

Zygotastic...
see page 11

HUMBER

Et Cetera

FOR REFERENCE

NOT TO BE TAKEN FROM THE

Sue

page 5

February 15, 2001
Issue 18

Humber vp with Team Canada

by Chad Heard

Humber College has joined Team Canada in its mission to China this week.

Although the team's visit has brought China's human rights record to the forefront, Humber is focused on promoting the five-year relationship between the college and Ningbo University.

Dr. Richard Hook, Humber's vice president, has joined Prime Minister Jean Chrétien and Ontario Premier Mike Harris in developing tighter relations between Canada and China.

"One of the responses of China's population ... is 'why isn't Canada going to countries with perfect human rights records, but in economic chaos?'"

- Richard Hook

"The Premier and Prime Minister, in the trade mission, have been very active trying to bring together Chinese partners and senior political leaders from Canada to bring urgency to deals that have been in progress for some years now," Hook said from his hotel room in Shanghai.

Although there are formal dinners, Hook said, "most deals are done in restaurants and places outside official grounds."

Their mission is to lay the groundwork for trade relations between the two countries.

Hook, in China since Monday, took some time out of his busy schedule, and across a few time zones, to relate his experiences and his goals for the trip with the *Et Cetera*.

Hook said this week's report on human rights abuses occurring in

China has aroused interest, and been a topic of discussion with the Team Canada leaders.

"One of the responses of China's population, with 1.2 billion people ... is 'why isn't Canada going to countries with perfect human rights records, but in economic chaos?'" Hook said.

He said the people he's talked to have asked for patience from Canada as their police system catches up with the exceptional economic growth China's going through.

Hook doesn't agree that China should be isolated for their reported abuses and said Canada is taking a distinctive approach to the matter. "Look at how the U.S. isolated Cuba, that had little effect," he said.

"People have a desire to learn from their relationships and want to change their own life," Hook said.

"This [trade mission] is going to help evolve the quality of human rights," he said.

Although Team Canada has been dealing with larger trade deals with Chinese officials, Hook has a very specific role to play.

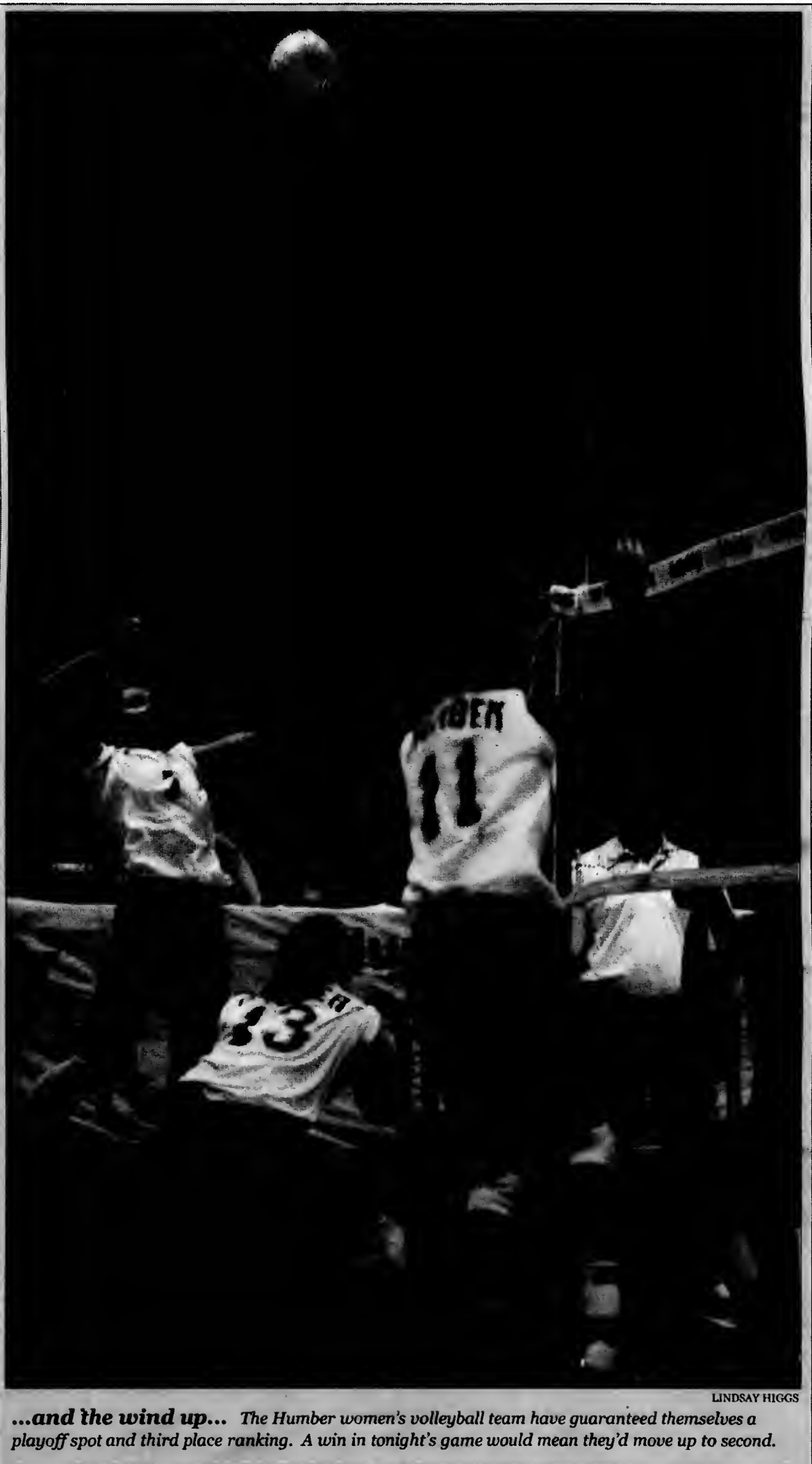
"I'm basically part of the Shanghai portion," Hook said. He explained his role is to promote Humber's connection with Ningbo University in China and tempting more international interest, specifically with Shanghai University.

"There are approximately six million people looking for work [in China]," he said, alluding to the value of getting an education overseas.

Hook isn't the only representative from Canadian schools. He said Conestoga and Seneca College are both developing formal Chinese relations while others are looking to recruit students and initiate a faculty exchange program.

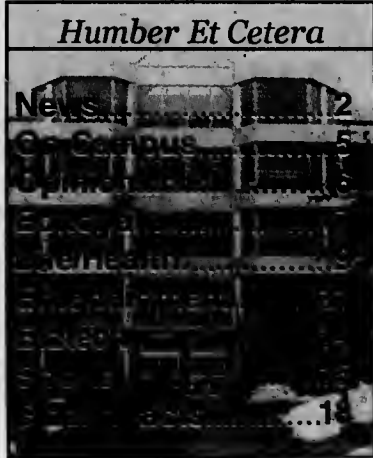
Hook said Chrétien met with senior officials from both Ningbo and Shanghai University over a dinner on Wednesday night. The three-hour event, attended by over 1,500 people, featured a formal reception for Chrétien and Harris hosted to Ningbo students and faculty with an "outstanding traditional Chinese dinner."

with files from Sangita Iyer



...and the wind up... The Humber women's volleyball team have guaranteed themselves a playoff spot and third place ranking. A win in tonight's game would mean they'd move up to second.

LINDSAY HIGGS



News et cetera

IT fee on the rise

By Dan Birch

Humber students will face a \$4 increase next year for the Information Technology fee, said Toby Warnell, Humber Students Federation president.

But the increase is small in comparison to the college's proposition, which called for the fee to be doubled to \$92 per year from \$46. The fee will now be \$50 per year.

"It's just a small increase," Warnell said. "The college was looking for a large increase."

Currently the fee raises \$650,000 annually. That number will rise to \$700,000, Warnell said.

The IT fee, administered by the student government, is used to fund SAACNet, digital and standard photography equipment and laptop computers for the Media Centre. Library services also receive money from the IT fee for computers and some databases.

Compared to other colleges, Humber's IT fee is one of the lowest, Warnell said. Many colleges, he added, have fees somewhere in the \$90-100 range.

Mark Naylor, Humber's chief information officer, said administration wants the fee raised so Humber can be on par with other Ontario colleges.

"Even with the increase of \$4," Naylor said, "the IT fee here at Humber is still now only half of the average."

With more money for technology, Humber would be better able to deliver a high-tech education, Naylor said. But without the cash, there isn't much more administration can do.

"We'll just use whatever [HSF] gives us. We'll not be able to deliv-

er some of the facilities that we would like to deliver," Naylor said.

At Humber, the student government looks after the hardware costs, Warnell said.

In SAACNet, the computers, software and printers are all funded by HSF. The infrastructure costs, however, are assumed by the college. And this is how it is at many Ontario colleges, Warnell said.

"I hope the government will start giving grants, specifically for technology,"

-Toby Warnell

"We buy a lot of the hardware, the stuff you can feel and touch. But [Naylor] feels that the stuff won't work if you don't have a proper IT infrastructure, which is all the wiring, all the band width and Internet," Warnell said.

"[HSF] felt it was more the college's responsibility to layout the infrastructure."

According to Warnell, the state of post-secondary education in the province, more specifically heavy cuts in operating grants to Ontario colleges, is largely responsible for rising fees. He doesn't blame Humber's administration for wanting to raise the IT fee.

"I hope the government will start giving some grants, specifically for technology," Warnell said.

Getting money from the government is, at best, a long shot, Naylor said. "With the government, it is always difficult to tell what they're going to do."

Humber's partnership with China

by Sangita Iyer

The success of Humber College's Business diploma program, at Ningbo University in China, now in its fifth year, has laid the groundwork for greater economic potential in the Chinese marketplace.

Frank Franklin, chair of International projects, said China is poised to enter the World Trade Organization (WTO), and this unique program gives the Chinese an opportunity to network with North Americans and improve trade relations.

In their first year, students enrolled in this project follow a curriculum designed to meet the standards of both Humber and Ningbo, but are instructed by Chinese teachers.

In the second year, Canadian teachers travel to Ningbo and teach specialized business programs in English. The students then graduate with a Humber College diploma.

At the end of two years, if the students would like to further their education, they come to Humber for another year and get a Business Administration diploma.

Thereafter, Humber can send the students to Davenport University in Grand Rapids, Michigan, to obtain a Business degree.

"When they graduate, they will go home with something very unique. Chinese education in business, Canadian education in business, American education in business and exposure to Canadian and American society. They go home with an educational package, that people at home will never be able to have," Franklin said. According to Humber

President Dr. Robert Gordon, the college developed this program with China because the Chinese are becoming more capitalistic.

Rather than recruit students individually, Gordon said, Humber is now dealing with international institutions for mass recruitment, as it saves time and money.

"If you establish a great relationship with an institution, it becomes far easier and we don't have to spend our whole time finding one person floating around," Gordon said.

The program is successful not only because of the quality education provided by Humber, according to Michael Hatton, dean of the business school, but also because the students from Ningbo are committed to working hard and making the best of their Canadian education.

"They are an extremely pleasant group of students, they come

here with smiles on their faces, happy to have an opportunity to be in Canada, and I think for the most part they make the most of that," Hatton said.

One Business student from Ningbo, Tommy Wang, who is pursuing his third year at Humber said he wants to get a degree and improve trade between China and Canada.

"If I pass, I will get a business degree from Davenport or York and maybe return to China to run my father's silk business and export products to Canada," Wang said.

Another Business student, Rose Zhu, said she likes the western culture and freedom, she is enjoying the program and said it was worth leaving home.

"The change of environment is good for the future. I have become more independent and now I can do everything by myself. Toronto has a lot of Chinese people and I can build my network in Canada," Zhu said.

Although the students adapt well in Canada, Hatton said, the country and culture they come from is completely different.

"When they arrive here, it is as if the world has been turned upside down. The way in which young men and woman interact in this country is very different than in China. The social activities are completely different, there is nothing that is the same, so it's topsy turvy for them," Hatton said.

Apart from all the challenges, Wang said, the program is a great opportunity for students to establish Canadian business connections and learn about western business practices and international trade.



COURTESY

Richard Hook in China.

Protecting your health.

Barbara Beattie works with her detector dog Rookie and her colleagues at the Canadian Food Inspection Agency. They help stop forbidden items from entering Canada that could damage our plants and animals or contaminate our food supply. This is just one of many services aimed at protecting the health of all Canadians.

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Canada



It's over at Napster

by Deena Thakib

A U.S. court ruled on Monday that Napster will no longer be allowed to share copyrighted material on the Internet.

For now, Napster is allowed to remain in business until an injunction by a lower court judge is rewritten. The injunction ordered Napster to shut down pending a lawsuit filed by the recording industry.

"I think Napster was a great idea. It was revolutionary and changed the music industry."

-Duran Hall

Napster, a Web site that allows users to download music files free of charge, has been at odds with the music industry, which charges that Napster is a breach of copyright and results in a loss of compensation for the artists and recording companies.

"I respect the artist has the right to be compensated for their work. But the record company doesn't have the right to bully their way through and assimilate technology for their own use," said Adam Telford, second-year Film and Television student.

Jerry Chomyn, Humber College Station manager and Broadcasting program co-ordinator, believes that although Napster

appeared to be infringing on copyright laws, it didn't appear to have hurt the music industry.

"Record companies continue to sell and they will find a way to have people sample their music," Chomyn said.

So why did Napster users rush to download an estimated 250 million songs over the weekend?

"Napster was hugely convenient. People didn't have to go out to the store to buy their music," Chomyn said.

Reactions around Humber were mixed, but most agreed the free music was great while it lasted.

"I think Napster was a great idea. It was revolutionary and changed the music industry. I'll pay to use it if I have to as long as it's not expensive," said Duran Hall, first-year Multi-Media Design student.

Others, however, agreed that if forced to pay to download songs, they probably wouldn't give in.

"Napster is easy to use and most of all it's free. I won't be using it if I have to pay for it," said Chi Chi Benson, a first-year Nursing student.

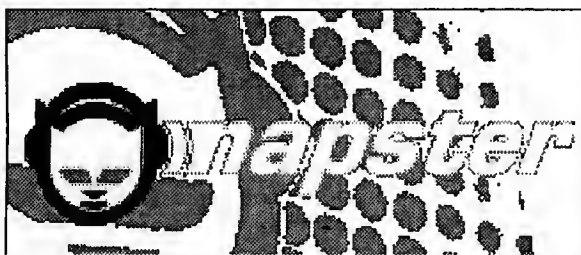
For post-secondary students

trying to manage budget constraints, buying CDs can often be expensive and take last priority.

"Not everybody can afford CDs and not everyone enjoys listening to all the songs on a CD. People usually like one song. On Napster you can be selective rather than going out there and spending lots of money," said Ameer Khan, a first-year Marketing student.

Is this the end of free music?

"People who have spoken to me say that if Napster goes down under, there's a ton of other sites," Chomyn said.



COURTESY OF NAPSTER.COM

Shut down: people will now have to find other ways to download music free.

Although it's not clear how this decision will affect other free music sites, finding and regulating all of these sites will pose a challenge.

JP Holgate, a first-year Multi-Media Design student said, "I'll never buy CDs. If I have to pay for Napster, I'll go to another service."

Government helping to fight heart disease

by Emily Schneider

The Ontario government announced last Wednesday it will invest \$9.6 million into new and expanded cardiac care rehabilitation projects.

The proposal will provide funding to evaluate and assess eight new projects, expand nine, and create a new patient information system.

But Ontario schools specializing in health sciences will not receive any of the funding, Queen's Park media spokesperson Dave Jensen said.

Still, increased funding to hospitals indirectly benefits Humber's Nursing students who are required to take clinicals as part of their program requirements.

"Hospitals come to us, and we provide students the money doesn't come directly but it's great," said program co-ordinator Pam McKintuck.

The increased funding aims to improve cardiac care to all regions of the province, and will work in conjunction with the Cardiac Care Network (CCN) to achieve this goal.

With heart disease a leading cause of death in Canada, cardiac rehabilitation care is a growing concern for a society with an aging population.

As demand for more nurses continues to grow, especially in this area, Humber's Nursing program exposes students to this particular field of study, but students are also encouraged to choose their own specialization.

"Either way, it's excellent, because if they give the funding to hospitals, and the nurses in the hospitals learn how to use new equipment, or whatever they're using the money for, they can teach nurses at Humber," said Karen Gordon, second-year Nursing student who thinks she'd like to work in the emergency room one day.

This latest initiative by the Harris government brings the province's total investment in cardiac care since 1995 to \$164 million.

According to the CCN, rehabilitation services increase a patient's life span and reduce the amount of treatment needed later for cardiac patient.

Human genome – the road map of our DNA

Mapping of human genome raises many ethical questions among scientists

by Patrick Maloney

The sequencing of the human genome - the "road map" of our DNA - is being published this week, causing excitement and ethical concerns among scientists worldwide.

It is a once in a lifetime discovery, that is in fact happening twice this week.

Two papers detailing the work of the International Human Genome Sequencing Consortium and the privately-funded Celera Genomics Corporation are to be published in the scientific journals Nature and Science, respectively.

"It's revolutionary," said Marcel Chartrand of the Canadian Institutes of Health Research. "It gives us a blueprint of what the next steps are in terms of deciphering the building blocks of life."

"From our perspective, it revolutionizes the health research sector for the next century - it's that important."

The sequencing of the human genome gives scientists an understanding of the genetic framework

around which every human life is created.

"It's a blueprint of the genetic makeup of a human being," said Chartrand. "It's like a house ... you've got a blueprint [and] you can start putting the pieces together."

The findings are being compared to landing on the moon, the splitting of the atom and even the invention of the wheel.

The reports have been rather humbling for humans, revealing that we are made up of far fewer genes than was previously thought.

"We had anticipated between 80,000 and 100,000 genes and so we've ended up with about 32,000 genes ... that's only two or three times [more] than the fruit fly or the worm," said Dr. Richard Boright, research associate at the Centre of Applied Genomics at Toronto Sick Children's Hospital.

Sick Children's Hospital has played a significant role in the findings being published this week.

"The contribution that the Sick Kids has made is [they] identified the gene for cystic fibrosis on chromosome seven," Boright said.

In a press release Monday, Dr. Lap-Chee Tsui, president of the Human Genome Organization (HUGO) and geneticist-in-chief at Toronto's Hospital for Sick Children, stressed that this is only the first step in a long journey of discovery.

"We are still only scratching the surface of the human genome," he announced. "There is still plenty of work ahead of us to complete the human DNA sequence and identify all of the genes."

"Because we know the genetic blueprint we will be able, through each gene, and the expression of each gene [to] know which gene is predisposed to breast cancer, for example," said Chartrand.

"We'll be able to target treatment, therapies, and drugs in order to treat the disease, or even prevent it in someone."

As helpful as the discoveries

will be for anyone genetically predisposed to disease, there are also many ethical questions being raised in light of the reports.

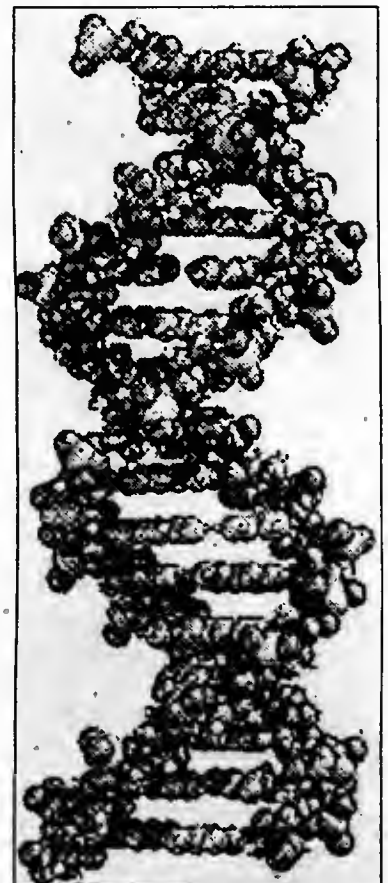
"Insurance companies may or may not want to insure you on the basis of their knowledge of what you're predisposed to in the future," said Chartrand. "So you may become an insurance risk."

"You may become a risk in the workplace, 'why would we hire you knowing that you may develop a deadly cancer in five years to come.' So these are very hard questions a lot of ethicists are beginning to ask already."

"Right from the very beginning it was known that identifying all of the different genes is going to cause some societal concerns," said Boright.

"So committees were put together to discuss all these things and to try to deal with them."

"In terms of the human condition, improving quality of life, there's hope at the end of a huge tunnel," Chartrand said.



WWW.ACCESS EXCELLENCE.ORG

The mapping of the human genome will help treat disease.

Humber helps students in need

HSF offers free food and clothes

by *Brianne Binelli*

Humber students facing financial trouble this year, can pick up free clothes and food by visiting HSF.

Since November, clothes have been collected from teachers and students to help students who are struggling.

Cindy Dragic, a business manager at HSF, said that money problems apply to all students, so she decided to start a program to give students food and clothes for free.

After discussing it with the HSF executive, Dragic put her plan into action and has so far collected hats, mittens, scarves, jackets, pants and shirts for adults, along with food.

Food has also been collected from food drives at Caps, where if you bring a can of food you can get in free, Dragic said.

The program was advertised in the Humber Et Cetera, but only a couple of people have gone to Dragic in the HSF office to ask for assistance.

Accounting student Naren Seegulam, understands the low

turn out.

"I don't like depending on people, I would rather get stuff on my own," explained Seegulam.

Currently, the food and clothing is being stored in room A102, but interested students should find the HSF office and ask for Dragic who will accompany them to the room to find what they need.

This room is right beside the games room, but Dragic thought students would feel more comfortable if a staff member was there.

"The games room attendants could take you in, but if you needed food, would you want to go in the games room and ask the guy behind the booth? It's a little more personal, and confidential if you just come in and one of the staff go with you," Dragic said.

There is no limit on how much food or clothing a student can take.

"You don't want to say no, but you don't want to be taken advantage of at the same time. So you just talk to the person a little bit and see how they're doing and then just go from there," Dragic said.

The food and clothing will be available until the end of the semester.

Bursaries given to students to help with academic year

by *Elizabeth Bower*

Humber students finding themselves short on cash can apply for a non-repayable bursary of up to \$2,000 any time within the academic year at the Financial Aid office.

Margaret Antonides, manager of Financial Aid, said that by law, all Ontario colleges and universities take two to three per cent of tuition funds to provide bursaries to students who meet academic requirements and need more money to finish their education.

"This is Humber College money," she said. "And we're trying to invest in success. Our reward will be when the student graduates."

Antonides stresses that the amount of the bursary depends on the individual's particular circumstances, and that the awards range from \$200 to \$2,000. As long as there is veritable need, there is no limit to the amount of times students can apply. But they can only receive a grand total of \$2,500 for their life span at Humber.

Over 200 financial need bursaries have been awarded so far this year.

Preference is given to second and third-year honour students.

"The way I look at it, we can't afford to lose honour students and they can't afford to drop out. We know their stress level is extremely high and we can lower it by investing in their future," she said.

"The people who are in dire straights will know enough to go to Financial Services and say, 'is there anything you can do for me?'"

- Dan Burjas

Of course, first-year students can still apply, she said, but they have little chance of receiving the bursary, especially if they have not yet finished mid-term.

"But we do understand that sometimes there are extreme circumstances for first-year students," she said. "They may have a car accident or their car broke down and can now no longer get to their place of employment. You just never know, but that's what we're here for."

Financial need bursaries are only advertised through the HSF calendar, on the college's Web site and by word of mouth, she said.

However, Dan Burjas, Board of Governor's member for the

Humber Student Federation, said he worries about advertising the financial need bursaries too much.

"The people who are in dire straights will know enough to go to Financial Services and say, 'is there anything you can do for me?'" he said. "But, there are a lot of people who will get it into their heads that they can work the system to get funds and then those who need it will get short-changed," he said.

Yet, Burjas said he is glad the bursaries are there in the first place to help those in need.

Applicants for financial need bursaries must fill out a formal application from Financial Aid in the Registrar's Office. They must also submit a financial plan and a letter outlining any extenuating circumstances in their lives.

The final step is to meet with Antonides and discuss such things as part-time employment opportunities and family support, before she gives the final OK.

For those who are having problems with OSAP and have yet to receive their loan, the Financial Aid office also supplies emergency loans. These would be automatically deducted from OSAP funds when they are finally received.

TTC changes may not be positive

by *Caroline Grech*

Students using Toronto Transit Commission (TTC) buses may face reduced service and a ten cent fare increase as city officials try to compensate for Toronto's \$305 million budget shortfall announced recently.

Currently, the city gives the TTC \$144 million a year in subsidies, but this figure could be reduced if the city chooses to cut expenses from the transportation budget.

There are six TTC routes running to Humber's North and Lakeshore campuses.

The TTC is the only transportation system in North America that operates mainly from customer fares. Unlike systems elsewhere, customer fares constitute 82 per cent of the TTC's revenues with the other 18 per cent coming from city subsidies.

Toronto Councillor and TTC chair Brian Ashton said that although many industry people find this system very cost efficient, there are some problems associated with heavy reliance on cus-



Many students rely on the bus service to get them to school.

tomers fares.

"Eighty-two per cent is considered by some to be very healthy, because it shows that even with a reasonable fare of \$2, you're getting 82 per cent out of your fare box. But it creates a huge weakness on the other hand, if there are expenditure problems developing or pressures, it falls on the fare box each time," Ashton explained.

Some Humber students feel the TTC service they receive isn't worth even a ten cent fare hike.

Mary Ham, a first-year resident student said she's not too happy with the bus service.

"I think it sucks. The drivers are rude and unhelpful," Ham said. "One time a driver refused to drop us off at Humber even though it was on his route. So at

three o'clock in the morning we were waiting outside for another bus. For the amount of service they give us, it's not worth a fare hike."

"I don't personally think it's worth it [the fare hike], you have to pay for school and books already - it's expensive," Johnny Bonora, a third-year Computer Engineering student, said.

The TTC's reliance on passenger fares has increased over time because the province no longer funds city transportation.

Provincial funding has eroded over the years. When the province supported city transportation only 66 per cent of revenue came from fares with the other 34 per cent being split between the city and the province.

Yearly assessments of routes are done to find out which routes are not meeting requirements and if the city cuts support, these routes would be the first to be dropped according to TTC Planner Scott Haskill.

Currently, 72 routes are not meeting financial requirements

but none of these go to Humber.

There is speculation about where the city's cuts will come from, with suggestions ranging from Sunday bus service and fare hikes to eliminating entire routes. Councillors and TTC officials are both quick to add that no firm plans have been made as city budget committees are still deciding how much money needs to be cut, or where money should be allocated.

"We haven't done anything yet to look at cuts, we don't even know what the city expects as far as the subsidy. Until we know whether the city will maintain its \$144 million, or increase it, we have no way of managing a fare increase or managing cuts. If they do cut the \$144 million, then you're into a fare increase and looking into cuts," Ashton said.

"The TTC is not looking to lose Sunday service," Haskill said.

Ashton also said that nothing will really be known until Feb. 28, when council presents its hard figures stating the necessary cuts to be made from the budget.

On Campus *et cetera*

Everything you ever wanted to know about sex

by **Lama Nicolas**

Guys! You don't have to worry that your penis is too big. Unless you have ten pound penis, and if you do, then come see me!"

Such were the words of wit and advice from sex expert Sue Johanson when she visited Humber College's North campus yesterday. Bigger is not better, was one of the messages she delivered to a captivated audience on Valentine's Day.

"If I can't touch my body, then who can?"

-Sue Johanson

"What's the sense of a 12-inch shlong banging around in there, when there's nobody home. It's a total waste of talent. It's what you

do with what you've got that really matters."

The host of the popular Sunday Night Sex Show on WTN pleaded with men to take the pressure off themselves. Guys are not, and should not be solely responsible for creating pleasure in the bedroom. They should not feel self-conscious about their size she said.

"There is so much you need to learn. This whole idea that to be a good lover, a guy must bring his girlfriend to earth-shattering orgasm every time they have sex is garbage."

Women should learn to let go of the 'nice girls don't do that' image, and express more sexual freedom with their partner. They need to let go of the residual feelings left over by their parents.

Johanson explained that



BY LAMA NICOLAS

Sue Johanson shows off her sex toys to a captivated audience.

women don't feel any sensation inside because there are no nerve endings in the upper two thirds of

the vagina.

Most females reach orgasm by manual stimulation, she said. Johanson described women's shyness when it comes to sex. Women are afraid to tell their partner what they want. Most women don't even know what they want, or how to reach orgasmic heights.

"The only way you're going to learn is by solitary masturbation," Johanson said. "If I can't touch my body, then who can?"

"Don't just turn on the shower, let the shower turn you on," was her advice.

Aside from Johanson's comedic relief, her message to Humber students was serious and clear. Openness is the key.

Johanson's nursing background has helped her deal with and discuss the issues and miscon-

ceptions revolving around sex.

She recognizes the educational deficiencies in regards to sex education in our school system. She's made it her mission to better educate younger generations.

"Kids didn't have a clue as to what they are doing. Sex Ed sucks," explained Johanson. "There are no textbooks in schools because they're afraid their parents are going to freak out. That infuriates me!"

"Hippie parents smoking pot, with lots of indiscriminant screwing. These are the people who don't want Sex Ed."

Johanson feels that youth don't know what they need to know about sex and it is her job to teach them.

"My mode is to know, to think ahead, plan ahead, and always practice safer sex."

Hidden health dangers threaten firefighters

by **Melanie Butera**

Risk is inherent to a job that requires battling flames. When firefighters are trying to rescue people and property from being engulfed by fire, they are prepared for the obvious risks, it's the less obvious ones that are seldom considered.

Last week Toronto firefighter Jeff Spencer died after a year-long battle with brain cancer. His death, along with the deaths of several other firefighters, has sparked much debate about exposure to dangerous substances that cause cancer.

"Nowadays, in a home, anything is made of synthetic products," said Robert Comeau, a part-time Fire and Emergency Services instructor at Humber and a full-time firefighter in Aurora. "Years ago it was not as prevalent. In a fire therefore, it exposes fighters to toxic fumes."

"Safety is stressed a lot in our program," said Christopher Harrilal, a first-year student in the Fire and Emergency program at Humber. "There's been major changes in our department [from about 10 to 15 years ago]."

Health and safety issues, of course, are very important to the firefighting profession. This is especially true considering that "most firefighters retire by 60 and die by age 65 as a result of smoke and stresses of the job," said Steve Jones, class vice president of the Fire program. This is a statistic that is pressed upon them during the course.

According to Jones, instructors

at Humber teach how important it is to wear safety gear at all times. This will be especially significant, he explained, in the second part of the Fire course when the students will be engaging in hands-on learning by going into an actual free-burning building.

When involved in a fire, firefighters must wear a breathing apparatus to protect them from the fumes.

"This is not usually the problem," Comeau said. It's after the fire when the fighters are inspecting the material without wearing masks that cause them to be exposed to dangerous toxins.

"[Fire] departments aren't as proactive when it comes to wearing

masks after the fact," he said.

Research has shown that firefighters are exposed to harmful chemicals like polyvinyl chlorides and asbestos when battling fires. They may also be absorbing hazardous substances through their skin that increase risk of a variety of cancers.

"Sometimes firefighters like to think of themselves as tough guys," Comeau said. "They think of themselves as 'wimps' if they can't take some smoke. But, that's more in the old days. It's changing now as we're becoming more aware of hazards and we're taking it more seriously."

Especially in cases where there is a fire at a chemical plant, the

threat of absorbing hazardous toxins into the body is multiplied. Scientists may know the effect of one chemical to the human being. However, when there's a fire, a whole slew of chemicals may be burning and mixing together.

"Scientists don't know how combined chemicals will react. They don't know how detrimental they can be," Comeau said.

He suggests that firefighters should take an active approach when it comes to their health. He

said that firefighters should consider undergoing several relevant health examinations before beginning their careers.

"Tests can be done to set a baseline. Then, every five years or so — go back and do another test to see if there's a change. Later, it can be easier to prove [any developed health problems] were a result of one of the fires."

Comeau is also adamant about keeping up-to-date records of firefighting situations.



MELANIE BUTERA

Firefighters Christopher Harrilal (right) and Steve Jones.

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"Well the bubble has burst, corporate America has spoken."
- See Napster

Napster wins with a song and a dance

God forbid, music shall never be free to the world's music lovers, according to an U.S. appeal court ruling.

The Robin Hood or the pirate of free digital music, Shawn Fanning, a.k.a. Napster, is facing his eventual shutdown after losing an U.S. court appeal.

Music, the most organic and international form of communication is finally losing its battle with the business suits of corporate America.

Corporate America has laid the law. Stop sharing copyrighted music!

With this decision, Canadian users will be hardest hit. A recent study by research firm Ipsos-Reid found that Canadians from the age of 12 to 24 download MP3

files with much more frequency when compared to the same age group in the United States, Italy and 13 other countries.

With technology finally finding its way into the lives of billions of Internet users worldwide at an accelerated speed, it has at the same time left the corporate world searching for answers, entertainers puzzled and everyday Internet consumers the happiest they've ever been.

Well the bubble has burst, corporate America has spoken.

Napster's free Internet song-swapping service most likely faces shutdown and the estimated 57 million users, including more than 2.8 million Canadians will lose the ability to download songs from around the world including

rare hard-to-find musical gems.

The question remains though. How long can the greedy record companies and distributors of music hold onto their victory? How long will it take for more Napsters to rise from the ashes and underground to provide services to the online market?

How long can the suit and ties continue to contain technology? The answers are already beginning to seep through the corporate chains that have been placed on this ever-changing market.

As Napster battles it out in the appeal courts, alternative free swapping music files are being downloaded through new services like Gnutella and Hotline.

With these new web services popping up, corporate America

will have a difficult time trying to monitor and police the ever-expanding tech world.

The Napster argument has left the artist world scratching their heads with some taking active voices like Dr. Dre and Metallica's Lars Ulrich, to those who could care less like Radiohead and U2.

Dre's and Lar Ulrich's argument holds solid ground though. These artists feel that the long hours they spend recording their albums shouldn't be given away at every subway stop like a free daily.

However it's hard for listeners to hold sympathy with these two men when they rake in their millions of record sales every year.

It might have been better if the "no" side used indie artists to get across their message.

Retail sales of sound recordings in Canada fell by 6 per cent in 2000, a drop of \$84 million. Analysts claim that half of these figures can be attributed to Napster and similar technology services.

The other side of the argument, like that coming from music groups U2 and Radiohead, sees an advantage to getting their music out through avenues such as Napster.

The more people swap and embrace technology, the better it is for the artists.

In the end there is one smirking pioneer who's secretly laughing, hiding his suit and tie under a Metallica shirt and signing more BMG business deals. Please welcome the business generation.

Talking human rights

Team Canada's trade mission to China has seen the issue of human rights abuses in China raised once again. Amnesty International released a report this week criticizing China for its human rights abuses.

While some organizations have argued that Canada and other countries should not engage in trade deals with China because of these abuses, isolating China will not solve the problem.

If we do this we run the risk of losing a chance at ushering in human rights. The international community cannot afford to make the same mistakes it did with Cuba. Isolation has only strengthened Fidel Castro's stranglehold on that country.

Isolation will not serve anybody, least of all the Chinese people. It will not serve the economies of Western countries which will lose a market of over one billion consumers. It is through economic integration that dialogue between China and

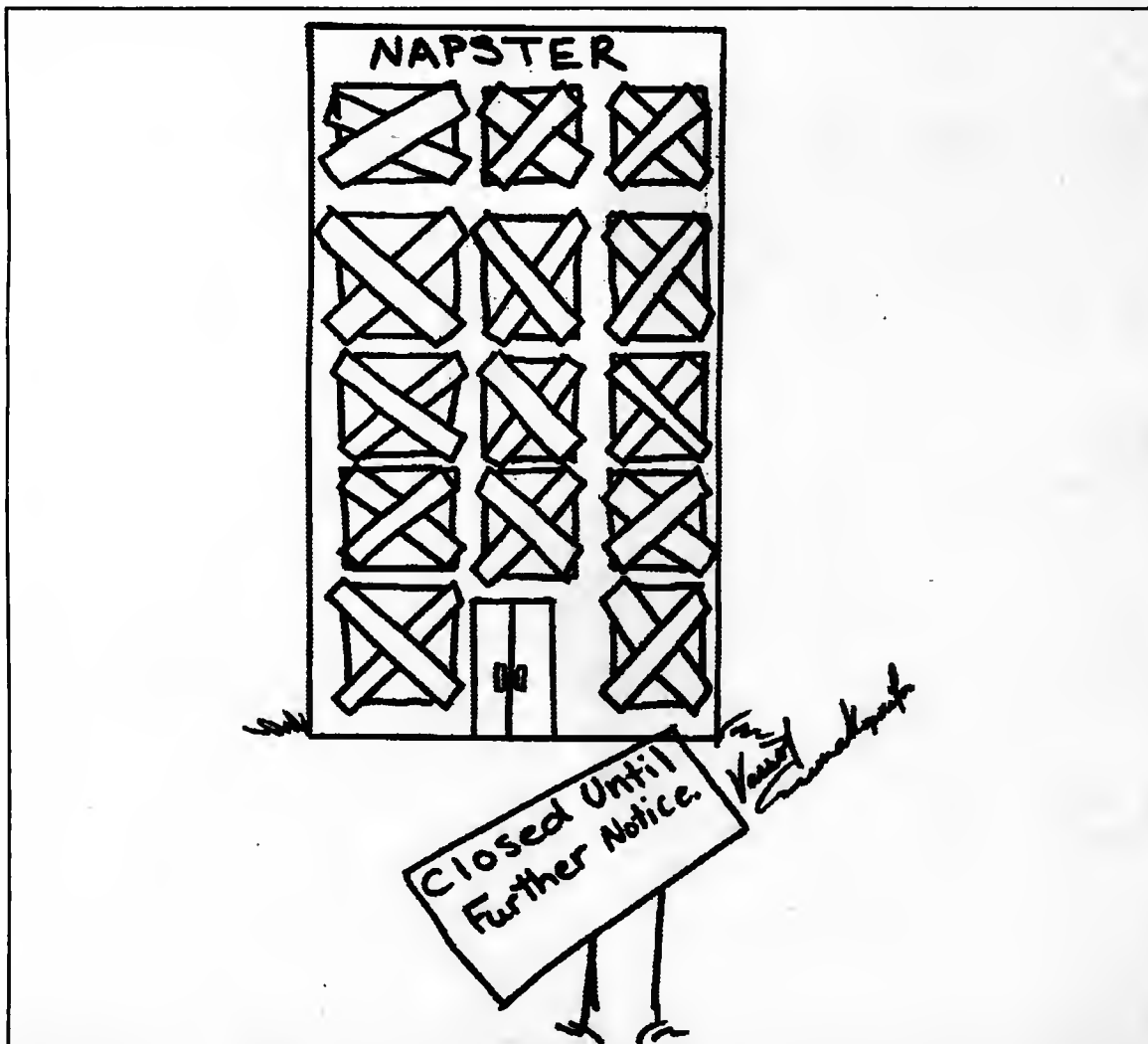
the rest of the world can proceed. Partnerships between China and international companies will make them part of the international community.

It is in the international community that China may be made accountable for its actions. It is only through some sort of dialogue that China can be convinced to alter its ways.

At this time economic dialogue should be the preferred method of choice. It is the language that all can understand and through understanding maybe change.

There is a time and a place for criticism; it is not necessarily now. China must be made to feel welcomed, instead of being the object of international scorn.

The most important thing we can do is open the doors of friendship and co-operation with the Chinese government. Through co-operation comes subtle compromise. Change, in the right direction, no matter how slow, will come.



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"Unlike other teenage dramas, it taught valuable lessons, and could be considered a suitable facts-of-life archive for curious pre-teens."

-See Degrassi

Opinion et cetera

Degrassi taught us all valuable lessons

"Wake up in the morning, feeling shy and lonely, gee, I gotta go to school. Don't think I can take it, don't think I can make it, I wonder what I'm gonna do..."

-Degrassi theme song

For anyone who grew up in the '80s, that cheesy tune should bring back some fond television memories. The Degrassi series was one of the most successful teen soap operas, not only in Canada, but in countless other countries it was exported to, such as the U.K. and Germany.

Degrassi was a refreshing change from American teen soaps, which depicted impossibly beautiful and old looking teenagers driving around in Ferraris and not doing a great deal of homework. On Degrassi, some of the kids were poor, and most of them were not-so-hot (except for those two blonde girls who didn't say much, the cat-like mod chick Liz, and of course, Joey's mom).

We learned so many lessons from the gang at Degrassi. Shane and Spike taught us that we should practise safe sex, especially when we're 13 years old. Shane also taught us that we should stay away from high bridges while partaking in an evening of LSD consumption.

In Joey Jeremiah's relentless pursuit of Stephanie Kaye, he taught us that not everyone gets to ride the class bicycle. Lucy taught us not to invite beer-swilling louts named Clutch, to your parent's house for a party. Caitlin taught us that an attractive girl can make herself look completely horrid by having absolutely no fashion sense.

The Zit Remedy taught us that any talentless three-cord band could find success (before Green Day did). Mr. Radditch taught us how to grow and groom a bad-ass



Hans Niedermair

moustache with style.

How satisfying Degrassi was. Dwayne and Joey took part in one of the greatest fights in TV history, heads bouncing off urinals and all. That puffy-shirt wearing, thin-mustached, wanna-be-pirate Claude (whom no one liked) peeled off his own cap in the wash-room.

An industrious Dwayne informed the faculty of Joey's ill-planned stunt to stroll through the cafeteria wearing nothing but his fedora (and they caught him in mid-streak). And, in the mighty two-hour series finale, Wheels (finally) landed his dumb-ass in the clink after drinking a few too many before operating his motor vehicle.

As much as we can poke fun at Degrassi, it's a show that should be and has been highly regarded. It was far ahead of its time. It dealt with the AIDS issue long before any other television drama did.

Unlike other teenage dramas, it taught valuable lessons, and could be considered a suitable facts-of-life archive for curious pre-teens.

Now, CTV is in talks to purchase 13 episodes of a new Degrassi series featuring a brand new gang of troubled teens.

There is reason to be doubtful that the new show will be as good as the original, but surely it will be interesting to watch.

Hopefully it won't end up in the scrap heap with other TV rehashes like *Gilligan's Planet*, and *The New Leave it to Beaver*.

Wrestling down for the count

I'll be the first to admit it. I will sit through almost any sporting event TSN can throw at me. Bring on the high school cheerleading competitions or the World's Strongest Man 1982. If it's sports, I'll watch it.

Despite its legions of fans, I myself have never understood the appeal of wrestling. Grown men with names like 'Big Poppa Pump' and 'The Macho Man' engaged in awkward fumbings, clad only in bizarre, often far too revealing costumes just isn't my bag.

Monday night, however, I developed an even greater disgust for professional wrestling. I had watched two minutes of *Raw Is War* when Vince McMahon and his henchmen stooped to an all-time low. In the ring, a rather large man calling himself 'The Game' was embroiled in a bitter struggle with some joker named

Kurt Angle. Adding to the madness was the fact that each of the men had for his tag team partner a rather chesty young lady. Those in the know would, I am sure, have some ridiculous explanation for this match, but I don't know what it could possibly be.

And then it happened. 'The Game', blind with rage, grabbed his female opponent, whose name escapes me, and slammed her face-first to the canvas. Not only do these women parade about in little more than silicone and collagen, but they are also beaten for their trouble.

What is even more disturbing is the fact that through all of this, the thousands in attendance were cheering madly, as I am sure were millions in trailer parks across North America.

It is, a huge generalization to paint all wrestling fans as red-



Derrick Milburn

necks from middle America. Though never a fan myself, I have never had a beef with wrestling. That is until Monday evening.

I know the whole thing is staged but I can't help but wonder who enjoys watching a near naked woman being flogged by a tattooed muscle man? Never mind that it's demeaning, it also sends the wrong message to a group of people whose grasp on reality is precarious enough.

It has to be if they can watch such trash.

An expensive drinking lesson

Linda Leigh Hunt went to an office party, got drunk and drove. She got into an accident and sued the company that hosted the party. A judge has awarded her \$300,000. A lot of people think the judge made a ridiculous ruling but it really wasn't all that absurd.

People are upset believing it means no more rousing, free-flowing alcohol soirees at the office - but maybe it means - don't let people drive drunk. I think this is an over-reaction. This case shouldn't deter employers from having parties, it should warn people to stop drunk people from driving.

In the case of Hunt vs. Sutton Group, Hunt's boss and other employees offered to call her husband or give her a ride home after the open bar office party.

Whenever there's an unmoni-



Tina Birak

tored bar, a few people will inevitably drink too much and once 'tipsy', they begin to think and act foolishly.

Employees figure the boss is paying, 'and it's about time.' They also presume, since it's only in the afternoon, they'll have plenty of time to sober up.

Employees noticed that Hunt was slightly intoxicated; otherwise they never would have offered her rides. At that point her boss should have taken her keys - end of story.

By law you are responsible for

the alcohol you serve - so why play Mr. or Mrs. Nice Guy with drunks?

People worry about hurting someone's feelings or embarrassing them by taking their keys - but they shouldn't. If you know it's your butt on the line - you should lay down the law for people.

So what if someone has to come pick up their car the next day? Even if the person is mad, they're alive and that's all that matters.

Hunt acted incompetently and irresponsibly and the judge agreed; she was found 75 per cent responsible for the accident.

Sutton Group is also responsible because they could have and should have stopped her. Although they tried, Hunt is partly brain dead today because they didn't try hard enough. It was an expensive lesson.

Word on the Street

We asked Humber students what they thought of the Napster ruling. Here's their word.....



Nick Martino
Business Administration
first-year

"I don't think it's fair. It's a good way to find a lot of older songs."



Nick Malfara
Business Administration
first-year

"No. It's a good marketing tool. It's a good way for people who have a collection to add to it."



Emilee Barrington
Design Foundations
first-year

"I think they shouldn't because it should be open so people can get music easier and cheaper."



Desmond Wong
Culinary Arts
second-year

"I think it's just another form of tape trading, it's been going on for ages and it's nothing new."



Mack Sztaba
Design Foundations
first-year

"I think it kind of sucks. I use it all the time. I don't think it's taking from the industry."

Humber's radio station wants more listeners

by Kris Kauk

CKHC 90.7, Humber College's radio station, may soon be heard by millions in the Greater Toronto Area.

Jerry Chomyn, the Radio Broadcast program co-ordinator and station manager of CKHC Humber radio, is currently applying for a radio station licence for Humber College.

The licence would give the campus station a large boost in area coverage as well as provide a much larger listener base.

"Currently, we are an unlicensed broadcaster. Our [radio] signal basically covers the campus and nothing more because we are broadcasting at only one watt of power," he said.

One watt of power is only a small fraction of what mainstream radio stations use. A typical radio station broadcasts at a power ranging from 15,000 to 100,000 watts.

Chomyn said that eight years ago, the Canadian Radio-television and Telecommunications Commission (CRTC) denied a licence for Humber due to certain restrictive regulations at the time.

The proposed plan in the past application was to create a station

at Humber that was different from the regular campus radio stations found in most other colleges or universities in Ontario.

The original idea was to provide hands-on training for students searching for a career in radio. That view is still held today by Chomyn.

"Our programming should reflect what the industry is doing, not what university stations are doing," he said.

"We want to be a campus station with a prime mandate to educate and train students while serving the Humber community."

- Jerry Chomyn

"[Humber radio] is not a community station, we don't want it to be. We want to be a campus station with a prime mandate to educate and train broadcast students while serving the Humber community," he said.

Due to various technological breakthroughs in the industry over the past eight years, along with recent findings reported by

the Federal Communications Commission, the governing radio power in the U.S., a higher number of radio frequencies are now available to up and coming stations.

According to Chomyn, the CRTC announced recently that new applications are being accepted for a number of low-frequency radio stations similar to Humber College. The problem with the new openings is that priority will be given to broadcasters which embody various ethnic groups not presently represented by the Toronto radio media.

This restriction may prove helpful to Humber's bid thanks to the diversified cultural background at the college.

Dave Noble, a second-year Radio Broadcast student, remains optimistic about the station's chance to become licensed, and feels the college has more than earned it.

"I'm proud to say that Humber College is at least a step ahead of many other college and university radio stations, so I think we deserve more people being able to listen to what we do here," he said.

If the licence is granted, it may open many doors for Humber

College students in Radio Broadcasting and Journalism.

Steven Schippanoski, a Humber College Radio Broadcast alumni, now working in the field, commented on the positive aspects of having a licensed radio station as a tool for students at Humber.

"If Humber is licensed and is heard by a lot more people around Toronto, it will really help those

students to become noticed by others in the industry," he said. "The experience at Humber without the radio licence is great, but it would be that much better if what was on air was heard by people off campus as well."

The application process still has many hurdles to overcome, and due to many CRTC limitations, it may still be a while before Humber radio is licensed.



KRIS KAUK

On Air: broadcasting student Dave Noble would like the exposure.

Rez dwellers feeling sporty

by Lindsay Robertson

Athletic residents may now have a chance at weekly sports nights.

About 100 people attended last Monday's late-night event, from 10 p.m. to 2 a.m., and played basketball, floor hockey and indoor soccer.

Manny Evora, a resident assistant and an organizer of the event, said if it continues to go, they may have it every Monday night.

Resident Assistants Tom Hwang and Patrick Maloney also organized the event.

"It's important for residents to stay active, and it keeps people out of trouble," Evora said.

Prizes for the winning teams of each sport included Humber T-shirts and hats.

Personal Support Worker student Pamela Smith was a spectator at the event.

"I think it's good for anyone to come out and play," Smith said.

First-year Comedy student, Matt Richardson, showed up to play some basketball and said it was awesome.

"It's great to meet people I didn't even know played basketball," Richardson said.

Second-year Accounting student Nicole Campbell thought it was great too, but said there aren't enough girls. She was the only one.

Campbell held her own with the boys playing basketball, who would like to see the event happen weekly.

Kevin Kavchak, a second-year Computer and Engineering student, played goalie for one of the hockey teams. He said he had a great time.

"It's just good to come out and have some fun," Kavchak said.

Humber teaching high school lessons

by Lindsay Bruce

Humber College is the only college involved in a new program called Connecting Teachers, designed to learn more about what is expected of students in high school and college.

Teachers from Peel, Toronto Catholic, York Region Catholic and District School Boards will combine with Humber to help open a dialogue between high schools and the college.

Director of Marketing and Communications at Humber, Donna Chow, said the program will have many different benefits for students.

"High school students going through the high school system right now will have a better understanding of expectations and course materials at the college level," Chow said.

Chow said that students aren't leaving high school unprepared, but help is needed to direct them more efficiently.

Judy Thomas from the communications department of the Peel District School Board said the main effort for the program is to get a dialogue going from the high school teachers and the college teachers to gain solid knowledge of what one another's jobs actually entail.

"One of the dilemmas that secondary school teachers have is that most of them went to university, did not go to community college and don't even know what it is about. We're getting those teachers into colleges to see what the programs are, so they can help students make the proper choices," Thomas said.

Thomas said that Connecting

Teachers came out as a call for proposals to see if there were people willing to work together on trying to create a solution for the students.

"High school students going through the high school system right now will have a better understanding of expectations and course materials at the college level."

- Donna Chow

"We're trying to get a template together of how to make it work. The teachers are really enthused about it," Thomas said.

She said Humber is the only college involved in the program, but it is set to expand.

"Everything we do will be published for other people to see how we did it."

High school teachers want students to start preparing for their future as early as Grade 10, she said.

"We'd like to be able to tell kids what some of the programs are in college and what they can start from the end of Grade 10 and on to get ready, course wise, to get into that program. We're trying to do a mapping from high school through college programs," Thomas said.

Humber's Judy Clarke, co-ordinator of Connecting Teachers, said that the program will allow students to know what path to take earlier in their school career.

"They will be sure to keep their

options open. We are developing pathways from the high school and the college program so it will be clear what subjects students should take and the best chance of being admitted to the college and being better prepared for the program," Clarke said.

Although the new curriculum handed down by the Ministry of Education for Grades 11 and 12 moved up the schedule for the Connecting Teachers program, it would have happened eventually, she said.

Clarke said some high school students are leaving school unprepared, and are unsure why they aren't being admitted to college.

"I think some students apply to college, and are confused when they aren't admitted..."

- Judy Clarke

"I think some students apply to college, and are confused when they aren't admitted because they don't know that they need, for instance, a certain level of math or science. Or they might be placed in a remedial English class and wonder why," Clarke said.

The program was launched Jan. 25, and high school teachers will come to Humber to begin classes on Feb. 14.

Teachers from Humber have until the week of March 2 to visit high schools for the first time.

"My mother's menu consisted of two choices:
Take it or leave it."

-Buddy Hackett

Life & Health

Don't let winter make you SAD

by Tom Strgac

Winter has been dragging on for months now, and snow, sleet and cloudy days are the norm.

For many people, this time of year usually results in depression, lack of energy and motivation, laziness and social withdrawal. While the average person can put these feelings aside in order to function in their everyday life, a small percentage of the population, are so overwhelmed they are paralyzed from doing daily activities.

To diagnose these people as having the winter blues would be a major simplification. Instead, therapists have looked at the symptoms and realized there is a huge difference between having the winter blues and Seasonal Affective Disorder (SAD).

Karen Nusbaum, manager of Program Services at the Mood Disorders Association of Metro Toronto said, "It's a type of clinical depression that runs in a seasonal pattern, so people are affected primarily in late fall to early spring."

"The symptoms are more severe than the winter blues. Where

someone with the winter blues can pull it together, someone with SAD wouldn't be able to. It would become almost debilitating for them," Nusbaum said.

Some of the symptoms of SAD can be regularly occurring bouts of depression during the winter and full remission in spring and summer. A craving for sugary and starchy foods followed by weight gain, reduced productivity, irritability, loss of sleep and social withdrawal are common problems.

According to the U.S. National Mental Health Association's Web site (www.nmha.org/infocntr/factsheets/27.cfm), SAD is caused by melatonin, a sleep-related hormone secreted by the pineal gland in the brain. This hormone, which may cause symptoms of depression, is produced with increased time spent in the dark. So, when the days are shorter and darker, production of the hormone increases.

Nusbaum said studies have shown that this disorder heavily affects females between the ages of

20 and 40, but anyone can suffer from it.

SAD can also lead to the loss of a job, loss of contact with family and friends or a drop in school grades if not treated early enough.

Nusbaum suggested treatments such as psychotherapy, antidepressant medications, peer support groups and light therapy.

Light therapy, one of the more recent additions to the treatment, uses an illuminated light box that simulates the sun's rays.

"For a lot of people, [light therapy] has been found to be very effective, certainly in combination with other treatments, but for some people it can be just as effective on its own," Nusbaum said.

Ivana Korsloff, 28, who suffers mildly from the disorder, believes that light therapy has helped her. "I know it works for me, because if I'm snowboarding all day, and the sun comes out, off and on, people tell me that my mood dramatically changes as soon as the sun comes out. It's not just mood but it is energy level. That's the good thing



TOM STRGACIC

Seasonal Affective Disorder leaves people craving for sugar, gaining weight and losing sleep during the winter season.

about light therapy, it's sunny all the time."

The disadvantage of light therapy, for Korsloff is, it can sometimes become quite impractical.

"It works immediately, but for long term, you have to do it regularly every day. You have to sit in front of the box as soon as you get up every morning for 45 minutes

and sometimes I just can't afford that time," Korsloff said.

According to Korsloff, a good alternative to fight the disorder is by being active.

"If you can start a regular routine in the early fall and carry that into winter, you'll see how much that can help in diminishing the depression."

Eating for Two is working toward making life easier

by Alexandra Cygal

In 1997, the number of teenage pregnancies in Canada was estimated at 42,161. And while some young girls opted to abort their babies or put them up for adoption, 17-year-old Lindsay Gilmour decided to keep hers.

"It wasn't planned, but I consider myself lucky, because I'm still with the baby's father," Gilmour said. "Most girls in my group aren't, so I have been fortunate."

The group she's referring to is Eating for Two, a drop-in for moms-to-be with four locations in the Etobicoke area. The program is designed for women of all ages, with some locations catering to teens. The prenatal and postnatal program, offer a wide variety of services for women until nine months postpartum.

"We are finding that here in north Etobicoke among the high schools, there is a good amount of teenagers getting pregnant and having babies," said Maple Cardona, the site co-ordinator for the Rexdale Youth Resource Centre location and a public health nurse. "And I would say it's been pretty steady, not necessarily increasing, but that's just based on my own observations and what

I experienced with the group."

Cardona said no one will be turned away if they feel they can benefit from the program.

"Right now we offer nutrition counselling, health counselling in general and linking to community resources," Cardona said. "We do community referrals. It can be physicians, social work, dieticians or settlement services for individuals with immigration issues. It could be counselling related to legal issues, abuse or any referrals to that community."

The program providing dieticians is Healthiest Babies Possible Prenatal Program (HBP). The dieticians talk to women one-on-one by visiting drop-in-centres such as Eating for Two.

Eating for Two is funded by Health Canada and HBP is funded by the City of Toronto.

"The goal of HBP is to ensure a healthy birth weight," said Alia Brum, a dietician with HBP.

"So healthy birth weight means babies born over five and half pounds and under eight and a half



ALEXANDRA CYGAL

Lindsay Gilmour reads literature on pregnancy to help her plan ahead for her new baby.

pounds. The goal is to get the moms eating, and eating healthy and it's to address people who have high risk, so teens, strict vegetarians, people with low income, immigrants, isolated women, age, if they're too young, or over 40."

Lindsay Gilmour said although her parents are supportive and excited, she doesn't share a close relationship with them.

"I didn't have a relationship with my mom, and I wasn't brought up with certain aspects of

life," Gilmour said. "She wouldn't be able to talk to me and support me about what to do when I have this baby, so coming here helped me. I was clueless. I just knew how to clothe them, feed them, change them."

Gilmour has been in the program for almost seven months and is due to give birth to a baby boy in just a few weeks.

Eating for Two helped her get a public health nurse, who comes to her home to talk, show videos and teach her things like how to latch a baby while breastfeeding. They also

introduced her to another program called Welcome Baby which provided her with a variety of necessities.

"They gave me everything for free that I needed for the baby," Gilmour said. "So all it comes down to is if I bottle-feed, formula and diapers, sometimes I can even get that for free. And you could go there as often as you want."

Aside from the many services offered to girls, Eating for Two also provides a weekly bag of gro-

ceries, which includes items from the four basic food groups, a \$5 food voucher and TTC bus tickets for travel to weekly meetings.

The average age of girls in the program is 17. Currently, the youngest is 15 and the oldest is 21. They come for many reasons, Cardona said.

"It could be social reasons," she said. "They could have enough support at home, but they're just searching for further information and support. For others it may be social isolation, maybe they don't have any support at all, and they come to a group like this and they see other pregnant women in the same situation."

Financially, things are going to be tight for the new parents. Gilmour, who finished Grade 11, will hold off going back to school for some time. For now her plans include staying at home with her baby.

"I'm probably going to return to work," Gilmour said. "Or I'm going to go for a while and volunteer at Welcome Baby, because I can bring my baby with me and that way I'm giving back to the people who gave to me."

For more information contact Eating for Two at 416-338-1511.

"I try to see what they're telling themselves and help them see that it only happened once."

- Dr. Michael Church

"Being immersed in a certain colour can definitely assist the individual in bringing forth the attributes of that colour within them."

- Deborah Italiano

Dealing with your phobias

Relaxation techniques can help cure phobias and even prevent them from developing

by *Michael Church*

But phobias may seem strange but the person with the phobia needs to be dealt with.

Christine Essue was working as a waitress the till when she saw three clowns in her line and walked away.

Essue, 25, suffers from coulrophobia — a fear of clowns.

"It's the make-up," she said. "It looks really sinister to me."

Essue is one of approximately ten per cent of Canadians who have one or more phobias.

"I give them a strategy for coping, then expose them to a situation of their condition."

- Dr. Michael Church

People with phobias get very anxious and fearful in a situation where their fear is present and sometimes they have trouble functioning normally.

Although Essue said she doesn't really know where her fear stems from, there are

three common roots for phobias.

Dr. Michael Church, a clinical psychologist, said some phobias begin with a traumatic experience. For example, being bullied or teased, dressed as a clown. Others may be related to an actual event, but from a fear associated with a traumatic event.

The third possibility comes from watching parents or other family members act on their phobias and picking up the reaction, he said.

"Most typically, specific phobias are thought to develop from a traumatic experience," he said.

When Diana Khotakoune was about 11, she lived in Whitby and there were snakes around the houses in the neighborhood.

"One slithered up my leg and I got grossed out," she said.

Being afraid of things like clowns or snakes may seem silly to some, but for people like Essue or Khotakoune can lead to reactions as severe as panic attacks.

"I can't even look at a picture or at the TV [if there's a snake]," Khotakoune said.

Lauren Duff, a first-year Nursing student at Humber, is afraid of walking on glass tiles and using revolving doors.

"I will do both, but it gives me a tiny anxiety attack," Duff said.

Duff recognized her fear of walking on glass tiles just a few years ago and attributes it to not trusting strength of the glass.

"I think it's not sturdy enough to hold me with other people," she said.

"Most typically, specific phobias are thought to develop from a traumatic experience."

- Dr. Michael Church

There are ways of overcoming phobias but individuals have to be willing to get help.

"When people are afraid of something they try to avoid it so they never get over it," Church said.

Church teaches relaxation techniques to start the recovery process with phobic patients and he tries to see things from their perspective.

"I try to see what they're telling them-

selves and help them see that it only happened once," he said.

Church said this technique helps whoever he's working with get more comfortable gradually. He also gives them a way to deal with their fear.

"I give them a strategy for coping, then expose them to a situation of their condition," he said.

These phobias may be severe, but Church said they might just be shields to keep from focusing on a bigger problem.

"People focus on something incidental when it's something else bothering them," he said.

Church suggested the fear of glass tiles could be distracting Duff from issues she has with her weight.

"Yeah, I have weight issues," Duff said. "I'm very numbers-heavy. Self-conscious."

If the phobia is a cover for another problem, Church said it probably surfaced at a rough time in the individual's life.

They often start when people are under

PHOTO COURTESY OF DR. MICHAEL CHURCH

What do colours say about you?

by *Katy de Vries*

You see red, you're green with envy, or you're tickled pink. Once in a blue moon you get the red carpet treatment or you're feeling blue because of too much yellow journalism.

For Jennifer Lawrence, an interior designer with the Ontario Paint and Wallpaper Association, the world of colour goes far beyond the typical primary and complementary colours.

Colour is a significant part of our lives, she says, because it evokes reactions within and affects us on a number of different levels—emotionally, psychologically, metabolically and physically.

"It is a complex system, especially when the psychology of colour is considered as well. You can alter a mood with it."

- Jennifer Lawrence

colour, not just of the room but the individuals as well," Lawrence said.

According to Deborah Italiano, of the Mantra Colour School of Healing in the United Kingdom, a person's aura, or electromagnetic field, resonates a particular colour and this is primarily why colour affects people in different ways.

"It is a complex system, especially when the psychology of colour is considered as well. You can alter a mood with colour, not just of the room but the individuals as well."

- Jennifer Lawrence

A favourite colour, she said, can say a lot in regards to a person's character. It is usually the colour that their aura generates, and is generally a colour that makes the person feel safe. It can also indicate a need for the characteristic that accompanies that colour.

"Being immersed in a certain colour can definitely assist the individual in bringing forth the attributes of that colour within them," Italiano said.

Audrey Ann Lowry of The Colour Institute of Canada, said we see colour acting on our psyches everyday.

PHOTO PAMELA GOLDFRICH

Hospitals are often a shade of blue because it's a calming and relaxing colour. Where as day care centres, are apt to be a more pure colour like red or yellow because pure colours are more energizing.

Fast food restaurants tend to use an orange or yellow decor because this increases appetites, whereas a fine dining restaurant will often draw you in with a blue so that you will linger and drink their wines. Even flowers have their own colour language, she said.

With today's trend of natural healing and wellness gaining popularity, it is no surprise that colour therapy is also becoming widely recognized. Colour therapist, Paula Battenberg, said there are two types of colour treatments.

Coloured lights work on a cellular level in

conjunction with reflexology points on the body. Each point affects a different part of the body, and depending on the colour and the specific body point, the effects will vary, Battenberg said.

Simply surrounding ourselves with specific colours will have certain psychological effects. So designers can use this to their advantage by creating atmospheres with different colours, depending on the client's needs added Battenberg.

"These treatments really boost the system and help to balance the body overall by increasing energy levels and maintaining the mental flow. Colour therapy is recommended for more specific ailments too. Everything from seasonal affective disorder to asthma to migraine headaches," Battenberg said.

The colours of the rainbow

Red — connected to heart, lungs and muscles. Assists healing wounds, coughs and inflammations. Triggers enthusiasm, passion, motivation and lifts spirits.

Orange — promotes healthy diet and appetite. Assists with weight loss and heart disease. Associated with comfort, security, jovial and sociable.

Yellow — strengthens glandular system, liver, bladder, kidneys and digestive system. Arouses alertness, intellect and grasping mental concepts. Battenberg says yellow is ideal for

a student's productivity levels.

Green — valuable for tumors, ulcers and cysts. Linked with healing, sedates, relaxes and contentment.

Blue — linked to pain, insomnia, impotence and menopause. A calming and tranquil colour. Turquoise deals with deep psychological issues. Gets creative juices flowing.

Violet — related to spleen disorders and lymphatic system. An intuitive colour, acts on the subconscious mind. Brings out spiritual and emotional strength.

Atheism is a non-prophet organization.

Zygoté zeal rubbing off

Up and coming band to play Lee's Palace

by Kristina Koski

Zygote -n. zy'gote; the product of union of two sexual reproductive cells by extension, the individual developing from that product, and Toronto's best kept secret.

With two sold-out gigs at the Opera House on Queen Street under their belt, and probably another to-capacity show this Saturday (Feb. 17) at Lee's Palace, this band's scientific make up of diverse musical elements creates a sound like no other band in the city, the country, and most likely the world.

The five members of Zygoté, all in their twenties, each bring a number of musical influences to the table from hardcore hiphop to old time rock n roll, from alternative to funk and acid jazz. Defining their style of music is difficult, since their music has so many underlying elements.

"Personally, there are two types of music out there," Amir said. "There's good music and bad music. I'd like to think we fit in the 'good' category."

Aside from being a talented vocalist and gifted bassist, Amir is also the principle songwriter of the band's repertoire. Aaron, lead guitarist, joked of the other band members' attempts to write songs.

"We all try to write stuff, but he tells us it's shit and then says 'Don't ever try writing again, it's all about me,'" Aaron said, teasing his band mate.

And about the name thing, Zygoté's co-manager, Brian Stutz from the Incredible Management Group said since the quintet mostly live at home with their families, they do not disclose their last names.

"Their fans are so passionate about the band," Stutz said, "it's to prevent fans from showing up on their doorsteps and to protect their families."

Aaron began playing guitar at the age of seven, but admits he didn't start to take his instrument seriously until he was in his early teens.

Despite his technical and tonal genius, a very modest Aaron said he should be a much better guitarist than he is at this point, even though he's dedicated his entire being to music.

"It screwed up my entire life," Aaron said. "It was all I'd think about. It's screwed up my school career, it's screwed up all the jobs that I've had, but it's all worth it. Music has always been my life, and when I got into this band it just took off from there."

Zygoté's musical union took place nine years ago in Amir's basement, with drummer Brian. In the years since, members have come and gone, times have been good and bad.

Jeremy, lead singer and rhythm guitarist, emphasized that in that span of time, even though all members haven't been in the band

that long, the intensity of their relationships with each other is something unlike anything else.

"This band has taught me a lot," Jeremy said. "We have really big highs and really low lows. I had some good times and I learned a lot about myself and about relationships with other people."

Shlag, Zygoté's percussionist went on sabbatical in Africa to study his craft and adds an extra level of intensity to the band's sound and live set. Music is

very much a spiritual experience for him.

"We'd like to say that we could play live and give it everything that we have if it was just us and a few people," Shlag said, "but the reality is once you taste a crowd, you fill up a room and feed off that, you become slaves

"It was all I'd think about. It's screwed up my school career, it's screwed up all the jobs that I've had, but it's all worth it."

- Aaron

to it."

Recently, Zygoté took their show south of the border to Ithica New York, where the audience was smaller than the band is used to.

One amazing aspect of Zygoté's life is that in its nine years of existence, the band has done everything themselves. They've packed clubs all over Toronto and beyond, have sold many of their albums at shows and in HMV locations around town. Recently they signed with Incredible Management Group, under the wing of Mendl Swartz and Brian Stutz.

"Right now we're doing our best to try to focus on the music instead of worry about everything else. Zygoté has run its own show since its birth and we're just starting to hand off responsibility to someone else," said Jeremy.

Handing off the buck has been a tough one for these five musicians. Zygoté has been their baby for years and now they're just starting to share some of the responsibility they've held so close.

"The reality is we've talked about it for so long but all you need to do at this stage is screw it up one time, sign the wrong piece of paper and we're screwed for the rest of our careers," said Shlag.

Jeremy added that signing over to Incredible Management Group was a hard step to take.

"As soon as we were presented with this contract, we all went to Amir's house, sat down in a room and had it out with each other," Jeremy said. "I think it's one of the best things that's happened to our band because we're all verbalizing to each other how we feel and what we want."

Currently Toronto's greatest indie band is virtually unknown by the masses, but still draws nearly a thousand people to each of their shows - Jeremy said that's double the Wallflowers' ticket sales when they were last in town.

Since signing to the Incredible Management Group, their fans seem to keep multiplying. To find out more, and to keep up to date on the latest news, check <http://www.zygotemusic.com>.



KRISTINA KOSKI

Three of five: Zygoté musicians, Jeremy (top), Shlag (bottom left), Amir (bottom right) - the band will play Lee's Palace Feb. 17.



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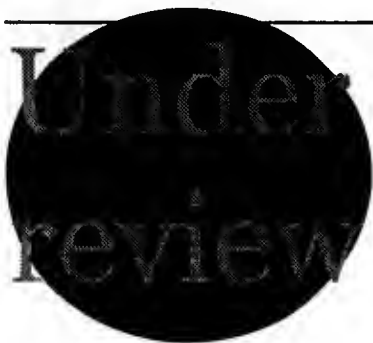
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Is there a delicate way to say "euphemism?"

I can paddle. Canoe?



Film Hannibal

by Derrick Milburn

Hannibal, the much anticipated sequel to 1991's *Silence of the Lambs*, made its debut in theatres on Friday.

Sir Anthony Hopkins returns as the seductively evil Dr. Hannibal Lecter, while Julianne Moore has assumed the role of FBI Agent Clarice Starling.

Based on the Thomas Harris novel of the same name, *Hannibal* is pleasing to the eye, if little else. Set against the backdrop of Florence, Italy, director Ridley Scott has succeeded in capturing the elegance and beauty of the surroundings.

Unfortunately for Scott, he was unable to capture the intensity and grittiness that earned *Silence of the Lambs* the 1991 Oscar for Best Motion Picture.

Hannibal's most compelling element is the relationship between Lecter and Agent Starling. Though the two are at odds, they exhibit a genuine respect and reverence for one another. Sadly, this tension is underdeveloped in the film. The two share relatively few scenes,

but those they do are among the film's finest.

Hannibal boasts great performances by both Hopkins and Moore, who was chosen to replace Jodie Foster as Agent Starling. It is rumored that Foster opted out of the sequel because it contained scenes of excessive violence. Indeed there are a number of scenes that are best viewed with your hands over your eyes, but you should expect little else from a film whose title character is a murderous cannibal.

Hannibal is a good film, not a great film. Like so many sequels, *Hannibal* pales in comparison to its predecessor. That said, the film earned more than \$58 million at the box office in its opening weekend. It would appear that Jodie Foster was among the very few to snub *Hannibal*.



Music Josh Joplin Group

by Michelle DaCruz

With eerie similarities to the vocal stylings of REM's Michael Stipe, and a sound reminiscent of Counting Crows and Shawn Mullins, the debut release

from the Josh Joplin Group is promising and insightful.

Useful Music showcases Joplin's talent for writing beautiful lyrics. His confessional vocals captivate and sometimes embarrass the listener by their intense honesty. Joplin offers himself with a sincerity that is refreshing.

The collaboration of up to 14 musicians, playing everything from guitar to trumpet, and seven back-up vocalists produces a rich and polished sound.

The one shortcoming to Joplin's effort is heard during his experimentation with the spoken word. When used for emphasis in a chorus or line, the effect is understated. But in the pseudo-rap style of the song, *Superstar*, it is disappointing, creating an impassable rift with the rest of the album.

This CD is a perfect companion on those introspective, nostalgic days when some solitary time is all you need to face the world again.



Music O-Town

by Bernice Couto

If you love 'N Sync, and bands that only perform in malls, this album is right up your alley. For

the rest of the sane world, listening to the *O-Town* album merely results in a loss of 45 minutes and eight seconds of your life that you'll never get back.

Truthfully, I only listened to 10 of the 12 tracks, but believe me that was a feat in and of itself. Each song, beginning with the ever clever single, 'Liquid Dreams' (yeah, we know you mean wet dreams, boys) is unoriginal, mindless drivel. The second track, like the first, is about a girl, as is the third, aptly titled, track 'Girl.' In fact, every song is about a girl.

I can appreciate the fact that its fabrication was never denied. Granted, it was exploited with a prime-time TV show (*Making the Band*), but it really is all about money. Bling bling.

O-Town is comprised of five lucky contestants: Ashley Parker Angel, Erik-Michael Estrada, Dan Miller, Trevor Penick, and Jacob Underwood. The luckiest, however, is Miller who didn't actually "make the band", as it were, but was voted in by the other four when the original fifth quit. But this wasn't the only decision the band got to make.

Underwood explains in a press release that "we don't want to just be some pretty boys. We all wanted to co-write this album." Yet they chose 12 tracks written by professional songwriters.

I hoped that, knowing better, my CD player would spit out the disc, but at the end of the day I know many a teenage girl will love this album, giving her fodder for her own liquid dreams.



Music Various Artists

by Derrick Milburn

The soundtrack to the Kenneth Lonergan film *You Can Count On Me* is a heapin' helpin' of alt-country and bluegrass music.

The album is the most recent release of E-Squared records, the indie label launched in 1998 by singer-songwriter Steve Earle and producer Jack Emerson.


You Can Count On Me features songs from a number of Earle's favourite little known artists alongside selections from his 1998 collaboration with The Del McCoury Band entitled *The Mountain*.

One of the album's highlights is Mendocino, the loose organ driven masterpiece by North Carolina's, 6 String Drag. Atlanta power-twangers, The V-Roys deliver two of the album's strongest tracks, *Straight Highway* and the raucous *Amy 88*. But it is Earle himself who contributes the album's most memorable track, the hauntingly beautiful *Pilgrim*.

This album is not for fans of slick, manufactured pop music. But for those who appreciate well crafted songs, great musicianship and sparse arrangement.

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Application Deadline:
March 30, 2001

come by the newsroom with
tips and news stories - L231

Artists' notebook

Arts Etobicoke is looking for artists of various disciplines to participate in one of Ontario's premier regional festivals.

Humber students are welcome to perform at Autumn Artsfest 2001, Oct. 18 - 28.

Some financial assistance is available for artists for production expenses. The deadline for registration is April 25.

Students interested in participating are advised to attend an orientation meeting Feb. 19 at Neilson Park Creative Centre, 56 Neilson Dr.

For more information contact Arts Etobicoke at 416 - 622 - 8731

Comedy group, Theatresports has invited Humber students to enroll in improvisational workshops.

For Humber students, the first class is free. Subsequent classes cost \$5.

Workshops are held at 2 p.m. every Saturday at St. Mary's Arts Centre, 40 Westmoreland Drive.

Artistic Director, Neil Muscotti said, "We want to make people aware that Theatresports is a great training ground."

For more information call 416 - 491 - 3315 or visit www.theatresportstoronto.com

- Jason Dean Spence

If I told you that you had a great body, would you hold it against me?

You're ugly but you intrigue me.

What's a nice girl like you doing talking to a loser like me?



COURTESY

Homegrown Humber theatre talent, Jefferson Guzman.

Humber arts student pens *Rhubarb!* play

by Andrea Morales

"My entire career has been by accident," laughed Jefferson Guzman, a Humber performing arts student.

His most recent "accident" is a play he penned called *Spinning in the Rain*, which is featured at the 23rd annual *Rhubarb!* Festival at Buddies in Bad Times theatre Feb. 14-18.

A story about an invalid mother and her tormented daughter resolving a crisis, this production also features Humber instructor Viv Moore.

It was chosen out of more than 200 works, and the drama will get the full professional treatment at the festival now entering its 23rd season.

And Humber staff are proud of his achievement.

"It was very clear to us from the beginning that he's a theatre artist as opposed to being just an actor, and we're so pleased that he's off and flying in so many ways while he's still a student," said Diana Belshaw, co-ordinator for the Performance program.

Though Jefferson studies acting, he has been dabbling in writing and directing for some time.

He participated in Buddies' Summer 1999 project, and last semester he volunteered to be assistant-director of Theatre Humber's *The Mail Order Bride*. All this while keeping up with the many hours of class and rehearsal time expected of all third-year students.

"Jefferson has a range of talents... [as a] writer, director and actor he brings that kind of larger vision to whatever he's doing," added Belshaw, who directed *The Mail Order Bride*.

The man himself says he sees his many talents as complementary, and their nurturing should further his career.

"I thrive with a lot of things happening. Some actors go without work for five months ... but as a human being, I have to do something creative all the time," he said.

According to Belshaw, Jefferson is almost too enthusiastic. She explained that it is a bit of a joke around the department how he is always writing something down, and that he's even been asked good-naturedly to put the journal away for a while.

In the meantime, Jefferson is preparing for his role in Theatre Humber's *Fifth of July* which will be produced Feb. 21-24 and Feb. 28 - March 3.

In this drama about friends and family members meeting after the Vietnam War, he will be playing the role of Ken, a veteran who's had his legs blown off.

It will be his most challenging role to date, he said.

Jefferson's theatre career started, as he says, accidentally in Grade ten when he won a provincial prize for public speaking.

He said he was shy at first because the speech was of a rather personal nature, but when he finished, he received an ovation that gave him a rush he had never felt before.

Later in the year, he auditioned for the school play, and wound up winning a major role in the musical *Damn Yankees*.

In Grade 12, he said he was concerned because he was not cast in the school's major production that year. When he asked why, it turns out it was because the teacher planned that Jefferson should direct.

The way he tells it, you would think he just stumbled across all these opportunities and simply happened to meet with success more often than not.

Everyone should be so accident-prone.

Sweat-suit mom singin' the blues

by Jen Caldwell

By day, Sue Foley is a regular sweat-suit wearing mom chasing her four-year-old son around and worrying about snacks.

But by night, when she straps on her pink-paisley Fender Telecaster guitar, she's a Rock 'n Roll Blues singer.

Foley's home life helps to keep her "grounded" as her ten-year musical career makes a comeback.

"When I took off some time to have my son, it felt like things were stopping, but now things are picking up again and it feels good," Foley said.

OPENED FOR KING

She recently opened for B.B. King to kick-start her national tour, and to promote her newest CD, *Love Comin' Down*.

Her album won her six Maple Blue Awards including recording of the year, entertainer of the year, female vocalist of the year, guitarist of the year and SOCAN songwriter of the year and has brought her a Juno nomination for best blues album.

"It felt really cool to share the stage with a legend like [B.B. King]. It's one of the perks of my job. It's one of the best things that I get to do," she said.

And though it may seem strange that Foley would choose a life on the road playing in nightclubs and concert halls, the musician explains her love affair with the blues started early.

"I found the blues on my own when I was about 14 years old," Foley said.

"Just basically reading up on bands like the Rolling Stones who were directly influenced and involved with blues artists in the 60s. I was into the sound so much, I wanted to figure out how they got their sound. Low and behold I started buying Muddy Waters records."

Without the blues, Foley jokes, she "might be in an institution."

"This kind of mode of expression allows me to say the things I feel that I can't express with words. So if I wasn't able to express that, I don't know where I'd be. I might be pretty unhappy or I might be bogged down," she said.

The self-professed "down-to-earth" Foley doesn't worry about wardrobe or breaking into the top-40. Her biggest concern right now is simple: balancing her career and her family.

FAMILY YIN YANG

"Probably the biggest challenge I have is trying to keep things really focused on my career, but at the same time I've gotta be incredibly focused on my son," she said.

"It's a big challenge. He's come on some trips, but as a rule I don't bring him along that much. It's not a great lifestyle for a kid, you know being moved around everyday. And it's easier for me to work if I don't have to worry about him all day," she said.

"I know he's home, he's safe. So basically I leave him home with my mom and I try to keep my tours short," she said.

She recognizes the difficulties of balancing home and work, but Foley isn't yelling 'I am woman hear me roar' from any rooftops.

"I've always done what I've done and I've been a guitar player, a band leader, and now I'm a single mom. I'm doing all the feminist things, but I just don't talk about it. I just do it," she said.

Foley grew up in Ottawa. She comes from a musical, Irish-Catholic family of five kids and she knew by her early teens that being a blues singer was what she wanted to do.

"What I started to do was going to blues jams and sitting in with local guys. Then I took a few lessons to learn how to play some real basic blues and from there I just practised on my own. By the time I was 18, I moved to Vancouver with my own band," she said.

"We toured across Canada a few times, then we got picked up by a harmonica player in California and went states-side to back him up," she said.

"I grew up on the road, playing in bars, and learning about life and people and what they do in bars. I started hanging out in bars when I was about 15. I never drank, I just wanted to play."

By the age of 20, Foley was living in Texas. She stayed for eight years while she played and recorded seven albums.

SOUL SOOTHER

Being a blues musician is more than just a job for Foley.

"When I first got into blues, I was struck by the truth of it and the reality of it. But also by the way it can make your soul feel better, it can actually lift you up. There's something cathartic about people talking about that stuff and connecting with other people that makes the blues such a true music," Foley said.

But Foley's music is more than cathartic. When she comes out on stage and performs, with her pink guitar and her red hair, what is most noticeable as she boogies around on stage is how comfortable and content she is just playing the blues.



COURTESY

Full time mom, Sue Foley, opened for B.B. King.

Biz/Tech

et cetera

Life does not cease to be funny when people die any more than it ceases to be serious when people laugh.

-George Bernard Shaw

Drive-by advertisements

by Joanna Cravit

A new Canadian company is offering a chance for students who drive in high-profile places to profit from their cars.

The company, Dynamic Exposure, plans to plaster giant ads on cars throughout the country, and pay people to drive them.

Humber students stand to benefit because many of them have long commutes and drive in high-traffic areas, meaning it is more likely they will be chosen to participate if they register.

"It's a brand-new concept in Canada," said co-founder Troy Black, noting that a similar program is already under way in the United States.

There are two ways to participate. People can use their own cars, and receive payment of up to \$500 a month, or Dynamic Exposure will provide a car for a fee of \$50 a month. The company will run periodic maintenance checks and the \$50 fee can be written off as a tax benefit.

There is currently only one ad



COURTESY OF DYNAMIC EXPOSURE

Toronto has yet to see a large number of car ads on the road.

car on the road from Dynamic Exposure, from a computer store in Kingston. Over 3,000 people have registered to participate.

"It all comes down to what your demographic profile looks like ... you may never get selected," Black said. "The woman in Kingston, we only picked her because she parks at Queen's University."

Registration involves filling out a detailed profile on where you drive and park and paying a fee of \$7. The fee is designed to deter people from registering as a prank, but is low enough that people will still apply.

Cars are outfitted with vinyl ads which go on like shrink-wrap. They are also equipped with removable GPS trackers which allow Dynamic Exposure to track where the car goes, an FM radio transmitter that can broadcast information about the ad and about the advertised company and an infrared tracking device located on the dashboard that counts how many people pass by the car.

Drivers may be required to carry fliers with them in case someone asks about the advertisement on the car.

Toronto buses have been using vinyl wrap ads for several years, and the idea of moving this advertising method onto personal cars has been well-received.

"I'd do it," said Stan Gontarz, a Computer Analyst student. "I think it's progress."

Companies can advertise on a car for less than \$500.

Further information on how to register can be found at www.free-wheelscanada.com.



COURTESY OF DYNAMIC EXPOSURE

Dynamic Exposure looks for interesting or unusual cars.

Don't dream about more game consoles from Sega

by Martin Currums

After many years of entertaining young video game enthusiasts all over the world, the Sega Corporation has announced they will call it quits in the hardware business.

After the dismal sales of the Sega Dreamcast and the overwhelming popularity of the PlayStation 2, Sega has decided to openly and aggressively develop software for all platforms.

This decision brings a dramatic conclusion to an era that brought gaming consoles such as the Master System, Genesis, Saturn and the two-year-old Dreamcast.

"They always say you make more money on the blades than the razors," said Peter Moore, Sega of America president and COO, at a Sega press conference. "Our games are the sharpest blades we have."

Despite the termination of the Dreamcast, Sega

has announced it will be continuing to produce software for the console.

Forty titles will be released throughout 2001 and Sega will develop more depending on the sales of the Dreamcast unit.

In an attempt to become the world's leading video game publisher, Sega has also implemented a new multi-platform tactic dubbed "platform agnostic," which means that Sega will produce software titles for Sony's PS2, Nintendo's Game Boy and Game Cube and Microsoft's X-Box.

"We are expecting sales to pick up for Sega but PlayStation 2 is pretty popular these days and Sega will have to release some terrific games if they even hope to touch PlayStation 2," said Chad Alvin, an Etobicoke video game retailer.

With thousands of Dreamcast units still in the market place, Sega has lowered the price of the console by \$50.

Sega hopes that the price drop will prompt sales and consequently recover some of the losses suffered since the launch of the PS2.

Humber Et Cetera apologizes for an error in last week's Biz/Tech section. Wei Wong is a female researcher who does not work with primates.



GEULA BERNSTEIN

Massachusetts will be bringing space closer to home.

Look up in the sky

by Geula Bernstein

Discovering alien life forms could be just laser pulses away after construction of a high-tech telescope is completed in Massachusetts early next year.

Detecting laser pulses by telescope is the astronomer's answer to 40 years of unsuccessful attempts to make contact with alien civilizations by intercepting radiowaves sent across the galaxy.

"There is no reason why we should restrict ourselves to extraterrestrial intelligence only using radiowaves," said Dr. Robert Lamontagne, a researcher at the University of Montreal and publicity officer for the Canadian Astronomical Society of Canada.

"In science, we like to invest in many different things, diverse things - we may gain or lose but at least we have covered all aspects," he said.

A Harvard team headed by professor Paul Horowitz, has already begun construction of the 1.8-metre diameter Optical SETI Telescope, expected to be the largest telescope in the eastern United States.

The project is being run by the Search for Extraterrestrial Intelligence (SETI) Institute, a non-profit organization conducting research and educational projects related to the nature, prevalence and distribution of life in the universe.

More remarkable than its sheer size, the new \$350,000 (U.S.) telescope is built to pick up laser pulses sent from space, detecting bursts of light as brief as a billionth of a second.

Once operational, the telescope will cover the entire night sky once every 200 clear nights, searching for pulses of light from the galaxy.

Scientists said the search for extraterrestrial intelligence through laser signals has raised skepticism among conservative

scientists and engineers, but has gained respect over the years.

"The attitude towards the search for extraterrestrial intelligence is pretty well perceived because the way it is presented to the public is it's catchy and sexy, like in the movies," Lamontagne said.

"But [SETI projects] are not only focused on determining [extraterrestrial signals], but also how stars work and how galaxies evolve," he said.

"The development and innovation of new technology is useful for other aspects of technology, not only a waste of money in trying to find little green men."

Are scientists at the Planetary Society, the project sponsors, optimistic that Optical SETI will provide information about extraterrestrial life that radiowaves have not yet uncovered?

"I don't know about optimistic. There's only one way to know - and that's by looking," said Charlene Anderson, associate director of the Planetary Society in California.

Scientists said that with the new telescope, alien signals targeted to the Earth by lasers may be likened to a red laser pointer aimed at someone from across a stadium filled with white light.

According to scientists, since the technology on Earth is capable of creating laser pulses 5,000 times brighter than the sun, alien civilizations should have the technology to do the same.

"It seems quite promising," Lamontagne said. "It underlies the fact that technology is really making progress."

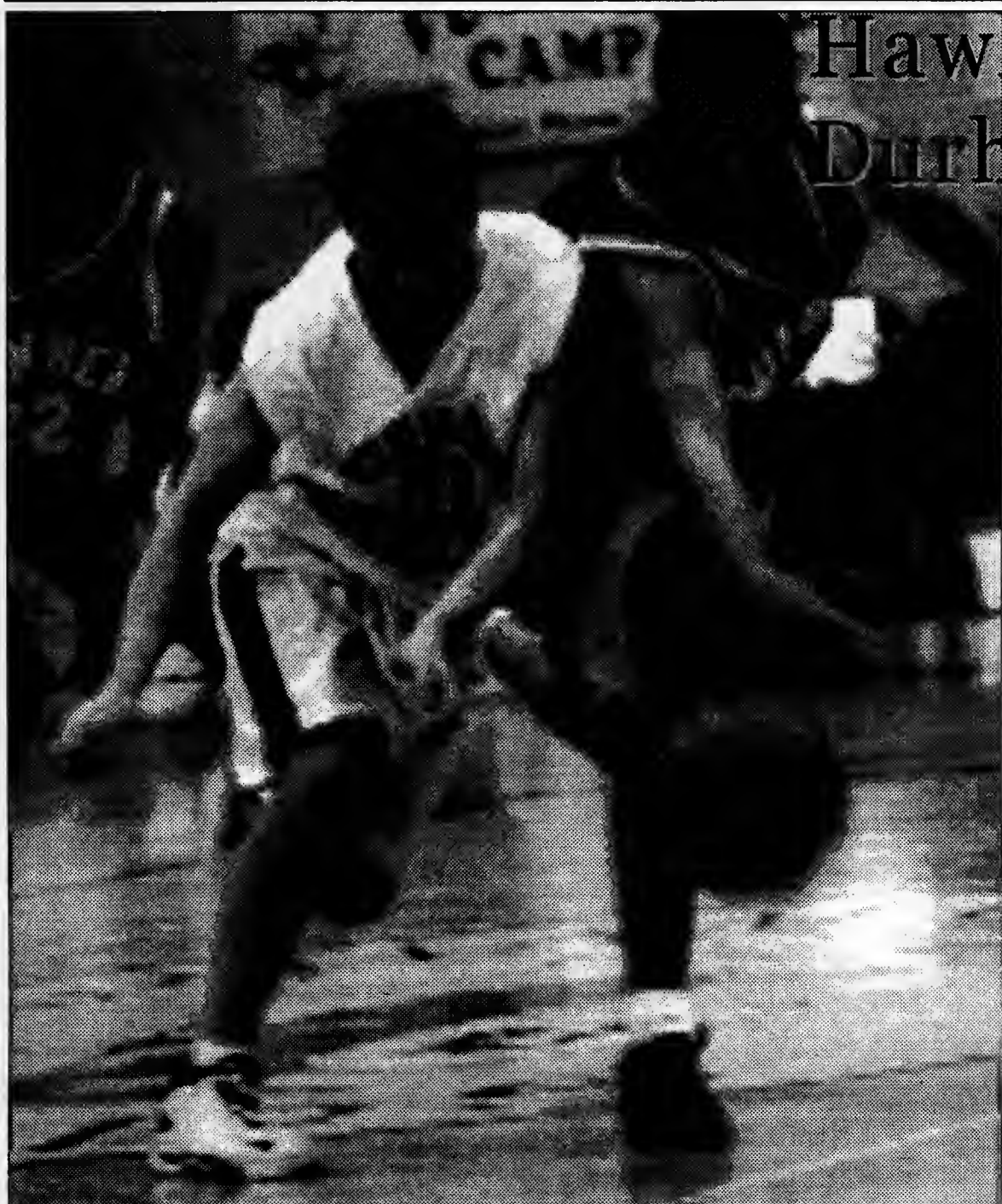
"We're assuming if intelligent species are out there it will go through the same progress at the same rate and get the same ideas we do," he said.

"The first step to try was to detect radio signals because we could build and afford it, but now we can build powerful lasers."

Men's hockey team out class league champions and cruise to 6-1 win see "Humber holds key"

Women's basketball team clinch playoff spot, OCAA team of week see "15 and counting"

Sports et cetera



LUC HEBERT

Excuse me: Mark McLaughlin steals ball away from Durham defender with Jeremy Walters, left, looks on and waits for the fastbreak. Hawks cruised to another easy win, 86-45.

15 and counting

Women's basketball team continued their dominance with a 68-55 win over the Georgian College Grizzlies last week

by Patrick Campbell

The Humber Hawks women's basketball team continued their dominance in the Ontario Colleges Athletic Association, dropping the lowly Georgian Grizzlies 68-55 last Wednesday night.

The Hawks continue to roll through the OCAA with 15 straight wins and an undefeated record. The squad remains first in the provincial rankings and is ranked 13th in Canada.

Although the team has shown signs of mortality during tournament play, they have climbed back from deficits when it looked like their undefeated season was on the line.

In the game against the Grizzlies it was quite the opposite. The two teams began the game trading easy baskets before the Hawks went on a run of ten to pull ahead 22-10. Georgian pulled within six after two runs of five.

The Grizzlies managed to hit three straight foul shots before Humber dropped six quick points to pull ahead 30-20.

The hometown Hawks stepped into the dressing room with a 39-25 lead.

Humber continued the second half right where they left off with a short run of four to pull even farther ahead 48-32.

Once the Hawks had a chokehold on the lead, they never looked back. Humber pulled ahead with a long run of ten and five to finish the game with an easy win 68-55.

The Hawks attack was led by the rejuvenated play of Beth Latendresse who finished with 26 points including 18 in the first half.

Co-captain Elaine Morrison chipped in with 13 points of her own and Brenda Chambers poured in 12, the fourth straight game in which she has scored in double digits.

Hawks teach Lords of Durham how to dance

Tough games leading to Nationals will be against George Brown and Sheridan college

by Luc Hebert

The Durham Lords must be glad they don't have to face the country's best basketball team anymore.

The Humber Hawks beat the Lords for the third time this season, 86-45, Tuesday night. In the three games the teams have met, the Hawks have outscored the Lords by a combined 100 points.

The win was the 11th in a row for the Humber team that has seemed invincible as of late. The streak can be credited to their tough defence and tremendous depth on the bench.

The Hawks have the Ontario College Athletic Association's best defence, having given up just over 65 points per game, and although the statistic is not officially kept, unofficially they are among league-leaders in bench scoring as well.

The Hawks bench outscored Durham by 40 points, 48-8.

Cornell Brown led all scorers in the game with 18 points, and Rupert Thomas scored 12 against his former team.

In total, eleven Hawks found their way onto the score sheet. Adam Far led the Lords with 12 points.

The night was especially important for point guard, Cwentun

McLeod who celebrated his birthday with five points.

Humber hopes to carry their winning streak into the OCAA championships in two weeks and have three more games left.

Teams are beginning to get a picture of what the Provincial Championship will look like as play-off births are being clinched.

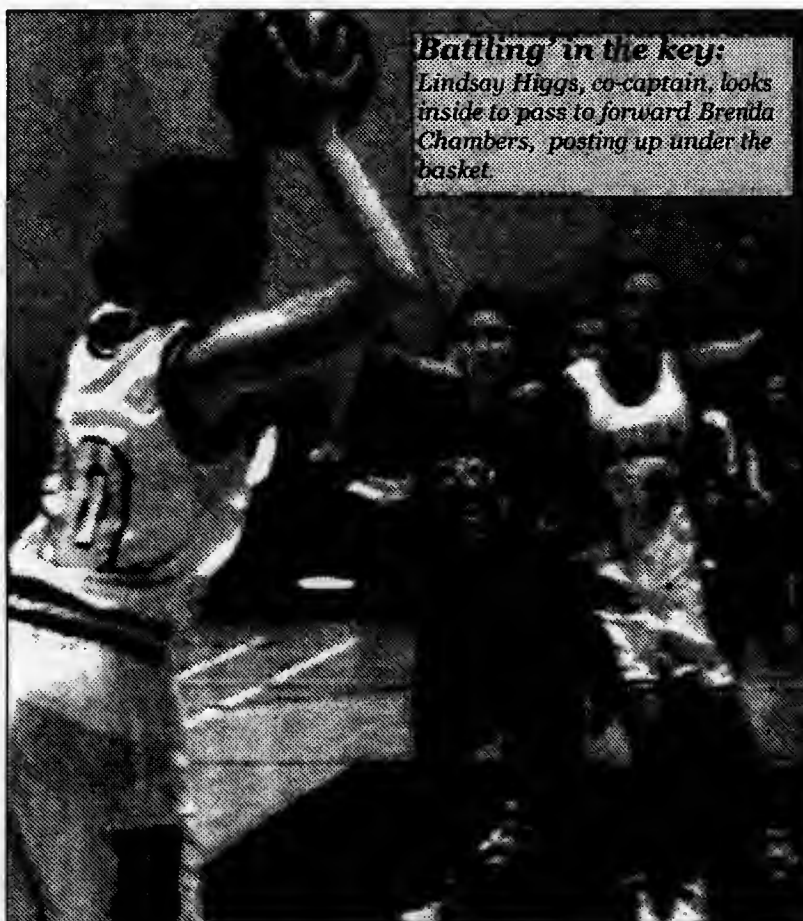
Along with Humber, the George Brown Huskies and Sheridan Bruins will mark Toronto's contingent at the championships, while the Fanshawe Falcons and the Loyalist Lancers join the hosting Algonquin Thunder as current play-off teams.

Hawks bench outscore Durham by 40 points

Even with the Hawks remaining three games left on their schedule, they won't be able to coast the rest of the way.

Two of their remaining games could prove to be the toughest of the season when they play the George Brown Huskies, and the Sheridan Bruins, both on the road.

Humber caps off the season with a home game against Seneca College on Feb. 21.



Battling' in the key: Lindsay Higgs, co-captain, looks inside to pass to forward Brenda Chambers, posting up under the basket.

PATRICK CAMPBELL

Big E could wait as long as three years to play in the NHL for trying to play for the Maple Leafs

"If we're not allowed to hit and not allowed to check, I'm coming back.."
- Jacques Lemaire

New Blue Jay Mike Sirotko admits he was damaged goods in White Sox Toronto trade

Humber holds own key to championships

Hawks outplay defending league champions with 6-1 win over the Seneca Sting

by Jason Thom

Their destiny is in their hands. If the men's hockey team can win their remaining two regular season games, they will guarantee themselves second place in the division and the chance at a championship.

The Hawks took sole possession of second by out hitting, out skating and simply out playing the defending league champions in front of their own fans to the tune of 6-1.

The game had a playoff feel to it and is something that Humber's Head coach Joe Washkurak feels his team thrives on.

"I think we play a little bit better when we play in fear a little bit and I don't mean scared," Washkurak said. "I knew they were going to be ready for us."

There was no actual killing in the game but the Hawks did inflict major damage on a Seneca Sting team that is also trying to ready itself for the post season.

Humber's fourth line opened the scoring just three minutes into the game when Derek Kearns scored his second goal of the year from a nice pass by the slumping Rob Cordeiro.

Seneca tied it at one three minutes later but the Hawks took the lead back as Scott Barnes scored his fifth of the year.

The rest of the period saw Hawks starting goalie Terry Gilmer turn away nine

shots including a brilliant toe save on a shot from the side of net.

Team captain Chris McFadyen scored a power play goal early in the second and bruising defenceman Shane Mitchell also scored with the man advantage to bring the score to 4-1.

Gilmer said it was the type of production needed to fill the void left by suspended snipers Morris Marshall and J.J. Dickie.

"It was just a good team effort all around because everyone's stepping up and it doesn't matter who's out," Gilmer said.

The Dickie, Marshall and Jamie Visser line was on fire before being split and Visser has not been as effective since.

But it was Visser who scored to make the final 6-1 and a goal that will hopefully put the big centre back on track.

"I don't think Jamie's played as well in the last couple of games and I had a word with him at the end of the

second and it must have worked because he came out and scored a goal in the third," Washkurak said.

If the Hawks beat the woeful Conestoga Condors at home on Saturday,

they will lock up second place in the division and home ice advantage in the playoffs.

At a time of the year when weak teams show their faults and great teams stick

together and improve, the Hawks are showing these qualities.

"This hockey team are like brothers and we have to keep treating each other that way," Gilmer said after his 40 save performance.



JASON THOM

Down and Dirty: Humber's captain Chris McFadyen gets buried in the crease with teammate Eric Hobor looking on.



LINDSAY HIGGS

Eat it: Laura Solski and Carrie Moffat watch on as teammate Lindsay Bax goes for the kill against Centennial defender.

Hawks fly into the playoffs

Win guarantees women's volleyball team playoff birth

by Jeff Neal

Humber's women's volleyball team now has sole possession of third place with their 3-0 sweep of Centennial College last Tuesday night.

The win guarantees them an OCAA playoff game and puts them into position to clinch second place with a victory over Seneca tonight.

In a season that can pass as a television drama, the Hawks faced injury after injury, and every game ended in a lesson as players took on different positions. Now the Hawks are on a roll at the right time.

"Every game we play is important. I was a little nervous. A lot of the girls were saying 'oh, big game, big game' you psyche yourself out. I just kept telling the girls 'it's only a game, it's only Centennial, all we have to do is play. If we play we win,' Michelle Richmond, Hawk player of the game said.

Bad news for the women's varsity team was losing setter Nio Perkins for personal reasons. Laura Solski has consistently filled the role as setter and Carrie Moffat

stepped into the starting six, which worked nicely versus the Colts.

"Nio brought a lot of leadership and experience, but Carrie's filling that role and really taken over nicely in that area, providing good blocking and a lot of offence," Hawk assistant coach Chris Wilkins said.

The Hawks looked nervous opening the game as Centennial jumped to a 2-0 lead but once they settled down, they tamed the Colts with two huge serving runs.

Power Lindsay Bax served for a 10-0 run to make the game 12-4, then Barb Legiec at 16-8 slammed the gate on the Colts, pushing the lead to 21-8. Humber won the set 25-9.

"We were dominant. We had our ups and downs, but we knew it was an important game and we came out and played," Wilkins said.

Set two was filled with mistakes, but fortunately the Hawks made fewer errors and with some tough defense from Richmond, pulled through with a 25-22 win.

Humber turned up the volume

in set three, not letting Centennial gain a two-point lead this time. They took the lead themselves at 3-2 and beat the Colts to the finish with a twelve-point, 25-13 win.

The Hawks flew as a cohesive unit, with Jennifer Edgar serving Humber to a five point run at 14-7, and the game fittingly ended with a Richmond, POG exclamation point, as she aced the clinching point for the sweep.

"I don't think I played any different than any of the other girls. It's nice to get player of the game, but it was a team effort, and when they are playing well it's just natural," Richmond said.

Thursday night the scrappy Seneca Sting try to buzz Humber's home court and keep the Hawks from moving any higher in the standings.

"Seneca is a very good defensive team. We have to be awake and aware. All the high balls coming over, we have to block well, pass well, serve well, we have to be aggressive and play smart," Legiec said.

The Hawks are movin' up ...

Beckham's father says the Manchester United star wants to stay with Manchester United

Luis Figo's last minute penalty kick goal gives defending champions Real Madrid a 3-2 win over Lazio

Manchester United escape with a 0-0 tie in Champions League play in rainy Valencia conditions

Humber honours its own

by Linda Kang

Three Humber College volleyball athletes will be honoured this week for their outstanding accomplishments by having their numbers retired in the college's sports hall of fame.

The No. 2 of men's volleyball, Tim Pennefather, the No. 3 of Matthew Tim and the No. 5 of women's volleyball, Caroline Fletcher, will be never used by another Humber College athlete following a retirement ceremony tonight.

"It's a process that we've been doing now for many years. The criteria includes playing for three or four years and being an outstanding athlete," Doug Fox, director of Athletics at Humber College, said.

"It has been a couple years since we've retired anybody. [Caroline Fletcher and Matt Tim] were selected last year for retirement this year...Tim Pennefather's number would have been retired last year, but he was off working in Germany."

Over the 25 years of Humber Athletics, about 20 athletes have been honoured in this way, Fox said.

"In the case of all three [this year] and the ones before them, they all had to be "all-Canadian" level athletes. Some of them were multiple all-Canadians," he said.

"Tim Pennefather, was a two-time all-Canadian. All of them were also all-stars every year," Fox said, "They also had to be quality people and good students. They all had to graduate."

Pennefather and Tim were both ecstatic about the idea after they had been nominated.

"I think the team deserves it," Pennefather said.



LINDA KANG

Retired magic: All-Canadian volleyball star, Tim Pennefather, returns for jersey retirement.

Pennefather and Tim experienced an undefeated season two years ago which is the first in about 20 years for Humber, Pennefather said.

"It's an honour to be nominated and to have that sort of award. It's something that when I get older and become a grandfather, it's something I can tell my grandkids about," Tim said.

For women's volleyball honouree, Caroline Fletcher, the jersey retiring is only part of the appreciation she is

receiving for her athletic dedication

The athletics department asked her to return after graduation to be an assistant coach for the women's volleyball team.

"I was really happy. I was kind of shocked. It's kind of different for a setter, which is the position that I play[ed], to get that sort of recognition," Fletcher said, "I feel I worked hard during the four years that I was here. I put a lot into the program. And I hope that I can still put into the program even though my number is retired."

Fletcher adds that her strongest quality is her leadership.

"I try to keep the other girls positive, and try to stay positive myself...For example, if things aren't going too well...always cheer. Let them know there's someone behind them, and make sure they know it's ok to make a mistake," Fletcher said.

Staying positive and staying humble are qualities that honouree Matthew Tim also finds important.

"If you ask anybody, I guess they'd say that I'm the quiet guy on the team," Tim said, "But I mean, those kinds of qualities can be an asset as well because you don't have yelling. That can sort of bring your team morale down. I think it's important to keep in mind your school."

The retirement ceremony will be held tonight between the women's and men's volleyball games versus Seneca College at Humber's Gordon Wragg Athletic Centre at 7:45 p.m.

Hab not?

It might go down in history as the day Canadian hockey truly died and fell victim to the corporate world.

On a historic day symbolizing all that is wrong with the game, the Montreal Canadiens were sold to American businessman George Gillett Jr. for \$275 million.

The deal includes 80 per cent of the storied hockey franchise and 100 per cent of the Molson Centre, where the Canadiens call home.

Molson Breweries, the former owner, retains almost 20 per cent of the franchise and a promise from Gillett not to move the franchise south of the border. Hockey fans can only hope Gillett stays true to his word.



Darren Stevenson
Sports Columnist

It wasn't long ago Canada had eight vibrant National Hockey League franchises. Teams in cities that were making money and brought the game to every corner of our land.

In the past we've seen the Winnipeg Jets move south to form the Phoenix Coyotes and the Quebec Nordiques become the Colorado Avalanche. Who's next? With financial difficulties in Calgary, Ottawa and Montreal, how long can the game last in the current marketplace?

Canadians have a hard time accepting losing their Canadian based teams but unfortunately it has become a reality with the exchange rate, high Canadian taxes and paying players in U.S. funds, that many Canadian teams cannot subsist in today's NHL. Although the NHL claims it's important for hockey to flourish in Canada, can they justify most teams being in financial peril and threatening to move south?

Ottawa Senators owner Rod Bryden asked for financial assistance from the government to alleviate financial concerns.

However, after the initial approval of funds, the government revoked the money to be given to the team. But who's responsibility is it to take care of these teams? The NHL must re-organize itself, but unfortunately it won't because it has fallen prey to multi-million dollar U.S.-based owners who are not concerned about the state of hockey in Canada.

Other professional leagues, such as the NFL, have a revenue sharing scheme in place where large market teams assist the smaller market teams so each team can be competitive.

The Montreal Canadiens are not in danger right now of becoming the next Winnipeg or Quebec, and if it further deteriorates, hopefully their cries won't fall on deaf ears.

Hawks win gold again



LINDSAY HIGGS

In fashion: Lady hawk Lucia Sinisi looks for the chance to break.

by Lindsay Higgs

Humber's women's indoor soccer team kicked off their season by winning gold for the second year in

row at the 8th annual George Brown indoor tournament.

The Hawks beat the George Brown alumni squad 4-2 in the final game to send Humber to victory.

Humber player, Lucia Sinisi, opened the scoring shortly into the first half, followed by two quick goals from the opposing George Brown. In the second half, Joanna Vitale led the way with three goals putting Humber up 4-2 and the team never looked back.

"We played well," said coach Mauro Ongaro. "We didn't score a lot of goals as we have come accustomed to, but we get the job done."

The team arrived at the Scarborough Indoor Soccer League center at 10:00a.m. and Humber began the day by beating the Conestoga Condors 1-0. Sinisi scored the only goal of the game for the Hawks.

In the next game Humber squared

off against the Redeemer Royals winning 2-1. Sinisi and Adriana Cataldo both scored for Humber.

In the Hawks third and fourth game they beat both George Brown 2-1 and Sir Sanford Fleming 5-2. Goal scorers included Vitale with two, Cataldo, Sinisi, Sandra Troiani, Tia Trombetta and Stephanie Wardell all with one goal apiece.

"It's a really exhausting game," said Cataldo. "You are constantly following the ball and constantly sprinting. It's tough especially when you play five games a day."

The Hawks fought some close games, but managed to get through with the help from their defence, especially Claudia Marmo and goalie Sonia Vitale.

The Humber Hawks now prepare for their next challenge, the regional tournament which will determine the teams who will advance to the Ontario finals.

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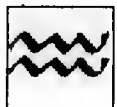
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Bizzartifacts *et cetera*

"That's the difference between me and the rest of the world! Happiness isn't good enough for me! I demand euphoria."

- Calvin & Hobbes

What's your sign?



Aquarius
21 Jan - 18 Feb
Stand tall, be strong and love yourself. If you can't love yourself, Kleenex will go bankrupt. What?



Pisces
19 Feb - 20 March
An experience like no other is about to happen to you. You'll finally have that great "party story" that will make people think you're cooler than you actually are.



Aries
21 March - 19 April
You've been running yourself ragged lately - all work and no play makes you a cranky puss and unbearable to those around you. You've got to learn to si-muh-dahn-nuh....sim-mer down now!



Taurus
20 April - 20 May
Your conscience has taken an indefinite leave of absence. Quick, go out and spend as much plastic money as you can! Somewhere, a credit collector just smiled.



Gemini
21 May - 20 June
In the immortal words of Jack Handy, "It takes a big man to cry. It takes an even bigger man to laugh at that man." Lighten up. Laugh more.



Cancer
22 June - 22 July
Don't be picky if you've been having trouble finding a job lately. Maybe it's you? Swallow your pride and flip the damn burger.



Leo
23 July - 22 August
Take a step back. It's ok to need some help. There are family and friends there to support you. Lions can also be timid. But don't worry, there's always someone special watching over you.



Virgo
23 August - 22 Sept
It's time to let loose. Wear that outfit from Urban Behaviour and go dancing. Funky moves and slutty clothes will get you noticed. Yeah.



Libra
23 Sept - 22 Oct
Bored? Read a book. You need to escape from your own life and jump into someone else's. Just don't let Oprah tell you which book to read.



Scorpio
23 Oct - 21 Nov
Talk to the person sitting beside you on the bus today. Ask them if they know what that smell is.



Sagittarius
22 Nov - 21 Dec
Smarten up - it's time to lose at least one those disgusting bad habits. No one needs to see your finger in your nose. And you wonder why you're single...



Capricorn
22 Dec - 20 Jan
Your TV feels neglected. Your couch no longer has that comfy "Homer butt imprint" where you used to spend hours watching Saved By The Bell reruns and Friday night soft porn on CITY-TV. Assume your position and know your role.

Photo of the week

Sue Johanson, (left) and Toby Warnell, (right) give us a lesson in how to care for your bear.



STEVE CHESTER



MIKE SHEER

Say What?!?

The stars get sassy, in the best of celebrity complaints

In California, they don't throw their garbage away - they make it into TV shows.

--- Woody Allen

If there's anything disgusting about the movie business, it's the whoredom of my peers.

--- Sean Penn

Canada is a country so square that even the female impersonators are women.

--- Richard Brenner

Any idiot can get laid when they're famous. That's easy. It's getting laid when you're not famous that takes some talent.

--- Kevir Bacon, 1996

I never forget a face, but in your case I'll make an exception.

--- Groucho Marx

By the time you're eighty years old you've learned everything. You only have to remember it.

--- George Burns

Some of my best leading men have been dogs and horses.

--- Elizabeth Taylor

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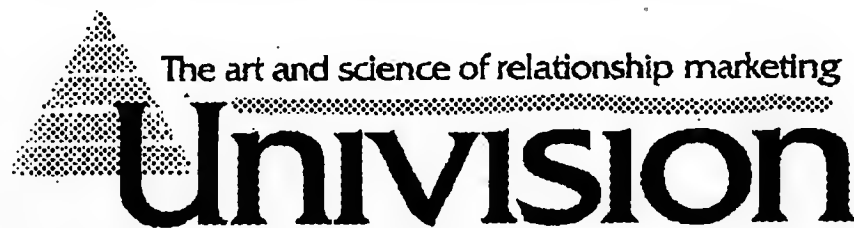
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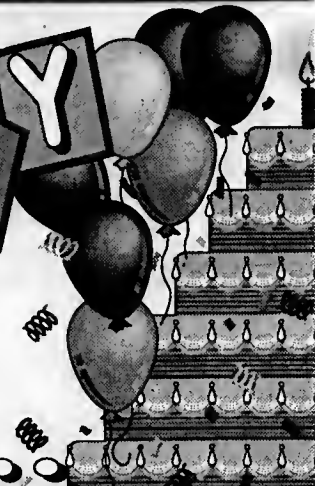
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