

HUMBER ETCETERA

JANUARY 20, 2005

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VOLUME 35, ISSUE 1



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Calendar Girls

Halifax university bans
racy photo spread

Keeping it Fresh

Hip hop celebrates its 30th
anniversary with style



Shockwaves hit Humber



Residents of Koh Phi-Phi, Thailand, survey wreckage from the Dec. 26 tsunami which rocked the Indian Ocean and left an estimated 220,000 dead in 11 countries. See pages 2, 12 and 13 for more.

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Former student survives tsunami

Ashley Booth, 26, was in Thailand with her friend when the waves hit. Booth recently studied international marketing at Humber and provided *Et Cetera* with her harrowing story.



ASHLEY BOOTH

waters of the Andaman Sea. People were brown and beautiful. Drinks flowed

On the afternoon of Dec. 25, Christmas Day, Patrick and I arrived in Phuket. Paradise really! Wanting to 'do-it-up right' for the holidays, we chose a resort right on the beach.

After lunch with some vacationing Aussies and Kiwis who graciously shared their Christmas crackers, wine and lobster, we hit the beach for a swim.

Patong Beach could not have been busier full of families; little kids loved the shallow, tepid

and para-sailors decorated the sky. An idyllic holiday for anyone.

Then, the next morning, it happened.

After filling our breakfast plates from the beautiful buffet, Patrick and I chose the table closest to the beach (probably some 20 meters from the sand). Almost immediately, our attention was drawn to the water's edge. The ocean was eating up the beach.

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Students fleeced in parking crackdown

Police: Legally, don't have to pay

PATRICIA POST
SENIOR REPORTER

Business student Sacha Solomon was relieved to discover she didn't have to pay a \$40 parking ticket she recently found on her windshield.

Solomon parked at the Humber 27 Plaza, at Hwy. 427 and Humber College Blvd., last Thursday and returned to find a fine pinned beneath her car's wiper blades.

The ticket was from Municipal Parking Corporation, a privately-owned company.

Solomon said she became suspicious when she noticed the fine couldn't be paid to the city, but rather by credit card to a private company. She notified police, who advised her not to pay.

Constable William Catalano, 23 division, said the company is legitimate and the tag is designed to appear like a fine issued by the

Toronto Parking Authority.

He said it's "borderline bogus - too close to the real thing. People shouldn't pay it."

MPC is hired by Graywood Development - owners of the plaza - to deter people from using the privately-owned lot for all-day parking, according to Catalano.

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What's Inside

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Baby it's cold outside: In Focus beats the winter blues with sex, sports and safety. Pg. 10, 11

News

Humber students do part to raise funds for Asia



JAIME TAYLOR

Organizers braved the cold during HSF's tsunami relief barbecue to help raise some of the \$2,000 in donations collected last week.

REBECCA GRANT
NEWS REPORTER

Canadians have responded to the tsunami tragedy with heartfelt generosity and Humber College is no exception.

The Humber Student's Federation has donated \$5,000 to the Red Cross Tsunami fund, which Humber College and the federal government have both agreed to match.

Imran Siddiqui, a member of the Muslim Student Association, was impressed by the magnitude of the world's willingness to give to the tsunami victims. "It affects people's sense of humanity to see people suffering and drowning on TV ... The whole world, regardless of religion or race, has been donating."

Humber students were clearly moved by the images of suffering broadcast from South-East Asia. Toonie collections were organized by the Human Resources Society and the Nursing Society had a bake sale last Monday.

Jeremy Langley, a student minister with the Humber Lifeline Christian Fellowship, recently worked as a missionary in Cambodia and felt moved to donate.

Fellow missionaries remaining in Cambodia were some of the first people dispatched to Indonesia and Thailand to assist people after the disaster.

Langley's group plans another mission to Cambodia in May.

"We will have to see where the greatest needs are. Suffering is common in much of Cambodia and I'm sure there will be no shortage of opportunities to minister."

Other groups agree suffering in

the region is not solely attributable to the tsunami.

Humber's International Issues Group is organizing a talk in collaboration with a Tamil medical students group to look at the underlying economic issues that have made people in the region vulnerable.

"It is important to address the poverty that was in Sri Lanka before the tsunami," said HIIG

shortages.

In a rare decision, Doctors Without Borders is not accepting further donations for tsunami reconstruction aid because they have exceeded their required funding and are concerned other regions are being ignored.

While an unfathomable 200,000 lives have been claimed by the tsunami, diseases such as AIDS kill 250,000 people a month.

Yet the disease, which Oxfam estimates will kill 45 million children in the next decade, only garnered \$3.6 billion worth of funding last year compared to the \$5 billion raised for tsunami relief, according to the Globe and Mail.

The solution is not to give less money to tsunami aid, Elkington said, but to expand the momentum of generosity and concern to other preventable catastrophes.

"(AIDS) is scary, it's really scary. It's wiping out half the planet and nobody wants to give money."

McNeil remains optimistic about the genuine humanity and compassion that bound people after the tragedy.

"People have responded in a very human way. It's our hope that people will still be doing stuff in six months and that they won't just forget about it."

"It's our hope that people ... won't just forget about it."

-Chris McNeil, HIIG president

President Chris McNeil. "There were a lot of health problems before Dec. 26."

Natasha Elkington, a first year journalism student from Kenya, understood why the public responded so strongly to the disaster. "The tsunami is the biggest [natural] disaster in human history," she said.

Elkington fears other human tragedies denied the same media attention could experience funding

College responds to tsunami disaster

NICHOLAS J. STONEMAN
NEWS REPORTER

In the aftermath of the massive tsunami that devastated South East Asia on Boxing Day various groups and members of the Humber community were quick to respond.

The International Student Centre was among the first to open its doors and contact students that may have had families or friends in the devastated region.

Melissa Gallo, an academic advisor at the centre, came in to work immediately after the tragedy and opened the office for three days to provide support to students in need of help.

International Student Advisor, Krista Evans said "the college has about 700 students that are studying abroad - with majority being from India and South Korea."

That number of doesn't include immigrant and first generation Canadians from South East Asia that already attend the school on a full and part-time basis.

The school's executive administration immediately posted a notice on the Humber webpage expressing concern and condolences for victims of the disaster.

It provided instructions for those seeking information about missing loved ones and listed actions the school plans to take in the coming weeks.

"Humber will respond in many ways including facilitating

donations, both financial and other; fundraising; providing counseling services; and by committing to long-term assistance."

The message from school President Dr. Robert A. Gordon also went on to "commend all members of our community for their already generous donations of both money and time to assist those in desperate need of assistance."

A memorial service was also held on Jan. 14 to commemorate those who lost their lives in the disaster over the holidays.

Organized by the school's Tragic Events Support Network, it was described as a "moment to stop and reflect on the event that brought such havoc to the lives of so many."

Attendance was mixed at the event and faculty considerably outnumbered students.

Guest speakers included VP of Administration John Davies, who said "the number of people who died in the tragedy is human equivalent of all the students and faculty in all of Ontario's colleges."

Humber faculty also spoke and shared their thoughts along with the Reverend Bante Saranapala, a University of Toronto Buddhist Chaplain, who closed the ceremony.

Students who feel they need to discuss the tragedy are encouraged to visit Vinnie Mitchells at the TESN in office D128.

Lakeshore remembers victims

LAURA THOMPSON
NEWS REPORTER

Humber students, faculty and community members gathered at the Lakeshore Campus for a memorial service Friday, amid global relief efforts for the victims of the Asian tsunami.

Joya DiCruz, Humber counselor and organizer of the event, spoke openly about the meaning of 150,000 deaths (now more than 200,000).

"We must remember the tsunami cost individual lives, precious lives," she said.

Sri Lankan-born retired engineer Dr. Sri-Skanda-Rajah thanked fellow Canadians for their support.

"You have shown what I have come to believe and understand is the typical Canadian response."

The half-hour service included poetry readings and a song written and performed by Humber College Chaplain Len Thomas.

Laurel Broten, an MPP and parliamentary assistant to the premier, also attended the memorial service.

She spoke of the \$5 million the Ontario Government has donated and commended Ontarians for

their generosity.

"We called upon all Ontarians to participate in this process and we have been overwhelmed and very proud of the response we've had in the province."

The national response to the tsunami disaster has also been tremendous, with the Government of Canada agreeing to match individual and group donations of an estimated \$150 million.

But Ian Smith, Principal of the Lakeshore campus, says "global tragedies require global solutions" and reminded those in attendance that long term answers require long term commitment.

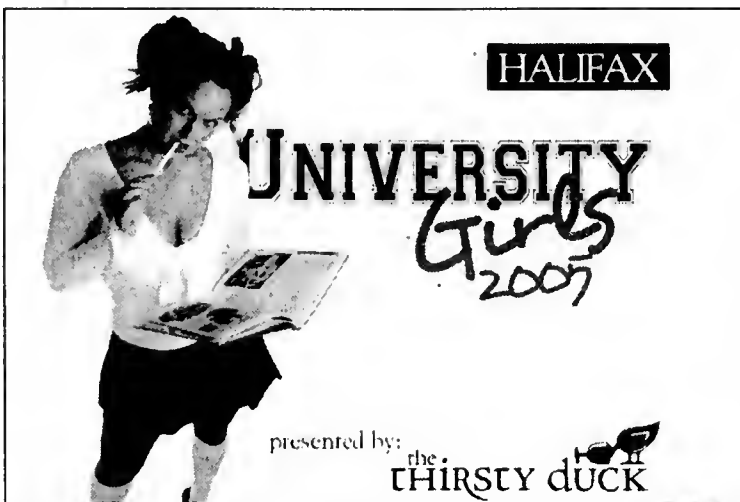
He cautioned that support "will be required long after the front page media stories cease to exist."

Speakers and platform guests placed white roses among four candles that represented the corners of the earth. The service concluded with a moment of silence, followed by a poetry reading by Humber student Lalapet Venkatraghavan.



LAURA THOMPSON

Lalapet Venkatraghavan gives a poetry reading during Friday's memorial service at Lakeshore.



Halifax student Paul Pederson's controversial class project earned him more than an 'A' in class. The calendar's cover is shown above.

Racy calendar ban

ALEXANDRA DEMARIA
ARTS REPORTER

Everybody knows sex sells, but one Halifax university student used it to earn \$10,000 and an A in his class.

Paul Pederson, 24, a student at Saint Mary's University, created the 2005 "University Girls" calendar, featuring scantily clad, tastefully photographed girls from his campus.

But not everyone in the school thought his ambition was flawless. Complaints were made by students, faculty and organizations like the Saint Mary's Women's Centre, who said his project blatantly exploited women.

Sales of the calendar were eventually banned at Saint Mary's. "The majority of students here are women, so respect and equality are at the forefront," said Chuck Bridges, director of external affairs at the university.

But the negative publicity didn't bother Pederson.

"The calendar was never meant to be derogatory. I was showcasing beautiful girls and was prepared for some sort of backlash from the large number of feminists on campus," he admitted.

"We had to push the envelope on a few shots, but there's nothing showing that you wouldn't see on a beach."

Annelisa Pederson, Paul's older sister and Arts Administration student at Humber College, said "it's great he is doing so well in his work and that it's generating such publicity. To be honest, I'm not at all surprised."

The calendar was a project for a course called "The Start-Up." Pederson's assignment was to create his own business using less than \$10 of his own money.

While some students chose to start business raking leaves, Pederson set his sights on a more ambitious approach.

He raised \$4,100 in advertising revenue by targeting small Halifax businesses that recognized potential in his plan.

In less than two months, Pederson and his team of volunteer students found themselves selling out of the calendar.

The experience has given him insight into becoming an

entrepreneur.

"Assignments like this one are useful and can be applied to the real world. All university courses should be like this."

The idea of a calendar like this on a Humber campus is not new.

Tyler Burrows, VP of Administration for the Humber Student's Federation, recalls when Toronto Fire Fighters had a calendar for sale at CAPS to raise money in the past.

He said avoiding such controversy depends on the approach and focus of the calendar.

"We generally try to support student ambitions as best as we can as long as it's tastefully done and with an academic purpose."

Pederson's calendar remains a hot item available in some Halifax bars and off his website at www.universitygirlscalender.com. Work has already started on the 2006 calendar but this time he's scouting talent from other schools.

The buzz generated by the calendar has given Pederson 15 minutes of fame, but he also recognizes it has been a great experience and a real life lesson. "If you give students a chance we can do extraordinary things," he said.

Humber VP's exit causes faculty buzz

Questions about departure still unanswered

PATRICIA POST
SENIOR REPORTER

The quick and unexplained exit of one of Humber's VPs two weeks ago has staff buzzing behind closed doors.

Within three days, Terry Piper, academic head of Humber's nine schools, was out and Michael Hatton, dean of the business school, was in. No one will say why.

"We're dealing with people's lives and feelings and we want to handle things decently," said President Robert Gordon. "We decided to move in a different direction, or rather in our original direction."

Student mag yanked from Loyalist racks; cover blamed

SHERRY BARRETT
NEWS REPORTER

Varsity athlete Amanda Arlette's titties aren't in a twist, it's just a picture.

That picture features Humber volleyballers Arlette and Daryl Burton on the cover of the latest issue of *sweat* magazine.

The Humber publication is the official magazine of the Ontario Colleges Athletic Association.

Backlash from the cover has landed *sweat* at the centre of a censorship scandal.

The controversial photo accompanies a feature by Adam Ledlow examining health issues associated with large-breasted athletes.

"The shot was from the bottom ... and I'm wearing a sports bra, but you can't tell from the angle of the shot," Arlette said.

Censorship of the cover arose after some Ontario college Athletic Directors took offense to the magazine.

Seneca has released *sweat* and will direct any complaints to the OCAA, while Redeemer Athletic Director Allan Brown refused comment on speculation he removed the covers.

Loyalist College flat-out refused to distribute the magazine.

"We sent ours back," said Athletic Director Greg Gavin. "I guess I'm a stodgy old bugger (but if *sweat* covers) were to continue along that vein - if the next one has a girl holding a basketball in front of a (naked) guy's groin - we wouldn't distribute that either."

"I could have ripped the covers off of them all, which I don't have the time or energy to do," he said. "Or just hand them back to our mail person and say 'send them back the other way.'"

Seneca Athletic Director John Sharpe said "a lot of the offense comes from (the fact) that the man is holding the balls." Gavin agrees.

"Had the girl been holding the volleyballs then we could have bought it. There is sort of this male dominance thing going on there. It doesn't have any part in the article, it doesn't have any part in sport."

Arlette is taking the controversy in stride. "I did the shoot because of my breasts and sports and how uncomfortable I am with them. I thought the picture lightened up the article."

"I'm not going to take it personally," she said. "These people are not prepared to deal with that picture."

Ledlow said the photo was meant to reflect a common problem female athletes face.

"We were trying to show the

imbalance of men and women's physique in sport." he said. "And we used that particular photo because it was the most striking visually."

Executive Director of the OCAA, Blair Webster said he "absolutely" anticipated this situation.

"It's like anything in the media today, people have different views of what should and shouldn't be on the cover of a magazine."

Humber's Doug Fox sympathized with his peers. He said Athletic Directors like himself are of an older generation and tend to be a little more conservative. Personally, he wasn't phased by the controversy. "It's just a part of college culture."



Sweat art director Pierre Hamilton (above) and writer Adam Ledlow aren't breaking a 'sweat' over Loyalist yanking their mag.

governing severance paid with public money.

"That was a tempest in a teapot," Piper said. "I didn't get nearly as much as they said I did. I had finished the job they'd hired me to do, and I simply accepted the agreement (the agency) offered me."

A provincial investigation into the matter failed to confirm whether Piper accepted the position at Humber before she left the B.C. government. Had she left voluntarily she would not have been eligible for the "completion bonus".

Information released from B.C. Finance Minister Gary Collins in August revealed he asked Piper to sign a letter stating that she neither received nor accepted an offer of employment at Humber prior to leaving the OLA.

She refused, instead sending her own letter stating that her employment had been terminated.

The investigation also showed

no legal basis for trying to recover the money and that the severance Piper received was within government guidelines.

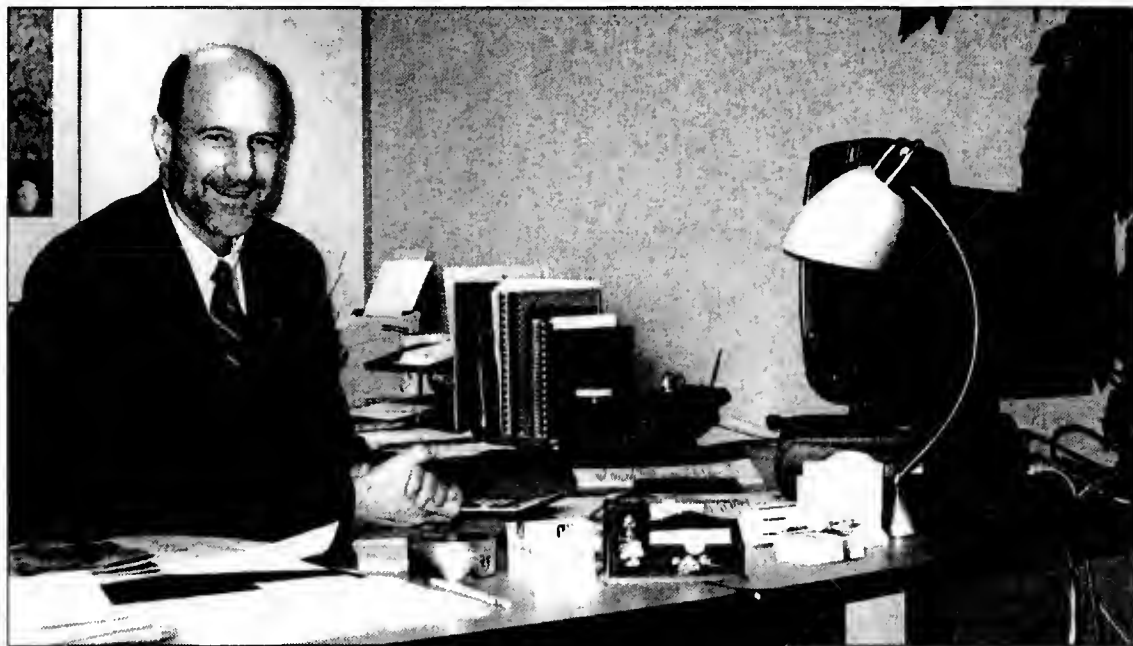
After 14 months at Humber and in light of Piper's mysterious departure, questions about severance paid with public money remain unanswered. "You're not getting that from me," Gordon said.

Human Resources VP. Deb McCarthy; Administrative Services VP John Davies; and Associate VP Academic Operations William Hanna all refused to comment on Piper's departure.

Salaries of public administrators making over \$100,000 plus taxable benefits are published by the Ministry of Finance but severance payments are excluded. U of T's Ben Alarie, an expert in tax law and contract policy, says severance, completion or retirement payments are all exempt from public disclosure.

News

New vice president to oversee academics



SHERRY BARRETT

Michael Hatton, new VP of Academics has been with Humber College for 30 years. His appointment came as a surprise after former VP Terry Piper left the campus earlier this month.

Former dean of business welcomes new opportunity

SHERRY BARRETT
NEWS REPORTER

It's out with the old and in with the new as Humber welcomes a new Vice President of Academics.

Humber president Robert Gordon announced Jan. 7 that 30 year Humber veteran, Dr. Michael Hatton will replace Dr. Terry Piper in the position.

Gordon wouldn't comment on the reason for the sudden replacement but said he's secure in choosing Hatton.

"I already knew what we should have in advance. So I think I just sort of made a quick move to say this is the way it's going to be," Gordon said.

Piper left the campus on Jan. 3; Hatton wasn't expecting the promotion.

Gordon said although Hatton did not have the usual one-month lead time, he did in fact know about the promotion.

"(Michael's) been here a long

time and he's been very successful in a number of schools and pretty well every assignment he's ever had".

Hatton has a Masters of Science in Education, an MBA and a PhD in Philosophy. He began as the Continuous Learning Coordinator of Athletics and worked his way up to Dean of The Business School.

Program coordinator Edmond Bauman said that Hatton will be missed but that he is happy to see him taking on his new role as VP.

Hatton said he has enjoyed all his jobs at the college, "I have missed all my positions every time I have moved at Humber College. I thought 'gee, this is so great' and then it's always become another great opportunity".

There is no word yet on who will replace Hatton as the Dean of the School of Business.

Gordon said there is no hurry to fill the position.

Council battles parking tag companies

Continued from page 1

Garry Shaw, traffic and parking services coordinator at Humber said there are still lots of spaces left at the shuttle-service parking near Woodbine Centre (Queen's Plate parking) for \$4 per day.

Making companies like MPC

illegal is a battle city councilor Howard Moscoe has been fighting for five years, according to Irene Sepp, Moscoe's executive assistant.

Sepp said Solomon was right in red-flagging the method of payment and that Moscoe's office also advises people not to pay.

"Even though the tag outlines

penalties for failing to pay, nine times out of 10, they don't bother you."

The matter is now before the courts.

Municipal Parking Authority and Graywood Development could not be reached for comment.

Men escape from holding centre

AARON JACKLIN
NEWS REPORTER

Two men are still at large after escaping from the immigration detention centre near Humber's North Campus over the holiday break.

Canadian Border Services arrested a third escapee and deported him to Costa Rica four days later.

Toronto police have turned the investigation over to immigration officials, according to Detective Mike Ervick of 23 Division.

"We beat the bushes for a few days and then it's their jurisdiction because they have to issue warrants," he said.

Ervick said the three men were

awaiting deportation in the facility at 385 Rexdale Blvd. At 8:43 p.m. on Christmas day, two of them broke a third floor window, lowered themselves to the ground with bed sheets and ran to a waiting vehicle in a nearby parking lot.

Rejean Cantlon, spokesperson for CBS, said the men do not pose a threat to the community and wouldn't have been held at the facility if they were.

"It's for people who are flight risks and are waiting for removal. Criminals are held at provincial facilities, not at the immigration holding centre."

CBS is still looking for Asdrubal Perez Blanco, 27 and Kornel Rozsa, 22.



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Vaccination clinic coming to Humber

College-aged students at greatest risk of contracting Meningitis C

CYNTHIA REASON
NEWS REPORTER

Toronto Public Health has armed itself with vaccine-bearing needles for its battle against meningitis C and will be coming to Humber College next week.

Meningitis C is caused by a usually harmless germ which, in rare instances, overcomes the body's natural defences and leads to an inflammation of the tissue surrounding the brain and spinal cord.

In its early stages, symptoms are often confused with flu symptoms, including fever, headache, stiff neck, vomiting and drowsiness.

The disease is fatal to approximately 10 per cent of people who contract it.

Health Canada states the number of cases reported to them in any given year ranges from 160 to 350.

Vaccination clinics will take place at the North campus,

Wednesday, Jan. 26 on the Concourse and Thursday, Jan. 27 at the Lakeshore campus' Robert Gordon Living Centre.

Clinics will be open from 10 a.m. until 4 p.m.

"This is often an age group that does share saliva through a variety of means."

-Joanne Cameron, Vaccine Preventable Disease Program

Joanne Cameron, supervisor with the city's Vaccine Preventable Disease Program, says the clinics will provide free vaccinations to students between the ages of 15 and 19 - the age group most susceptible to meningitis type C.

"It's passed by sharing saliva."

Cameron explained, "and this is often an age group that does share saliva, through a variety of means."

Toronto Public Health lists kissing, the sharing of food and drinks and all forms of sexual activity which involve contact with saliva as means in which meningitis is spread.

Toronto Public Health states that approximately 90 per cent of those who get vaccinated will be protected against meningococcal disease.

Most people who receive the vaccination experience no side effects or only mild reactions.

Soreness at the site of the injection is common according to Cameron.

"As with any vaccine, if someone has a more severe reaction to it, like if they get very sick or something, these things have to be reported to Public Health as soon as possible."

HSF Updates

MARCO DIROCCO
NEWS REPORTER

Service fair on tap

Whether it's classes in Wen do, peer tutoring, the health and dental plan or a performance by an X-rated hypnotist, chances are you've benefited from HSF student services.

To show exactly what's available to you, the HSF will be having a Services Fair on Thursday, Jan. 27 from 11 a.m. until 2 p.m.

For more information visit the HSF website at www.hsfiweb.com

Nominations open

Students will have an opportunity to leave their mark on campus life in the upcoming HSF elections.

Current HSF President Jen Green says the often hectic schedule forces her to put in long hours at the office, yet it has all been worth it.

Candidates can run for a number of positions including

student representative who acts as a liaison between students and administration.

The position of Vice President of Campus Life and Administration (one for each campus) can only be filled by full-time students.

They are required to work a minimum of 20 hours a week at \$19.22 per hour.

The president is required to work 35 hours per week for a base salary of nearly \$30,000 per year.

Nomination packages are available at the HSF offices on both campuses.

The nomination period ends at 4 p.m. on Friday, Feb. 18.

Fundraising award

Humber was awarded the Top Student Fundraising Team award in the 2004 Enbridge CN Tower Stair Climb for United Way. The student team raised over \$9,000.

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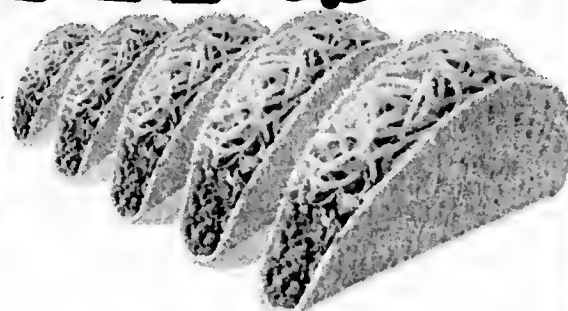
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Business

Following the Humber paper trail

Recycling paper in Humber's computer labs goes beyond putting it in the blue box

CHRISTEN SMITH
STAFF REPORTER

Lab monitor Tsugumi Imaizumi is responsible for restocking paper in 13 Humber computer rooms seven times a day.



H205, the largest computer lab on campus, used over five million sheets of computer paper during the previous school year.

On Jan 12, during her afternoon rounds, she loaded 11,000 sheets of paper into printers around campus.

This process repeats throughout the year, seeing millions of sheets of printer paper used in the college's computer labs at great cost

to the environment.

"Every hour we go through two or three packages of paper per room," said Imaizumi's colleague, Russell Sampson. "That is quite a bit of paper."

At \$8 per package, filling Humber's printers is a huge expense, but the environment may pay a higher price when it comes to disposing of all that paper.

"If there is no recycling bin, it all goes in the garbage," said Angela Martin, a second year media studies and public relations student at Guelph-Humber.

Four of the computer labs on Imaizumi's recent rounds did not have paper recycling bins.

"All computer rooms should, and I repeat should, have bins but sometimes they get lost or not replaced," said Ellie Salamon, manager of campus services.

The nearly 100 recycling bins on campus are emptied and replaced by a student operated service team.

"If there is a bin in the lab we take it and change it," said service team leader Rick Fonseca. "We take it down to the doors

behind Harvey's and grab an empty one and put it back in the room. If there isn't one in the room

"Every hour we go through two or three packages of paper per room."

-Russell Sampson,
Lab Monitor

we just move on. You can't empty what isn't there."

Humber's recycled paper is collected three times a week by Canadian Paper Fibres at no cost to the school.

"That's about 1,500 pounds of paper per time," said Louie Bourolias, CPF sales representative. "That would generate one or two bales."

Money is made by selling the product to a paper mill that uses it as a tree pulp substitute when

making boxes, roofing shingles and insulation.

"Paper can be used seven times before the fibres get too thin to reuse," said CPF vice-president Steve Cain.

Disposal problems can arise when paper bins become contaminated.

"Food waste is a huge contaminant," Cain said. "We ship to China so there are health code issues. If food waste gets in a Canadian shipment and they send it back, it is not too big a deal. But if a shipment from China gets sent back, it's a major problem."

Salamon believes a sense of responsibility is key for getting students to place material in the proper bins.

"It's because of student peer pressure that the recycling program got started in the first place," she said.

Martin is confident if the recycling bins are in the computer labs they will be used.

"If they put them in the right spot, by the printer, it's easy," she said. "So long as they are accessible in the room people will do it."

Clothing companies take the Lord's name in gain

Clothing inspired by Jesus and other religious icons has potential to offend those who take their faith seriously

DANIELLE SAVIONI
STAFF REPORTER

Designers and buyers admit that religion can be a definite piece of the success puzzle in the fashion industry.

Lines like GSUS (pronounced 'Jesus') Industries, Teenage Millionaire - creator of the "Jesus is my homeboy" print - and True Religion are just a few of the high-end clothing companies that have recently invaded the fashion market. They tend to target the 18 to 30 age group. One reason religion is selling so well is because religious icons are easily recognizable.

"When I create things I want them to be all encompassing and I want them to be as familiar as possible because that breeds understanding," said Doug Williams, designer and owner of Teenage Millionaire.

"People can grasp it, can realize what it means. We were looking at icons and we thought Jesus would be a great one."

Another reason religion sells is because of its ability to strike up controversy.

"GSUS is a play on words because this is not the way that Jesus' name is actually spelled," said Mimmo Marchese, co-owner of Tony Marchese's Men's Shop, a store in Richmond Hill that carries the brand.

"Is it controversial? Sure it is, and I am sure it helps sales because people want to be different every which way they can. It is somewhat discriminato-

ry, but fashion is fashion."

Religious brands are not necessarily directed at religious people, but some groups still find these brands offensive.

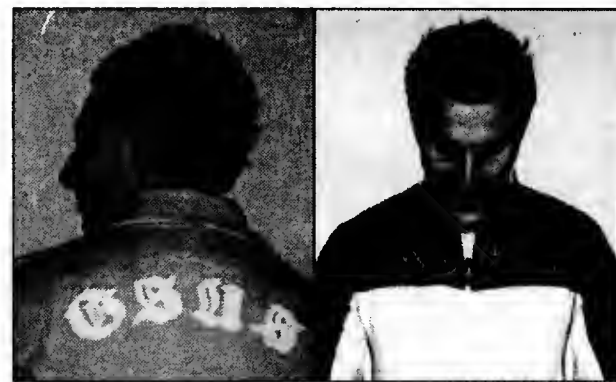
"People who take Christianity seriously, I think would be offended by it," said Paul Yoon, the former president of the Korean Christian Fellowship at the University of Western Ontario. "These clothes don't send the most positive religious message."

"Do I think Christian people are

proud to wear it? I haven't been given that," Marchese said. "Is this something that is reassuring to me because this is part of what we have grown up with? I haven't sensed that either."

Marchese said that, in the end, it is more about the style than the message.

"GSUS's success is mostly because of the vividness. Then you try on the fit and it has got this killer new kind of fit, slightly elongated and really tight. Do I think it will last? It has got strength, but any fad could die."



Ron Abdulovski says his reason for wearing GSUS apparel "has nothing to do with name and everything to do with style."

Film students benefit from tax break

Credit looks to revive industry

KERRIN MCNAMARA
STAFF REPORTER

Humber film students are welcoming Ontario's new tax break increase for the film industry.

Although many film grads escaped the job drought in Toronto last summer, they know the new credits will further boost their chances of finding work.

Finance Minister Greg Sorbara announced late last year that on Jan. 1 domestic film productions would get a 10 per cent tax credit increase while foreign produc-

ers would see an increase of seven percent.

Sarah Ker-Hornell, managing director of FilmOntario, calls tax credits the "new currency in production."

"We're now in a position to compete more aggressively in the global marketplace," she said.

"There will absolutely be an increase in production volumes, both for service and attracting work from other countries. And on the domestic side, there will be more productions that are going to stay in Ontario, which therefore means more work."

This is good news for the industry; SARS, the rising Canadian dollar and fewer U.S. films being shot here have caused

a massive drop in foreign production numbers in the past year.

Donna O'Brien-Sokic, coordinator for Humber's film and television production program, knows how serious unemployment in the industry was last summer.

"Production numbers were down," she said. "It was astronomical. I believe they were almost down something like 40 per cent, but we had incredible success with students getting jobs."

Michael Glassbourg, another film and television coordinator, attributes Humber's high employment rate to good training of broad-based skills.

"Our graduates are just all

over the place," he said. "They're in post-production houses, they're in production houses, they're on sets, they're writing, they're directing, they're producing."

Despite such optimism, Andy Last, 23, a third-year film student at Humber, is anticipating a challenge after graduation, no matter what shape the industry is in.

"It doesn't bother me that much not to be employed right away," he said. "When you come straight out of school, there's always that ladder you have to climb. I think people in the film class are willing to take those steps. They're willing to start at the bottom because they know eventually something's going to happen for them."

Business

Saving now can pay off later Today's young investors learn from past mistakes

EMILY WILLIAMS
STAFF REPORTER

The last call for this year's RRSP contribution is just 41 days away.

For students who don't currently invest, financial advisors suggest it would be wise to start.

"Once you are ahead you're never behind," says Sandy Goss, Senior Investment Advisor at Research Capital.

Les Williams, president of Morrison Williams Investment Management, says unlike older generations who viewed investing young as unnecessary, today's generation cannot afford to make the same mistake.

"Baby boomers lived by the belief that the Canada Pension Plan would be able to cover their cost of retirement," he says. "People are living longer now and are outliving their savings. The government can't properly fund the pension plan because so many baby boomers are retiring."

"Young people should be building up a nest egg of savings and investing in their future."

For many students this can be difficult, as many are already in debt.

Murray Baker, author of *The Debt Free Graduate* says about 40 per cent of students are on loans, making investing difficult.

He added that sometimes, it is possible to invest personal savings and still be eligible to receive a school loan, but it depends on whether your investment is viewed as an asset. He says students with-



EMILY WILLIAMS

Investing young means more money when you need it later on in life.

"Young people should be building up a nest egg and investing in their future."

-Les Williams, President of Morrison William Investment Management

"Take two people. One begins investing in an RRSP at the age of 20 and continues to do so for seven years. The other begins investing at the age of 30 for 39 years. How many years will it take the 30-year-old to surpass the 20-year-old in amount saved? The answer is never. The 20-year-old will always have more based on the compounding interest rate. An RRSP is tax free, this is significant."



DAVE LAZZARINO

Sharon Bacchus, a 21 year old student in early childhood education, checks the tags of merchandise in the Humber bookstore.

Bookstore policy avoids post-tsunami losses

DAVE LAZZARINO
STAFF REPORTER

The ripple effects of the tsunami have hit some Canadian businesses but, because of stern buying policies, Humber's bookstore wasn't one of them.

Of the worst hit countries Indonesia, India and Thailand all list textiles as a major export industry. Because of the economic short-fall materials bound for Canadian clothing assembly plants could very well be in short supply.

This won't be a problem for the bookstore, however.

"We have a strict code of ethics," said Debbie Martin, manager of the bookstore. "No offshore or foreign countries supply us with clothing to sell." All clothing sold in the bookstore is made of North American fabric.

This decision was originally made to avoid dealings with coun-

tries that use unethical sweatshop practices like child labour. In this case, the policy has helped avoid the consequences of a natural disaster.

Some smaller Canadian operations will not be so lucky. Stores like Tammy's Textiles in Toronto depend on larger wholesalers to provide products and have little to say about their origins.

Although prices stand to increase, it could prove beneficial for some companies; domestic companies have seen recent losses due to foreign competition.

With imports from countries such as India and Indonesia slowed, there could be a silver lining in the cloud of competition for some local small town fabric makers. In the meantime, the Humber bookstore will continue to check the tags for that 'Made in Canada' logo, if for no other reason than peace of mind.

Financial forum for those who want to be smart with their money

The 19th Annual Toronto Financial Forum is being held at the Metro Toronto Convention Centre, north building, hall "C" Jan. 27-30.

Seminar speakers include:
- John Lawrence Reynolds, author of *The Naked Investor, Seven Myths That Leave You Naked*, Thur. Jan. 27, 12:15 p.m.
- Patricia Lovett-Reid, Senior VP, TD Waterhouse and host of *MoneyTalk, Retire Right, Retire Smart*, Fri. Jan. 28, 12:15 p.m.

- Howard J. Atkinson, Head of Public Funds, Exchange Traded Funds As Portfolio Tools, Sat. Jan. 29, 12:15 p.m.

-Peter Grandich, Managing Member, Grandich Publications, *Which Ways Are The Markets Heading And How You Can Profit From It*, Sun. Jan. 30, 12:15 p.m.

Register for free online at www.financialforum.ca, and use Invitation Code: NP3. For more information call (905) 948-0470, ext. 228.



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Editorial

Public has right to know how aid is being spent

With \$150 million already pledged for donation to the tsunami relief effort, the Canadian public can give itself a pat on the back—having showcased to the world how compassionate we can be.

What we need to do is ensure that the money gets where it needs to go.

Public trust is at stake here; Canadians have not donated their hard earned cash to line pockets of those who see these funds as an opportunity to boost personal assets.

History is full of examples of those who abuse their political and military power by diverting charitable funds into untraceable bank accounts.

For example, over the course of 30 years, former Zairian President, Mobutu Sese Seko, stole billions of dollars from his government and western aid. His impoverished country struggled to survive civil war while he amassed a fortune reported to be worth \$5 billion.

More recently, the accountability of the UN's Oil for Food program has come under scrutiny. A U.S. grand jury has gone to trial over allegations administrators were pilfering from the program, making us question how much money actually got to where it was intended.

system to track money essential

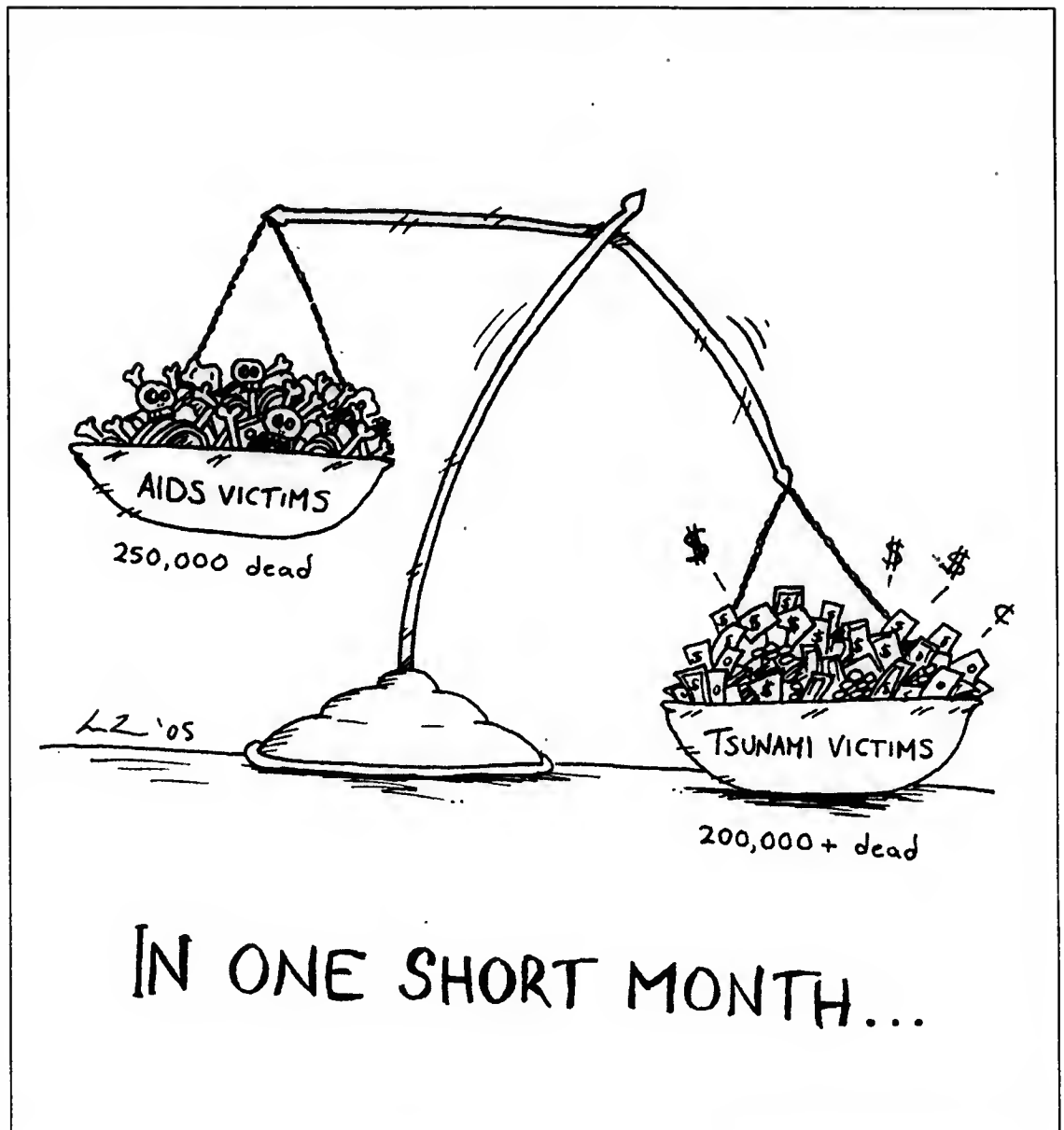
The public needs to apply pressure on our government, the UN and other relief aid agencies to set up a system that will govern the flow of aid while being accountable in order to avoid situations where our generosity will be abused.

The system must be crystal clear to the public, with quarterly reports documenting what aid money is being spent and where.

Such reports should also reflect what aid is being projected for the following quarter — on which specific projects and in what locations.

Stakeholders of public companies demand no less of their management. As stakeholders in this huge charitable trust, the Canadian people deserve similar accountability.

The government needs to ensure that the public's trust in the outcome of this venture is not violated. Too much is at stake to lose that trust.



Canadians place fifth in new Olympic sport: Tsunami funding



PIERRE
HAMILTON

It should have been cause for celebration. A last-minute surge had propelled Canada ahead of a number of weaker countries and into fifth place. In hockey, that ranking would have hung over our heads and cast doubts on the claim that we own the sport. At the Olympics, it'd be a miracle.

This was neither.

We weren't measuring athletic achievements; we were measuring how much money we could rush to the aid of those affected by the Dec. 26 tsunami. Our ranking delivered a bold message: Canada

was the fifth best country in the world.

I should have been happy but I found it hard to pat myself on the back.

Why were we ranking donations? What happened to simply helping these people rebuild the lives devastated by the tsunami?

Since when did this become the charity Olympics?

Consider this excerpt from a *National Post* article written about the CBC's Canada for Asia benefit show: Just before he hangs up the

phone (Senator Jerry) Grafstein decides to offer an incentive for those thinking of donating during the show—"If you give \$1-million or more, I'll make sure you get recognition on air."

Now, not only is Canada better than most of the world, but if you have a million bucks to donate, then you can make sure people know about how nice you are.

Thinking about it makes me cringe.

Waves come in many different

shapes and sizes, some of them stirred by the earth's restlessness, others by crippling poverty. They aren't limited to faraway places in Southeast Asia; there are Canadians living in pockets of Toronto, who are drowning in debt or struggling to keep their heads above the poverty line.

Colin Powell recently said this was an opportunity to show America's compassion to Muslims, thereby confirming my gut feeling.

I'm not saying you have to stop sending your money. That's not what this is about. It shouldn't take a tsunami for people to help others and it shouldn't be a contest.

We should ensure that everyone can swim before the waves hit.

"Canada was the fifth best country in the world."

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Humber EtCetera is a publication of
the Humber College School of Media Studies:
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Opinion

Overbearing Canadian Tire ads ignite anger, discretion advised



CHASE KELL

Have you ever watched a television commercial that made you want to take off your shoe and hurl it at the TV?

Even if your hatred for commercials is not as violent as mine, I have yet to meet someone who enjoys watching their favorite shows with frequent interruptions on how to get ketchup stains out of your shirt.

However, every once in a blue moon you may find a commercial that actually is funny, or one that is sub-par but advertises a product that you are actually interested in.

In a perfect world, all commercials would consist of John Candy pushing me to buy a 12 pack of Moosehead.

But the world is far from perfect, especially when it comes to Canadian Tire commercials.

You know what commercials I'm talking about.

With that arrogant couple that thinks they're better than you. That corny, bearded husband and his pompous wife that own every handy device Canadian Tire has to offer, and aren't afraid to flaunt it.

Whether they're selling all season radials, a pressure washer, funky windshield wipers or an emergency battery, this couple never fails to make me sick.

The typical ad usually consists of a struggling neighbour having a tough time with some sort of menial task, and then in comes the

hero. "Having trouble washing your car there, Frank?" says the modern day Bob Vila who's always so darn happy.

"In a perfect world, all commercials would consist of John Candy pushing me to buy a 12 pack of Moosehead."

can wash your car, do the trim on your boat, it even has three different nozzles for optimum results."

Frank is all over the product like it's going extinct, and the Canadian Tire guy is the man yet again.

The wife is just as terrible, as she makes her family look super-

or because they have a laser device that makes sure all the pictures in the house are straight. What makes them so darn special?

Every time they appear on television, there should be a preliminary warning that reads "the actors appearing in this commercial may make you feel worthless by flaunting their perfect lives, which are enriched with products superior to your own. Parental discretion is advised."

I have never been made to feel so irrelevant in my life. The worst part is that the couple doesn't even exist. They're simply two actors who do a great job making viewers feel jealous, proven by the fact that I probably own quite a few of the products they advertise. Perhaps it's just me being crazy, but I cannot stand that evil couple.

Holidays, a showcase for greedy consumers?



MATT BURT

Maybe Scrooge was right.

Over the winter break, a lot of people expressed concern that Christmas was becoming too commercial. I couldn't go anywhere without someone telling me they were worried giant, faceless corporations were overshadowing the true holiday spirit of giving.

I was quite skeptical of this theory, and was plagued by questions.

Have selfishness and materialism replaced values of generosity and sharing? I pondered this as I headed to HMV, avoiding some homeless guy with his hand out. I had DVDs to buy and I needed every penny I had.

After buying some movies and CDs I returned to my thoughts over a delicious McDonald's Toasted Deli Sandwich. After the meal I got out my cell phone and called a friend to get his input. I was curious whether he believed the spirit of giving had been replaced by this superficial mentality.

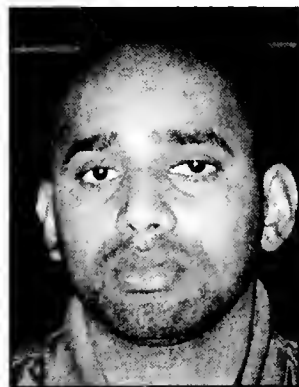
He wasn't buying it either. We must have talked for hours. See - we have a really great deal with FIDO which offers unlimited call between subscribers. We ended up talking about which PlayStation games we wanted for Christmas.

My head was spinning from all this thinking. I knew I'd done enough for one day so I took a cab home. I asked the driver how his holiday was going. He said he wasn't making enough money to buy presents for his kids. I felt bad but I didn't have enough for a tip because I'd also picked up an iPod.

I came to the conclusion that the holidays had not, in fact, become commercialized. Satisfied with my research and pleased with the result, I sat down to enjoy the soothing calm of my new deluxe new foot massager from Dr. Scholl's. I got it for Christmas, you know...

Public Opinion

How did the tsunami in South Asia affect you?



"At my work we take some money out of all of our cheques and donate it. Every two weeks we get paid and we give \$20."

- Vish Soman, 1st year marketing



"I didn't really pay attention. It didn't really affect me much, personally."

- Patrick Dungog, 1st year electronics engineering



"It affected me more just because a lot of people died. That's how it affected me the most."

- Samson Downey, 2nd year business management



"Every time I go to Tim Horton's I donate my change because every little bit helps."

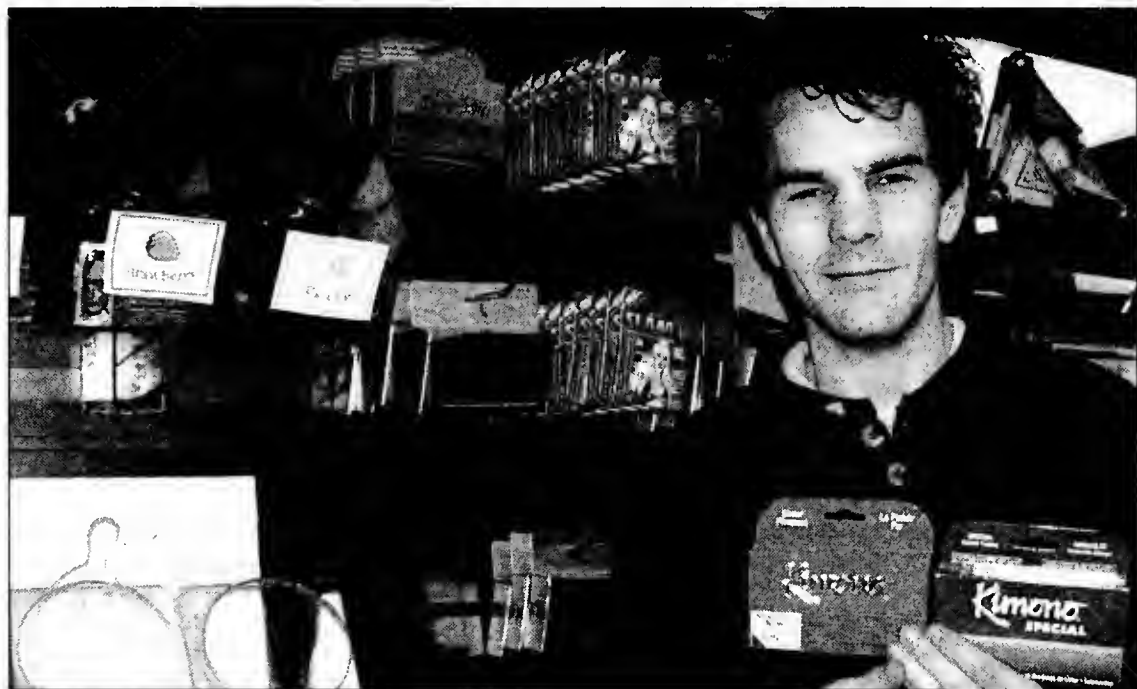
- Ann Wysochanskyj, 2nd year chef apprentice

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In Focus

Old Man Winter is finally here...



JEROMY LLOYD

Adam Wilson, manager of Toronto's Condom Shack, holds Kimono condoms, a big seller in the winter months. When the temperature drops, sales go up...along with a lot of other things.

Debunking the myths about winterizing cars

JESSAMYN NUNEZ
STAFF REPORTER

Warming up your car in the winter is more for the driver's needs than it is for the vehicle's.

Knowing the myths about winter care could save you time and money, not to mention the wasted gas consumed during the five minutes of idling every time you start your car.

And that, says Daniel Jabillo, a service advisor for Honda, is one of the season's biggest car maintenance myths.

"Modern cars are controlled by computers. Whether your car is cold or hot, the computer will make it run as efficiently as possible by recognizing engine block temperature and exhaust temperature", Jabillo said.

But George Barnes, production manager at Touch up in a Flash body shop, provides a more cautious approach.

"There are two schools of thought on this", Barnes said. "You want to avoid any steel on steel friction so even a minute is enough to get the fluids going. Five minutes isn't necessary".

Winter means buying things like snow tires to ensure safer driving. Or does it?

Jabillo doesn't think so. "All season tires are made to withstand all seasons, wet, snow and dry weather. Winter tires are necessary for longer road trips on the highway, or up a mountain where the snow conditions are a bit more treacherous than the city. Winter tires will not prevent accidents".

Another myth many believe is that a specific kind of car is safer than the next. "A Volvo won't



JESSAMYN NUNEZ

make you a better or safer driver", Jabillo said. "It's the driver".

Buying lower grade gas can also save students money. If your car is not a high performance vehicle, regular gas will do.

Supreme gas is not necessarily environmentally-friendly either. "Most people think that higher octane fuel is better for the environment but it isn't if your engine isn't designed to burn it", Jabillo said.

Barnes agreed. "All you're doing is making expensive exhaust".

So surviving the winter in your car can be less of a hassle than it's made out to be.

"The most common mistake people make in the winter is just not maintaining their car", Jabillo said. "Regular maintenance is absolutely crucial year round".

Disagree with us?

Contact us with your comments at etceterainfocus@hotmail.com

Sex tops the to-do list as Canada's favourite sport

JEROMY LLOYD
STAFF REPORTER

When the temperature goes down, other things go up - condom sales.

Sex has been giving hockey a run for its money as our national pastime, ever since Canada made headlines in 2002.

The international sex survey revealed Canadians, on average, had sex 150 times per year, roughly once every three days. Released by Durex Condoms, the survey ranked us above the United States in frequency of sex, and placed us fourth overall behind France, Netherlands and Denmark.

Those numbers have dropped in the years since, possibly due to last year's unseasonably warm winters (see survey below) but condom sales show that when the cold weather is here, we get more active in the bedroom.

Anne Amitay, owner of Lovecraft, an adult boutique in Toronto, has noticed a steadily high number of condom sales since the end of her Christmas rush. She anticipates it lasting until Valentine's Day and sees a direct link between her sales and the weather.

"Just look at today," Amitay said, pointing out the window. "It's 10 degrees in January and my store is empty."

Adam Wilson, manager of the Condom Shack on Yonge Street in Toronto, also lamented his own lack of business, given the unseasonably warm weather the past week. Wilson said condom sales increase by 15 per cent when the temperature dips below freezing - the colder the day, the better his sales.

"With the little cold snap we had after Christmas, we sold more than we did during the Christmas rush," he said.

Wilson said he sells more sex-themed board games to couples during the winter too, along with more massage oils and lubricants. But his customers are primarily condom buyers, most of them young men. In speaking with them, Wilson has learned that most are stocking up for two or three months at a time, an activity he would expect in the summer months.

Canadians may be worried how they'll cope with cold winter nights without the NHL to occupy them. But as long as the mercury keeps going down condom sellers and users will keep scoring.

Curious about how our country stacks up against the world when it comes to sex? Over 350,000 people from 41 countries took part in what is being called the world's largest sex survey.

2004 Statistics	Canada	Global Average	World Leader
Frequency of sex per year	108	103	France- 137/year
Age of first sex	17	17.7	Iceland- 15.7
Number of sexual partners	9.8	10.5	China- 19.3
Time spent in foreplay	20.8 mins	19.7 mins	U.K- 22.5 mins
Have had unprotected sex	42%	35%	Sweden- 64%

Info gathered by Databeacon Inc. and Durex Condoms, 2004

Winter will be a roller-coaster ride

JACQUELINE FIGUEIREDO
STAFF REPORTER

The start to the winter season has been anything but normal and left many wondering if Old Man Winter is staying or leaving.

This unpredictability is what lies ahead in the upcoming months, said Brian Hill, chief meteorologist at 680news in Toronto.

"We'll have cold spells followed by a dramatic surge of warmth like we're experiencing now and then back into below normal temperatures."

Such a dramatic change hit Toronto just last week with spring-

like conditions in the middle of January, setting an all-time record high of 18 degrees then plummeted to -20 within 27 hours.

Such fluctuations can be linked to a modest El Nino effect occurring throughout the country, according to the Canadian Institute for Climate Studies.

El Nino is the widespread warming of the central and eastern Pacific and creates major changes to global weather patterns.

So don't put away those winter jackets or snow shovels the next time a spring-like break comes our way.

Show, and lots of it, is likely not

far behind.

"I think our snow totals will end up being above normal for the last half of the winter, even though we will be experiencing above normal warmth on certain days," Hill said.

With Warton Willy's prediction coming up Feb. 2, Torontonians are hoping he sees his shadow to put a stop to this bizarre winter.

But he has been known to be wrong before and, according to Hill, "overall weather patterns globally are suggesting that winter will linger and last longer than it normally does."

In Focus

...how best to while away the time?

Ready, set, dodge!



CAMERON AINSWORTH-VINCZE

CAMERON AINSWORTH-VINCZE
STAFF REPORTER

Remember running around your elementary school gym while kids hurled balls at your head? Well here's some good news - dodgeball is back.

As the NHL lockout persists and people look for alternative indoor activities, dodgeball is the perfect replacement that requires little money and even less skill. All you need is a couple of friends and some balls.

Chris Loat, operations manager at Toronto Central Sport and Social Club, helped start a co-ed adult league in the GTA last fall and registration has since exploded.

"When the movie Dodgeball: a true underdog story was released last summer we decided to make a league," Loat said.

"We thought we would attract around six teams but when everything settled we had 25." And that number continues to climb as 42 teams, who play once a week in gyms around the city, have registered for the 12-week winter season.

Why is the sport so popular? "It's good exercise, fun to play, requires little experience and allows people to reconnect with their youth," Loat said.

Dave Johnstone is the target of Tim Boyce's cruel aim. The popularity of Dodgeball is sweeping the city as the new indoor sport

Patches O'Houlihan, guru of the sport in the Dodgeball movie, describes the skills as the 5 D's of dodgeball: dodge, duck, dip, dive and dodge. "If you learn the 5 D's, no amount of balls on Earth can hit ya."

The only other hurdle to overcome is the rules. Two teams of six

"I'm really just in it to meet some girls."

-Tim Boyce, dodgeball enthusiast

players start the game, each team standing at their respective back wall with two balls per team. The timekeeper starts the match by

shouting, "Ready, Set, Dodgeball." Once the game is underway, a player must stay on their side and can possess only one ball at a time. The first team to knock out all the opposing players wins.

Sounds simple? Think again says Catherine Porter, team member of Sweaty Chocolate Balls. "The game seems silly at first but people soon get serious and it feels like the Lord of the Flies. One girl was even hissing at me."

Graeme Burt, fellow teammate of Catherine's, said "bring your sweatbands, this a serious sport and great fun."

Not all players are quite as serious as 'hissing girl' however.

Tim Boyce, who registered to play in the winter on The Dogs Balls, says: "I'm really just in it to meet some girls."

Let's hope he keeps his eye on the balls or he just might lose his.

Beware of winter weight

FAZEENA SAMAD
STAFF REPORTER

Winter is a slippery slope for those hoping to stay fit. As days shorten and the temperature plunges, you may be tempted to scale back your exercise and pump up your eating.

Kris Robillard, a fitness trainer with MYFIT in Ottawa, says 70 to 80 per cent of people put on weight in the winter.

"It has a lot to do with the climate. Many people get depressed. Their mood changes with the lack of sun and they fall back in their exercise routine," he said.

New research has shown weight gain may be linked to the lack of sunlight in the winter.

"The less sun we are exposed to, the more our bodies lose serotonin, a chemical that helps us feel good," Robillard explained. "A lack of serotonin causes people to crave sweet foods."

According to Canada Health Network (CHN), the hormone serotonin, produced in the brain, improves moods. Eating sweet or starchy foods increases serotonin levels, making us feel calmer and decreasing depression.

While these sweet comfort foods may help make you feel better, they do little to reduce your waistline.

Robillard recommends you consume 6-7 small meals a day, to feel full and prevent cravings.

"You have to think of your body as a furnace, and food is the fuel you burn. So to maintain a healthy weight, you would need to burn more fuel than you put in, or you could end up with a tank full of

oil." He added, "You should consume fewer calories than you will burn in a day."

Robillard suggests that you try to exercise at least once a day for one hour.

"Exercise is an important component for keeping the weight off. Exercise also allows the release of endorphins to give you a natural boost and help your over all moods. It will also help burn excess calories," he explained.

Climate may be a major factor for weight gain, but for students it is not the only one.

"When students begin living in residence, their diets change. There may not be many healthy choices available to them and the cost of healthy eating may be an issue. Then there is stress from school," Robillard noted.

He advises you tailor your exercise routine to your needs, pointing out that exercising in the morning before breakfast will optimize your ability to burn fat and calories, while exercising in the afternoon will help you to build muscle mass.

Thinking about university after Humber?

UNIVERSITY FAIR
REPS FROM AUSTRALIAN,
AMERICAN AND CANADIAN
SCHOOLS

WED JAN 26- 11 A.M.- 1 P.M.
STUDENT CENTRE- NORTH CAMPUS
THURS JAN 27- 11 A.M.- 1 P.M.
SMALL CAFETERIA, B BLD
LAKESHORE CAMPUS

Beating the winter blahs in Humber's residence

PIERRE LACHAINE
STAFF REPORTER

As the winter wind sweeps across Humber's north campus, Kimberly Simpson knows that cabin fever is right around the corner.

"Sometimes you go crazy," says the 19-year-old accounting student, living in residence for her second year. "You're just sitting around and there's nothing to do."

The winter months can be more difficult for some than for others, says Liz Sokol, a Humber counsellor. As many as 25 per cent of people are affected to some degree by seasonal mood disorders and she says, women are especially prone.

"We certainly see a lot of that by the end of October," she said.

According to the Canadian Mental Health Association, season-

al disorders tend to show up most often in people over the age of 20.

The shortened days of winter can lead to anything from mild depression to full blown Seasonal Affective Disorder (SAD).

Students who are affected may sleep more than usual, be moodier and socially withdrawn.

"Our RAs are given an intensive session on mild depression, SAD and suicide," Sokol says.

Although residence staff are trained to spot seasonal disorders, students should also prepare themselves for the winter ahead.

Exercise is one way to relieve stress and increase your energy levels. Students should also be aware of their light levels. And according to Sokol, students should try to get up earlier.

"Sleeping half the day away is not a good idea because then the student is only awake when it's dark outside," she says

Journalism student Justin Midgley, 21, isn't looking forward to his 3rd winter in residence.

"You can only sit in front of a screen for so long before you start to go crazy." He says the small, dusty rooms can feel claustrophobic in wintertime. In these cases, he opens a window or door or paces the halls, saying residence activities don't interest him much.

Simpson says there's "a lot going on in residence if you want to get involved."

If things get really bad for students, Sokol suggests students see their RA, a counsellor or a doctor.



PIERRE LACHAINE

Humber resident, Nicole Krolouski, watches students trudge back to Res after class. Winter indoors can lead to bouts of depression

Check out next week's focus on "public spaces"

"I turned to see Patrick eng

continued from pg.1

'What a strong tidal change,' I remember thinking, as I watched beach chairs and umbrellas pushed inwards by the water. Then came the large boats normally anchored slightly off-shore.

'Surely they're not supposed to be moving towards me like that. . .' Within seconds salt water covered our feet. We had to run, but where? No one knew what was happening.

We retreated toward the restaurant, thinking it best to stay up on solid ground.

When an old man could not regain his footing, I went out to help him up. He was in shock.

I coaxed him up only to turn and see Patrick engulfed in the torrent of water that had risen from the beach and blasted through the glass behind him. Suddenly, we all were pushed through a driveway that separated the street ahead from the restaurant. On either side were 15 meter-high cement buildings. The ocean had found a channel and it rapidly churned its way through, carrying tables, chairs, buffet and beach paraphernalia with it. The water was deep and strong. I was pushed under and lost my grip on the little old man.

God only knows what happened to him.

When my head came up, I saw only the cement structures of the stores, restaurants and bars on the other side of the street. I prepared to crash into what may have been a metal grate. Patrick kept his feet in front of him as he rode the river of debris. We lost sight of each other momentarily, but I swam left and saw him sitting atop a bar counter.

Quickly, I climbed up beside



Rescuers help a pregnant woman out of the rubble in Koh Phi-Phi, a costal island about an hour and a half boat ride from Phuket.

him, wanting out of the terrifying current.

From across what should have been the floor of the bar, was a middle-aged French man perched on a counter. He was just like us - scared and confused.

Patrick wrapped a bar towel around a wide laceration on the inside of his forearm. His feet were also badly cut.

A sense of calm emerged as the water stopped rushing. People came wading through the bar, dazed with the shock and horror of missing those who'd been alongside them only moments before.

A middle-aged Australian man wandered by, blood streaming from his head. He wouldn't stay with us because he didn't know where his girlfriend was. Others left to search for higher ground but quickly returned as gas tanks and lives wires blocked the roads.

Not a religious person, I found myself praying to God, Allah, Buddha and the collective spirit of humanity to get us out alive.

I thought of my family: it was Christmas, about 10:30 p.m., they

would be sitting around playing a board game. How I wanted to be there.

The cuts on Patrick's foot were troublesome. They were white

wrap around his wounds, the ceiling-high metal refrigerators came crashing down. The place was falling apart around us. We were no longer safe.

The French man had cracked a beer and was sitting cross-legged on the bar. We watched dogs swimming by and cars float alongside them.

We watched the Australian man walk toward us hand-in-hand with his 'girlfriend,' a middle-aged, handicapped man. They leaned against the building across the street, vulnerable, but too scared and tired to move any further.

The calm was soon broken by another wave of dark, dirty ocean rushing towards us.

"I called out to a stranger and asked what we should do. 'Get out of here!' he cried."

instead of red. As I grabbed a scarf hanging from the rafter to



Torn hydro posts left live electrical wires dangling in the streets.



Rubble blocks pathway to the local marketplace.

ulfed in a torrent of water.”

“Fuck, what do we do Patrick? Where do we go?” It became apparent our bar perch wasn’t going to cut it. We moved toward the edge of the bar and grabbed the flimsy metal beams hanging inches from our heads and escaped through an opening in the collapsed roof.

Scanning the horizon we saw entire families sitting atop their beach resorts. Although we were out of the ocean’s grasp, I wasn’t sure we were safe. The electrical wires dangling at eye-level alarmed me. I could only imagine that the next wave would be bigger.

We decided to move to the neighbouring roof; it was bigger and out of reach of the wires. I heard a crash and turned to see Patrick hanging on for his life; he had fallen through the plastic shingles and clung to a rusted metal bar. “Come on Patrick, pull yourself up. Put your bum here and spread your weight.” He was sitting beside me on the scorching roof-top in moments. We were together and far away from the water. It felt good.

The edge of our roof met the balcony of a neighbouring house. It offered shelter from the searing heat and what’s more, the Thai people were waving to us. Three men came to the edge of the balcony and helped us climb over the railing. Three Thai women sat, blank-faced and solemn, on the loft at the far end of the balcony. Inside the loft was the mangled and bloody body of an elderly, semi-conscious, white man. He had a big swollen bump below his ear and bruises from head to toe. I could not face the scene and stayed perched on the balcony trying to settle my terrifying thoughts.

After what seemed like hours, enough time to re-evaluate one’s entire life and to replay the previ-

ous events a thousand times over, a new character emerged on the balcony, sporting a name tag. I instantly thought him a rescue worker. Turned out he was from a nearby hotel and had come to help the injured man.

He found a metal ladder and a beach mat that had washed up from shore. We placed the injured man on the homemade stretcher. Descending the stairs into the waters I had, only moments ago, worked so hard to escape was terrifying. The stretcher was heavy and my arms felt weak but I knew I had to be strong. Patrick limped behind. Knee-

“Knee-deep in floating debris, I fell, only to hear ‘more water, more water coming’.”

deep in water and floating debris I lost my footing and fell. When I regained my balance all I could hear was “more water, more water coming.”

I left the injured man in the arms of the Thais and ran back to the safety of the balcony; Patrick followed.

From the balcony we heard some English. I called out to the stranger and asked what we should do?

“Get out of here!” he cried. We both made our way back down the stairs. Going back to ground level, I was terrified.

When we reached the street I told Pat I would go back to our hotel and see if the safe, which contained our passports, still existed. From a few

meters down, an Australian voice boomed: “There is nothing worth risking your life, get out of here!”

At that I headed for safety. Patrick tried his best to stay close but with his injuries could not keep



Mayhem on the island. In Thailand alone, more than 8700 are dead or missing in the disaster.

up. Thai people guided us in and around the various buildings that led to dry ground. I kept yelling to Pat, somewhat hysterically. I wanted to get the hell away from the beach and the devastation. After a short-time, my feet touched warm, dry cement! It was glorious. I ran back to Patrick and pushed him along the streets of Patong Beach. Remarkably, people were sipping coffee in outdoor cafes, unaware of the trauma 200

meters ahead. It was surreal. Wet, bloodied and bandaged, we ran through the streets. People stared in disbelief. We reached the safety of a hotel. There, at its gates, was the French man. We embraced and I let out a stream of uncontrollable tears. In a mix of French and English we described the events and I warned of another wave. “It was horrible” played out of me like a broken record.

Others, inside the hotel lobby, sought refuge. Three Scots were paying for a room on the highest floor possible. An Irish girl walked around, a terrified look in her eyes: she had lost her mother and sister. Suddenly, I realized how lucky I was to be alive and with Patrick. I imagined the horror of having been with my whole family moments before the waves struck. I felt sick to my stomach.

At the emergency entrance of the Bangkok Phuket Hospital, Patrick received 19 stitches.

A British family came into our ward to watch the news. They had been walking along the street when the wave hit. The aunt had been badly cut and was awaiting the doctor. The dad, the uncle and one of the girls had escaped, unin-

jured, and the mother and other daughter had minor wounds. They sought refuge in a football stadium but it soon filled up with water. They found themselves clinging to a ceiling beam, gasping for air. When the water retreated after the first wave, they made their way up the stadium steps.

The family tied their t-shirts around their bleeding aunt. Her husband said he thought she was going to bleed to death; he had never seen so much blood.

As the afternoon crept by, the death toll continued to rise and we became aware of the expansive nature of the disaster.

In less than 30 hours the world had changed for Patrick and me. We cried and watched the nightmare unfold around us. Patrick and I hung onto each other in disbelief, terror, relief and exhaustion.

All pictures courtesy of www.helgeroe.com

“Wet, bloodied and bandaged, we ran through the streets.”



Collapsed roads make relief efforts to remote areas difficult.



A man surveys the damage outside the Sea Frog Scuba shop.

Life

Teens say marijuana less harmful than tobacco

NEHA SHARDA
LIFE REPORTER

ALLISON MOORHOUSE
LIFE EDITOR

Canadian teenagers say they think marijuana is less harmful than cigarettes, according to a new federal report. Forty-seven percent of 18 and 19-year-old Canadians have used marijuana and believe cigarettes to be more harmful.

"Marijuana is better because even if you're a really heavy user, you're probably not going to smoke marijuana as much as cigarettes," Jason Parry said, a 20-year-old media studies student at Guelph-Humber and an occasional pot smoker.

"Both have negative health effects but the fact that cigarettes are more addictive make them more lethal."

Josh Davis, a 19-year-old business-marketing student and frequent user, agreed.

"There's more tar in marijuana but over all it's better because it's natural, there's no chemicals in it, and there's a beneficial result that comes from it," he said.

According to the report, a single marijuana cigarette contains the same cancer-causing tar as four filtered tobacco cigarettes.

"Marijuana users puff much harder and smoke most of the cigarettes." -Roberta

Ferrence, Ontario Tobacco Unit

Roberta Ferrence, of the Ontario Tobacco Research Unit, disagreed said marijuana is more harmful.

"Marijuana users puff much harder and smoke most of the cigarettes," she said. "Although tobacco has specific cancer causing agents, much of the harm of smoking is from the burning process."

According to The Centre for Addiction and Mental Health web site, the short-term effects caused by marijuana use include problems with memory and learning, distorted perception of (sights, sounds, time, touch), trouble with thinking and problem solving, loss of motor coordination and increased heart rate.

The website also states that long term use of marijuana can cause cancer, lung infections, and pneumonia.

Bridging the road to success

Humber student places third in Hudson River bridge design contest

REBECCA WELLUM
LIFE REPORTER

When *New York Magazine* announced a bridge design competition last fall, third year Humber student Abid Gheyyoor immediately stepped up to the challenge, creating a masterpiece in only five days.

The objective was to design a new bridge to span the Hudson River in New York. Using skills acquired through Humber's Architectural Technology program and his vast amount of natural creativity, he designed a bridge that incorporated a high-rise building in the middle.

"I wanted to create something that will give New York a world class image," he said.

The winners were announced Jan. 2, in *New York Magazine*. Gheyyoor, 39, and his design were awarded third place. Although there was no prize money awarded for the winners, he said this is an excellent opportunity to break into the North American architecture scene.

"I am pleased with the outcome and hope it will bring me recognition within the field of architecture."

Uniquely formed, the bridge was "designed to sit on the river like the sail of a boat." Gheyyoor used a cantilever suspended bridge design overlooking the city. The design included high-end condominiums, offices and hotels on the upper floors. The middle and

lower floors include restaurants, a recreation center, shopping centers and even a casino.

Gheyyoor carefully incorporated all aspects of modern life in his design accommodating for subway tracks to connect beneath the bridge.

Richard Meier, a world-renowned architect known for designing Los Angeles' Getty Center, was selected to judge the competition. In his judging comments, he wrote: "The idea of a high-rise condominium tower as the support for a bridge was seen in a few entries, but this cantilevered suspended bridge has good sculptural qualities. Whether tenants would want to live with traffic all around remains to be seen, but the views would certainly have real estate brokers vying for sales."

Gheyyoor previously worked as an architect for six years in Pakistan. However, after immigrating to Canada he found that his degree was not transferable. Upon his graduation here in Canada he hopes to be an architect in a good firm where he can devote his time to designing commercial buildings.

He is currently looking into entering another similar competition. "I will be in touch with the results but for now the design is a secret."

To read more on Gheyyoor and the other entries in the contest click onto newyorkmetro.ca



REBECCA WELLUM

Gheyyoor said his idea for the bridge design "just came to me."

Designer Depot customers 'practically stealing'

DIANA KOWAL
LIFE REPORTER

The brightly-lit building reveals row upon row of clothing in a space the size of an airline hangar.

This is Designer Depot in Vaughan Mills mall.

The 38,000 square-foot store boasts signs everywhere that announce top of the line designer labels for 50 to 70 per cent off, appealing to students on a budget who haven't lost their sense of style.

Like the motto says, customers may feel like they are "practically

stealing" the low priced products.

Humber grad Alisha Bard, corporate communications coordinator for Hudson's Bay Company, explains the appeal.

"We carry distinctive labels, things you normally wouldn't even find outside of New York City. So, our designer labels are top crust, so to speak."

This means you're not going to find run-of-the-mill, motherly-type discards at this discount store.

According to Bard, because Designer Depot is a subsidiary of Hudson's Bay Company, it can

make different arrangements with suppliers to carry current fashions, rather than leftovers from previous seasons.

Two things that cannot be dis-

"I find the set up makes things easier to find than at Winners."

-Michelle Webber, ski lift operator

Another designer hunter, Michelle Webber, 44, a ski lift operator from Calgary, was checking out the store's offerings. She said the name drew her in, but the organization made her stay.

"I find the set up makes things easier to find than at Winners. You don't have to rummage through stuff."

The Vaughan Mills location is the first of its kind, but soon Webber may find one in her hometown of Calgary. There are plans to build 10-15 new stores in 2005.

Bard said one-stop shopping is a growing trend in retail because people want to go somewhere with variety. Making the drive up to Vaughan may prove beneficial for Humber students, she said.

"If they are living away from home for the first time, it's a wonderful place to stock up on pots, pans, dishes. It's going to be a popular place for those who go out looking for something practical and are going to find a shirt or a pair of jeans while they're there. Or shoes. Great shoes!"

Now that's the way to market to students.

Check out more great deals at Designer Depot on hbc.com



DIANA KOWAL

The store provides serious shoppers with new stock every week.

Student running for Miss Canada Royalty pageant

IAN HONEY
LIFE REPORTER

Jessica Miller loves being in the spotlight and her title as Miss Greater Toronto Area Royalty allows her to bask in the attention.

"(The title) has already given me the chance to start doing events around the GTA and I have many more planned," she said.

Miller has subsequently marked her calendar for the upcoming Miss Canada Royalty pageant on April 9th.

At 19, the second-year Humber college journalism student is relatively new to the world of pageants.

Miller first became interested in the scene last year, when she saw an advertisement in the Brampton Guardian.

She entered the Miss Brampton International Pageant 2005 and finished fourth runner-up.

It wasn't the first time she has thought about becoming a beauty queen.

"As a little kid I had a dream like every other girl to be on stage and wear a crown."



IAN HONEY

Jessica Miller is competing in the Miss Canada Royalty pageant partly because she wants to promote the Tumour Foundation of Canada where her father is a member and brain tumour survivor.

She said she learned a lot from that first pageant, including valuable presentation skills and communication skills.

"(The pageant) made me more confident. The judges had such nice things to say about me."

Her motivation has also been

sparked by her academics and volunteer duties.

She made the Dean's List in the Media Foundation program in her first year at Humber and is a work study student with the college's professional development program.

One particular person she is hoping to help out is her father, Paul Miller.

He had a brain tumour removed six years ago, an operation that left him unable to work. He has been an active member of the Brain Tumour Foundation of Canada since his operation.

His daughter said the opportunity to bring attention to the foundation inspired her to compete in pageant.

"I like that I would be able to promote it," she said.

Miller feels she is making a difference in her community.

"I feel that I am a good role model because I am a respectful, responsible and honest person."

Teresa Bragado Sousa, president of Brampton International Pageants, said Miller makes an outstanding contestant.

"She is an organized and genuinely 'down-to-earth' individual. She is very approachable with excellent people skills."

The Miss Canada Royalty pageant will be held at the John Elliot Theatre in Georgetown on April 9. For info, call (905) 877-3700.

Alumni Watch

Theatre Arts graduate now runs a multi-million dollar venue

ALLISON MOORHOUSE
LIFE EDITOR

Jamie Grant had no problem finding work after he graduated the Theatre Arts program at Humber.

"I started working five seconds after I graduated and I've never been without work," he said.

Grant, who graduated in 1982, said the program was great training for the real world.

"It was all-consuming," he said.

"It was incredible grounding for the business because I got to work with some incredible people."

Grant is now the general manager of Centre in the Square, a theatre in Kitchener, Ont.

"I'm responsible for managing a full-time staff of about 25, a part-time staff of over 200 and an \$8-million budget. And I do the programming here," he said.

The people he met at Humber impacted his life in a special way.

"One of the great things about my time at Humber was the friends I made both in the faculty and the student body. They're friends that I still have today," he said.

"At a theatre down the road this week, two of the guys that I graduated theatre school with are doing a play there. We've maintained a friendship."



COURTESY

Jamie Grant

"Friends with benefits" a common practice among young adults

EMINA GAMULIN
LIFE REPORTER

Rena Sammut and Jocelyn O'Keefe, two hospitality management students at North campus, know full well what the term "friends with benefits" implies.

"It's a friend you can chill with and have fun with, and have extra fun with," Sammut said.

O'Keefe interpreted the term more loosely.

"A relationship that isn't defined, but you don't want to get together as a couple," she said.

Under the parameters of their respective definitions, both have found themselves with casual bed buddies in the past.

Sammut was involved with a friend for two months and enjoyed it because "he wouldn't freak out if I was flirting with other guys."

She admitted that she developed feelings for him but he

moved away before it ever became an issue.

"I have a boyfriend but, if I were single, I'd do it again," Sammut said.

O'Keefe's friend, on the other hand, was also her boss. It started with some flirting at work and ended when some co-workers figured them out. She added that he was "creepy and psycho" by the end.

"He would show up at work when he wasn't scheduled. He started saying he loved me when I knew he just wanted me in bed," she said.

"Even a year later, I'd run into him and he'd be like 'oh, come to my place'."

O'Keefe is looking for something more substantial these days and said she wouldn't bother trying it again.

But, despite the creepy-psycho factor, she said it was a good learning experience.

"I tried it out, I didn't like it. Maybe it was the person."

Marianne Keystone, an individual and couples sex therapist in Toronto, said people should be

aware of the consequences of "friends with benefits."

"I don't think you can label it and say a non-committed relationship is a bad thing," she said. "My concern is that both people know what they are getting themselves into."

She said college kids are still figuring out their sexual identity, and they may be more comfortable doing this with a friend rather than a random or real love interest.

Joan Marsman, a registered Toronto sex therapist, said people need to be sure they can handle mixing friendship with sex before jumping into bed.

"A drawback is that it makes sex a recreational activity," she said.

While a lot of people don't have a problem with casual sex, Marsman said some of her clients regret not taking sex seriously.

"I think there is still the potential to get hurt."

Warding off winter season's dry and flaky skin woes

CHRISTINA VELOCCI
LIFE REPORTER

Winter is great for skiing and skating but the cold weather can suck moisture from our skin leaving it dry, dull and itchy.

"Toronto summers are humid and there is moisture on your skin but in the winter time the air is much more dry," said Jennifer Lund, a certified Esthetician at Aveda Lifestyle Store and Spa. "The first thing you notice with dehydrated skin is the way it feels."

Krysta Myan, an early childhood education student, said she notices changes in her skin in winter.

"I have to make sure to put cream on my face everyday," she said. "I always keep something on my face to keep it covered (outside)."

Lund suggests keeping the heat in your home at a reasonable level and purchasing a humidifier to add moisture to the air. She also said drinking water regularly is very impor-

tant, especially if you're a coffee drinker.

"For every caffeinated beverage you drink, you should drink two glasses of water so that you don't become dehydrated."

Julie Lobianco is a certified Esthetician and Aroma therapist. She said skin moisturizer is important but warns some products are better than others.

Continued on page 16

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Life

Women's Health Forum and Expo a real eye-opener for women of all ages

CHARLENE McCALLUM
LIFE REPORTER

Camille Jones realizes her relationship with her boyfriend is actually better than most.

"I don't have those problems of another woman or a lying boyfriend. I'm the one that causes the stress. He's really good to me; (he's) patient and honest. I'm lucky."

Jones, 23, didn't expect to find clarity in her own relationship by listening to Ellie Teshler, Toronto Star's internationally syndicated advice columnist.

Teshler was one of the many

Flaky skin woes

Continued from page 15

"Make sure the products that you put on your face and body don't have any alcohol in them because alcohol is a 'no-no' for dehydrated skin," he said. "Water based products are definitely the way to go."

speakers at the two-day Women's Health Matters Forum and Expo last weekend at the Metro Toronto Convention Center.

"The all time greatest relationship is a growing, flexible, adaptive connection between two people in the image that those people choose," Teshler said at the seminar.

She said the heart of a great relationship is self-esteem.

"In a global study last fall of a sample group of 3000 women, only two per cent described themselves as beautiful. Only one out of 50 thought they were sexy."

Hundreds of women, from teens to seniors, attended to find information ranging from relationships to breast cancer, better bras to contraception methods.

"This is a unique event that is purely dedicated to the advancement of women's health," said Cheryl Heyd, coordinator of the forum.

The event had 40 forums and 150 exhibits demonstrating health-related services, organizations, products and valuable information.

Beauty without the bucks

KATIE LAMB
LIFE REPORTER

When it comes to cosmetics, women don't have to spend a fortune to look like a million bucks.

Antonietta Perretta, a cosmetic science teacher at Humber College, said most cosmetics are similar no matter what the price.

"It is the packaging that's different," she said. "You don't have to spend a lot of money to have great cosmetics."

In one of her courses Perretta asks students to compare the ingredients of similar products - one a high-end brand and the other a cheaper-priced item. Students often find they are the exact same product.

"It's all in how they market themselves," Perretta said.

However Bishaek Makowski, a make-up artist at Michael's Health and Beauty Spa in Mississauga, disagreed.

He said more expensive brands have top quality ingredients which offer better coverage and, nicer feel on the skin.

For the average student budget, Makowski said the cheaper



KATIE LAMB

Don't spend your whole paycheque just yet! According to some experts, many cosmetics are alike, even if their prices are not.

brands of make-up still give a pretty good effect.

"Young people often have beautiful skin, full lips and very few lines, therefore they do not need too much make-up," he said.

Marketing student Christina Spizzirri, 19, said she buys cheaper brands for affordability.

"I see the difference (between cheap and expensive cosmetics), but I buy the cheaper ones because I'm a student," she said.

According to Perretta the difference in products lies in the colour intensity. Professional products often deliver more intense, dramatic colours designed for make-up artists.

"All brands at the drugstore are more translucent, consumer friendly products. They are made for people who don't want to make mistakes."

Perretta found it common for consumers to remain loyal to brands they know and trust.

Are you ready for this semester?

Here is a schedule of Learning Skills Workshops offered by the Counselling Services.

All workshops are free and presented by qualified Counsellors.

Sign up early to ensure your place in one or more of the workshops.

NORTH CAMPUS

JANUARY		
TUESDAY	WEDNESDAY	THURSDAY
18 12:40 - Learning Styles 1:35 - Time Management**	19 11:45 - Reading & Note Taking* 1:35 - Stress Management	20 12:40 - Learning Styles 1:35 - Memory & Concentration*
25 11:45 - Memory & Concentration 12:40 - Budget & Finance	26 WORKSHOP NOT SCHEDULED	27 11:45 - Reading & Note Taking* 1:35 - Time Management**

FEBRUARY		
TUESDAY	WEDNESDAY	THURSDAY
1 11:45 - Reading & Note Taking* 1:35 - Exam Prep & Test Anxiety	2 11:45 - Budget & Finance	3 11:45 - Learning Styles 12:40 - Time Management**
8 12:40 - Exam Prep & Test Anxiety	9 12:40 - Memory & Concentration 1:35 - Stress Management	10 11:45 - Exam Prep & Test Anxiety

* 2 hr. workshops — Second hour is an optional addition. First hour of the workshop is more theoretical whereas the second hour gives you the opportunity to apply what you have learned.

** Please bring your timetable to the Time Management workshop.

LAKESHORE CAMPUS

JANUARY		
MONDAY	WEDNESDAY	THURSDAY
17 12:40 - Learning Styles	19 WORKSHOP NOT SCHEDULED	20 11:45 - Exam Prep & Test Anxiety 12:40 - Time Management
24 11:45 - Memory & Concentration 12:40 - Budget & Finance	26 1:35 - Time Management	27 11:45 - Stress Management

FEBRUARY		
MONDAY	WEDNESDAY	THURSDAY
	2 12:40 - Memory & Concentration	3 12:40 - Exam Prep & Test Anxiety 1:35 - Learning Styles
7 WORKSHOP NOT SCHEDULED	9 12:40 - Stress Management 1:35 - Learning Styles	10 1:35 - Memory & Concentration
14 1:35 - Exam Prep & Test Anxiety	16 WORKSHOP NOT SCHEDULED	17 11:45 - Budget & Finance 1:35 - Stress Management

For more information and to register call North Campus at 416-675-5090 and Lakeshore Campus at 416-675-6622 ext. 3331.

Coming straight outta the West Bronx

As hip-hop turns 30, rap dominates the music charts – propelling the culture from the ghetto to the classroom

JAQUELINE AFONSO
ARTS REPORTER

Thirty years after hip-hop took root in New York's inner cities, the culture continues to flourish.

While certain elements of hip-hop have faded from popular culture, Rodrigo Bascuñán, founder and publisher of Toronto's Pound Magazine, said the focus today is on rap, not on b-boying, deejaying or graff(itti) art.

"Rap has thrust the whole culture into the mega stratosphere that it's in right now. It wasn't done by any of the other elements, so they've all been left behind."

DJs are instrumental to hip-hop, because they not only control what songs to play, but also help to stir up the crowd.

Back in the day, pioneers DJ's Kool Herc and Afrika Bambaataa were the first to mix back and forth between songs, inviting the audience to yell shout-outs to their

crew – a practice that continues in clubs today.

"It has something for everyone...whatever your artistic inclination might be or if you're just in it for something that is fun," Bascuñán said.

As hip-hop's other elements fight for the spotlight, rap's popularity has moved the culture out of the slums and into the classroom.

Last fall, New York University became one of the first to offer courses on hip-hop culture, taught by hip-hop icons like De La Soul, who became honorary professors for a semester.

For Bascuñán, this will ensure that hip-hop culture is protected and respected as an art form. He refers to hip-hop's thriving popularity as "something that speaks to the youth."

"It's a culture that has so many different facets to it and that's always going to attract more people," he said, adding "It has the power to (reach) every community ... worldwide."

The culture is alive at Humber's North Campus where the HSF held Urban Indie



ABOVE: LIZA WOOD, BOTTOM LEFT: JAQUELINE AFONSO

While DJs don't get as much love as emcees, "Johnny A" finds the groove on a pair of CD turntables during Urban Indie Night @ CAPS last Tuesday.

Night @ CAPS last Tuesday night. Performers included DJ "Johnny A", reggae artist Shadrock, hip-hop emcees Monday Knight, and the Young Blang Entrepreneurs.

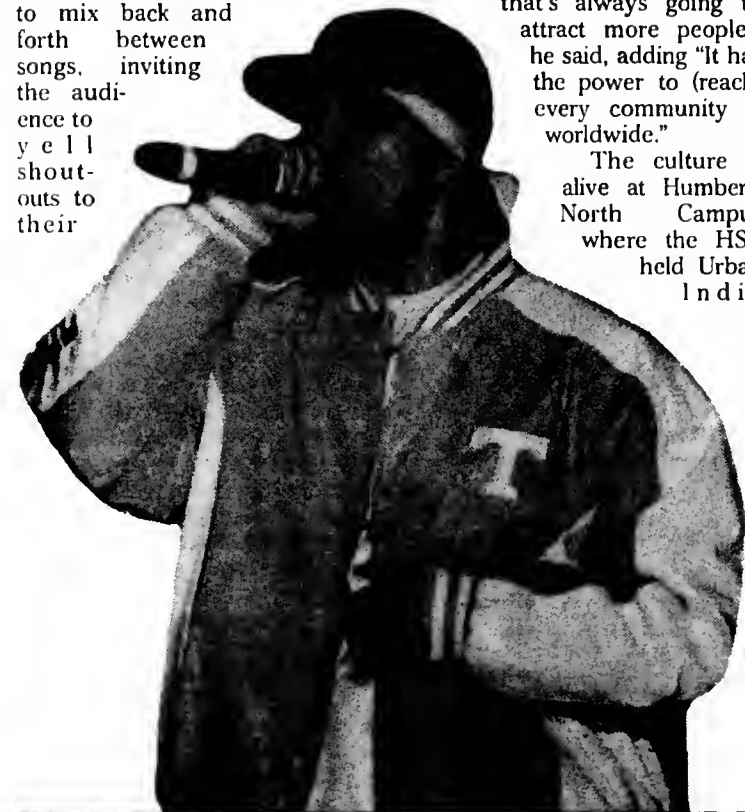
Twenty-year-old Lakeshore student "Johnny A" Fluyt, a Humber

college student from the Lakeshore Campus, defines hip-hop as "doing your (own) thing and hearing what rappers try to say to people."

As a deejay, "Johnny A's" interests mainly lie with the turntables and he enjoys experimenting with

different beats. It also has an added bonus of "(Keeping) you out of trouble," he said.

Emcee Monday Knight said she was born with her skills and that rhyming comes naturally. "Hip-hop is a culture, a feeling," she said. "It's a lifestyle."



LISTED

EVERY WEEK WE'LL BRING YOU A TOP 10 LIST OF GREAT MOVIES, TV SHOWS, MUSIC, ETC. THIS WEEK'S TOP TEN: SCHOOL SONGS

- I. ABC – Jackson 5
- II. Another brick in the wall – Pink Floyd
- III. School's Out – Alice Cooper
- IV. Rock and roll high school – The Ramones
- V. Hot for teacher – Van Halen
- VI. Me and Julio down by the schoolyard – Simon and Garfunkel
- VII. I missed the bus – Kriss Kross
- VIII. Don't stand so close to me – The Police
- IX. High school confidential – Rough Trade
- X. They schools – Dead Prez

From Ringtones to Blingtones

MARY BONNICI
ARTS REPORTER

They're shrill, 30-second long beeps that mimic commercial songs and grab music fans by the ears and pockets.

Ringtones, selling for roughly \$2 each, have invaded worldwide mobile phone markets. Last year alone they generated \$3.5 billion (U.S.).

Bell Mobility, Rogers AT&T Wireless and TELUS Mobility, Canada's top three wireless carriers, recognize the demand of over 15 million subscribers and offer them thousands of choices to satisfy their ringing pleasure.

"It's all about personalization," said Brian Flannagan, a parts development technician at TELUS Mobility. Flannagan recently launched and ran their ringtone service. "People want to express their personality through their phone. It's like fashion," he said.

The trend is ironic. The digital music industry continues to suffer losses from consumers reluctant to download their favorite four-minute songs, for 99 cents, but who are eager to pay double for a low-quality ringtone of their favourite song.

Canadians downloaded an estimated 3 million ringtones or screen savers in the last 12 months.

"Give the people what they want and they'll buy it," Flannagan said.

With so much attention focused on customizing cell phones, the mobile-music market is developing newer and more sophisticated ringtones.

"People want to express their personality through their phone."

Brian Flannagan, TELUS

The next trend comes from the U.S. where hip-hop producers such as Q-Tip, Rockwilder, Denuan Porter, Hi-Tek and others will create original 30-second "songs" called BlingTones, to be used strictly for cell phones.

"We've taken it to the next level by providing unique hip-hop music made by top producers only for your cell phone," said Julien Mitelberg, CEO of

BlingTones. "Nobody else is doing this."

Anthony Ayala, 18, a multimedia production student at Humber College's North Campus said, "I don't even care about those producers. I'm not going to pay for that when I can get an actual full song."

Ayala, an avid ringtone downloader, explains that most cell phone carriers will release a wireless technology allowing users to download songs from their computers to their cell phones. Instead of the common type of ringtone available, companies will develop "master-tones" – an MP3-like clip that plays the actual song on your phone.

In February, Bell Canada plans to unveil a similar product called "Make your own Tunes," which will allow cell phone users to create ringtones at virtually the same price (\$2).

Nessa Prendergast, a spokesperson for Bell Canada, said the product would be easy to use.

"It's like uploading a file; you just add the file and get a text message to your cell phone, and then you have a ringtone."

Arts



SCOTT JORDAN

Canadian author Douglas Coupland serves up another dose of popular culture in his newest novel *Eleanor Rigby*.

Father of Gen X gives birth to a new narrative style

SCOTT JORDAN
ARTS REPORTER

At 43, renowned Canadian author Douglas Coupland, like the main character in his new novel *Eleanor Rigby*, continues to struggle with the loneliness he felt during his twenties.

"Loneliness is universal but it changes flavour throughout life," he said. "Ages 20 to 30 are the worst so it's a bumpy ride," Coupland said in an interview last week.

Eleanor Rigby is Coupland's tenth fictional publication, but his creativity does not end there. He has also written a number of non-fiction books and works as a visual artist.

Coupland's stories are always tangled up in pop culture. He borrowed the title of his latest from the name of a popular Beatles' song. Like the song, the novel examines the isolation of modern society.

In 1991, the title of his first book, *Generation X*, pried its way into the cultural consciousness as a term used to describe a generation of youth, wandering around life without purpose or direction.

Written in his late twenties, the book was heavily influenced by Coupland's own experiences as a twenty something.

"I'm always suspicious of anybody who tries to set a book that doesn't mirror their own daily life," he said. "As if their own life isn't good enough."

On Jan. 12, Coupland read from *Eleanor Rigby* and his upcoming novel *jPod* at the Isabel Badar Theatre in downtown Toronto.

He read a section from the book entitled "6 love letters to Ronald McDonald" and had the whole room laughing.

Coupland said his newest novel

is the beginning of the end.

"In my mind it marks the end of narrating in a certain manner — a late 20th-century almost British way of narrating," he said.

He recently finished a non-fiction book, *Terry Fox*, set for release Apr. 12, exactly 20 years to the day Fox began his Marathon of Hope.

Coupland described the book as one most interesting things he's done. He said digging through the Fox archives was very emotional; the room he used for research was possessed with such a spirit — because of all the cards and personal belongings — that the rest of world seemed to disappear.



Coupland got involved with the book after being asked to photograph one of the shoes Fox wore on the Marathon of Hope. While Fox has had an influence on Coupland, so have visual artists like Andy Warhol and Jenny Holzer and writers Kurt Vonnegut and F. Scott Fitzgerald.

His advice to aspiring writers looking to get their work published: "Write only the book that you desperately want to read but can't find in libraries or stores."

Two Humber grads hammer out a music career with Leviride

ERIN TAYLOR
ARTS REPORTER

Leviride is a rock band that plays loud and from the heart.

In 2000, two Humber grads, Andrew McMullen and Paul Lahey used their diplomas in music and journalism to gain an advantage in the music industry.

"You're given a hammer at Humber, and we chose to use that to build our music careers," McMullen said.

Part pop, part punk; part rock 'n' roll, Leviride is Lahey (voice/guitar), McMullen (drums), Calvin Lee (guitar), Robert McKitrick (bass).

Their CD *Nothing's Getting Better* has received positive reviews from Chartattack.com. Now magazine and numerous ezines in Europe.

Leviride's songs are short and sweet, tackling themes of love and lust. New York-based *BigTakeover.com* described their sound as "hit songs half-remembered from the better car rides of our dreams."

Having played with different bands before forming the group,



COURTESY

Last summer, Leviride opened for Finger Eleven. From left, Andrew McMullen, Robert McKitrick, Paul Lahey and Calvin Lee.

Lahey said the group's friendship has helped them write great songs.

Sounding like a cross between Morrissey and Robert Smith, Lahey's voice compliments the band's punchy sound and use of minor chords. The result is a very texturized sound.

Last summer, the guys won the chance to open for Finger Eleven, fellow Canadians and punk rock enthusiasts, after winning an online contest by submitting their

their best tunes. Out of all the bands that submitted their demos, Finger Eleven picked them to open their Peterborough show.

"It was awesome to get a taste of the real life," Lahey said. "They treated their fans and us like gold."

With a taste of success, Leviride has no plans to slow down.

"This will be our life, our careers, we are confident of that."

* CATCH THEM FRIDAY, JAN. 21 AT THE HORSESHOE TAVERN, AT 9:30 P.M.

Searching for the best flow

KIMBERLEY HAWLEY
ARTS REPORTER

FLOW 93.5 Hip Hop and R&B Soul Search competition is underway following the Jan. 8 auditions.

Winners will receive \$2,500, song productions by producer Markus Kane, 5,000 pressed copies of their CD and the opportunity to represent Toronto at the national Urban Star Quest competition during Canadian Music Week.

Hundreds lined-up and braved the sub-zero temperature for an opportunity to audition.

Carmela Antonio, 20, of Markham, arrived at 7:15 a.m. and waited until 5 p.m. Unfortunately, organizers said they had already seen 250 people and weren't seeing anyone else.

"The problem wasn't that I had to wait, it was that there was no control of the line up," she said. "People were butting in front of me."

Chosen by a panel of five industry judges, the top 10 finalists were graded on vocal range, control and delivery, timing and rhythm, musical selection and creativity.

The public can now choose the winner in each category, by voting for their top choice at www.urban-flowcase.com/soulsearch.

The R&B winner will be announced on FLOW on Jan. 24 and the Hip Hop winner on Feb. 7.

SPIN THIS



THE GAME
The Documentary
4.5 OUT OF 5

The Game totes Uzis, hails from Compton and kicks a suave flow with some "I can't believe it's not butter" rhymes to match. His tales of urban decay are riveting over Dre's g-funk and "How We Do" is the new "In Da Club". When Dr. Dre and 50 cent are your executive producers, Kanye West drops a beat, Timbaland, Eminem and Busta Rhymes make guest appearances, there's only one thing left to say, "Game recognizes game."

~Reviewed by Pierre Hamilton

SEE THIS



THE WOODSMAN
DIRECTOR: NICOLE KASSELL

4 OUT OF 5

In her first independent film *The Woodsman*, Nicole Kassel has made a name for herself as a fearless director. The daring film explores the sensitive subject of pedophilia and stars Kevin Bacon and Kyra Sedgwick.

Bacon plays Walter, a pedophile returned to society after a 12-year prison sentence. Walter is forced to either reintegrate into a world that fears him or give in to his inner demons and reoffend.

Most viewers will find themselves not empathizing with Walter, but hoping that he might be reformed. The struggles the character encounters carrying the stigma of pedophilia makes this movie work. Kevin Bacon is outstanding.

The *Woodsman* will be released in theaters tomorrow.

~Reviewed by Andy Grozelle



In Yo' Headphones

PAOLO VENCHIARUTTI,
20, MARKETING

LISTENING TO:
METALLICA, MEGADEATH,
LED ZEPPELIN, LYNARD
SKYNARD AND KID ROCK.

Canadian film starlet talks to Humber film and T.V. students

Former star of *Road to Avonlea*, Sarah Polley refuses to be a part of Hollywood's warped vision of stardom

ELAINE WILTSHIRE
ARTS REPORTER

Sometimes Canadians forget why it's great to be Canadian, but not actress Sarah Polley. She embodies the Canadian spirit and is not afraid to say so.

Polley, best known for her role in CBC's *Road to Avonlea*, spoke to Humber students enrolled in the television and comedy programs about her experiences as an actor in Canada and the U.S.

Lorne Frohman, artistic director of Humber's television writing and production program, conducted the interview at Humber College's Lakeshore campus last Friday.

The interview was part of TVOntario's *The Distinguished Artist* series, written and produced

by Humber students as part of the one-year post-graduate television writing and production program.

"She was really well composed and her humility lasted throughout the interview," said David Missio, T.V. writing and production student. "She totally downplayed her credit to the film industry."

Polley offered invaluable advice and motivation for students looking to get into the film and television industry and said self-doubt is a necessary part of the process. "Actors that stop

doubting themselves become really bad actors."

Brenda Myers, senior producer and Humber alumni thought, Polley was outstanding. "Humber students are really fortunate to have guests like Sarah come and speak with them about their experiences."

Polley told students she prefers the

Canadian film industry to its American counterpart because more interesting work is available here. In an amusing impression of her agent, she said "they could write a book about the films I didn't do."

Polley, 26, has appeared in more than 30 films, including *The Sweet Hereafter*, *Go*, and *Dawn of the Dead*.

She spoke about her reluctance to be a part of the American film industry and her decision to quit rehearsals for Cameron Crowe's *Almost Famous*. She was later replaced by Kate Hudson, who won an Academy Award for her role in the film.

"I had a sense of a life I didn't want," she said. "It's probably Kate Hudson's life exactly."

Starring in *Road to Avonlea* (1989-1996), she discussed her decision to leave the show after the Disney Channel picked it up in the U.S. "The feeling of the show changed," she said. "(My character) became pretty boring."

She said writing and directing have also changed her relationship with acting.

"Directing gave me a new perspective on acting," she said. "My job (as an actor) is to serve someone's vision."

"I had a sense of a life I didn't want. It's probably Kate Hudson's life exactly."

-Sarah Polley



JENNIFER GOLDBERG

Culinary Management student Valerie Goncalves, 18, gets her celebrity gossip fix.

Hollywood's star couple splits: The demise of Brad 'n Jen

JENNIFER GOLDBERG
ARTS REPORTER

It's the end of romance as we know it.

Hollywood super couple Brad Pitt and Jennifer Aniston have decided to call it quits.

Since the release of their official statement on Jan. 7, the rumour mills have been churning with speculation about the split. Whatever the reason, the stargazing public cannot seem to stop talking about it.

Humber Interior Design student Carey Wise, 28, described society's infatuation with super-star misfortune. "It's the same thing as why people are interested in an accident on the road," she said. "Why is it that everybody looks?"

Just like a bloody car wreck, we can't seem to turn away from the goriest of hard-luck stories: the celebrity breakup. Nicole and Tom, the Bennifer fiasco, Brad and Jen, we have seen them all break down and we've loved every minute of it.

University of Toronto professor of anthropology, Marcel Danesi, compared our love of scandal to a chocolate addiction. "I'll feel extremely guilty about eating it, but I'll eat it," he said. "We do feel guilty [about celebrity gossip] because we know it's stupid and silly, and yet we engage in it."

Ben Chin, Toronto Tonight anchor and Humber journalism teacher, said the media is prepared to satisfy the craving.

"There's a whole section of news organizations that pursue those stories," he said.

But have we taken our hankering for celebrity dirt to the extreme?

Early Childhood Education students Peggy-Sue Greenham, 19, and Hanna Park, 18, think celebrity infatuation is pathetic.

"People get divorced every day," Greenham said. "It's not something that affects the entire world." Park called the break-up depressing. "They were the best couple ever," she said.

Greenham disagreed. "If I got with Brad Pitt we would be the best couple ever!"



ELAINE WILTSHIRE

Lorne Frohman interviews Sarah Polley, as part of TVOntario's *The Distinguished Artist* series, last Friday.

Art gallery features Toronto painter's work

NATASHA ELKINGTON
ARTS REPORTER

Humber students launched a colourful art exhibition at Guelph Humber yesterday, featuring the work of notable Toronto painter, Ruth Tait.

The *Pellucid Intervals* which runs until Feb. 4, displays Tait's paintings of Canadian landscapes in water-colour and oil. "Painting is like telling a story but in colour; colour in different parts of the painting can mean different things," she said.

Five students organized the exhibition as part of their Event Planning course. "It is not easy to plan a big event in such a short time, but we are pretty happy with our achievement," said Zahara Sayed, a third-year Business Administration student.

Helen Filipe attended the opening reception and works at Humber's Student Services. She was impressed an event like this is part of the curriculum. "It's a wonderful

way to integrate the community with art and culture."

"It's a wonderful way to integrate the community with art and culture."

-Helen Filipe, Student Services

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Arts

iPod theft touches down in Toronto

ANDY GROZELLE
ARTS REPORTER

Denise Bonte's 16-year-old son was walking home from the bus station less than a block from his Toronto home, earlier this month, when he was attacked and mugged for his iPod.

"They punched him, grabbed it from him then threw him to the ground," she said.

iPod theft has already swept through the U.K and has now

touched down in Toronto.

It is easy to see why crooks prey on iPods; selling for just under \$500 they are big-ticket items. They're small, easy to make off with and extremely identifiable because of their signature white headphones.

"If (thieves) see those white earphones and they want it, they'll take it from you," Bonte said.

"I wouldn't wear the white headphones, and I wouldn't dance

around with the thing like they do on the commercials," she warned.

Those thinking of buying an iPod should be cautious for more reasons than possibly being mugged. Sales of stolen iPods on Internet auction Web sites like eBay may become a problem.

"Anybody buying an iPod on eBay should make sure they get the serial number from the seller," said Alexandra Brown, an eBay representative.

"We don't knowingly sell stolen merchandise, but it's up to the buyer to make sure."

In addition to not wearing the coveted white headphones, there are several other ways to protect yourself. "You can have it engraved on the back with your address or email," Bonte said.

"Make sure you don't keep it in an outside pocket and, just in case, make sure you have all your music saved somewhere else."



LIZA WOOD

Watch out iPod users, your headphones make you a target.

Around Town

On Stage

Take Me Out - Bluma Appel Theatre (27 Front St. E.)
The Glass Menagerie - Berkeley Street Theatre Complex (26 Berkeley St.)
Trout Stanley - Factory Theatre (125 Bathurst St.)
'da Kink in my Hair - The Princess of Wales Theatre (300 King St. W.)

On campus

Who wants to win \$100 - Jan. 25 Student Centre (12-2 p.m.)

In theatres tomorrow

The Woodsman
Are We There Yet?
A Love Song For Bobby Long
The Merchant of Venice
Tanation

Concerts

Metric: Jan. 21 - 23
Mod Club Theatre
Broken Social Scene: Jan. 25
Lee's Palace

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HSF

Sidelined Women's soccer will miss top players

Eligibility rules prevent captains from competing with indoor team



JESSE GRASS

... on the Heisman Trophy winner not entering this year's NFL draft.

Is it just me, or did University of Southern California's quarterback Matt Leinart shock viewers all over the world by making the decision to stay at USC instead of declaring himself eligible for the National Football League's draft this year.

Leinart was named this year's Heisman Trophy winner, completing 66 percent of his passes for 2,990 yards and 28 touchdowns.

Battle of heisman winners

He showed everyone why he deserved the trophy by leading the number one ranked Trojans (13-0) to their second straight national championship title.

USC crushed last year's Heisman winner, Qb Jason White, and the second ranked Oklahoma Sooners 55 to 19.

Leinart threw for 332 yards on 18 of 35 pass attempts and a record five touchdown passes (four in the first half) in the FedEx Orange Bowl victory.

He was the first Heisman Trophy winner to go on and win the national title since Michigan's cornerback Charles Woodson did it in 1997.

Thank you Matt!

By that time, almost everyone must have thought he was going to declare himself eligible for the draft.

I for one hoped he did not.

As a big USC fan, I could only hope that he would decide to play out his senior year, lead the Trojans to their third National Championship, and turn down the NFL draft.

My hopes were answered.

Not only did Leinart turn down the draft and the potential of being drafted first overall, but he also turned down millions of dollars at the same time.

Leinart said that he realized the chance he had to be able to support his family by entering the draft, but thought that staying at USC with his friends and teammates would make him happier than any amount of money could.

Since I chose sports journalism as the path of my future, it is good to see that there are more people besides journalists in the sports world that are not driven by money, but by the love of a game.

But, maybe it's just me.

etcetrasports@hotmail.com



ALEX CRUICKSHANK

Natalie Achim practices with the team even though she is not able to play in her last season with Humber.

ALEX CRUICKSHANK
SPORTS REPORTER

The women's indoor soccer team will be without its co-captains for the regional and provincial tournaments due to issues of academic eligibility.

Natalie Achim and Anna Tripodo were ruled ineligible to play during the indoor season after they failed to earn the nine credits necessary to remain on the roster for the indoor season.

The loss of two star players is a concern for a Hawks team with provincial medal aspirations, according to co-head coach Mauro Ongaro.

"When you have experienced (third or fourth year) players like that who are great leaders and team builders and also your best players, it'll affect you."

The absence of both players will also be felt by returning veterans, such as third-year striker Sandra Coelho.

"It'll affect us from a leadership standpoint, both on and off the field," Coelho said.

However the greatest loss will be felt by the excluded duo.

"I'm heartbroken," said Tripodo. "I had to miss outdoor

due to a broken ankle and it was supposed to be a big year for the team. We had high hopes to go to nationals. Now (that I'm not playing) indoor, that really hurts."

The frustration of not being able to play is especially tough for Achim. Unlike Tripodo, who may return to the team next year provided she earns the necessary credits this semester, Achim will graduate at the end of this school year.

"It sucks because we ended off outdoor disappointingly. We got really far as an underdog and had a little bit of bad luck in the final, so it'd be nice to actually finish off with a win."

According to coach Ongaro, one positive aspect is the manner in which Achim and Tripodo have responded to their situation.

"The good thing is that they're at every practice and training session; they're still a part of the team. The only difference is we're going to lack that experience during games."

In the absence of Achim and Tripodo, the depleted Hawks will subsequently look to veteran players like Meghan Forbes, Christy Hazley, Sandra Coelho and Evelyn Davidson to fill the leadership void on the field.



ALEX CRUICKSHANK

Anna Tripodo still attends the team's tryouts after being ruled ineligible to play this season.

Hawks defeat Bruins in straight sets

Arlette's strong play helps Humber maintain its undefeated record

KEN RODNEY
SPORTS REPORTER

The Humber Hawks women's volleyball team improved its record to 8-0 with a dominating victory over the Sheridan Bruins last Tuesday.

"Traditionally (the Bruins) are not a strong team and they are lower in the standings but we were playing with a short bench. The depth on our team really paid off," Humber coach Chris Wilkins said.

Humber received contributions from their entire squad, but were led to victory by the play of a few key Hawks.

Amanda Arlette led all scorers with 11 kill shots and was an unstoppable force at the net.

In contrast to Arlette's numbers, the entire Bruins lineup combined for 11 kills.

Risha Toney was second in the game with six kills.

Heather Longland, who along with Nicole Webber received player of the game honours, didn't go unnoticed by her teammates.

"(Longland's) play really stood out to me," Toney said. "When you see a teammate playing hard, blocking and killing like that, you want to let them know you're in the game with them."

The Hawks let the Bruins know they were in the game from the beginning, controlling the ball and

the scoreboard for the majority of a 25-11 first set victory.

Arlette put the seal on the opening period with a thunderous spike at 21-10, turning away a budding rally from her opponents.

In the second set Sheridan matched the Hawks, shot for shot, trading points almost the entire time before finally bowing out 25-20.

Webber used her strong serving attack to finally tip the scales in her team's favour, finishing with a game-high four service aces.

The middle set was closer than expected and caused the Humber coach to have a chat with his players.

"I told them enough is enough. It's time to start doing what we're supposed to do out there."

Wilkins' pep talk re-energized the girls and they easily dispatched the Bruins 25-12 completing the three-set sweep.

But despite the overpowering performance, the Hawks were unimpressed with their game play.

"It wasn't one of our best games, but we did enough to win," Toney said.

The lady Hawks played last night, but results were unavailable at press time. They host Redeemer College on Jan. 26, following their tournament this weekend at Durham College.



KEN RODNEY

Humber's Amanda Arlette attempts a block against Sheridan.

Sports

Hawks trounce Bruins to keep winning streak alive

Birthday boy named player of the game; helps team improve winning streak to eight and counting

KEN RODNEY
STAFF REPORTER

In the Humber Hawks men's volleyball straight sets victory over the Sheridan Bruins, Chris Simek did something he doesn't normally do: he played well on his birthday.

The birthday boy was named player of the game and single handedly out-killed his opponents 14-10 in a lopsided victory that saw its only drama in a closely contested second set.

"I play my best when I feel the pressure, but I didn't really feel challenged in this game," Simek said.

Not very good news for the rest of the league.

Simek was all over the net in this contest snuffing out almost every Bruins rally before it impacted the scoreboard.

Along with teammate Peter Dionisio, Simek and his Humber Hawks steamrolled over Sheridan, reducing them to 1-7 in the division. Humber's winning streak has now reached eight games to start the season.

Dionisio was second to Simek in kills and service aces. He also added a stuff block at the net.

Head Coach Wayne Wilkins was impressed with

what the two newcomers had to offer.

"Their performance is just the beginning of what the league can expect to see. They played with a ton of confidence and definitely showed us what they were made of considering it was their first game as Hawks."

The Humber men jumped out to a commanding 13-4 lead in the first set and went on to take the opener 25-12.

The Hawks were able to salvage a 25-19 advantage in a set plagued with as many Humber errors as it had Bruins scoring shots.

"Our coaches told us to concentrate on our side of the net and not worry about what was going on over on their side," Simek said.

In the third and final set Humber wore Sheridan down with relentless net play and posted a 25-11 victory to complete the three set sweep.

The Hawks played last night against Niagara College, but results were unavailable at press time. Their next game is Jan. 26 when they play host to Redeemer College.

"Their performance is just the beginning of what the league can expect to see."

-Wayne Wilkins, Head Coach

Humber optimistic about fifth straight championship

Men's indoor soccer team expects nothing but gold for this year's season

ALEX CRUICSHANK
SPORTS REPORTER

The men's indoor soccer team began their quest for a fifth consecutive provincial championship during tryouts last week.

Expectations for this year's team couldn't be any higher.

"Having won the past four championships, the goal is to repeat as champions," Hawks head coach, Germain Sanchez said.

Sanchez has every reason to be optimistic about his team's chances. The majority of the squad will be made up of the Hawks' outdoor team, which lost by a goal to Algonquin College in the provincial finals last October.

Great expectations inevitably led to increased pressure to succeed, a fact that Hawks assistant coach and captain, Jason Mesa, is well aware.

"Nothing but gold," Mesa said about his expectations for this team. "We don't want to be the team that breaks the streak."

Mesa thinks the strength of this year's team will be its veteran

defense, a group that allowed only 12 goals in 15 games during the outdoor season.

One area of concern for the team is its midfield. The Hawks have lost a few players there but are hoping to find replacements during tryouts to fill the void and contribute on offence.

About 40 players competed for 15 roster spots. The final selections for this year's team will be announced by the end of January, forcing player decisions to be made quickly.

Sanchez and assistant coaches Carlos Rivas and Steve Avery cut the number of hopefuls in half by the end of the first practice.

The indoor season consists of a series of tournaments and exhibition games leading up to the regional tournament in March. The top two teams in the regional tournament then advance to the provincial championships.



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Sports

NFL playoffs include nailbiters and blowouts Breaking down last weekend's highly anticipated AFC and NFC showdowns

ALEX CRUICKSHANK
SPORTS REPORTER

A This Sunday's AFC championship game features the two teams with the best regular season records in the NFL.

The New England Patriots (14-2) travel to Heinz Field to face the Pittsburgh Steelers (15-1) in a rematch of their week eight game.

The Steelers easily defeated the reigning Super Bowl champions 34-20 in their first meeting, as rookie quarterback Ben Roethlisberger threw two touchdown passes in the win. The game was the first loss of the season for the Patriots who competed without the services of running back Corey Dillon.

F Both the Steelers and the Patriots excelled throughout the remainder of the regular season and earned first round byes in the playoffs.

New England advanced to the AFC title game by posting a dominant 20-3 victory over the Indianapolis Colts.

Patriots running back Corey Dillon rushed for 144 yards in his first playoff game, controlling the ball and keeping Peyton Manning and the high-powered Colts attack off the field.

C When the Colts did have the ball, the New England defense proved too much to handle. The league's highest rated offense during the regular season was held to only a single field goal.

The Colts Edgerrin James managed only 39 yards on 14 carries and the Patriots forced three turnovers as Tedy Bruschi recovered two fumbles and Rodney Harrison intercepted a pass.

Pittsburgh earned the right to host the AFC championship game after surviving a scare from the New York Jets.

Had Jets kicker Doug Brien not missed two field goals in the final two minutes of the fourth quarter, it may very well have been the Jets traveling to New England to meet the Patriots this Sunday.

Roethlisberger endured one of the worst outings of his young career, throwing two interceptions, but composed himself in overtime to lead the team to the game winning field goal.

With Roethlisberger struggling, Pittsburgh relied heavily on running back Jerome Bettis and their number-one ranked defense to help them to victory. Bettis rushed for 101 yards on 27 carries and a touchdown, while the defense forced the Jets to punt on the opening drive of overtime.

Regardless of who wins this weekend's game in Pittsburgh, the AFC will be well represented in Super Bowl XXXIX.

KEN RODNEY
SPORTS REPORTER

Sunday's National Football Conference championship game will feature a battle of two of the game's premiere quarterbacks.

Michael Vick will lead his Atlanta Falcons into Lincoln Financial Field to battle the Philadelphia Eagles and their pivot Donavon McNabb.

The Eagles are no strangers to the NFC title game, having been denied a chance at the Super Bowl for three consecutive years.

Setting up this clash of the titans for the right to represent the NFC in the finals were two dominating performances by well-rested teams.

The Falcons advanced by crushing the St. Louis Rams 47-17 in a game that had the makings of a shootout.

The teams traded touchdowns in the first quarter before the Falcons pulled away.

Atlanta used their number one rated ground attack that featured running back Warrick Dunn gaining 142 yards and Vick chipping in with 119 of his own.

Special teams play was also a big factor in the victory.

Allen Rossum provided the Falcons with great field position all game and

returned a punt for 68 of his NFL playoff record 152 yards for a touchdown.

Going to the air when he had to, Vick was efficient completing 12 of 16 passes and throwing for two TDs.

Contrasting that approach, McNabb carved up the Minnesota Vikings pass defence, despite the absence of his number one receiver Terrell Owens, and posted a 27-14 victory to earn the right to host the NFC championship game.

With Owens out with an ankle injury, Freddie Mitchell became McNabb's number one target pulling in five catches for 65 yards and a touchdown.

McNabb also hit running back Brian Westbrook in the end zone for a touchdown contributing to the victory.

Philadelphia's defence also played a major part holding Randy Moss to just three catches and 51 yards. Moss, also nursing an ankle injury, was a non-factor for the majority of the game.

The Eagles will become the first team to host the Conference Championship three years in a row and will try to avoid losing it for a fourth consecutive year.



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Sports

Hawks show dominance following tough loss



JAIME TAYLOR

Hawks guard Morris Spence tries an outlet pass to the open man after driving the lane against Centennial on Tuesday night. Humber advanced to a tie for first place in division with the win.

Bounce back victory gets overshadowed by heartbreaking injury to guard Shane Dennie

COLTS

HAWKS

HAWKS TAKE CONTROL FROM TIP-OFF

50

79

HENTLEY SMALL
SPORTS REPORTER

After a disappointing loss at Sheridan Friday, the Humber Hawks men's basketball team left no chance of a second straight heartbreaking defeat on Tuesday night.

The Colts were never in this game trailing at halftime, 44-20 on their way to a crushing 79-50 defeat. They were led by BJ.

Greene and Serge Kasende who netted 11 and 10 points respectively.

The visiting Centennial Colts took the lead on the opening basket and never saw it again. The Hawks went on a 14-0 run leaving their opponents stunned and frustrated.

"I was a little bit concerned about our psyche, I wasn't sure how we were going to respond to (Friday's) loss," Hawks head coach Darrell Glenn said, referring to the squad's first loss of the season.

Humber pounded the ball inside to big man JR Bailey early and often as he scored 10 of his 12 points in the first half.

"Our team has a size advantage over pretty much every team in the league so we looked to establish the game inside," said

the 6'8" post player afterward.

Humber also used pressure defence to consistently force the Colts into turnovers and long-range jumpers that weren't falling.

"Defensively, we were really able to control their dribble," Glenn said.

The game was not all positive however. Early in the second half, star guard Shane Dennie was hurt on a layup attempt

when he collided with a defender. He was on the floor for more than 10 minutes before being taken to hospital with a possible concussion.

In his absence, guard Jason Walcott filled in strongly, playing solid defence and attacking the hoop.

"I tried to pick up the slack a little bit and help my teammates rally around Shane's injury," said Walcott, who had missed a few previous games due to an injury of his own.

He finished with a game-high 14 points on 6-of-8 shooting and was named co-player of the game along with teammate JR Bailey.

The hometown Hawks shot an impressive 56 per cent from the floor, including 45.5 per cent from three-point range.

With the victory, the Hawks are now tied for first place in the central division, and are looking to maintain their top ranking tonight as they host the Mohawk Mountaineers.

"I wasn't sure how we were going to respond to (Friday's) loss"

-Darrell Glenn, Head Coach

Intramurals for this semester

MATT LANG
SPORTS REPORTER

The sign-up deadline for recreational co-ed volleyball and indoor soccer intramurals has been extended to Jan. 21 after insufficient registration numbers threatened to jeopardize the leagues. Floor and ice hockey leagues will go as planned.

The ice hockey league, divided into 'Blue' and 'Gold' divisions, will play Tuesday and Wednesday nights at 11 p.m. and 12 midnight. Students or staff members seeking to participate must sign-up at the Humber Athletics Office immediately.

Students looking to play indoor soccer and volleyball should note that game schedules revolve around the free time of the participants. Signing up for the leagues can be done as a group or as an individual.

Humber Recreation leagues offer a safe sporting environment where anyone from any skill level can play.

"That's what recreation is all about," Assistant Athletic Director Jim Bialek said. "[To accommodate] the competitive people and the people [who just want to have fun]."

Ice hockey will have playoff pools for all the eight teams. A best of three finals round will determine the winner.

Further instructions for how to get involved can be obtained at the Athletics office. The Humber Athletics web site's instructions are available by clicking on the link for campus recreation. (www.athletics.humberc.on.ca)

Humber Recreation is also hosting an NBA pool, where participants test their ability to guess the winners of nightly NBA contests. No point spread is used in the pool, and nightly picks are submitted online or on paper with weekly prizes. A single grand-prize winner of the pool will take home a customizable NBA jersey.

Lady Hawks prepare for indoor soccer gold

ALEX CRUICKSHANK
SPORTS REPORTER

The Humber women's indoor soccer team is hoping to take the next step in their quest for a provincial championship.

Tryouts were held last week to find the right combination of players in order to compete for the provincial gold medal.

"I think that we'll be very competitive and we'll always look to compete for a top medal," Mauro Ongaro said, who coaches the team along with Vince Pileggi.

The Hawks have come close to winning a championship for the past two seasons. They won the silver medal at last season's indoor provincial championships

and the outdoor provincial championships in October.

The strength of this year's

"I think that we'll be very competitive and we'll always compete for a medal."

-Mauro Ongaro, Co-coach

team should be solid team play according to Ongaro. The Hawks are very good in terms of possession and moving the ball. They have a strong group of defenders and should be set in goal.

Of concern for the Hawks is the absence of key players from the outdoor team. One player that will be called upon to offer leadership to the new players is third-year forward Sandra Coelho.

"We've lost lots of veteran players, but our goal is to make the provincial championships."

Around 25 players attended the tryouts and the final roster of 16 to 18 players will be set following the third or fourth practice.

The indoor soccer season consists of a series of tournaments and exhibition games leading up to the regional tournament in early March. The top two teams in the regional tournament will advance to the provincial championships later in the month.



ALEX CRUICKSHANK

Tryouts for the women's indoor soccer team began last week. The depleted Hawks are preparing to redeem themselves from last year's disappointing silver at the provincial championships.