

PRESIDENTIAL CANDIDATES

Which one is your pick?

ELECTION MEETINGS PAGE 5



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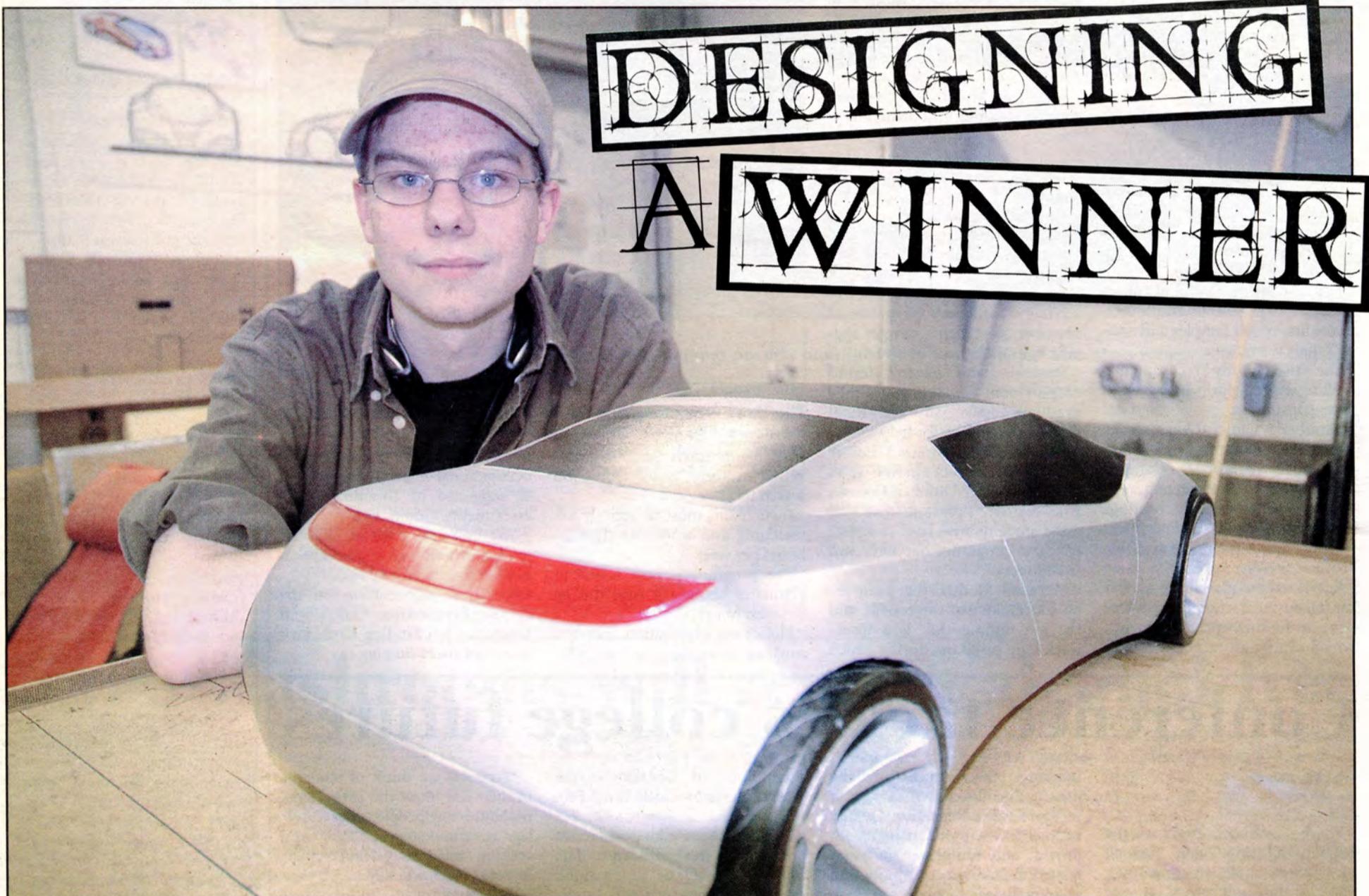


photo by dennis chung

Matt Finbow's award-winning concept beat out fifty other entries from across the world with an appealing design targeted toward all generations.

East Coaster's Concourse cruises to global winner's circle

Michelle DiPardo
SENIOR REPORTER

When Matt Finbow was a kid growing up in Halifax, he loved to draw cars. Now at 22, he's taking Toronto by storm, placing third overall in an international auto design show.

The fourth year Humber industrial design and bachelor of applied technology student beat out about 50 other entries from across the globe at the 2007 Canadian International Auto Show Feb. 14.

"It was unbelievable. I was up against some pretty stiff competition," Finbow said.

He was awarded \$5,000, which will be split with the school, a copy of AutoDesk Sketchbook Pro Software and acknowledgment from some of the top designers in the field.

The challenge was to design a car that would appeal equally to both a 16 and 60-year-old.

After some brainstorming, Finbow came up with his winning idea.

"I wanted to create a central location where people would want to gather," he said.

Finbow, admittedly somewhat of an automobile purist, said his car,

which he named the Concourse is a modern version of a 20s style car.

The Concourse features four electrical motors and back seats that spin to face the rear of the car – perfect for tailgate parties or fishing, he said.

The interior is equipped with a computerized table so passengers can play electronic travel games or surf the Internet while on long trips.

"Everything about it encourages conversation and socializing," Finbow said.

Since his win, he has become something of a local celebrity both here and at home. His local paper

back home ran a feature, and CBC's Newsworld even did a segment with him.

"I was very pleased with the attention it [the design] was getting from the big wigs in the industry," he said. "There were top designers there from Ford and Mitsubishi."

Finbow knew that he wanted to make auto design his life's work in 1998, when the re-vamped Volkswagen Beetle came out. After one look, he fell in love.

"I was so inspired, it was so different than anything else on the road."

In April, Finbow along with his 11 classmates, will become the first

class in Canada to graduate with an industrial design degree concentrated on auto design.

It hasn't been an easy road, he said, due to four years of theory, and numerous projects and assignments. But his tight-knit class ensured there were always people around to offer support.

"We've been through thick and thin," Finbow said. "Some of the busiest students in the school are in industrial design."

Finbow, who doesn't own a car of his own, said that if he did, it would be one of his beloved VW Beetle in yellow, or a Volvo C30.



Employee Rights PAGE 10



Comfort Foods PAGE 23



Badminton Nationals PAGE 25

City council in Clifton, New Jersey is expected to introduce an ordinance this month that would set a time limit on how long a dog can bark. — AP

Job hunt begins for grads

Resources available to help students find employment

Kaitlyn Coholan
NEWS REPORTER

Graduating students must begin their search today to secure a job by April, said Karen Fast, manager of the Career Centre Humber College.

Fast said the recruitment process takes over a month.

"If students haven't started by March, there's not a chance they'll have a job when they graduate," she said.

Students hoping to be employed in April have plenty of work they can do now to find a job.

Fast said students should collect names of potential employers, make lists of job samples and contact their references.

She also highly recommends making a portfolio, which can be time-consuming.

Humber's Career Centre posts jobs for students online through JobSpyder, Workopolis Campus and an alumni area where graduates can register to receive postings via email.

All of these services are available at www.careers.humber.ca.

Jodi Harrison, placement advisor for the business school, assists students in finding work placements, which can be an excellent way to

land a job after graduation.

Offering advice to students hunting for work, Harrison said, "Research. Don't wait for job postings. If you know where you want to work, target your resume and go for it."

Blair McMurchy, placement director for the School of Media Studies, said almost 100 per cent of media studies graduates find work in their field within six months.

However, he said, the search is twice as difficult for students who haven't found jobs by the end of February.

Fast said there are employment advisors for every program at Humber so students can get specific help with their job search.

Students who haven't found employment by the time they graduate have an additional resource to look to for help.

The Career Exploration Centre and Etobicoke Job Finding Club associated with Humber College, runs two free programs that may assist students who have completed their programs but have not found work.

Maryann Godin, the program co-coordinator of the course, said the job finding club is a three-week long program, during which



photo by kaitlyn coholan

The three-week long Job Finding Club program helps their members, like Dave Collins and Gloria Lu, find employment.

Participants learn personal marketing strategies and dynamic job search tools.

Participants must be actively job searching and work less than 20 hours per week.

The program is best suited to graduates because it runs during business hours.

The career exploration program runs for nine days and includes

interest and aptitude tests, and an occupational research component as suggested by inventories and assessments, Godin said.

"We don't get a lot of Humber graduates, although it would be an ideal fit for them," she said.

For more information on the Career Exploration Centre and Etobicoke Job Finding Club, visit www.look4work.humber.ca.

Conference tackles college futures

Erica Timmerman
NEWS REPORTER

Frank Iacobucci, chair of the Higher Education Quality Council of Ontario, spoke to more than 400 leading educators at the Colleges Ontario conference about steps that must be taken to

improve the future of the province's colleges.

"The Higher Education Quality Council has a broad mandate to provide and administer on issues related to quality, accessibility, and accountability," Iacobucci said, in an address to the Association of Colleges of Applied Arts and

Technology of Ontario at the Westin Harbour Castle hotel Feb. 19.

"We have been asking where we can make a real difference. The council will not be just a think tank. We need to create the conditions that will make improvement possible," Iacobucci said.

The council plans to make an annual report that will settle some issues targeted for change, as steps to improve the college system, Iacobucci said.

The two main steps the council wants to focus on are encouraging inter-institutional transfers between colleges and universities, and increasing inter-jurisdictional competitiveness.

"It has been believed that other jurisdictions in Canada handle transfer of credits better than Ontario does," Iacobucci said. "We need to look at how higher education systems are evolving elsewhere, if we want to keep up with the best in the world."

Other steps addressed included recognition of apprenticeships as a legitimate option in post-secondary education, as well as the value of life long learning for people entering school as adults.

"Typically we think of students in their late teens and early twenties, but many people come to college at various stages of their lives, seeking ways to advance their careers," Iacobucci said.

The council wants to take steps to provide help to low income students and creating space for the increasing student population.

Anne Golden, president and CEO of the Conference Board of Canada, spoke after Iacobucci, agreeing with him that Ontario must target educational goals so its future leaders can compete with other countries.

She said she sees, "education as a natural funding priority, implementing knowledge and skills for today's and tomorrow's economy."

Ian Smith, principal of Humber's Lakeshore Campus, attended the conference and said he is pleased that a council is taking responsibility to implement change in Ontario colleges.

"Iacobucci is offering short term decisions along with a much larger long term plan," Smith said. "Hopefully we will see changes happening in the next four years that will continue on in the next ten years and so on."

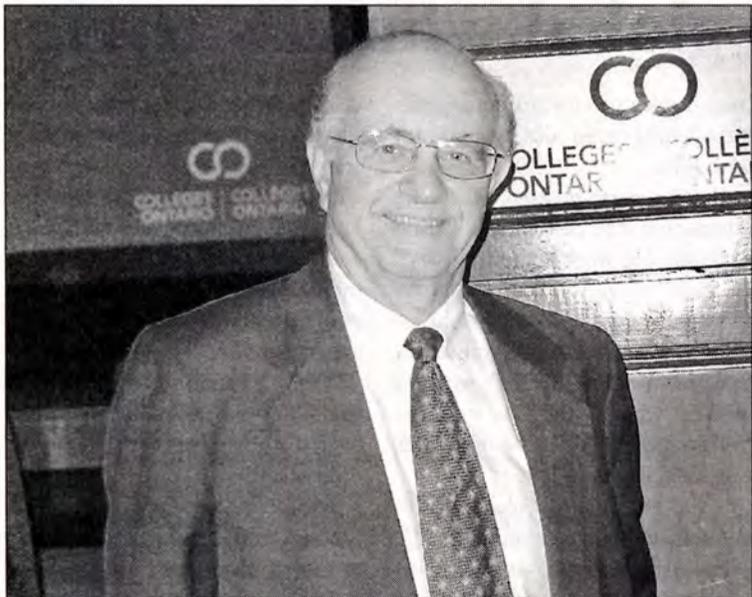


photo by erica timmerman

Frank Iacobucci said there needs to be a greater focus on inter-institutional transfers between colleges and universities.

The Skinny

Transit fare increase

Mississauga Transit increased its prices this week by ten cents a ticket and by four dollars for a monthly pass, although its cash fare stayed the same. They also changed the design and size of the tickets to help combat fraud. — Mississauga.ca

Subway construction

Subway riders can catch a glimpse of an unused station for the next five weekends while the TTC does tunnel construction on the Bloor-Danforth line. Passengers must transfer at Museum Station to complete a journey east or west. Also Yonge trains will pass through Lower Bay Station, which has not been open since 1966. — CTV.ca

Fuel problems

Drivers in the GTA are paying more for gas, if they can find a station that sells it. Esso stations have been low on fuel since a fire at an oil refinery two weeks ago, but now the shortage has spread to other companies. The average gas price was more than 96 cents a litre on Monday, nearly 20 cents higher per litre than one month ago. — CBC.ca

CSA Meeting

Ontario's College Student Alliance (CSA) met last weekend at Fanshawe College for their final conference before student government elections.

Tyler Charlebois, director of advocacy for CSA, said sessions were held at the conference about proper transmission of information from members of last year's student government to this year's.

Chris Bentley, minister of training, colleges and universities, spoke at the conference about recent changes in Ontario that affect colleges.

In May, there will be a conference on the necessary skills and tools so new student government leaders can be effective immediately.

"They're doing a great job now," said Charlebois. "But this way they can start right when they get in the door."

— Kaitlyn Coholan

Correction

In the Feb. 15 issue of *Et Cetera*, Gary Richardson's name was misspelled on pg. 14.

Bobby Anderson was misidentified on pg. 19. He is a second-year volleyball player.



A Hong Kong gaming bureau has ruled that the Sands Macao casino must pay an underage player's HK\$740,000 jackpot winnings to her mother. — Reuters

Alumni home from African adventure

Michelle DiPardo
SENIOR REPORTER

Blinding sun, sweltering temperatures and getting malaria didn't stop Humber grad Sabrina Gopaul from living every moment to the fullest during her trip to Africa last month.

In January, *Et Cetera* reported on Gopaul's departure to Kenya to attend the World Social Forum (WSF) and visit rural, poverty stricken communities in the country including Mathare Valley, one of the worst slums in the region.

Gopaul, who returned three weeks ago, called the experience "amazing" and life changing.

"I left a part of me there," the 29-year-old journalism graduate said.

Even though she was vaccinated, Gopaul came down with malaria near the end of her trip. With a high fever and delirious, she had to visit a doctor from a reclusive tribe near the Tanzanian border.

"He said to me, 'You stupid girl, in three or four days I would have found you outside dead,'" Gopaul said.

After drawing blood in an office resembling a shack, Gopaul describes one of the most bizarre experiences of her trip when the doctor pulled out "what must have been a \$40,000 microscope" from a dilapidated closet to take a look at her sample.

"I was really scared," she said. "I

could have died, but I knew I wasn't going to."

Gopaul, who graduated last year, is the head news correspondent at the community website *jane-finch.com*, hosts a radio show at York University and is the editor of the Toronto Community Housing (TCHC) magazine, *Project Life*.

Despite leading a workshop on Toronto youth engaging each other to create change, Gopaul was disappointed with the politics at the WSF.

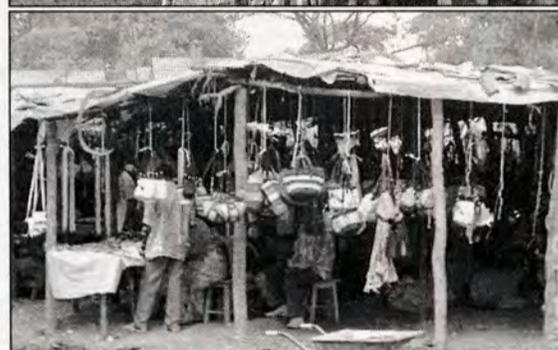
"There was a separation between classes. For something that's supposed to be so grassroots, not everyone (including locals) could get in because they didn't have passes," Gopaul said.

At the conclusion of the five-day event, Gopaul traveled across the country, visiting schools and communities along with representatives from TCHC and Schools Without Borders.

She documented her 18-day trip from start to finish, filming some of the most intimate day-to-day activities of Kenyan life.

Kenya is one of the most progressive African countries — there are some women who hold political office and the environment is a top priority — but the level of poverty in some villages affected Gopaul deeply.

Along with horrifying images of children swimming in filthy sewage filled ponds and families



courtesy

Gopaul saw extreme poverty during her trip to Kenya, but also many simple acts of kindness.

living off garbage, Gopaul also witnessed many simple acts of human kindness.

Elders offered prayers, blessings and food and some marveled at the novelty of a woman with a video camera. No one, Gopaul said, was offensive or turned them away.

"They were totally not like that. Kids would come up to me and practice their English. A lot of the

cultural differences I was expecting weren't there," she said.

"You've got to try to understand with this attitude of not being judgmental."

Gopaul, who is of Guyanese background, even picked up some conversational Swahili and by the end of her trip, locals were asking what part of Kenya she was from.

Gopaul grew up and still lives in the Jane and Finch neighbour-

hood with her 11-year-old son Isaiiah.

She hopes to turn her footage into a documentary and is eager to return to Africa as well as visit India and South America.

"It showed me what kind of stories I want to tell," Gopaul said.

"There are stories that aren't being told. There are stories out there that can change people's lives."

CAPS washrooms will remain alcohol-free



photo illustration by dennis chung
The newly extended liquor licence is not mandatory.

Stephanie Zolis
NEWS REPORTER

Don't expect to be allowed to take your drink to the bathroom at CAPS anytime soon.

Despite recent changes to the Ontario Liquor Licence Act that permits the licensing of washrooms and lobbies, CAPS won't be applying to extend its licence to these areas.

"There are more negatives than positives with respect to letting drinks into the washrooms. Besides the hygiene issues, there are other concerns that were discussed," said Kenny Dimech, manager of CAPS.

He said washrooms are the perfect place for someone to drug a

drink without anyone seeing, which is what the law is designed to prevent.

The changes became effective Feb. 1, so patrons can monitor their drinks to avoid dangers related to the date-rape drug.

"This policy change is designed to provide licensees with as much flexibility as possible."

— Robert Flowers
Ministry of Government Services

If students have to leave drinks behind at CAPS, there is a monitored table at the front entrance.

"It has been there for as long as I've been here — about 13 years,"

Dimech said.

Some bars may forgo the opportunity because of the added responsibility of monitoring these added areas, said Syd Girling of the Ontario Restaurant, Hotel and Motel Association.

"It gives them more flexibility if they want it. But with flexibility comes responsibility."

Girling said bars that do extend their licence "must ensure that the Liquor License Act and its regulations are upheld, and namely that there's no passing of drinks to people who have been cut-off ... no passing of alcoholic drinks to minors in washrooms."

For a student pub like CAPS, that added responsibility might not be worth it.

"This policy change is designed to provide licensees with as much flexibility as possible," said Robert Flowers of the Ministry of Government Services. "And licensees have the discretion to identify those additional areas suitable to be licensed for the conveyance and consumption of liquor and to exclude any areas of their establishment they feel to be inappropriate for licensing."

Flowers said of the 17,000 licensed bars in Ontario, the ministry expects roughly 1,100 will apply for the free extended license.

"This is a highly competitive industry and once some establishments are able to offer this change it is anticipated that competitors will follow suit."

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NEWS

A toddler in Georgia found \$1,300 in cash dating back to the 1960s stuck between the pages of a book her babysitter bought at a thrift store for 25 cents. — AP

Different kind of learning Afro-centric school teaches much more than basics

Jeff Lewis
NEWS REPORTER

Ask principal Anyika Tafari what the Umoja Learning Circle in Rexdale gives its 17 pupils that they couldn't get from the public education system, and she answers curtly.

"Everything," she said. "In terms of a comfortable setting, a happy setting, a place where children are allowed to expand and grow, and since it's cultural education, the children here learn more about themselves."

The school, tucked away in a renovated bungalow on Islington Avenue, offers not so much a private education as an alternative one, said Tafari, one of two teachers at the school.

The students range from kindergarten to Grade 6, and their curriculum is distinctly Afro-centric, with an eco-twist.

Tafari's grand tour included a stop in the dance room, located in the basement, where the children were incorporating the Harlem Shake into traditional square

dancing, and led into a room full of aquariums and plants.

"Aqua-ponics," she chuckled.

The fish tanks are equipped with a self-sustaining water purification system, and the shelves are lined with a variety of plant-life, including herbs and potted trees.

"We haven't bought herbs for five years," Tafari said. "We grow our own."

For Tafari, composting and growing vegetables is part of a broader effort to teach in practical terms.

"The school's 11 years old and I've never had a salary... It's a labour of love."

— Anyika Tafari,
principal of Umoja Learning Circle

"It's different from what is normally given in the public schools," she said. "Our entire science curriculum is based on environmental studies."

With its emphasis on African heritage, Tafari said the curricu-

lum bolsters self-esteem among the children — all of whom are black — by giving them a better sense of themselves.

"It teaches them about their culture, about their heritage," she said. "So when they're put into a multicultural society they can function with anybody in the community because they have a sense of who they are."

At Umoja, yearly tuition is \$7,000, but for many parents, and the school itself, funding has been a perennial source of concern.

"The school's 11 years old and I've never had a salary," Tafari said. "It's a labour of love."

The tuition pays for supplies, rent, and day-to-day operations, Tafari said.

Ten of Umoja's 17 students are participants in the Children's First program, a charitable organization funded by the W. Garfield Weston foundation.

The program provides grants to low-income families that are awarded on a lottery basis, and cover up to half of a year's tuition.

"Basically we support families



photo by jeff lewis

Children play traditional African Djimbes in the music room, a part of a curriculum that also includes dancing and gardening.

that are at twice the poverty line and below," said Michael Thomas, program director. "That's the threshold and it's based on family size."

Children's First launched in 2003, the same year the Ontario government cut a tax credit that would have refunded \$3,600 to all parents with children in private schools.

"That was our fee at the time,"

Tafari said. "That would've meant that our children were being educated for free."

As a private school, Umoja isn't subsidized by the government, and parents whose children attend private institutions are still required to pay into the public system.

"There are some that can afford that," Tafari said. "Wealthy people in the city. But for the parents here at Umoja this is such a stretch."



photo by patrick soltysiak

Female presence on Toronto Police has been growing steadily.

Force looks for female recruits

Patrick Soltysiak
NEWS REPORTER

The Toronto Police Service held its second annual preparation and information session for women in policing at Humber College's Lakeshore Campus last Sunday.

"We really need women, we need to reflect the city of Toronto," said Const. Suzanne Wilson of Toronto Police who was one of four officers in attendance.

Around 40 women participated in the session.

When Wilson was in the academy over 17 years ago, there were only two other women in her class, compared to close to 20 in the current one, she said.

Staff Sgt. Riyaz Hussein, an instructor at Humber, said about half of his class is female.

"We're excellent, but we'd like to get even better," he said.

Humber has officially been a partner with Toronto Police in recruiting for the past two years,

and Lakeshore principal Ian Smith has always been a great supporter, Hussein said.

As the session progressed, Wilson put the women at ease with her sense of humour, getting a few laughs and encouraging more questions.

"When in a light-hearted environment, people learn easier," she said.

The information sessions are designed to help the women prepare for both the written and physical parts of the police exam.

"I can bring my enthusiasm to the females out there," Wilson said. "We're here to guide them. We're a support group."

The police physical and written test is exactly the same for both men and women.

"When in a car, it's not about male or female, but about how well they can do the job," Hussein said. "I've worked with some excellent female officers."

Police stand guard at campus gym

Metal detectors and tight security at athletic centre due to past youth violence during high school games

Sean Fitzgerald
IN FOCUS REPORTER

Five police officers patrolled the gym during a boys' high school basketball tournament at Humber last Monday.

Teams from five high schools competed in the Toronto District Colleges Athletic Association (TDCAA) playoff finals at the North Campus.

Signs on the door informed spectators that metal-detector wands would be used to enhance security.

"It's a safety thing, like when you walk into an airport," said Don Marchione, co-convenor of the TDCAA basketball league. "The wands are used for the bigger games when more people come to watch."

Humber dictates the level of security because they own the gym, said Des Hennessy, the league's other co-convenor.

"If we had a choice, it would just be two police officers," he said. "But there's no point in taking chances."

The number of officers hired depends on the amount of people attending the tournaments, said Jim Bialek, assistant athletic director at Humber.

"It's common practice to have paid-duty officers present if you have a high school tournament,"

Bialek said. "You don't know if there's going to be a gang-related element, but you plan so you can control anything that happens."

Police Const. Mike McGinn of 23 Division recalls incidents occurring at Rexdale high schools in the past year, including a stabbing after a basketball games at Father Henry Carr Catholic Secondary School.

"When fans are younger, they're more likely to drink in the parking lots. Heated arguments then lead to fights."

— Const. Mike McGinn,
23 Division

Father Henry Carr participated in Monday's tournament, along with other Toronto schools, including Crawford Adventist Academy, St. Mary's Catholic Secondary School, Mother Teresa Catholic Secondary School and École Secondaire Étienne-Brûlé.

Humber started hiring paid-duty police officers a decade ago, after organizations like the Ontario Federation of School Athletic Associations (OFSAA) brought in police when they rented North Campus facilities.

"There were violence issues ten years ago," Bialek said.

High schools responded by scheduling games during the daytime, banning spectators entirely or allowing only home-team fans to attend games.

McGinn said the number of police officers on duty is due to the size of sporting events, rather than labeling local schools as dangerous.

"It's not necessarily the area," McGinn said. "It's the size of the crowd and the age. When fans are younger, they're more likely to drink in the parking lots. Heated arguments then lead to fights."

Bialek also said the size of the event was the most important factor.

"You're not necessarily looking at a poverty element — you're just talking sheer numbers," he said.

He added there have been crowd control problems at Humber, like people tossing garbage cans, but nothing has escalated to violence.

Catherine Jarzmik, 24, a second-year interior design student, said the high school tournaments don't affect her workout plans.

Jarzmik uses the fitness facilities four days a week.

"I'll still work out there," she said. "Even though you have that question in the back of your mind — 'what if someone pulls a gun?' — you don't think it'll affect you."



"A politician should have three hats. One for throwing into the ring, one for talking through, and one for pulling rabbits out of if elected." – Carl Sandberg, poet

HSF elections set for next week

Kate Wilson
NEWS REPORTER

Elaine Mitropoulos
IN FOCUS REPORTER

Students got a chance to hear from HSF election candidates before heading to the polls next week.

"It doesn't matter who you vote for, just make sure you do," HSF programming director Aaron Miller told students.

An all candidates' forum was held at North Campus on Tuesday and another at Lakeshore on Wednesday.

Voting will take place March 6-8 at both campuses.

During the North Campus forum in the Student Centre candidates briefly outlined their platforms to the crowd.

Afterwards students were given the opportunity to quiz the candidates, but only a few did.

"No one's talking," Revlon Stoddart, candidate for vice-president of Campus Life North, said during her speech. "I expected some excitement or something."

Stoddart and Trudy-Ann Powell, the two candidates for vice-president of Campus Life North who were present at the meeting, received the most questions during the session.

"It's good to feed people popcorn, but that makes people fat," Powell said at one point during questioning, referring to the popcorn HSF hands out to students.

Jason Ujeno, a second-year fitness and health promotion student, said he thought the candi-



photo by ryan vella

Powell and Stoddart (l. to r.) answered questions from voters.

dates could have responded better to the questions.

"The answers were all about what the students want, which is good, but they didn't go into much detail as to how they would implement stuff," he said.

Although Lakeshore's forum had a high turnout, students were noisy throughout the candidates' short speeches and failed to give them their undivided attention.

"To be honest, I don't think they even knew we existed," said presidential candidate Thomas Crelier.

The Q & A session that followed the speeches did little to attract the crowd who were busy talking and eating their lunches.

Candidates resorted to asking questions to each other about their respective platforms.

Presidential candidate Nick Farnell said that although the setting wasn't ideal, students were interested in what candidates had to say.

"When I went around after talking to people, telling them what I'm about, who I am – they seemed a lot more responsive and receptive," he said.

North Campus polling stations will be located in the concourse, at Athletics and at Guelph-Humber.

Students at the Lakeshore campus can vote at stations set up in the H and AB cafeterias.



photo by ryan vella

And the presidential candidates are . . .

Parvinder Gill

FIRST-YEAR INTERNATIONAL MARKETING

Gill's message is simple: "Vote for me and have faith in me."

He plans to work for what students want, including improvements to food and parking services.

Gill also wants to arrange events to make life at Humber more interesting "if people only study, they'll find the college boring."

While he can't promise to stop future tuition hikes, Gill said he'll speak up for students who don't want one.

Nick Farnell

FOURTH-YEAR INDUSTRIAL DESIGN

Farnell would like to see Humber move to become ecologically sustainable and is looking into the Sierra Youth Coalition's Sustainable Campuses project.

"The Guelph-Humber plant wall and the new nature centre in the arboretum . . . are great developments," Farnell said. "I just want to build on those as a student body."

Farnell promotes student-run food services at CAPS and wants strengthen ties with Residence and Athletics.

Thomas Crelier

SECOND-YEAR BUSINESS MANAGEMENT

Crelier would like to create more bursaries and build a greater sense of community at school.

"They (HSF) offer lots of great events, but not a lot of people know about them because there's a lack of community."

Crelier plans to have a more interactive HSF website that could operate like the popular social networking site Facebook and would also like to see HSF show more compassion by helping out more in the community.

North Campus

Vice-President Administration



Alan Desimpel



Prabhjit Multani

Vice-President Campus Life



Mitchell Greenaway



Trudy-Ann Powell



Gagandeep Singh



Revlon Stoddart

Lakeshore Campus

Vice-President Administration

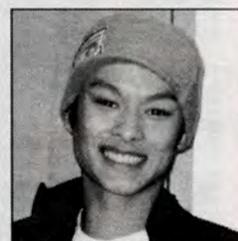


Elisha Arcega



Deepak Sharda

Vice-President Campus Life



Danny Dam



Zachary Labelle

NEWS

A girl in Pakistan who was lost in a poker game by her father fifteen years ago is asking police to save her from being given to the winner, her uncle. — Reuters

Student group helps pair volunteers with community

Anupa Mistry
NEWS REPORTER

Some police foundations students at Humber want to make it easier for their peers to find volunteer placements and become involved in the community.

"We give (students) the opportunity so they don't have to look for it themselves," said Josh Rose, president of the Lakeshore-based Canadian Student Institute, and a first-year police foundations student.

The group is student-run and student-oriented and focuses on enhancing communities through volunteering and education.

Arthur Lockhart, police foundations instructor and institute founder, said all students are welcome.

"We're hoping that people in

accounting will take part in their communities," he said.

Andrew Landrigan, also a police foundations student and vice-president of the group, said they hope to expand to North Campus by summer and eventually grow to the national level.

Potential volunteers are connected to community agencies such as Big Brothers Big Sisters of Peel.

The institute is compiling a database of volunteers designed to ease administrative roadblocks that can be frustrating for both students and agencies.

"There (are) interviews, reference checks, an application process, (and) a police check that have to be done," Rose said. "So we're helping by getting that done so when the volunteer goes to that organization all they need to do is be trained."

Lori Plati, a community relations co-ordinator with Big Brothers Big Sisters of Peel, said that having the institute organize and assist volunteers will "ease the workload of (the) agency and speed up the process of getting them out there volunteering."

Working with Big Brothers Big Sisters not only allows children and volunteers to gain a new perspective on life, Plati said, but it could also help a student look more attractive to a potential employer.

"It says something about a person," she said.

Landrigan said that the group is not promoting itself as a way for students to accumulate required service hours.

"We're trying to get them (to) have heart for what they're doing," he said.



photo by erica timmerman

Cottages' restoration depends on public and private monies.

Classrooms filled to brim

Empty buildings need renovations before being used

Erica Timmerman
NEWS REPORTER

Some students are getting frustrated with the lack of classroom space at Lakeshore Campus.

"In one class, I have there will be 50 students in a 40-seat classroom," said Diana Aldek, a second-year copy-writing student. "Generally about five people will be standing for an hour and a half lecture."

The problem is that two buildings are empty, still awaiting renovations that were supposed to be completed by last year, said Ian Smith, principal of Lakeshore Campus.

"We are applying for money again to renovate buildings G and I," he said. "It takes time because all the cottages are historical landmarks. It would be faster and less expensive just to tear them all

down and start afresh, but the city would never let us do that."

To restore the cottages to their former glory, Humber will need to rely on funding from the provincial government, but will also accept private donations.

"Each building will cost five to eight million dollars, so really we must take money wherever we can receive it," Smith said.

If Humber gets the go-ahead, construction on the buildings could start as early as December, said Bruce Bridgeford, director of capital development.

"G cottage will be made as an administration building, which means we can then move out offices from other buildings and make more classroom space," Bridgeford said. "The I cottage has enough room where we can make the majority of classes big enough for 60 seats."

MARCH is nutrition month.....make Wise Food choices everywhere you go.....



BALANCED CHOICES

for a healthy lifestyle

Chartwells
Eat · Learn · Live

healthy eating has never been so easy!

Stand at the entrance of Chartwells dining services and follow the Balanced Choice symbol to a variety of healthy foods. It's that easy!



What is Balanced Choices?

Balanced Choices is our corporate nutrition program for our customers. We have been hearing from our customers and clients that they want more healthy food and beverage choices. In many cases, we are providing healthy choices but they are not highly visible or well promoted. Our focus is to highlight all the great healthy food choices we bring to our customers.

The Importance of Balanced Choices

At Chartwells we believe it is our responsibility to assist our customers who want to make healthier food choices more often as part of a healthy lifestyle.

The Balanced Choices program will also provide a healthy backdrop to our Sponsorship of Nutrition Month in March brought to Canadians by Dietitians of Canada.

Balanced Choices will clearly guide customers to the healthy choices provided in our food service locations.

Chartwells wants to ensure our customers have access to healthier food and beverage choices every day. This is NOT just a signage program. Healthy food choices will be attractively packaged and displayed to entice customers to make healthy choices more often as indicated in Canada's Food Guide To Healthy Eating.

Look for:

- The nutrition information centre at the entrance to introduce customers to the Balanced Choices program
- The Balanced Choice food symbol used on stickers and danglers to identify healthier On The Go packaged salads, sandwiches, snacks and vending choices
- Balanced Choice flyers and product ID cards to identify healthier choices at the hot, deli, salad bar, bakery and soup stations.

On the Go



Transit passes and textbooks now count as tax benefits

Eric Humber
NEWS REPORTER

Humber students should be aware of some new tax breaks that include deductions for transportation and textbooks.

Those who take public transit can now claim passes as a tax credit.

All that is required is to keep a receipt or save the transit card to back up your claim.

Full-time students are also eligible for a \$65 textbook credit, which does not

depend on textbook purchases. William Farias, a tax associate with H & R Block Ltd., said the new tax breaks are a great help for students.

"The new tax deductions geared towards students, especially the textbook credit, will benefit all of those getting a post-secondary education," he said.

Farias said students need to be reminded to keep all receipts, "even medical expenses, like pre-

scriptions for eyeglasses."

He also said students tend to forget that rent is deductible.

Agha Ahmed, a second-year business student at Guelph-Humber, is doing his own taxes this year.

"I'll be doing my taxes online," he said. "I am hoping to be an accountant some day, so it will give me a preview of things to come."

Ahmed said he knew about the new tax credits, but wants the government to do more.

"We should get more breaks as students, \$100 for transit each month is pretty steep," Ahmed said.

Jacque Saucier, a first-year early childhood education student, said she wasn't aware of the new tax credits.

When informed of the textbook credit, she said, "that will help us out, so now I am hoping to get an even bigger return."

The deadline to file is April 30, and Farias said to "file early, to avoid backlog."

"File early to avoid backlog."

— William Farias,
H&R Block, Ltd.

FOR THE ATTENTION OF ALL HUMBER STUDENTS
Notice of Election
for the
Student Representative
to the
**Board of Governors of Humber College Institute of
Technology and Advanced Learning**

An **Election** will be held on **Tuesday, April 3 and Wednesday, April 4, 2007** for the position of Student Governor on the Board of Governors of Humber College Institute of Technology and Advanced Learning. All Humber students are eligible for nomination. The term of office for this position is September 1, 2007 through August 31, 2008. The basic requirements of this position are to:

1. Attend scheduled Board meetings (once per month, September through June).
2. Attend other Board-related events and activities as required.
3. Provide continual, responsible representation. Governors may not delegate their representation to any other person, and substitute representatives are not permitted.
4. Respect the confidences of the Board unless the information has been made public at an open session of the Board.
5. Receive no compensation, other than out-of-pocket and travel expenses.
6. Maintain communications with his/her electorate.
7. Be prepared to act as spokesperson for his/her electorate on issues and concerns as they arise.

Nomination packages will be available from **Monday, March 12 through Friday, March 16, 2007**, and can be signed out from the offices of:

Val Hewson, President's Office, Room D 167, North Campus, or
Ian Smith, Principal of Lakeshore Campus, Room A 114 Lakeshore Campus

**The Nomination Period closes on
Friday, March 16, 2007, at 3.00 p.m.**

Further information about the Board of Governors of Humber College Institute of Technology and Advanced Learning and this Election can be obtained by contacting:

Val Hewson
Executive Assistant to the Board of Governors
phone ext: 4102 or email:val.hewson@humber.ca

EDITORIAL

"Without general elections, without unrestricted freedom of press and assembly . . . life dies out in every public institution." – Rosa Luxemburg, philosopher

Vote and be heard

The Humber Students' Federation (HSF) is gearing up for the upcoming executive election. By the end of next week, students will be able to put a name beside next year's president, vice-president of administration and vice-president of campus life at both Humber's North and Lakeshore campuses. This year's election will be a little different from the last – noting student voters will be casting ballots the way most municipal, provincial and federal electorates vote – on their own time and at polling stations on campus. No more voting at home or using the computer lab's Internet during class to cast ballots, students will have to do it the real way and drag their asses down to one of the HSF's specified spots on campus.

The HSF polling centres, which open on March 6 and close on March 8, will operate from 8:30 a.m. to 4:30 p.m. each day, but what type of voter turnout will the HSF get? Only 2119 of the college's near 17,000 students voted last year – representing a measly 13.2% of the student population. Although HSF executive director Ercole Perrone said Humber's voter turnout percentage ranks high compared to most colleges, even some universities – the HSF election, its candidates and their platforms still deserve more attention and participation from Humber's massive student body.

The student turnout to both HSF All-Candidates meetings on Tuesday and yesterday at the North and Lakeshore campuses respectively was low and involved little participation from students. At North, some stu-

dents hanging out in the student centre during the meeting said they weren't paying attention, adding they weren't even aware of HSF's upcoming election. One of the candidates speaking at the meeting said none of the students were talking about the issues and said she expected a more excited and interactive student crowd to show up.

It's a shame though, because this year's candidates raised some striking issues – like improving food service on campus, decreasing the high cost of parking, increasing the school's volunteer efforts to the Rexdale community and finding an alternative to styrofoam on campus.

The student body's low participation at each meeting and the new polling centres that will be set up around campus will hurt the school's voter turnout. Lazy and inattentive students, who have voted from home or in class in the past, will probably decide against making the walk down to vote.

Students need to prove critics wrong and show the HSF it's capable of producing a mass response because if it doesn't, the elected HSF executives will only represent the minority of students again.

Students should also do their homework on the candidates' platforms and refrain from making this election a popularity contest because this is students best chance to effect change. In a democratic system, voters have the right to criticize their government on issues, but casting a ballot is each voter's way to exercise that right.

You are what you eat

Everyone eats but some people eat better than others. Health is no laughing matter and everyone should be mindful of what they feed their body.

Poor eating habits in combination with inactivity cause obesity. Obesity decreases your over all quality of health and increases your chances of diabetes and certain types of cancers. Within the last 25 years, childhood obesity in Canada has tripled. The World Health Organization projects that by the year 2025 over 300 million people will have diabetes.

We live in a very fast-paced society, which does not facilitate healthy eating. Picking up a meal of fresh veggies and grains is quite often inconvenient and expensive. It's much easier, cheaper and faster to grab a snack from the café, or a corner bistro than it is to prepare a healthy meal on the go.

But this doesn't mean eating well is impossible.

Whole foods rich are in vitamins and minerals, low in preservatives and help maintain overall health.

Don't be lazy – cook, plan, move and learn. When you cook your own food you know

exactly what goes into it (fresh food) and you can make it exactly how you like it, with extra hot sauce.

Plan your meals in advance and bring veggie snacks. They fill you up slowly which means you have a very slim chance to overeat and you get the extra vitamins and minerals your body needs. Too many veggies have never made anyone sick. At the very least, veggies are easy – wash and eat.

Move, walk, run or just take the stairs, either way you get a little bit of extra exercise without making a dreaded trip to the gym.

Imagine if we knew as much about nutrition and healthy lifestyles as we do about MP3s and celebrities. Pick up a 'how to' book, speak to a trained professional or just surf the web for information on proper nutrition.

It's easier to get your health in order and be mindful of what you put into your body now than it is if you wait until you are 30 or 40 for that matter.

Your body is a machine and it needs good fuel. What you put into your body counts, so choose wisely and treat yourself like the Ferrari you are.

HUMBER HAPPENINGS



Gillian Stewart
20, Creative
photography

"I would like to see more activities on campus, or more awareness about them."



Brian Wilson
21, Creative
photography

"I would like to see cheaper parking and more spots, a lot people in my program always say there is nowhere to park...and lower tuition fees."



Jessica Rumny
19, ECE

"I would like to see more events after school, and cheaper parking, it's ridiculous."



Michael Burns
24, ECE

"Change reading week to be after exams. Students kind of lose sight over the break and become lazy."

Word on the Street

What's the first thing you would like to see the new HSF president do once elected?

HUMBER ET CETERA

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A&E Editors Shaun Archer
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"Broadcast stations are all about money – with reality shows they don't have to pay actors, or writers and no sets are needed." – Cari Shayne, actress

Reality TV is killing original scripted sitcoms



Shaun Archer
A&E Editor

What began with some castaways "surviving" on an island in the middle of the ocean has escalated into catty model competitions, apprenticeships and yes, even laying the foundations for future romances in life. Reality TV seems to be a virus that just won't go away. Whatever happened to good old-fashioned scripted shows? Life is already real enough, so why not try some escapism and entwine yourself in a scripted

show full of dramatic twists and character development.

It's no secret that the reality genre gears itself toward a younger audience. MTV alone has spun itself into the otherwise known reality TV channel. With its mass-producing and high turn over rate, literally dozens of reality TV shows can bombard the average couch potato in a year.

For example, *American Idol*; a show about aspiring singers performing live on television. *Idol*, now in its sixth season continues to shine with high ratings while *The O.C.*, one of the most-watched scripted shows a mere three seasons ago, was cancelled

due to poor ratings. Its fourth season was even ended early to cut to its demise.

When *Desperate Housewives* debut back in the fall of 2004, it was known as the "reality show killer," due to its mysterious, dramatic and witty plot that viewers worldwide couldn't wait to unravel.

As a fan through its three seasons, I can whole-heartedly say that with its intelligent writing and execution, it most likely won't be ending anytime soon.

There are always new and interesting story arcs to grab the viewer's attention. *Survivor* on the other hand, now in its fourteenth

season, offers little if any new elements, yet continues to soar in ratings.

It's alarming to think that a writer can dedicate his life to a scripted show and achieve the same success as the creator of the most superficial and fluffy reality hit, simply by filming strangers interacting in a house together.

Networks also like that many reality series are based on concepts that can be summed up in the title (e.g., "*Trading Spouses*") and have game-like elements, such as weekly eliminations and winners crowned during the finale. Scripted shows, by contrast, often revolve around complicated plot

lines and feature characters who evolve over time.

Therein lies the unfair problem. Naturally, a scripted show needs time to find its creative footing and that 'comfort zone.' Characters will evolve and the public will grow fonder of them.

Many of these new shows are yanked off the air before they are given proper and fair growth time whereas reality TV often provides cheap gimmicks to find and maintain a fan base.

By comparison, scripted shows often seem like rejected *Idol* singing contestants: lucky to croak out a few notes before getting the boot.

props & BURNS

<p>To Humber's mens doubles badminton team for earning a trip to the National championships in B.C. for the first time in 25 years.</p> <p>To Arnold Schwarzenegger for working with democratic politicians in order to cut greenhouse gases within the next 18 months.</p> <p>To Bell Canada for allowing 250 home owners test a web portal allowing them to control the temperature of their home online in an effort to curb energy consumption.</p> <p>To Vancouver mayor Sam Sullivan for prescribing medication to drug addicts to substitute for illegal street drugs to help curb their habit.</p>	<p>To the referee from the Quebec Soccer Association who expelled a young Muslim girl out of a tournament for wearing a hijab.</p> <p>To Sportsnet news for using the models of Deal or No Deal Canada to promote their trade NHL deadline bash.</p> <p>To ex-CFL player Trevis Smith for not telling at least two women he is HIV positive before having sexual intercourse with them.</p> <p>PM Stephen Harper for refusing to apologize for suggesting Liberals' opposition to anti-terrorism measures is because a Grit MP's relative was questioned with connection in the Air India bombing.</p>
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I'm bringing vinyl back, yeah



Drew Seale
A&E Editor

I used to scoff when my father repeated the aged phrase "vinyl is final." Now after twenty-one years I've realized his wisdom. My collection of music has slowly evolved from CD to the dated, albeit better sounding, vinyl.

In 1982, the music world was struck with the release of compact discs, which guaranteed to end the reign of the vinyl record, much like the eight tracks fall to cassette tapes. The consensus among music fans was, why would one carry around large black dinner plates when the much smaller and warp-free CD was available?

The argument remains, which is better – vinyl or the compact disc?

What seemed like a black and white issue is now experiencing a paradigm shift. The ultra-hip British Phonograph Industry, made note that sales of 7" (45 RPM) record has surpassed the one million mark.

Maybe it lies in the warmth of the ambience associated with the record in all its flaws. Pops and cracks give the record a personality, unlike its more sterile cousin, the compact disc, whose scratches wreak havoc on the stereo.

The independent music industry is capitalizing on the success of vinyl and labels are pairing vinyl up with digital downloads.

Omaha based Saddle Creek Records (Bright Eyes, The Faint) which includes an access card with vinyl record purchases, that lets the listener download an electronic copy of the album from

iTunes to upload to an iPod.

The quality of vinyl has increased. It's common to find new albums pressed on 180 gram virgin vinyl, a higher quality version of the original 125 gram vinyl that was usually made of recyclables.

Those still faithful to the CD will be disappointed to hear the Recording Industry Association of America's mid-year shipment data showed full album digital purchases grew 112 per cent in 2006, while CD purchases continued to decrease.

With the music industry turning towards the digital age, vinyl is standing the test of time.

Including free digital versions of the album with purchases make vinyl more appealing.

So go ahead, carry around your stack of CDs. I'll stay hip and stick to my pops and cracks.

Letters to the Editor

A job well done

Congratulations on *Et Cetera's* online site. I just checked it out after a long absence brought on by semester after semester of outdated, unimaginative *Et Cetera* pages.

This year's edition looks smart. Only tips: put a homepage link on your internal pages, and try for more online art (a challenge, I know.)

I took particular interest in the most recent Letters section and the criticism of an earlier editorial regarding sexual assault on campus. Without having read the editorial in question or any previous related news stories I must congratulate you on printing the most recent feedback.

The letters expose alleged flaws of fact under the veil of protective campus staffers who'd rather your paper serve as an adversarial booster than a news outlet.

These are letters that should fuel continued dialogue. Perhaps humbling to some of your editors, printing them appears a sound editorial decision. Well done.

Kind regards,

Brookes Merritt
(Humber Advanced Journalism grad, 2005)
Edmonton Sun Reporter

If Toronto's walls could talk



Crissandra Ayroso
Copy Editor

The street art movement has exploded over the last year in highly populated centres like New York City, Barcelona, San Francisco and cities across Europe.

UK street artist Banksy became a forerunner of the emerging street art movement communicating important messages which reflect global living conditions through a series of 'stunts.' The stunts lead to a lot of media attention – hundreds of hijacked Paris Hilton albums replaced with hacked inserts and matching burnt CDs to a life size installation of a Guantanamo Bay prisoner in an orange jumpsuit, gas mask and handcuffs perched next to an unguarded fence of a ride at Disneyland in California.

Banksy's guerilla art responded to popular culture and global issues proving that street art has become more than four letter words spraypainted on the back of a school.

His acceptance as an artist in and outside of the street art culture has broken down artistic barriers. He can be considered a true artist of his craft.

With people like Banksy kicking down doors for emerging street artists, there's hope that one day Toronto street artists will also be able to help define street art in our own public spaces.

Toronto is a progressive city. We should be encouraging Toronto street artists to display their work on the walls of our city which lack the peoples voices. Freedom of expression is lost in a controlled environment because of Toronto's anti-graffiti bylaws.

Because of graffiti, street art is often categorized as vandalism

and therefore unwelcome.

Street art is a critical display of our surrounding living conditions and an expression of where we live. From the looks of our walls, our city's residents have nothing to say or, are not allowed to say anything.

In a multicultural city of more than two million people, we are filled with beliefs and opinions. Our city, which we consider home, should be allowed to reflect that. Street art can contribute to the beautiful city we live in.

Toronto has been taking baby steps, providing organized support for street art events like an annual graffiti day in Dundas Square held by Style in Progress, where artists spraypaint on canvases while people observe the action.

But Toronto can take it one step further and regulate our public space and let the artists go at their canvas.

Write To Us!

Letters must include contact information, full name, program and position etc.eds@gmail.com

Humber Et Cetera reserves the right to edit letters to the editor for length and clarity.

IN FOCUS KNOWING YOUR RIGHTS



All employees have a right to know what hazards are present on the job, and how these hazards can affect them. — *Canadian Employee Rights and Responsibility*

On the job protection

Students are easy targets for employers to abuse

Moya Dillon
IN FOCUS REPORTER

Humber students deal with many different struggles at off-campus jobs, including harassment, unfair treatment and improper wages, said Karen Fast, manager of Humber's career centre.

"Students are like sitting ducks," Fast says of unethical employers. "Because they're eager to get started and there are a lot of unethical companies out there."

There are some precautions students can take to protect themselves from unfair treatment at work.

Fast suggested that students meet potential employers at public places for interviews, especially if the job is one that would be performed at the employer's house.

In some instances, employers have tried to meet students at inappropriate places such as hotel rooms.

Students should also get everything in writing, including job offers and descriptions so they have something to reference when making a complaint.

Fast also emphasizes the importance of "doing your homework." She recommends students go to

the company's website to make sure it's a legitimate company and ask around to see if people have heard of it.

"Always be leary of start-up operations," Fast said. "If it sounds too good to be true, it probably is."

She also stresses that students should never pay up-front for any potential employment. She recalls one instance where a company asked students to sell tickets to a nightclub.

The students had to pay up-front for the tickets and would then sell them at a profit.

The problem was, they were not reimbursed for unsold tickets.

Laywer Jeff Fortinsky offers free legal advice to Humber students every Thursday at the HSF office and said unfair treatment at work is a common problem for students.

The most common problems he sees involve unreasonable termination of employment and lost wages, such as not getting paid for overtime hours.

"It's important to start communicating with the employer," Fortinsky said of these situations. "Legal pursuits usually involve too much time and expense with a minimal chance of getting your money back."

He stressed the longer a student has worked in a position, the stronger his legal rights are. But for temporary or part-time work, it may be best to move on and find another job rather than get caught up in a legal fight.

In situations where the student wants to pursue a complaint against an employer, Fortinsky often refers the student to the Ministry of Labour.

The ministry says employees in Ontario can not be required to work more than 48 hours per week.

After 44 hours, employees should be paid overtime wages, which should be at least one and a half times the regular rate of pay.

Young workers can also face unsafe work conditions and should know their rights in order to protect themselves.

"An average of 42 young workers are injured or killed on the job every day in Ontario," said Belinda Sutton, media relations co-ordinator for the Ministry of Labour.

Sutton said students have the right to know about any safety hazards at the workplace, the right to participate in health and safety training without fear of discipline, and the right to refuse any work that they believe can be dangerous.



photo by dennis chung

Katy Scheja, a recent graduate of Humber's early childhood education program, seeks job information at the Career Centre.

Cash-strapped

Tips on building a credit line

Daria Locke
IN FOCUS REPORTER

Students who worry about not having enough money to pay for their school expenses can apply for a line of credit and not have a balance to pay off every month.

"A student line of credit is a handy alternative to OSAP," said Bob Schilling, the associate director of financial services at Humber. "The only difference is you have to pay the interest rate while you're in school instead of not making any payments, as with OSAP."

Schilling said with a student line of credit, interest is paid only on the money spent.

"On a credit card, there are high interest rates," Schilling said. "With a line of credit, even though the interest has to be paid, it's a small, manageable amount."

Once students finish school, they have to start paying back the money borrowed from OSAP after six months.

"As long as the student is using the money for what it was intended for, then no major problems should arise," Schilling said.

Many banks will try to increase loans even if a student has asked for less.

"It's important to know, if they

offer you more money, say no," said Adam Kemp, a first-year culinary skills student. "There's no reason to take more if you don't need it."

Getting a line of credit may seem simple, but there are things to look for when shopping around.

"It's just like any other loan, so students should be careful to know how much money they actually need," said Mike Mitchell, the regional vice president of RBC. "It should be reasonable for the person's circumstances."

"The last thing a student wants is a big debt burden," Mitchell said. "Using the money wisely and paying the interest on time are the main concerns."

For most student line-of-credits, a co-signer is necessary. This is usually a parent, therefore the limit of the money loaned depends on how much the co-signer can pay, Mitchell said.

Students should talk to a financial adviser to find the line of credit that meets the needs of their budget.

"Banks aren't there to put somebody in a jam. A realistic plan can be arranged for whatever budget," Mitchell said.

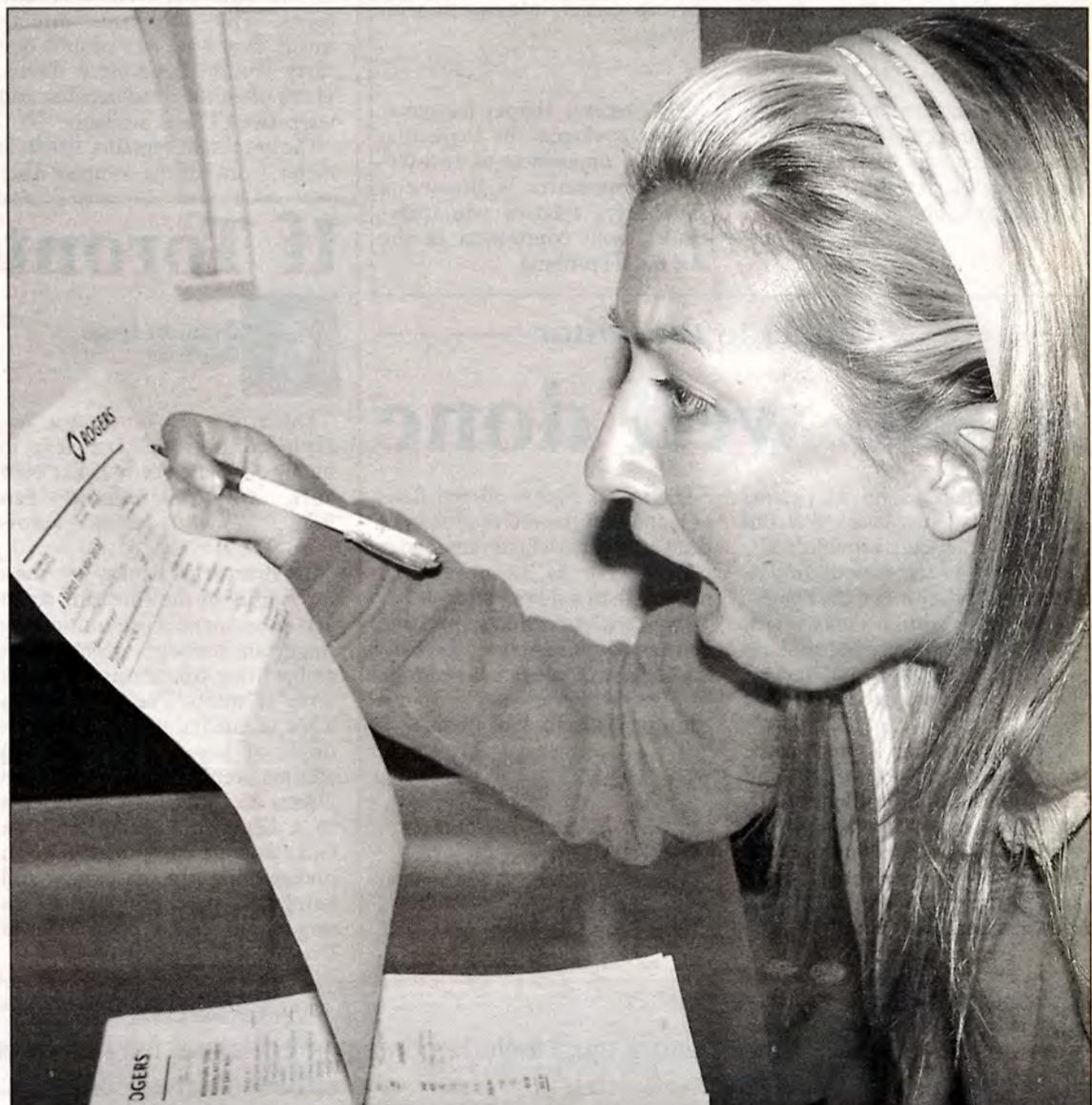


photo by daria locke

Casee Ahrens, a 23-year-old fashion arts student at Humber, is frustrated with the many bills.

KNOWING YOUR RIGHTS IN FOCUS

"Life was a lot simpler when what we honoured was father and mother rather than all major credit cards." – Robert Orben, Wall Street Journal March 17, 1980

Keep your important cards at home

Ryan Vella
NEWS REPORTER

The Canadian Bankers Association and Services Canada are warning the public about identify thefts in the wake of an auditor general's report.

The report slammed the handling of the social insurance number program and a recent security breach at retailers Winners and HomeSense, which affected nearly two million Visa customers.

Tech-savvy fraudsters, armed with more advanced ways of obtaining and using personal information, are highlighting the need for people to protect themselves from identity theft, said Maura Drew-Lytle, spokesperson for the CBA.

"Identity theft is not currently a crime in Canada," she said. "We have set-up a coalition and met with hundreds of individuals in government to try and get identity theft to be included in the Criminal Code of Canada."

While it is illegal to use stolen information for fraudulent purposes, the possession of personal information, other than your own, is currently allowed under Canadian law.

Some of the CBA's proposed solutions to financial fraud include credit cards with PIN numbers and debit cards with microchips instead of magnetic

strips, which are already successfully used in Europe,

"All the information on the magnetic strip will be on these microchips and these microchips are virtually impossible to duplicate," Drew-Lytle said.

The CBA also lobbied, "all levels of government to improve the quality of identification documents to make them more difficult to duplicate," Drew-Lytle said.

"If you suspect you've already been the victim of identity theft, you can have an identity theft flag put on your file."

– Maura Drew-Lytle
CBA spokesperson

A recently released report from auditor general Sheila Fraser, sharply criticized the federal government's handling of personal information with SINs and passports in relation to the problem of identity theft.

While Services Canada will not comment on whether the government plans to improve security features for SIN cards, Darren Deneumoustier, the director of integrity for the division that issues SINs, recommends that Canadians take special precautions with them.

"Only provide your SIN where it

is legally required," he said. "Don't carry your SIN in your wallet. Keep it at home or in a safety deposit box."

Even with these recommendations, Deneumoustier said there is, "no foolproof way to prevent identity theft," and that

Services Canada, "(does) a lot of transactions based on people losing their SINs."

As the Bank of Nova Scotia, CIBC and the Bank of Montreal

begin issuing new Visa cards to Winners and HomeSense customers, it's difficult for the CBA to put a number on the financial impact of identify theft in Canada.

"I've seen lots of different stats on the impact of identity theft but I'm not sure if any are necessarily accurate,"

Drew-Lytle said. "It's not just a bank issue, this is a much broader societal issue."

One method of protection from financial fraud is to check your credit report with companies such as Equifax or TransUnion at least once a year, "to make sure there's not a credit card out there in your name that you don't know about," Drew-Lytle said.

"And if you suspect you've already been the victim of identity theft, you can have an identity theft flag put on your file," she said.

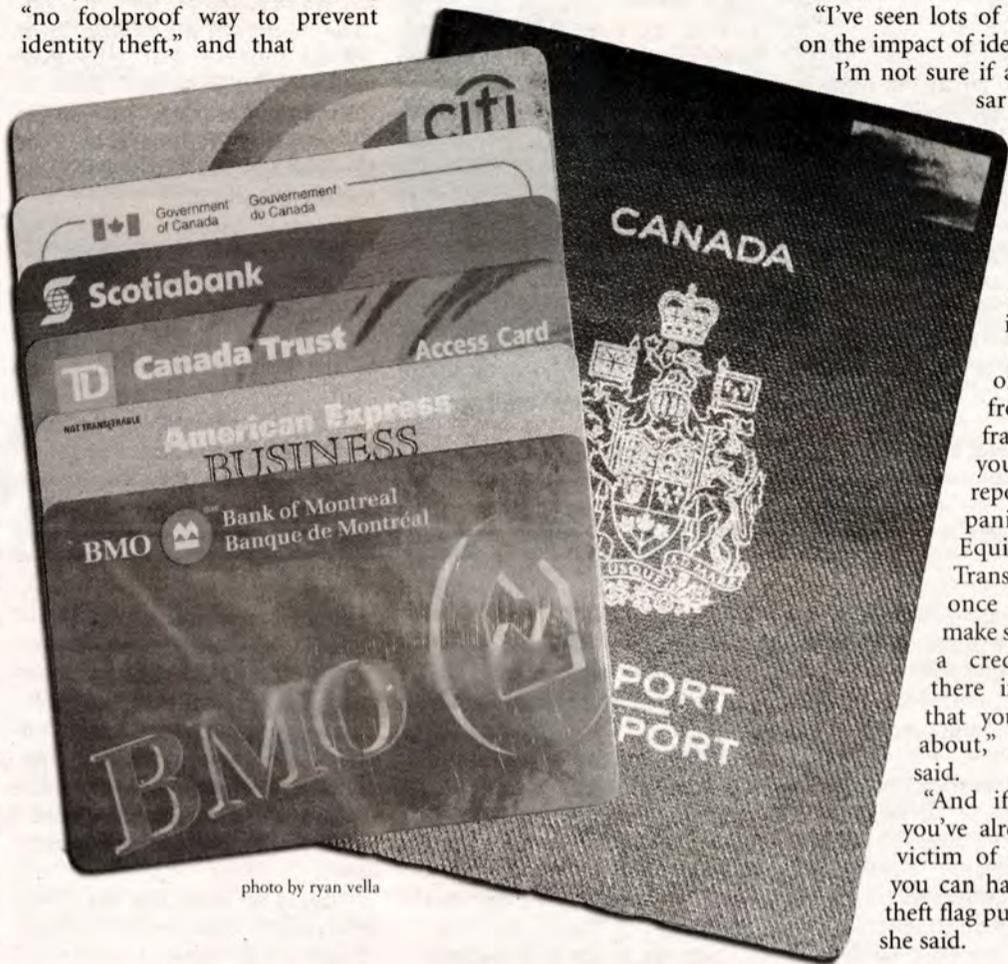


photo by ryan vella

Incoming taxes

Abby Blinch
IN FOCUS REPORTER

Students tackling their tax returns this year can turn to tax specialists, computer software or even the Canada Revenue Agency website to assist them with meeting the April 30 deadline.

In about 30 minutes, the tax specialist at H&R Block can file a client's tax return and hand over a cheque for their refund.

Tax associate William Farias Jr., from the H&R Block located at the Woodbine Centre mall, stressed the importance of getting help with taxes if students "don't know what they are doing."

Make sure to bring "T4 slips, tuition slips, any RRSP donations or payments, medical expenses and any receipt you think you can use," he said.

Full-time students will be charged the student rate of \$29.95 for this service, while part-time students must pay the regular fee starting at \$66 or more, depending on the amount of work required by the tax associate.

Being able to leave with your refund in hand is an attractive offer to many using H&R Blocks services.

However, a 15 per cent charge is

collected on the first \$300 of a client's refund and five per cent and every remaining dollar.

Humber student Sarah Petersen has been filing her own taxes for the past three years ever since her mom incorrectly claimed only \$30 on her daughter's return.

"It's so easy," Petersen stressed. "They (the government) sent me a package in the mail. I might file electronically this year."

The number of people choosing to use software instead of paying an accountant to figure out their taxes seems to be increasing every year, said Paul Magennis, division sales manager at a Rexdale Staples.

Staples offers QuickTax and TaxWiz and both are compatible for filing taxes online.

The software is "very easy to use," Magennis said. It "tries to stay away from tax forms and jargons" that can be particularly intimidating for a first time filer.

Software prices range from \$19.99 to \$39.95.

Using software or a tax consultant ensures students receive all deductions possible.

The Canada Revenue Agency has a section dedicated for students and their unique concerns and claims found at their website. <http://www.cra-arc.gc.ca/>



courtesy of Canada Revenue Agency

Students may want to start filing in those forms before exams.

<http://etcetera.humber.ca>

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IN FOCUS KNOWING YOUR RIGHTS

"Make yourself indispensable, and you will move up. Act as though you are indispensable, and you will move out." – Jules Ormont, author

War(ranties) what are they good for?

By Sean Fitzgerald
IN FOCUS REPORTER

Students who purchased extended warranties for electronic gifts may have wasted their money.

Besides iPods, this also applies to electronics such as DVD players, digital cameras and laptops.

Ric Borski, of the Better Business Bureau, said extended warranties are a bad investment.

He explained that prices of electronics have dropped so low that extended warranties aren't necessary.

"If I'm spending \$100 on a DVD player, it's a throwaway," he said. "I'll get a new one in two years – why would I want to pay another \$30?"

Borski said most electronics contain a one-year manufacturer's warranty, which usually covers any problems.

"If you've got a lemon," he said, "you usually find out pretty quickly."

An extended warranty promises extra protection – an additional one to five years – after the manufacturer's warranty runs out. These warranties can increase the cost of the original product by up to 30 per cent.

"It's become a huge industry because it's pure profit for the retailer," Borski said. "It's so important for some businesses – even if you buy batteries, they'll probably try to sell you an extended warranty."

Tristan Austin, 23, a first-year public administration student at Humber, worked at Best Buy until late January. He said employees were trained to sell the "complete solution" – an additional package that included product accessories and an extended warranty.

"All the departments got rated on how well they sold that extra package," he said. "In a way, they were telling salespeople that they had to sell it."

Austin said he believes that customers should make their own decision without pressure from a salesman.

"Most of the time, the bad salesmen will tell you something that will scare you," he said. "But I don't think they should push it on you."

Charles Van Den Ouden, a creative photography instructor at Humber, suggests that with newer models of digital cameras, students shouldn't spend the extra money.

"There are so few moving parts,

and it's all electronic now," he said. "The chances of it breaking down are far slimmer than they ever used to be."

But Jordan Brown, who works at a Black's Photography in Mississauga, said the added protection is worth it.

"You're already spending \$1,000," he said, "so what's another \$100 to get the extra coverage?"

His store offers an extended warranty that adds a second year to the manufacturer's one-year plan.

Unfortunately, that warranty won't cover a cracked screen, or "impact damage," he said. Brown said most retailers won't cover damages from accidents, like dropping the camera.

"Anything that starts with 'whoops' isn't covered," he said.

Muthana Zouri, the co-ordinator of Humber's information technology programs, doesn't recommend buying an extended warranty on laptops. Since laptop prices are dropping, he advises students to just buy a new computer when their old one breaks down.

"Buying a warranty for four years doesn't make sense," he said. "Nothing lasts forever."

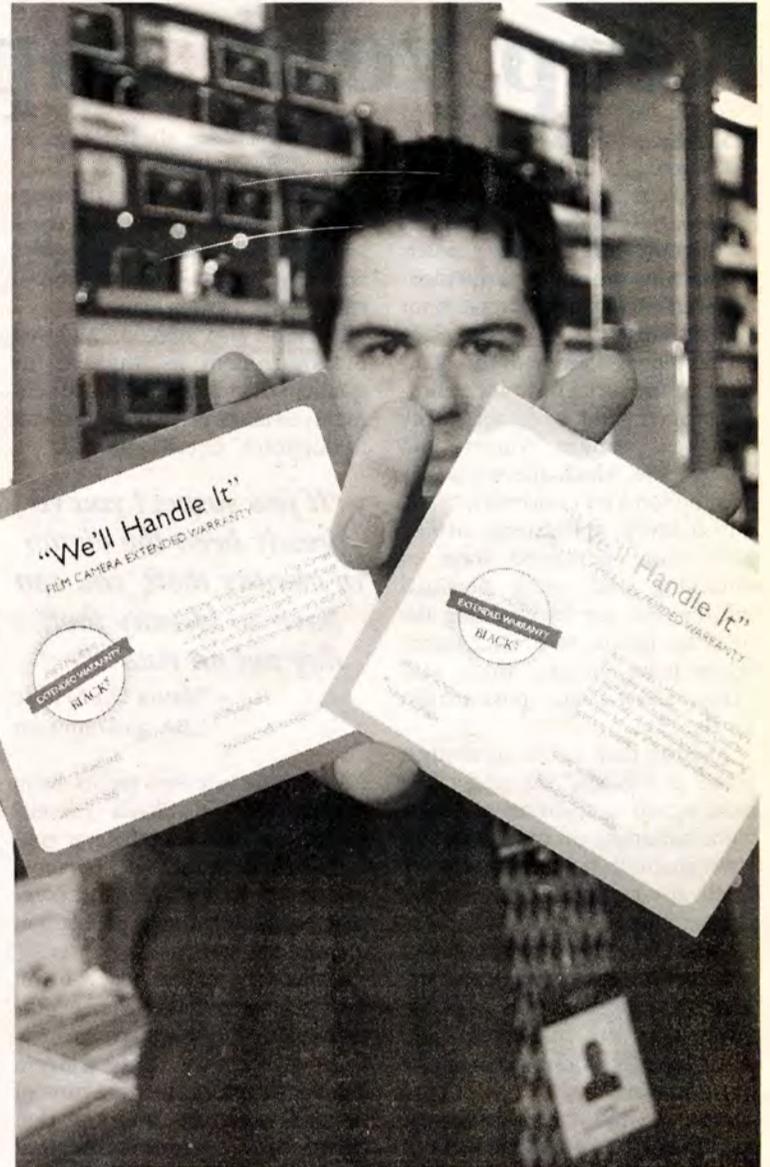


photo by sean fitzgerald

Jordan Brown, a hardware specialist at Black's, holds copies of his store's extended warranties for film and digital cameras.

A Humber for All

Humber wants to remind you that

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



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

<http://etcetera.humber.ca>

The Lowdown

- ▶ **Car insurance:** Rates vary so shop around. Get at least three quotes from different auto insurers.

In addition to age and gender, the type of vehicle you drive, your driving record and how often you drive are variables that determine your rates.

Ask what discounts are available to young drivers and students. For example, some auto insurers will provide discounts to drivers who have taken a training course recognized by their company.

- ▶ **Dealing with landlords:** The Ontario Landlord and Tenant Board offers a customer service line to answer questions about the new Residential Tenancy Act.

The Landlord and Tenant Board does not offer legal advice but does offer information through the landlord self-help centre and for legal clinics for tenants.

HSF also has a number of services for tenants who may have concerns, offering information for students.

- ▶ **Student line of credit:** For most credit lines, a co-signer is necessary. The limit of the money loaned depends on what the co-signer can pay. – Mike Mitchell, the regional vice-president of RBC.

A student line of credit is a handy alternative to OSAP. The only difference is you have to pay the interest rate while you're in school – Bob Schilling, associate director of financial services at Humber.



Kiwi superstar Lucy Lawless is set to star alongside Ving Rhames and Eddie Cibrian in *Football Wives*, the US adaptation of the UK show. – www.tvguide.ca

Romanians know their sex

Students receive a free trivia course on intercourse

Lauren Denhartog
NEWS REPORTER

If you happened to know that the term 'sex' was coined in 1382 or that the longest orgasm for a woman was 30 seconds, you may have fared well at Sexology 101, the Humber Student Federation's sexual trivia game that took place in the student centre on Feb. 15.

Contestants were asked a series of questions to which they had to respond by faking an orgasm if they knew the correct answer.

No one faked it better than first-year arts and science student Jacqueline Marinescu, who walked away with the grand prize of two tickets to a Leafs game after beating all other contestants.

won!" Marinescu exclaimed ecstatically after her victory. "We're passionate, we're full of love."

"I am Romanian - that's why I won! We're passionate, we're full of love."

—Jacqueline Marinescu
Sexology trivia champion

Marinescu's best friend, Alicia Colosimo, was in the audience cheering her on throughout the game. When asked where her best friend garnered so much sexual knowledge, she replied, "Through education but mainly through

participation with others – that is the best way to learn."

HSF programming director Aaron Miller, on hand to MC the event, certainly didn't shy away when asked about his own sexual knowledge. "Personally, I'm a little bit older than most of the students, as a professional person, so I think I have a little bit of an advantage there," he chuckled. "I don't want to show up any of the students."

He admits it's important for students to be informed when it comes to sex. "We're kind of tricking them into learning by making it more fun and interactive," he said. "It's a good way to get students involved and it's a good way for them to learn about stuff too."



photo by lauren denhartog

Marinescu (left) strikes a sly victory pose with her friend.

Film students raise the funds to future success

Jeremy Dickson
ENTERTAINMENT REPORTER

Students in Humber's Film and Television program are planning a comedy fundraiser at YukYuk's for

the end of April. They are hoping it will add to the thousands of dollars they have already raised to help make their films.

Donna O'Brien-Sokic, program co-ordinator for Humber film and

television production, said students learn the value of entrepreneurship through fundraising. "We encourage it because filmmaking is very expensive."

"Each student that enrolls in film and television is required to make a personal investment of \$1,500 on top of tuition to help pay for production costs," she said.

Students are required to spend the \$1,500 on a minimum of seven productions and students decide how much money each film will receive. While this might seem like a lot of extra cash, O'Brien-Sokic said it pales in comparison to what other film schools require, as they can charge up to \$15,000 on top of tuition costs.

Second-year film student Lucia Haliburton, 25, said it can be difficult to come up with the money because students arrive at Humber with different financial situations.

"It is hard because many of us

have student loans so we have no choice but to fundraise. We have to reach our goals, otherwise the budgets will get cut."

O'Brien-Sokic said Humber's approach is innovative because students pool their money and there is no limit to the amount of cash that can be raised for any

"...We have no choice but to fundraise. We have to reach our goals, otherwise the budgets will get cut."

—Lucia Haliburton
Second-year film student

given production.

Film students recently put on a few fundraising campaigns to help raise money for their projects.

Second-year film students held

bake sales and raffles at the North Campus to help pay for set construction and equipment. Third-year students held a comedy night at Club 54 in Burlington to support post-production costs.

"The projects cost \$5,000 to \$10,000. The films have been shot, but we needed more money for post-production to make them festival-ready," said third-year film student Michelle Whiting.

Holding a comedy night charging \$10 per person proved a much faster way to raise money than the usual campus sales, Whiting said.

Third-year film student Lenny Dell'Anno said he hopes that a second fundraising event at YukYuk's will entice a larger crowd because of its central location and popularity.

Despite tough financial challenges, Whiting said that the desire to make better films and fundraising go hand-in-hand.



courtesy

Dell'Anno (back middle) is organizing the event at YukYuk's.



Start your engines!

Enter the "CGA Ontario One-Hour Accounting Contest" for college and university students on March 23, 2007.
LINE UP ONLINE TO WIN UP TO \$5,000 IN CASH.

The Certified General Accountants of Ontario (CGA Ontario) invites you to enter its new online accounting contest. First, sign up at www.cga-ontario.org/contest and obtain a user name and password for the contest. To qualify for the competition, you must complete this task by Thursday, March 22, 2007. When you login to complete the contest you must choose between two levels of difficulty to test your accounting and financial skills. This step must be done before 3 p.m. on Friday, March 23, 2007, (the day of the contest). The competition begins promptly at 4 p.m. (on that same day) and lasts for one hour. Eligibility is restricted to students currently enrolled at an Ontario university or college.

CHOOSE YOUR TIER OF CHALLENGE.

Eligible and registered students choose between two levels of difficulty; both tiers offer cash and scholarship prizes (see below). Remember to choose your level of difficulty carefully, because this decision could earn or cost you the win.

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1st place = \$4,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

2nd place = \$2,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

3rd place = \$1,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

Tier 2: Intermediate- and Advanced-Level Financial Accounting Questions

1st place = \$5,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

2nd place = \$3,000 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

3rd place = \$1,500 cash and a scholarship worth \$5,000 towards the CGA program of professional studies.

EVEN MORE INCENTIVE TO WIN.

The university or college that boasts a first-place team in either tier receives a donation of \$5,000 from CGA Ontario awarded to its accounting department.

Additional information about the format of the contest and the rules and regulations is available at www.cga-ontario.org/contest.

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Ska/Pop sensation No Doubt has announced plans to reunite and record new music after a four-year hiatus. – www.aversion.com

The Lollipops do Brampton

Alex Green
ENTERTAINMENT REPORTER

The Brampton Indie Arts Festival proves for its seventh consecutive year that culture lives behind every suburban door.

"There was a need to create something different in the 'burbs," said Richard Marsella, founder and director of the festival. "We offer our own little circus of events."

From Feb. 14 to 17, Brampton's Rose Theatre celebrated independent visual artists and housed live shows that include Andy Kim and Romeo Liquor Store.

Marsella, a music graduate of U of T and now a composer, founded the Brampton Indie Arts Festival in 2000 to dispel the myth that there is no culture in the suburbs.

"I live by the motto that one can either produce, or become produce," Marsella said, who is against

wasting away and using drugs in the suburbs.

"I want to battle the boredom. I've seen too many people fall," Marsella said.

The Friendly Rich Show closed the festival, featuring Marsella (Friendly Rich) and his 10-piece orchestra, the Lollipop People.

Sly Juhas, former Humber music graduate and member of the Friendly Rich Show, describes the cabaret-like group as "Frank Zappa meets Pee Wee's Play House."

The show is as improvised as the songs. "We have a rough idea of what is going to happen, but it never stays the same," Juhas said.

Marsella along with local talent, wants people to realize that culture exists behind every door in the suburbs. "We want to make people experience new ideas and we try to present people with a whole slew of new interesting artists who may not necessarily see the light of

mainstream media," Marsella said.

To get Torontonians and other big city residents to move toward Brampton, the festival must be marketed and advertised properly.

"We thought that if our program is strong enough then Toronto media will take notice of it," Marsella said.

The main idea behind the Brampton Indie Arts Festival is to bring independent art and music together and to get others to notice that Brampton is culturally diverse.

Brandi Disterheft, a Humber music graduate as well as one of the Lollipop People thinks the festival is important because it's always good to expose Canadian bands and Canadian music.

"It's beautiful for kids to come out and be inspired and to move people so Canada has something to offer for music and culture," Disterheft said. "That's why we play music."



Friendly Rich (right) poses with stage manager Soot.



Students and librarians alike dress as anime favourites.

A day in the life of an anime kid

Fans of the popular subculture converge on Toronto Congress Centre

Tyler Kekewich
ENTERTAINMENT REPORTER

Hardcore fans of Japanese animation – or anime – pretended it was Halloween in February and dressed up as their favourite characters for the Anime Ball – an event celebrating the popular cartoon genre at Yorkwoods Public Library.

The practice of portraying a favourite character is called 'cosplay' in the anime world and is a combination of the words costume and play.

Cartoon and comic book lovers of all ages attended the event which was part of the Keep Toronto Reading campaign presented by the Toronto Library.

"I find it fascinating the way kids are reading now," said Edward Karek, 40, a library employee who was dressed as an anime vampire. "It doesn't necessarily have to be the printed word completely, I just find that amazing."

"I find it fascinating the way kids are reading now."

– Edward Karek
librarian

Aly Kassam, 19-year-old vice president of Humber's Anime Club said he was too busy with the club's weekly meeting and screening to attend the event but said

cosplay – something he would like to try – takes a lot of commitment.

"I haven't cosplayed yet, but who knows, maybe in the future," said the general arts and sciences student. "I have a character that I would want to portray but I don't know if I have the necessary props to do so or the funds to create the costume."

Humber's Anime club meets every Tuesday evening at 5:30 p.m. for a screening and discussion in screening room B, right next to the library on the second floor.

The next big chance for fans to cosplay is Anime North – an animation convention happening May 25-27 at the Toronto Congress Centre.

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a hipster's guide to the weekend

If you're looking to relax this weekend, you might want to visit a hip nightclub for dancing with strangers who smell of the latest celebrity perfume and cheap vodka shots. Or you can build a sonic soundscape in your apartment, basement, place of work or parent's attic with the plethora of musical projects from Jimmy Tamborello. Known for his digital programming, catchy pop tendencies and high-profile friends (Bright Eyes' Conor Oberst, Death Cab for

Cutie's Ben Gibbard) Tamborello is a victim of his environment. When he's not recording with his various solo projects, **James Figurine** or **Dntel**, he's running the loop machines for glitch-pop indie darlings The Postal Service. Of course your party may not attract too many scantily dressed women with Mardi Gras beads. But your place will definitely be

stacked to capacity with tight New Order T-shirt-clad college kids in black-framed glasses. So if you want to be hip this weekend, entangle yourself in the digital world of Jimmy Tamborello.



Jimmy Taborello (left) plays with Ben Gibbard.



Canadian indie-pop chanteuse Leslie Feist announced plans to tour for her upcoming release *The Reminder*. – www.pitchforkmedia.com

Eat, sleep, drum, repeat

Anastasiya Jugal
ENTERTAINMENT REPORTER

Larnell (Styxx) Lewis is a drummer and musician enrolled part-time in Jazz Studies at Humber College.

Lewis started playing drums when he was two.

"It's been a part of me forever. Music goes back to my great grandfather who was a flamenco guitar player," he said.

At 22, Lewis has achieved a lot. In 2004, he won the Oscar Peterson Award for Outstanding Achievement in Music, a \$5,000 scholarship.

In addition to touring, Lewis appeared on a number of broadcasts such as CANADA AM with Matt Dusk in May, 2006 and Canadian Urban Music awards in 2004 and 2005 with Jully Black, as well as other broadcasts.

Lewis is endorsed by Yamaha and

has also received the Yamaha All-Star Band Honour Award and Yamaha Kando \$4,000 Product Award in May 2003.

Lewis comes from a family of musicians. His parents are both pastors and they handle all the music played at their church.

"It's been a part of me forever. Music goes back to my great grandfather who was a flamenco guitar player."

– Larnell Lewis
Drummer

His uncles and more distant relatives are also involved in music.

Yet, music is not something Lewis was forced to love and he's very passionate about what he does.

"Music is such a powerful thing,

it helps when I'm down. It's my refuge," Lewis said. "Music comes from the heart and comes from the mind. It helps show your ideas and thoughts."

Ever since he started his program at Humber, Lewis has been able to network and have gigs and recordings regularly.

For such an accomplished musician, it is surprising that he would need the Humber program at all.

Lewis says the most important thing he has taken away from the music program is the ability to network.

"It's great for networking. It gave me an opportunity to play with new and up-and-coming musicians," Lewis said.

It is all about referrals. "If people want you, they will find you," Lewis said.

Lewis is a hard worker and tends to over book himself. He works 12 hours a day and often gets less



The 22-year-old drumming sensation takes a break. courtesy

than the recommended amount of sleep.

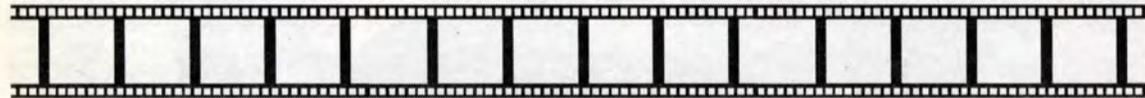
Despite this, Lewis has been writing music for the last three years. Every milestone in his life now has a song attached to it.

Besides his music, Lewis's other

true love is his drums.

"My drums are pretty. I'm all about the drums. Some people like shoes, I like drums," Lewis said.

Lewis has a regular gig every Friday at Joe Mama's in downtown Toronto.



The importance of being Hannibal

Adrienne Huen
ENTERTAINMENT REPORTER

Hannibal Rising may be the latest prequel in the cannibal's saga, but it lacks the excitement and suspense of its predecessors and most importantly the fava beans.

The film, which begins in Lithuania at the end of World War II, opens with a loving nine-year-old Hannibal and his toddler sister Mischa, witnessing their parents violent death. The children, now left alone in the dead of winter, fall captive to a group of hungry Lithuanian thieves. With the chilling temperatures, the scarcity of food and the growing appetites of the thieves, one thing leads to another and Hannibal becomes an only child.

Fast-forward eight years, Hannibal (Gaspard Ulliel), a young medical student, is traumatized by his past and filled with revenge. Set out to destroy the band of thieves, he determinedly hunts them down one by one, tortures them, kills them and then eats them with mushrooms. Hannibal the cannibal is born.

Although the idea of Hannibal's monstrous creation is interesting, the movie itself is drawn out and overly concentrated on hatred and the sexual tension between Hannibal and his dead uncle's wife, Lady Murasaki (Gong Li).

Ulliel's portrayal is successful in conveying Hannibal's malice, but lacks the charm and eeriness of Anthony Hopkins' infamous serial killer.

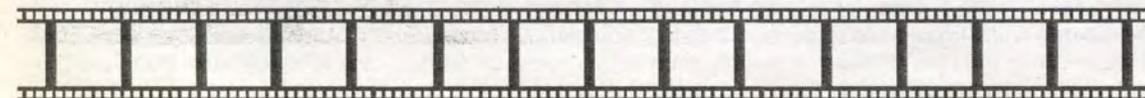
The two-hour film, which portrays Hannibal as more of a cannibal crusader than a monster willing to feast on the innocent and guilty alike, lacks the intensity and drama of both *Silence of the Lambs*

and *Red Dragon*.

Nevertheless, *Hannibal Rising* offers viewers an insight into the obviously tormented past of Dr. Lecter and leaves room for a possible fourth movie.



Young Hannibal (Gaspard Ulliel) does his best hungry cannibal impression in the fourth of the saga *Hannibal Rising*. courtesy



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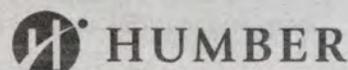
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Tech Design class shines at AutoShow

Innovative designs from Canada's first homegrown specialists receive recognition

Will Cottingham
BUSINESS REPORTER

Humber students showed the world their skills at the 2007 Canadian International AutoShow last week in Toronto.

The soon-to-be graduates of Humber's Bachelor of Applied Technology degree program, who opted to specialize in auto design, will be Canada's first homegrown specialists of the industry.

The students were called on stage at the opening of the show to receive awards of recognition from a group of industry leaders, which included Moray Callum, design director of Ford Motor Company North America, Dan Sims, design director of Mitsubishi Motors North America and GM executive director of design Mike Simcoe.

Auto design students received additional praise from the international design community when Matt Finbow won third place in the individual design competition.

"It came as a pleasant shock," Finbow said. "Humber was up against some well regarded schools, but the quality of our work was right up there."

Finbow's design, the Concourse, was marketed as having new levels of flexibility and fun in a vehicle for the young and the young at heart, Finbow said.

The Concourse boasts four electrical motors, one for each wheel, for city driving, in addition to a four-cylinder flex fuel bio-diesel engine for longer highway trips.

Contest organizers said the individual design competition was held to show manufacturers new design talent and to encourage students, women in particular, to enter the field of auto design.

"At Humber, students choose at the beginning of their third-year to go into auto-design or product-design," Finbow said. "There were only four women in the class and none of them chose auto-design. So you can say this is an issue, but things are starting to change."

At the auto show graduating students offered their expertise to anyone who wanted to try designing a car of their own.

"We wanted to show people what we do and that we enjoy doing it," said Avi Persaud, a fourth-year auto-design student. "And I think we were successful."



Humber students were rewarded for design on stage by industry leaders at Toronto AutoShow. courtesy

Now's the time to purchase RRSPs

Your golden years are closer than you think

Michelle DiPardo
SENIOR REPORTER

Students need to start saving now to fully reap the benefits of an RRSP, and the earlier they start the better, financial experts said.

"It's a way of being consistent," said George Klissouras, a financial planner for RBC. "It becomes a good habit."

Klissouras said he does not see as many young people as he should seeking financial advice.

"You think you have years in front of you, and you do, but the years go fast," he said.

RRSPs encompass everything from cash, GICs, stocks and mutual funds. An easy way to begin, Klissouras said, is to arrange for your bank to withdraw a small amount from your savings or chequing account to be deposited in your RRSP on a weekly or monthly basis.

"Outta sight, outta mind," he said. "It's the power of compounding."

The bonus is students can receive a hefty tax deferral come tax-time depending on how

much is contributed.

Klissouras said the best time to make an RRSP contribution is when a student is working because by the time you're making enough to contribute more you'll be in a higher tax bracket.

"You can afford to be a little more aggressive when you're young," he said.

But the message does not seem to be affecting many young Canadian's saving habits. According to the *Toronto Star*, a recent study conducted by Desjardins Financial Group reports one-third of people did not start saving for retirement until the age of 40.

Around the halls of Humber, putting money away for the future seems to be the furthest thing from student's minds.

"I haven't thought about it," said second-year electronics engineering student Sant Sortur.

"I'm broke," said second-year heating, ventilation and air conditioning student Basshlar Odiss, sitting with a friend outside Java Jazz.

"I can't even afford to put butter on my bagel."

"You can afford to be a little more aggressive when you're young."

— Geoger Klissouras
Financial Planner



Reps from investment firm State Street speak to a student during its meet and greet Tuesday. courtesy

Business career fair held at GH

Will Cottingham
BUSINESS REPORTER

Students had the opportunity to speak with professionals about career paths and job opportunities at Tuesday's Business Career Fair.

The Guelph-Humber Advertising and Marketing Association invited 18 companies, which ranged from online gambling to life insurance.

Alison McGeorge, career and alumni services co-ordinator, said she organized the event so students could speak directly to business professionals in a friendly environment.

"It's really important that students can approach potential employers with confidence," McGeorge said. "Employers come here because they really want to talk with students and they are

entirely open to questions."

Mukesh Daji, a business development director at Freedom 55 Financial, said his first priority is to answer questions, but admitted his presence wasn't entirely altruistic.

"We are looking for job candidates," Daji said. "We are looking for people who preferably have completed a post-secondary program and who, more importantly, are competitive."

"We really like to see a variety of interests on a resume," Daji explained. "Many young people list their formal education and work experience, but we want to see that individuals are well rounded."

While the event was declared a success by participants, some were disappointed by student turnout.

"I think some students may not

have realized we were coming today," said Robert Chu, financial security advisor at Freedom 55. "Reading week has a tendency to do that."

Scott Schnurr, first-year business student, didn't succumb to reading week forgetfulness and enjoyed the career fair thoroughly.

"It's good to get an idea about what's out there after graduation," Schnurr said. "I've seen some good opportunities, and heard some good ideas."

"Even if none of these students get jobs with any of these companies, or even necessarily any of these business areas, the wheels of thought start moving," said Mira Sirotic, CMA of Ontario.

"Students will leave here thinking about life after school, and that is a good thing."

Hitachi unveiled the world's smallest computer chip last week. It's 0.002 inches by 0.002 inches and looks like a flake of powder. – www.technewsworld.com

Volume turned up on MP3 prices

Amberly McAteer
BUSINESS REPORTER

Humber students and bookstore staff are worried about a proposed price hike of every MP3 player in Canada.

A group of music industry representatives want to jack up the price by as much as \$75 so artists, publishers and record labels can get a portion of sales of the widely popular digital devices.

Arthur Serwaczak, assistant manager of the bookstore, said he sells a lot of iPods and an increase in price would result in lost business.

"I think that \$75 is a heck of a lot of money to pay on something that's already expensive," he said. "I think it would hurt everyone."

David Basskin sits on the board of directors for the Canadian Private Copying Collective (CPCC). He said the group is asking the Copyright Board of Canada to add the extra fee because music makers are not getting paid for privately copied music.

"I don't think any students would pursue a career where they didn't get paid for their work," he said. "Why are we asking artists and song writers to do it?"

For Guelph-Humber business student Mariusz Owczarz, the potential higher price tag doesn't add up.

"I don't think any students would pursue a career where they didn't get paid for their work."

– David Basskin
CPCC board of directors

"A lot of songs I download cost money," he said. "So they want to charge me for a device that plays songs I've already paid for?"

Two years ago the Federal Court of Appeal struck down a ruling that \$15 and \$25 surcharges be placed on the hard drives of MP3 players.

Now the Collective is asking the MP3 players – hard drive included – be labelled as "audio recording media." The extra fee would range from \$5 to \$75, depending on the capacity of the player.

Basskin said his group is considering a markdown for legitimately discounted music – like MP3s purchased on Apple's iTunes music store.

"The reality is that on a device that holds 15,000 songs, the aver-

age user has paid for about 20 songs," he said.

Applied technology student Mikel Villalon said the proposed levy is expensive, but necessary.

"If that money went to the music industry, I'd pay it," he said while listening to his iPod Nano. "We're getting everything for free and I think these guys need to get paid."

Basskin said the added price makes sense.

"We're not asking that people stop copying music, or that iPods be banned," Basskin said. "It's simply the fairest solution I can think of so that music makers get paid for their work."



photo by amberly mcaateer

The price of iPods might go from expensive to unaffordable.

Online bullying

Angela Scappatura
BUSINESS REPORTER

Students who join online groups and make comments should be careful the material they post is not defamatory.

Gary Jeynes, head of Humber security, said students could face penalties if an issue is raised.

"It's rare for these things to happen but if we do receive a complaint we would investigate under the Charter of Student Responsibility and Rights," he said. "Punishment could range anywhere from academic penalties to expulsion."

Eleven students at a Toronto high school were suspended after the discovery of a group on Facebook contained sexually explicit remarks about their principal.

Justice studies student Steve Sewell is the creator of a group on Facebook called, "Screw Humber Fire," intended to promote friendly competition between the justice and firefighting students.

"It is a complete joke," Sewell said. "We had someone post a message on the group who is a graduate of the program. He said he thought it was hilarious and wished it had been started sooner."

With a membership of over 200, the group encourages members to post "what they hate about Humber Fire." Comments range

from criticizing the tightness of their T-shirts to their herd-like mentality in the hallways, but all content is written with humour.

Sewell said he understands how some people may take the group the wrong way, but hopes they aren't overly offended by it.

"We don't intend to be malicious in any way," Sewell said. "I hope someone starts up a site about Humber Justice students so we can start some competition."

Business management student Bekkah Alkema also started a group on Facebook involving students and their complaints. The group, "Humber Res Caf Complaints," has more than 80 members and is intended to create discussion about the prices and quality of residence cafeteria food.

"We are starting a petition and would like to present it at the food forum," Alkema said. "I wanted to know what other students thought about it because there have been some serious complaints and Humber doesn't seem to be doing anything about it."

Alkema said she is a member of other Facebook groups and supports online freedom of speech.

"The Internet is really difficult to regulate and people should be able to say what they want," Alkema said. "Still, there is a line between airing your complaints and targeting somebody because you don't like them."

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"The millions who are in want will not stand idly by silently forever while the things to satisfy their needs are within easy reach." – Franklin D. Roosevelt

Students can find out information on blog

Justine Lewkowicz
LIFE REPORTER

Forget calling or sending a letter, today's prospective students expect to find information about Humber's programs by reading blogs on the college's website and asking questions online, the manager of Humber's recruitment services office said.

"High school students nowadays are text-messaging, they're on MSN Messenger, MySpace and Facebook," said manager Sarah-Jane Brimley. "So we started really moving into e-communications with our prospective students."

This month, the recruitment office is launching a MySpace group for students attending in the fall.

"It will be a chance for them to share thoughts, concerns and ideas with other students who are in the same boat," Brimley said.

Students using this Internet group will be able to learn more about their classmates, which may ease the anxieties associated with going to college.

"Truly one of the biggest questions we get is what the students are like. 'Are there going to be people like me?'" Brimley said. "If you have a MySpace page and you join the Humber Student Recruitment group, people can click through your page, see what kind of music you like and pictures of you."

Brimley said the blogs on the Humber website have taken off in popularity among prospective students this year. They are written by three current students who discuss topics ranging from busy exam schedules to visiting the campus pub.

"Students are so connected electronically to everything now that this blog was just another way for them to find out about Humber

without having to go a traditional route of even sending an e-mail," Brimley said. "I think now students just expect to see blogs."

"Students are so connected electronically to everything now that this blog was just another way for them to find out about Humber..."

– Sarah-Jane Brimley
Recruitment Services Manager

Third-year wireless telecommunications student, Vlad Smolyarenko, 24, who is one of the three bloggers, said this approach helps the newcomers build confidence.

"They feel more comfortable with students," Smolyarenko said.

"Would you want to talk to the teacher or the student? You can relate to your own age."

Another of the bloggers, first-year creative photography student, Ashley Watson, 21, said she decided to get involved to improve the incoming students' first impression of the college.

"It kind of sours you sometimes when you have a really bad experience at a college that you really want to like," Watson said. "So if there can be one more person who can give you a good experience, then great."

Brimley said that the college's e-communication strategy, which also includes web chats and MSN Messenger, helps students learn more about Humber and choose the right path.

"They're talking to us more frequently than they would have even five years ago," she said. "This means that they're making better

decisions for programs because they're getting more information. They can actually talk to students now and they can read about what students are actually doing in their programs."

Online communication is especially useful for international students who sometimes feel too shy about their English to call in, Smolyarenko said.

"I get responses from Nigeria and South Africa," he said. "Ten per cent of the school is international, so we do get people from all over the world."

The third blogger, public relations student Stephanie Sayer, 28, said things have really changed since she left high school.

"I don't want to say that I'm from a different generation but I don't tend to like things like Facebook and MySpace," Sayer said. "But I know that younger students definitely do."



photo by dennis chung

Staff and students were burned while making tea or coffee.

Preventing campus injuries

Variety of minor hazards exist in everyday activities

Jef Catapang
LIFE REPORTER

The two most common injuries at Humber are cuts in the culinary arts labs and first-degree burns at Java Jazz, according to manager of the health centre Carole Gionet.

"That one concerns me," Gionet said, who herself was injured last year when pouring a cup of hot water.

While some of the burns are the fault of negligent customers, others are the result of a spout malfunction.

"When you lift that little valve out, sometimes you think you've stopped the water but water is still coming out," she said.

"It says 'hot water', but . . . The hot water is not the issue, it's that the valve sometimes doesn't shut off, and you shouldn't just put your hand under there."

Although not significant enough to warrant hospital treatment,

Gionet said the burns are serious, requiring multiple dressings and taking up to a week to heal.

"It's not a sexy injury, but it's frustrating because it is preventable," she said.

For culinary students, Gionet said, the most common injuries are cuts and fainting while in lab.

Anxiety at the beginning of the school year is a possible factor, she said, as cuts and losing consciousness become less of a problem around the end of first semester.

"I've never heard of anyone fainting in a lab," said culinary instructor Anne-Marie Ellis, who said kitchen heat and ventilation issues are not a problem in her classes.

But culinary student Trevor Kliaman, 21, said he feels labs can get stuffy enough to pose problems. "It's condensed, and the ovens are on, and if the hood fans aren't on . . .", he said room temperatures can get high.

At least two culinary students

have fainted this year, he said.

Second-year culinary student, Kevin Sobey agreed self-inflicted cuts are the most common injury.

"They happen roughly every class. Today our chef cut himself."

Sobey once sliced the middle finger on his left hand and now has a scar just below the cuticle.

"It's mostly people who don't pay attention to what they're doing," he said.

Culinary instructors "show how to handle and sharpen (your knife), then you do it slow, but people think they know how to do it so they do it really, really fast."

Along with keeping your knives sharp so that they cut through objects easily, Sobey said awareness is the key.

"Always pay attention to what you are doing, don't ever get distracted, and when you're cutting something, finish what you're cutting, then put the knife down," he said.

Healthy eating helps protects body from number of nasty problems

Katarina Ilic
LIFE REPORTER

It's very easy for students to pick up bad eating habits that cannot only be damaging to their health, but can also affect their studies.

The most common bad eating habit arises from either not having enough time to eat or from being too lazy to prepare a meal.

According to Meera Dossa, a naturopathic doctor and nutritionist at Pacific Wellness Institute, eating breakfast and avoiding junk food is vital for students.

"A lot of studies have shown that when you skip breakfast it can actually affect both your physical and your mental performance and it decreases your ability to concen-

trate, so if you are a student and you're skipping out on breakfast, you're kind of already bringing down your mental capacity to function at school," Dossa said.

Skipping breakfast and relying on junk food can produce several other nasty side effects.

Three of the biggest include weight gain, hypoglycemia and irritable bowel syndrome.

The reason the body puts on so much weight has to do with the drive for self-preservation.

"This is because when the body hasn't received food for a long amount of time like the 10 or 14 hours it feels like it's gone into starvation mode, so anything that does get in the next time you put food in there it's going to want to

hold onto the food," Dossa said. "So instead of using that as fuel, it ends up storing it as fat."

"...If you are a student and you're skipping out on breakfast you're kind of already bringing down your mental capacity to function at school."

– Meera Dossa
Naturopathic Doctor and Nutritionist

Hypoglycemia occurs when a person's blood sugar drops due to either skipping a meal or from ingesting too much junk food constantly where the body begins to

crave coffee or junk food so that it can function.

According to Melissa Ramos, a holistic nutritionist at Traditional Healing Arts, if the craving is not satisfied the student can, "become dependent on things like coffee and junk goods and processed foods and sugary foods."

She added, "You can experience things such as irritability, fatigue and maybe even some headaches."

Ramos said the third major side effect, irritable bowel syndrome can, in some cases, follow the above two side effects.

Irritable bowel syndrome, where the digestive system is not functioning correctly, may cause either constipation or diarrhea to occur in alternating episodes.

Often times this condition is accompanied by dizziness and in some cases loss of consciousness.

Both Dossa and Ramos agree that all the above conditions are fully reversible with a little care and attention to what one eats.

"If anything it's really important to increase your meal frequency," Dossa said.

One method of doing this is by making sure you always have healthy snacks on hand.

Good snack foods include trail mixes, carrot sticks, celery sticks, grapes, granola bars and yogurt.

Dossa also recommends that students start their day off right with a homemade smoothie that's sure to give them increased energy during their day.

"Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all." – Sam Ewing



photo by jordana stier

Coordinator Anna Kulinski with photos of a few locations Humber students have traveled.

Overseas opportunities can improve career prospects

Experiences abroad put students ahead of their peers

Jordana Stier
LIFE REPORTER

Students are able to get better jobs after studying abroad, said Humber's Hospitality, Recreation and Tourism Program co-ordinator Anna Kulinski.

"The world is so globalized and we have a need for students with international experience," Kulinski said.

She said being exposed to different countries, cultures and languages are very valuable experiences that can put students ahead of their peers and co-workers when it comes to attaining that dream job.

For the past four years, hospitality and culinary students have had the opportunity to study abroad for two weeks in Europe, in countries such as Germany and France, participating in events that specialize in hospitality and culinary workshops.

"This year they are going to Italy and they visit restaurants, hotels, food services, like chocolate, wineries, factories and things like that," Kulinski said.

The Travel Tourism Management Program offers Humber students "the opportunity to take a learning trip to a destination of their choice," Kulinski said.

The Tourism Hospitality Program allows students to complete their fourth semester in Strasbourg, France at Schiller University.

Following their studies, they do a field placement in Europe which lets them attain "international work experience," Kulinski said.

"Some students have the opportunity to have a contract with Hilton Hotels that they stay with the placement for an entire year."

The benefits of studying abroad are countless. Besides the fact that having international experience will make a student a more desirable candidate for a job.

Kulinski said it brings "flavor to the kitchen, to the restaurant or whatever it is that they will be doing."

When students study abroad, many learn the language, which is very important to employers in Canada.

"We're so multicultural and you have visitors from other countries that are coming here as well," Kulinski said. "When you have more languages you're more aware of the culture; that's a huge benefit for you."

For students who are not in Humber's hospitality, culinary and tourism management schools, they can find programs that apply to their school by going to the col-

lege transfer guide, located on Humber's main website, said Dalcyce Newby, a Humber international student adviser.

Programs are arranged between the different schools and allow students to transfer credits.

"The school has articulation agreements with different schools overseas . . . for example it might say if you study and get your diploma here and get 70 per cent then maybe you might be able to transfer to whatever university you want."

"Some of those universities just happen to be outside of Canada," Newby said.

"Those are agreements that the school of media studies, the school of hospitality, recreation and tourism, the school of whoever have engaged in making those arrangements."

Examples of transfer destinations include Australia, New York, British Columbia and England. "It's a whole life experience," Newby said.

Women excel in food industry pressure cooker

Demographics change in kitchen

Suzan Park
LIFE REPORTER

It would have been hard to find a female culinary student roaming the halls of Humber College ten years ago.

Now there are an equal number of men and women in culinary studies.

"The restaurant style has definitely changed," said Rudy Fischbacher, the Culinary Studies co-ordinator at Humber College.

"The recent rise in popularity of celebrity chefs and their eponymous television shows have opened the doors for men and women alike who want to sauté their way into top restaurants.

"The Julia Childs and Martha Stewarts helped develop the career of female chefs," Fischbacher said.

While Timothy Johnson, 25, a second-year culinary management student admits that women are excellent cooks, he believes that men are just plain better in some areas than their xx-chromosome counterparts.

"Men have a better understanding of the chemistry behind (cooking)."

Chef Lisa Goral, the former executive chef of Club Links Resort in Caledon, said that is absolutely untrue.

But she does acknowledge that being a head chef is not a walk in the park.

"Women have to work twice as hard as a guy to gain recognition," Goral said.

The 16-hour days an executive chef spends in their stifling kitchen gives little in the way of glamour.

"The restaurant style has definitely changed... The Julia Childs and Martha Stewarts helped develop the career of female chefs."

– Rudy Fischbacher
Culinary Studies Co-ordinator

They bark orders, chop furiously and drip sweat down their crisp white chefs' jacket.

"I love the craziness of the line," Goral said. "With what I do, I'm

being pulled here, there and everywhere."

But Johnson says chefs need a strong bearing to become head chef.

"Sometimes females don't have the voice to dictate what they want done," Johnson said.

First-year culinary studies student Andrea Arteaga, 19, disagrees. "I'm not intimidated. I'm sure there are women who can do a better job than a man."

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Student Bodies

Getting back into it

Suzan Park
LIFE REPORTER

Mark Twain once said, "The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not." Our two student bodies know that better than anyone else. Though Mike and Priscilla are focused on getting into shape, they have found a hurdle in spring break. The week-long brain inactivity most students are familiar with did not give exception to our Student Bodies' workout plans.

But now they are back to the gym with a vengeance.

Michael Mitchell

Priscilla Daviau

Weight:

148 lbs (Start)

148lbs (Start)

Post-reading week

"During the break I had originally planned to work out and had set aside time in my schedule to hit the gym. Going back home and seeing old friends caused me to not have enough time to go to the gym. It's easier to work out here. . . then back at home, especially with a trainer around to help out."

Facing the facts:

"With Monique by my side, I have someone pushing me to go harder and push myself to the limit. Being away from the training for a week has made me realize that slacking off isn't an option. If I want to obtain my goals. . . Ultimately I need to focus, and push myself to obtain my goals."

Weight:

310 lbs (Start)

300lbs (Now)

Post-reading week:

"I haven't kept up with the workout like I had hoped. I have only worked out once. Because of the break I have been working more hours and have been beat tired when I have been home even though I did have a workout plan for the break."

Facing the facts:

"It is definitely easier to work out with Monique. I don't think that I have developed the habit of working out yet and so it would be harder without Monique or someone else there."

I have learned that I still need help. This is still a new change and it will take some more time until it becomes the norm for me."



photo by suzan park

Shortage of time last week.



photo by suzan park

Worked out once last week.

WHISK

Omlette Souffle Aux Confiture
Chef Timothy Johnson

2 egg yolks
4 1/2 tablespoons sugar
5 ml kirsh
orange zest-grated
1 tbsp strawberry jam
1/4 kiwi
1/2 orange
icing sugar

- 
1. Beat yolks and sugar until mix becomes pale
 2. Add kirsh flavouring and orange zest
 3. Pour into a hot buttered pan
 4. Bake in hot oven
 5. Place warm jam through the middle
 6. Fold over and turn out of pan
 7. Sprinkle with icing sugar
 8. Make crisscross with hot poker
 9. Garnish with fresh fruit



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HSF ELECTIONS March 6 - 8

Polling Stations: North Campus — Concourse, Athletics, Guelph-Humber Atrium
Lakeshore Campus — H Cafeteria, AB Cafeteria

PRESIDENT Your Candidates

Thomas Crelier



"Bridging the Gaps"

Compassion, Culture, Creativity, Community, Communication

"I believe Humber College is like a house to me. What can I offer to make this school a home?"

Compassion:

Helping; aiding charities and giving to those who are less fortunate

Supporting; students who need that extra assistance to continue with their future - including bursaries

Culture:

Celebrating; expressing diverse cultures through college events

Creativity:

Fun; frosh week events that would create memories that would last a lifetime

Friends; monthly events to encourage peer bonding and help make vital friends

Community:

Updating; create an online community of students helping students, through the HSFWeb.com portal

Opening doors; students are welcome and encouraged to drop by and ask for things they would like to see

Involving; create better means for students to get involved with clubs

Communication:

Awareness; of all services, and events would be increased

Understand; inform students about what they have available to them

Together we can make Humber College not only a place to attend school, but our second home. With clear guidance and understanding of what the HSF is able to do for you, we can "bridge the gaps".

Nick Farnell



We have had an exciting year here at HSF and if I am elected, next year will be even better! My name is Nick Farnell and I am running for President.

What have I done?

- lead events assistant for HSF, bringing you great events all over campus
- two years as a Residence Assistant creating programs and improving student life
- one year in athletics, making sure all games and events ran smoothly
- HSF program rep. for Industrial Design

What will I do?

- continue the strong relationship between HSF and Residence, Athletics, and GH
- work towards an ecologically sustainable campus
- evaluate the option of student run food sales in CAPS, with student run prices
- work to keep tuition as low as possible
- evaluate the residence cafeteria considering prices, food options, and alternatives to styrofoam plates

Vote Nick Farnell for HSF President

Parvinder Gill



IT'S NOT THE VOTING THAT'S DEMOCRACY ; IT'S THE COUNTING

Hello everyone I am Parvinder Gill , a full time student at Humber taking International Marketing . I am contesting the HSF elections for the post of the President. I want to be the President because I want to be of some use to my fellow students and work towards their interests. I will not make big promises because a famous author has said "VOTE FOR THE MAN WHO PROMISES LEAST ; HE WILL BE THE LEAST DISAPPOINTING". I will not make a list of my promises but rather I would look into what the students actually need. I came to Canada to study with people from different cultures and background under the same umbrella at Humber, and if I get a chance to represent my fellow students then it will be like a great opportunity and satisfaction to me. So in the last I will just like to say that make full use of your voting rights and please do vote because one vote can change the face of the government body.

Thanking everyone who took some time out of their busy schedules to read this.

HSF ELECTIONS March 6 - 8

Polling Stations: North Campus — Concourse, Athletics, Guelph-Humber Atrium
Lakeshore Campus — H Cafeteria, AB Cafeteria

VP CAMPUS LIFE — NORTH Your Candidates

Mitchell Greenaway



I am running for the position of Vice President of Campus Life here at the North Campus. I am currently a Resident Assistant, a chemical engineering student, and a member of the Humber varsity rugby team. I want to improve Campus Life at North campus. Some of the major changes I would like to accomplish are:

- Bigger bands, Bigger names
- More international performers
- Work closely with GHSA for more events in and for GH
- Make Caps a student run food facility
- Renovate and improve the athletic fields
- Better food and Better prices

I would also like to help to lower tuition fees for Humber students. If I am elected I want to make your time here at Humber fun and memorable. Vote Mitchell Greenaway for Vice President of Campus Life.

Trudy-Ann Powell



My name is Trudy-Ann Powell. I am adamant about student rights and will always be. I will stand up for the interest of the Humber College student. Currently, I am the Student Representative on the Humber Board of Governors and I am not afraid to express student concerns. I will ensure that I advocate for fun events on campus. As your Vice- President of Campus Life, I'll ensure that students get the most from their college experience. Help keep me involved because together we can make this happen!

Gagandeep Singh



Hi Humber, my name is Gagandeep Singh and I am running for VP Campus Life for the North Campus in the HSF elections. I am second year student of Business Management. Many students know me as a very friendly, easy going, and hard working individual. I have the leadership skills to successfully handle this position.

If elected I would:

- Lobby for more security on campus, in terms of closed circuit cameras and security personnel.
- Lobby to stop escalating parking fees
- Organize more multicultural events.
- Lobby for more food services so as to meet the needs and issues of students.
- Improve overall Campus Life by having more HSF events in the school year.

Experience

Volunteer working for president elections at Humber College 2006
Participated and organized cultural shows for high school and community associations.

Please vote Gagandeep Singh, for Vice-President Campus Life (North Campus) on March 5, 6 and 7

Revlon Stoddart



My name is Revlon Stoddart, completing my 3rd year studies in the Early Childhood Program at the University of Guelph-Humber. My motivation in running for this position is to enhance student awareness, and to promote services, clubs and organizations that our campus provides. Also, I want to gain an opportunity to articulate or be the voice that can influence events and activities centered on our interests as students. I believe that I'm an asset when working in a team to achieve common goals, and I enjoy interacting with peers and staff to improve our University/College campus life experiences.

Students Supporting Students

- Representing students campus-wide
- Building on the foundation of previous events to bring about new and adapted ones
- Maintaining interaction with peers to encourage positive student and campus life experiences
- Promoting and implementing FUN and MEMORABLE activities!

Who am I?

- Charismatic
- Energetic
- Hardworking
- Committed
- Determined
- Actively involved with student initiatives
- Rooted in the Humber and Guelph-Humber communities

“After all the trouble you go to, you get about as much actual ‘food’ out of eating an artichoke as you would from licking 30 or 40 postage stamps.” – Miss Piggy

Winter’s comforting delights

Indulge in your favourite ice cream and soups and curl up in a blanket during the cold winter months

Brittany Gogo
LIFE REPORTER

What do ice cream, butternut squash soup and a Big Mac have in common? They are all someone’s comfort food.

Marcus Johnson, a first-year culinary arts student, said comfort foods are those that “make people feel nice when they are down.”

“They say ice cream is one of the best things to have when you are down because it is smooth,” Johnson said. “Some people think pizza is comfort, or McDonald’s, it really just depends on the eater.”

Johnson said he does not know why, but chocolate is one of the best comfort foods, especially for those who have a sweet tooth like him. He prefers cheesecake when he is feeling down.

The Humber dining room has many items for students who are looking for some comfort from the cold weather.

“We try and do things that are essentially using winter vegetables, a lot of root vegetables that are heartier,” said Richard Pitteway, food and beverage manager at the formal dining room at North Campus. “The soups are heartier soups, like a butternut squash soup or a potato and leek soup, so it is really heavy and rich and full-bodied. As far as the main courses go, again the same thing. The sauces tend to be a little heartier and richer in flavour and they tend to make that cold day feel a little bit warmer.”

Pitteway said people are looking for these hearty, home-cooked meals when they eat at the restaurant. “Even if people don’t consciously

make the decision, I think they do unconsciously go in that direction,” Pitteway said. “They hear the warm kind of quality of the food and therefore they are enticed by it, even if they hadn’t thought of it ahead of time.”

Food offers comfort because of familiarity or pleasant associations. It often works as a distraction from the stresses of life, but emotional eating can sometimes have a poor effect on one’s health, said Dr. Mary Rammohan.

“Comfort eating is not always a good thing. It means you are lacking something in your life and looking for comfort in your food,” Rammohan said. “This can lead to weight gain if you make the wrong selections.”

“They say ice cream is one of the best things to have when you are down because it is smooth”

– Marcus Johnson,
Culinary Arts student



photo by brittany gogo

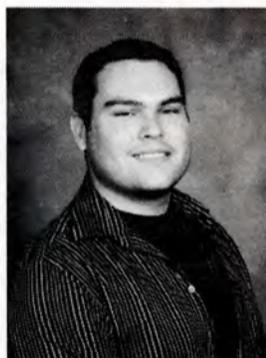
You should eat comfort foods, like chocolate, in moderation.

HSF ELECTIONS March 6 - 8

Polling Stations: North Campus — Concourse, Athletics, Guelph-Humber Atrium
Lakeshore Campus — H Cafeteria, AB Cafeteria

VP ADMIN — NORTH

Your Candidates Alan Desimpel



Hello Humber

My name is Alan Desimpel and I am running for Vice President Administration for the North Campus. As your current VP-Admin I was able to help students in many ways. This is what I have done for you so far...

- Supported the Humber Hawks by giving player of the game awards
- Renovated the Health Center to ensure comfort and privacy while you wait
- Gave residence an elliptical for the gym
- Ensured that Computers and wireless access were accessible to all students
- Improved the Used Book Store and the Food Bank so your getting a quality service

If I am able to return as your VP-Admin I will fight ...

- To get a TD bank machine on campus and in residence
- To keep tuition as low as possible
- To get quality food at affordable prices on campus.
- To get the student center renovated so its a comfortable place to relax
- To get Hawk apparel in the HSF Book Store so we show our support to our varsity athletes

I’ve proven that I am here for you, so let me represent you again. Vote Alan Desimpel for Vice-President Administration.

Prabhjit Multani

—Platform Not Submitted—



HSF ELECTIONS March 6 - 8

Polling Stations: North Campus — Concourse, Athletics, Guelph-Humber Atrium
Lakeshore Campus — H Cafeteria, AB Cafeteria

VP ADMIN — LAKESHORE

Your Candidates Elisha Arcega



My name is Elisha Arcega and I am your current VP of Administration and am looking to work for YOU for a second year! This year I have proven that I am here for the students! I have...

- Created Humber Email for FREE!
- Sponsored music students to attend the Montreal Drum Festival
- Created a FREE coloured printing service in open access labs to save money for Media Students!
- STOPPED high school students from coming onto our campus!
- Renovated computer labs around campus so that we can have OPEN ACCESS MAC COMPUTERS
- Tried and make Humber more environmentally friendly by getting our cafeteria to use eco-friendly products!

Here are some of my ideas for next year!

- Lobby the government for what students want: LOWER TUITION!
 - Work with big businesses to create a job fair that will YOU a job!
 - Try and lobby the college for more space for students around campus!
- I have PROVEN that I am here for the students! Let me be your VP of Administration again so that I can CONTINUE to improve the services here on campus and advocate for YOU!

VOTE FOR ELISHA ARCEGA!

Deepak Sharda



"If elected I shall be thankful; if not, it will be all the same."

Hi everybody, I am a Post graduate Student, studying International Marketing. Keeping it brief, I am supportive of everyone around me and a team player, competent in handling difficult situations and remain calm and efficient under pressure. I can adapt well to changes in the work conditions. Please do vote and I don't just mean for me but for anyone you support.

The rich diversity of our students is an asset, and as a Public Relation Assistant, I have worked with the HSF team to represent all students on campus. I am self-confident, dedicated, hardworking and have a good sense of humor I will ensure this will be a priority in the future.

Aims:

- My main concern will be to work for betterment of Food Facilities all around the campus, as well as improvement in student meal plan.
- Emphasize Employment; by promoting more student participation in job fairs and campus placement.
- Making sure students' voices are heard and taken into consideration e.g. Parking, Mini bar, Better Lab facilities and.
- Support and enhance Blackboard, exam feedback, electronic submission, and Industrial Visit in every program.
- Improve transportation: less fees, regular service; late shuttle service targeting late lectures 18:00 – 21:00 among both campuses.

VP CAMPUS LIFE — LAKESHORE

Your Candidates

Danny Dam



Hello Humber! My name is Danny Dam and I want to be next year's VP of Campus Life! I want the Lakeshore campus to actually have an amazing student life next year. I have so many ideas that will get every student involved! I currently work for the HSF Events office so I know what it takes to bring fun and entertainment to the Lakeshore Campus! Some of my ideas are:

- Actually LISTENING to the STUDENTS and you can tell me what you want on campus!
- Organize charity events that involve our local community including LAKESHORE students!
- Organize different social events such as an all Lakeshore Talent show highlighting our very own talent!
- Organize multiple night time events and turn HSF spaces into a night time pub!
- Organize a long jam packed frosh week that gets the ENTIRE student body involved and not just new students

If you vote for me I guarantee you that you will love being at Humber next year! I will promise to organize so much fun stuff that will help students de-stress themselves and have a great time here at school!

VOTE DANNY DAM FOR VP OF CAMPUS LIFE

Zachary Labelle



---Platform Not Submitted---



"I have never been three goals down so quickly before." – Reading's manager Steve Coppell on Manchester United's 3-0 lead after first six minutes of play

Ly and Islam going national

Michael Clegg
SPORTS REPORTER

Hoa Ly and Ronni Islam proved to be Ontario's best men's doubles badminton team and are now going to the national championships in British Columbia.

"I think they're going to get a big wake-up call when they get to the national level," said coach Paul McGarr. "To be perfectly honest, I know the national level is extremely strong, but we're just proud to be there period."

This will mark the first time in more than 25 years that Humber has sent a team to the nationals, which will be held at Douglas College in New Westminster March 8-10.

Ly and Islam qualified, winning all seven of their matches at the OCAA Championships last month at Centennial College.

"I'm confident that with a little bit of training in the next two or three weeks, I think we'll put up a good fight," Ly said, after winning gold at the Feb. 18 provincials.

"It feels good to make it to nationals," Islam added. "We worked hard all year and it paid off."

The men cruised through the first round of the tournament, dropping only one game on the way to their first place playoff seeding.

"...my arm was a little sore, but you've still got to respect the cannon."

- Hoa Ly
men's doubles team

After handing George Brown a 21-16, 21-14 loss in the semi-finals, Ly and Islam took on a tough St. Clair side in what would turn out to be an intense back-and-forth match.

"Definitely an emotional roller-coaster, but it was a great victory for us," McGarr said, of his team's triumph. "They deserved to win it. They just had to go out there and play their game, stay focused and they came out on top."

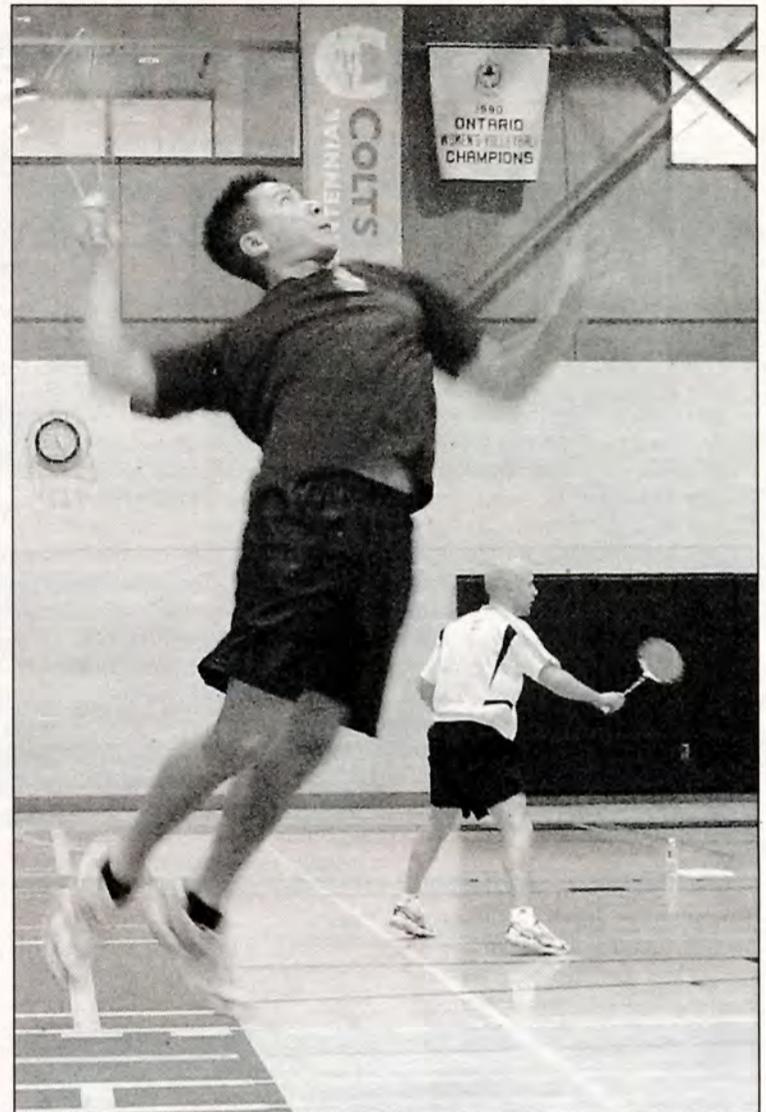
Despite losing the majority of their points on unforced errors, the men stuck with their aggressive style.

"I didn't expect to work as hard as I did in the opening round, and my arm was a little sore, but you've still got to respect the cannon," Ly said, of his overhead smash.

"It was very intense, the kind of game you expect for a championship match," Islam said. "I made a few errors, but me and my partner we worked it out together and helped each other out on some shots and it worked out well – we're really happy about it. We both have our weaknesses and strengths, so it matches well for both of us."

The women's side had a solid opening round, but fell in the playoffs to Seneca losing 21-14, 21-15 to finish fourth overall.

"The women's doubles has been a complete dogfight," McGarr said. "We just needed that extra little roll or something like that to happen, and that was the difference in the game."



Hoa Ly (above) displays his overhead smash. He and partner Ronni Islam took home gold at the provincial championships.

photo by mike clegg

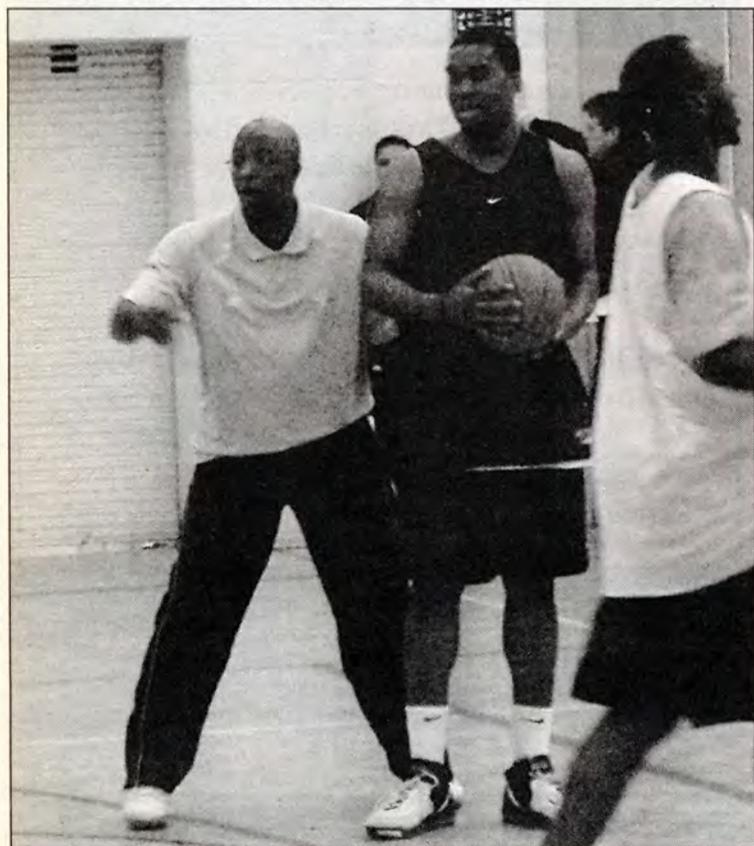
Humber looks to strike in playoffs

James Sturgeon
SPORTS REPORTER

It's the weekend the Humber men's basketball team has played

all year to get to.

At the end of a long yet successful season, the OCAA Final Eight provincial championships get underway, when the top ranked



Coach Darrell Glenn talks forward Mike Swaby and teammates through some plays last Monday in preparation for provincials.

photo by james sturgeon

Hawks' (13-2) tip-off against Niagara College (8-6) today (2 p.m.) at Durham College in Oshawa.

As two-time defending champions and with a very successful season in tow, Humber enters the tournament with a sense of guarded optimism about its chances for a third straight provincial title.

Asked if the team was ready, head coach Darrell Glenn said, "I think so. Where we're at, I feel pretty good going in."

Humber wrapped up another solid season with a 54-41 win over Seneca (7-8) last Wednesday night at home. It was their eighth win in a row and gave the Hawks their second consecutive Central division title.

Yet it wasn't quite the performance Humber wanted entering the post-season, Glenn said.

"It certainly wasn't what we were hoping to do for our last game," he said.

Humber shot 44 per cent from the field, while second-year forward Chris Thompson was the lone Hawk in double figures with 11 points.

The shaky play in stretches may have been because Humber used its full bench in preparation for this weekend.

"We had a lot of people playing different positions getting ready

for the playoffs," said Glenn.

The entire roster, except for second-year guard Jonathan Tyndale, saw floor time against Seneca.

That depth throughout the roster, said Glenn, alongside a gritty defence is what the Hawks will be relying on this weekend.

"What I'm hoping is that we get 13 guys playing their best basketball, with everybody contributing" he said.

"Part of our success is our ability to be able to rely on more than one guy. On any given night we've had different people step up.

"Controlling the glass and forcing the other team to take low percentage shots - those are what our strengths are," Glenn said.

The top four teams, Humber, Fanshawe (14-0), Algonquin (15-3) and St. Clair (10-4), will meet the lower four seeds, St. Lawrence (14-4), Sheridan (12-3), Cambrian (10-8) and Niagara, in quarter final action today.

The tournament is formatted so that quarter final losers are eliminated immediately, while the remaining four teams advance to the semis tomorrow night, and then on to either the gold or bronze medal games Saturday afternoon.

According to the coaching staff, Humber's draw has no clear advantages or disadvantages, as

the competition is stiff throughout the tournament.

"I think that more than any other season (in the past), the league's got a lot of parity this year – there isn't one dominant team," Glenn said.

Even eighth-seeded Niagara will pose some considerable problems for Humber.

"They have great guard play and match up well against our size," said assistant coach Chris Cheng. "Athletically, they've got exactly what we've got."

"We just have to worry about what we have to do," Cheng said.

Humber's Final Eight weekend officially kicked off last night in Oshawa at the annual OCAA awards banquet – followed by a little pre-tournament bowling for the boys, a tradition that began two years ago when Humber won its first provincial title under Glenn.

"It gets us all together," Glenn said. "It'll loosen us up before we go into battle."

"As long as no one gets hurt there, we should be fine," Cheng added.

"That's why we're playing five-pin," Glenn joked.

The gold medal game is at 3 p.m. Saturday, at Durham College's Campus Athletic Centre in Oshawa.

SPORTS

"I talked to him today and he said he had his slap shot ready if we need one early in camp." — Skipper John Gibbons on his new Blue Jay, Canadian Matt Stairs

OCAA referees endure abuse, earn their stripes

Brigid Aiken
SPORTS REPORTER

"Bad call ref!" the fan screamed. "Open your eyes!"

The referee ignored it, continuing on with what he was there to do — officiating the game.

The constant abuse and the pressure to make the right calls at no more than \$30 a game, it's a wonder anyone would become a referee. But for the officials who work across Ontario for the OCAA, it's a big part of their lives, and they are proud to do it.

"It's always the ref's fault," laughed Ontario College Athletic Association soccer ref Ken Thomas.

OCAA referees in all sports also officiate other levels of the game, from elementary school to university. They go through detailed training to ensure that not only do

they know the rules inside and out, but they're quick enough to interpret them and make the right call.

As well, they must work their way up, starting with younger athletes up to the university level.

"The game at the college level is faster, things happen much more quickly," said Durham Board of Approved Basketball Officials referee instructor John Daugavietis. "You need to know the rules very, very thoroughly."

Refs are constantly evaluated to allow for promotions. According to Daugavietis it "takes about five years to develop" the skills necessary to officiate at the college level, "maybe as early as three to four if you have a background" in the sport.

Thomas is one such referee with a background in the sport he officiates. Originally from Britain, he

grew up on soccer like many Canadian kids grow up on hockey. When he came to Canada in 1994, he came back to the game of his childhood.

"I was getting on in age," he said. "I wanted to focus on something that would allow me to keep running up and down the field."

Thomas' day job is as a regional manager in sales, but he dedicates his spare time to officiating and instructing new refs.

"Soccer can actually interfere with work if you let it," he joked.

For most refs, whether they played, coached or were always just a fan, the biggest motivation to withstand the abuse and the lousy pay is simply the chance to give back to the game they've loved for years.

Gene Schaaf, 72, has been a basketball referee for 52 years. He had always enjoyed the game and wanted to try his hand at coaching but soon realized that he didn't know the rules as well as he thought.

"I decided I'd take a referees course," he said, "so I'd know what I was doing."

The retired teacher is no longer refereeing at the college level but still officiates youth under 14 in as many as 10 games a week.

"I fool a lot of people age-wise but I make no secret of how old I am," said Schaaf. "I don't run as fast as I used to by a long shot."

For some, giving back is a matter of representing their community. In sports where there is a great deal of diversity on teams, this is often not reflected by the referees that officiate their games.

"There is a huge amount of ethnic players but you definitely don't find a lot of black instructors or officials," said Thomas, who is black. "Refereeing in Ontario is still a bit of an old boys club."

"For the few years I played there was never any black referees," said college basketball ref Richard Greaves, who also is black.

"I wanted to show the black kids that there was another option for them."

For Greaves, being a role model is most important.

"He's very strong and supportive of the black community," Daugavietis said of the man he instructed. "He puts a lot of time and effort into that, to be a role model."

"It's great when you get feedback," Greaves said. Regardless of race, he said he takes pride when an athlete takes something positive or learns something from his officiating.

But it seems that, more times than not, the relationship between

CRUNCH TIME

On Feb. 21, Humber became the first Ontario college to have a game broadcasted live over the internet. The Hawks took on the Seneca Sting in women's basketball action.

An Arizona-based company Stretch Internet was responsible for the streaming video feed, which was available via a link on the Humber athletics website.

- Josh Gold-Smith

The NHL trade deadline came and went on Tuesday, with a number of high profile players switching uniforms.

Big name movers included Bill Guerin heading to San Jose, goaltender Martin Biron leaving cup contender Buffalo for the basement dwelling Flyers, Oilers face-of-the-franchise Ryan Smyth being sent to the Islander and power forward Todd Bertuzzi moving to Detroit.

- NHL.com

Olympic wrestling gold medalist Rulon Gardner and two friends survived a plane crash into Lake Powell in Southern Utah on Feb 24.

After swimming for more than an hour in 5-degree water, they reached shore and spent the night in freezing temperatures without shelter before being rescued by a local fisherman.

- FOXNews.com



photo by brigid aiken

OCAA referee Ken Thomas pauses play during a mens indoor soccer tournament hosted by Conestoga earlier last month.

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"I'm like President Bush. You may not like me, you may not respect me, but you voted me in." – 2007 NBA All-Star Shaquille O'Neal

Ladies look to take capital

Josh Gold-Smith
SPORTS REPORTER

The Humber Hawks women's basketball team faces the season's biggest challenge as the OCAA Championships tip off today in Ottawa.

The third-ranked Hawks finished the regular season with a 9-7 record and will face Algoma in the quarter-finals.

Humber qualified for the provincial tournament thanks to a 63-51 victory over the Niagara Knights in a critical playoff crossover game last Friday.

The home win came on just two days rest as the Hawks fell 92-65 to

the undefeated Seneca Sting earlier in the week. Niagara proved to be more exhausted, having played three games in five days.

Head coach Denise Perrier said the tough schedule at season's end prepared the club for the pressure of the playoffs. "It's going to be good competition for us now, but that's what we want," Perrier said. "It's about how bad we want it."

Including exhibition and tournament play, the Hawks were 0-10 this season against the other seven playoff teams, who include rivals Seneca, Sheridan, Algonquin and St. Lawrence Kingston.

Humber did not face Algoma during the regular season, but

starting small forward Roxanne Plummer remains optimistic about the first-round matchup.

"We'll be fine. Coach [Perrier] says that if we play hard and do our best, we can beat any team," Plummer said. "You have to stay positive."

Humber will look to their balanced scoring attack, led by Monique Faulknor, Felon Harris and Kristina Harse, who posted season averages of 11.2, 10.5 and 9.8 points per game respectively.

Provincials run from today until Saturday with the champion and a possible wildcard team advancing to nationals in Edmonton beginning on March 15.

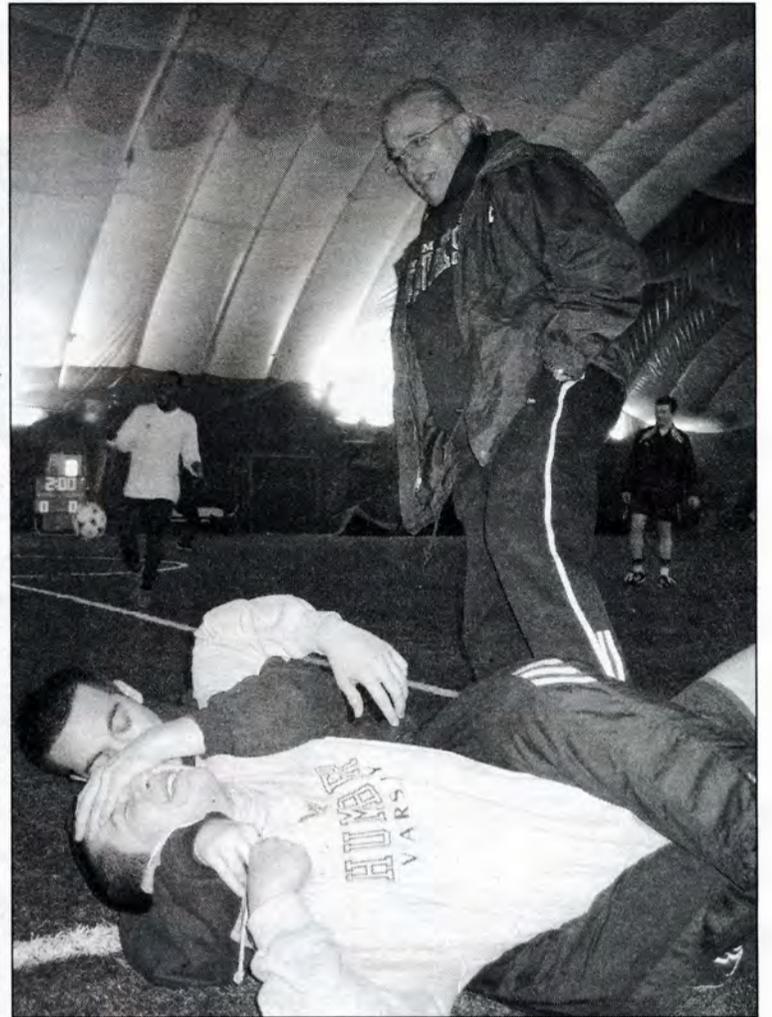


photo by brigid aiken

Assistant coach Cesare Tripodo eggs on Ilya Orlov (in white) and Rob Narvaez of the indoor soccer team, who blow off some steam by practicing some wrestling moves.

Indoor soccer squads gear up for regionals

Brigid Aiken
SPORTS REPORTER

The Humber men's and women's indoor soccer teams are optimistic about their chances in next week's regional playoffs, but both will have to rise to the challenge if they want to make it to the OCAA championship.

"If the girls come to play and play to their potential, I think we have a good chance," said women's head coach Vince Pileggi.

While the women won the championship in 2001 and bronze last year, the men have six consecutive OCAA titles under their belt.

"There's pressure on us as reigning champs," said men's assistant coach Cesar Tripodo. "But they're really a brand new team."

In the last tournament of the regular season on Feb. 17 at Sheridan, the men won two games and lost one in the preliminary round. They beat the Durham Lords 2-0 in the semi-finals, but lost 5-0 to George Brown in the finals.

"The team hasn't hatched yet," Tripodo said. "Even though we have a brand new team, they have done relatively well. But they are cocky."

"We beat ourselves sometimes," said defender Bright Asirif.

The women, who were missing goalkeeper Emily Curcuruto out with a concussion and big scorer Melissa Magliazza out with an MCL sprain, tied two games and lost one at the tournament, eliminating them in the preliminaries.

Captain Yolande Kolodziej said that while it was hard to play while missing integral members of their team, the tournaments of the season are practice for the playoffs.

"It's just pick up," Kolodziej said. "It's just leading up to the regionals."

The Hawks will each face four other teams at the regionals and the best two will advance to the provincial championship.

"I couldn't care less what the opposition is," Tripodo said, who would rather be prepared to face any team in the league.

For the women, Mohawk will be their stiffest competition.

"All they are is aggression," said forward Joanna Alexopoulos. "We will have to play smart and as a team. Bring on the competition."

The regionals are Monday and Tuesday at the Ultimate Golf Centre just north of Humber.

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"There's always a little bit of blood on his shirt, and probably somebody else's." – Leafs coach Paul Maurice on the re-signing of gritty winger Darcy Tucker

Lakers leave Hawks with silver

Humber falls in predictable championship match-up

Radmila Malobabic
SPORTS REPORTER

The Humber Hawks women's volleyball team took home silver this past weekend at the provincial championship at Georgian College in Barrie.

"We unfortunately let (Nipissing) dictate the control of the game," said head coach Chris Wilkins. "You know against a good team you can't do that. We allowed them to control the pace of the game and it caught up to us at the end of each game."

The Hawks earned their place in the finals with wins over the Cambrian Golden Shield and the Niagara Knights, both in three sets.

"They (Nipissing) have a couple of exceptional players," Wilkins said. "Both of those players if they play well, it becomes difficult to stop them. They are a good team, they played well tonight and we unfortunately made a few too many errors when it counted the most."

In the first set against Nipissing, Humber had a strong presence but fell short in a 25-22 loss.

"I think we had a good notion to go out and give everything we got," said setter Alex Steplock. "I think some of our skills broke down, like serving and passing. Everything else was great. We were digging up

balls like nothing else and I was happy about that."

Humber kept strong in the second set with three kills each from Kris Dowling and Cheri Hunter, but seemed to drop off with a 25-20 loss.

"I give the girls credit, they continued to fight," Wilkins said. "I asked them in that third game just don't quit on me, and they didn't. They continued to work. And even to the last point, when we knew Nipissing probably had it wrapped up, they still worked hard and still kept going."

The Hawks lost an upsetting third set 25-18.

Rachel Dubbeldam led Humber with 11 points and nine kills. Dubbeldam and Alex Steplock were both named to the OCAA all-star team.

After the tournament, Wilkins had nothing but positive remarks.

"It has made me a better person for being involved with this team," Wilkins said. "They show me that no matter what got thrown at us, we found a way around it. I'm proud of them. I'm proud of how hard they continued to work."

Nipissing's Meghan Stacey was named Championship MVP, scoring 13 kills and two blocks in the final to lead her team to gold.

In the bronze medal match, Mohawk defeated Algonquin (19-25, 25-15, 28-26, 25-14).



photo by radmila malobabic

Hawks Alex Steplock (2) and Landis Doyle (8) try to put up a wall as Rachel Dubbeldam (12) sets up for secondary defence. Humber couldn't block Nipissing's path to a gold medal.

Men end disappointing season

Simon Yau
SPORTS REPORTER

Missing its leading scorer and struggling to maintain its composure, the Humber men's volleyball team finished dead last in the past weekend's provincial championship tournament at Georgian College.

"The seeding committee obviously knew a thing or two," said coach Wayne Wilkins. "They seeded us eighth and we truly were an eighth team."

The Hawks arrived in Barrie riding a two-game winning streak, but could not overcome the inconsistency that has plagued the team throughout the entire season.

Facing the top ranked Algonquin Thunder – eventual champions of the three-day tournament – the Hawks committed an astounding 13 service errors in the match. Many of those errors came in a tightly contested second set that Humber would drop 25-23.

"We're scared when we go back," explained power Matt Dicks. "We just have to calm down and put the ball over, like in practice."

"It's something we have to work on," Wilkins added.

Despite playing with a much needed sense of urgency, the team's lack of experience coupled with the loss of power Bobby Anderson to

injury, proved too much for the Hawks to overcome, as they fell to both Algonquin and Redeemer College without taking a single set.

Rookie Jordao Casimiro started in place of Anderson and did "a phenomenal job," Wilkins said. But missing his team's leader in kills was "a big deal," admitted the coach. "We needed another outlet to go to offensively."

The Hawks spent much of their time playing from behind. "Every game the other team goes on a run, maybe two runs, and we're sitting there playing catch-up the whole tournament," Wilkins explained.

"We still have yet to accomplish that goal where we're down 2-0 and we've got to come back up and win the next three," Dicks added.

"We haven't done that all season."

After a disappointing conclusion, the Hawks will now have plenty of time to reflect on their second consecutive losing season.

Humber will host the national volleyball championships next year and Wilkins hopes a year of experience will position his team for a quick turnaround.

"You've got to lose before you learn how to win," Wilkins said. "They have an opportunity next year to do that. We've got some good recruits and a couple alumni coming back. With that combination of leadership and athleticism next year, we should be a good team."

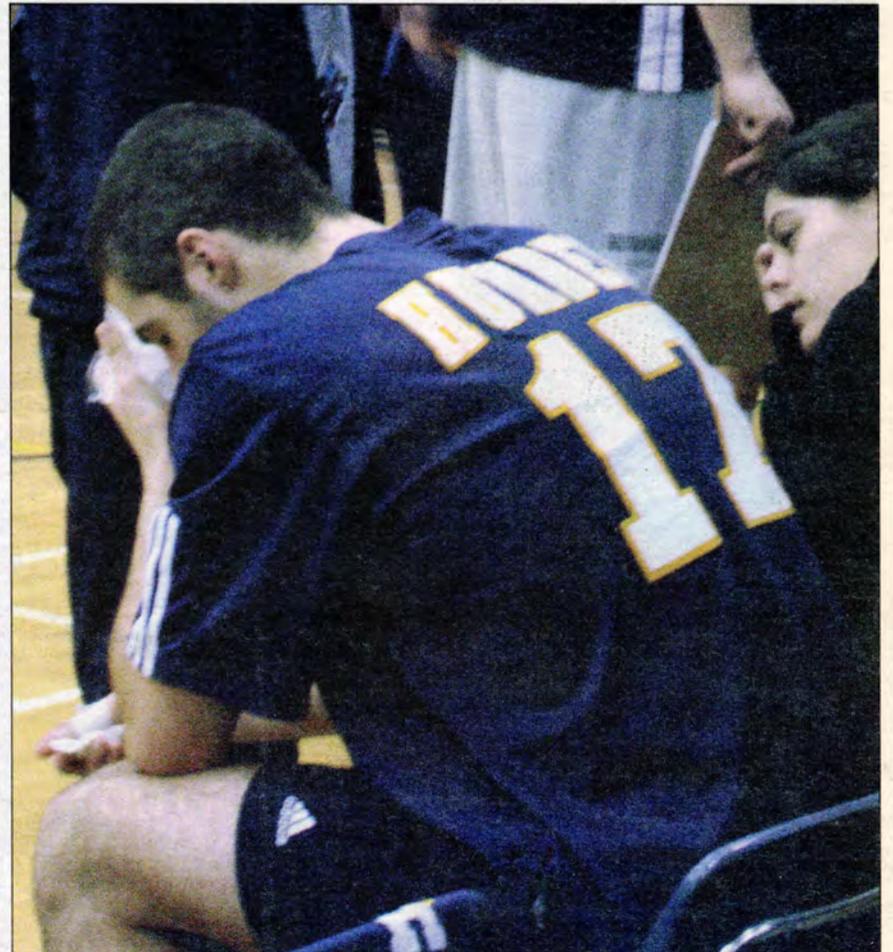


photo by simon yau

Jordao Casimiro and the Hawks hope to learn from this season's experience with Humber set to host the men's national championship in 2008.