 2 Towers (AA)	8:30
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College hosts anti-smoking day

Humber nurses join city to deter students from lighting up

by Chris Clay

Humber College's Health Centre teamed up with Toronto Public Health to tell students to butt out in an anti-smoking campaign last week.

The "Butt Out" initiative was designed for students who smoke or live with smokers and focuses on the effects of second hand smoke.

"It seems like more young people are smoking despite all the discouragement," said Irene Bond, a nurse at Humber College. "If people can be targeted now, it might help them stop."

The nurses at Humber contacted the city's health department to host the annual anti-smoking day called "Weedless Wednesday."

"We decided to do one for each campus," Bond said. "The Toronto health department has anti-smoking programs in place so we tapped into their resources and worked closely with them."

The city's health department was more than happy to lend their time and energy to the project.

"We couldn't have been more welcomed here," said Lea Williamson, a public health nurse and one of the counsellors for the



The Humber College Health Centre and Toronto Public Health handed out brochures and pamphlets last week in the "Butt Out" initiative warning students of the health hazards of smoking.

program. "The nurses initiated this and we couldn't be more grateful."

Williamson spent the afternoon handing out literature, speaking to students and educating them about the dangers of smoking.

"We're qualified counsellors and we're here to listen, not to judge," she said. "We all think we're invinci-

ble but smoking will affect your health eventually."

Many students participated in the program.

"I took some of the brochures, pamphlets and stickers," said Crystal Chabot, a practical nursing student. "I used to smoke and I made my boyfriend and my roommate quit."

Another student said that the program might help him quit smoking.

"I've been trying to quit for a year and a half," said James Shin, an interactive multimedia student. "The [nicotine] patch made me sick, and the [nicotine] gum just doesn't work. I've never tried outside help but I'll definitely check it out."

In the courts

Hindu priest accused of assaulting young girls

by Chris MacKinnon

A Hindu priest accused of sexually assaulting young girls was told by a judge this month to stay away from religious services where children are present.

The man lives in Concord, near the city of Vaughan, about 20 minutes from Humber College north campus. He is currently out on bail.

Toronto Police from 23 Division arrested the man after two 14-year-old girls complained of ongoing assaults. The two girls were members of a church group where he practiced.

The man is charged with 11 sex-related offences including sexual interference and invitation to sexual touching. One of the girls was 11 years old when the alleged assaults began.

Each charge carries a maximum sentence of five years in jail.

The man is a member of the property standards board of the city of Vaughan. It is not known if he will continue in that capacity while his case is pending.

Rudy Madho, 53, will appear in a Finch Avenue West courthouse Feb 6 at 9 a.m.

Sun newsroom unionizes, internships not affected

Toronto Sun's editorial department votes to join union by 71 per cent

by Catherine Gerow

Last week's unionization vote at the Toronto Sun won't change the school's relationship with the daily newspaper, Humber media studies faculty say.

"What you will typically find within a unionized environment is they're still receptive to the fact that journalism students have to have practical work experience," said Basil Guinane, media studies associate dean. "I think we will continue to have a good relationship with the Toronto Sun."

Journalism program co-ordinator Terri Arnott said the Sun traditionally takes on at least six Humber students each year as interns.

"The Toronto Sun has been by far the most welcoming of journalism students and the best at recognizing that students need good experience to get a job," she said.

"Over the 15 years I've been working with them they've given more students more solid opportunities and bylines by far than any other paper."

Seventy-one per cent of the newsroom staff, comprised of editors, reporters and photographers, at the Sun voted in favour of joining the Southern Ontario Newspaper Guild on Jan. 27.

Assistant city editor Brad Honywill is happy with the results.

"I'm ecstatic," he said. "It's been a joy to be part of a real grassroots democratic movement."

Honywill said the drive to organize was launched in late November by 12 Sun employees.

"A number of us got together after two waves of layoffs two years ago, but it took some courageous action by a staff photographer who began openly talking about a union to bring everyone together,"



Toronto Sun assistant city editor, Brad Honywill, is ecstatic the newsroom is unionized.

Honywill said.

So far only the newsroom staff has voted to unionize, but Honywill said he's optimistic the campaign will spread to other departments.

"The drive is continuing in the rest of the building," he said. "We're expecting that there will be a union in the pressroom that will join us in the next few weeks."

International students get a glimpse of the great white north

by Kermin Bhot

More than 150 international students hit the slopes Friday to learn how to ski and to have fun in the snow.

Students from Rez joined international students on their trip to Snow Valley, a ski resort in Barrie. International Student Services organized the trip to give foreign students a glimpse of Canada while at the same time participating in a fun activity.

Jean Thompson, a Hospitality Management student from Jamaica, said these outings are great.

"We get to go out and have fun together as international students," Thompson said. "I've fallen twice already but it's good."

She said this was her first time

skiing but she plans to go skiing again sometime soon.

Most students went skiing for the first time and had to overcome their fear and their wobbly legs.

"Since I was a beginner, I was definitely scared to start with, but there were plenty of helping hands," said Avi Sakhalkar, an International Marketing student from Humber's Lakeshore Campus. "I can say it will probably be a lifetime experience."

Students spent the first few hours mastering the basic skills. Beginners are given a green stripe when they have proven that they can ski well by themselves. The green stripe allows them to move onto other beginner slopes.

Sakhalkar said getting the green stripe boosted his confidence and encouraged him to try out some of the other hills.

There are many more events planned throughout the year by the International Student Services. Anyone interested can pick up a calendar of events at C115 or call extension 4349 or 4047.

Korean students feel for North

North maintains strong position despite weakness

by Kermin Bhot

They may not always agree with its politics but some of the 65 South Korean students at Humber empathize with the current plight of North Korea.

Kun-Kook Kim, a South Korean student said North Koreans are suffering.

"They are weak and they need electricity and other products. Their economic situation is bad, and we empathize with that," he said. Kim

added there are a lot of problems in North Korea but it still wants to appear strong.

North Korea has been in the news since the United States discovered it was secretly trying to acquire uranium.

This prompted the Americans to stop shipments of heavy fuel oil to the country and threaten further sanctions.

North Korea responded by reopening a nuclear facility at Yongbyong, ejecting UN nuclear inspectors.

North Korean officials said the plant was reopened not to make weapons but to generate power for their people.

After continued threats from the United States, North Korea also withdrew from the global Nuclear Non-proliferation Treaty.

Government officials said they would

return to the fold once international aid resumes.

Kim said he agrees with this logic.

"There was a contract between the U.S. and North Korea and the U.S. broke it and stopped supplying oil. It is then that North Korea said they would start their nuclear activities," he said.

Ho-Yoeng Yoon, a student in the English for Academic Purposes program said North Korea is at the edge of a cliff.

"The U.S. is pushing them from behind. Therefore North Korea says, 'if you push me too much, I will do something dangerous.' That is the situation now."

Neither Kim nor Yoon are afraid of North Korea attacking the south.

"They won't attack us because of their eco-

nomie situation. There is no benefit in that. They just want oil and help," Kim said.

"If Bush attacks North Korea, then I think we will probably help North Korea," Yoon added. "Our parents' generation never wants to believe in North Korea, but our generation thinks a little differently."

"We didn't have the suffering our parents had. We aren't sure if North Korea wants to invade our country. Some people want to help, some do not."

But both said they are unsure of whether to believe North Korea's promise of stopping nuclear production if it receives aid.

"I do not believe them 100 per cent because they are communist and because of the past. We wish and hope they are being honest," Yoon said.

City's homeless want long-term solutions now

by Marisa Zucaro

City of Toronto planners are hoping that a new plan to open more shelters outside of the downtown core will work as a temporary solution for the homeless crisis.

Organizations that work closely with the homeless community are frustrated and outraged over the proposed solution.

"I don't think more shelters is the answer," said Tina Kastris, coordinator of Anishnawbe Health Toronto, a non-profit organization that delivers food, clothes and medical supplies to Toronto's homeless. "Affordable housing is the answer."

City of Toronto housing support member David Deluca said affordable housing may be the long-term answer, but it doesn't offer an immediate solution.

"We need the shelters," Deluca said. "Otherwise people would be out on the street.

We have to respond to an immediate need."

Representatives of most homeless organizations say long-term solutions should be the priority.

"Shelters are just masking the problem," Kastris said. "Besides, a lot of homeless people don't even like shelters."

John, a 36-year-old street person, said he's not comfortable with leaving some of his possessions behind when he goes to a shelter.

"I can't bring all my things with me," John said, referring to the items he's been collecting while living on the street such as single shoes, torn books and empty juice bottles.

John Jagt, Toronto's director of hostel services, said shelters are not

popular because they are somewhat institutional.

"There is someone telling you when to wake up, when to go to bed and so on," Jagt said. "It's not normal for adults to live under the rules of others-and they don't like it."

In 2001, Toronto began a housing program called Let's Build. According to the city's report card on homelessness 2001, the program was designed to provide property and money for the construction of affordable housing.

"That's where the money should go, not to fund more shelters," Kastris said.

"The money that's designated for hostels is given to us by the province," Deluca said. "It can't be used for anything else. As far as affordable housing goes, we need more money and the city can't afford to fund a major housing program."

Hostel services director Jagt insists that although housing development is slow, the city is not to blame.

"The city can't stop people from becoming homeless, but I agree, affordable housing is needed and it's not happening fast enough," Jagt said. "Our role is to help Toronto's homeless find something. Most of these people can't make it on their own."

AHT's Kastris is worried that as the temperature in the city continues to sink below zero, the death toll among the homeless population will continue to rise.

"I don't think we'll ever solve this homeless crisis," she said. "Not if the government doesn't start implementing long-term solutions and stop putting off affordable

Black history celebrated



Earl La Pierre played his steel pan for students at Humber's North Campus student centre Wednesday. La Pierre helped kick off this year's Black History Month celebration. The event was organized by HSF in conjunction with the Caribbean Student Association.

Editorial

Barbie spikes controversy again

Kids these days have the coolest toys to play with and recently a pregnant Barbie doll has been added to the list.

Yep, Barbie's best friend, Midge is pregnant. And yes, there is a father in the picture. His name is Alan and the two have been married for 12 years, according to Mattel spokesperson Julia Jensen.

The doll goes for about 30 bucks a pop and has been selling like hot-cakes at Wal-Mart, Zellers and Sears stores across Canada.

But why hasn't the concept of a doll like this been marketed earlier?

Young girls generally love to play "house" or pretend to be mommy. And with all the marketing done for dolls that pee and burp, a doll with a swollen tummy shouldn't be a big deal.

In the States, Midge's new figure was yanked off Wal-Mart shelves after a community group protested that the doll was offensive, claiming that Midge was promoting sex outside of wedlock. On the doll's package, it is not clearly marked that she is married and has a two-year-old child named Ryan. But Midge does wear a wedding band on her ring finger.

Since her arrival in Canada, there has been nothing but good consumer reports, according to the *Toronto Star*. And why not? Midge is a cool toy. She even has a removable swollen belly and inside is a tiny baby girl.

It's inevitable that some parents may be shocked. Some will perceive the doll as promoting sex, while others will consider it educational, but kids will generally think of it only as another plaything. They will toss it unclothed amidst piles of toys, next to the load of other naked Barbie dolls, giggling Cookie Monsters and colouring books, and think nothing of it.

Parents are rightfully protective of their children, but can sometimes forget to let kids be kids.

Columbia shuttle crash coverage questionable

When the Columbia shuttle broke apart upon reentering the Earth's atmosphere Feb. 1, video streams of the capsule falling from the sky endlessly rotated all day on television news stations across North America.

Viewing images of the ship as it plummeted to Earth was eerily comparable to watching the Twin Towers falling again and again.

How is it possible that immediate media coverage of a shuttle crash is comparable to the initial coverage of a terrorist attack that killed thousands and changed the world as we know it?

When most of us woke up Saturday morning and turned on the TV, we most likely didn't know that seven astronauts were floating above us in the first place. We didn't celebrate the launch of their 16-day mission.

We weren't even aware that the first Israeli and Indian-born astronauts were aboard the ship. It's disturbing to think that the seven "heroes" who died, would probably not have been labeled so if their spacecraft had landed safely.

Why is it only in death that the media discovers heroes? Are we honouring the dead because it's the noble thing to do when covering a crash? These "heroes" certainly are spectacular for their intelligence and capabilities, but they were simply doing their job, a career which was

nothing out of the ordinary to them and the rest of the world until they burned up in the Earth's atmosphere.

The following Monday, 48-hours after the incident, *The National Post* carried a seven-page spread of in-memoriam which delved into the lives of the astronauts, primarily focusing on Israeli Colonel Han Ramon.

The incident seemed to have conveniently occurred at a crucial time. President Bush and the war on Iraq needed a media break. And the overwhelming coverage of Israel's first astronaut was the best thing North America could focus on. It further proved that the Middle East can partner with the West and that we can both live and mourn together.

But what about the train wreck in Zimbabwe? On the same day, just as the astronauts burned up in their ship, 34 Africans died in their seats in the horrific crash. Perhaps if our relationship with the African continent was more strained than that with the Middle East, the media would have paid it more heed.

The space crash is indeed sad. It's not every day that a shuttle is destroyed, but there is a fine line between media mongrels bombarding the public with sensationalism and providing them with information.



Letter to the Editor Lost in the parking mess

Re: Parking passes oversold, staff and students ticketed
January 23, 2003

This is in reference to the recent article in the College newspaper. Gary Jeynes indicates that, "In all my years at Humber, no student has ever come to me personally with a parking issue." I believe the reason for this is because most students don't know where to begin to state their issues or who to go to with them.

I really don't even know where to begin with my list of parking issues. I am currently assigned to Lot 1-3. Most days it is not too difficult to find a spot. But a couple of days a week, when I start class later in the morning, I arrive 20 to 30 minutes ahead of class start time to spend my time driving around the lot hoping someone will be walking to their car so I can get their spot (it reminds me of Christmas at the mall).

It is very frustrating. As my class start time nears, I consider parking at the end of the rows, illegally, just to make it to class on time. Fortunately (I guess), after wasting my time driving in circles someone usually is backing out. Meanwhile, I usually end up running through the halls or late for class, all the while cursing the college and the person responsible for this parking mess. I don't think it is fair that I paid an exorbitant price for the parking service and I spend so much of my time looking for a spot. I am afraid to think of what is going to happen come September when enrolment increases.

I hope by the time I graduate I will see the ground being broken for construction on a new multi-level parking garage to help future students.

Sincerely, Kim Cunneyworth
Fourth-semester Business Administration student

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Opinion

Goodbyes online an eternal pain



by Tamara Holmes

As a big evader of change, I'm also notorious for feeling uncomfortable with abrupt endings.

That's why I felt so uneasy the other night after my best girlfriend and I got off the phone so quickly. Our "goodbye" seemed so hasty.

But the conversation consisted of a normal series of sentences that would result in two people getting off the phone. We imparted the necessary words as well as the genuine emotional strains in our voice, letting each other know politely that we had other obligations to fill — that sitting on the phone for three hours wasn't feasible.

I think the reason parting promptly felt out of the ordinary could only be thanks to instant messaging devices such as MSN Messenger or ICQ.

The ridiculous farewell rituals instant message senders perform before finally getting or appearing offline are really starting to get to me. I feel like an Ann Landers-type

needs to write an electronic etiquette book just to address the issue.

There seems to be this entire procedural protocol that must be followed so as not to offend, ignore or appear rude when conducting an electronic exit.

And it takes at least five minutes.

Why is it that we must answer questions that weren't even asked? And why do we always insist on explaining our obligations so the person on the other end doesn't feel shafted?

"I should go now, though."

"Oh, okay."

"I'm really sorry, but I've got to go out/do homework/walk the dog/get a life because sitting on ICQ takes up way too much time, or whatever excuse you want.)"

"Yep, okay."

And from there, the initial exiter feels the need to assure the person when they'll talk next, even though their messaging mate has probably already headed to the kitchen for a snack or is absorbed in any one of the 11 other conversations they were involved in at the time.

But the separation insanity doesn't end there. Compulsive messengers will add in a few smiley faces here and there and then say "Goodbye" about four different ways prior to feeling confident about clicking offline.

Instant messaging devices have certainly had their use over the years.

ICQ is a girl's best friend when it comes to playing Sherlock Holmes. Every time my girlfriend would chat about a new guy she was interested in, or I'd be trying to hunt down my own boyfriend's carryings on, history pages and information directories were more than helpful to my hapless hacker self.

Once everybody, including your third cousin, had your ICQ nickname though (and the little ting-ing noises that resembled one of Santa's elves choking on tinsel really started to irk you), the world seemed to shift over to Bill Gates' universe with MSN Messenger.

It was great — you could control how many users had your address and when you put yourself on "Away", you

genuinely were.

We're in an age of aversion, ladies and gentlemen. Instant messaging and e-mail is a great alternative to avoiding the phone, but now we're starting to resent damn technology too. Are we really so easily irritated?

I say at the very least we should move backwards and return to our roots of genuine availability. We should stop going online if we have no interest in devoting some recreational time to chat, refrain from saying we're "Away" or "Out To Lunch" if we're really just downloading songs and we should pick up the phone and call our friends more often.

Instant messaging is too easy, and the goodbyes are way, way too hard.

Lavigne robs Canadians of musical recognition

Eighteen-year-old Avril Lavigne dropped out of her Napanee high school two years ago to follow her dream of becoming a famous musician. She helps write some of the music she sings and can play the guitar — kind of.

She is currently nominated for five Grammys, two Brit Awards and five Canadian Radio Music Awards. Lavigne has, as of late, graced the covers of numerous national magazines and newspapers, made late night appearances



by Sherri Wood

Regis and Kelly — the list of recent Avril coverage is seemingly infinite.

The media loves Ms. "Anti-Britney."

Hype is nothing new to pop culture, but the recent media frenzy surrounding Napanee's "punk princess" is not only undue, it is also unfortunate. Especially when it takes attention away from more deserving artists.

Sure, Lavigne has sold more than four million copies of her first album, *Let Go*, making it the top-selling debut release of 2002. But, it's not rocket science to realize that album sales and music charts do not necessarily reflect talent, nor do they deem an artist worthy of recognition.

Lavigne's lyric-writing abilities can hardly be seen as talent ("Uh huh, life's like this/Uh huh, uh huh, that's the way it is/ 'Cause life's like this/Uh huh, uh huh, that's the way it is" or "I'm with the sk8ter

boy/I said see you later boy/I'll be backstage after the show" is far from lyrical genius).

Although her endeavours so far are at least noteworthy, most of Lavigne's media consideration should be scrapped to make room for more talented artists that are currently being overlooked.

Canada's own Diana Krall, for instance, is far more deserving and far less recognized by the media. The singer-songwriter from Vancouver has been making music for the past 10 years and is jazz's top-selling vocalist. She currently holds two Grammy Awards and a Juno for Best Vocal Jazz Album.

What about Sarah Slean, the incredibly talented singer-songwriter from Toronto? Not only does she have exceptional composing and songwriting ability, but she has also contributed her voice to The Buried Heart Project, a group that helps homeless and drug-addicted women in Vancouver's downtown east side.

Many have never even heard of either of these musicians, let alone recognized them.

But we all know who Avril Lavigne is. So, let's move on. The media should conclude the Avril frenzy and broaden the coverage of other artists. Let some talented Canadian women share the spotlight.

...Lavigne's media consideration should be scrapped to make room for more talented artists that are currently being overlooked.

with Leno, Letterman and Kilborn, and even performed in the coveted musical guest spot on *Saturday Night Live*.

Napanee city council is even considering declaring an official "Avril Lavigne Day." *People, Time Magazine, USA Today, MTV, Radio Disney, Access Weekly, US Weekly,*

Reality TV a fun-fair for money-grubbing wenches



by Amy Miles

Reality bites. Or at least reality TV shows do.

I've got this great idea for a television show, it's called *How Dumb Are You?* I figure with the right marketing team, some bodacious babes and maybe a hunk or two, I can make myself some nice coin.

I mean, really, all you have to do to get good ratings these days is make a reality show and you are set for life. Buy a condo in Florida and retire.

It is absolutely mind-boggling to me that people actually watch these shows. Granted, I jumped on the *Survivor* bandwagon when it first came out, more out of sheer curiosity than desire, though.

Richard Hatch prancing around naked was all the reality I needed, thank you very much. And I must admit, I did tune in to the odd episode of *The Bachelor* the first time around. But I don't understand this new trend of television.

First off, why call it reality TV? There is nothing real about making a complete ass of yourself to win the affections of someone who is supposedly filthy rich. What is this, 1920? Are women still seen as a burden to be sold or married off as the case may be?

I must admit, I enjoy the concept behind *Joe Millionaire*. I have yet to watch it, but I would rub my hands together with glee when the stupid, back-stabbing, money-grubbing wenches find out that their knight in shining armour is no more than your average Joe, no pun intended.

What people will do for money. And what is up with the dawn of all these stupid new spin offs like *Meet The Folks* and *Bridezilla*? Do people have nothing better to do with their time than watch mindless trash?

Whatever happened to the days of the good ol' family sitcom when ma and pa, bro and sis would sit around and watch *The Cosby Show* or *The Wonder Years*?

What do families do now, bet on who Tricia will pick as Mr. Right? Imagine grandma and grandpa in on the fun, betting a fiver on Charlie or Ryan.

Perhaps society should step back as a whole and re-evaluate our TV choices. After all, years from now, when universities are doing studies on what society was like in 2000, do you want to be remembered as the stupid, trashy era of folks who had no taste?

I don't. So I'll stick to good ol' *Friends* for one more year and the *Young and Restless*. Hey, it may be trash, but it's long-running trash. And really, who can resist the ongoing love triangle between Nikki, Victor and Ashley?

Reality shows, like hip-hugger jeans, will soon be out of fashion and we'll be kicking ourselves for falling into the trap, much like in the '80s glam rock, neon-wearing, yuppie years of yore.

Comments? Questions? Opinions?
Contact us at humberetc@yahoo.ca

Cash & Gizmos

From edible lotions to bathroom accessories

by Brian E. Wilkinson

Housewares, giftware, edible lotions, and bed sheets of the future were unveiled last week, but unfortunately the public wasn't allowed to peek.

The Canadian Gift and Tableware Association (CGTA) held its annual showcase of new products last week at the Toronto Congress Centre. Hundreds of exhibitors from around the country came to show off their wares to hungry retail buyers.

The show operates as a virtual catalogue of goods on display, where retailers and exhibitors interact and ask questions about the products. Giving retailers a hands-on approach to buying seems to be a hit with visitors.

"It's an excellent show," said Les Brown, owner of Kenora based Verti-

Shade. "We come down every year to find new products."

"There's something new here every year that we buy for our regular customers. And something unusual for our tourists," Brown said.

The unusual refers to Toronto-based company Ravish and Lavish. Selling adult-oriented products, the company has managed to raise a few eyebrows at this year's show.

"One thing we sell are edible lotions," says exhibitor Storm Crow. "They heat up when you blow on them. So certainly, if you can give something to a person, and then eat it off them, then it's just going to be popular and very, very fun."

Other products sold by Ravish and Lavish include dissolving lily pads, copies of the Kama Sutra and mermaid statues.



Business as "unusual" at the Ravish and Lavish booth at the Canadian Gift and Tableware show.

"We definitely stand out," Crow said. "Unfortunately, some people assume that if you sell the product you want to use it on them."

If the general public wants to find some of these products, they can visit Ravish and Lavish's popular store, The Condom Shack, in downtown Toronto.

Other exhibitors found less success with potential buyers. Claude Gauvin made the trip down from

Montreal to display his small boutique bathroom offerings sold by his store, Coventry.

"It's a bit quiet. Much slower than last year," Gauvin said. "Though it's good to meet the customers you don't get to see throughout the year."

Gauvin says that he makes several trips a year with his booth all over North America. "It's long hours, that's for sure," Gauvin said. "But it's worth it."

Retailer Jeremy Matthews was also disappointed at the slow pace of the show. "I was expecting a lot more action. A lot of people have mentioned that, and that they wanted more space."

The CGTA ran from last Sunday to Thursday. The products on display are not generally available to the public until late spring or early summer through various retail outlets.

Growing your business from the ground up

by Shawna Fryer

How many times have you been watching a commercial for a new, revolutionary product and said to yourself, "hey...I could've thought of that?" Or, in a fit of frustration, had an insight of a way to do something faster, easier or better. Perhaps you have a skill you know people would pay to use.

You sound like a natural-born entrepreneur.

Ontario has 322,000 small businesses being run by people who, at one point, felt just like you. People who decided working for themselves was far better than slaving away to make someone else rich. People we call entrepreneurs.

So you have an idea and know it's a great one. You've shared it with family and friends, and the feedback has been positive. Now what?

"The first thing we tell students, or any entrepreneur for that matter, is

to contact their nearest Small Business Enterprise Centre," says Eric Shapiro, Senior

Communications Planner, Ontario Ministry of Enterprise, Opportunity and Innovation. "They give advice and consultation on how to start and grow a business successfully."

These Small Business Enterprise Centres are located across the province and are listed on the ministry's web site, www.ontariocanada.com/ontcan/en/start.jsp. There's a

centre located on the fourth floor of Mississauga's central library on Burnhamthorpe Road.

The enterprise centres offer free start-up consultations with a qualified business professional, mentoring and networking opportunities and other essential services. Perhaps the most important being the reviewing of business plans.

"You need to put what's in your brain down on paper," says Christine Middleton, a small business account manager with the Royal Bank. "Most businesses that succeed have a dream on paper."

Experts agree that the first step entrepreneurs should take is to make a business plan. A business plan is basically a clear, concise document that outlines how you plan to succeed as a business.

"You must have an idea of your costs and overhead," says Middleton. "When it's in ink it forces you to deal with all of the financial issues."

Financial issues are often what intimidate new entrepreneurs the most. People wonder how they will get the money they need to finance their dream.

The Ontario government and The Royal Bank offer young business owners financial support in the form of two programs: The My Company Program and the Summer Company

Program.

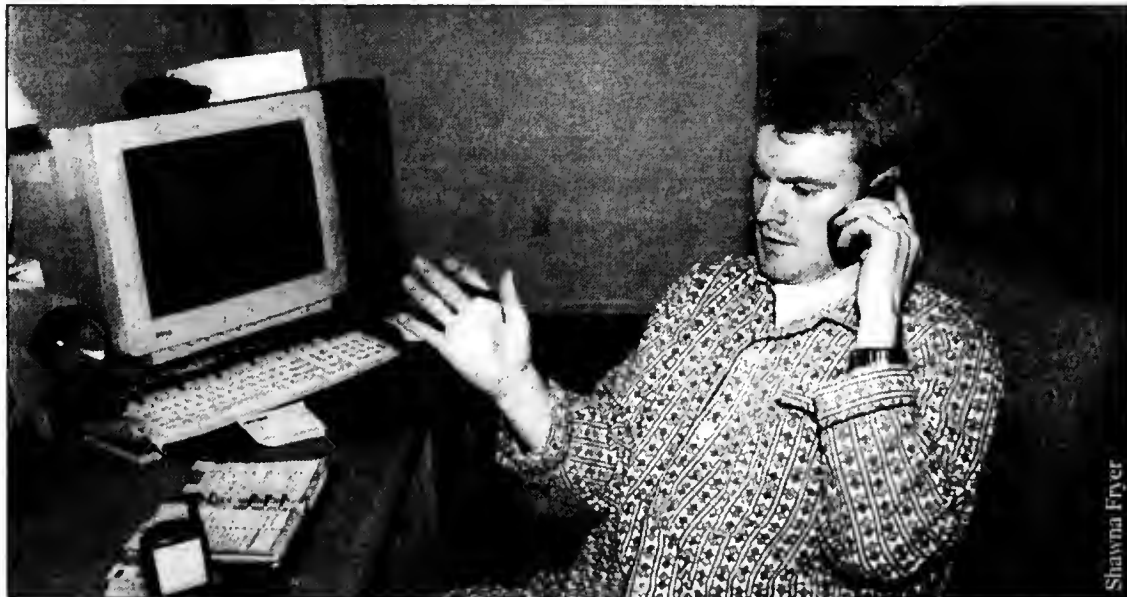
The Ministry of Enterprise, Opportunity and Innovation's Web site describes these programs in depth. Up to \$15,000 is available through the My Company Program for youth aged 18 to 29. The Summer Company Program awards up to \$3,000 and helps students as young as 15 start and run summer businesses.

"Applicants can log onto the Web site...which contains the My Company Guidelines and Application Form," says Shapiro. "The application form for the Summer Company Program should be posted shortly."

The loans are a joint venture between the government of Ontario and The Royal Bank. The bank's Web site, www.rbcroyalbank.com is another excellent source of important information for young entrepreneurs.

Perhaps the best advice of all comes from those brave enough to embark on the self-employment journey. Marie Belcourt, a grad of Humber's floral design program, opened a florist business with her sister over three years ago.

"It can be nip and tuck those first few years," says Belcourt, "but as people told us, don't give up."



Running the rat-race in your pyjamas is definitely one of the appeals of being your own boss.

etc.

One site to rule them all

The ultimate Lord of the Rings Web site

Fan sites are an inevitable tie-in to any major motion picture, but when it's a film the size of *The Lord of the Rings* it takes something special to stand out.

TheOneRing.net is the one site to rule them all. Founded in New Zealand in 1999 by Erica Challis, William Thomas, Chris Pirotta, and Michael Regina, the site has already seen millions of visitors, including many connected with the film itself.

"They read us right from the beginning, and some of the people working on the movie admit that they find out about stuff from us before they hear it through their work grapevine, which is understandable with such a huge undertaking," Challis says.



An initial sketch of Gollum from TheOneRing.net.

"I was invited on the set and met Peter Jackson and the actors, which was the start of a more communicative relationship," she says.

The site has been home to dozens of movie scoops about J.R.R. Tolkien's novel brought to life. These include revealing plot details for the opening scenes in the films, the first picture of the creature Gollum to hit the web, and exclusive interviews with cast members including Sean Astin (Sam) and Billy Boyd (Pippin).

"It's a nice site," says Anthony Zisa, a 20-year-old film studies student. "My girlfriend pointed it out to me as we've both

become big fans. I think the news about changes made to the extended version DVDs, as shown on the site, is the part I'm most interested in."

Other features include gaming information, polls, discussion forums, a virtual store and detailed information about upcoming DVD releases.

"I'm a huge fan of the movies," says 21-year-old student Lindsey Steele. "I stop by the site every now and then to see if there's anything new up. There almost always is."

The second movie in the trilogy, *The Two Towers*, has recently been released in theatres with the third and final part, *The Return of the King*, to follow this Christmas. After that, the future of the site remains in doubt.

"I can see the site heading in three directions," Challis says. "One is you could say object-oriented. One is games-oriented. Neither of those interest me, but there will always be people who are enthusiastic about maintaining that part of the site."

"The third strand is the community -- the people who feel a common bond because of their love of Tolkien's work," Challis says.

Web Wanderings by Brian E. Wilkinson



The new wind turbine in Toronto is similar to those shown here.

Eco-power abreeze at the CNE

by Lisa Conlin

Toronto's first wind turbine gets ready to spin into motion at the Exhibition Place, welcoming a new source of green power to the city.

The turbine is part of the city's initiative to combat air pollution, which is produced when fossil fuels are burned to generate electricity. This alternative energy source stands at 94 metres and is located next to Toronto's waterfront.

"It's a terrific showcase of what can and must be done," City Councillor Joe Pantalone said. Pantalone is the policy and finance chair and has been actively involved in the development of the turbine. "It should be a useful display. Its place right along the lakeshore allows people to think about it, talk about it and ideas get propagated from it," he said.

According to the Windshare organization, the renewable energy that is produced by wind power will help cut down on air pollutants. "It's a great first step and high profile symbol of what renewable can do," David MacLeod of Windshare said.

"It's part of a solution to a problem that will never be completely solved," Pantalone said. But in terms of its future effects on the city, "it will generate employment and clean up the air," he added. Plans are already underway to develop an educational component which should be in place by the time the CNE is in full swing this summer.

The turbine, which was completed over the course of three days, is part of a joint project developed through the Toronto Renewable Energy Co-operative (TREC), Windshare and Ontario Hydro.

Plans are already underway to develop wind power sources in Ashbridge's Bay. Pantalone said he's optimistic about its role in the city and people's reactions to green power sources. "I think, ultimately, people want to do the right thing," Pantalone said. "They just need assistance and direction."

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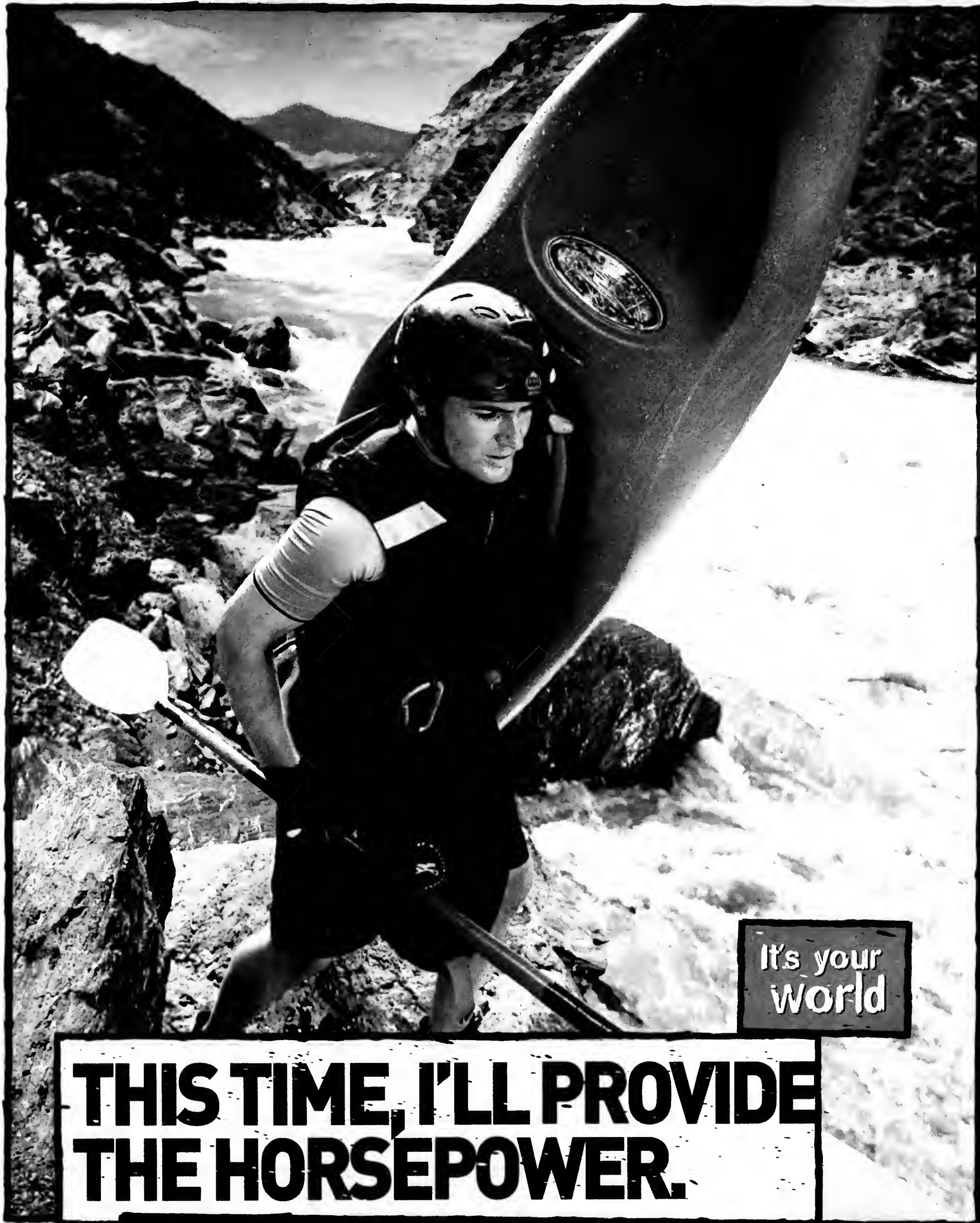
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TeamPlayers.ca

STEVE MOORE, TEAM MEMBER, RACING IN THE C.A.R.T. SERIES.

Kasparov battles newest chess computer

by Sarah Temoway

Chess grandmaster Gary Kasparov is squaring off against the world's top computer chess program in the First Official World Chess Championship, Man vs. Machine.

Over the past two weeks, Gary Kasparov played five games against the reigning computer chess champion, an Israeli-developed program known as Deep Junior.

Kasparov won a hard-fought victory in the first game of the series. Early in the game Deep Junior took almost half an hour to consider its next move, an unusually long time for a computer to think. Kasparov eventually forced Deep Junior into a position where the computer had to concede defeat.

The second game ended in a draw, and Kasparov lost game three. Games four and five ended in a draws.

Kasparov has a successful history of playing against computers. In 1996, he beat the program Deep Blue in six-match series. A year later though, Deep Blue stunned the chess and computer worlds by decisively beating the grandmaster.

According to Martin Chang, a competitive amateur chess player

and University of Toronto medical student, the chess community has varying opinions about these human-computer match ups.

There are the hard-core chessies, who hope that computers never overtake humans, and get depressed every time their champions lose to another machine, he said. Then

there are the hard-core techies, who believe that chess-playing computers are no more a threat to chess as a game than cars are to sprinting as a sport.

He said many of the hard-core techies like to cite chess-playing programs as a step towards the development of artificial intelligence (AI).

But Deep Junior may not actually be the best example of where the future of AI is headed.

No one really pursues [this kind of AI] any more as a model of intelligence in a human sense, said Sean McLennan, a PhD candidate in cognitive science at Indiana University. At this point, it's really just about

making a program that can beat a human, just for the sake of doing it.

Kasparov will receive \$500,000 US for participating in the tournament and another \$300,000 US if he wins.

The final game will be broadcast Friday Feb. 7 on www.x3dworld.com.



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New iMacs this spring

by Kyle Mamoch

A 17-inch widescreen monitor will be available on Apple Computer's latest iMac, one of several computers announced by Apple for its spring line.

The 17-inch version will feature a 1 GHz PowerPC G4 processor and retail in Canada for \$2,799. A 15-inch version with an 800 MHz G4 is now priced at \$1,599. Apple also announced that the eMac computers will come down in price.

The new iMacs will come with the Mac OS X Jaguar and a suite of Apple's iLife applications that let users manage digital music, photos, music, and burn DVDs on models equipped with Apple's SuperDrive.



Courtesy/Apple

The 17-inch Apple iMac

Arts

Salsa fever grips Toronto

by Athena Tsaviris

Hidden away from the bustling streets of Toronto's club district, a group of old friends gather at the *Courthouse*. They laugh and reminisce while sipping Cuban rum and smoking their Cohibas.

If it wasn't for the snowstorm outside, they could be fooled into thinking they were in Havana.

As the music starts, couples move towards the dance floor and begin to salsa. They become entangled in a crowd of writhing hips, flying hair and twirling bodies.

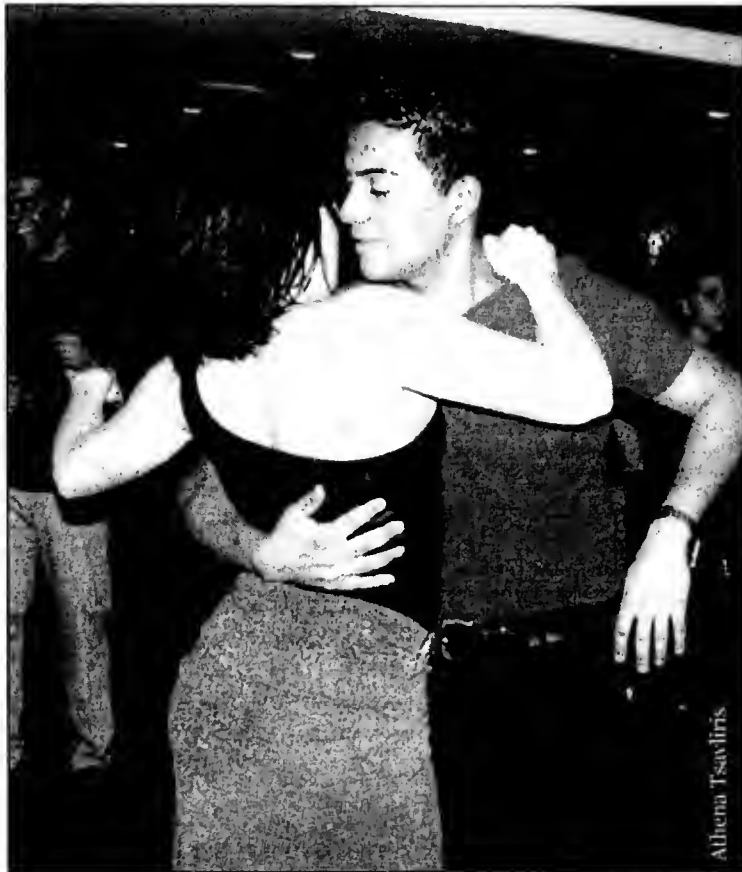
The sound of salsa has resonated its way into clubs throughout the world and the venues lining the streets of Toronto are no exception. The city is home to a vibrant, ever-growing salsa scene.

Livio Passera, a promoter of the salsa night at the Adelaide Street *Courthouse* said there is now a place to salsa every night of the week. "It is definitely becoming more popular," he said. "Toronto is recognized as having some great dancers."

In the salsa world it is Saturday night every day.

Berlin, on Yonge Street is a great place to go on a Tuesday night. The \$12 cover charge will keep dancers on their feet the whole night and that includes a dance lesson. A live Latin band performs at the club and DJs provide the best in salsa, merengue and cha-cha.

For a quieter, but no less enjoyable night, *Ba-ba-luu's* in Yorkville holds a weekly Latin Roots night on Wednesdays. But don't be put off by the fancy neighbourhood. A mere \$5

Dancers work up a sweat at *Ba-ba-luu's* in downtown Toronto.

cover includes a dance class as well.

For an equally cheap night, check out *El Rancho* on a Thursday night. The College Street club charges \$5 and salsa lovers are always satisfied.

On the weekends the city comes alive with the salsa vibe.

Roxana Merino goes dancing almost every Saturday.

"I go to *Plaza Flamingo* because the people are so friendly. The owners treat me like family. The drinks

are cheap and on Saturday nights they play the most beautiful music," she said.

The College Street venue plays a combination of salsa and merengue.

"Salsa is popular because you spin and move your hips a lot and people love that - that's the fun of it," Merino said.

Upstairs is a big dance floor and downstairs holds a restaurant with a flamenco show where the dancers

grab bystanders for a dance.

Nicole Da Silva who runs *Soles*, a dance studio that offers salsa lessons, on Dufferin and St. Clair said that salsa is a great way for couples to enjoy an evening together and for singles to meet.

"There aren't too many social activities out there that allow total strangers to develop an almost immediate rapport with each other," Da Silva said. "This dance makes it easy for us to let people we don't know very well into our personal space."

Passera, who has been dancing for five years, met his wife at *Soles*. "For most people it's about the music," he said.

Artists such as Ricky Martin and Jennifer Lopez have fuelled the popularity of Latin music.

"Pop music has a definite Latin influence which turns people's ear to it," Passera said. "As with any type of music you grow into it from something else."

Da Silva said that salsa music can inspire a positive feeling.

"To be in a room filled with people who enjoy and react to the music can be an incredible sensory and upbeat experience," she said.

For many people, salsa dancing is great way to release stress, exercise and feel good. "A lot of people treat it as a workout," Victor Sanchez, manager of *Ba-ba-luu's* said. So for anyone whose New Year resolutions included getting fit, get on the dance floor.

For a great source on salsa in Toronto, check out *tosalsa.com*. The site, launched in April 2000, provides information on clubs, events and instructors.

Fleas walk tightropes and jump through hoops of fire

by Jennifer Foster

When you go to a circus, you expect to see elephants, lions and clowns, not fleas pushing chairs across tightropes.

A.G. Gertsacov, ringmaster of *The Acme Miniature Circus* was recently in Toronto on tour with his fleas Midge and Madge.

Gertsacov is a big man with a beard and a jolly smile. He is dressed as a clown with a big purple top hat, floppy shoes, multi-coloured shirt and clown pants.

A graduate of the *Ringling Bros. Clown College*, Gertsacov is in the funny business.

"I love to make people laugh. It's what I do," he said.

Gertsacov loves a good joke and chuckles when explaining that while working for a circus in Rhode Island, he was asked to come up with an animal act. When his first attempt with turtles did not go over very well, a fellow clown friend, Avner the Eccentric, advised him to use fleas for the circus. Gertsacov claims he attained a grant from the state arts council, "purchased" some fleas and got a designer to make the stage and

the props for the show.

Many people in his audience mutter that Gertsacov can't be using real fleas because no one can actually see them. But Gertsacov points to the physical evidence. When they cross the tightrope, you can see the little chariot moving.

"That's the allure of the show, does he really have fleas or doesn't he?" Gertsacov said of the big mystery.

Joking and clowning around, Gertsacov loves to get the audience involved. At one point in the show, Gertsacov misplaces a flea and goes through a woman's hair with tweezers looking for it. He also gets the audience to cheer for the fleas during the chariot race.

For the grand finale, the lights are turned out and Midge or Madge is shot from a cannon through a ring of fire.

People ask Gertsacov how he trains the fleas but he refuses to tell.

"I don't tell anybody how I train the fleas," he says, tongue planted firmly in cheek. "I use a method of positive re-enforcement to teach the fleas their routines. Not every flea is able to be a circus flea, some of them

just don't have the capability to be a show biz flea."

Gertsacov claims the fleas live for 24 months and their meal of choice is blood.

"Fleas are great to work with as they do not eat much and they can survive without food or water for several months. They eat blood so I just have to prick my finger and put a little blood in a petri dish," Gertsacov said.

Gertsacov has created a whole series of solo shows. He performs a show entitled *The Vegetable Macbeth* using only vegetables and at the end of the show, he juices the vegetable cast and drinks them. But the flea circus is probably his favourite show.

"I do see myself doing the flea circus for quite some time. It's one of the few shows in the world like this. It's a show that really captures peoples imaginations and their hearts and that's the kind of show I want to be doing," Gertsacov said.

Gertsacov and his fleas were in Toronto at the Artword Theatre last week. You can send a request to Professor Gertsacov for a visit to your hometown at www.trained-fleas.com.



A.G. Gertsacov posing with his fleas ... can you see them?

Coming up...

Video & DVD (Feb. 11)

My Big Fat Greek Wedding
Spy Kids 2: Island of Lost Dreams
Angel: Season One
Possession
Swept Away

Movies (Feb. 7)

How to Lose a Guy in 10 Days
Shanghai Knights
The Quiet American

CD's (Feb. 11)

Massive Attack: 100th Window
John Mayer: Any Given Thursday
Nick Cave: Nocturama
50 Cent: Get Rich Or Die Tryin
Various Artists: Tribute To The Ramones - We're A Happy Family

Things to Do

Not enough drama in your life? Head over to the **Six Stages Festival** and get your fill. This celebration of theatre and dance introduces audiences to emerging Canadian and European talent. The festival runs until Feb. 9 and tickets are available to individual shows. Call the festival hotline 416-593-8680 for more information, or 416-504-PLAY.

If you enjoy frolicking in the snow, check out **Winterfest 2003**, another attempt to make Canadians like the cold. With two locations (Nathan Phillips Square and Mel Lastman Square) offering a plethora of activities, there's bound to be something fun for you too. This year's fest includes figure skating performances, a trampoline pajama party, and concerts featuring **Crush, Wave, Sarah Slean, and Jeff Healey's Jazz Wizards**. Free; call 416-338-0338 for more info.

Yes, **The Pretenders** are still going. If you don't know who they are ask your parents. If you do, you can check them out at *The Hummingbird Centre*, Feb. 10. \$35.50-\$49.50.

Or you can grab all your girlfriends and a box of Kleenex and go out to listen to chick music when **Sixpence None The Richer** plays the *Horseshoe* on Feb. 12. Tickets are \$15 in advance at Ticketmaster.

And if you're planning your Valentine's day already call Radisson Hotels and ask about their **Radisson Go Package**. You get a cheap rate, free breakfast for two, an upgrade to the best available room at check-in, a package with treats and munchies and an *Austin Powers in Goldmember* DVD. Yeah baby, yeah! Call 1-800-333-3333 or check out www.radisson.com/DVD.

Diversity the name of the game

Hot or Not?



Fez Batik has something for everyone.

by Hayley Stephens

Few places capture Toronto's rich diversity as well as *Fez Batik*.

Situated in the heart of the city's entertainment district on the northeast corner of Richmond Street and Peter Street, this restaurant / bar / lounge / nightclub attracts a wide and diverse crowd throughout the week.

"We have professional people, we have young people, it really depends on the night," said Joseph Borg, one of three owners of *Fez Batik*.

The groove is set in motion on Tuesday nights with the Resonators, a live reggae band. On Wednesdays, R&B and House create an upbeat tone for mid-week party-goers. A loungy groove

helps people unwind from work on Thursdays, while DJs Colin and Dr. Fun host an all request night on Fridays.

On Saturday's DJs Craig Nice and Giggles wind up the week with a mix of R&B, Old School, Classic House and Hip Hop.

"The mix of music is good, and really matches the atmosphere," said Nadia Rashid, a U of T student. "This place has a very eclectic feel," she added, while taking a break from dancing Saturday night.

From the brightly painted flowers covering the outside walls to the inside décor of rattan chairs and warm-coloured couches set around a fireplace, with Persian carpets hanging above patrons heads, *Fez* is a fusion of colours, tastes and styles.

The only complaint heard was that *Fez* had too much diversity crammed into its intimate surroundings.

While *Fez* has a bar atmosphere at the beginning of the night, the menu is anything but pub style. From Peking chicken pizza to blackened tofu burger, diners have an opportunity to expand their tastes.

As the night progresses, *Fez Batik* switches its focus from food to dancing.

"It starts slow and smooth and then ends up rockin," co-owner Clay Hunter said. "After the dinner crowd, it starts to get buzzing. The lights are dimmed and it starts to be a nightclub with high tempo music, a lot of dancing, and a lot of partying."

Fez also differs from most of the clubs in the area with no

dress code, and thus, no pre-tense. The small cover charge on Tuesday, Friday and Saturday nights doesn't apply if you get there early.

Fez Batik invites Humber students

The owners of *Fez Batik* are offering a special promotion to Humber College students. Any Friday, call to get on the guest list and pay no cover, and bypass the line with your student card.

If you get a group of 10 or more together they'll throw in a platter of food. Call 416-204-9660.

F***ing good time at Impatients' improv show where anything goes

by Tamara Holmes

"That's f***ing sick!"

That's just one positive review of *The Sickest F***ing Stories I Ever Heard*, a comedy show by the improv group The Impatients.

In a production that shows five people sitting around playing Texas hold 'em poker with \$5 worth of chips and a few pitchers of beer, audiences are guaranteed a laugh during this voyeuristic comedic display.

David Followes, part of The Impatients' original family of talent, is the ring leader of the show.

A veteran comedian and actor, Followes studied hard with Second City's dual-level training school and did some intensive training with Humber College's comedy department.

*The Sickest F***ing Stories I Ever Heard* was started in Chicago by Don Hall at the contemporary WNEP Theater. It's now on its third show in Toronto under licence with The Impatients and shows no sign of slowing.

"We only talk about true stories and there is always a different line up of cast members," explained Followes. "We talk about life, death,

barf, sh*t, sex, c*m and blood and anything that's gone horribly wrong with any of them."

"The audience seems to enjoy it but then we don't generally have awkward audiences that would feel offended by stuff like that," he said.

The show is designed to make the audience feel like they're at a party with a bunch of their mates are sitting around playing cards and talking.

The casual atmosphere works well thanks to the nature of the conversation, background music playing and cast members who look like friends you'd have anyway.

When the show premiered in Toronto at the *Toronto International Improvisation Festival*, which is also produced by The Impatients, two women stormed from the show. They were so revolted that they demanded a refund and suggested that warnings should be posted regarding content.

But Followes doesn't feel that the show's content should be censored.

"It's hard to censor since it's improv," said Followes. "We just say whatever comes into our head. Secondly, the show's title says it all and we have to deliver."

Stories told during the last performance included everything from

anticipatory pleasures in bed to cleaning up rabbit sh*t.

The cast of storytellers includes Scott McCrickard, a Humber grad who writes for *The Holmes Show*, Doug Morency and Andrew Currie, both instructors with Second City, and Leesa Gaseari of *Tony 'N Tina's Wedding*.

*The Sickest F***ing Stories I Ever Heard* runs monthly at The Oasis on College St. west of Spadina, but The Impatients meet there weekly for a variety of shows.

Cover is \$5 and more information can be found at www.impatients.com.

Dance interprets love and temptation for your Valentine



Courtesy

Two dancers from *Before During After*.

by Nicole Gibbs

Forget about celebrating your Valentine's Day with the typical dinner and chocolate; instead indulge in a night of love and temptation interpreted through dance.

Edgedanceworks' and The Chimera Project's *Before During After* is a four-day festival that runs from Feb. 6 to Feb. 9 at the Winchester Street Theatre.

The second annual festival of dance duets from 10 choreographers explores Valentine's Day themes with two feature

programs: "Love" and "Temptation."

"I thought it would be really neat to tie in something that happens in everyday life with dance," said Tanya Crowder, producer and founder of Edgedanceworks.

Crowder and a male dancer will be performing the "Love" themed program with a variety of dance pieces including ballet, aesthetics, modern dance, dance theatre and improvisation to live music.

The idea for *Before During After* came when Crowder teamed up with artistic director of The Chimera Project, Malgorzata Nowacka.

The two choreographers wanted to do something that would bring independent mid-level and established artists together to show their work at a professional venue.

"It is exciting for us to create more work for the independent community," Crowder said. "It allows dancers to go for new things, take more risks and not have to worry about money."

Tickets for *Before During After* are \$22 for two programs and \$12 for one program. For more information call (416) 204-1082.

OLD SCHOOL WINNERS!

Please come by the newsroom (L231) to collect your passes between Monday, Feb. 10 at 9 a.m. and Wednesday, Feb. 12 at 12 p.m.

Becca Gordon
Jeff Wong
Kyle Evers
Lauren Mandelker
Jonathan Crilly
Dave Laing
Joel Pylypiw
Jameel Robinson
Doug Varrette
Marin Michles
Sean Kelly
Nekussa Henley
Amanda Koski
Marion Sweeney
Sean Saunders
Marcy Wray
Chad Calwell
Nikki Caracciolo
crazykaka
Crystal Stewart
Jeffrey Andrews
Max Tomlinson
Joanna Montanaro

Critic's Comments

What we read

The Passion of Artemisia
By Susan Vreeland
Viking Books



In post-Renaissance Italy, if a woman was raped she was forced to prove her character — in other words, that she is not a whore. She was put through torture and public examinations of her "purity" to prove a point. Once her reputation was dam-

aged, she was spoiled goods and could never live with dignity.

That's the indignity the title character suffers in the novel *The Passion of Artemisia*, a historical fiction, based on a true story with fictional elements thrown in.

It's the story of Artemisia Gentileschi, a painter who at 18 suffers humiliation when she accuses her painting teacher of raping her.

Set in Italy in the 1600s, the book brings in characters like Galileo and Cosimo de' Medici II to help tell the story of Artemisia who overcomes her public degradation to become one of Italy's most prolific painters. It's easy to get lost in this absorb-

ing tale as Artemisia succumbs to an arranged marriage, has a daughter and struggles with the constant oppression of women in that time.

A truly riveting book, this is one that will keep you engrossed for hours.

10th Grade
by Joseph Weisberg
Random House

Anyone who remembers high school will get a kick out of this novel about Jeremy Reskin, a 15-year-old boy with really only one thing on his mind: Tits.

Yes, Tits with a capital "T" as

Jeremy tells us in his story of sophomore year. The book is written in Jeremy's voice and full of grammatical atrocities and sentences that run-on all the way to next week.



Jeremy's year doesn't start off too well, and he plots ways to meet more girls and maybe see

some real Tits. He falls in with a group of social outcasts and starts to manouver his way through peer

pressure and getting hit on by a girl who would only get picked up on a beach if a guy thought she was a surfboard.

Although a little shallow and sex-crazed (who isn't at that age?) Jeremy is a sweet guy who really just wants to fit in and find some friends who will accept him for who he is.

Add in a colourful cast of characters, and scenarios that we can all remember going through and this book is a hilarious hit.

by Anna Rozbicka

What we saw

The Guru
Universal Pictures

Riding on the Hollywood/Bollywood craze, *The Guru* comes out on top.

The movie centres on Ramu Gupta, a young Indian dance teacher who comes to America to become a star. He unknowingly tries out for a porno movie and gets the part from his imitation of Tom Cruise in *Risky Business* (you know, dancing in his underwear with sunglasses on.)

Once on set, he has a problem "rising" to the occasion and his co-star, the ever-ditzy Heather Graham, tries to help him with some sage porn-star advice.

One thing leads to another, and a catering gig at a wealthy socialite's home turns him into a guru of sex, with an agent and a show on Broadway. The socialite (Marisa Tomei) takes him under her very needy wing and decides that together, they will help mankind.

Tomei gives a smart performance as a wanna-be spiritualist and Jimi Mistry is charming as Ramu. The movie

is highly original and has some great comedic moments, especially from Ramu's group of friends. The only thing lacking in this movie is real chemistry between Ramu and Sharrona (Heather Graham) and I choose to blame that on her lack of acting skill.

But, bug-eyed actresses aside, the movie is very funny and worth seeing. When else will you get to see a decadent Bollywood movie scene where the cast is performing songs from *Grease*?

by Anna Rozbicka



"I got chills, they're multiplying!"

What we heard

Steal This Album!
System of a Down



The follow-up to System Of A Down's *Toxicity* album is a collection of previously unreleased

material.

Steal This Album! is full of hard, distorted guitar riffs accompanied by screaming vocals. But if you know System Of A Down (SOAD), their music takes you for a ride like a roller coaster out of control.

Although tracks on this album are B-sides that never made the cut on previous studio albums, SOAD insists it isn't because the songs were of less quality. I agree, this album has a few hidden gems.

Check out "Roulette," a softer melodic tune with even softer vocals. Or listen to "Chic N' Stu" where Tankian preaches the evils of advertising. And if you want a bit of both hard and soft, slow and fast a la "Bohemian Rhapsody," listen to Bubbles - it'll have your head spinning.

For an intense listening experience, steal, I mean buy, this album.
by Clark Kim

Ghetto Stories
Swizz Beats



Bringing together some of Hip Hop's most popular artists, Swizz Beats' succeeds in creating a

catchy and interesting CD.

With appearances by heavyweights like Jadakiss, Busta Rhymes, LL Cool J, Lil' Kim, Eve, Nas and Metallica, it's hard to go wrong.

"Edalay" featuring Busta Rhymes is a great upbeat song that makes you bounce while "Ghetto Love," featuring Mashonda and LL Cool J, is a smooth romantic jam.

There are always some not-so-great songs on a CD and this one has a couple but the package is worth picking up.

Actually, it's worth picking up just for "We Did It Again" featuring Metallica and Ja Rule. The lyrics are self-explanatory: "Who loves a little rock and roll mixed with a little bit of hip hop soul? We do, we do."

by Anna Rozbicka

Bubble Tease

Oh Valentine, "Tease"
Be Mine...

Present this coupon to receive 15% off any purchase!

www.bubbletease.com

Located beside CAPS Pub

Celebrity Corner

by Anna Rozbicka

Courtney Love, made news this week by getting arrested on a Virgin Atlantic flight from Los Angeles. According to *Rollingstone.com*, the rock star was traveling in the Upper Class cabin on her way to a London benefit hosted by Elton John and Kevin Spacey. She refused to sit down and fasten her seat belt, and then got into a loud argument with the crew. Apparently, she couldn't handle being associated with two words completely foreign to her — class and virgin.

Speaking of virgins, *Joe Millionaire* this week voted off Melissa — "I want to bathe third world children because I'm a mercenary person." Uh, nice slip Mel, a mercenary is defined as a person motivated solely by a desire for monetary or material gain. Bingo and buh-bye. But our

smarty-pants Evan kept Sarah Kozer because she's so sophisticated. Oh yes, she looks real classy in those bondage movies she's been doing for extra cash as she writhes around on the floor dressed up as a cheerleader with her feet and hands tied up. Check out *thesmokinggun.com* to see all the incriminating photos and giggle with glee.

And here's a real true statement: Michael Jackson says he's had no plastic surgery. I'll pause until you all stop laughing ... ready? That's according to *Hello! Magazine*, from the British documentary interview which airs tonight (Thursday) on ABC. When pressed he admits to two on his nose which he claims were to help him breathe better and hit high notes. And here I thought that's what the crotch

grabbing was for.

Mariah Carey is giving Christina Aguilera advice. About fashion you ask? No, about alcohol. *Yahoo.com* reports that after the American Music Awards, Christina was so drunk she almost lost her skimpy top (What? She was wearing one?) and Mariah sat her down and told her to stop or she'll burn out by 30 like she did. That would cause problems. Mariah turned to skimpy clothes to get her career back on track (not that it worked). What more can Christina do?

And finally, *CNN.com* reports that a recent survey found that sex on television has become more realistic by confronting the safe sex issue. Now if only TV characters would sweat.

LifeStyle

Humber instructor's life on a boat

by Sherri Wood

Marco Heitz takes pride in his yacht, and why shouldn't he? It just so happens that his yacht is his home, office and racing vehicle.

Heitz, a Humber sailing instructor, wears many hats. He is an IT executive, an entrepreneur, private sailing teacher, yacht racer and a Canadian Yachting Association Certified Instructor. He's also a "live-aboard".

"I don't usually tell people I live on a boat," Heitz said. "If I do, they usually think I'm trailer trash."

His 40-foot yacht, known as Elixir of Life, docked at the Port Credit Yacht Club all year round, is far from trashy and is also home to his girlfriend Jessie Kittilsen and his two teenage children.

There are two bedrooms, a main living area, a kitchen (galley), a petite washroom, and even a small attic. All the comforts of home are included in terms of electrical appliances. There are even some electronics that the average house doesn't have - navigation systems, battery management systems and autopilot controls.

"There's a lot of technology happening here that's different from a house," Heitz said. "It's like maintaining a spacecraft. You have your 12-volt electrical system, batteries and all that kind of stuff."

He points to an area on the wall that looks like a high-tech NASA control panel. "That's what all this junk is supposed to be," he said.

The extra technological gear is

not the only thing different from a regular house. Although Elixir of Life has two showers, neither is very practical or comfortable, so Heitz trudges through the snow every morning to use the showers in the club's pool house.

sleeps in there."

Heitz maintains that efficient storage solutions and tidiness are key to surviving in such a small space. There are small cabinets and drawers everywhere and like the walk-in closet turned bedroom,



Humber sailing instructor, Marco Heitz, on his yacht, Elixir of Life.

Heitz refers to his lifestyle as a little more bohemian than most. He has been living on the Elixir for four years and says that he enjoys the alternative lifestyle even though it has its own set of challenges.

"Just like any other lifestyle, there are some things that are a little more difficult," he said. "Take clothes storage, for instance. We have a lot of clothes, so we use the forward cabin as a walk-in closet. During the summer, all of the clothing comes out and one of the kids

almost everything in the boat serves more than one purpose.

"We don't get at each other's throats because we don't spend 12 hours a day here," Jessie said. "We're both easygoing. If you had two very difficult people living here, it might be more challenging."

Although Kittilsen says she really enjoys the alternative lifestyle, Heitz points out one complaint she has had since she moved into the yacht last September.

"I know Jessie would prefer to

have a bathtub in here because she likes her baths," Heitz said. "So we just have to take little vacations. This weekend we're going to a spa so that she can sit in the bathtub the whole time."

Aside from not having their own bathtub, the live-aboards enthusiastically maintain there are benefits to living on a yacht that just can't get be had from a regular lifestyle.

They not only get the opportunity to travel, but they experience the exciting adventures that come with the sailing life.

Last summer, while sailing towards Newcastle, Heitz and his girlfriend responded to an S.O.S and rescued an elderly couple drifting in the middle of the lake for several hours after their engine failed. It wasn't the first time they had saved distressed boaters. "I'm averaging about one rescue each summer," he said.

Another story involves a frightening experience during a severe ice storm. The ice froze to the mast and chunks of ice ended up crashing through the plastic that protects the boat in the winter.

"That was scary," Heitz said. "The mast is 64 feet up, so the ice came down a long way."

This summer they will be setting sail for a long trip to the North Channel and plan to enter the world's longest shorthanded freshwater race, the Lake Ontario 300, in July.

"I've always been in a sailing environment. A sailing year is April first to mid-November and I'll be sailing the first of April."

National Non-Smoking Week goes unnoticed as city enters final phase of smoking by-law

by Andrea Chambers

Outside is exactly where the smokers are headed as a new cultural shift takes place in the city of Toronto.

As Toronto gets ready to embrace the final phase of its no smoking by-law, the media just finished promoting National Non-Smoking Week.

But at Humber College, butting out did not quite begin.

"I was not aware that it was National Non-Smoking Week," said Angelo Pratulon, a second-year Interactive Multimedia Design and Production student.

And this was the typical answer from 19 out of 20 smokers polled at Humber College's North Campus.

With temperatures plummeting to the -20 C mark, the worst that Toronto has seen in the last few weeks, smokers have had no choice but to battle the cruel elements in order to satisfy their nicotine craving.

"Younger people are now used to

this new culture of non-smoking," said Councillor Joe Mihevc, chair of the Toronto Board of Health. "Basically, if you want to smoke, take it outside. People are getting that message."

According to joint efforts by the board and Toronto Public Health Department, the no smoking by-law is one of the key focal points of Toronto's vision to make it the healthiest city possible.

Details of an advertising campaign were released recently by Dr. Sheela Basur, the medical officer of health, informing residents that all bars, billiard halls, bingo halls, casinos and racetracks will become smoke-free by June 1 of next year.

"The general public is very supportive of this final phase of the by-law," said Councillor Mihevc.

He said the restaurant industry deserves a "pat on the back" for a tremendous compliance to phase two of the by-law that was implemented on June 1 of 2001.

According to a report by the public health department, of 6,000

inspections conducted since restaurants became smoke free, only 156 premises have resulted in violations.

While Toronto is well on track to becoming smoke-free, Alberta is further along the road.

Starting Apr. 1 of this year, Alberta will be boasting the toughest smoking law in Canada.

Under the new legislation, teenagers will be prohibited from possessing and smoking cigarettes in public

places, such as schoolyards and bus stops. Those caught will be fined up to \$100.

"I don't think it's gonna work," Pratulon said. "It might add to the perceived coolness of smoking. There'll be more people smoking."

Pratulon is not the only Humber student who foresees the ineffectiveness of Alberta's new law. Alex



Smokers have to continue taking it outside.

Lialias, a first year Air Conditioning and Heating student says that everybody is entitled to their own individuality. "I think teenagers will smoke anyway."

Councillor Mihevc calls the new law in Alberta an interesting legislation. When asked if Toronto was heading in a similar direction, he answered, "not in the near future."

What's On

Feb. 7 - 13

Winterlicious

Dine at some of the city's most fashionable locales for a low price.

www.city.toronto.on.ca

Feb. 7 - 9

Winterfest

(416) 338-0338

www.toronto.ca/special_events.ca

Feb. 7 - 9

ESP Psychic Fair

National Trade Centre

100 Princes' Blvd.

Now until Feb. 15

Franco Mirabelli Renovation Sale

Most stock is 50 - 70 per cent off, with an additional 20 per cent taken off at the register.

Yordale Shopping Centre
(416) 781-9090

Feb. 1 - 9

Family Health Fair

Ontario Science Centre

770 Don Mills Rd.

(416) 696-3127

Now through Feb. 7

Factory Shoe Outlet

Winter Sale

2394 Fairview St.

(905) 632-9668

Feb. 5 - 9

Winter Sidewalk Sale

Sherway Gardens

www.sherwaygardens.ca

Feb. 16

Pastry Demo

Fundraiser for the Downtown Jewish Day School

Loblaws, St. Clair Ave.

W. and Bathurst St.

(416) 928-3537

Feb. 27

Speaking of Women

Metro Toronto

Convention Centre

(416) 870-8000

Feb. 18

Eat Your Heart Out fundraiser

Living Arts Centre

(905) 897-0366

RAW FOOD: New diet deemed healthy by followers but not by experts

by Lydia Dumyn

Raw foodism is the hottest health kick to make its mark on those who want to practice healthy eating. But experts question how wholesome it really is.

The raw diet is a dramatic deviation from the food pyramid that recommends eating from the four food groups and minimizing fat consumption.

Raw fooders say cooked food lacks nutrients and is considered "dead", so to get the most of their meals, they eat organic foods that are uncooked, unprocessed and unaltered from its natural state.

Marie Larsson, 49, a Swedish psychologist and a practitioner of consuming raw food, started her "living" diet in 1998 and has not looked back since.

"I was in a rut. I lost my baby and got very depressed. I was overweight, often sick and always tired. Basically, I lost my zest for life," Larsson said.

Shortly after moving to Canada, she was offered a job at Supersprouts, Toronto's first in-door organic sprout farm. This was four years ago.

Larsson said she gave up meat within the first couple of weeks there. That was four years ago.

After her conversion to raw food, Larsson's chronic headaches faded and she can now manage her stress levels more effectively.

"I strengthened my immune system to the point that I have not been sick in almost four years, while others battle the flu and numerous other illnesses."

The changes are not limited to Larsson's physical being. She says she is grounded and clear-minded and the diet has awakened her spirituality.

Before making any moves, it is important to research benefits and risks. "You have to educate yourself," she said. "I continue to do it every day."

However, what most people don't know is that the typical raw fooder consumes a shockingly high amount of fat, according to Dr. Douglas Graham, author of "What You Should Know About Raw Fat" and "Fruit of Fat?: What Raw Fooders Don't Know Could Kill Them."

"The average American eats approximately 40 per cent of his total calories from fat, while a raw fooder eats 65 per cent of his total calories from fat, often more," Graham said. "This happens because fats are high in calories per bite, but fruits and vegetables are low in calories per bite. Fruit and veggies offer high volume and low calories, hence

it is a common occurrence for raw fooders to reach for high-cal, low-volume fatty foods to get their caloric density."

Many raw fooders claim that if it's raw, it's okay, but Graham said that these health plans offer confusing advice about fat. "The high fat diet is unhealthy, whether it is cooked or not. Too much fat is still too much fat," he said.

The Bernstein diet doesn't follow too far behind the raw approach, focusing on fat consumption to replace the lack of carbohydrates that play a big role in North America's weight problem.

"The trend toward low-carb, high-fat diets comes from books like Dr. Atkins' and the Zone which promote these kind of diets on somewhat shaky scientific premises," said Thomas Wolever, a spokesman for the Department of Nutritional Sciences and Medicine at the University of Toronto. "The premise is that carbohydrates stop you from burning fat, so to burn fat you have to eat fat...[but] if you eat too much then the body stores it as fat."

Aside from the high fat levels associated with raw foodism, experts agree that other factors could put raw fooders at risk.

"A vegetarian diet with some ani-



Raw food diet tends to provide plenty of vitamins, beta carotene and fibre.

mal products can meet nutritional requirements for most healthy adults depending on the balance of food consumed," said Lucia Kaiser, a registered dietician and specialist in community nutrition at the University of California. "But restrictive vegan diets have resulted in poor growth among children. Vegans need to be sure they consume a source of B12."

Research studies among individuals following raw food diets have reported mixed results. The diet tends to provide plenty of vitamin C, A and E, beta carotene and fibre, but may be low in calcium, vitamin B12, vitamin D and zinc.

"Average body weight of those following a raw food diet tends to be normal to low, but women report menstrual problems, or no menstrua-

tion at all," Kaiser said.

In spite of these dangers, experts agree that no single meal plan can achieve the ideal results for everybody who tries it. A consultation with a physician is vital in discovering what type of diet suits best.

"You must balance your diet based on who you are in order to achieve healthy eating," Larsson said. "Humans share a genetic blueprint across the globe, but there are variances and we must adapt to this."

This strict eating regimen does not appeal to everyone.

Although Wolever said there is nothing wrong with the raw diet, he also said he is not particularly keen on the idea because he likes his vegetables cooked.

Indian cuisine at its best

by Kermin Bhot

Unquestionably East Indian, with good food, attentive service and a menu full of classical dishes, Tandoori Time is a restaurant that lives up to its name.

Since opening six years ago, it has built a loyal following of customers. On any given day you might see Indian, Pakistani, Afghani and Arab families or youngsters seated around the small square tables.

The restaurant doesn't have that typical décor and feel usually associated with Indian restaurants. When you enter there is no classical or film soundtrack playing, no Indian furnishings. What you get is a small simple dining hall filled with square tables.

But what is definitely Indian is the scent of saffron, cinnamon, cardamom, coriander, cumin, cloves and turmeric.

In a twist on the open-kitchen concept, chefs work the tandoor (a special bell-shaped clay oven) behind a glass wall, in a style reminiscent of restaurants in India.

Recommended are Seekh Kabab (minced beef mixed with onions and spice, cooked in the tandoor), Butter Chicken (boneless tandoori chicken cooked in butter, tomato sauce and cream), and Chicken Tikka (nuggets of marinated chicken cooked in the tandoor).

All of the above are served with salad and nan or rice. I would highly recommend ordering the nan (unleavened, flat, soft bread baked in a tandoor) with your food. It will add to the flavour.

With Indian food it is important to have a complementing beverage. Lassi, or buttermilk, either sweet or salty, is a wonderful addition to the meal.

As with any meal dessert is important. Unfortunately the selection at Tandoori Time is limited to three items, none of which are notable.



A patron of Tandoori Time digs into his meal.

Fared Rana, who owns the restaurant with his brother Waseem Ahmad, believes the restaurant does well because importance they pay attention to detail.

"The recipes remain the same. What matters is timing, quantity of spices and service. Some people try to cut corners and save money, but if you do that then you can't make good food."

Tandoori Time is doing so well that Rana is opening another branch March 1 of this year inside the Best Western on Dixie and 401.

"The restaurant was successful from the start and now it is booming. East Indian food is growing very fast. New restaurants are coming up quickly and that's a good thing for me because they are creating a market," Rana said.

On the whole, the food at the restaurant is decent, competently prepared and of good value. An average meal for two could cost between \$25 and \$30.

Tandoori Time, 1727 Albion Road
(416) 742-7272

Restaurant Hours:
Monday - Thursday 12 a.m. - 11 p.m.
Friday and Saturday 12 a.m. - 12 p.m.

Dying to be Thin spotlights writer's battle with bulimia

The pressures of growing up can lead to eating disorder

by Laura Youmans

One woman's struggle with bulimia has turned into an eye-opener for theatre goers.

The play, *Dying to be Thin*, written by Linda A. Carson, is based on the writer's real life battle with the eating disorder.

The Lorraine Kimsa Theatre for Young People (LKTYP), formerly the Young Peoples' Theatre, a non-profit organization committed to educating and entertaining young people, is presenting the play for the next seven days.

"All the shows are completely sold out and sought after," said Jessica Kosmack publicity and marketing co-ordinator.

Dying to be Thin is about a young girl and her inability to deal with the pressures of growing up and fitting in. When the pressure becomes unbearable, she turns to bingeing on junk food and purging.

In the play, she wakes up to find the audience in her room. No

longer able to hide her secret, she spends the rest of the play talking to the audience.

Carson won her fight with bulimia and wants to spread the word about the disorder with humour and compassion in her play.

The LKTYP hosts a number of different plays throughout the year and also stages year-round drama programs to encourage young children to become involved in theatre.

Dying to be Thin runs from Feb. 9 - 16 at the Lorraine Kimsa Theatre for Young People, 165 Front Street East, Toronto. (416) 862-2222, www.lktyp.ca.

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Cloning compared to in vitro fertilization

Clonaid comes to Toronto

by Adam D. Booth

The group behind the latest human cloning controversy rolled into Toronto recently to explain their beliefs and why cloning is feasible or ethical.

The Raelian Movement, the group which states that life on earth began through extra-terrestrial DNA experiments, held a seminar at the Ontario Institute for Studies in Education (OISE) at the University of Toronto last Wednesday.

"Think of it as reproductive technology," said David Berman, an associate professor of Public Health at the Canadian College of Naturopathic Health. Berman compared the cloning process to in-vitro fertilization, saying cloning would allow infertile couples to have children.

The research company, Clonaid, made news at the end of 2002 with the claim they cloned the first human being: a baby girl they dubbed Eve.

The movement began in 1973, when the group's founder, a journalist named Rael, claims he was contacted by aliens. Rael said these aliens explained to him that they created humankind with their tech-

nology and understanding of DNA.

The Raelian beliefs state that over time, people just mistook the beings as gods and that the word "Elohim" in the original bible was mistranslated to the word "God", when it in fact meant "those who came from the sky."

"Not everybody can accept it. It's so out of the ordinary," said

N a d i a Velmihoud, a member of the Raelian Movement who spoke at the seminar. "But I believe diversity makes things more interesting."

Velmihoud responded to the claim that the movement is a cult by saying, "Any religious minority is called a cult." The Raelian Movement is a recognized religion in Quebec, she said.

Part of the plan the Raelians have for their alleged cloning technology is a three-stage process, explained by Patrick Rhein, Raelian spokesperson.

Stage one allows for cloning a baby with someone else's DNA. At

stage two, a baby can be physically aged to the same age as the donor. Stage three would allow scientists to download the donor's memories and duplicate their personality.

"It can also be used for spare parts," Rhein said, describing another benefit of cloning technology. DNA can be used to clone copies of organs, so that any damaged organs can be replaced with healthy new ones that would not be rejected by the body.

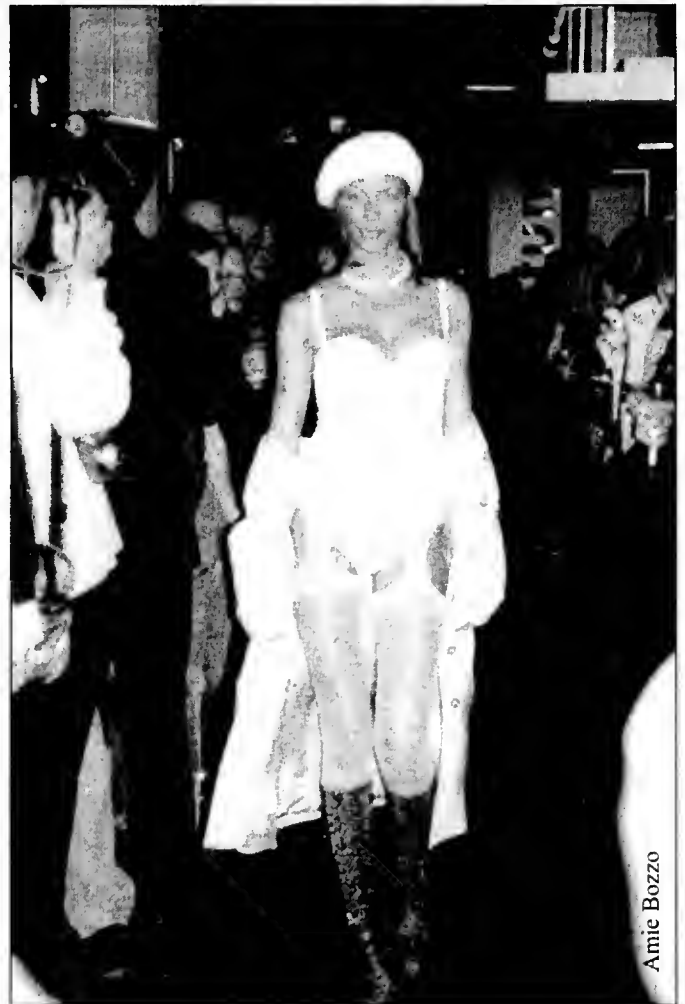
On its official Web site, Clonaid.com, the company claims its "Insuraclone" service can reserve cloned body parts.

"I don't think it's truly possible," said Aamir Shaikh, of the Muslim Student Association at Humber College. Shaikh is one among many who are unconvinced the Raelians and Clonaid have cloned human life.

"They're playing on people's popular desires," said Humber's interfaith chaplain, Len Thomas.

He speculated that even if it turns out that there are no cloned babies, some will still believe in the group. "It won't dissuade true believers of the faith."

"Not everybody can accept it. It's so out of the ordinary"



Amie Bozzo

Fight Night, a charity event held at totumlifescience, a fitness and wellness centre, raised almost \$20,000 for breast cancer research. The event featured a lingerie fashion show and a Muay Thai boxing match.



Important Dates to Remember

Nomination period: Jan 27 8:00 am - Feb 20 4:00 pm

Voting period: March 18 - March 20

If you are interested in picking up a nomination package drop by the HSF office AX101 Lakeshore or KX105 North Campus. For election information visit www.hsfweb.com.

Cast your vote for the Dental Plan. The referendum will be held on February 25-26 at both campuses. For information check out the HSF website.

Feb 11 CASINO NIGHT @ CAPS 8:00 pm - 12:00 am. Win a trip for two to New Orleans Mardi Gras for Reading Week from HSF & TNT Tours. Also you can win a PS2, Stereo, Raptor's Tickets and other great prizes.

Feb 12 Sue Johanson from the Saturday Night Sex Show LIVE in the Student Centre North Campus 12:30 - 2:30 pm

Embark on a magical journey on February 12 @ 8:00 pm. Lion King tickets on sale for \$40. Visit the HSF office KX105 North Campus or AX101 Lakeshore campus to pick up tickets. Drop by the HSF for transportation details for the show.

Feb 13 Sue Johanson from the Sunday Night Sex Show LIVE in the lower cafeteria at the Lakeshore campus from 12:00 - 2:00 pm.

Feb 14 Thinking about that special someone on Valentine's Day? Why not surprise them with roses and candies? On sale at the Lakeshore campus lower cafeteria.

Feb 18 Def Comedy Jam @ CAPS. Doors open 9:00 pm.

Feb 19 Not By Choice Live @ CAPS, 19+ Event.

Feb 24 Alcohol Awareness Day. Join Us in the student centre for an entertaining afternoon with a Hypnotist, Mocktails and Giveaways. Win a trip for two to Panama City for Reading Week from HSF & Breakaway Tours.

For a listing of upcoming events check out www.hsfweb.com and click on events.



Radio program changes storytelling

by Lydia Dumyn

Prospective writers can reach their audience more easily thanks to *Life Rattle*, a radio program that aims to bring new writers and their short stories into the spotlight.

The program airs on CKLN 88.1 FM radio and is produced by Arnie Achtman and Guy Allen. It exposes the diverse customs, cultures and attitudes present in Toronto through the art of story writing and telling.

"People write about anything having to do with their lives; birth, death, parents, children, friends, lovers, school, work, their street, their block, their city," said Achtman, who is also the host of the show.

Achtman, professor of expressive writing at George Brown College and the University of Toronto, and Allen, the head of Professional Writing and Communications also of the University of Toronto, together seek out, record, and play stories written by and for a local audience.

The program offers an alternative to a passive literature experience. It encourages people from all walks of life to put their experiences into words. Broadcasting the show for the first time in February 1988, Achtman and Allen forever changed storytelling at the station.

"The short story program broadcast on CKLN prior to ours was anything but commu-

nity-oriented," Achtman said.

Achtman and Allen approached station management with the idea of reading their own works to a radio audience. "They were receptive," Achtman said. "We alternated with the other story show for three weeks. Then we were asked to broadcast every week."

The enterprise began small, often leaving the two producers scrambling to find writers every week, Achtman said. Sometimes they had to resort to reading from books they had on hand when they couldn't find anyone with a story. After 15 years on the air, this is no longer the case.

"We had little idea of the success we would meet when we began," Achtman said.

To date, *Life Rattle* has featured 240 new writers who have read 954 stories.

Among these writers is Donna McFarlane, who has read works including, "In the 'Abattoir'", "Laundry Western", "Paper", "The Alley Cat", and "The Division of Surgery."

McFarlane published her first novel, "Division of Surgery" in 1994. "Although it was rejected by 12 publishers before Women's Press decided to take it, [my novel] was short-listed for the Governor General's Award for fiction and was one of the best novels of 1994 by Books in Canada," McFarlane said.



Vanessa Mariga, a journalism student at Humber College recorded stories for *Life Rattle*.

While Achtman attributes the success of *Life Rattle* to the writers, McFarlane says the show was "pivotal to the creation of 'Division of Surgery'". Without Arnie Achtman it never would have been completed. He not only encouraged me to write honestly about a difficult subject...but he also read, commented on and edited each chapter."

Following "Division of Surgery's" nomination for the Governor General's Award, McFarlane proceeded to read at universities, bookstores, CBC radio, writing workshops, magazine launches, and Harbourfront, things she said she would have been terrified to do before.

"From a career point of view, resumé credits for stories broadcast on radio can help with grant applications. Hearing your story broadcast fosters confidence. Meeting with new writers and hearing their stories builds a sense of community," McFarlane said. "I recommend *Life Rattle* for anyone who wants to take a stab at writing."

Vanessa Mariga, a Humber College jour-

nalism student, and budding writer recently (Jan.22) recorded some of her own stories for the show. "Any publicity is good publicity, right?" she said.

Mariga started her first journal when she was about eight. In her third year of studies at the University of Toronto, a friend convinced her to take a writing class. She completed a professional writing minor, and this led her to the post-graduate journalism program at Humber.

"I see *Life Rattle* as a stepping stone," she said. "I truly believe that the craft of writing and communication can be, and should be, applied to any field."

Mariga said she would do the show again in a heartbeat, and would recommend it to others without a second thought. "Anyone who is interested in writing should definitely give it a shot. They have nothing to lose and can gain so much from it. Arnie and Guy are always welcoming new writers."

Life Rattle airs on CKLN 88.1 FM on Sunday evenings from 9 to 9:30 p.m.



Arnie Achtman of *Life Rattle* gives budding writers the chance to bring stories to life.

Skiing tragedies spark safety concerns

By Karen Elstone

Avalanches have claimed the lives of 10 backcountry skiers in British Columbia since Jan. 20 of this year, but ski experts say that with the right precautions, the sport can still be enjoyable.

"Wait until snow settles," said Glen Parsons, certified athletic therapist at Humber College.

Skiers should know how to assess the snow pack or be with a guide that has the necessary knowledge to do so, he says.

"I know, by following the story that recently happened out west, [that] they were experienced guides and assessed the snow pack and found it to be safe in terms of their testing," Parsons said. "But, you never know how the whole snow pack is going to be."

Parsons, a past Ski Patrol member, has done some backcountry skiing out west as well as in the United States. "Just being aware of the conditions is one of the major things," he said.

The Canadian Ski Patrol are available for emergency medical services, but the key to surviving avalanches is to avoid them in the first place.

"There's a lot of science, a lot of art and a little bit of magic that goes into predicting avalanches," said Carey Rowntree, president of the Mountain Division of the Canadian Ski Patrol. "It's more like assessing your odds."

How often avalanches occur depends not just on the weather and the amount of snow, but on how the snow actually accumulates throughout a season, Rowntree said.

There could be a weakened layer

quite deep in a snow pack that will be the layer that fails.

"The best preparation is to have some knowledge about what avalanches are and how they happen," Rowntree said.

Those in the know say courses

"There's a lot of science, a lot of art and a little bit of magic that goes into predicting avalanches."

offered by the Canadian Avalanche Association are a great place to start.

The association is also the source of regular ski area and back country condition reports, which it produces

with local ski authorities. Local, regional and wide scale ratings are given, telling of the likelihood of an avalanche.

"Any time you go out in the backcountry, there's always a risk for sure," Rowntree said. "It's just how great that risk is."

A must-have, for anybody venturing to the backcountry would be an avalanche transceiver, Rowntree says.

Also known as a beacon, a transceiver is an electronic device that transmits a signal, but also receives a signal.

The survivors of an accident would be pinpointed under a snow pack, Rowntree says.

Paul Suda, coordinator of sports equipment at Humber College, who has done mountaineering, also has recommendations on further safety and survival equipment.

He urges anyone planning a backcountry ski trip this March break should take a backcountry shovel and an avalanche probe that will extend from two to three metres, in order to probe the snow for an accident victim.

Suda recommends sticking to groomed runs.

But, if you must go out into the backcountry, check with wardens in parks and look at where there has been any fresh snow.

"Where there is a lot of fresh snow—that's when it's most unstable," Suda said.

To further prepare for skiing, you should be physically fit, Parsons said. There are different things you can do if you are involved in an avalanche, such as swimming on it as much as you can and trying to create a pocket of space in front of your face for some minimal oxygen.

Sports

Icy weather stalls basketball streak

by Jeff Collier

Just like the motto of the U.S. postal service, neither rain, nor sleet, nor gloom of night keeps the Humber Hawk women's basketball squad from digging their claws into the competition.

But no one ever mentioned snow squalls.

Tuesday's scheduled match-up with the Georgian Grizzlies was postponed due to highway driving restrictions caused by extreme snow storms. It was the second time this season these two teams have had to reschedule their game, the first coming in December.

The stormy weather is about the only thing that has been able to cool the heels of the Hawks as of late.

Last week's thrashing of the George Brown Huskies saw the women hold their opponents scoreless for the first eight minutes of the game, largely due to tenacious defence and a well-executed zone press, en route to a 54-22 final.

Led by player-of-the-game Emily Wang and her hot shooting from beyond the three-point arc, the Hawks jumped out to a 27-5 half-time lead and never looked back.

Wang finished with nine points, while backup point guard Tanya Castang added a spark off the bench and chipped in with 10.

In their third meeting of the season, the Hawks proved George Brown's roar was worse than their bite, outscoring their opponent by an average margin of 35 points.

Next up for the women is an important home match-up Thursday night with the 6-4 Loyalist Lancers, who will be out to avenge a 79-53 drubbing by the Hawks earlier this season.

The Lancers sit in second place in the competitive OCAA east, despite having played three more games than the 5-2 Hawks, and are just two points back of the first place Seneca Sting.

The Hawks and the Lancers tip-off at 6 p.m. on Thursday, Feb. 6.



Humber won two in a row, improving their first place record to 9-1. First against Huskies last week.

Quit yer whining

So, Vince is back and the Raptors are on a three game winning streak. Coincidence? I think not. In the last five games, the Raptors have pulled four wins out of their hats with Vince contributing each time. In his latest effort against the third place Bucks, he played 34 minutes, and led the team in scoring with 25 points.

In the dying moments of the game he denied Buck Ray Allen, by blocking his shot.

Charles Barkley can eat crow, because Vince is back. He is a phenomenal athlete and deserves to play in the all-star game.

Barkley and other nay-sayers are complaining that Vince hasn't played enough this year to warrant being on the all-star team, and he should stand aside, be the bigger man and let Jordan start.

Well isn't that convenient. Now that Barkley is out of basketball he is free to criticize as he pleases with no chance of being challenged.

Yes, Vince had to sit out 23 games because of injury, but he has proven in the past, and is doing it yet again. He is a force to be reckoned with.

The all-stars are chosen by the fans, not players or coaches. It's a popularity contest of sorts, so if Vince is popular, he should play.

He joins cousin Tracy McGrady of the Orlando Magic, a former Raptor himself, who led the voting in the east.

Vince is averaging 18 points per game, the same as Jordan, and Jordan has had a whole season to improve his stats, Vince has not.

A real crowd pleaser, Wilkins sees Vince as his go-to guy.

"You put him back in our lineup, he's our Shaq. You know what I'm saying, he's our best player. When he's on the floor he makes other people better and guys play with a lot of confidence," said Wilkins in an interview with Globe and Mail reporter Robert MacLeod.

The truth is, Barkley and others are jealous of Vince. Here is a young whipper-snapper who's got game, yo.

Vince is good at both ends of the court and is 10 times the player Barkley ever was.

Vince, at 26, hasn't accomplished as much as Jordan, but he doesn't have the supporting cast the latter did back in the heyday of the Bulls.

Vince has no Pippen or Rodman to help him along. He has to do it all on his own, and when he's on, the Raptors are too.

So, get ready to watch Vince silence the critics yet again as he slams his way onto the all-star scene Feb. 9 in Atlanta against the likes of Kobe Bryant.

Vince's back and he's better than ever.

Musings



by Amy Miles

Sweet revenge

by Steve Autio

"Na, na, na, na, hey, hey, good-bye," echoed around the Humber gymnasium last Tuesday night as the men's basketball team soundly defeated the Sheridan Bruins, 72-59.

Sheridan handed Humber its first and only loss this season, a week and a half prior to Tuesday's match-up. The Bruins slipped by the Hawks 63-60 in a come-from-behind win spurred on by their deafening fan support.

On this night, however, the Humber crowd, armed with noise-makers, turned the tables.

"It was great, I really liked the crowd we had tonight - really alive. They were a big momentum booster," said Humber Hawk forward

Aron Bariagiabre.

"It was a beautiful thing - I hope they continue to come out and not just for a Humber-Sheridan match-up," Hawks guard Ray Morgan said about the fan support.

"They beat us last time in a game we thought we should have won, the memories were fresh," said Humber head coach Mike Katz when asked about whether his team was extra motivated for the highly anticipated re-match.

"We had to protect our home court," Bariagiabre said after the game. Bariagiabre had his jumper working, collecting 11 points.

It was Hawks guard Samson Downey who really seemed to be feeling it as he led all scorers with 18 points. Downey had a hot hand and wasn't afraid to shoot the rock.

Guard Jeremy Walters marshalled the team in this game setting up many baskets. The phrase "nothing but net" could be used to describe Morgan's performance on this evening. His perfect swishes added up to 14 points on the night.

"It's a great win. We competed very well, we were tough, got to loose balls, made some big rebounds and ran our offence at the end," Katz said.

"It was a hard battle against our rivals. The crucial part for us was to keep the lead and we made sure of that," Walters said.

The Hawks have won two games in a row since suffering their first loss of the season. The Hawks burned George Brown 65-59 last Wednesday.



Humber gave Sheridan a taste of their own medicine with raucous fans and a 72-59 win at home.

Scoring stars

by Ron A. Melihen

The house was packed at Westwood Arena last Saturday as many "mini-fans" cheered the Humber Hawks Hockey team to a 16-3 victory against the Cambrian Golden Shield.

There were many kids in the crowd as the Humber Hawks welcomed Girl Guides and Boy Scouts in the annual get together. Humber players lined up in front of their bench after the game and signed autographs for the youngsters.

"It's great to see how enthusiastic the kids are about watching the game and cheering. I wish they were at all our games," fan favourite James Rodak said.

Rodie, as he's known by his teammates, was a threat to the opposition, scoring two goals and adding one assist before roughing it up with one of the Cambrian players in the second period.

After the game, head coach Joe Waskurak said he was pleased with Rodie's play but decided to take him out of the game. He didn't want to risk the important match Saturday against arch rivals St. Clair.

"He already had 16 penalty minutes and if he got

another misconduct penalty he would be disqualified for our next game. I decided that it would serve us better to have him sit out the rest of the game and have him for Saturday's game," Waskurak said.

The game was already in the bag for Humber as they led 12-2 with one period left.

Humber player of the game was Chris "Pugs" Pugliese. Pugs got the hat trick and chipped in one assist in a game that helped many players pad their point totals.

"That Pugs, he's wild," said Humber goaltender Nick Grainger. "We definitely have the best offence in the league."

"This was a good game that gears us up for the playoffs," said Humber Hawk Jason Fortier.

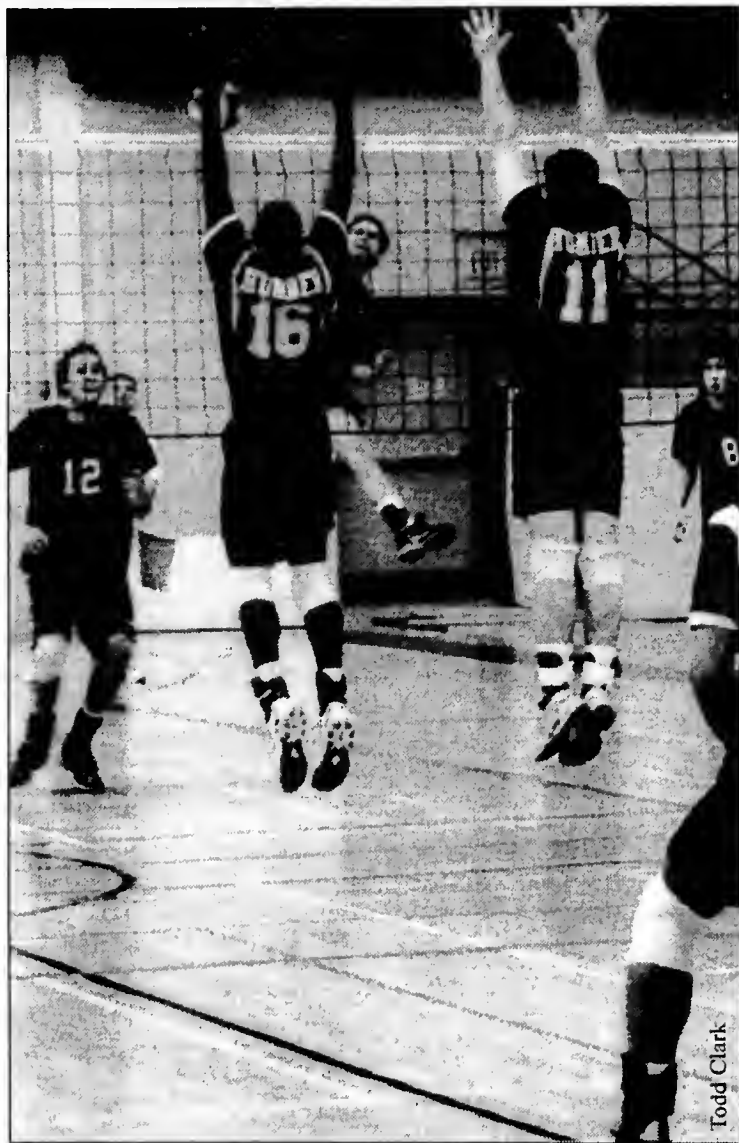
Saturday the Hawks will travel to Windsor to take on the team they're fighting for first spot. St. Clair and

Humber have split the first two games and this will be the rubber match.

"It's going to come down to who wants it more," said Waskurak.

Humber Hawk player Seth Gray was confident they would win and gave a Joe Namath prediction. "I will guarantee a win on Saturday."

"This will be our biggest game of the year and going to their home arena is never easy."



Todd Clark

Humber remains undefeated in league play with a record of 7-0.

Serving up a win

by Todd Clark

The Humber Hawks' men's volleyball team took its undefeated record into a hostile environment at Georgian College last Wednesday and walked out with an emotional victory.

The Hawks won 25-20, 21-25, 25-23 and 25-16.

Despite a poor practice week, losing star players Richard Wittemund and Sokol Hakarama (in all likelihood) and having added three new players to the roster with only four weeks left until the playoffs, the Hawks sent a message to the Grizzlies and to the rest of the playoff-bound teams.

"I think we really stepped it up. Everyone has their assigned job on the court and everyone stuck to the game plan and got the job done," said team captain Dave Hartshorn.

The Hawks were charged and ready from the get-go, as they showed more enthusiasm at the beginning of the game than they have all year. There was emotion vibrating down the Hawks' bench led by spark plug Ryan McInerney, who dressed for his second game as a Hawk.

The Hawks put the Grizzlies away in the first set after all-star power. Sucha (Bobby) Randhawa, hammered the ball between Georgian defenders.

The second set did not go in the Hawks' favour as mental errors caused the team to trail most of the set. After the Grizzlies took a 19-17 lead, head coach Wayne Wilkins saw enough and replaced Randhawa with McInerney, who

played in his first varsity volleyball game.

"I don't know if the pressure was getting to him [Randhawa.] We brought in Ryan for a momentum change," Wilkins said.

"I was pumped up. I was put in there to bring up the emotional level," McInerney said. "The guys were a little flat-footed out there. I'm used as a spark plug and with a little more improvement, hopefully, I can help out a little more."

The third set was a battle to the finish. With the Hawks up 23-22, Wilkins called a time-out to refocus his team as the Grizzlies were gaining momentum.

Whatever Wilkins told the team worked.

After a long rally in which both teams showcased their athletic abilities to the fullest, Georgian set up the right play and looked as though their power was going to hammer the ball for a kill and tie the match at 23-a-piece.

But Hawks libero, Matt Singh, hit the floor and dug the ball just as the Georgian bench was ready to celebrate. The rally continued and the Grizzlies had another chance of tying the game, but Hartshorn came up with the biggest block of the game and it was all Hawks from that point on.

"The adrenaline was pumping and I knew it [the ball] was coming and the game was so tight ... it made me jump that extra few inches and it was such an emotional high to come back down," Hartshorn said. "This whole team is in it for the same reason. We want the rings on our fingers."

Problems? Questions? Complaints?



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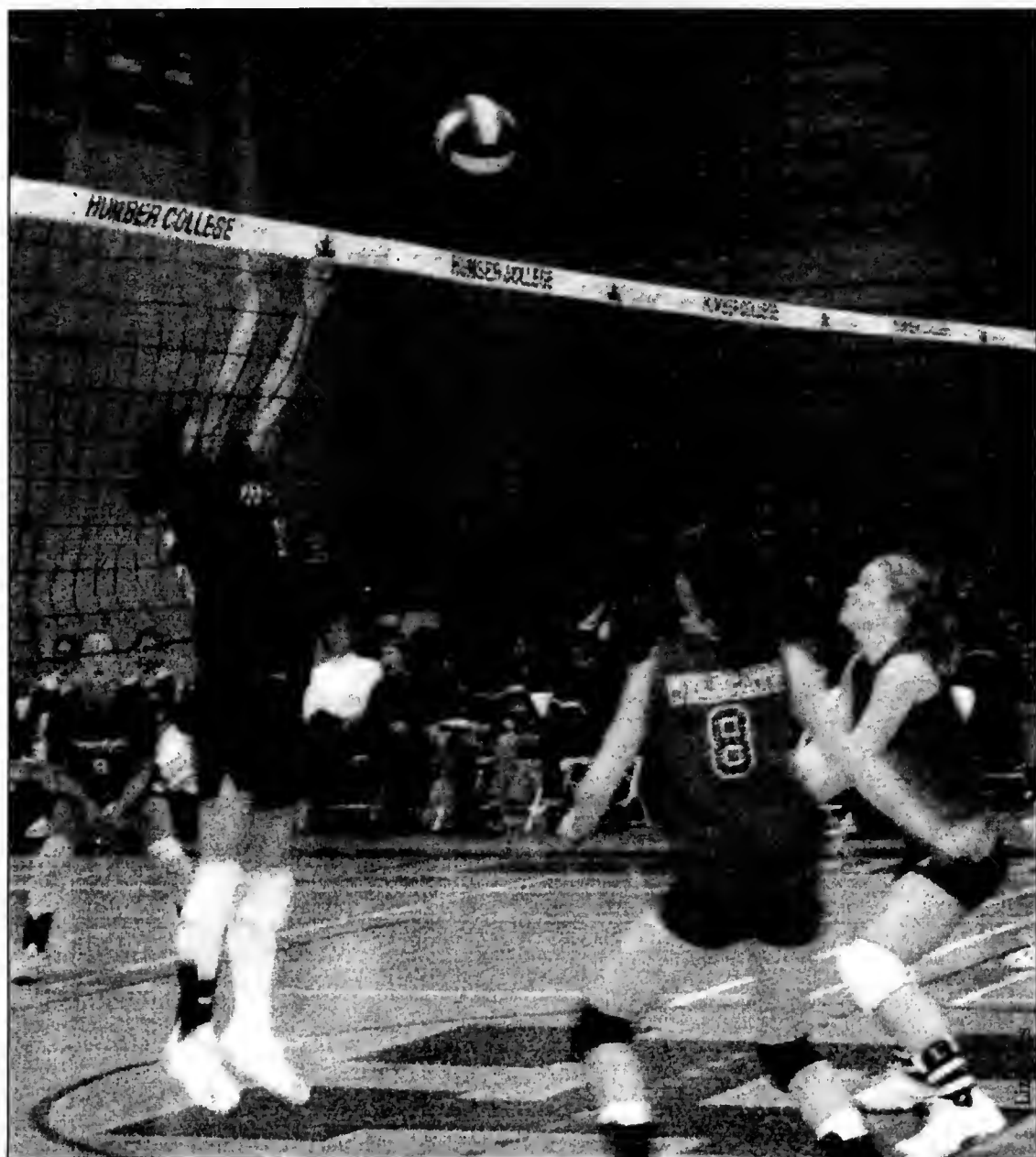
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Twelve high schools from across Ontario competed in the Humber High School Classic.

High schools spike up Humber tourney

by Liz Byers

A small-town high school team won big at the Humber High School Classic during the first weekend in February.

The Waterdown Warriors beat the Widdifield Wildcats for top spot at the invitational girl's volleyball tournament hosted annually by Humber College.

The tournament has been running for the past five years and high school coaches see it as a way for their team to come together and grow as collective units.

"We like the Classic because it is a chance to see other teams in the province. We have also had a week layoff with exams so it's nice to get the rust off and get everything polished for playoffs," said Gary Banting, head coach for the Waterdown Warriors.

Another reason Banting likes the chance to play at Humber is the entire college experience.

"It gives them [players] good exposure to the college campus and

the program. Some different coaches talk to the girls about the different programs here," he said.

Many participants of the tournament were simply thrilled to be playing at a college venue.

"Humber is a really nice campus, but it is really big," said Kylie Cross of the Quinte Saints in Belleville.

"Humber is a great school and it also has an amazing reputation."

The Saints performed well throughout the day but weren't expected to make it to the finals. Cross maintained a positive attitude and decided to look at the big picture.

"The tournament allows us to develop some stronger skills and just improve as a team," she said.

Widdifield Wildcats player Lara Church agreed. The Wildcats are having a year of rebuilding since a majority of the girls are in grade 11.

"We just want to get more experience as a group because we are such a young team," Church said.

Eager parents watched the day's events unfold from the crowded bleachers. Most arrived an hour early and were still cheering when the final games were being played.

Danni Lay, whose daughter plays for Bloor Collegiate in Toronto, said the tournament allows the girls to play consistent volleyball with many different teams.

"Sometimes the season is only five games and today they have played way more than that. This practice will hopefully pay off after the tournament and they can then broaden their skills," she said.

Waterdown has had a few of their players move on to Humber. One of Banting's key players may be Humber-bound next September with big dreams of playing on the varsity team.

Ban checking in minor hockey?

Study shows an increase in injuries for young hockey players.

by Steve Autio

A poll conducted by waymoresports.com suggests a majority of respondents believe bodychecking in hockey should be banned for nine and 10-year-old players.

This comes after a study by the Canadian Hockey Association, indicated young children playing in hockey leagues had four times the risk of injury compared to those in leagues with no hitting.

Many hockey experts say other steps, including educating young players how to hit correctly, are the best ways to approach the subject.

"You learn good habits when you are young so I think bodychecking should be part of the game with nine and 10-year olds," said Gord Stellick, hockey analyst for *The Score*. "I think it's an element of the game."

A recent campaign by FAN 590 radio host Bob McCowan with support from CBC commentator Don Cherry, has resulted in Bauer Nike providing STOP stickers free of

charge to minor hockey league players across the country.

The initiative is to place these STOP stickers on the backs of helmets to help stop players checking other players from behind.

The idea, as pointed out by Cherry, is that a player is looking at the back of the other player's helmet if he is about to check him from behind.

"I like it," said Stellick about the STOP sign initiative. He says, however, it really comes down to educating young hockey players. "Stop signs don't mean that people don't go through stop signs with cars. I think it comes down to teaching the players respect and teaching players to execute the hits," he said.

Though nobody wants to see one more needless injury, it comes down to educating the players and not taking away a component of the game, he said.

"It is the overall education process and policing process that will stop these needless injuries," Stellick said.

Athletes of the Week

Chris Pugliese
Men's Hockey

Emily Wang
Women's Basketball



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Toronto bud Gary Roberts

Now that the all-star break is over, Leaf fans everywhere are preparing themselves for the return of Gary the Great.

Roberts astounded fans during his mind-blowing playoff run last season, with a total of 19 points, alongside line-mate Alyn McCauley.

But after the playoffs, Roberts decided it was time to head back to the emergency room for a double shoulder surgery, after being defeated in the third round by the Carolina Hurricanes. (Roberts previously put his career on hold undergoing neck surgery before playing with the Hurricanes during the 97/98 season.)

When this year's regular season began, it was no secret the Leafs were in trouble. With Pat Quinn rearranging the line-ups like the fluctuation of the stock markets, fans were shaking their heads while awaiting Roberts' return. There were times when I was thinking no one else could save this team.

But after giving the club only a few months, and seeing how well they were all adjusting to one another,

er, rays of hope were shining through.

Roberts' absence wasn't the only adjustment to worry about. It was clear that Eddie Belfour had some adapting to do too. It's one thing to lose Roberts, but it's another thing to fill the skates of Curtis Joseph. (That's a story for another day. I'll



by Christina Wienecke

let you in on my thoughts about the traitor...I mean...Joseph some other time.)

And now, what's going to happen when Roberts reacquaints himself with the rest of the buds?

Does anyone remember when Steve Thomas took some time off

during the 2000 regular season after knee surgery? No one ever thought he would leave the Leafs, but when the playoffs ended, so did Thomas' time in Toronto.

Although Roberts is enthusiastic and ready to come out and play, Quinn and the gang are hoping to sign this veteran to a deal that will likely end his career as a Leaf within the next two years.

And Leafs management wouldn't be the same if there weren't any problems. The biggest of them all is the fact Roberts just got out of surgery and he isn't getting any younger.

I'd really hate for Toronto to lose Roberts, but it wouldn't be the first time contract talks turned into a big mess.

For now, we can all definitely look forward to Roberts' come back when he returns this month. Never mind the fuss about Harry Potter or the latest version of the Lord of the Rings, it's time to watch a whole other story unfold. Get ready for the return of Gary the Great.

Varsity Standings

Men's Volleyball

Central Division	MW	ML	Points
Seneca	9	1	18
Humber	7	0	14
Georgian	6	4	12
Cambrian	4	5	8
George Brown	4	5	8
Sheridan	1	7	2
Boreal	0	9	0

Eastern Division	W	L	Points
Loyalist	7	0	14
Royal Military	4	3	8
La Cite	4	3	8
Fleming	3	5	6
Durham	3	4	6
Algonquin	0	6	0

Western Division	W	L	Points
Niagara	11	0	22
Fanshawe	6	4	12
Redeemer	6	4	12
Nipissing	5	4	10
St. Clair	4	5	8
Mohawk	1	7	2
Canadore	0	9	0

Women's Volleyball

Central Division	MW	ML	Points
Cambrian	11	0	22
Humber	8	1	16
Seneca	8	4	16
Georgian	7	5	14
Sheridan	4	6	8
Boreal	3	7	6
Centennial	1	9	2
Confederation	0	10	0

Eastern Division	W	L	Points
Durham	7	1	14
Algonquin	7	1	14
Loyalist	6	2	12
Trent	8	4	12
Royal Military	3	6	6
Fleming	2	8	4
La Cite	0	9	0

Western Division	W	L	Points
Niagara	12	1	24
Fanshawe	11	3	22
Mohawk	8	4	16
Canadore	7	5	14
Sault	6	6	12
Nipissing	5	6	10
Redeemer	3	9	6
St. Clair	2	10	4
Lambton	1	11	2

Women's Basketball

Eastern Division	W	L	Points
Seneca	7	0	14
Loyalist	6	4	12
Humber	5	2	10
Durham	4	5	8
Algonquin	4	4	8
Georgian	2	6	4
George Brown	0	7	0

Western Division	W	L	Points
Fanshawe	7	0	14
St. Clair	5	1	10
Niagara	4	3	8
Mohawk	3	3	6
Redeemer	3	6	6
Algoma	0	9	0

Men's Hockey

St. Clair	W	L	T	Pts
St. Clair	12	1	1	25
Humber	10	1	0	20
Seneca	5	4	3	13
Conestoga	4	8	1	9
Cambrian	3	9	1	7
Fleming	1	12	6	2

Men's Basketball

Central Division	W	L	Points
Humber	10	1	20
Sheridan	8	2	16
Mohawk	4	6	8
Centennial	3	7	6
Seneca	3	7	6
George Brown	2	7	4

Eastern Division	W	L	Points
Algonquin	10	0	20
St. Lawrence	6	3	12
Georgian	6	4	12
Durham	4	6	8
Loyalist	3	7	6
Fleming	0	9	0

Western Division	W	L	Points
Niagara	7	2	14
Fanshawe	6	3	12
St. Clair	5	3	10
Lambton	5	3	10
Sault	4	3	8
Redeemer	2	7	4
Algoma	1	9	2

Humber speaks out about the return of Roberts

"I think Roberts will be a good addition because he brings a little more to the team. Once he gets a few games in, he'll probably play the same way he did in the playoffs."

Mike Oliveira
Business Administration
varsity hockey player

"The Leafs are the most hated team in the league and Roberts' presence will take them to a whole other level."

Doug Fox
Athletic Director

"I hope it's not too soon because, not only does he pose a presence on and off the ice, there are certain expectations for his return. It's like the second coming of Gretzky. Expectations may outweigh his return and it won't be his fault."

Jim Bialek
Assistant Athletic Director

"When Roberts comes back, he'll spark some fire in the team. I'm really excited because I've been waiting for him to come back for a very long time."

Stephanie Silver
Culinary Management

"I think when he comes back he'll boost the team offensively. That's what the Leafs need right now."

Luke Gniwek
Travel and Tourism

"He's going to have a great impact on the team, but he's just one guy. They're not going to win the Stanley Cup unless they make some trades."

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