

Immigration frustration

Federal changes a concern, policy coordinator says

Christina Comisso
NEWS REPORTER

Humber student Kendi Muchungi knows what it is like to go through the Canadian immigration protocol that is now being overhauled by the federal government.

"It's hard for people to get visas because the assumption is that everyone who comes to this country is going to want to stay here," said Muchungi, a Kenyan native who is enrolled in the post-graduate web development program at Humber. "I love Canada, but I am going to go back. I can make more of a difference in Kenya."

Muchungi explained not many people in Kenya have the same level of education as she does. "There is more opportunity for me there, it makes sense to go back."

Bill C-50, the Immigration and Refugee Protection Act, was introduced last month to reduce the backlog of 800,000 immigration cases and cut waiting times for applications. The bill would allow Immigration Minister Diane Finley to discard applications from certain countries, reject applicants who otherwise meet all immigration criteria, and accelerate certain applications.

According to Citizenship and Immigration Canada, this new system will allow the minister to process the applications of skilled workers faster to address Canada's labour market needs. It also has the option of faster processing for applicants from troubled areas.

However, some critics, including Ontario Council of Agencies Serving Immigrants, said the proposed bill would put limits on the humanitarian and compassionate category of immigration. "It opens up the space to put greater stipulations on international students. It gives the minister discretionary powers over whether or not to issue a visa, and there is no option to appeal the decision," said Amy



Jeremy Dickson

Muchungi (front left), with her international web development classmates. Left to right: Syd Rahman, Aniema Ntia, Shivam Mehta and Qiyue (Joy) Zhou. Muchungi is from Kenya.

Casipullai, the council's policy and public education coordinator.

"It is more difficult for students from some countries than others," said Diane Simpson, director of Humber's International Centre. "China, for example, has a rigorous application process. Students must provide information on their financial history, demonstrate links to their country and prove that they'll go home after graduation. Even with all that information, the approval rate is 50 per cent."

Simpson said that students from the United Kingdom do not have to

provide that type of information and their approval rate is close to 100 per cent.

"In an African country, the approval rate is under 30 per cent, making it unlikely that a student will be approved to study in Canada," said Simpson.

"The process has become very complicated. From what we know, it is not being applied consistently around the world."

—Amy Casipullai
Policy and Public Education
Coordinator, OCA SI

It took Muchungi, a year to get a study permit. "If I had to go through the whole process again, I don't know if I would do it," she said. Muchungi was supposed to begin her program in September 2006, however she was granted a Canadian visa one

day too late and had to wait an additional year before coming to Humber.

"By the time I realized I wouldn't be leaving for another year, the company I was working for in Kenya had already hired someone to take my position," said Muchungi. "The long wait times affect so many things. You can't plan for the future."

Muchungi said once the required documents are handed over to the Canadian embassy, the process becomes complicated.

"The mandatory medical tests are what make the process so long," said Kendi. "I had to see a certain doctor specified by the immigration officer, which was far more expensive than my family doctor."

Continued on pg. 5

Immigration and Refugee Protection Act: Objectives and Applications

(a) to permit Canada to pursue the maximum social, cultural and economic benefits of immigration;

(b) to enrich and strengthen the social and cultural fabric of Canadian society, while respecting the federal, bilingual and multicultural character of Canada;

(c) to support, by means of consistent standards and prompt processing, the attainment of immigration goals established by the Government of Canada in consultation with the provinces;

(d) to promote international justice and security by fostering respect for human rights and by denying access to Canadian territory to persons who are criminals or security risks

—Courtesy Department of Justice

NEW SUDOKO PLUS BIGGER,
BETTER CROSSWORD! PG.10

Mr. Pink lights the Park
Entertainment, Pg.20

Modern take on old sins
In Focus, Pgs.14-16

"If Mr. Mugabe continues, it will be a coup d'etat," Dimitrij Rupel, foreign minister of Slovenia, addressing MPs at the European Parliament. — www.bbcnews.com

MPP tackles child porn

New bill seeks to nail silent bystanders with 50G fine, two years in jail

John Bkila
NEWS REPORTER

Police foundations co-ordinator Herni Berube said a recently proposed bill on child pornography may not be enough to get people to report the crime.

Laurel Broten, the MPP for Etobicoke-Lakeshore, introduced a private member's bill last month to make anyone in Ontario legally required to report any images of child abuse they come across online.

"We all share a responsibility when it comes to the safety and protection of our children," she told the legislature. "Images of child pornography are permanent records of child abuse."

Berube said it is difficult to enforce a law based on a person's inaction and agrees with the idea of increasing police resources to catching distributors of images of child abuse.

"What allows crime to occur are people who don't report it," he

said. "If you know of it and do nothing, in one respect, you're supporting it."

The proposed legislation amends the Child and Family Services Act by adding the Criminal Code's definition of child pornography.

Failing to report such an act would be considered an offence and punishable by up to \$50,000 and two years in jail.

Broten said she increased the fine to that level after looking to Manitoba. As long as the two provinces are proposing similar legislations, they should be consistent, she said.

"I also found the current \$1,000 fine way too low," said Broten. "In fact, the bill amends the fines for failing to report within the act overall."

Berube agrees with the proposed bill and said he would like to see the fine applied.

"The sentence needs to be appropriate to how serious the offence is viewed by legislators and the public," said Berube. "The penalty

she's suggesting reflects the level of repugnance over those acts of child abuse."

The overall reaction to the bill has been a positive one, said Broten.

"I've received a great deal of support and it would seem Ontario

agrees with me in that we cannot be bystanders."

Broten said her bill passed its second reading in legislature on March 20 unanimously.

"It's about taking a stand and saying our duty to protect our kids is paramount."



Office of Laurel Broten

Laurel Broten gets new bill passed second reading.



Sunil Angrish

The firefighting program chooses charity on personal affiliation.

Students decide on annual fund

Justin Robertson
NEWS REPORTER

Humber's firefighting students have donated nearly \$5,000 to the Canadian Cancer Society, a cause that is personal for many of them after a colleague was diagnosed with the disease.

"It's part of everybody's persona," said class president Alex Marshall. "Everyone cares about giving back."

Each year the firefighters select a cause they want to support, he said. After fellow student Scott Coleman was diagnosed with cancer, the class was more determined to help, Marshall explained. Students asked family and friends to sign pledge forms for the cause, asking for donations and sharing Coleman's story to others.

"Everyone had a desire to help out," he said. "All of our classmates put a lot of effort and hard work into it."

In total they raised \$4,827 for the

charity. The college and its support staff union and collectively donated \$1,000 for the cause.

"We really appreciate their efforts," said Sharon Ross, senior coordinator of community partnerships for the Canadian Cancer Society. "Every contribution, large or small, it all helps."

Combating cancer is personal for Humber President John Davies as well. His daughter is a breast cancer survivor.

"I know the issue from a very personal level," he said. "But I'm not alone."

The culture of volunteerism at Humber is very strong, Davies said. From early childhood education students to spa management, many programs are trying to help, he said.

"There is an incredibly strong culture of volunteerism at Humber," said Davies. "It's very nice to see that nurtured here."

White powder found in locker

Police, ambulances and substance control crews were on campus

Kyle Rindinella
SPECIAL TO THE ET CETERA

White powder found in an L-wing locker prompted an emergency response that determined the substance was chalk.

Gary Jeynes, director of public safety, said a routine request was made to cut a lock off from a locker in the L building. Once the lock was cut, a white powder was found inside which prompted authorities to be called. Police, firefighters and Hazmat officers came to investigate.

The contents of the locker were moved to the Community Room, located in the campus main entrance, across from the security desk. In the foyer, eight firefighters, three cops and an ambulance worker waited for the Hazmat team to come for roughly an hour.

Once the four Hazmat officials arrived, in white suits with face-masks, they went to investigate the substance being held in the Community Room. They were in there for about 20 minutes before exiting with multiple clear bags sealed in a grey bin.

The white powder was tested on site and was overheard to be either chalk dust or the white powder

used by weightlifters for their hands.

"An unknown substance was found in a locker and the necessary precautions were taken to make sure there was no risk to anyone."

Sgt. Brian James
Toronto Police, 23 Division

Humber's President John Davies arrived after Hazmat cleared the powder. Davies said he was "concerned with student safety and if there was anything the school could or should do."

Sgt. Brian James of 23 Division only added "an unknown substance was found in a locker and the necessary precautions were taken to make sure there was no risk to anyone."

Although this is not a regular occurrence at Humber, Jeynes said sometimes suspicious packages are found at the school and the necessary precautions are taken.

Four fire trucks, an ambulance and multiple police cruisers arrived at Humber around 5 p.m., and stayed for over two hours until 7:30 p.m.

The Skinny

• Zimbabwean opposition party leader Morgan Tsvangirai has claimed victory in the country's Saturday elections, with the opposition MDC party winning 50.2 per cent of the vote. President Robert Mugabe's camp is denying the outcome. Official results have yet to be released
- bbcnews.com

• OPP plans to abandon highway patrol-styled Stetson hats. The large hats will be replaced by the regular blue caps worn by police. OPP spokesperson Sgt. Pierre Chamberland said the switch is due to the functional level of the hats. Stetsons often blew off heads during wind gusts, forcing officers to chase their Stetsons down the highway. Others said the tall hat makes it difficult to get in and out of the car.
- thestar.com

• Cambodian-born Dith Pran, photographer and journalist during the country's genocide, died this week of pancreatic cancer. He was 65. Pran was a translator and fixer in Cambodia for *New York Times* journalist Sydney H. Schanberg. Pran's documentation of the war led to the 1984 movie *The Killing Fields*. Dith moved to New York in 1980 and became a photojournalist for the *Times*.
- nytimes.com

CORRECTIONS

On page 2 of the March 27 issue, a headline read "Sherri Wood dead at 29 of cancer." She was 28.

On page 8 of the March 27 issue, the question for Word on the Street was omitted. It should have read: "What changes in your life have you made to be more environmentally friendly?"

On page 9 of the March 27 issue, Ashley Hampson's opinion piece, "War on Facebook a losing battle" was cut off. The final paragraph should have read: "To those who have abstained, I'm sorry I've let you down. I just hope someone, somewhere, will continue the fight and bring us back down to reality."

We regret the errors.

For the first time, Roman Catholicism has been surpassed by Islam as the world's single largest denomination by almost two per cent. — www.timesonline.co.uk

Hormones in tap water

Study shows drinking from the faucet may not be as safe as thought

Erin Lewis
NEWS REPORTER

Despite a recent study that found pharmaceuticals and industrial products in Ontario's drinking water, the instructor of the water quality management class at Humber will continue to drink from the tap.

Shawn A. Cleary, water and wastewater engineer, said he is not aware of an instrument that can detect the range of substances found in this study, but said the water is safe.

"Tap water, they monitor for hundreds of parameters. Bottled water, they monitor for a handful of parameters," he said.

Cleary attributes the quality of water to post-Walkerton legislation. In 2000, Walkerton's wells became contaminated with manure from local farms, infecting 2,300 locals with E.coli.

The new legislation, which mandates a multiple barrier of protection for the user and in addition to the protection provided by house-

hold carbon filters.

He said new research and technology will combat these issues, but upgrading and optimizing every single water treatment plant is not economically feasible. He said this is especially true for small communities, without some input from the federal government or the industries that created these chemicals in the first place.

"Most of the drugs we put in our body go straight out in our urine and there are so many products that are distributed on the market that we just can't keep up with. We can't monitor for all of them and we certainly can't treat for all of them," Cleary said.

The senior author of the study, Mark Servos, was working for Environment Canada at the time this research was being done. He said trace levels of antibiotics, sex hormones and painkillers such as triclosan were detected.

Triclosan is a bacteria killer, but studies have shown that the chemical can mix with chlorine to produce chloroform gas, which is

thought to be a possible human carcinogen by the U.S. Environmental Protection Agency.

"We were looking at small group of pharmaceuticals, but the implication is that there's potential for lots of other chemicals and we need to be aware of that," Servos said. "We don't need to be running out scared, but what we need to do is the science to understand what the chemicals are and what the implications are and if at all possible. Are there any treatment options we can apply to further reduce the risk?"

Some of these endocrine disrupting substances mimic hormones produced in the body and when ingested, can fool our systems into thinking we have enough of these molecules, Cleary said. The endocrine system is the body's hormonal system.

"The risk is that our body can be tricked," he said. "Our hormone checks and balances and levels may get disturbed."

The findings have been passed off to Health Canada and

spokesperson Paul Spendlove-- said they will conduct research with Environment Canada to help understand the potential impact of these pollutants.



Erin Lewis

Pollutants are finding their way into drinking water.

Students fundraise for needy children

Sunil Angrish
SENIOR REPORTER

Humber's early childhood education (ECE) program was advocating the need to address child poverty this week by raising nearly two-hundred and eighty for food and hygienic supplies to be donated to families in need.

"We've had ton of people making donations," said second-year ECE student Ashley Coite, 22.

Second-year ECE students baked goods, which were sold at the North Campus on Tuesday. Students can make a donation of any price to purchase a treat, she said. "Anything can make a difference," said Coite.

Money donated will be used to purchase canned items for families in need, she said. A fellow student works at a grocery store, so food and supplies will be discounted, she said. The food will then be donated to Hincks-Dellcrest Community Centre, and distributed to families in Scarborough.

Students have been working on the issue and the fundraising event for course work since January, said ECE professor Laura Oyama. "It was a class team project," she said. "They've done an amazing job."

Several other issues were addressed by other groups of ECE students, Oyama said. Funding for childcare and the benefits of early childhood education were addressed at the North Campus earlier this week.

"Graduates in general have a difficulty explaining what they do," she said. "This allows them to pick an issue that is important and share it with students."

In addition to the baked goods, students also created numerous posters promoting the event and raising awareness of the issue, along with T-shirts and handouts, she said.

"It's here and it's not a joke," said ECE student Daniel Grossi, 20. "Children are the future, and if we can help them now the possibilities are endless."



Sunil Angrish

Early childhood education students hold fundraiser.



Jon Sufirin

Heavy snowfall meant heavy de-icers. With the melt on its way, environmentalists wonder what the substances' impact may be.

Spring thaw may harm Arboretum

The outcome of salt run-off and other defrosting results not yet known

Jon Sufirin
NEWS REPORTER

The upcoming spring thaw may bring a new ecological threat to the pond at the arboretum, said Barb Fox, co-ordinator of the Centre for Urban Ecology.

"This year will probably be the first year we've had salt in the pond," she said.

The new Centre for Urban Ecology has brought an increase in pedestrian traffic to the arboretum, she said. And some of the de-icing salt used there will run off

into the pond during the thaw.

It is difficult to determine whether the runoff will be benign or detrimental, said Sid Baller, superintendent at the arboretum.

"The question is: what is going to happen?"

Plant and animal life, like fish and snapping turtles, can withstand some level of salt run-off in the pond. Amphibians like salamanders and frogs, however, are particularly vulnerable, Baller said.

The arboretum has been using magnesium chloride as a de-icer,

which is far more expensive than road salt, but thought to be safer, he said.

"It's supposed to be way less dangerous," he said. "We'll find out."

Baller clarified that great strides were made to strike a balance between pedestrian safety and wildlife welfare.

"It's been felt generally that we've taken the most responsible — responsible to the environment and responsible to our patrons — approach to kind of catch both ends of the equation."

Baller said that the decision to

use de-icers in the arboretum was a difficult one.

"We agonized over it because the last thing you want is for someone to fall and hurt themselves. But on the other hand, the whole lifeblood of the program over there is wild lands, so why would you jeopardize that?"

David Griffin, maintenance manager at Humber, said balancing environmental concerns of de-icers with pedestrian safety can be complicated.

"That's a philosophical issue," he said.

NEWS

Toronto Police reported almost 300 arrests Wednesday as a result of a six-week drug and prostitution investigation in the downtown core. — www.thestar.com

Partnership aims to promote green building in city

Conservation programs will reward builders who incorporate eco-friendly elements into design

Justin Robertson
NEWS REPORTER

Ontario colleges are taking a strong lead in training professionals that are going to be involved in delivering energy saving measures over the next few years, said Susan Clinesmith, manager of the high performance program at Enbridge Gas.

"Colleges are starting to very effectively look at how they use energy," she said. "So the message is getting out there."

Last week the city of Toronto, in partnership with Enbridge Gas Distribution, inaugurated two new

conservation programs aimed at providing design assistance and financial incentives toward energy-efficient buildings across Ontario.

"As Canada's largest city, I believe that we can make a significant impact in reducing energy consumption."

—David Miller
Toronto mayor

The programs are part of an initiative offered by the Ontario Power Authority.

"This funding from the OPA allows us to continue to provide the good work we've already begun," said Mayor David Miller. "As Canada's largest city I believe that we can make a significant impact in reducing energy consumption."

During this school year all bathrooms and hot water tanks on both the Lakeshore and North



From left to right, Enbridge president Janet Holder, chief energy conservation officer for Ontario Power Authority Peter Love and Toronto Mayor David Miller announce a new program to provide design and financial aid to make building more energy efficient.

and all the boilers were replaced, said Spencer Wood, manager of maintenance and operations. Financial incentives from Enbridge, estimated at \$60,000, helped to cover maintenance costs, and the college is now saving on water, he said.

"Toronto Hydro had a program last summer where if you reduced your consumption by at least 10 per cent, then you got a 10 per cent rebate in your electricity bill, said Wood. "Thanks to the new ultra-

efficient chiller plant at the North campus, we received this rebate, worth \$39,000."

The city also provides a \$30,000 incentive to the college for each green initiative upgrade, like the toilet replacement project on both campuses this year, said Wood.

The Toronto business economy needs more people to be educated on energy, how to use energy wisely and how to conserve energy while still maintaining productivi-

ty, said Clinesmith. Colleges planning to build a new energy efficient facility can expect operation costs to be significantly lower over the life span of the building, she said.

"The quality of the indoor air environment as well as factoring in day lighting will be important to students who spend most of their time indoors during their classes," Clinesmith said. "So the incentive is there for colleges to build new energy saving structures."

Step up to first class

If you work part-time or as a sessional at an Ontario community college, you play a big role in the education your college delivers. For years OPSEU has pressed the government to give you the right to collective bargaining. That pressure has paid off and new legislation is promised. But as part-time faculty and support staff you have to take the first step. Sign an OPSEU card today to win a democratic vote and collective bargaining tomorrow. It's Time!

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www.collegeworkers.org

College joins battle against obesity with new degree program

Caroline Gdyczynski
NEWS REPORTER

Next fall the University of Guelph and Humber College will offer a four-year kinesiology fitness and health promotion program to expand the current diploma program, which is the largest in Ontario.

"The courses to be offered speak to the current and growing demand in the health care industry and to Canadians' lifestyle issues," said Terry Graham, a University of Guelph professor who helped design the program.

"Traditional programs normally stress fitness or nutrition, but our obese society is evidence that the two aspects of lifestyle are intimately related," he said. "Activity and nutrition influence each other with regard to health benefits, and studies have shown that these aspects of lifestyle are more effective in preventing and moderating diabetes than the best drugs."

These problems make the health and nutrition profession a growing field, said Elaine Popp, acting program head at Guelph-Humber.

"There is an obesity epidemic which is one chronic problem, in

addition to diabetes and heart problems that we are dealing with as a population," said Popp.

The program will be similar to other kinesiology and nutrition programs because it will offer science theory courses such as biology, chemistry and anatomy, said Popp.

Humber currently has the largest fitness and health promotion diploma program in Ontario. However, its graduates are not qualified to obtain the highest level of certification, said Popp.

"A large percentage of our students had voiced a desire to further their education and so we definitely saw it as a need," said Popp.

The new program is accepting 60 students and has already received over 400 applications.

Upon graduation, students will have a bachelor of applied science in kinesiology, a diploma in fitness and health promotion, field experience and required national certifications.

"It is unique because students will learn hands-on fitness assessment and exercise prescription skills through co-ops that you don't traditionally see in kinesiology degree programs," said Popp.

Minnesota Senator Amy Klobuchar endorsed Barack Obama on Tuesday, giving him a 13-11 edge over Clinton among Democratic senators. — www.cnn.com



Anastasiya Jugal

The 2008 budget includes \$490 million to improve transit.

Budget keeps focus on transit, infrastructure

Funds aimed at solving traffic woes and providing needed repairs

Anastasiya Jugal
NEWS REPORTER

The \$1 billion in jobs and training services promised by the provincial government as part of the 2008 budget will have a direct impact on Humber's Transportation Training Centre, said Karen Tavener, director of the centre.

"What our program needs is more training dollars," she said, adding she doesn't know whether everything promised in the budget would get done, but hopes it will have a positive impact.

According to the budget, an estimated 70 per cent of new jobs in the next decade will require post-secondary education, up from about 60 per cent in the last 10 years.

Ontario will continue to invest \$6.2 billion for post-secondary education, in an attempt to create more opportunities and more student financial assistance.

The budget also announced \$560 million over three years for skills training.

Part of this will fund expanding apprenticeship opportunities, improving equipment for student training and supporting workplace training.

This means Humber students will have better opportunities before and after graduation.

"It is what we do here, skills training," said Tavener.

A number of issues discussed in the budget relate to Humber students, including \$1 billion promised to city infrastructure, which will help students who graduate as truck drivers, said Tavener.

"Going out in the city and having potholes basically damages their office," said Tavener.

Another \$400 million has been promised to improve roads, bridges and highways.

Andy Manahan, director of the Residential and Civil Construction Alliance of Ontario, said "I know trucks seem to be stuck on highways and they need help delivering goods."

The increase in traffic has been astronomical over the past few years, and investing in infrastructure is necessary, said Manahan.

The new border crossing in Windsor is one of the things discussed in the budget that will help the trucking sector ease congestion, said Tavener.

Students will also have less trouble taking the subway to school because \$490 million, including \$5 million for bike racks, has been promised for transit, said Manahan.

"It will allow headway, since these days people are packed like sardines," said Manahan.

An additional \$293 million will go toward capacity improvements on the Yonge subway line.

Student organizations say textbook credit a good start

But maintain that more funding is still needed

Jeremy Eaton
NEWS REPORTER

Some financial relief for Ontario's university and college students will be available as early as this September, when a \$150 grant will be offered to all full-time students.

The grant is part of the Liberal government's \$1.5 billion Skills to Job Action Plan unveiled in last week's provincial budget.

"The textbook and technology grant is an incentive to help every full time college and university student offset the cost of required books and tools for education," said Kevin Dove, spokesperson for

the Ministry of Training, Colleges and Universities. "It is part of our effort to extend our commitment to affordable post-secondary education."

He said the grant will be phased in over three years, rising to \$225 in 2009 and \$300 in 2010, and will be available to all full-time students in the province.

"The grant, which totals \$385 million over three years, is going to help lower costs for over 550,000 full-time university and college students per year," said Dove.

David Simmonds, president of the Ontario Undergraduate Student Alliance, said he is

encouraged by the announcement but said the government needs to start assessing student need and providing more concrete support.

"We have taken the announcement of the grant as an acknowledgement that the government sees the cost of education rising," said Simmonds. "However, it's discouraging in a lot of ways. The increments are in \$150 and \$300. This doesn't speak to the need or the cost of textbooks and technology in our current learning environment. We are going to be working with the government and the opposition parties to add volume to that reality."

HSF revenue up 12.7% for year

Caroline Gdyczynski
NEWS REPORTER

International students are now eligible for student bursaries thanks to an increase in the Humber Students' Federation's 2008/2009 budget.

"We are very proud of being able to make this significant change," said Nick Farnell, HSF president. "Bursaries are the easiest way for us

to give money right back to students."

Student bursaries increased from \$65,000 to \$100,000 in the recent budget.

"It was really unfortunate in the past that international students could not get bursaries," said Farnell. "We're unsure what the problem was, but when we proposed it this year it went through without a hitch."

Overall, the HSF "anticipates a decent increase in revenue for next year, at 12.7 per cent," said Farnell.

Increases were also made to part-time staff wages, student services, and programming.

"We are gearing towards better money management on our part in order to serve students better," said Farnell.

Immigration frustrates students

continued from page 1

Muchungi had chest X-rays, tuberculosis, blood and DNA tests. "When I went for my medical tests, I started to think I didn't really want to do this, I was pretty okay in Kenya."

Casipullai said she has doubts about the government's intentions for the proposed bill.

"Our feeling is that the bill is not going to accomplish what the government says it will," she said.

According to Casipullai, the backlog is caused by the under-

resourced visa posts in China, India, and Pakistan, where the majority of immigration applicants reside.

"The process has become very complicated. From what we know, it is not being applied consistently around the world," she said.

Casipullai said many requests are solely at the discretion of the immigration officer, like the DNA tests for example. "We haven't found any evidence to show that the same request is being made in other countries like the United States, or

the United Kingdom," she said. "It seems the more difficult requests are being made in the countries where the resources to support it don't exist."

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Sunil Angrish

College president John Davies receives a plaque from Crime Stoppers for hosting the RIDE Program kick-off at Humber in January. Shown left to right are General manager of Toronto Police athletic association and widows and orphans fund Michael Bagg, John Davies, Crime Stoppers chair Lorne M. Simon and Superintendent of 23 division Ron Tavner.

The Toronto District School Board is reviewing a new policy that says students should not receive homework during school holidays. — www.thestar.com

College looks at fair trade policy

Merchandise policy under review

Jason Sahlani
NEWS REPORTER

While Humber tries to ensure products bought and sold by the college are manufactured using fair labour practices, it is not always sure these standards are met, said Terry Kyritsis, director of campus services.

"The audit trail to get from the raw material to the value added chain, it's very difficult to say with 100 per cent surety that all parties involved are doing the right thing," said Kyritsis.

John Mason, vice-president of student and corporate services, points out that the ability to ensure manufacturers are not using slave or child labour practices has become increasingly difficult within the global market.

"You can buy garments made in Canada or the U.S., but those are increasingly small numbers. Even then we can't know how the cotton was picked if it wasn't picked in the U.S.," said Mason. "In the commodities market in the U.S. there is a great mixing of product, so it's very, very difficult to know ethical standards have been maintained throughout the process for sure unless you have complete control of the supply chain."

In an effort to address these concerns, Kyritsis said Humber is working on initiating a new, more aggressive policy for the 2009 school year, outlining the standards all companies doing busi-

ness with the college would have to meet.

"Apart from no forced or child labour, we'll be requiring that at no point in the production of any product will there have been any violation of women's rights such as pregnancy testing or forced use of contraceptives, no prohibition of freedom of association, which is the right to organize as a union — and that itself results in better working conditions — along with other stipulations," said Kyritsis. "This would be applied to all purchases made by the college."

The draft policy states that prior to the award of any contract, bidders will be required to provide the names and addresses of all manufacturing facilities used.

It also states that if one facility used in production does not meet the standards set out within the policy, Humber will not award that company the contract.

Apart from a comprehensive purchasing policy for the college, Humber is working with other institutions to create a forum for purchasing fair trade goods.

"We're a founding member of a project called the Ontario Education Collaborative Marketplace, or OEMC, to create a marketplace for the entire education community including school boards, colleges and universities," said Kyritsis. "That way we can have a lot more impact on suppliers and manufacturers as a large consortium buying responsibly."



Jason Sahlani

Humber's director of campus services, Terry Kyritsis, says although the college tries to ensure its products are manufactured using fair labour practices, it's impossible to tell for certain without complete control of the supply chain. A new purchasing policy may be adopted for 2009.

New study suggests green products not all that healthy

Lack of government regulation has left eco-minded manufacturers to choose their own ingredients

Andrew Tomkinson
NEWS REPORTER

Humber students should be aware of a new study that showed green-labelled household products do not always protect from carcinogens and other toxic chemicals, an issue that needs more regulation from the Canadian government, said Adria Vasil, author of the book *Ecololic* and staff news writer at *NOW* magazine.

"Unfortunately the Canadian government doesn't require companies that make certain products to list their ingredients," said Vasil. "Until they change their mind about this we are stuck at the mercy of companies on which ingredients they choose to voluntarily expose."

The study, conducted by the Organic Consumer Association, found 47 of the 100 products tested with green labels contained a

known carcinogen, 1,4-dioxane. These products, including hand soap and detergents, can be labelled Natural if they contain a percentage of natural ingredients. However, this labelling can be deceiving for the green conscious consumer, said Chris White from the Conservation Council of Ontario.

"Green labelling has been a bit of a wild west," said Vasil. Although the Canadian government, in theory, regulates the use of the term natural in certain products that claim to be green, there is no policing to uphold the policy.

"Products that have suspected carcinogens should be excluded from what is called natural," said White. "Where there are labels of greenness, there should be a good level of transparency and confidence."

Marketing of items that are labelled green must be done in a

way that is clear, ethical and researched in order to maintain honesty and to avoid confusion within this niche market, said Sylvia Kowal, director of marketing and communications at Humber.

Vasil said individuals need to do their homework when choosing green or organic products, regardless of what is stated on the package.

"People can advertise green on the label but if you look at the ingredient list, nine out of 10 are synthetic and there is only one certified organic ingredient," said Vasil. "Good health food stores are filtering out products much better than your typical drug store."

"Do your research, flip the product over and read the ingredient list and if you can't pronounce the ingredients and they look a little dodgy to you, reach for the product next to it," said Vasil.

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EDITORIAL

"Basically I'm for anything that gets you through the night – be it prayer, tranquilizers or a bottle of Jack Daniels." – Frank Sinatra, American entertainer

Uphill battle for (some) foreign students in Canada

When federal finance minister Jim Flaherty stood up to introduce the budget, there was something included in the 136-page document that didn't seem like proper financial business.

Two pages were devoted to making amendments to the Immigration and Refugee Protection Act, as outlined in *Et Cetera's* front page story by Christina Comisso.

These amendments seem to make a complicated process more inconsistent as greater authority will be given to the minister responsible for immigration to approve and discard applications.

The story of Kendi Muchungi, the international student from Kenya in Comisso's story, illustrates the inconsistency of the process potential students, as part of the immigration process, must go through to study in this country.

Muchungi is just one of the 130,000 international students who come to Canada to study each year. Yet each potential student has a different experience based on the country they are from.

How does the fact that a student is from the United Kingdom or the United States serve as a sufficient guarantee they will leave Canada when their studies are finished, while a student from Kenya or India must go further to prove the same is true and still face more dismal chances of being approved to study here?

Canada's politicians like to boast how open and multicultural this country is, but the policy for international students is welcoming by varying degrees. If some students are being asked to prove their financial history and prove they will go home when their studies are finished, then it should be the same for everyone applying to study here.

Policies hamper job of reporters

Good journalism requires two things. The first would be a good topic that the general public either needs to or wants to know about. The second would be a reliable source that can bring credit to the story.

If *Et Cetera* wrote about a body in the arboretum, but did not attribute our findings to Toronto Police Services or Humber's head of security Gary Jeynes, who is to say we didn't make up the entire thing? It is important to have somebody say something in your story that can bring some truth to it.

Reporters at the *Et Cetera*, however, are sometimes faced with an unwelcoming reality.

We do get a lot of help from a lot of people on campus and we appreciate it. It would just be nice to see this mutual understanding and appreciation reciprocated elsewhere.

There are a number of administrative bodies here at Humber don't want anything to do with us. They'd be happy to talk to a reporter from the *Toronto Star* or the *Globe and Mail*, but when an award-winning student publication comes knocking on their door to get a comment on the effects of alcohol abuse, or to inquire why there were three cop cars outside Caps the other night, we are met with one of two things. Someone who knows everything, but will say absolutely nothing or someone who tells us to file a formal request outlining our article and what questions we will ask.

In other instances, like when a reporter wants to interview a source at Health Services, we are required (by their guidelines,

not ours) to submit our story to them for fact checking before it goes to print.

This goes against the rules of journalism. It is understood throughout the industry to be something you just don't do. It's a conflict of interest to have somebody read over your unbiased and (hopefully) accurate reporting and request that you change things around because they don't think you got it right.

Instead of obliging a request for a five to 10 minute interview, specific policies for student journalists end up deterring reporters from seeking these sources at all. What usually ends up happening is the reporter will call a hospital around the corner and get what they need within minutes.

When there is a security matter that *Et Cetera* wishes to report on, our first call is to Gary Jeynes. More often than not however, we get little to no information and we leave with little more than we started with.

Other times, we encounter faculty members who need to be called over and over again, even if it is to promote something positive happening with Humber programs like the jazz program.

The overall quality of the *Et Cetera* would increase if some Humber sources were a little more open to having a dialogue with us. Realizing that we are a campus paper that brings accurate and unbiased reporting, it is a must if the school wants students to be informed.

Help us do this by being more open to talking to our reporters.



WORD ON THE STREET

What is your biggest vice?



Antonio Crossman, 22, First-year culinary skills

Being lazy. Sometimes I have too much homework. I cannot organize my time at all.

I dwell too much. I dwell on problems or conflicts. It causes a lot of stress.



Angelica Piparo, 20, Second-year fashion

As a student, procrastination. It makes you lazy because you get used to it.

Smoking. A pack of cigarettes lasts me two days.

Cameron Smith, 23, First-year law clerk



Socheata Suon, 24, Second-year accounting



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"I never considered a difference of opinion in politics, in religion, in philosophy, as a cause for withdrawing from a friend." – Thomas Jefferson, U.S. president

Being a jerk better than being annoying



David Lipson
NEWS REPORTER

I stayed at home last Saturday night. I've decided to settle down. No more tequila shots, no more ogling on the dance floor, no more pizza at 4 a.m.

This is probably abnormal for a 24-year-old male. So what's my issue?

People. I would just rather be by myself. I tried Internet self-diagnosis. This is a paranoid process because a Google search for a couple of symptoms can yield results for a myriad of conditions. One's agoraphobia can easily become hypochondria.

My disorder essentially comes down to judging many people (even my friends) as either jerks, or, as annoying.

But if it came down to being stuck on a 14-hour flight next to one of these prototypes – which would it be?

Annoying people are harmless and it is hard not to feel guilty about disliking them. They are often unconsciously self-centred.

Their gravitation to being the centre of attention is selfless and innate. We cringe when their mouths open and squirm when they won't shut. They talk of useless things with biblical proportions, often with a nasal drawl or high pitched squeal. They are nagging mothers on steroids.

Then there are the jerks.

There is no guiltiness in despising a good a-hole. They are consciously self-centred and thrive off it. I think it usually comes from their fathers.

I know many of you are thinking that it is wrong to pigeonhole people into two groups. I agree – but it is fun.

We all have friends who are jerks. They are the ones that would backstab you in a heartbeat, and we usually know not to trust them.

I know many of you are thinking that it is wrong to pigeonhole people into two groups. I agree – but it is fun.

Now it comes down to my first question, plus one. Which type of person is more tolerable? And which one best describes me?

I prefer the jerk. It is sad to say, but, the annoying case is often the hopeless one.

They were put on this earth to irritate. They are often innocent – and that's why I'm the worst guy for siding against them.

A jerk can usually be saved. We all know that person who displays moments of beauty and kindness under all the anger and bitterness. We are often attracted to these abusive people because they have something to offer. Hence the expression nice guys finish last. Jerks are the people we can't talk enough smack about, but always go back to.

I'm a jerk, but of a different nature.

I'm a jerk because I'm socially awkward. I have trouble relating to people. I often walk away from conversations at parties. I used to fake sick all of the time to avoid them. I'm quick to judge. I'm overly self-conscious.

These are horrible traits that I am attempting to overcome. They are pretentious and stupid.

Sure there are more prototypes than the jerk and the annoying person.

There are nice people and funny people, but these people are easy to dislike for a variety of other reasons.

Try to figure out what you are, embrace it, or change it. But if you are annoying – I'm sorry.

Do-good vacationers could do more at home



Suzan Park
COPY EDITOR

You have two weeks of vacation and in the hustle and bustle of everyday life you want to do something uplifting, something that might give hope to someone in need, something with a bit more substance than laying on the beach. You want to go on a volunteer vacation to feed your soul or something.

But please folks, do yourself, your chequebook and the hundreds of people you so misguidedly think you're helping a favour and stay home.

A Google search nets over 67,000 sites for voluntourism and the list is only getting bigger.

Voluntourists are like-minded people wanting to do good, parachute into a developing country and build houses, teach English, etc., and parachute right out.

While the intention is noble, you've got to consider how much can actually be accomplished in such a short time.

You can fly into a developing country for a couple of weeks, build a bridge and then go back to your cushy life and feel warm and fuzzy that you've made some sort of difference.

Only, it turns out your half-made bridge wasn't needed in that vil-

lage and in fact, you have absolutely no experience in bridge-making and thus it's falling apart.

First, potential volunteers should analyze their motivations for volunteering overseas.

People have a misty-eyed view when it comes to volunteering overseas, but fail to ask how their work will actually benefit locals.

You can't escape a bad break-up or abolish your white middle-class guilt by volunteering overseas.

Take a good look at destination

countries and see whether there is a shortage of labour.

What type of volunteer work will be done?

Are you taking a job from a local? People have a misty-eyed view when it comes to volunteering overseas, but fail to ask how their work will actually benefit locals.

A couple of weeks work can be more trouble than it's worth.

Skilled and sustainable volunteering can make a difference, but there has to be a need beforehand.

Volunteering should be viewed as a job – not a vacation.

If you have the time, try long-term or mid-term volunteering. Groups like Voluntary Service Overseas (VSO) who will match

existing skills to postings around the world.

Volunteers work for up to a minimum of six months with skills that can be imparted to locals once the posting is over.

Now, if you're determined to do some good in two weeks, there are several non-development organizations where you can collect data for conservation.

Groups like Earthwatch don't require special skills and you can travel to exotic locales.

But if you want to make an even greater difference by using your skills, then work overtime and use that money to donate to organizations that desperately need it.

Yup, it's that simple.

PROPS & BURNS

TO PREMIER DALTON MCGUINITY FOR SAYING HE'LL KEEP THE LEGAL DRINKING AGE AT 19. CHEERS!

TO THE CBC FOR FINALLY ENDING THE UNFUNNY SKETCH COMEDY SHOW *THE ROYAL CANADIAN AIR FARCE*.

TO HILLARY CLINTON FOR TAKING A BREAK FROM THE DEMOCRATIC PRESIDENTIAL NOMINEE RACE TO CHALLENGE RIVAL BARACK OBAMA TO A BOWL-OFF. THE PROPOSAL WAS AN APRIL FOOL'S PRANK.

TO HUGHES, AN AFGHAN DONKEY FOR HELPING CANADIAN SOLDIERS CARRY EQUIPMENT, PROVIDING JOYRIDES AND LIFTING THEIR SPIRITS.

TO PRIME MINISTER STEPHEN HARPER FOR KEEPING HIS LIGHTS ON DURING EARTH HOUR.

TO PAUL BURRELL, PRINCESS DIANA'S BUTLER, FOR LYING IN AN INQUEST INTO HER DEATH TO EXPLOIT HIS CONNECTION WITH THE PRINCESS.

TO A GROUP OF THIRD-GRADERS FROM CENTER ELEMENTARY SCHOOL IN SOUTH GEORGIA, WHO PLOTTED TO ATTACK THEIR TEACHER AFTER MAKING ONE OF THEM STAND ON A CHAIR AS PUNISHMENT.

TO THE VANCOUVER PARK BOARD COMMISSIONERS WHO WILL CUT DOWN A MUCH LOVED RED CEDAR IN STANLEY PARK THAT IS MORE THAN 1,000 YEARS OLD.

Province and workers will win with new wage increase



Sera Ozel
IN FOCUS EDITOR

Those students earning minimum wage were most likely delighted to hear that on Monday it was raised by the Ontario government to \$8.75 per hour, a 75 cent increase.

Ontario's minimum wage will continue to rise until 2010 when it will reach \$10.25 per hour.

Economists believe that this is not a good time for minimum wage to increase because higher paying jobs in a weak economy could result in fewer employment opportunities.

At this point it is too late to return minimum wage to where it was before Monday's pay increase.

If economists fear an economic backlash, they should have considered this before the province announced citizens would be

receiving an increase in their hourly minimum wage.

While it is not known whether an increase in minimum wage will have any impact on employment rates or not, this is good news for workers who are being better compensated for the same amount of work they were doing before the recent increase.

Existing jobs still need to be filled and higher paying positions are always easier to fill because people are always eager to make more money.

Ontario's economy always seems uncertain and while low-paid citizens scrape together every penny they make, government workers receive a pay increase each year.

In all fairness, employees earning minimum wage should also receive an annual raise.

In February 2004, the minimum wage was increased from \$6.85 per hour, where it had been since January of 1995, to \$7.15 per hour.

The Ontario Ministry of Labour said between 2004 and 2007 the minimum wage has increased annually on the first day of February.

This year, when the federal budget was announced, the Conservative government pledged to improve the lives of those living below the poverty line.

By increasing minimum wage by 75 cents per hour on March 31, the Ontario government took one step to helping improve the lives of its citizens.

According to the Ontario Ministry of Labour, one of the initial reasons for increasing minimum wage was to create competition for Ontario businesses in the same market.

It would make sense that by increasing minimum wage, not only would low-paid employees benefit, but through business competition, Ontario's economy would also improve.

The crossword puzzle first appeared in the New York World in 1913. In 1942, the New York Times started its crossword puzzle. — www.crosswordbank.com

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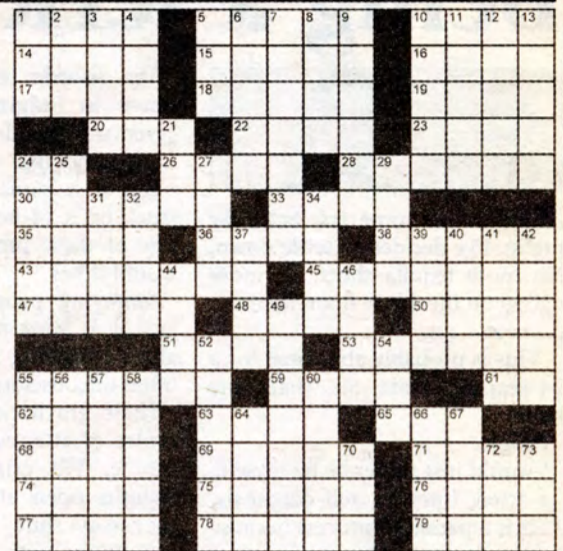
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The Weekly Crossword

Edited by Margie E. Burke

ACROSS

- 1 Enthusiast
- 5 Argue against
- 10 Norwegian king
- 14 Stare at
- 15 Gives access
- 16 Opposite of bona
- 17 Indian butter
- 18 Softly, in music
- 19 Turkish title
- 20 Mountain peak
- 22 Coagulated mass
- 23 Derisive remark
- 24 "Monopoly" square
- 26 Pallid
- 28 Ocean atmosphere
- 30 Catholic beads
- 33 Hawaiian guitars, for short



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DOWN

- 35 Middle Eastern gulf
- 36 Back of the neck
- 38 Pharmacy product
- 43 Leafy vegetable
- 45 Blissful
- 47 Clumsy person
- 48 Capital of Norway
- 50 Legend
- 51 Language prefix
- 53 Get even
- 55 First-class
- 59 Shrapnel or shells
- 61 Beaver state
- 62 Nerve cell
- 63 In addition
- 65 Haggard
- 68 Unless, in law
- 69 Sir, in India
- 71 College course, briefly
- 74 Music character
- 75 Accustom
- 76 Uncommon

- 77 Mysterious
- 78 Collar extension
- 79 Unit of length
- 1 Wet earth
- 2 Expression of disgust
- 3 Bloodsucking insect
- 4 Empathize
- 5 Steiger or Stewart
- 6 Memorable time
- 7 Curry favor
- 8 Remarkable
- 9 Disease-carrying fly
- 10 The end
- 11 Female vampire
- 12 Excuse
- 13 Traveler
- 21 Run of the mill
- 24 Twelve dozen
- 25 Energy
- 27 Harmony
- 29 Glimpse
- 31 Leave port
- 32 Wife of Shakespeare

- 34 Part of a ship
- 37 Nautical cry
- 39 Small island
- 40 Pride member
- 41 Slow, in music
- 42 Scornful look
- 44 High point
- 46 Rich soil
- 49 Car wreck
- 52 Napping device
- 54 Solemn declaration
- 55 Nightclub activity

- 56 Banishment
- 57 Incompetent person
- 58 Bring together
- 60 Watered silk
- 64 Turner or Cantrell
- 66 Eagle's nest
- 67 College sports org.
- 70 Ten decibels
- 72 Bobby of hockey
- 73 Actor Beatty

Answer to Last Week's Crossword

C	L	A	N	D	E	P	O	T	D	O	N	E	
L	I	V	E	E	V	A	D	E	O	T	I	S	
A	R	E	A	P	A	N	D	A	G	I	M	P	
W	A	R	P	L	A	N	E	C	A	T	C	H	Y
		T	O	R	E	A	D	A					
T	S	H	I	R	T	S	P	R	O	G	R	A	M
A	N	O	D	E	C	L	O	T	A	P	E		
B	A	R	E	E	E	L	A	J	A	R			
L	I	D	I	N	K	Y	P	L	A	C	E		
E	L	E	M	E	N	T	C	L	O	T	H	E	S
		I	R	S	L	U	R	E					
H	O	O	K	A	H	V	I	C	T	R	O	L	A
A	N	N	A	O	P	I	N	E	E	V	I	L	
S	C	U	D	R	O	S	I	N	G	E	N	T	
P	E	S	O	E	L	E	C	T	O	N	T	O	

SUDOKU

Edited by Margie E. Burke

Difficulty: Medium

	2	1						
	4		3	2				7
8	5						4	
	1	7	5			9	2	
	8		2			1		
5	2		8	1	4			
	7					9	5	
4		5	6		7			
				3	1			

HOW TO PLAY
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answer to Last Week's Sudoku

7	1	4	3	2	5	6	9	8
5	6	9	1	7	8	2	3	4
3	2	8	4	6	9	7	1	5
9	3	6	8	5	7	4	2	1
4	7	1	2	3	6	5	8	9
8	5	2	9	1	4	3	6	7
6	4	3	5	8	1	9	7	2
1	9	7	6	4	2	8	5	3
2	8	5	7	9	3	1	4	6

This week in history...

- On this date in 1945, the Nazis begin evacuation of Camp Buchenwald
- On April 4, 1905, an earthquake in Kangra India, kills 20,000.
- On April 5, 1987, Wayne Gretzky wins his seventh straight NHL scoring title.
- On April 6, 1936, a tornado kills 203 and injures 1,800 in Gainesville, Georgia.
- On April 7, 1997, the Howard Stern Radio Show premieres in Fort Myers Florida on WRXK 96.1 FM.
- On April 8, 1994, smoking is banned in Pentagon and all U.S. military bases.
- On April 9, the longest doubles ping-pong match of 101 hours, begins.

Facts courtesy of www.brainy.com

"Isn't it appropriate that the month of the tax begins with April Fool's Day and ends with cries of 'May Day!'" – Rob Knauerhase, popular author

Globetrotters pay tax

International students claim Canadian tax system unfair

Joan Porter
BIZ/TECH REPORTER

Some international students say they feel little motivation to file Canadian taxes by the April 30 deadline and contribute to a pension plan that they won't use.

"As an international student, it feels wrong that you're not part of the system and you still have to contribute to it," said media technician graduate Yasmery Mora from Venezuela, who graduated in 2004.

Mora worked 20 hours per week on campus as her visa permitted. She said she only filed taxes in her fourth year because her Canadian roommate told her she must.

"I was an international student so I didn't know I had to," she said. "You don't grow up knowing what a T4 is."

Each of her paycheques had deductions that went into the Canadian Pension Plan, something that Mora felt shouldn't have been done.

"When I paid my international fees I felt that I paid for health care and things like the pension plan as well," said Mora. "It's insinuated that our fees are more because we're international students and not paying taxes."

Mora isn't alone. "It's absolutely unfair. I'm an international student. Why should I have to file taxes?" said hospital-

ty and tourism student Melody Liu, who is from Taiwan.

Liu has been in Canada for eight months working towards her post-graduate degree and when she finishes plans to return to Taiwan.

Jelica Zdero, media relations for The Canada Revenue Agency, said all information for filing as an international student can be found on the CRA website.

According to CRA, "the purpose of the tuition, education, and textbook amount is to allow students to reduce their income taxes by taking into account eligible tuition

fees and the education and textbook amounts."

The CRA website states students eligibility for these allowances is dependent on their Canadian residency. This means that international students often don't qualify for these benefits and see fewer returns and rewards than Canadian students, said Melissa A. Gallo at the Humber International Centre.

"They don't get money back for their textbooks or things like that," Gallo said. "They don't actually get a lot of money back in general. And, in the odd circumstance, they may end up owing money. But that's rare."



Melissa Gallo of the International Centre .

'Calculatron' tries to make taxes fun

Mike Nelson
BIZ/TECH REPORTER

H&R Block is trying to lure students to its offices this tax season by creating a Facebook application suggesting that filing taxes can be fun and profitable.

The application 'calculatron' was launched in February and is designed to help minimize the anxiety some students feel about doing taxes, said Cleo Hamil, a tax analyst from H&R Block.

"It's something to try and change the stigma of taxes being so nega-

tive," said Hamil. "We want to turn it around so people can say 'you know what, it's not so bad after all.'"

Users of the calculatron can input their income, tuition and where they live to get an estimate of what their refund will be. Then users move on to a program on how to spend the money.

"Our life simulator allows users to take that refund and use it in a virtual world and have fun with it," said Hamil.

Users can spend money on items such as full body tattoos, movie

tickets or gambling. They can also get virtual jobs like circus performer, lab rat or bartender.

"Our life simulator allows users to take that refund and use it in a virtual world and have fun with it."

—Cleo Hamil
Senior Tax Analyst
H&R Block

"This is the time we should all start thinking about taxes," said

financial aid manager at Humber, Holsee Sahid. "Even if you have a low income, you probably could get money back."

Some Ontario students are giving positive feedback on the H&R Block Facebook application.

"I think it's pretty fun. I got an estimate on my refund, and started playing around with it with my friends on Facebook," said Gabriel Benmergui, marketing student at Seneca.

The prospect of inputting income information online does concern some students.

"I'm a little worried about sharing that kind of stuff over Facebook," said Jimi Laundry, a student at Georgetown District High School.

Hamil said this is a great starting point for students.

"This allows you to go in and with minimal amounts of information help to get a good estimate of you refund. And of course Facebook, being the social network that it is, was the opportune place for us to be able to talk to as many students as possible," she said.

Bullfrog leaps coal, nuclear power

Renewable energy provider offers green power alternatives

Sunil Angrish
SENIOR REPORTER

For those who want to do more than conserve energy, options are available for a price.

"Most people have no understanding of where their electricity comes from," said Shawn-Patrick Stensil, energy campaigner for Greenpeace Canada. "A lot of it, most it, comes from dirty and dangerous sources, including coal and nuclear."

Toronto-based Bullfrog Power has tapped into the renewable energy market, providing services since 2005.

"It's the easiest way to buy clean energy," said Robert Hellier, program coordinator for sustainable energy and building technology. Investments in the market are increasing around 30 per cent a year in Ontario, he explained. His program, which starts next year,

has already had a higher-than-usual number of applicants, he added.

"The industry is calling me all the time asking about graduates," Hellier said. "We're well ahead of the curve."

The premium for Bullfrog is about a dollar per day for the average home, said Lauren Mostowyk, a Humber public relations graduate and media relations specialist for Bullfrog Power. "A lot of people have been looking for this option," she said. "It's a sign of the times."

Users are not consuming renewable energy at their residences or businesses, but instead the amount of power used is inserted into the

overall energy grid from renewable sources, including wind and water, Mostowyk explained. A spokesperson for The Metro Toronto Convention Centre announced the institution would promote Bullfrog to organizers who use their facilities.

Humber has done a number of things to conserve electricity, said Carol Anderson, director of facilities management. Nearly 9,000 tons of carbon dioxide emissions have been reduced annually, she said.

She said the college has looked into buying renewable energy in the past, but it is too expensive. "You have to compare the energy and environmental savings versus

the economic costs," said Anderson. She said the costs to power Humber could be between \$500,000 to \$600,000 per year.

But Humber could choose to power as much or as little as it wants, Mostowyk said. "You can power a classroom or an entire building if you want," she said. Several educational institutes are partially powered by Bullfrog, including Confederation College's student union office, she added.

Humber is always exploring ways to conserve more electricity, Anderson added. Considerations including equipping buildings with solar panels and other technology have been looked at, but costs need to come down, she said. "The technology has to come down in price," she said. Adding, "We will always continue to explore options to make us even greener."

"Most people have no idea where their electricity comes from."

—Sean-Patrick Stensil
Greenpeace

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Lauren Souch

Andy Hertel, the manager of Humber motorcycle rider training was at Exhibition Place, promoting the program at the 27th Annual National Motorcycle Show.

Spring is nice for bikes

Motorcycle training program gets head start

Lauren Souch
Biz/TECH REPORTER

The manager of Humber's motorcycle rider training program was hoping to jump start spring registration by promoting the course at the 27th National Motorcycle Show at Exhibition Place last week.

"The show is good timing because it's the start of the season for us, so people can come to us and get the information, be excited about it and, in several days, register for one of our courses and be able to start," said Andy Hertel,

manager of Humber motorcycle rider training. "It really promotes our name in the motorcycle-rider training industry."

The Centre at Humber has more than 100 instructors working with about 3,000 students per year.

The courses taught at the centre are for everyone – not just beginners, and Hertel hopes to get that message out to riders at the show. Students can enroll in a variety of courses, including a three-hour introductory course costing about \$75 to a three-day, Learn-to-Ride course that costs \$425.

"We're letting people know that

Humber's there, and that we have something for all levels of riders," Hertel said at the show's booth, where he and part-time instructor Christine Warren greeted visitors to the Direct Energy Centre on the CNE grounds.

"This is when guys have been cooped up all winter and they're just itching to get back on the road."

–Bob Neveu
show producer

The annual motorcycle show draws 12,000 to 15,000 people every spring in Toronto.

"This is when guys have been cooped up all winter and they're just itching to get back on the road," said show producer Bob Neveu. "We find interest is really high at this time of year, as people are looking to be buying for their bike and getting ready for the season."

While Hertel said the show gives the public an opportunity to speak with Humber instructors and discover more about the program, he also said the school unfortunately

cannot participate every year.

"If I have the staff available, we do it," he said. "At this time of year we're starting to run our courses – which is of primary importance to us – so not every year do we get the chance to do this show."

Still, he said, Humber attends more than one motorcycle show during the year in order to increase the branding of the training program within the biking community.

"Whenever someone thinks of motorcycle training, we want that to be synonymous with Humber College," said Hertel.

Stronger cars, potential dangers still no problem for Humber fire and emergency

Alex Cooper
Biz/TECH REPORTER

Humber's fire and emergency services program is always updating its vehicle crash rescue techniques and equipment to keep up with new technologies, said program manager Ian Sim.

Metals that are harder to cut through, air bags that can go off at any moment, and hollow drive-shafts that can explode are among the potentially dangerous components they encounter.

"There are many issues that come up in cars. There are a lot of new technologies that come along," he said. "As they do, you adapt and change your training techniques."

He added that rescue tool manufacturers are doing a good job producing new equipment to keep up with developments in vehicle technology.

"The new tools do a good job," he said. "As far as technology, manufacturers are keeping up. As new things are required, manufacturers are using new equipment."

Auto-extrication personnel use a variety of tools, including electric saws, impact guns and pneumatic spreaders, better known as "the jaws of life."

Although it was reported in the *Toronto Star* on Monday that it took emergency crews an hour to free three trapped Brinks guards from their overturned truck, Captain Mark Bardgett of the special operations section of Toronto Fire Services said new vehicle materials are not an issue for them.

"We have a comprehensive extrication program that educates firefighters about various aspects of vehicle extrication," he said. "Toronto Fire Services is very diligent in looking at tools capable of

doing the job."

Toronto Fire Services has committees that evaluate the performance of equipment and deal with manufacturers about the availability of new tools.

Sim said part of the challenge facing his program is getting cars from auto-wreckers built with the latest technology for training.

"Auto-extrication personnel use a variety of tools, including electric saws, impact guns and pneumatic spreaders, better known as 'the jaws of life'."

–Ian Sim
program manager

"Unfortunately it is hard to get those cars to train on because you get old cars at auto-wreckers to train on," he said. "Although we

can't get those cars to actually cut up, when we are doing some of the older cars we're pointing out the points where they would find those issues so at least they're aware of it."

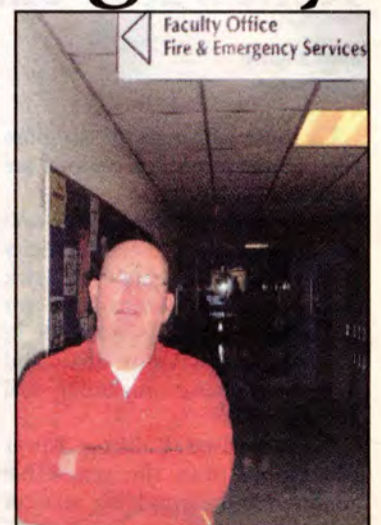
Some new vehicles, like the Mercedes S-Class, have safe cutting zone marked on the car so emergency teams know where to cut. Bardgett said other manufacturers are starting to do this too.

Toronto Fire Services' auto-extrication teams train on cars four times per year and get training on new equipment as they become available.

"Our department is very diligent in training and keeping up to date on new vehicle technology," said Capt. Bardgett.

Attention motorheads:

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Alex Cooper

Ian Sim says program deals with new vehicle technology

"I hope good luck lies in odd numbers.... There is divinity in odd numbers, either in nativity, chance, or death" –William Shakespeare, playwright

Mum's the word

Care workers say more mothers are working because of subsidies

Mike Nelson
Biz/TECH REPORTER

The number of women who use Humber's day-care facilities is consistent with the newest StatsCan report that shows an increase in working mothers in the job market, said the college's director of child care centres, Bridget Woodcock.

Those at Humber who deal with the issue suggest the increase is due to changes that help women pay for daycare.

"The most significant trend in the workforce today has been the growth of women with children, especially young children under the age of six," said the editor of StatCan's report on women in Canada, Colin Lindsay. "You currently have about two-thirds of women with young children now employed."

This is an enormous jump from two decades ago where it was just over 30 per cent.

A large contributor to this rise is the change in qualifications to receive daycare subsidies from the government, said the supervisor of Humber child daycare Jeff Feke.

"Toronto Children Services will subsidize fully or at least partially some of the payment required for having a child in care," said Feke. "If you're paying full fee it's almost better to

stay home because not a lot of jobs would be paying what daycares charge."

The standard monthly fee for child care is \$1,225, said Feke.

One of the changes that helped students with children is the way OSAP funds are now handled.

"It used to be that OSAP was a consideration because it was counted as income," said Woodcock. "Things have changed that allow more families to become eligible, so that's made it more accessible."

Even though more women are in the workforce, the employment distribution has not changed, said Lindsay.

"You're still seeing a vast majority of working women in what we used to call the pink ghetto sector," said Lindsay.

The pink ghetto sector refers to

teachers, people in sales and clerical jobs, and health care workers—particularly nurses.

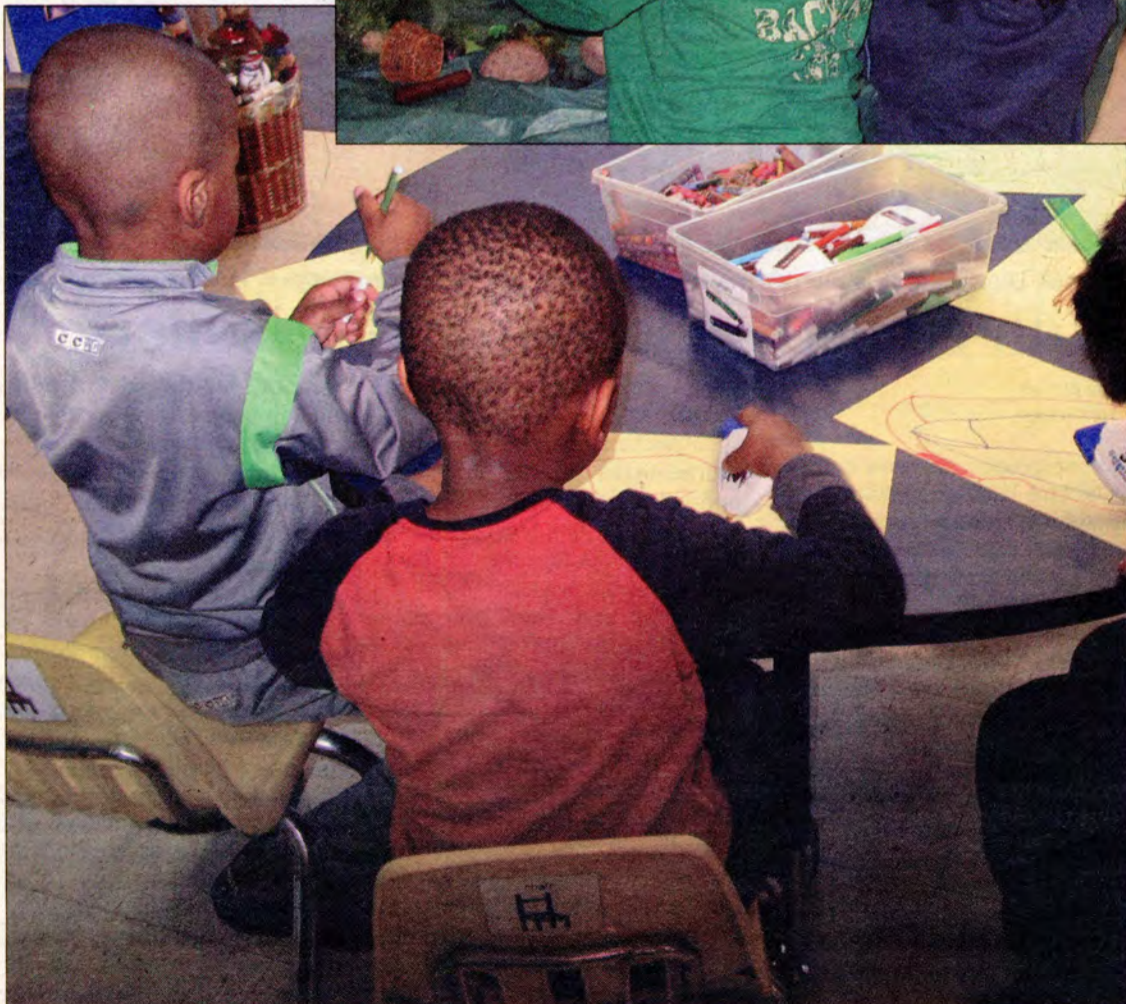
"Women make up about 70 per cent of part-time employment, and that trend really hasn't changed very significantly over the past few decades."

The number of women in management has dropped.

"You now have women making up less than 35 per cent of all senior managers, where it was over 35 per cent around 2000," said Lindsay.

The number of women in the workforce has shown a rise every time a census is done, said Lindsay.

"Currently you have about 57 per cent of all women 15 and over employed, compared to 55 per cent in 2000 and 54 per cent in 1990," said Lindsay.



Youngsters make colourful creations for mom at the Humber College Childcare Centre.



Will Cottingham

Erin Mazzara having fun while working at the Career Centre.

Pleasure passes pay in monster workplace poll

Expert says not to ask about salary early in the interview

Chelsea Saldanha
Biz/TECH REPORTER

Do what you love and the money will follow.

That's the advice Karen Fast, manager of the Career Centre at Humber, has for students as they graduate and head out into the workforce.

"As a new graduate, oftentimes salary is what they look at. Once they've gotten past the idea of salary, and they've worked in the career of their choice, they then realize it's not about the paycheck," she said.

A recent survey on the monster.ca website found job seekers are looking for challenging work that is fulfilling as opposed to one with a high salary and advancement within the company.

For 45, second-year Heating, Ventilating, and Air Conditioning student, Hasan Ather, the money comes first.

"I need a job which will pay the bills. Then I can look at attaining some satisfaction," he said, adding he has yet to meet someone who has both a well paying job and a satisfying one.

But a satisfied workforce does not necessarily mean a stable workforce, said Fast, because people stay for all the wrong reasons.

A recruiter for GoodLife Fitness, Scott Hamilton, who was on campus hiring students said, "the financial aspect is a huge concern

because education is expensive. But as a recruiter, if a potential employee's first or second question is about salary, they most probably won't get the job."

Hamilton said students need to have realistic expectations because when they first start out in an organization they are not going to be paid a lot. They need to work hard and climb up the corporate ladder.

"Find an organization that is expanding and show them that you have the potential to succeed in the role that you want and in six months you could reach there," said Hamilton.

Fast said employers' recruitment strategies have started changing and include fringe benefits and perks. "Since students are looking for job satisfaction, employers have started offering things in the initial package like fitness, extra vacations, one paid volunteer day of your choice, daycare centres, the list goes on," said Fast, who said she is glad that employers are responding to the latest generation's needs.

She runs a career advancement service at the Career Centre twice a week. Fast said most people who come in are in their early 30s and are dissatisfied with their jobs.

"They realize they are getting to an age where everyday counts and that they need to start doing what they really want to do with their lives," she said.



Alcohol is the most commonly abused drug by youth ages 12 to 17, and causes over 100,000 deaths in North America each year. – www.peacehealth.org

A few of our favourite sins

Modern takes on ancient crime

Seriously, who lives nowadays without a little bit of sin in their lives?

When the TTC ticket booth is empty except for a sign reading "back in a minute, please pay your fare," is it a sin to just walk on? Or maybe that's a better example of a victimless crime, like Nelson Muntz so wisely defined in an episode of *The Simpsons* – "It's like punching somebody in the dark," he said.

Perhaps a better question is who even knows what the original seven deadly sins are without the help of Google? If it wasn't for David Fincher's graphic movie, *Seven*, starring Brad Pitt, maybe we wouldn't even know there were seven official sins.

The fact is, the original deadly sins – lust, greed, gluttony, sloth, pride, wrath, envy – were narrowed down from a much larger list decided in ancient Greek times and made official back in the sixth century. Maybe it's time they had a little update?

In a very literal examination of wrath, Roselyn Kelada-Sedra takes

a look at how alcohol plays a role in raging on campus. Sana Ahmed looks at envy in show biz and how deep down inside, every performer just wishes the person before them would bomb. Cecily Van Horn attended Humber's 30 Hour Famine, an event designed to notify the western world of their glut-

tony and how it affects starving countries around the globe. Laura Cicchirillo takes team pride to a whole new level, where athletes actually pride themselves on their, well, pride. In her look at sloth, Livia Fama provides us five ways to avoid the sin more commonly referred to as laziness. And, Gareth

Vieira explores how student greed is eating up meal card points at an alarming rate.

Take the time to read up on *Et Cetera's* modern interpretations of some very old sins. Don't be lazy, that would be sinful.

- In Focus Editors

Alcohol can cause rage on campus

Roselyn Kelada-Sedra
IN FOCUS REPORTER

An average of 12 incidents of threatening behaviour or disrespect, including two involving sexual assault, come to the attention of Gary Jeynes, director of public safety at Humber, each semester, he said. Drinking comes into play more often than not.

Incidents also occur more frequently during full moons and stress peaks of the school year.

"Students get a little testy," he said. "If they would just sort of lay back and chill out, maybe they wouldn't put themselves in positions where they're vulnerable."

"Sometimes people just fly off the handle," said residence life manager Michael Kopinak.

A person hears their partner was flirting with someone else, he said, and reacts in anger. "Let's punch a wall. Let's not talk to the person."

While it tends to be a small group of people that cause most of the problems, alcohol is a factor the majority of the time, he said.

"Ten to 20 per cent of the student population takes up 70 to 80 per cent of your time."

Residence life co-ordinator Angela Spineta said there has been one eviction and 15 to 20 disciplinary incidents for belligerence in residence since July.

Spineta confirmed a student was evicted in January when he punched a wall.

Andrew Poulos, a Humber counselling co-ordinator, said the most difficult thing about dealing with anger is students

often think it's uncontrollable. "It comes up so fast and before they know it they're raging," he said.

He worked with a student whose road rage got him a court order to attend counselling.

Another driver cut him off and he followed the driver off the exit ramp "to have a confrontation," Poulos said.

While Poulos was not at liberty to talk about the outcome of the incident, he said the student's court ordered counselling stopped shortly after it began.

"What I've often experienced from people who are mandated is they're not engaged in the process. They're just going through the motions," he said.

Counselling is rarely mandatory for students, said Poulos. Acting in

a way that threatens students, causes property damage or can be seen as an act of violence against other students will only make counselling a "strong recommendation," he said.

Kopinak and Dean of Students Judy Harvey decide on the disciplinary measures taken in these cases.

Kopinak said they involve men more often than women, though that gap is narrowing.

Aggression stems from pain, Poulos said. "It comes from a place of hurt, and when that spot is touched on they react with anger."

He compared it to alcoholism, a vice people falsely believe they're stuck with and helpless to do anything about. "Anger is like that," he said.

Break a leg, please



Sana Ahmed

Jilianne Deegan learns the pressures of stage life in a highly competitive, envious environment.

With comedy, there are no prisoners

Sana Ahmed
IN FOCUS REPORTER

While people may view comedy as a laid-back profession, it is always surprising to discover a sinister side, said first-year comedy writing and performance student Jilianne Deegan.

"There's a clear contradiction in this field," said Deegan. "It's the case of 'keeping your friends close and your enemies closer' in the entertainment industry."

She said envy among her peers is so intense at times it is reminiscent of high school and anyone who does better than you is competition.

"There's a whole thing between first-years and second-years," said Deegan. "There are certain people in second year that treat first years as inferior. When they watch us they think, 'oh crap, they're better

than I am' and that sparks envy, jealousy and rivalries."

"Comedians might look like well-adjusted people," said second-year comedy writing and performance student Evan Desmarais, "but they are very dark and sad on the inside."

Rivalries and envy over colleagues' success come with the territory, but following your passion requires some sort of sacrifice, said Desmarais.

"Our duty as comedians is to make people laugh," she said. "But if you look at the lives of most comedians, they are that of tragedy."

Desmarais cites the industry's pressures to succeed as one of the causes.

"You have to have thick skin because if you don't, then the industry will eat you up. You bury

your soul for the sake of others and you yourself lead such a miserable life," she said.

Sometimes people go as far as stealing other peoples' jokes, which further creates enmities, said Deegan.

"The competition in the industry is vindictive and cutthroat," she said. "It's hard to make genuine friends in it. If the opportunity came along, for the most part, people would trade fame and fortune over friendship any day."

People being mean and passing snide remarks is something that Deegan and Desmarais experience regularly.

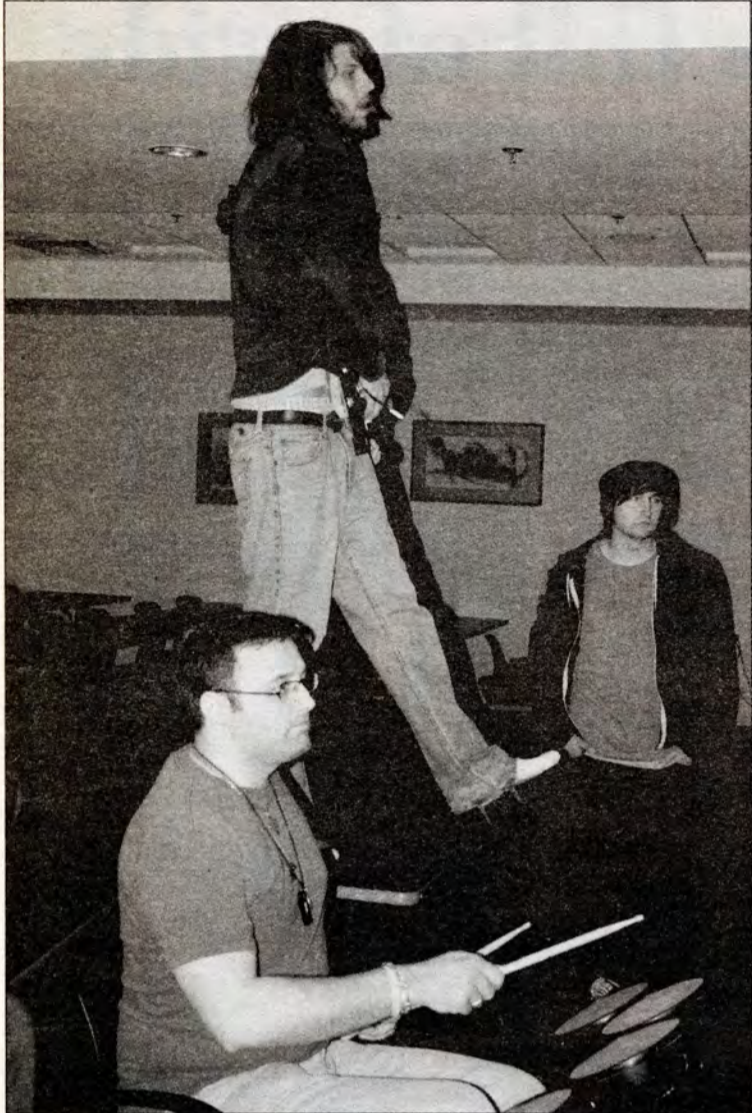
"Instead of people trying to work hard to out do someone, students have more of a mentality, like, 'oh, I wish they'd do worse than me so it makes me look better,'" said Deegan.



Roselyn Kelada-Sedra



Over 70 percent of the world's underweight children under the age of five live in just 10 countries, with more than 50 percent in South Asia alone – www.wfp.org



Cecily Van Horn

Students playing Rockband during the 30 Hour Famine in rez.

Starving helps stop starvation

Cecily Van Horn
IN FOCUS REPORTER

Gluttony was set aside while 60 Humber North residence students participated in the World Vision 30 Hour Famine held in residence last week.

They raised about \$600 by fasting for 30-hours and provided awareness on hunger and poverty for the students in residence.

"I've participated for five years now because it's a cause that helps educate people about the way that poor countries live on a day-to-day basis," said Krista Dawson, first-year accounting student.

"Knowing there are still hungry people in the world leaves me speechless" said Lawrence Yee, resident assistant and event organizer. "That's why we need to continue to raise awareness."

Students were supplied with distractions such as video games, movies, puzzles and study areas to keep their minds off food for the 30 hours.

"Despite being hungry for 30-hours, I know that I am part of change that will benefit the hungry children around the world and that means more to me than food,"

said Jacob Smit, resident assistant.

According to Karen Flores, communications officer for World Vision Canada, last year the 30 Hour Famine brought together 100,000 Canadian youth and raised over \$4.5 million.

"The impact of experiencing hunger for a day can be life-changing and has proven to have an impact," Flores said. "By participating, youth become leaders and advocates for global change, helping to spread the message to friends, peers, other leaders and garner the attention of national leaders."

According to World Vision, the Western world produces enough food to feed the world's population, and still 850 million people suffer from hunger and chronic malnutrition.

"It shocks me to know that there is enough food and people still have to suffer from hunger and malnutrition," said Angela Spineto, residence life co-ordinator. "However every little bit helps. We can be a part of the change and hopefully create a positive effect for others."

To reward students after 30-hours of fasting, organizers brought in pizza for participants to enjoy.

Seven myths of hunger

Many of us turn a blind eye to world famine because in the western world food is not hard to come by. In *World Hunger: Twelve Myths*, Frances Moore Lappé outlines false facts about world hunger. Here are just a few:

Myth 1: There is not enough food to go around.

Reality: Enough food is available to provide at least 4.3 lbs of food to every person on this planet every day. That's enough food to make most people fat.

Myth 2: There are too many people.

Reality: Globally, population growth is slowing. Although rapid population growth remains a serious concern in some countries, population density does not lead to hunger.

Myth 3: There are not enough

natural resources to support everyone.

Reality: The world is capable of producing enough food for everyone but as people without access to resources struggle to survive, they are often forced to farm marginal lands that are susceptible to erosion, flooding, or drought.

Myth 4: New technology is the answer.

Reality: Thanks to new seeds, millions more tons of grain are being harvested each year. But increasing crop production doesn't alleviate hunger. People with economic power determine who has access to additional food.

Myth 5: The free market can end hunger.

Reality: Unfortunately, market efficiencies only work to eliminate hunger when purchasing power is widely dispersed. We

must therefore concentrate on promoting not only the market but also the ability of people to participate in the market in ways that reduce poverty.

Myth 6: People are too hungry to help themselves.

Reality: People will feed themselves if given the opportunity. Because we are often bombarded with despairing images of poor people, we tend to forget that for people with very few resources, survival actually requires tremendous effort.

Myth 7: There is little we can do about hunger.

Reality: World hunger can be ended. The outcome of the war on hunger is determined not by forces beyond human control but by decisions and actions well within the capability of nations and people.

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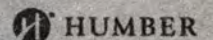
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Beating end of the year procrastination

Our expert finds a remedy to the sloth monster

Livia Fama
IN FOCUS REPORTER

Fitness co-ordinator, Leanne Henwood-Adam, offers tips on how to exercise your body while exercising your mind.

Take advantage of the free access to the weight room and fitness studio

"Students should take advantage of the facilities here which are free and are included in tuition," Henwood-Adam said. "It's convenient and cost effective and is a good way to get exercise before or between classes."

Make use of nice weather

To kick-start cardio and strength training "dress in layers for the cooler days, get outside and start walking," Henwood-Adam suggests. "The arboretum is beautiful to walk through and its uneven surface trains your muscles because you have to keep your body balanced and upright – it adds intensity while forcing your body to work."

Go the extra mile – literally

"Park farther from where you're going, whether it's the school, mall or gym," she said. "Use the

stairs instead of the elevator and make use of this extra bit of time – every little bit adds up to a lot."

Make use of what you have around you

Henwood-Adam stresses the importance of using your home environment to exercise, especially if you don't like going to the gym. "Use a steady chair or coffee table to work your triceps," she said. "Use your own body weight and do sit-ups and push-ups and if you walk around and do squats and lunges this exercises your legs." Inexpensive equipment is key, such as an exercise ball. "Between this and using your own body weight, it can be a complete body workout."

Take breaks to exercise while studying

"When you're studying, you're bent over at a desk, so it's important to keep yourself periodically energized so you feel better," said Henwood-Adam. "Your back is rounded while you're sitting at a desk, and it keeps your chest and back muscles tight." To counteract this, she suggests stretching all tight parts of your body which you can do by reaching for the sky and clasping your hands behind your back to get strength in your chest. "Stand up and do jumping jacks to get your blood flowing and your oxygen going, it wakes you up and leaves you more alert because heart is pumping blood through your system so you'll feel more awake."

Athletes full of pride

Laura Cicchirillo
IN FOCUS REPORTER

Following the loss of a really important game against Sheridan College, first-year basketball player Ryan Walker caused a scene when he ripped off his Hawks jersey.

"I don't want to accept loss. No one wants to lose. You want to see your work and all your hours in practice pay off," said the first-year travel and tourism student. "I definitely don't take losing well. I'm one of the angriest players on the team."

After the incident, his coach suspended him for a couple of games. "It was a learning experience. I was being immature," said Walker.

How people deal with pride, ego, and winning and losing is most evident in competitive sports.

Liberal arts and science professor Sherry Miller, who teaches golf management, said learning how to let go of loss is essential for athletes to keep up their drive.

"If athletes are angry at their failures, then they are not able to execute the game. A good athlete will let go of the loss really quickly."

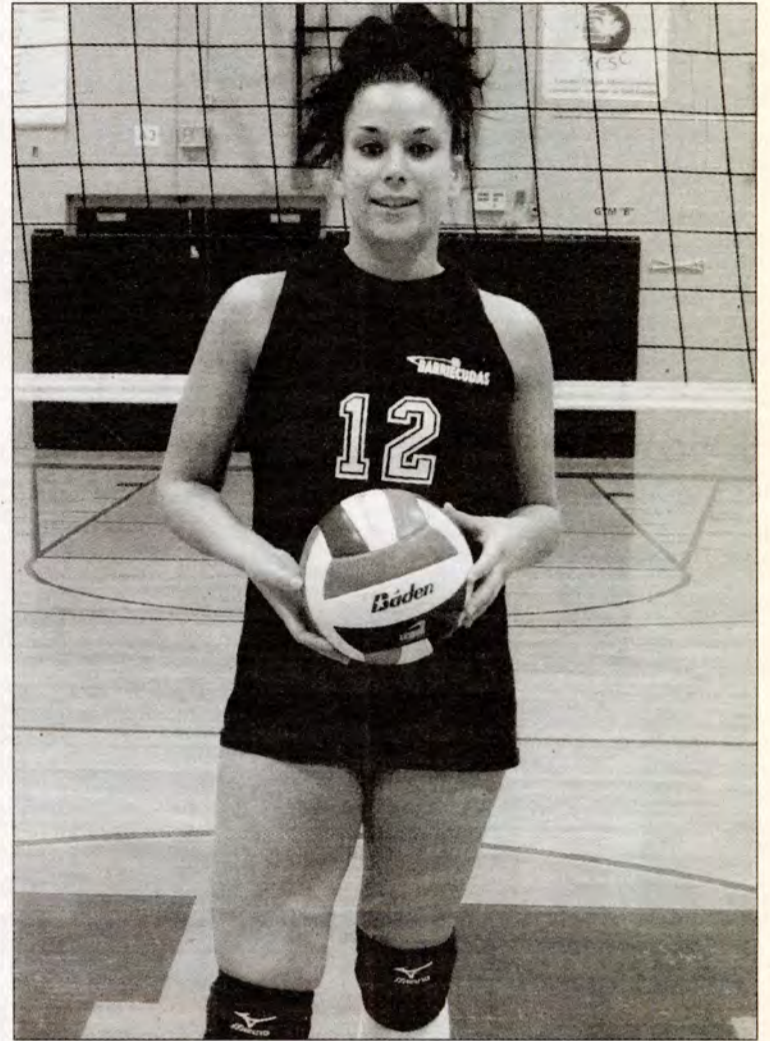
"Winning is not about ego. It's about feeling self-satisfied and whether or not they've reached their personal best. It's an intrinsic reward."

Miller said athletes feeling good about themselves and their achievements allow them to push forward.

Julie Mota played volleyball for four years at another college before deciding to come to Humber for her final year.

"I came here just to play volleyball for one year. I played four years at Georgian College. They have a really great program, but they don't have the talent there is here."

The 24-year-old said she wanted to be part of Humber's women's



Laura Cicchirillo

Julie Mota came to Humber just to play for a winning team.

volleyball team because Humber is known as a winning team.

"Winning is not everything, but you would like to see a win for all the hard work you put in. It's for the gold medal for sure but for me, it's about being part of something different. Our goal at Georgian was to make provincials. Here it is to win provincials."

Mota said it is unpleasant if her team loses a game and the coach punishes them by making them run lines.

Athletic director Doug Fox said

Humber's goal is for every team to get a medal and to be the rival for every other school. However he knows teams cannot win every time.

"We really deal with character a lot. Regardless of whether you win or lose, it doesn't matter. You shake hands with the other team, and you shake hands with the other coach. You thank people because even if losing is not easy to deal with, you have to deal with it with class. You have to get over the loss and get on with it."

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Bad spending habits mean empty wallets for some

Gareth Vieira
IN FOCUS REPORTER

Some Humber students are not shy about admitting they're greedy, saying they would rather pamper themselves than help others.

"I would love to help others at some point," said Lisa Peruzza, a second-year public relations student. "I just keep feeling I need more and more for myself. I spend almost all my money on things like clothing. I buy tons of alcohol. Basically all my money goes to my social life."

Some students are realizing, as the school year comes to an end,

they have less money now than they thought they would have.

"I have like \$4 left on my food card," said Peruzza. "I'm just going to have buy my food for the rest of the year."

Pravneet Siddhu, the meal plan organizer at Humber, said a students complain about their lack of funds at the end of the year and especially about their dwindling food card.

"Students would have no problem with the food plan if they stuck to it. It is supposed to be for the weekdays. If students keep using it on the weekends, then most likely by the end of the year their money will run out," said

Siddhu.

The students use their food card on the weekends says Siddhu, so as to have more cash available for their socializing.

Not every student has forsaken his or her education for personal satisfaction.

"I pretty much try to stay on track," said Meaghan McKay, a fourth year Guelph Humber journalism student. "I try to plan what is best for the year."

However, greed can sway even a student like McKay sometimes.

"I probably spend more money on myself than I do on school supplies. I try to budget for school, but it's hard," said McKay.

People may be tired of hearing how celebrities are like us – sales of four popular gossip rags flattened or declined in the second half of 2007. – www.thestar.com

Expanding the classroom walls

Program sends students to help support local economies in needy areas

Silvia Valino
LIFE REPORTER

The Humber School of Business is organizing student internships to extend lessons learned in the classroom to the world's neediest countries, says the international program manager.

"The ultimate goal is to build another organization's capacity for training to help alleviate poverty," said program manager Jennifer Wilson.

The school organizes internships for International Project Management graduates to South Africa, Tanzania, and Bangladesh, to support local business initiatives.

The data collected from these projects can be used to influence governmental and institutional change, she said.

"Can we take what we've learned and translate that into policy recommendations? Whether it is at the government level – can government support microfinance – or maybe it is just at the microfinance institution level," said Wilson.

Microfinance is a system that grants lower income people access to financial services, including loans, and savings accounts.

Susan Isaac at the

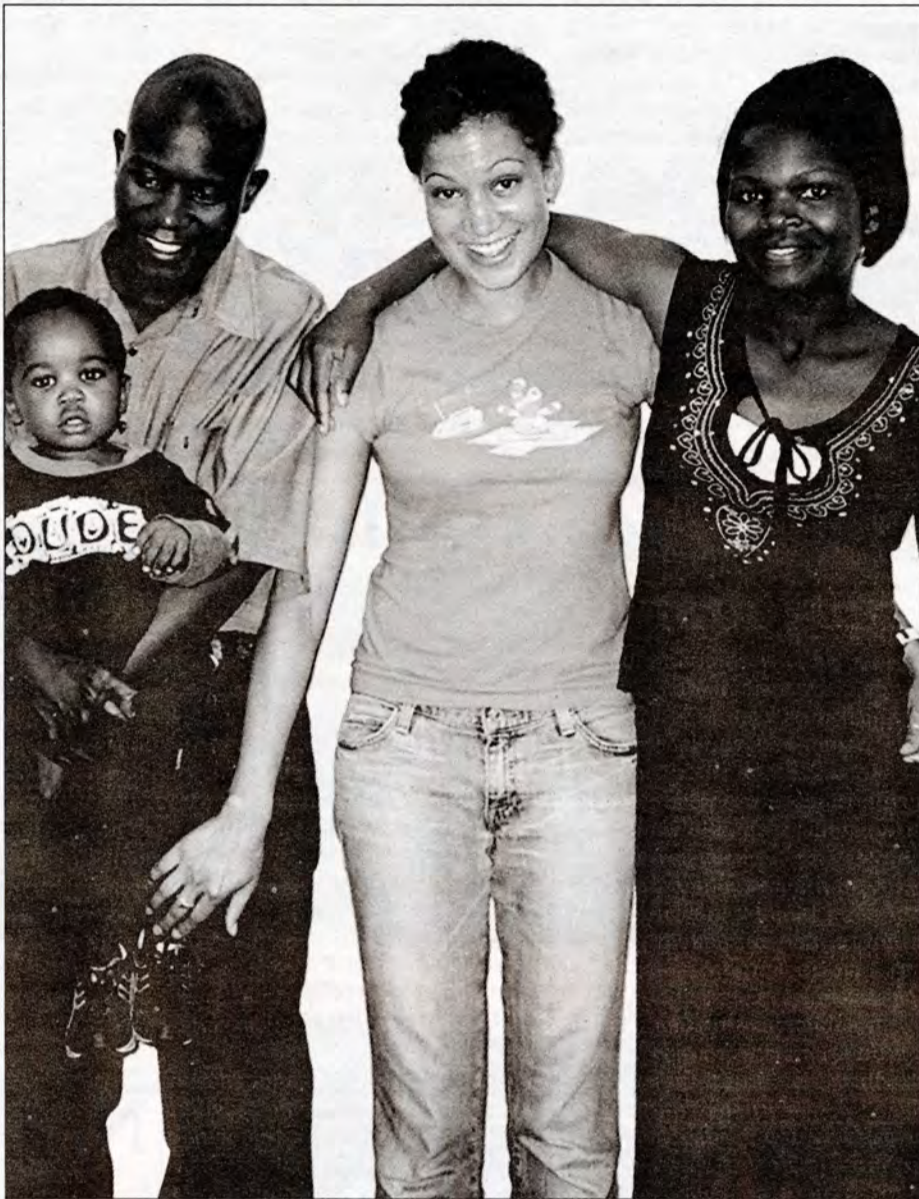
Association of Canadian Community Colleges, which funds some of these programs with money provided by the Canadian International Development Agency, said that the internships raise the reputation of Humber in the international community.

"Part of the strategy for Canadian colleges is to open up that college and make it more international in scope, both to have international projects but to bring international experience to the programs that they offer to Canadian students and also then bringing in foreign students," said Isaac.

Julie Francis, 28, a graduate of the international project management program, went to Zimbabwe in 2005 on a Humber-run internship to assist local enterprises. The country's economic crisis forced the program to adapt to the community's needs, and Francis ended up running an Internet cafe.

Francis said the internship had a huge personal impact on her life.

"It was amazing, it was honestly life-changing," she said. "It was enlightening because I was born in Canada and I hadn't been able to reflect on my culture and the way that we live in the west."



Silvia Valino

Grad Julie Francis (center), and the Chikukutu Family (bottom left to right: Tino, Josephat, Mai Tino) in Gweru Polytechnic residence, Zimbabwe.

Getting java jazzed

Natalie Escobar
LIFE REPORTER

Every week coffee shops at North Campus sell approximately 6,300 cups of coffee.

"Java Jazz is where 90% of the coffee gets sold. We sell at the Food Emporium, the Faculty Lounge and William's Pub," said Jamie Burdon, Food Services Manager.

Students who depend on coffee to get through their day might want to take advice from Health Canada and limit their intake to no more than three cups a day.

"Caffeine is ultimately a drug, and like any drug there will be a degree of dependency," said Doug Cook a registered dietician/nutritionist at St. Michael's Hospital. "It can be habit forming for people working on deadlines, or in high-stress jobs."

It is difficult to link intake levels to specific health effects because tolerance to caffeine varies between people.

"For it to be toxic you'd have to take huge amounts, but the main issues surrounding caffeine consumption would be potentially interfering with sleep patterns," said Cook.

"I guess I drink it because it wakes me up. I drink it for the stimulation and I guess I could say it helps me through my day," said Vince Cavuto, 21, second-year marketing student. "I wouldn't say I depend on it but it does provide a pick me up."

Hittin' the snooze button in the halls at Rez

Residence manager says practice of sleeping in corridors is "not permitted, disruptive"

Jordan Sandler
LIFE REPORTER

Some students living in the North Campus residence are exploring an alternate sleeping solution – foregoing the comfort of their beds to sleep in the hallways.

"I equate it to guys going camping. I think there's an aspect of us that likes to rough it," said Tom Mangos, 47, one of North Campus' most senior residents and a first-year radio student who tried sleeping in the hall earlier this month.

"For a lot of the guys on the floor this is their first time out of the house and I think sleeping in the hall is their way of rebelling," said Mangos.

He added the size of the rooms is also an issue. "I think a lot of times you get restless, you feel bottled up," he said.

Rahman Derrick, a first-year business student at Guelph-Humber, said he slept in the hall a few weeks



Jordan Sandler

Some residence students have taken to pulling up some carpet and catching zz's in the halls.

ago for a similar reason.

"My room's smaller than everyone else's room by about nine inches because it's right next to the elevator shaft," he said. "And there's no circulation in there."

For Derrick, who slept on a small mattress from home, the most memorable part of the experience

came the next day.

"The whole night was just perfect because when I woke up in the morning, the sun was shining through those weird bricks at the end of the hallway that you can see through. And honestly, it was the coolest thing ever," he said.

Residents are not the only ones

using the hall for sleeping, according to witnesses.

"I was going to brush my teeth before bed and I opened my door and there was a random kid who doesn't even live here just sleeping on the floor," said Courtney Cassell, 19, an R building resident and first-year family and community social

services student. "I went and brushed my teeth and on my way back I gave the kid a pillow. He wasn't drinking or anything, just sleeping in our hallway."

Residence manager Lynn Newhouse said while there is no specific policy against sleeping in the halls, it is obviously not permitted.

"Number one, it's disruptive to everyone else in the building," she said. "And it would be sort of odd when you're walking down the hallways to see people sleeping outside their rooms."

She added security should be waking up students sleeping in the halls and asking them to go to their rooms.

Mangos said security did not force him back inside his room but this was not his biggest worry. "I didn't see them. I was fast asleep. I'm not really concerned about that. I'd be concerned if they tripped over me but that didn't happen."



According to the Canadian Obesity Network, more than 5.5 million Canadian adults and 500,000 children are obese and at risk of cancer. — www.guelphhumber.ca

Dedicating time can help career

Kara Bertrand
LIFE REPORTER

Volunteering can give Humber students an advantage in the workforce as well as increase personal achievements, said Career Centre manager Karen Fast.

"You're going to develop a really strong network, you are going to see another side of humanity and often times you're going to learn new skills that you would not have normally learned on your own," she said.

The Career Centre has a binder with volunteer opportunities

around the city that is updated regularly. A board in the centre also outlines the benefits of volunteering.

"I think what I want to emphasize is the value of volunteering

nowadays — how important it is to the employers and the fact that they're actually looking for it on everybody's resume," said Fast.

Ken Wyman, co-ordinator of the fundraising and volunteer manage-

ment program, said there are about 85,000 registered charities in the country and 100,000 non-profits.

"Any Humber student would find that they would get a welcome at a charity door," he said.

Wyman said those with volunteer experience hold an advantage over those without.

"People that show they can handle difficult situations are more likely to get hired for their dream job," he said.

He emphasized the importance of networking through these volunteer opportunities. "Developing that sort of social capital is

tremendously important in a mobile society where many people feel isolated," he said.

Victoria Boulton, 25, a fundraising and volunteer management program student, said charities often suffer without volunteers.

"Lack of money and volunteers basically means most organizations would not be able to function as they want to, if at all," she said.

Fast added that getting out there is what is important.

"There's so much need out there that sometimes you feel like it's just a drop in the ocean, but you do what you can," said Fast.



Fundraising and volunteer management students 'trick-or-treat' on Halloween for non perishable food for a local women's shelter.



Bryanna Brown

Pictures above and right of models for Nada's design line.

Students stalk the runway

Bryanna Brown
LIFE REPORTER

Toronto's L'Oreal Fashion Week was a valuable experience for second-year Humber fashion student Emily Dick, who used the opportunity for networking.

"I had never been before. It brought so many facets of the course together and was much more valuable than anything I could have learned from a book," she said.

Susan Robertson, fashion program co-ordinator, said while it is important for students to see the fun side of the fashion industry,

skipping class is discouraged.

Luckily for students, most shows were at night so they could take in much of the atmosphere, said Dick.

Robertson explained Fashion Week is a valuable experience for students.

"Students go to Fashion Week to view shows and to volunteer behind the scenes in the runway room and set-up of Fashion Week so they can get a better feel for the industry," she said.

Stephanie Vizvary, first-year Guelph Humber media studies student, got to see a few shows as well.

"I was so excited to go to Fashion Week. I used to be a model, but I real-

ly want to get into the fashion industry on the media side of things."

Robertson added that Fashion Week is a great time for networking and a better chance for students to meet established designers, stylists, retailers and other fashion professionals.

For Dick, one of the most memorable experiences was being able to see every component that was required to put the week together.

"I saw the media lounge, backstage, promotional kiosks, venue setup, and how designers market and present a new line 6 months before the season will be available in stores," she said.



Bryanna Brown

Emily Dick enjoyed seeing the behind-the-scenes activities.

Not necessarily what you eat, but quantity

Imma Morcinelli
LIFE REPORTER

When it comes to the obesity epidemic, the saying 'you are what you eat' may very well be the root of the problem.

"It's often referred to as 'portion distortion,'" said Jody Paul of CIBO Clinic, an obesity management facility. "We're exposed to larger quantities of food sold as single portions and when large sizes are offered, we not only eat more but we also get a distorted impression of what a reasonable serving size really is."

Paul isn't the only professional pointing fingers at today's food options.

"All you need to do is sit in a food court and see there's a demand," said Terry Graham, University of Guelph health and nutritional sciences professor.

Humber and the University of Guelph have recently announced a new Applied Science and Kinesiology degree designed to fight fat.

Beginning next fall, the four-year degree will train students to work with the obese through courses dealing with nutrition, exercise science, anatomy and the science behind obesity-related diseases.

Paul added food isn't the only factor contributing to obesity.

"Another problem is that many of us live in car-dependant communities which lead to the lack of physical activity," said Paul.

She added that believes in more traditional ways to prevent the problem than dieting and surgeries.

"I think the only way we will break the obesity cycle is to instill the principles of healthy living in our children and get them away from the TV, computers and video games."

According to the Canadian Obesity Network, one in five Canadians are at risk of developing obesity-related diseases.

"Obesity is a principle cause for many non-hereditary diseases such as diabetes, stroke and respiratory problems," said Paul. "It also predisposes to various types of cancer."

Andrew Poulos, psychological counsellor and co-ordinator of counselling services at Humber said there's help available to students dealing with obesity.


"Counselling services is available to help the student address the emotional component of their obesity while Health Services is available to assist them with the physical health issues related to obesity," said Poulos.

The Smokers Pot



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facilities.humber.ca

Loblaw, Intel and other companies are declaring e-mail free days, to set aside thinking time and wage war on BlackBerry addiction. – www.globeandmail.com



Imma Morcinelli

Employers encourage e-mail free days to increase productivity.

Day to make the inbox invisible

Imma Morcinelli
LIFE REPORTER

Last Wednesday, Liz Margles of Loblaw had her BlackBerry turned off and sent pre-programmed notifications to anyone trying to get a hold of her through e-mail.

Coined *e-mail free days*, companies across North America have instituted policies for all employees to avoid using and checking their e-mails once during the work week.

"It's very easy to fall back on e-mail as a communication crutch, and that takes time away from interacting with people face-to-face," said Margles. "It's a great pause in the middle of the work week to do something like that."

So far, the response has been positive.

"It's been great," said Margles. "At the beginning, it was difficult to get used to, but we're three months in and I've already started to notice that people have gone back to old school ways of communicating and realizing sometimes face-to-face meetings actually get more accomplished than a prolonged e-mail exchange."

However, William Hanna, associate vice president and dean of media studies and information technology, notes that in communications professions particularly, one could not afford an e-mail free day.

"I think that you have certain professions where e-mail has replaced a lot of older, more traditional methods of getting information and maintaining contacts," said Hanna. "And I think going back on that would be very diffi-

cult. Because unless you reinstate something you've dumped, you haven't gotten that access."

While the launch of e-mail free days comes after a growing concern that technological tools are a distraction in the workplace, Hanna believes it's not how much time one spends checking their e-mails, but rather how much of that time is productive.

"People need to look at their own e-mail and Internet use and question how much of this is allowing me to do my job, and how much of it is actually taking up my time," said Hanna. "Because the number of hours spent doing something does not equal productivity."

But despite the universal addiction to this technological tool, there still remain those who are behind the once-a-week detachment from e-mails.

"It allows individuals to be a little more personal in their contact means," said Preciosa Leal, president and chief virtual officer for Alliance Business Solutions, in collaboration with Pace Productivity Inc. "It's not just a matter of writing messages anymore. You get to speak to the person and get a more personal feel for the communication rather than just e-mailing."

Though the withdrawal may come as disorienting at first, there are advantages to e-mail free days. "I think people will revert to the conventional means of communicating, rather than just relying on e-mail," said Leal. "But aside from that, it will allow for more productivity, and you won't have to deal with so many unnecessary messages."



Imma Morcinelli

Class in the comfort of home

Andrea Iseman
LIFE REPORTER

Humber's new part-time chef program for ministry certified tradespeople is part of a growing trend of more courses and programs being offered online, said Ruth Hickey, manager of the Open Learning Centre at the college.

"The numbers are increasing about 20 per cent every year," said Hickey.

This term there are about 4,000 students in over 200 courses, which is the most students that have ever been enrolled online, she said.

"No one wants to travel in the winter," she said. "If I can stay home with my coffee and PJs, and do my course, it is better than bundling up in my toque and mitts waiting at a bus stop."

When Hickey first started in 2002, she said there were only 15 courses online, all in the school of liberal arts and science. Now, there are over 45 programs fully online, in most schools at Humber.

"One-third of my students are working full-time," said Lisa Bering an online teacher in business and recruitment. "Students who are organized, new moms, and shift workers absolutely love

"If I can stay home with my coffee and PJs and do my course, it is better than bundling up in my toque and mitts waiting at the bus stop."

—Ruth Hickey
Open Learning Centre manager

[online] for its convenience."

But Bering said some students come into her classes with misconceptions, thinking online is easier than in-class, and are sadly mistaken.

"There is a lot of reading," she said. "If you don't buy your Christmas presents early, you won't like online."

And as a teacher, Bering said she loves teaching online, because she

can give as much value-added instruction as she wants, through e-mail and chat rooms, but admits she misses the face-to-face contact.

Anthony Imola, 30, a student in one of Bering's classes, said he misses the interaction with fellow students but enjoys that he can learn outside of the typical classroom, something that is useful in the real world.

"Online discussions allow you to be in constant contact with students and the teacher," he said, "and allow you to build a different relationship, one which is built on trust."

As well, students from all over the province, country and even continent can get qualifications that might not be available to them in their hometown, said Anna Kulinski, co-ordinator of the travel and tourism management program.

"I have students from Newfoundland, Manitoba and Hawaii," she said. "They love that they can work at their own place without time or financial pressures."



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Chilean mayor, Carlos Lopez, was detained by police after storming onto the set of the upcoming James Bond movie while they were filming. — www.cbc.ca

Mr. Pink punks out with Park

Tracey Finklestein
A&E REPORTER

A Humber graduate is living the dream, touring around the world with rock band, Linkin Park.

"It was incredible," said Mark Abra, 30 — a.k.a. Mr. Pink, because of his pink hair — about his first tour. "I got to go to Asia, Australia and Europe, and I got paid to do so."

The theatre production graduate uses his skills to run the lights and build the sets for all of Linkin Park's performances.

He will soon be heading back to Europe to finish the tour before returning to Canada with the band, which headlines Edgefest this summer, put on by 102.1 The Edge.

"In between I do small week-long gigs with various bands," he said.

Mr. Pink got his start as a roadie while working for a company that provides light-

ing to different venues in Canada.

"I got thrown into it because I let my intentions be known," said Abra. "When I was working in a lighting shop learning how to fix lights, my boss always knew what I wanted to do and he recommended me."

Abra knew he wanted to tour with bands since high school and the teachers at Humber noticed his interest in music.

"One time he was asked to

review a theatre performance, but

instead he reviewed an Eminem concert. That was a pretty good indicator that he was going to get into music as a career," said Paul Court, head of the theatre produc-

tion program.

While at Humber, Abra worked on different theatre productions doing scene painting, carpentry, sound and lighting.

"I branched myself out as much as

I could because if you know how to do a lot of different things, you end up working a lot in my business," he said.

Despite his busy schedule, Abra always finds time to visit Humber. In January, he was invited to speak with students about his career.

"He was flying out that evening to London and he still came to talk to our students in the afternoon, which was very good of him," said Court. "He made time for them."

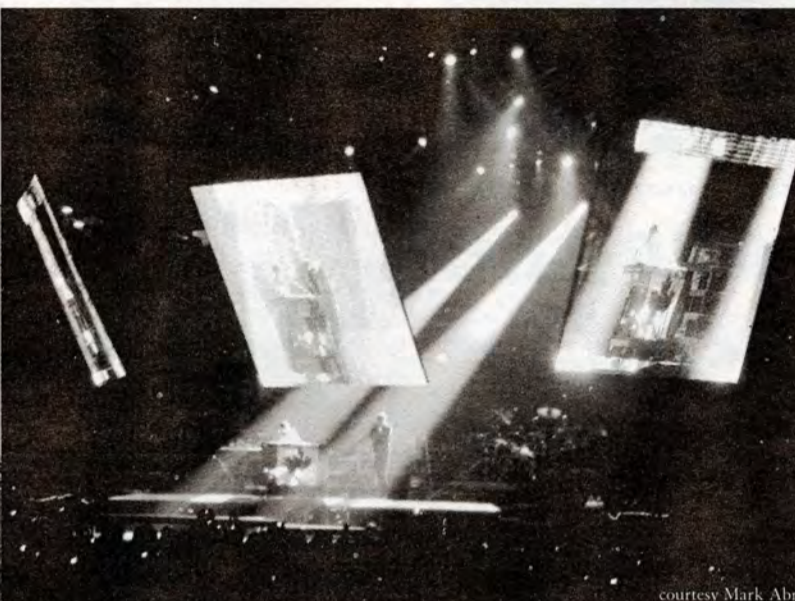
Before Linkin Park, Abra travelled with White Snake, Bryan Adams, Velvet Revolver and various indie bands.

"We lost our mother a few years ago," said his sister Mary, "and I am really proud of him for continuing on with his dream. He seems to be happy, which is what I want for my family."

Abra will be touring with Linkin Park until the band is finished promoting their current album, *Minutes To Midnight*.

In June, he will fly to Denmark to start the summer touring schedule.

"As soon as they stop touring I will go on and work for another band or another act," he said.



(top) Theatre production grad Mark Abra runs the lights and builds the sets for all of Linkin Park's performances. (left) Abra saw sights such as the Opera House, in Sydney Australia, while the band was on it's world tour.

A fine time for a fresh face

Cytlalli Ruiz-Chapman
A&E REPORTER

By taking chances with her musical style, soul singer Joni NehRita has created a unique sound for her debut album, *A Fine Time*.

"It sounds like old soul," said NehRita. "I put a lot of time into the lyrics."

The music teacher and former Humber jazz student said there are political and social undertones to her music.

"As I get older my songs come as a complete idea," she said. "I try not to censor myself."

Her interest in politics stems from a background in political science, with a degree from York University.

"I started a political science degree mainly for my dad," said NehRita. "He really wanted me to become a lawyer."

But the political aspirations didn't last and after her first year NehRita realized she had made the wrong choice. She soon dropped out and applied to the Humber Jazz program, and was shocked to find out she had been accepted.

"I was surprised when I got into the program because I hadn't been musically trained. I was self taught up to that point," she said.

Although he wouldn't see her become a lawyer, NehRita's father managed to expose her to social issues that affected them. These perspectives have had an impact on her music and way of life, she said.

Her drummer, Adam Bowman, met her while at Humber and

respects her unique style of music.

"Her work is very honest and she really focuses on her lyrics," said Bowman. "She wants to get a message across, unlike a lot of the music we listen to today."

NehRita said the music industry can be difficult at times, especially if you're not pushing watered

down pop music with little consideration to lyrics.

"The most important thing is to be open to different ideas and music to allow yourself to be inspired," she said.

You can find her album, *A Fine Time* at Chapters book stores, where she has done performances.



courtesy Joni NehRita

Joni NehRita describes her singing style as "old soul."

PLAYLIST PICKS



A&E editor Ashley Hampson tells us what's in her headphones this week

- Björk - Wanderlust
Volta
- The Avalanches - A Different Feeling
Since I Left You
- Hot Chip - Shake A Fist
Made in the Dark
- Adele - Right As Rain
19
- Simian Mobile Disco - Hustler
Attack Decay Sustain Release
- Goose - Low Mode
Bring It On
- Death From Above 1979 - Do It!
Heads Up
- Studio - Origin
West Coast
- Thievery Corporation - Indra
The Mirror Conspiracy
- Broken Social Scene - 7/4 (Shoreline)
Broken Social Scene

The Collected Works bookstore in Ottawa will host a reading by author Peter Carey via webcam. Carey will broadcast from his New York home. – www.cbc.ca

Capturing fantasy with photography

Lacy Atalick
IN FOCUS REPORTER

Kyle Tryhorn is using his creative photography skills to launch a career in fashionable Europe.

The 25-year-old St. Catharines native graduated from Humber in 2003. He now photographs for stylish European magazines including *Mother Magazine*, published in Greece, *Blend Magazine*, published in the Netherlands, and *Iqons*, based in England.

His work is cutting edge photography, said Neil Fox, a former photography teacher of Tryhorn.

"He is doing a very good job of it. It's quite acceptable and it shows he has potential. I can see a lot of maturity."

He added Tryhorn's work blew

him away.

Tryhorn's subjects are predominantly women and he incorporates smoke for visual effect. He also breaks tradition by covering up their faces in whatever way possible, usually with the clothing the models wear.

He said he tries to capture his daydreams and his fantasies.

"I don't think that those things have to just live in your head; I think they can be brought to life."

Fox, an industry professional, added the photography industry is very competitive.

"There are so many photographers that will work for little, so usually they are underpaid," he said.

In reference to Tryhorn's move to Europe, he said it is easier to get

noticed there then in North America.

"Photography in Europe is more open to concept. North America is based on money, always has been."

Tryhorn, reflecting on his education at Humber, said the technical skills he gained there were crucial to advancing in the industry.

His advice is to push yourself by doing things that scare you.

"It's exciting and terrifying to come out of school and face a world of experience and existing structure and try to either fit into or circumvent that, so just get out there and start swinging."

Another former teacher of Tryhorn's, Cathy Bidini, said Tryhorn has always been a free spirit. "He was bursting to come out," she said.



Courtesy Kyle Tryhorn

Tryhorn often experiments with smoke in his photographs.

Spotlight shines on eclectic art installation

Jay Vallis
A&E REPORTER

The Guelph Humber art gallery opened a new exhibit on March 31 full of traditional and digital art all created by graduating students.

The Vo D'artistes exhibit features the art of 22 students who are in the Visual and Digital Arts two-year diploma program.

For Monday's show opening, the artists were paired with students in the event management program at Guelph-Humber.

The event gave the student artists an opportunity to see what it's like to have their work shown in a gallery.

Vo D'artistes showcased about 50

modern art pieces, including Japanimation, computer graphic images and a slide show. A DJ was also on hand for the night.

"It was very creative," said Kamiran Aldaddagh, a business administration student and guest at the show.

Each artist selected two pieces to submit, with most showcasing a traditional piece as well as a digital one. Corey Diaz was one of the contributing artists for the exhibit and his traditional piece won honours at the Thou Art art show, which wrapped up last week. "It took a couple weeks for the traditional one," said Diaz, "and the digital one took like a day."

Feelings about the two different

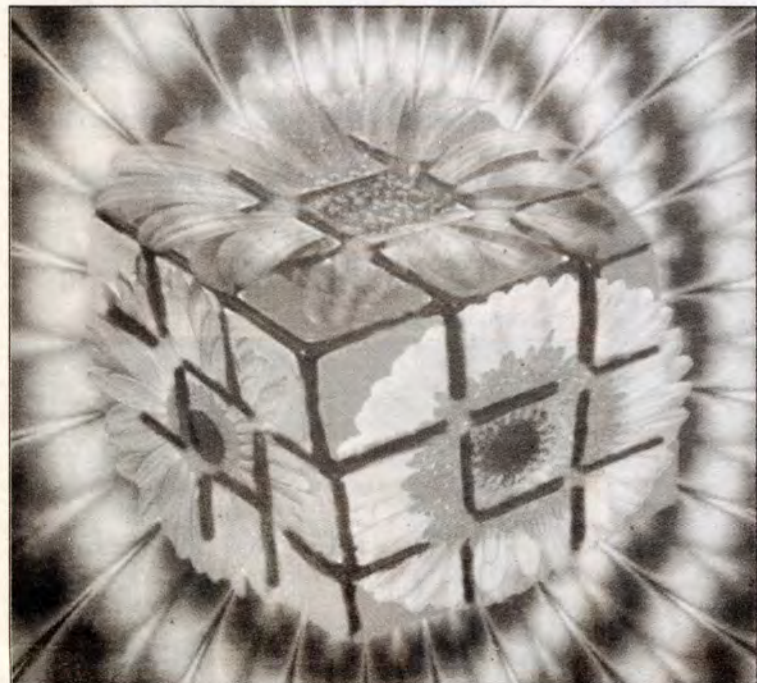
styles were mixed between the various artists. "I actually find digital a bit more complicated because I'm more of a visual artist," said student artist Cristian Covelli.

A lot of the work being shown is emotional for the artists as it dis-

plays how they were feeling at that point in their lives.

"My digital piece is an expressive piece and it's called depression," said Kristina Hicks. "I was depressed and was trying to convey that through my work."

All of the pieces are different, with some students utilizing self-portraits while other creations are conjured from the depths of the imagination. The show runs for the next two weeks from 11 a.m. to 4 p.m. daily.



Jay Vallis

The Vo D'artistes exhibit at Guelph-Humber showcases work from different mediums by graduating arts students.

A Humber for All

Humber wants to remind you that

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



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

Radiohead is offering isolated music components from its single, *Nude*, online so fans can create and upload a remix of their own. — www.rollingstone.com

spotlight on HUMBER

Stephanie Stranges
A&E REPORTER

An independently managed band made up of four former and current Humber students has broken through mainstream metal and is prepared to release its first CD this month.

"Being 100 per cent independent is not an easy thing to do by any stretch of the imagination," said Mike Simpson, 24, a recent grad from the music program and also the singer and bass player for The Womb. "You try and gain recognition by releasing a CD, having a decent website, booking shows and hammering away at your message board no matter how fruitless it might seem."

The band, which also includes guitarists Bret Leier, 23, and former music student Luke Roberts, 23, will hold its CD release party at Sneaky Dee's in Toronto on April 18.

Drummer Neil Monkhouse, 23, in his last semester of the music program, said he is glad to have Simpson managing the band.

"Mike seems to be pretty smart on the business side of things. He has had a lot of good ideas and brought a lot of people into it."

The Womb integrates heavy sounds with influences from '90s rock and a splash of punk.

"I think that we offer something that hasn't typically been heard in a long time, especially in the Toronto scene," said Simpson.

He also said they wanted a name that wasn't typically metal. "The Womb signifies a certain level of mysteriousness. There are countless names with the word death or destruction in it."

The band said its endeavours have always been more than just about making money — it's about the music itself. For now, Monkhouse is happy simply to have his music heard.

"We put a lot of work into this and I hope people just get to listen to it," he said. "We would love to go big — any recognition for the hard work you put into it is welcome. I am ready to be patient and see where it goes."



The Womb releases its first CD this month.

A tale of love, loss and dreams

Robert Sassano
A&E REPORTER

Former Humber student turned author Anthony De Sa told the monthly Writers' Circle at Lakeshore Campus last week that books are a far more personal medium for fans than film or music.

"You can go to a book festival, read a book and talk to the author," said De Sa, who attended the Humber School for Writers program in 2006. "You can't go and meet Robert De Niro or Chris Martin from Coldplay. It's the only art form where you can actually do that."

De Sa's first novel, *Barnacle Love*, published last month, is a collection of linked stories about a Portuguese immigrant and his relationship with his son.

"To see it in stores and everywhere is really a great feeling," he told the group in attendance. "It's a story of love and loss and dreams and aspirations and the strength and love of the family."

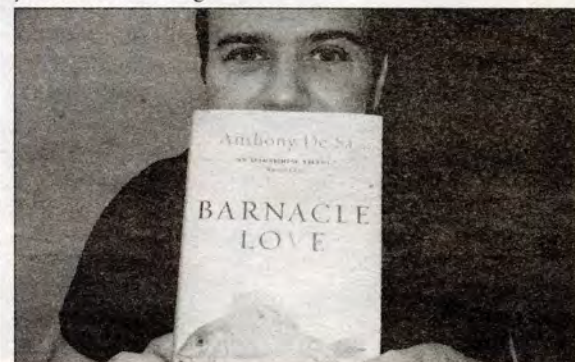
De Sa elaborated on the state of the publishing business, saying publishers are looking for something more.

"I think that you have to be very disciplined, you have to give them your best work. What the publishing world is looking for is something that is technically perfect. Something original, vivid and compelling. If you can do it in a page and a half, you've got it," he said.

De Sa closed the lecture by offering the most important aspect of any story.

"You have to draw me in, that's what publishers are looking for. Even with novels that are published now, they invest and you have to be interested," said De Sa.

Julia Gagliano, an up and coming writer who attended the event, called De Sa's speech "an enhancing of your own learning."



Robert Sassano

De Sa will be part of International Readings at the Harbourfront Centre April 9.

Humber College
PRESENTS

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Where: Humber College Parking Lot 4

Fee: Free with donation of a non-perishable food item

*donation will be delivered to the HSF Food Bank

HUMBER

Running Room

PowerBar

Tuesday's game against the Blue Jays marked the 85th and final opening day at New York's Yankee stadium. The field will be torn down next year. — www.si.com

A green Reda spread his wings with the Hawks

Evangelos Tzaras
SPORTS REPORTER

As the host of one of TSN's most popular shows *That's Hockey* and *The Junior Hockey Magazine* on radio's Fan 590, Gino Reda is using skills first mastered doing play-by-play for Humber varsity sports.

Along with Humber Athletic Director Doug Fox who did colour commentary, Reda went to work as the play-by-play guy covering varsity basketball, volleyball and hockey.

"You couldn't have asked for a better scenario because I was a sports fan who liked to do play-by-play and Doug knew the players, so it was just outstanding," said Reda.

Fox knew from the first day of working along side Reda, who was freelancing with Maclean-Hunter, now Rogers's cable, that the teenager had a special talent.

"He was a force to be reckoned with, from the minute he walked in

here to do broadcast. The first night I did a game with him, I just couldn't believe how smooth he was and how good he was."

Those first few years in the mid-1980s were not without the occasional broadcast blunder. Stoppages in play found Reda and Fox desperate to fill dead air.

"Doug and I would kind of look at each other and kind of go, well I don't know what are you going to say," joked Reda. "You got to come up with something, brother, because we got to fill some air."

Reda was never interested to following in the footsteps of CBC legends Foster Hewitt or Bob Cole. For Reda it was a love of sport.

"I was really more motivated by the sport than I was by individual people. I never really aspire to be Foster Hewitt. I was just more motivated in being part of the action."

When you ask Reda if he could choose between doing a journal-



courtesy

TSN veteran Gino Reda called Hawks games with athletic director Doug Fox in the 1980s.

ism program versus straight hands on experience all over again, he would choose school.

"Journalism school is an absolute must. I spend 10 per cent of my day broadcasting and 90 per cent of it writing and research and phone calls. You've got to be a good journalist before you can be a good broadcaster."

Sports media school set to tip-off in January

Pat Lovgren
SPORTS REPORTER

The ability to draw a good quote from an athlete has always been a tough task, but with the opening of a pair of new sports journalism programs in Toronto, future sports reporters are promised to be better prepared than ever in dealing with the athletes they cover.

"You have to understand that athletes are being pulled in so many different directions," David Lanys, the president of the recently opened Toronto College of Sports Media said. "It's definitely gotten harder to get the non- clichéd answers."

Malcolm Kelly, the program co-ordinator of Centennial College's new sports journalism program shares Lanys' opinion.

"If you want to be a good sports reporter you have to be able to deal with athletes the right way," Kelly said. "That starts with building relationships and being well informed on the subject matter."

Kelly said his program, which is scheduled to start in January and

is currently accepting applications, will teach students to develop relationships with athletes, how to create beats, and how to write opinionated articles.

According to Lanys, dealing with athletes is a balancing act.

"You can still be courteous and professional without being their friend," said Lanys, whose one-of-a-kind school features instructors such as, *Sportsnet's* Jim Van Horne and *CBC's* Elliotte Friedman. "You have to read the person and show them that you can relate to them and care about what they say."

Lanys, a former reporter for *The Score*, said his most memorable interviews have come when he connected with athletes because he showed them he genuinely cared and was concerned about them.

One of the interviews involved former Leaf Dimitri Yushkevich, who told Lanys he was still pushing to play despite having a potential life threatening injury. When Lanys asked Yushkevich why he still wanted to play despite the injury, Yushkevich responded,

"Because I love hockey and I love the Leafs."

Another one of his encounters involved former NHL veteran Shayne Corson, who opened up to Lanys about his ulcerous colitis and the accompanying panic attacks he was having because Lanys revealed to Corson that he had cousin with a similar problem.

Likewise, former TV anchor Terry Glecoff, who now teaches broadcast news and writing at Humber, says there are similarities between the hard news he has covered and sports reporting.

"I think one of the most important things in reporting is showing the interviewee that you're not just there to get the quote and that you give a damn about what they're saying," Glecoff said. "You have to dig around a bit and get some background so that it will almost be like you know them personally."

The college will be hosting an open house on April 7 from 6:30 p.m. to 8 p.m.

Visit www.collegeofsportsmedia.com for more details.

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Hawks flock to all-star game

Quartet descend on season ending party at Durham and Hunziker heads home

Kelly Roche
SPORTS REPORTER

OSHAWA — As his coach and teammates prepare for next season, Sebastien Hunziker wore his Humber Hawks uniform for the last time at the Ontario Colleges Athletic Association (OCAA) basketball all-star game last weekend. “It was a good time,” said the first-time all-star after playing 15 minutes and grabbing two rebounds.

“There could’ve been a little more snacks and food since it was a long day.”

The 6’5” forward averaged 5.3 points per game this season, his third with the Hawks.

Hunziker is heading back to his

native Switzerland after completing the fitness and health promotion program this semester.

His teammate and Hawks captain Jadwey Hemmings also competed in the game and collected five rebounds of his own, as their West team lost 98-94 in overtime before an all-star record crowd of 1,700 people at Durham College.

Niagara’s Anthony McAleese led the game in scoring with 19 points and was named MVP.

Durham Lords star Anthony Batchelor, who recently became the league’s all-time leading basketball scorer and is the current player of the year, finished with 10 points for the East.

“It always feels good to have a win, especially to end off the season,” he said.

Batchelor said he is contemplating returning to Durham for a fifth year.

It was the first time the game was held at the end of the season instead of halfway through it.

Humber rookie Daviau Rodney participated in the two-ball competition and Lynden Drayton Barrow took part in the three-

point shootout at the skills competition.

While his players enjoyed the festivities, Humber head coach Darrell Glenn said he is now focusing on the future.

The Hawks dominated the regular season, finishing 16-2 before being eliminated in the first round of the provincial championships.

Fifth-year players Samson Downey and Roger Scott are no longer eligible.

Downey returned to the Hawks after playing overseas in Denmark, while Scott led the team with 12.8 points per game this season.

So will the Hawks have familiar faces in November?

“I hope we get everyone back,” said Glenn, adding that he usually loses one or two players each season.

Glenn said a lot of players are commuting two hours a day to North Campus and this may be a factor in their decision to return.

“That certainly takes a toll on you,” he said. “Being in school all day, then going to three-hour practice with maniacs yelling.”



Tania Garshowitz

Sebastien Hunziker (right) will be going home to Switzerland.

Supplements enhance warning from therapist

Ryan Lavender
SPORTS REPORTER

For varsity athletes the story behind using muscle and performance enhancing supplements is straightforward, said Humber College’s head athletic therapist.

“It’s take at your own risk,” said Lydia Henry.

“When our athletes ask about supplements our answer every time is that you don’t know what is in it,” said Henry.

“If there is nothing on the label that does not mean there is nothing in the product.”

The Canadian Centre for Ethics in Sport, which oversees drug testing for amateur and college-level athletes, provides online resources to investigate the ingredients of supplements.

Its website, however, warns that depending on the function of a supplement and any claims about particular benefits of its use, certain products are not subject to strict manufacturing and labeling requirements.

Henry said the products which are most often inquired about by Humber’s athletes are protein powders and creatine.

Former Toronto Blue Jay Derek

Bell publicly blamed creatine for the severe kidney ailments he suffered from in 2001, saying that when he returned home from the hospital that year he threw out what was left in the garbage.

Non-varsity athletes at Humber are also aware of creatine, and the potential health issues that come with its use.

“It may be good for water retention and looking good to a certain degree,” said men’s extramural hockey goalie Mike Karagianis.

“But if you over-use it you are hurting yourself in the long run.”

Humber’s assistant athletic director said that while supplements and medications are important to investigate before consuming, Humber’s athletes are also cautious of everyday items.

“Midway through the season, the Centre for Ethics in Sport showed up on practice night and asked for the basketball team,” said Jim Bialek. “They selected random names and one of the players chosen said ‘oh my God, I had a Red Bull today. What will that do?’”

Although the athlete was worried about the possible effects, energy drinks like Red Bull are not banned by the Centre for Ethics in Sport.



Ryan Lavender

The Centre for Ethics in Sport conducted random drug tests this year at Humber College.

Non-varsity but still pro-intensity

Rayna Taylor
SPORTS REPORTER

There seems to be some conflict at the Humber Athletics Department concerning the role of extramural sports.

Some say it should be for the fun of old fashioned recreational sport, while others say it should be a training ground for the varsity level.

“About 15 years ago, extramurals changed. I didn’t like the change then and I don’t like the change now,” said assistant athletic director Jim Bialek.

“It became too organized. There were too many rules and regulations about eligibility and discipline. It became a mini-varsity program. That’s where it is now.”

Bialek said that extramurals began as a recreational program promoting fun spirited competition, playing sports against other colleges.

“It is a very highly competitive sports program. I think what’s been lost is extramurals back to its roots, which is recreational activities.”

Although extramural sport has taken on a different role in recent years, it has made its place in the Humber athletic society.

“You get 80 guys trying out for the varsity team and you can only pick 12 or 14. If you have a group of guys that are competitive, at least it gives the others that kind of level of competition,” Bialek said.

Third-year Humber student Chris Chang coaches the extra-murals men’s basketball team and takes the program very seriously.

“We have three, sometimes four practices a week and we practice starting September all the way through March,” Chang said.

“Some of the players we have on our team, we recruited for the varsity team.”

The extramural men’s basketball team has participated in 16 tournaments in the last three years and has won 14 out of that 16.

Next Monday the extramural team will take on the Hawks varsity squad at 5:00 p.m. in the athletic centre for b-ball supremacy.