



HUMBER

Et Cetera



Humber's International Women's Day breakfast celebrates the 100th anniversary of the tradition **P. 2**



PHOTO SAMINA ESHA // Toronto's Libyan community staged two recent protests against the Gadhafi regime at Yonge-Dundas Square. A Humber student with family in the turbulent nation is anxious for their safety.

NEWS

Part-time students no longer eligible for discounted Metro passes

P. 2

NEWS

Protests in Toronto show support for the Libyan uprising against gov't

P. 6

BIZ/TECH

Campus club receives iPads to support learning initiative

P. 21

BIZ/TECH

Student group pushes for a tuition freeze as costs continue to increase

P. 21

SPORTS

Men's and women's volleyball teams rock provincials

P. 28

President Bryan Tran defends \$35,000 salary while one rival promises higher visibility

HSF ELECTION DEBATES BEGIN

KARI PRITCHARD
NEWS REPORTER

Humber Students' Federation president Bryan Tran defended his first year in office and his bid for re-election next month, telling an all-candidates debate yesterday that he has done more than enough to earn his \$35,000-a-year salary.

"I sit on a million committees, I represent 25,000 students and a lot of the time I put in a lot more than 35 hours a week," Tran, 26, a third-year business administration student, told about 25 students gathered at the student centre at Lakeshore Campus for the first debate of the campaign for the next student government.

"Let's put the \$35,000 into perspective: If I were to graduate, which I will [be], and go into the business world, my entry-level job will probably be

around that mark and I'm still a full time student this year as well. It's a ton of work, a ton of responsibility."

One of his three challengers, Jason Scully, said he would be more involved in the day-to-day activities at Humber.

"I will go to events, show my face, make changes to policies and improve policies where needed," said Scully, 29, a first-year business management student.

The second of four debates for the presidential and four vice-presidential candidates is today in the student centre at North Campus, from 11 a.m. to 2 p.m. The other two are at North residence next Tuesday and Lakeshore residence on Wednesday, both starting at 6 p.m.

The campaign, which began right after Reading Week, runs through March 11. Voting is March 14-18,

with the results scheduled to be announced shortly after the 4:30 p.m. deadline for casting ballots.

There were no fireworks and few students in the audience during the first debate.

One of those attending, Justin Abad, 19, a second-year police foundations student, said he believed more students should turn out for such events. "I think it's very important because it gets the students being involved at the school and we get to know what's going on."

Besides Tran and Scully, the other candidates for president are: Christian Mangar, 20, a third-year justice studies student at Guelph-Humber, and Bhaskar Ranjan, 28, a second-year business management student.

Ranjan ran unsuccessfully against Tran a year ago.

Candidates for the nearly \$22,000-a-year vice president jobs are:

- VP-campus life (North): Melissa Mendes, 20, a third-year media studies student, running unopposed for re-election.

- VP-campus life (Lakeshore): Incumbent Deniero Bartolini, 25, a third-year international business student, and Daniel Hanna, 22, a third-year business administration student.

- VP-administration (North): Incumbent Bradley Watson, 20, a third-year business administration student, Anthony Narine, 23, a third-year justice studies student, and Jagdeep Singh Bains, 21, a second-year computer engineering technology student.

- VP-administration (Lakeshore): Abigail Prebble, 23, a first-year public relations student, Kyle Lapensee, 20, a first-year community and justice services student, and Rosa Figueroa, 22, a third-year criminal justice student.

TRANSIT UPDATE

No more student-pass discounts

PART-TIME STUDENTS WHO ONCE RELIED ON DISCOUNTED METROPASSES WILL HAVE TO PAY FULL PRICE COME FALL, TTC DECIDED AT CITY HALL THIS WEEK



PHOTO MICHAEL GREGORY // Students board a TTC streetcar near City Hall on Tuesday. The TTC Commission voted to discontinue discounted Metropass rates for part-time students.

MICHAEL GREGORY
BIZ/TECH REPORTER

Thousands of part-time Humber students will have to pay more for public transit next fall after the TTC

voted Tuesday to axe their eligibility for discounted Metropasses.

The action “will do nothing but create great hardships and barriers for part-time students and should not be allowed,” Yolisa Dalamba,

executive director of the association of part-time undergraduate students at the University of Toronto, told the Toronto Transit Commission board meeting at City Hall.

Jamie Kirkpatrick, transit

campaigner for the Toronto Environmental Alliance, also argued before the vote that “cuts to Transit City hurt students, eliminating buses

A huge proportion of them take two or three classes in a given semester.

Rhonda Harrison
MANAGER, LIFE-LONG LEARNING
AND STUDENT MOBILITY

hurt students, and now taking them off of the discount plan designed to help them will also hurt students.”

Still, the board, made of nine city councillors, voted 8-1 to adopt the change to deny all part-time post-secondary students the discounted monthly passes – which cost \$99 a month instead of the regular price of \$121 – after July 31.

Many of those affected are new immigrants, single parents, the unemployed and others trying to upgrade their education and skills, the board was told.

“I sympathize with them,” Peter Milczyn, vice-chair of the

commission, said in an interview after voting for the new policy. “[But] there are people who simply work who maybe have a tough time making ends meet, they have to buy a Metropass and in essence they would be subsidizing the students.”

The TTC says the measure will save \$1.4 million annually. There are approximately 18,500 part-time students enrolled at North and Lakeshore campuses each term and many of them have to travel to school more than once a week on evenings and weekends, said Rhonda Harrison, Humber manager of life-long learning and student mobility.

“A huge proportion of them take two or three classes in a given semester,” said Harrison.

Full-time students will not be affected by the change.

The Humber Students’ Federation purchases a limited number of passes for \$107 each month, which often sell out quickly, through the TTC’s “volume incentive pass program.”

Part-time students can still buy those passes, said Ercole Perrone executive director of the Humber Students’ Federation.

CORRECTIONS

ET CETERA APOLOGIZES FOR THE ERRORS

Feb. 10: Caleb Chepesiuk’s name was misspelled.

Feb. 17: Matt Waghorn’s name was misspelled in a photo credit.

Orangeville does have a representative on the board of directors of HSF.

Humber Athletics wasn’t open over Reading Week.

Mark McLean’s name was misspelled.

Christina Takaoka wasn’t given credit in a pull quote.

Humber honours women’s work



COURTESY JUDY REBICK// Judy Rebick is a Canadian journalist, political activist and feminist.

ANDREA LAWSON
NEWS REPORTER

Tuesday marks the 100th anniversary of International Women’s Day and Humber is celebrating with an early breakfast peppered with musical performances and a keynote presentation by longtime women’s

rights activist Judy Rebick.

“Women have come so far and it’s important to recognize their achievements,” said Briana Hynes, 20, a first-year funeral services student from Welland, Ont.

There is still room for improvement, Hynes said: “Equality has not yet been reached.”

This breakfast is an opportunity for Humber to mark the achievements of women at the college, said Njeri Damali Campbell, Humber’s human rights and diversity adviser.

The event will allow Humber to “honour the contributions of women at the college and share strategies and tools to assist women, students and

employees, to achieve success in their lives,” said Campbell.

Equal access is the theme of this year’s Women’s Day, she said: equal access to education, training, science and technology.

Rebick, former president of the National Action Committee on the Status of Women, will be the keynote speaker at the event.

“Her years of work in this area will be able to shed more light on the achievements and challenges of women, and what opportunities lay ahead,” said Campbell.

The day celebrates the early stages of women’s struggle for better and more equal working conditions, said Rebick.

“It’s a day we have every year where we can celebrate where we’ve gone and discuss where we have to go,” she said.

While women have played a role in Canadian politics in the past, Rebick is critical of present attitudes in Ottawa.

“On paper, we’re in pretty good shape,” she said. “But it’s going downhill with the Harper government ... we’re going backwards.”

It is important for women to keep the momentum going, Rebick said. “We have to change the system.”

ADVERTISING INQUIRIES

TO ADVERTISE IN THE
ET CETERA

CALL 416-675-6622

EXT 4153

OR EMAIL: MEDIASALES@HUMBER.CA

Getting the chance to study on the road

A group of college students will spend six weeks in the U.S. learning about urban design

KATIE O'CONNOR
NEWS REPORTER

This summer, Humber's general education program hopes to broaden students' horizons by offering a study-abroad trip to Boston, New York and Washington, D.C.

"The idea is it's going to be experiential learning," said Dawn Macaulay, co-ordinator of the general education program. "You talk about the National Monument and then you go and see it."

The trip, which takes place June 3 to 12, will cost \$1,770 and is open to all Humber students.

Students who are in a college diploma program will also have the opportunity to earn a general education credit by taking a six-week urban design course along with the trip, said Macaulay.

The department needs a minimum of 20 students to run the trip but can take as many as 30.

She said they are hoping to provide students with the opportunity to have new experiences, and to gain valuable job skills.

The idea is it's going to be experiential learning.

Dawn Macaulay
PROGRAM CO-ORDINATOR,
GENERAL EDUCATION

"Many employers, one of the things they talk about is the need for their employees to be sensitive to multi-cultural needs," she said. "It will be a



PHOTO KATIE O'CONNOR// Dawn Macaulay is the co-ordinator of Humber's general education program, which is organizing the study abroad trip.

great learning experience, great exposure."

The course will look at the urban design of each city, as well as relevant historical, political and social dimensions, said Kate Anderson, a sociology professor at Guelph-Humber who designed the course and will be there teaching.

"It's different from the typical tour-

ist experience because [students will] have a level of knowledge before they go," she said.

Anderson said she chose the cities because they play pivotal roles in the landscape of the United States.

"They make a direct tie between knowledge and experience," she said.

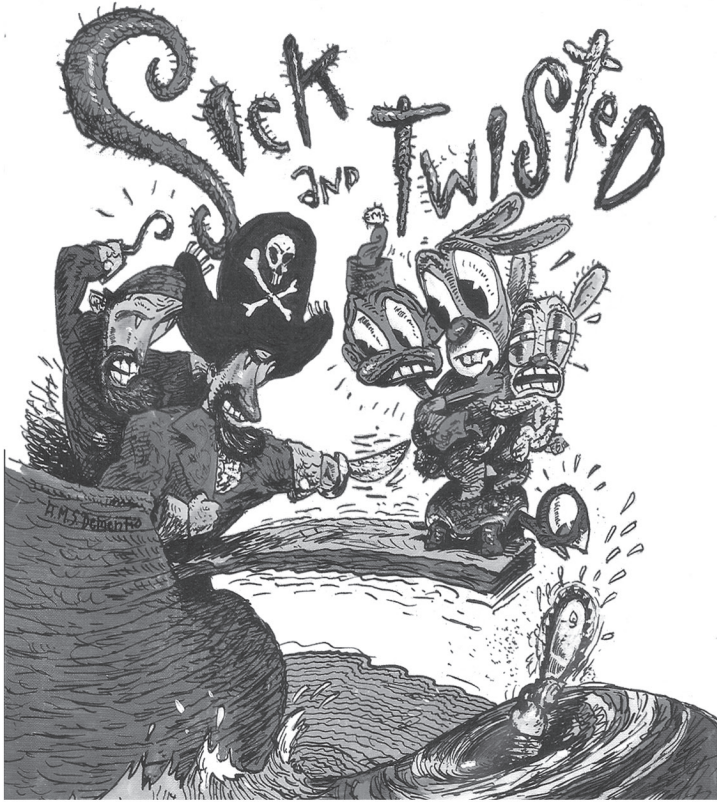
"It's nice to have an escape, get around, network and meet new people,"

said Alexandra Blaauw, 19, a second-year international business student.

Blaauw said she hopes to mix a little business with pleasure by securing an international co-op position for her third semester while on the trip.

This is the second study-abroad trip for the general education department, which offered a trip to Italy earlier this year.

Two Nights Only!



March 2 & 7
Spike & Mike's
Sick & Twisted
Festival of Animation

at SILVERCITY MISSISSAUGA
3055 VEGA BLVD.

Visit cineplex.com/events for tickets and participating theatres.



© Cineplex Entertainment LP.

Arrests made following campus alert on muggings

But college public safety official says there has only been a slight increase in crime on campus and less than 20 incidents since 2006.

JOSEPH ENGELHARDT
NEWS REPORTER

Toronto police have made arrests following several robberies near Humber's North Campus.

"We've made a couple of arrests, but we're looking for a couple more guys," said Det. Brian Kay of 23 Division.

Kay said the robberies appear to be random acts that targeted lone students in isolated places near the campus, and are not related to the string of muggings that happened in late 2010.

We've made a couple of arrests but we're looking for a couple more guys.

Brian Kay
DETECTIVE, 23 DIVISION

The most recent robberies, which caused a security alert to be issued on Feb. 11, are the first reported robberies in 2011, said Michael Kopinak, associate director of public safety.

"It's a very small percentage of students that have been robbed," he said. Since May 2006, there have been fewer than 20 such muggings reported to the public safety department, he said.

The statistics, which include both Lakeshore and North campuses, show that there has been a slight rise in the



PHOTO JOSEPH ENGELHARDT// Recent robberies around campus are a reminder that students should always be cautious when travelling to and from Humber.

number of robberies reported compared to the three that were reported between May 2009 and May 2010.

"There has been an increase this year, that's for certain," he said.

He also addressed the lack of available statistics for crimes that take place on campus.

"We have not been releasing them publicly, but it's something we're looking into," he said.

He said that the statistics are readily available, and they will likely be releasing them in the form of an annual

report in years to come.

Det. Myers of the Crime Management unit at 23 Division agrees that students should feel safe at Humber.

"On the whole, the area around Humber is safe," he said.

Myers advised students to be cautious while around campus, and to travel in groups and pay attention to their surroundings.

"Any crime is a crime of opportunity," he said. "A lot of it is simple stuff, people think 'it's not going to happen to me.'"

Drums of Raging Asian Women

Humber hosts Taiko ensemble on International Women's Day



PHOTO MATTHEW FUNG // Raging Asian Women Izumi Sakamoto, Amy Lin, Helen Luu, Christine Kim, Virginia Hung, Yuri Narula, Young Park perform on their taiko drums.

CATHLEEN FINLAY
NEWS REPORTER

On March 8, students and faculty can experience music that speaks to female power.

The taiko drumming collective Raging Asian Women will be performing at Lakeshore Campus as part of Humber's International Women's Day celebrations.

"Not only are they a great drumming group, but they are a group that brings forth thoughts and critiques around women's power in a world where sexism exists," said Njeri Damali Campbell, Humber human rights and diversity adviser.

"Most people will not have seen an

all-women taiko drumming group ever in their lives and so this will be an opportunity for them to see this example of the power and the strength of a group of women working together," Campbell said.

The Toronto-based group is made up of eight East and South-East Asian women ranging from their mid-twenties to mid-sixties and coming from a variety of professions.

RAW member Christine Kim said students can expect to see "a kick-ass show."

"There is a level of sheer entertainment," Kim said, "but also I think it makes the audience feel empowered, and they really enjoy it. Most people

have never seen a group of Asian women that demonstrate physical strength in this way."

"Music touches people in different ways and the great thing [about the performance] is that it creates accessibility not available in a lecture setting," Kim said.

During the performance "there will be opportunities for interaction with the crowd for students and employees to actually participate and [they] can take away that sense that we all have a role to play in creating inclusion and advancing equity at the college," Campbell said.

International Women's Day is important for campuses to recognize, said Joan Simalchik, co-ordinator of the women and gender studies program at the Mississauga campus of the University of Toronto, where RAW will also perform on March 8.

"It's significant to think back and reflect and to see that it has not been for naught, these International Women's Days – as opportunities to raise issues," she said.

"Without these kinds of markers, we wouldn't be able to see progress and think about the future because we're not only looking back but we're looking ahead and this day gives us an opportunity to do so."

"Freedom and equality rights are fragile and without something like this to pay attention to, we could lose them," said Simalchik.

Students & Community



PHOTO HABITAT FOR HUMANITY TORONTO// Lesa Bogle and her daughters posting a "sold" sticker on her new Habitat home at the Dedication and Key Ceremony held in December 2010.

Habitat for Humanity is building 20 townhouses

This Saturday in Toronto, Humber students and other volunteers will assist constructing homes for the less fortunate

RUTH VANDYKEN
NEWS REPORTER

Working with new tools, strengthening team skills, building a better future for Toronto families: it's all part of the teamwork that makes a Habitat for Humanity build so worthwhile.

At this year's event scheduled for Saturday, March 5, volunteers will be working at Habitat's 20-townhouse project at Weston and Jane.

The construction schedule is always changing, but Sarah Bullick, a director at Habitat for Humanity Toronto, said finishing work like painting and landscaping is on the to-do list.

Participants must raise \$50 for Habitat for Humanity Toronto's material costs in order to participate.

Habitat serves the community by selling affordable housing to families who otherwise would be unable to buy their own homes.

Abby Preuss and Raadiyah Nazeem, both studying early childhood at Guelph-Humber, are coordinating the event. They emphasized the teamwork aspect. Recalling the solidarity developed at last year's build, Preuss said "we kind of owned it that night."

Preuss said the hands-on aspect will also stretch most students' inner handyman. She found this to be the case at her first build, where power tools presented a unique challenge.

"It was a completely new experience for me: I don't know how to work an automatic anything," she said with a laugh.

Habitat offers innovative help for needy families. Bullick, who co-ordinates many of Habitat for Humanity Toronto's programs, said buyers are able to purchase the house at a low cost, financing it with an affordable mortgage.

The additional 500 hours of volunteer work required of the buyer (Habitat calls this "sweat equity") makes it really feel like their own home, Bullick said.

We believe that's how you escape poverty. It's a long-term, sustainable solution.

Sarah Bullick,
DIRECTOR, HABITAT FOR
HUMANITY TORONTO

Habitat helps families out of the rental trap and into building home equity. "We believe that's how you escape poverty," Bullick said. "It's a long-term, sustainable solution."

Joanna Dwyer, Habitat for Humanity Toronto's marketing director, said a typical Habitat home purchaser might look like the Bogle family, who moved from a neighbourhood notorious for gun violence.

Nazeem, who organized the first build, said that meeting the future owners of the home she was working on made a big impression on her. "Now I know that there's an actual family at the end of the road that we're helping," she said, "and we're making their life that much better."

more for you at

Humber

WEB
DEVELOPMENT
AT HUMBER

Do you have a diploma or degree?
Unsure how to turn your knowledge and skills into a satisfying career in a growing field?
Take a look at Humber's one-year, three-semester Web Development Graduate Certificate Program.
This program, which includes a workplace internship, will start you on a career path that will build on your current knowledge and skills.
For additional information, email Bernie Monette
bernie.monette@humber.ca
telephone 416.675.6622 ext 4587
or visit humber.ca/webdevelopment

Next start date: September 2011

 HUMBER
School of Media Studies
& Information Technology



**WHAT'S THE REAL COST OF CONTRABAND?
QUEL EST LE COÛT RÉEL DE LA CONTREBANDE ?**

Buying contraband cigarettes costs more than you think. It fuels other criminal activities, such as the trafficking of drugs and guns. Individuals caught in possession of contraband cigarettes face serious consequences ranging from a fine to jail time.

contrabandconsequences.gc.ca

L'achat de cigarettes de contrebande coûte plus cher qu'on le pense : il alimente d'autres activités criminelles comme le trafic d'armes et de drogues. Les individus pris en possession de cigarettes de contrebande s'exposent à de graves conséquences, allant de l'amende jusqu'à l'emprisonnement.

consequencesdelacontrebande.gc.ca



Government
of Canada

Gouvernement
du Canada

Canada

Showing solidarity with Libya

Approximately 350 show up for peaceful protests in Toronto on Feb. 19 and 26

SAMINA ESHA
BIZ/TECH REPORTER

As the turmoil in Libya continues, both the Canadian-Libyan community and Humber have expressed concern for the safety of people inside the country.

"We have reached out to one Libyan student that we have. At this time, he is okay. But he is just concerned for his family," said Matthew Keefe, international student advisor at the college.

Libya - the fourth largest country in Africa - has been ruled by dictator Moammar Gadhafi for the past 42 years, during which the country has at times been isolated from the international community due to its prior role as a sponsor of terrorism. There are current U.N. condemnations of Gadhafi's efforts to quell demonstrations with lethal force.

Widespread protests broke out in Libya on Feb. 15, directed primarily against the government of Gadhafi. As in other North African countries that have seen recent revolts against entrenched regimes, Libya has a high proportion of unemployed youth.

"For peace protests, people are being massacred. The death toll has reached over 500 within four days.

Gadhafi killed innocent civilians to keep his power," said Omar Ali, 19, a health and science student at University of Ontario Institute of Technology in Oshawa.

This is part of a great revelation that involves hundreds and millions in ... North Africa.

Abdalla Ruken
LIBYAN PROTESTER

Ali was standing in downtown Toronto at a protest last month with a banner saying "We want change now."

"The last time I spoke to my aunt from Benghazi she told me that there were people outside of their house with guns firing," Ali said.

Approximately 350 people from Toronto's Libyan community staged two peaceful protests at Yonge Dundas Square - on Feb. 19 and Feb. 26 - to demonstrate solidarity with their compatriots.

Abdalla Ruken, 47, who has a PhD in physics and is currently working as a risk manager in the financial industry, grew up in Benghazi, Libya's second-largest city and the focal point of much of the anger directed



PHOTO SAMINA ESHA// Members of the Libyan community in Toronto staged demonstrations last month to show their support for the uprising underway in Libya.

at Gadhafi.

"This is part of a great revelation that involves hundreds and millions of people in the 'Middle East' of North Africa. One of the greatest aspirations for freedom in the history of mankind," said Ruken.

Ruken's mother and extended family live in the eastern end of the country. The Libyan community wants to raise awareness of the turmoil taking place in their country, he said.

"We want media's attention and we appeal to the Western governments to

distance themselves from any immunity [for Gadhafi]. It is very important to make a stand at this time. We believe there is a sense that democracy has been spoken of but not acted on," said Ruken.

"[The] West's partners are the Libyan people who are rising, not the dictator falling. This is when the West should really stand up for their ideals."

Ruken said more needs to be done than a simple regime change.

"The next step for the Libyan com-

munity would be to follow with the uprising, bring more attention to our problems and help build Libya," Ruken said.

With the chaos in Libya, Malak Abagaya, a 13-year-old student of the Islamic Foundation School in Toronto, said at Toronto's Feb. 19 demonstration that she was looking forward to a more optimistic future.

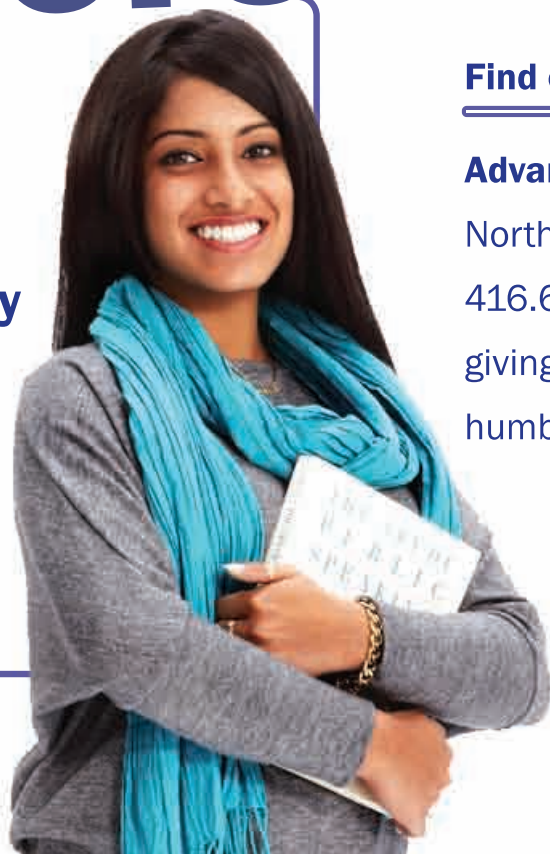
"It is sad. By taking part in today's protest, I can show my support for Libya. I know freedom will come and I feel freedom."



more support more success

**Support student awards
and scholarships by
making a donation today**

*All gifts received before March 31
are eligible for monthly prizes*



Find out more:

Advancement & Alumni Relations

North Campus, LX101

416.673.0152

giving@humber.ca

humber.ca/giving



HSF increases funding for board members

ANDREA HALL
NEWS REPORTER

The Humber Students' Federation is hoping to give its directors more flexibility in running events by changing the funding process for next year's board.

"We're really emphasizing a lot stronger involvement from our board members," said HSF president Bryan Tran. "Looking at the [current] model I think they're a little bit handcuffed, they can only do one big event a year."

Each board member is a representative of a Humber school, such as the

School of Applied Technology or the School of Health Sciences.

In the past, HSF has allocated \$1,000 annually to each board members for initiatives directed specifically towards the students they represent, but next year the whole board will have a pool of \$25,000 to draw from collectively.

Tran proposed the idea earlier this year and it was approved by the board of directors on Feb. 9.

"It encourages the directors to actually work together and combine schools instead of just doing a smaller event for each school," said Bhalinder

Bedi, director for Lakeshore Business School. "[They can] put on a bigger event where schools can actually mingle and network."

It encourages the directors to actually work together and combine schools.

Bryan Tran
HSF PRESIDENT

The move will also increase the budget for board initiatives — this

year with only 10 board members the funding topped out at \$10,000.

Tran said the extra funding will come from increased enrolment, as more students will be paying fees to the student government which will provide HSF with a larger budget to work with.

Mariam Fares, director for Lakeshore School of Community and Social Services, said she looks forward to the change because the current model is restrictive.

Fares used some of her funding this year to run Operation White Light, a fundraising initiative that collect-

ed clothing and toy donations for Christmas. The event was suggested and run by students in that school.

Fares is currently working on a 30-hour famine event with students from a number of different schools.

Since her director funding is specifically for students in her school, she can't use it for this broader event.

With the new system, however, it could be run as a joint event between a number of schools and benefit from more HSF funding.

"We'll be able to accommodate students on a larger scale," she said.

Biz students rewarded for good grades

CAITLIN DECARIE
NEWS REPORTER

This month, Humber business students will have the chance to mark their achievements at the upcoming Honour Pin Ceremony.

"We want to celebrate student success," said Alvina Cassiani, dean of the business school. "We want to thank the students and the faculty."

Business school students who have achieved a GPA of 80 per cent or higher in one semester receive a pin to honour their accomplishments, she said.

It is a time to gather with students to recognise their success and to encourage them to continue their hard work, said Cassiani.

The ceremony also allows parents, family members and friends to participate in a school activity, she said.

"Some of the most successful students, we don't get to see all the time so this is a chance to be with them," said Cassiani.

"It is an honour," said Sahara Shaik, 21, a third-year student in international business. "Students should try because they are aware that Humber values their marks."

On March 10, Shaik will attend her first Honour Pin Ceremony.

"[The ceremony] encourages students to value their hard work," she said.

Traditionally, the event has taken place in the Assembly Hall at Lakeshore Campus, said Pierre-Pascal Gendron, professor and program coordinator. But this year, the ceremony has outgrown the hall and it will take place at the Oasis Catering and Convention Centre in Mississauga.

"As the degrees are growing, the total number of honours students is growing," said Gendron.

Gendron was unable to estimate the exact number of students who will attend, but he said it would be in the hundreds.

With 21 business programs, the ceremonies are divided among different days from March 2-16.

"We're doing this for the students, not for us. Getting 80 per cent is a major achievement," said Gendron.

\$29.95
save big

For just \$29.95, walk in with your taxes, walk out with your refund. Instantly. You'll also get a free SPC Card to save big at your favourite retailers.*

student
pricing
free SPC Card

we make taxes easy



H&R BLOCK®

Follow us on Twitter and Facebook

hrblock.ca

© 2011 H&R Block Canada, Inc. *\$29.95 valid for regular student tax preparation only. Cash back service included. To qualify for student pricing, student must present either (i) a T2202a documenting 4 or more months of full-time attendance at a college or university during 2010 or (ii) a valid high school identification card. Expires December 31, 2011. Valid only at participating H&R Block locations in Canada. SPC Card offers valid from 08/01/10 to 07/31/11 at participating locations in Canada only. For Cardholder only. Offers may vary, restrictions may apply. Usage may be restricted when used in conjunction with any other offer or retailer loyalty card discounts. Cannot be used towards the purchase of gift cards or certificates.



WANTED: ELECTRONIC TECHNICIANS

"Working in a grey office, that wasn't for me. Here, in the Navy, I have been well trained and I work on state-of-the-art equipment. Believe me, the only thing grey about this job is the colour of the ship."

Ordinary Seaman **ZACK ARTE**



RECHERCHONS : TECHNICIENS EN ÉLECTRONIQUE

«La grisaille de la vie de bureau, c'était vraiment pas pour moi. Dans la Marine, j'ai été bien formé et je travaille avec l'équipement le plus avancé. Je peux vous assurer que la seule chose qui est grise dans mon métier, c'est la couleur du bateau.»

Matelot de 3^e classe **ZACK ARTE**

FORCES.CA
FIGHT WITH THE CANADIAN FORCES



1-800-856-8488
COMBATTEZ AVEC LES FORCES CANADIENNES

Canada

Pancake lovers rejoice: Maple sap harvest at the Arboretum



PHOTO ELAINE ANSELM/ A stack of hotcakes is nothing without a sweet topper.

ELAINE ANSELM
NEWS REPORTER

The Humber Arboretum Centre for Urban Ecology will tap into something sweet this month at their annual maple syrup harvesting.

Syrup enthusiasts can register to take part in the traditional harvesting process and even sample some of the goods on March 12.

"When the sap runs, it is definitely spring," said Lynn Short, senior nature interpreter at the Humber Arboretum Centre for Urban Ecology.

Short has led the two hour session on all things syrup for the past six

years and also incorporates the harvesting into a March break camp for children, she said.

It's spring tonic. A hint of sweetness that contains a lot of minerals.

Lynn Short
SENIOR NATURE INTERPRETER

Sap is, after all, the reason behind the week-long vacation all school kids count down to, said Short.

The March break was established as a time for children to stay home to

work with their parents in the sugar bush, ensuring a supply of maple sugar for the coming year, Short said.

Participants at the centre's harvesting event will get a glimpse of the traditional methods, from an introduction to maple tree identification and care, to tapping and collecting sap, said Short.

A charitable organization, Not Far From The Tree also made a move last year into tapping and collecting syrup from downtown trees, after being established as urban fruit tree harvesters.

"We knew we wanted to learn about maple syrup harvesting," said Laurel Atkinson, program manager for Not Far From The Tree. The group also "wanted a platform to interest Torontonians and animate Toronto's urban forest," she said.

No syrup harvesting program would be complete without a taste of the syrup, said Short, so she ensures that there will be a sampling session.

"It's spring tonic," said Short, "a hint of sweetness that contains a lot of minerals."

Short sees a lot of participants that are recent immigrants to the country, who get to experience something very new to them, she said.

"A lot of newcomers to the country get a taste of Canada," said David Boccia, superintendent of the Bruce Mills Conservation Area in Stouffville. "It is a part of our history and a part of our heritage."

Anyone interested can register ahead of time for a spot in one of two programs, which take place in the Arboretum at 10 a.m. and 2 p.m.

PHOTO ALEXANDER LEACH// Students enter a residence at Lakeshore. Lost access cards can cost up to \$50 to replace.



Fees equal less lost cards

ALEXANDER LEACH
NEWS REPORTER

Students are better at keeping their residence access cards safe this year than the last, thanks largely to penalty fees and student awareness campaigns.

"We tell them to make sure they treat it like a credit card, because it's just as valuable," said Lynn Newhouse, the associate director of Campus Services, who handles the residence card policy through the front desk staff.

She said the cards allow access both to the residence buildings and to the students' rooms, as well as serving as a debit card for their meal plan, which can contain as much as \$2,000.

"They need it if they want to eat," Newhouse said. "And they want to eat."

The fee for losing a card is \$25 for the first time, and \$50 for each time thereafter, which Newhouse said is meant to discourage carelessness.

"Last year, there was a fellow who lost his card over 15 times," she said.

"We don't really want to charge the students, we just want them to hold onto their cards."

"It's not a huge cost, we just don't want them losing and lending the cards out."

Gwen teBoekhorst, manager of Lakeshore's residence, said that the financial penalty is often enough to encourage a student to use a keychain or clip for their cards.

"If it gets to the point that they just lose it repeatedly, we have a disciplinary meeting," she said. "It doesn't usually get to that point."

She said that the fees put the onus on the students to hold onto their cards.

"People have to take their own responsibility for their own security and their own safety."

The students are expected to be careful, and the lessons and warnings are not lost on them.

"There are at least two warnings," said Robyn Curtis, a first-year funeral services student who lives in residence. "Most people are pretty good at guarding it, because it's their meals."

Nutrition month at Humber

MICHAEL RADOSLAV
NEWS REPORTER

Humber students with food allergies or intolerances can get special dishes if they make their dietary needs known, officials in charge of dining on campus said.

"Depending on what the intolerance or allergy is, we want to address it with each individual guest," said Rudi Fischbacher, co-ordinator of culinary programs at Humber.

The culinary program runs the Humber Room and Gourmet Express.

Menus are listed in advance in the weekly Humber communiqué and posted on the door of Gourmet Express.

Fischbacher said they inform guests of meal options so they can raise any concerns.

"We take it on a customer-by-customer basis," he said.

Terry Kyritsis, director of campus services, said dietary issues are more important to those living in residence because they spend more time on campus.

However, Kyritsis said it's easier for residence students to work around food concerns since chefs will become familiar with their needs by

serving them regularly.

It's more difficult for students who are simply in for a quick meal between classes at the food emporium, he said.

"We don't, as a matter of course, have a meal out there that's gluten-free because the demand is not there," he said. "If it's identified as some people having it, we'll deal with it."

Kyritsis said when new merchants are considered for campus, they discuss dietary restrictions but ultimately vendors are based on popular demand from students.

Gobi Perumal, residence manager of dining services at North Campus, said they accommodate students every year when they make their needs known, and encourages students to approach dining staff with questions.

"Although the product is out there, come and ask us," he said.

Robert Varga, executive chef at North Campus, said he shows students who ask about specific meals the ingredients of the dish.

Kyritsis said the salad bar is an opportunity to eat around concerns without having to approach anybody.

At LinX, due to the limited size of the kitchen, there is little chance students can have a special dish made, he said.

Menu options at LinX are based on student focus groups.



STAY ALERT PULL OVER.

Please Yield the Right of Way
to Emergency Vehicles

A message from the
John Petropoulos Memorial Fund



www.jpmpf.ca/trafficsafety

Getting out HSF vote

COLIN ELLIS
NEWS REPORTER

The Humber Students' Federation said it hopes to continue its record of increasing voter turnout for this year's election.

"The goal is to get as many students as possible to vote and to understand what they're voting for," said Ercole Perrone, executive director for HSF.

The turnout at elections has risen over the last three years—from 10.53 per cent in 2008, to 16.38 per cent in 2009, and 21.34 per cent in 2010.

HSF will spend \$24,000 for promotion this year, including posters, commercials on Humber TV, ads in the *Et Cetera*, web videos, and other election-related events.

Stephanie Butler, chief returning officer for HSF, said they want to make it impossible for students not to notice an election is going on.

"I don't think you can overpromote elections just because it's the biggest, most important thing we do," she said. "Governance is our function and elections support that quite directly."

Perrone also said investing in elections helps ensure different types of students are running for positions.

"We don't want to skimp out on the



PHOTO COLIN ELLIS// Stephanie Butler, chief returning officer for HSF, says this year's elections will be hard to ignore.

election side because it's fundamental to the representation of students," he said.

HSF will also spend \$24,500 on administrative expenses such as hosting forums, inter-campus travel, and reimbursing losing candidates for expenses up to \$100, Perrone said.

The total budget also covers fall by-elections for program representative and board of director positions that are not filled in the winter, he said.

In order to increase student turnout this year, HSF is planning to host a talk-show style candidates' debate, with MTV host Aliya-Jasmine Sovani moderating the event.

Voter turnout for student elections has dramatically increased at Ontario colleges according to Ted Bartlett, general manager of the College Student Alliance.

He said turnout has gone from six or eight per cent to 18 and 20 per cent at some colleges, with Humber being on the upper part of the scale.

"Humber's is one of the better run elections in the election process," Bartlett said.

Pharmacy conference comes to Humber

Gives students a chance to talk with industry professionals about jobs

TOM KITUKU
NEWS REPORTER

With more than 200 delegates attending, Humber students got a chance to meet with potential employers at the pharmacy technicians conference at North Campus last weekend.

The knowledge the students gained at the conference will help them in their careers, dispensing, purchasing and billing medicines in community pharmacies, drug stores and other healthcare facilities, said Leah Barclay, one of the conference co-ordinators.

"As pharmacy technicians are now regulated in Ontario, many pharmacy assistants will return to school to become more current in the industry, as well as attend continuing education events such as this conference to maintain certification and keep their knowledge base continuously updated," said Barclay.

"Students get to learn who is hiring and what they can possibly do in the field. Students think you can only work at a hospital pharmacy or a retail pharmacy, like Shoppers Drug Mart, but there are other opportunities, like working for drug companies in selling and marketing new products," she said.

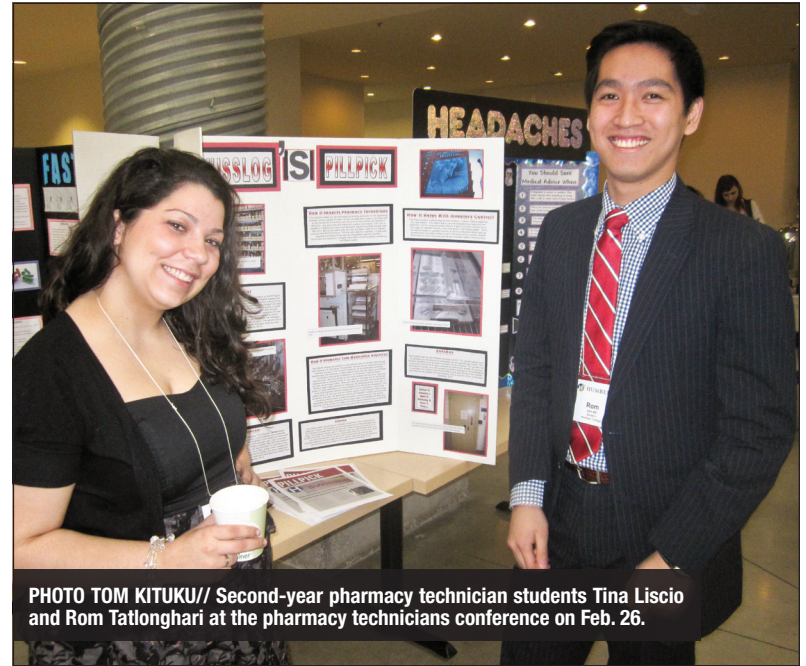


PHOTO TOM KITUKU// Second-year pharmacy technician students Tina Liscio and Rom Tatlonghari at the pharmacy technicians conference on Feb. 26.

Students get to learn who is hiring and what they can possibly do in the field.

Leah Barclay
CONFERENCE CO-ORDINATOR

The conference attracted a number of pharmaceutical companies that showcased their products and services.

"A lot of our customers are here. We deal with technicians and pharmacists who come to see new products they don't have in their pharmacies.

We connect with them and give them free samples and also hold demonstrations of new equipment," said Barbara Steddy, director of pharmacy services at Healthmark.

Students from Humber got an opportunity to share their knowledge with participants by displaying posters with some of the work they have done this semester.

"The conference gives me a chance to meet professionals in the industry, learn about different new products and services by all these pharmaceutical companies here, and also grow in the profession," said Tina Liscio, a 21-year-old second-year pharmacy technician student.

get your 4 year BBA in as little as 20 months • you can earn significantly more money and open yourself up to more job opportunities with a business degree than with a college diploma • CGA, CMA, or CA certification will be easier to obtain with a university degree • work face-to-face with your professors and peers in a classroom setting • conveniently located in Brampton • get your 4 year BBA in as little as 20 months • you can earn significantly more money and open yourself up to more job opportunities with a business degree than with a college diploma • CGA, CMA, or CA certification will be easier to obtain with a university degree • work face-to-face with your professors and peers in a classroom setting • conveniently located in Brampton • get your 4 year BBA in as little as 20 months • you can earn significantly more money and open yourself up to more job opportunities with a business degree than with a college diploma • CGA, CMA, or CA certification will be easier to obtain with a university degree • work face-to-face with your professors and peers in a classroom setting • conveniently located in Brampton • get your 4 year BBA in as little as 20 months • you can earn significantly more money and open yourself up to more job opportunities with a business degree than with a college diploma •

Get your Business Degree in Brampton from Algoma University.

Algoma University has long featured one of the best Business Administration programs in Ontario. Our business graduates are currently working here in Canada and internationally for such companies as Research in Motion, Bombardier Aerospace, Citibank, and BridgePoint Health.

Benefits of Algoma University at Brampton's BBA:

- **Accelerated Program** - get your 4-year BBA in as little as 20 months
- **Earn more money** - you can earn significantly more money and open yourself up to more job opportunities with a business degree and a college diploma
- **Professional Certifications** - CGA, CMA, or CA certification will be easier to obtain with a university degree
- **In-class instruction** - work face-to-face with your professors and peers in a classroom setting
- **Location** - Conveniently located in downtown Brampton

For more information call Jenn at 1-888-ALGOMA-U or email brampton@algomau.ca

ALGOMA
university
at BRAMPTON

www.algomau.ca/brampton

LEGAL NETWORKING BREAKFAST

PHOTOS JON HEMBREY



Alden Dychtenberg from Shekter Dychtenberg LLP was the keynote speaker and gave suggestions on building a great resume.

On March 2, more than 100 students from Humber's paralegal, law firm profile and law clerk programs met with industry professionals to get tips on how to find a job at the Legal Networking Breakfast at the North Campus.

There were more than 20 law organizations in attendance, from both the private and public sector. Students got a chance to mingle and speak with prospective employers.



Junior Persaud, 22, and Matthew Gokul, 25, final year paralegal students



Elizabeth Smith, 24, and Christina Frondella, 24, final year paralegal students.

NDP bill would increase access to generic meds

ALEX CONSIGLIO
NEWS REPORTER

Officials at Humber's School of Health Sciences said they support proposed changes to streamline Canada's foreign aid prescription drug policy, but warned it's not a silver bullet solution.

"Even if you gave them free drugs, there are countries overseas that don't have the distribution systems to get the meds to the people," said Kathleen MacMillan, dean of the school.

The NDP's proposed Bill C-393 would amend Canada's Access to Medicine Regime.

The current system has only been used once in almost seven years.

Richard Elliott
EXECUTIVE DIRECTOR
CAN. HIV/AIDS LEGAL NETWORK

By introducing a one-license clause, generic drug manufacturers in Canada won't have to reapply for an exemption to produce still-patented medications every time they want to ship cheaper drugs to developing countries to help fight disease epidemics.

It is being debated in the Commons today and will be voted upon during its third reading on March 9.

The Liberals argue the one-license clause gives generic companies too much freedom and the Conservatives

worry it infringes on the intellectual property rights of patent holders, leaving only the Bloc Quebecois to support the NDP.

MacMillan said she supports the changes but worries a free flow of pills would end up in corrupt hands and on the black market.

Richard Elliott, executive director of the Canadian HIV/AIDS Legal Network, said what happens to the drugs at the end of the line isn't the issue—it's getting them there in the first place.

"The current system has only been used once in almost seven years because it's just too cumbersome," he said.

It requires a new licence for every order, for every country, and limits the quantity of shipments and how long they can last, disincentives that wouldn't exist if the bill passes, said Elliott.

"The one-license system would make it more commercially viable for [generic] manufacturers," said Elliott. "Without it, the bill would do very little."

Urszula Kosecka, Humber's program co-ordinator of clinical research and regulatory affairs, said the changes make sense, but prevention education needs to go along with them.

"Just feeding people drugs for long terms is not a solution," she said. "Drugs prevent death, they prolong life, but they don't prevent people from spreading diseases."

Humber harnessing the power of solar

Students to analyze data on benefits

THOMAS CSERCSA
NEWS REPORTER

An environmentally friendly facelift is underway at North Campus with the installation of solar panels on the roof of the building.

"Humber's been looking at doing solar on the roof for years," said Kerry Johnston, co-ordinator of the sustainable energy and building technology co-op program.

He said the project is being funded through the program and that students will begin to see the benefits of having the solar panels in place in the fall.

"Students will be involved in analyzing data that comes out of this," he said. "All energy will be monitored and students can follow the progress."

Johnston said the project will be profitable after five to eight years, though its main purpose is enhancing students' educational experience.

Chris Chipperfield is part of the installation team for Solsmart, the company that was awarded the contract for the solar panel project.

He said students will instantly benefit from the project.

benefit from the project.

"I feel they're going to get a true understanding of how things go together," he said. "Personally, it would have helped me – I can understand something better when I see it."

Chipperfield said students in the program should be able to find work in the field once they finish school.

"It's very hot right now," he said about the job market. "They don't have enough people in the field."

Solsmart representative John Caruso said people like Chipperfield have jobs in the industry because there is a growing recognition of the benefits of renewable energy sources such as solar.

"Awareness and education about solar are increasing, and people understand its benefits to the environment," he said.

Caruso said getting a system such as the one at North Campus on the grid is the part of the process that requires the most time.

"The installation work is probably a week, but the entire process is more like six months."



Why are these students so happy?

Because they can rent from us*

*SOME CONDITIONS APPLY. CONTACT LOCATION FOR DETAILS.

ONTARIO

Gormley 905-717-8998

Mississauga 905-362-0274

Oakville 289-291-0172

Petawawa 613-687-7110

Port Perry 905-982-1177

Scarborough 416-755-7757

Sudbury 705-671-6111

Thornhill 647-448-2558

Vaughan 905-695-0550

Wallaceburg 519-627-2739

TORONTO

(Bathurst-Steeles West) 647-300-9864

(Centre) 647-343-5875

(East) 416-462-0085

(West Central) 416-536-3744

(North Central) 416-241-0003

(North York West) 416-635-1717

(Rexdale North) 416-640-0288

(Steeles) 416-645-0047

(Weston) 647-436-5876

QUEBEC

Montreal 514-484-3871

Laval 450-962-6000

LOCATIONS ACROSS CANADA

DRIVE A GOOD BARGAIN.



STUDENT PRICE CARD
HOLDERS CALL FOR
SPECIAL RATE.

SINCE 1976, PRACTICAR® AND RENT-A-WRECK®
HAVE RENTED, LEASED AND SOLD CLEAN,
DEPENDABLE USED CARS, TRUCK AND VANS FOR LESS.

Call 1-800-327-0116
or visit: PractiCar.ca
or visit: Rent-a-wreck.ca



Rent-A-Wreck
Car & Truck Rentals

MARCH IS NUTRITION MONTH

Eating healthy, easier than you think

The groundhog didn't see his shadow, the snow is beginning to melt, and with that comes the painful reminder that warm months of outdoor activities are just around the corner with some of us carrying an unhealthy amount of weight.

Almost 60 per cent of adults aged 18 and over, or 14.1 million Canadians, are overweight or obese, according to The Heart and Stroke Foundation of Canada.

This makes it convenient that March is Nutrition Month in Canada, which is meant to remind us of the importance of healthy eating and the positive im-

pact nutrition has on our health and well-being.

This is about health, not the noxious pressure on bodily appearance created by the fashion industry and popular culture. Students, with their limited budgets, time pressures and the need to spend long hours in sedentary study, have particular vulnerabilities in the matter of fitness.

After the holidays, we tend to swarm to the gym for several months. But breaking a sweat is just one part of the way to a flat stomach. Exercise, although important, is not enough.

"One of the best ways to achieve and

maintain a healthy body weight is to reduce calories, to increase activity and to maintain this changed lifestyle for life," the Obesity Canada website states.

In a fast food age, incentive to spend extra time in the kitchen preparing a healthy meal seems lacking.

And just as we want our meals fast, we want to lose weight fast. Fad diets promising to lose so much weight or this many inches are generally not at all healthy, and in most cases, any weight lost will soon find its way back.

Eating nutritious foods can seem overwhelming, but combined with exercise it's the easiest, healthiest, most

reliable way to lose weight for good.

The Dieticians of Canada website offers advice on everything from keeping a well-stocked pantry and packing nutritious lunches to reading labels and saving money while shopping smart.

Between the stacks of healthy living cookbooks out there, and the tons of information found online, there are really no excuses for not eating well, and no reason to say it's too hard.

Getting rid of the jiggle on those thighs should not be the goal behind trying to lose weight. Hell, trying to lose weight shouldn't be the goal. Being healthy should be.

The Toronto Zoo fails to protect its elephants lives



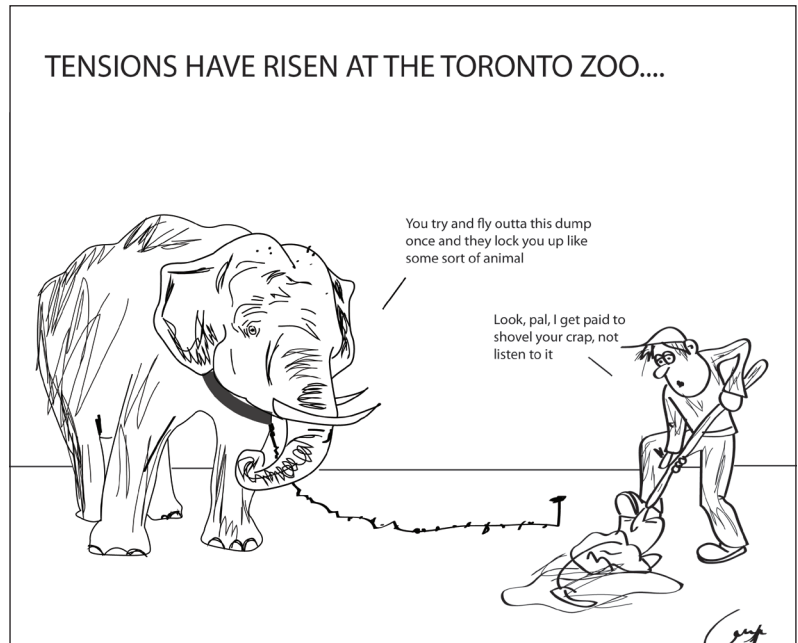
GURPREET GHAG

question whether the zoo's solvency as an attraction is fundamentally at odds with its responsibility to its animals.

With all the hard facts sitting in the face of the Zoo's executive council, why do they have to think anything over or have a meeting? What's to discuss? Let's see... four elephants have died at the zoo in the last five years, all of them well before their life expectancies. What other evidence do we need that these animals don't belong here?

In 2006, 39-year-old Patsy was euthanized because of chronic pain from arthritis and foot infections. Then in 2008, 38-year-old Tequila was found lying on an electric fence (her necropsy report was inclusive). Then last year, 40-year-old Tessa also fell against an electric fence after being hit by another elephant over hay- she was said to have died from attempting to get back onto her feet in combination with chronic wasting syndrome. Also last year, 41-year-old Tara died after falling over.

But all that doesn't seem to be convincing enough, as the zoo is currently deciding whether or not



to ship off the elephants to a warmer and more spacious environment or whether to keep them and spend \$40 million to expand their habitat.

Even though this may seem like a lot of money, former game-show legend, and animal activist who has been trying to get an elephant named Lucy freed from the Valley Zoo in Edmonton, Bob Barker said that the price simply isn't right.

Barker told the *Toronto Star* that an even larger amount was spent at the Los Angeles Zoo, and only for one elephant, and the habitat was still much too small.

According to People for the Ethical Treatment of Animals, elephants walk upwards of 30 miles per day

and stay active for about 18 hours. The Toronto Zoo currently has half a hectare (roughly 5 square kilometers) among the remaining elephants here in Toronto, whereas the sanctuary in California will offer 930 hectares.

I understand the Council is scared of having their attendance drop or that they are banking on an elephant baby to boost sales, but at what price are they going to keep this sick game up?

How many more elephant deaths will it take to open the eyes of our Zoo?

Or is it how many baby elephant deaths will it take?

The council is said to reach a decision within the next few months.

QUOTED

WHAT, IF ANYTHING, WOULD YOU MISS IF PAPER BOOKS WERE REPLACED WITH EBOOKS AND NOTEBOOKS WITH TABLETS?



I would miss it, just because I like to flip the pages [and] magazines would be boring, everything would be lazy.

Chanda Logan, 23
Second-Year Law Clerk

It's nice to write once in a while. In terms of technology, typing [on tablets] is not that great.

John Morkel, 19
First-Year Fitness and Health Promotion

The nostalgia of it. You'd miss the fact you have an actual book in front of you.

Alison Bogoslowski, 21
Second-Year Fashion Arts

Nothing, really. But reading off computer [screens] hurts your eyes after an extended period of time, but it's good for quick reading.

Mike Potter, 19
First-Year Sustainable Energy

HUMBER ET CETERA

The Et Cetera will engage, challenge, and inform the Humber College community with progressive and contemporary content reflecting the diversity of its readership.

MANAGING EDITORS

Brandi Doucett
Johnna Ruocco

ART DIRECTOR

Kyla Sergejew

NEWS EDITORS

Malorie Gilbert
Jon Hembrey

LIFE EDITORS

Noel Grzetic
Melanie Kerr

A & E EDITORS

Amanda Graham
Andrew Sutherland

BIZ/TECH EDITORS

Alicia Condarcuri
Tai Duong

SPORTS EDITORS

Gurpreet Ghag
Justin Millerson

OPINION EDITOR

Jason Rauch

PHOTO EDITOR

Emmanuel Samoglou

ONLINE EDITORS

Tai Duong
Lance Holdforth

EDITORIAL CARTOONIST

Gurpreet Ghag

EDITORIAL ADVISER

Salem Alaton

CREATIVE ADVISER

Miguel Agawin

DISTRIBUTION

Greg Burchell

CONTACT US

ET CETERA

WANTS NEWS TIPS

SECURITY/CRIME ISSUES, CAMPUS CONCERNS OR UPCOMING EVENTS -- WE WANT TO HEAR FROM YOU!

ETC.HUMBER@GMAIL.COM



OR CALL 416.675.6622 ext. 4514

Humber Et Cetera is a publication of the Humber College School of Media Studies
205 Humber College Blvd.,
Etobicoke, ON, M9W 5L7

ADVERTISING INQUIRIES

TO ADVERTISE IN THE ET CETERA

CALL 416-675-6622 EXT 4153

OR EMAIL: MEDIASALES@HUMBER.CA

New Hill tale evokes his youth

EMMA BROWN
A&E REPORTER

Canadian novelist and past Humber creative writing instructor Lawrence Hill's new short story, *Meet You at the Door*, draws on events from the author's own life to tell the story of Joel, a bi-racial twenty-something who takes a job as a railway operator in Gull Lake, Saskatchewan during the 1970s.

"Like the character in the story, a close friend of mine committed suicide when I was a late teenager. I travelled a fair bit in Europe afterwards, and then came home to Canada to take a CPR job as an operator in Gull Lake," said Hill.

Although Hill shares quite a few similarities with his main character, he said the story is not autobiographical. "The parallels between my life and Joel's life really just allowed me to anchor the story with some believable details. The work of fiction is mostly one of imagination," said Hill.

The story was published in the January issue of *The Walrus* magazine. "They came to me and asked me to write a story for them that was distinctly Canadian," said Hill.

Jared Bland, managing editor of *The Walrus*, said "I asked him, half in jest, to write the most Canadian story

he could think of with the only requirements being he kept it between 300-800 words."

When Hill's first draft ended up being over 8,000 words, Bland said he made the decision to hold the story until January, when they had enough space to publish it.



PHOTO LISA SAKULENSKY// Lawrence Hill, author of the award winning novel *The Book of Negroes*.

of youth growing up. It is also of a time and place that Larry knows very well," said Bland.

This new short story is the first work of fiction to come from Hill since his award-winning novel *The Book of Negroes* was published in 2007 to great critical and commercial success.

The parallels between my life and Joel's life really just allowed me to anchor the story.

Lawrence Hill
AUTHOR

Judy Plaxton, took a creative writing course at Humber college in 2008 with Hill after having read the novel.

"I heard Hill read from *The Book of Negroes* and I was so impressed by his work that I decided to take the Humber course with him. He was wonderfully attentive and so generous with his time."

Plaxton, who is now preparing her own book for publication said, "The whole experience at Humber with Hill was a great success."

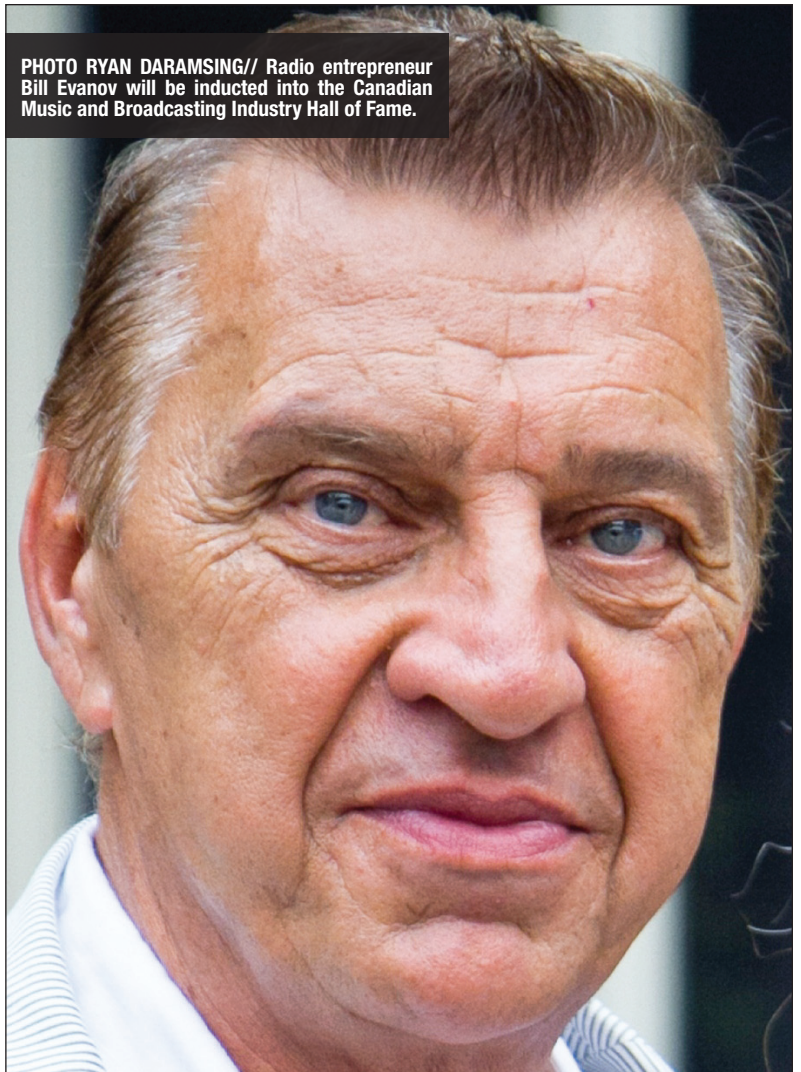


PHOTO RYAN DARAMSING// Radio entrepreneur Bill Evanov will be inducted into the Canadian Music and Broadcasting Industry Hall of Fame.

Friend of Humber honoured alongside industry legends

College supporter inducted into Hall of Fame

DANIELLE PERRY
A&E REPORTER

One of Humber's biggest supporters will be inducted into the Canadian Music and Broadcasting Industry Hall of Fame next week.

Bill Evanov, a radio entrepreneur whose company has consistently hired Humber graduates, will be among a select few honoured – including rock 'n' roll legend Randy Bachman – March 10 at the Broadcast Industry Awards during Canadian Music Week in Toronto.

"As one of the few independent broadcasters left in the country's largest markets, Evanov has pioneered several distinct formats and become a leader in supporting new Canadian talent," the awards organizers said in a statement.

The Evanov Radio Group, which was founded in 1984, owns 11 stations: four in Toronto (Jewel 88.5, Z103.5, Proud 103.9 and Multilingual AM530), two that serve Brantford, Kitchener and Waterloo, two in Halifax, and one each in Ottawa, Winnipeg and Hawkesbury, Ont.

Each year, the company donates \$7,500 in scholarships to Humber media students. "In our opinion, Humber has one of the best courses that relates to broadcasting," said Evanov. "Whenever you can do something to help people that are taking the course that want to get into broadcasting, if you can give any assistance in the beginning of it, I think it'll pay dividends down the road for everyone."

His son, Humber grad Paul Evanov, a company vice president and program director for Z103.5, said: "At least 65 per cent of our staff are graduates from Humber."

Most of them come from the radio broadcast program.

"We're producing great grads, so that creates a great rapport with the industry," said Jerry Chomyn, co-ordinator of Guelph-Humber's media studies program and former director of broadcast media at Humber. "It's wonderful when the industry is really generous and comes back to support the students."

He is an independent broadcaster in a sea of corporate radio in Toronto. He has not only survived but has excelled.

Jerry Chomyn
MEDIA STUDIES PROGRAM
CO-ORDINATOR, UNIVERSITY
OF GUELPH-HUMBER

Chomyn said Evanov's induction into the Hall of Fame reflects well on Humber's ability to supply a significant portion of his staff.

"I think that Bill is deserving," said Chomyn. "He is an independent broadcaster in a sea of corporate radio in Toronto. He has not only survived, but has excelled and has grown."



PHOTO HANNAH VANDERKOOY // Mike Allentoff, 23, Emily Ferrell, 22, Andrew Jackson, 22, and Matt White, 22 compose the trombone section in the Humber Studio Jazz Ensemble. The group is preparing for the March 16 concert with Dave Holland.

Grammy winner returns to Humber

HANNAH VANDERKOOY
A&E REPORTER

Grammy-award-winning jazz bassist and composer Dave Holland will be performing alongside Humber students in a concert at the Lakeshore Campus auditorium on March 16.

Holland will be performing with the Humber Studio Jazz Ensemble and the Humber Dave Holland Project, a student-run ensemble created in September in preparation for his visit.

Both ensembles will be playing music composed by Holland.

"It will be interesting to see how he interprets his own music," said fourth-year music student Andrew Jackson, who plays trombone in both ensembles. "We've been practising it for a really long time... and it will be

interesting to see his perspective on all this."

Holland will be speaking with the students in the music program during his stay at Humber, from March 14-17.

"When they see these artists speaking with great passion and articulately they realize there is more to an industry than just playing an instrument," said Denny Christianson, director of the Humber music degree program.

Holland will be speaking to the students about the music industry and how he found success as an artist, which came with its financial bumps along the way.

"I've never had to do anything other than be a musician but there's been some lean times in the past," said Holland. "I've tried to follow my creative impulses in the music and that hasn't

always been financially lucrative."

Holland moved to North America from England in 1968 to play bass in Miles Davis' band for two years but ended up staying because of the creative atmosphere in New York City. He still resides in upstate New York.

Holland last visited Humber in 2005 and since then he has started his own label, Dare2 Records, to give him more freedom with his music.

"[I wanted] to be in full control of how my music is being presented and marketed and how it's available to people."

Holland has won two Grammy awards as a band leader for Best Large Jazz Ensemble album.

Holland said he will continue to perform and create music, and is currently working on a new album with a new quintet.

Humber students help raise awareness

Taking fight for human rights to silver screen

SARAH HORWATH
A&E REPORTER

Each film at the Human Rights Watch Film Festival (HRWF) leaves a mark on you in different ways, said Amy Rynsoever, an international development student at Humber.

"I believe that HRWF is an important way to promote advocacy as well as [bring] issues to the table that all ages can relate to," said Rynsoever.

HRWF strives to be an awareness building campaign for issues in social justice and is a way for students to become involved with an organization outside of school, said Helga Stephenson, chair of HRWF's Toronto chapter.

"Without human rights you don't have a civil society, you have chaos. They are important so that a society can function," said Stephenson.

Students should attend the film festival because they are the leaders of tomorrow, she said.



COURTESY HUMAN RIGHTS WATCH FILM FESTIVAL // Screenshot of the *The First Grader* from the Human Rights Watch Film Festival. Pictured below left Kimberly Hui, 22, intern and volunteer of the HRWF.

"They should understand the importance that human rights play. They need an awareness [of these issues] regardless of the endeavour that they choose to go into," said Stephenson.

"The film festival does have a purpose and this year's films are good at getting the point across about [social] issues that we don't talk about," said Vanessa Richards, a first-year international develop-

ment program student volunteering to sell tickets and promote the festival.

Richards says everyone should be passionate about something, for her it's issues in social justice.

"All of the films are vetted by researchers at HRWF, what you see is happening and it's true. The films give you insight into what's [going on in the world]," Stephenson said.

"We are all tied together in this

Without human rights you don't have a civil society, you have chaos. They are important so a society can function.

Helga Stephenson
CHAIR, HUMAN RIGHTS WATCH

global world, whatever point of view you have, we are all interconnected."

EVENTS

CALENDAR

Lady Gaga

THURS 3 TIME: 8 pm
PLACE: Air Canada Centre
The eccentric pop star takes the stage, expect numerous costume changes and grandiose theatrics.

Juno's 40th Anniversary

SAT 5 TIME: 9:30pm
PLACE: Horsehoe Tavern
Juno's retrospective performance featuring Justin Rutledge, as well as members of The Stills and Broken Social Scene.

Canadian Music Week

WED 9 TIME: Various
PLACE: Various
The annual music festival descends on Toronto for five nights of concerts at a plethora of venues throughout the city.

A Midsummer Night's Dream

THURS 10 TIME: 7:30pm
PLACE: Young Centre for the Performing Arts
Souleppper's production of the popular Shakespeare comedy continues.

FREE ADMISSION WITH THIS AD!

Femme Thursdays

MUSICAL MASH UP BY DJ LOKEI
\$80 BOTTLES \$2 MIXED DRINKS \$2 BEER
EVERYONE FREE WITH STUDENT CARDS
GIRLS FREE BEFORE 12 + GET 2 COMP DRINKS FROM SHYNE MEDIA

Bodyenglish
1325 EGLINTON AVE EAST MISSISSAUGA
WWW.BODYENGLISHNIGHTCLUB.COM

FREE ADMISSION WITH THIS AD!

EVERY FRIDAY
ICE COLD
ROCK NIGHT

MUSIC BY DJ CELEBRITY JOHN
PLAYING THE BEST IN ALTERNATIVE ROCK
\$80 BOTTLES \$2 MIXED DRINKS \$2 BEER
LADIES FREE BEFORE MIDNIGHT -19+ ID REQ.

Bodyenglish
1325 EGLINTON AVE EAST MISSISSAUGA
WWW.BODYENGLISHNIGHTCLUB.COM

FREE ADMISSION WITH THIS AD!

LIFE Saturdays

MUSIC BY ISC NATION + DJ NISH-E
PLAYING TOP40 HIP HOP MASH UP HOUSE
\$100 BOTTLES OF GREY GOOSE, \$2 MIXED DRINKS \$2 BEERS /// LADIES FREE BEFORE MIDNIGHT//19+ REQ.
GIVING AWAY OVER 500 LIFETIME MEMBERSHIP CARDS TO BODY ENGLISH

Bodyenglish
1325 EGLINTON AVE EAST MISSISSAUGA
WWW.BODYENGLISHNIGHTCLUB.COM



PHOTOS COURTESY W. STEPHEN COOPER// The Humber grad's work will be on display as part of the Artist Project, happening at Exhibition Place, March 3 - 6.

Mastering the art of traditional photography

LIZ CAVEN
A&E REPORTER

A day spent under the sweltering hot sun is just another day at the office for photographer W. Stephen Cooper.

Cooper studied at Humber and now spends his time trekking through deserts in the Southwestern United States to photograph ghost towns, canyons and landscapes virtually untouched by humans.

"It's not so much about documenting," said Cooper, "but about creating a feeling about the place."

Cooper is part of The Artist Project, a showcase of original works at Exhibition Place March 3-6.

"There is a space in the market for a show like this," said Claire Taylor, coordinator for The Artist Project, "to have independent artists come and

show their work and sell their work."

Artists are selected to participate in the project by a jury composed of members of the art community.

"This year we had 500 applications for 100 available spaces," said Taylor.

"We want to support the artist community and give artists an opportunity to show among other talented artists."

Cooper's medium of choice is traditional fine-grain film with a wide tonal range, developing each image by hand and giving individuality to each print.

"[Traditional photography] has become an attraction for people now," said Cooper, "I'll be the only one at a large art show that's doing anything traditional."

Light, texture and Native American art and architecture are themes that appear in Cooper's work, focusing on

the effect of humans on natural landscapes.

"I've had people take me out on ATVs so we can get well back into the wilderness and then hike into the remote areas where there are canyons that haven't really been seen by tourists," he said.

Cooper is also involved in a partnership with Bio Photo Experience, a tour company that specializes in guided tours.

"The idea is to provide the clients with unique photographic opportunities in places that are the working areas for biodiversity studies and conservation," said Daniel Brooks, a Bio Photo Experience guide.

Cooper, along with Bio Photo Experience, is planning a trip to Cambodia to photograph the ruins of Angkor Wat next year.

Humber grad makes the cut

Alumna chosen as Toronto Public Library writer in residence

AMY WEINSTEIN
A&E REPORTER

Humber grad Elizabeth Ruth has been chosen as this spring's writer in residence for the Toronto Public Library, where she will mentor the city's future writers.

"The main thing that motivates me to teach was what made me apply for this position," said Ruth. "I like seeing students who are aspiring writers surprise themselves with what they can do."

The position involves both editing manuscripts and creating workshops and programs.

Ruth's workshops cover all stages of the writing process, from character development to dealing with publishers and getting a book widely read.

Greg Kelner, services manager at the North York Central Library, said Ruth's experience as an editor and mentor made her his first choice out of the 11 writers who applied for the position.

"She had a very good program," said Kelner. "She came very well recommended in her ability to work with a wide variety of people, and she is an established author with another

book on the way."

Ruth said her experience at Humber's School for Writers, part of the college's School of Creative and Performing Arts, was an important point of inspiration for her, and has been a major influence on her decision to work with writers who wish to become authors.

"I had the benefit of being mentored through the Humber School for Writers and that was such a hugely positive experience for me," said Ruth.

"It meant so much to have writers I admired looking at my work and just assuming that I could bring it up to a quality of being publishable – it gave me a lot of confidence and I feel like I can offer that back now."

Ruth has published two novels, *Smoke* and *Ten Good Seconds of Silence*, as well as *Bent on Writing*, an anthology depicting LGBT issues.

Ruth still works with Humber's School for Writers on occasion, and program co-ordinator Antanas Sileika said she is a great match for the program.

"Elizabeth manages to find the time to write and manages to be charming and generous with her students."



HUMBER

School of Media Studies
& Information Technology

ACTION, COMEDY, DRAMA ... ALL IN ONE TAKE.

BACHELOR OF APPLIED ARTS
FILM AND MEDIA PRODUCTION

This 4 year program combines theory and practice with the goal of preparing you for a career in media. An emphasis is placed on writing and storytelling and the creation of compelling visual narratives.

Discover new opportunities in such areas as directing, cinematography, writing and editing.

humber.ca/action



STORYTELLING FOR
THE DIGITAL AGE.



INSIDE LIFE



BEARDING OUT P18

Check out the latest fad in men's winter fashion, the Beardo. Keeps manly faces warm and makes women envious.



KIDDIE CORNER P19

Attention all parents! Humber Daycare set to raise fees April 1.

Planning is key for Nutrition Month

March is designated as the month to turn a new leaf on your eating habits.

KELLY SCHWEITZER
LIFE REPORTER

It only takes some planning ahead for students to incorporate healthier meals into their school for Nutrition Month, experts say.

Susan Fyshe, registered dietician and owner of Healthy Lifestyle Nutrition Consulting in Toronto, acknowledged that with students' schedules being so erratic, they sometimes go long periods of time without eating.

As a result, they increase their chances of grabbing something unhealthy.

"The urge to indulge often is a result of two things," she said. "One, you've gone too long and you're too hungry so everything high fat, high sugar, high salt really appeals to you. Secondly, the more you eat those kinds of foods, the more you want them."

Fyshe said that if students eat every

three or four hours, they won't have as many cravings for unhealthy foods.

"Aside from breakfast, the next most important thing for students to do is carry healthy foods with them such as nuts, fruit and cheese," Fyshe said, since these items are quick and portable.

Susan Somerville, Humber's program co-ordinator for food and nutrition, said that the key to healthier eating is planning ahead.

"It's better to take something that's got more complex carbohydrates and less fat and have some fruits or veggies with it."

Somerville said that on campus some of the vendors carry healthier foods such as yogurt parfaits, wraps and sandwiches made with whole grains, and fruits and salads.

"Even if you want to get a sub," she said, "pick the whole grain bread, get lots of veggies loaded on, and pick a lean meat. If you're going to grab



PHOTO KELLY SCHWEITZER// Many of the campus vendors offer healthy selections such as yogurt parfaits, fruit, wraps and sandwiches.

pizza, get a veggie pizza."

Terry Kyritsis, director of campus services, said that the school's food services are conscious about making healthy choices available for students at prices that are more attractive than some of the unhealthy counterparts.

"For example, we have not increased the price of the salad bar for

the last four years. That's one area that we consciously have kept the price the same to try and encourage students to make healthier choices," said Kyritsis.

"There are experts within our food services who are dietitians and chefs, and a lot of the things they prepare are with the Canada food guide in mind."

Humber alumni channels creativity to help overcome adult polycystic kidney disease

ALISHA PARCHMENT
LIFE REPORTER

A kidney transplant can be difficult for many to imagine, but former Humber student Alison Agar has lived through three.

At the age of two, 29-year-old Agar, of Fort Frances, Ont., was diagnosed with the adult form of polycystic kidney disease, a disorder in which multiple cysts grow on the kidneys, causing them to become enlarged.

"That diagnosis is kind of a rare thing at such a young age," she said.

Agar received her first transplant at eight years old, her second at 13 and her last at 18 in 2000.

In high school, she was involved in the drama program and decided to pursue a degree in theatre studies at the University of Guelph.

For an assignment in her playwriting class, Agar wrote *Act 2*, a play based on her imagined perception of her last transplant donor's life, an 18 year-old boy who had died.

The other character in the play whose story runs parallel is a girl based on Agar's own life experiences.

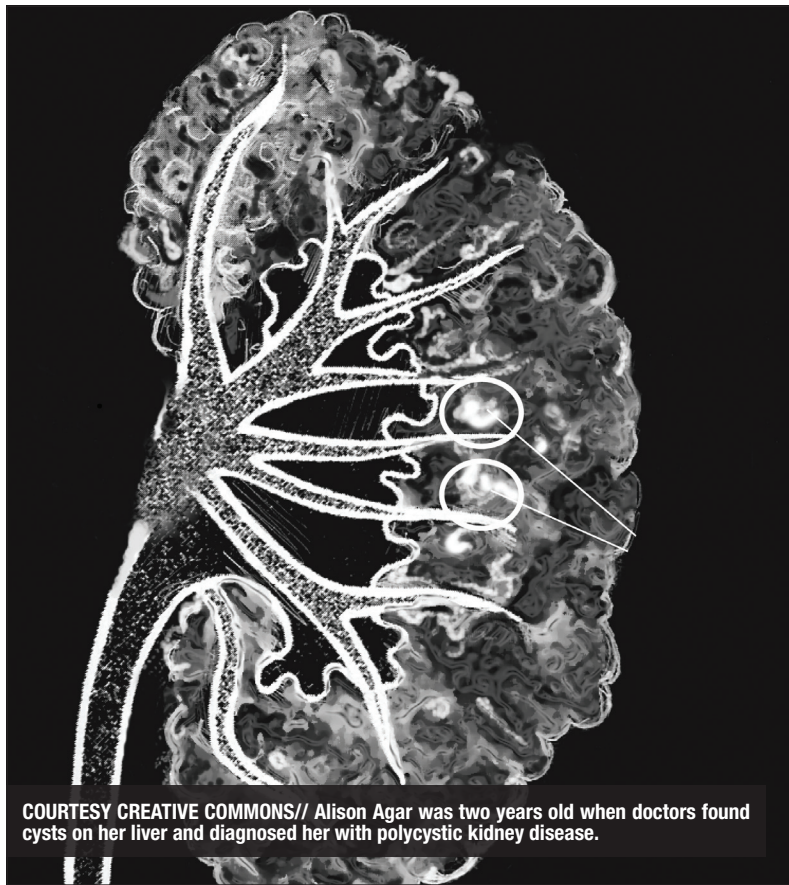
"My professor said to write about what you know," she said, "I started writing and it just came out."

After graduating, Agar took a year off and started reworking her play.

In 2006, she moved to Toronto and reconnected with friends in the Pivotal Arts theatre company, where her play became a part of their first showcase in 2009.

"It sold out every night, which was really great," she said.

Wanting to follow her true passion of helping others, Agar enrolled in Humber's pharmacy technology program.



COURTESY CREATIVE COMMONS// Alison Agar was two years old when doctors found cysts on her liver and diagnosed her with polycystic kidney disease.

After a placement at Sick Kids Hospital, the same hospital where all of her transplants had been performed, she began working there full-time.

With everything she has gone through, Agar is strong and enjoying life. "Just remain positive," she said.

Although kidney disease is not common, it is on the rise, according to Tracie Sindrey, professor at Humber, registered dietician and certified diabetes educator.

Those with diabetes or high blood pressure are at a much greater risk, she said.

"Kidney disease is something that can affect anyone at any time" said Wendy Kudeba, director of marketing and communication at the Kidney Foundation of Canada. "The symptoms can be silent."

It is vital for everyone to maintain a healthy weight, exercise, get annual check-ups and learn about their family's medical history, said Sindrey.

Students today are living in a generation where medical information is available online at their fingertips, which allows them to educate themselves faster, said Kudeba.

TRANSFERRING CAN BE EASY.



W.A. LETTINGA CAMPUS IN GRAND RAPIDS, MI

Complete your bachelor's degree with Davenport University.

Davenport University has developed degree completion partnerships that allow you to transfer credits toward a bachelor's or master's degree.

Due to generous transfer credits, many graduates with a three year diploma can complete a bachelor's degree with as few as 10 Davenport classes.

Benefits of an online degree:

- **NO VISAS** Earn your degree completely online.
- **24/7 AVAILABILITY** Take classes any time, work around scheduled commitments.
- **AFFORDABLE** Scholarships or partnership tuition rates are available.

www.davenport.edu/capartners
1-800-203-5323 partnerships@davenport.edu

BUSINESS | TECHNOLOGY | HEALTH
www.davenport.edu

DAVENPORT
UNIVERSITY

Can't grow a beard? Buy a Beardo



COURTESY JEFF PHILLIPS// Ontario native Jeff Phillips is making a profound fashion statement with his toque, the Beardo.

ADAM CARTER
LIFE REPORTER

Young entrepreneurs looking for inspiration need to look little farther than Ontario's Jeff Phillips and his unabashedly masculine toque, the Beardo.

"It just came through my nature of being innovative," Phillips, 31, said from Australia, where he is teaching English. "And my buddy's grandmother pitched in with knitting the prototype."

The Stratford, Ont. native was passionate about his product, constructing some 25 incarnations before the final Beardo took shape.

Phillips came up with the idea while on a snowboarding trip to Whistler, B.C. He suffers from beard envy.

"I can't grow a beard, it's really pathetic," he said. "I can grow a few patches on my cheeks and maybe get a goat

going, but that's about it. It's pretty sad."

Though women currently make up 70 per cent of the Beardo's current market sales, Phillips has acquired the ire of some females.

"I've been attacked a few times by women emailing in – some pretty hard core feminists," he said. "I just got an email in from a woman that said 'Do you think that women don't get cold faces or something?'"

It just came through my nature of being innovative.

Jeff Phillips
BEARDO CREATOR

He said that most women likely buy them as gifts for loved ones.

"Of course I would like to sell beards to women. But the fact is, they don't want to buy them right now," he said. "It's really hard to come up with

a good beard for a woman."

Social media has been instrumental in Phillips' success, as the Beardo Facebook page currently boasts almost 8,000 members.

"It's a slow build with social media, you really have to put yourself out there," said Christina Clements, professor of marketing with the Humber business school. "It's not like traditional print brand advertising."

She said that though it takes more dedication and daily work, social media advertising can be key for a business like the Beardo with very little capital in the early stages.

Laura Antonelli, 22, a post-grad radio-broadcasting student, was amazed that the Beardo even exists.

"My male friends, who don't care about being fashionable, and who are really into snowboarding and skiing might wear it," she said. "How can this be real?"

TO THE NINES

**Hayden
Clarke, 18**

**FIRST-YEAR,
GENERAL
ARTS AND
SCIENCES**

HOW WOULD YOU
DESCRIBE YOUR
PERSONAL STYLE?

**Old school.
I like to buy
vintage.**

WHAT'S YOUR
FAVOURITE ITEM IN
YOUR WARDROBE?

**Shoes. I have
a lot of
different
crazy shoes.**

WHO'S YOUR
FAVORITE DESIGNER?

**Ralph Lauren.
I think it's
very mature
and classy and
I like to look put
together.**



Melanie Kerr
LIFE EDITOR

DEGREE LECTURE SERIES

WEDNESDAY

March 30, 2011 at 11:45 am

Auditorium at Lakeshore Campus

The Art of Change – How to Click with People



Dr. Rick Kirschner

CONNECT, RELATE AND COMMUNICATE FOR SUCCESS

A program about how to turn contacts into connections, build successful relationships, overcome obstacles, promote ideas, and bring people together! To be able to click, you must understand what makes people tick. Then you can get them to get you, get your ideas and get together.

- Understand what people care about and why
- Improve your persuasion skills
- Learn to turn connection into cooperation into results

register online at humber.ca/degrees

All students and staff are welcome to register

Bestselling self-help and business author, motivational speaker and trainer Dr. Rick Kirschner delivers entertaining, engaging and powerful keynotes that empower people to deal successfully with professional and personal challenges. His methods and approach provide much needed help on the essential topics of change, communication, influence and purposeful living.

humber.ca/degrees

Students use Facebook to fight violence

EMILY INNES
LIFE REPORTER

A group of Humber students are taking a stand against family violence, using Facebook to raise awareness about The Child Development Institute.

The event, which took place Wednesday afternoon, was called 'Humber College Taking A Stand' and included an on-campus booth to draw students to the Facebook page they used to generate discussion about violence.

In any given year, they say 500 to 800 children are exposed to family violence in Canada.

Lisa Sura-Liddell
PROGRAM MANAGER, CHILD DEVELOPMENT INSTITUTE.

Janina Carricondo, Parvinder Dhillon, Sheryl Douma and Antoinette Mahabir who are in their second year of early childhood education, were involved in the initiative to support the Child Development Institute, a Toronto-based organization helping children who have witnessed violence. These students have observed neglected children at each practicum and believe this stems from violence at home.

"Amongst your student body, statistically speaking, there are people who are going to college right now who experienced violence as a kid," said Lisa Sura-Liddell, a program manager at the Child Development Institute.

"In any given year, I think they say 500 to 800 children are exposed to family violence in Canada," Sura-Liddell said. She said it's important to have "an understanding that this does happen and it happens quite a bit."

"If this has happened to you, you aren't the only person who this has happened to," said Sura-Liddell.

"We ended up with 43 members on the event page and plenty of comments on the issue or their opinion based on what was on our info board," said Mahabir. "People said there is a need for more awareness, one of the most prevailing themes was that it is becoming a more common issue. Someone said they know how it feels to be abused as a child."

Students should educate themselves on who to call when they suspect any kind of child abuse or family violence and they should know what's available in the community, said Mahabir.

"A lot of families are living with violence," said Marsha Barrett, who teaches the leadership and advocacy course at Humber. Barrett said that one of the goals for their project was to "try to inform others [and] to increase awareness."

Students can help by participating in programs such as Big Brothers, Big Sisters and Youth Helping Youth that give children a safe place go, Sura-Liddell added.

Parents face higher fees at Humber daycare

Full-day kindergarten leading to more staffing costs at centre filled with toddlers

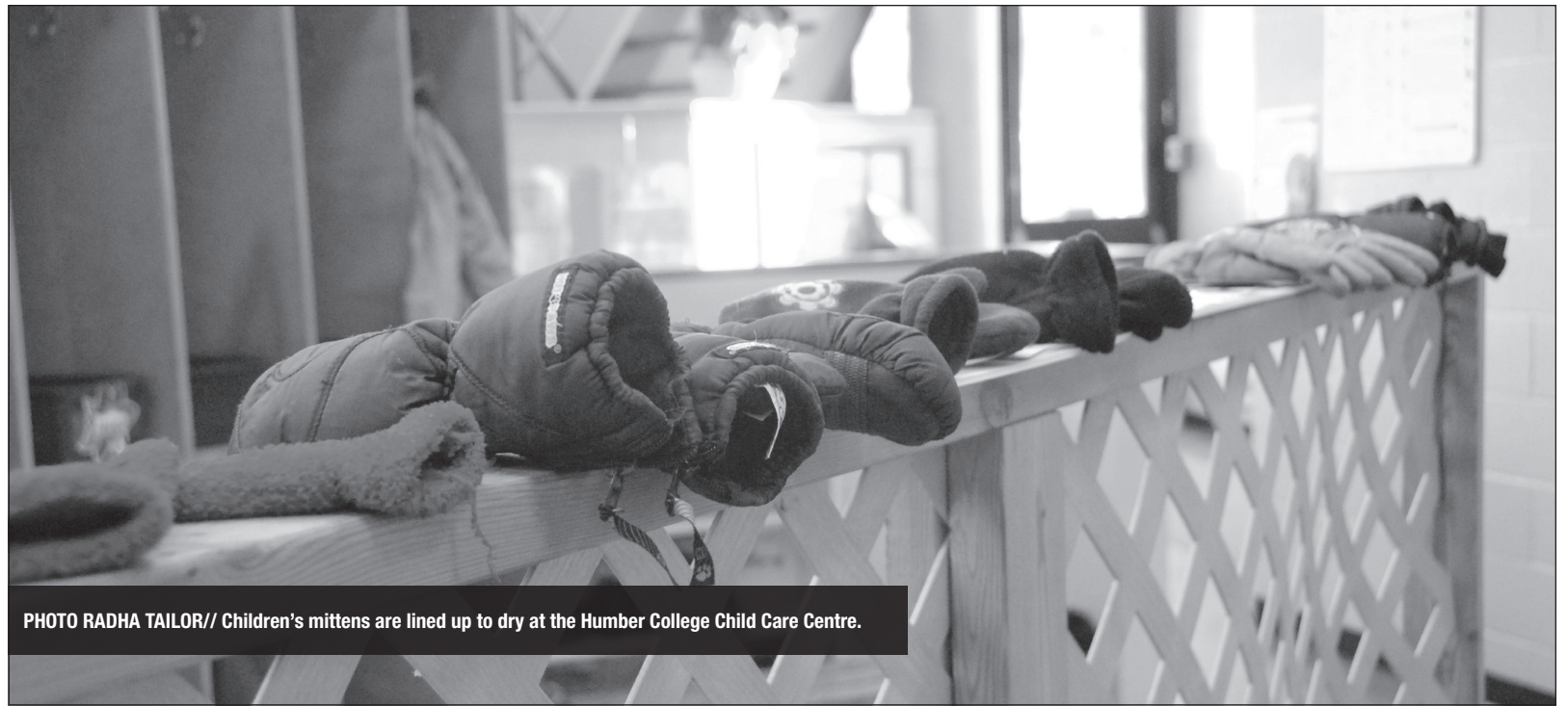


PHOTO RADHA TAILOR// Children's mittens are lined up to dry at the Humber College Child Care Centre.

RADHA TAILOR
LIFE REPORTER

The fees at Humber's two daycare centres, which serve many students and staff as well as give jobs to early childhood graduates, are increasing April 1.

Costs per month rise to \$1,440 from \$1,371 for infants (aged 0 to 1.5); \$1,158 from \$1,103 for toddlers (aged 1.5 to 2.5); and \$1,014 from \$966 for preschoolers and kindergartners (aged 2.5 to six) at two year-round centres on North Campus.

About 30 per cent of the 114 kids currently in the facilities are the children of Humber staff and students, said Child Care Centres director Bridget Woodcock.

The rest are mainly from surrounding neighbourhoods. More

than 600 children are on waiting lists in Ward 1, which encompasses Etobicoke North.

Families can apply for subsidies through the Toronto Children's Services, which are allotted according to financial needs and daycare fees at individual centres.

About 80 per cent of families with children at the Humber centres are supported by subsidies, said Woodcock.

"There may be more infant subsidies in a ward, only for 18 months, but then they become a toddler and that makes the infant space become available," said Shelley McKeen-Weaver, supervisor of the application and inquiry office at Toronto Children's Services. "Subsidies in older ages might be more difficult in certain wards because of that."

Angela Mensah, a third-year bachelor of nursing student, said she did not have many problems receiving the subsidy. "I applied when my daughter was three months old, and got it when she was six months."

When we had kindergarten children, we could have two teachers with 20 children, but with toddlers, it's two teachers to 10. More than 90 per cent of the budget is staffing costs.

Bridget Woodcock
DIRECTOR, HUMBER CHILD CARE CENTRES.

The start of full-day kindergarten programs last fall have changed the face of daycare in Ontario, with 25 per cent of Toronto schools already on board, including all those in Rexdale, said Woodcock.

"When we had kindergarten children, we could have two teachers with 20 children, but with toddlers, it's two teachers with 10," she said. "More than 90 per cent of the budget is staffing costs."

Most of the staff at the Humber centres are graduates from the early childhood education program, Woodcock said.

The increases were approved in January by the college's Board of Governors.

The fees appear to lie within the low-to-medium cost range of centres in the city, according to statistics from children's services.

Caffeine high not worth risks

SAMAR ISMAIL
LIFE REPORTER

Energy drinks and caffeinated beverages should be consumed in moderation to avoid medical problems like high blood pressure, increased heart rate and heart palpitations.

Health Canada recommends people consume no more than 400 milligrams of caffeine a day from all sources of caffeine. That's equivalent to three cups of brewed coffee in an eight ounce mug, according to Melinda Figliano-Lamarche, a Toronto public health dietician. She noted most mugs contain more than eight ounces.

High blood pressure and increased heart rate arise when the recommended intake is exceeded, said Susan Somerville, program co-ordinator of food and nutrition administration.

Figliano-Lamarche said other health complications include muscle tremors, nausea and behavioural affects—mainly anxiety and mood changes. Caffeine can also have a fertility impact on men and women.

Caffeine is found in coffee, tea, most pop, chocolate, some medications and herbs like guarana and yerbe mate which are added to energy drinks.

As for energy drinks, sugar is a big concern because "it's putting people in risk of obesity and diabetes," said dietician Sandra MacAulay.

We don't really know what some of those long term effects are.

Susan Somerville
PROGRAM CO-ORDINATOR, FOOD AND NUTRITION ADMINISTRATION

Energy drinks with alcohol can make people less aware that they are over their blood alcohol limit, making them more likely to drive drunk. The negative health effects like heart palpitations may increase, Somerville said.

Long-term effect of the ingredients in energy drinks are not entirely known.

"If people are drinking a lot of en-

ergy drinks on a daily basis and we don't really know what some of those long term health effects are, that's always a bit concerning," said Somerville.

Somerville said "energy displacement" - students consuming energy drinks as a replacement for healthier alternatives - is another concern.

Energy drinks should not be consumed as a sports drink because they cause dehydration, said Figliano-Lamarche.

Somerville said Health Canada does not consider caffeine an addictive substance, but people who drink more than the maximum recommended intake can experience withdrawal symptoms including headaches, fatigue, irritability, nervousness, poor concentration and insomnia.

Figliano-Lamarche said withdrawal symptoms do not last more than a week.

Alternatives to energy drinks and caffeinated beverages are to "exercise and eat a well-balanced diet" which will result in more energy said MacAulay.

**LSAT MCAT
GMAT GRE
Preparation Seminars**

- Complete 30-Hour Seminars
- Convenient Weekend Schedule
- Proven Test-Taking Strategies
- Experienced Course Instructors
- Comprehensive Study Materials
- Simulated Practice Exams
- Limited Class Size
- Free Repeat Policy
- Personal Tutoring Available
- Thousands of Satisfied Students

OXFORD SEMINARS
1-800-269-6719
416-924-3240
www.oxfordseminars.ca



STAY ALERT PULL OVER.

Please Yield the Right of Way
to Emergency Vehicles

A message from the
John Petropoulos Memorial Fund



www.jpmpf.ca/trafficsafety

BIZ/TECH NEWS YOU CAN USE

TECHNOLOGY

Saudi government stifles protest support through social media

Democracy activists say the Saudi government is closely monitoring social media movements for early warning of protest action. The country is one of the latest in the region to see protests against government.

TECHNOLOGY

B.C. couple sues Bell

A B.C. couple is suing Bell Canada for their smart phone bills adding up to \$5,000. The couple signed with Bell in October and have since racked up the expensive bills even while their phone is off. The mobile network responded only that they are in the midst of a technical review.

BUSINESS

Apple unveils new iPad

Steve Jobs revealed the new edition of the iPad on March 2. The new iPad 2 has rear and front-facing cameras, comes in black and white, is 33 per cent thinner and has a dual-core processor. The new tablet will be available on March 25 in Canada and March 11 in the U.S.

BUSINESS

Gas prices rise as Middle East heats up

Prices on crude oil futures in the U.S. rose sharply this week on fears of escalating violence in Libya, other North Africa nations and the Middle East. Libya's foreign minister said prices could reach \$130 a barrel this month if violence continues.

BUSINESS

Canadian credit unions set to merge

The merger of Meridian and Desjardins credit unions would make the new company one of Canada's credit powerhouses, with over \$8 billion in assets and over a quarter million members. The company is looking for approval for April.



PHOTO SAMINA ESHA// A recent poll from the Canadian Federation of Students and Harris-Decima showed that 60 per cent of Ontarians would support tax increases to invest in post-secondary education. In the last five years, the cost of attending college has increased by 28 per cent.

'Freeze tuition,' student group tells government

SAMINA ESHA
BIZ/TECH REPORTER

Tuition for Ontario college and university students - already the highest in Canada - should be frozen or reduced, student groups say.

With the upcoming provincial budget, the Canadian Federation of Students-Ontario has proposed that the government freeze or reduce post-secondary tuition fees.

"The reason why tuition fees went up so much is because the government's contribution in our education has diminished. In the 1920s, the government assigned close to 80 per cent in our post-secondary education," said CFS chairperson Sandy Hudson.

"At this point, the government is only funding about 50 per cent while the students are responsible for the other 50 per cent."

Founded in 1981, the Canadian Federation of Students-Ontario is Canada's largest student organization with 500,000 members.

"Any time, especially now during recession, education should not be based on who can pay," Hudson said. "It should be available to everyone."

John Mason, vice president of stu-

dent and corporate services, said tuition has always been a sensitive issue.

"Students don't have earning power while at school. Therefore, it needs to be reasonable and relevant to balance future potential earnings," Mason said.

He pointed out that students need to invest in their future to ensure they'll get a decent salary.

"Therefore, keeping those factors in balance are elements that need to drive the government policy," he said.

Ercole Perrone, the executive director of Humber Students' Federation, said that though provincial government might not reduce tuition fees, freezing tuition would at least help students budget accordingly.

"Being a part of the College Students Alliance gives us the opportunity to sit with the decision-makers," said Perrone.

Like every student, Camilla Dwyer would prefer lowering the tuition fees.

"I worked at Burger King for \$10.25 an hour, otherwise I can't afford it," said Dwyer, a first-year Humber liberal arts and science student.

"I think it is unfair. I am paying so much money for only 20 hours a week [in school] plus food, transportation and housing."

Dwyer paid approximately \$800 in

the last two semesters on books alone, and suggested that books should be free.

"When you are paying so much tuition, you want to be in a comfortable environment. This is not comfortable, it stinks, and the food sucks," said Dwyer.

"We have to make the money in order to go into the workforce and we don't even know if we are going to get a job after graduation."

In the last five years, the cost of attending college in Ontario has increased 28 per cent.

Rene Henry, a second year accounting student said that the increasing college fees could put post-secondary education out of reach.

"If you can't do any of that, then without students you are left with a big old empty school with nobody in it."

Students in Ontario owe approximately \$2.3 billion to the Ontario government and millions more to financial institutions.

The CFS hopes that a province-wide tuition freeze will stop that number from climbing even higher.

"In the end, we are hoping to see the government more invested in the post-secondary education, like they used to be," said Hudson.

Apple lends students iPads for after-school story-telling program

TOM KITUKU
NEWS REPORTER

Apple Canada is lending 24 iPads to Humber College for the Visual Story-Telling Club for three weeks this March, said photography teacher Anne Zbitnew, a co-founder of the club.

It includes about 25 Community Integration Through Co-operative Education students interested in photography.

"The Visual Story-Telling Club is an after-school extra-curricular activity open to first or second year Community Integration Through Co-operative Education students at Humber who want to use visual images to communicate, tell stories, and answer questions," said Zbitnew.

The CICE program at Humber gives adults with developmental disabilities the chance to participate in college, earning a Certificate of Achievement after four semesters.

"A lot of our students have difficulties in reading and writing," said Jennifer Chatsick, an integration facilitator for the program. "When they are using the computers there is a tendency to want to touch the screens

that are non-touch screen devices."

"They will be the first group on campus to use iPads," said Zbitnew. "There will be a great reaction from the students, but I also think it is going to be amazing for exploring and honing the creative and communication skills of the students."

The iPads initiative will also be used in a research project if the Humber ethics board approves, said Chatsick.

"The research will explore how to communicate in ways that are more visual. If we cannot get the go-ahead for the research, we will still use the iPads."

Rhonda McEwen, a professor at the University of Toronto, is interested in partnering on the project. She has researched autism extensively and worked with autistic children using iPads.

"Autistic kids that use iPads are much more motivated and less frustrated because they are communicating with others."

"The iPads provide a middle ground between the creator of the visual images and the interpreter, and make it much easier to have some kind of dialogue. There is a social aspect to it as well," said McEwen.

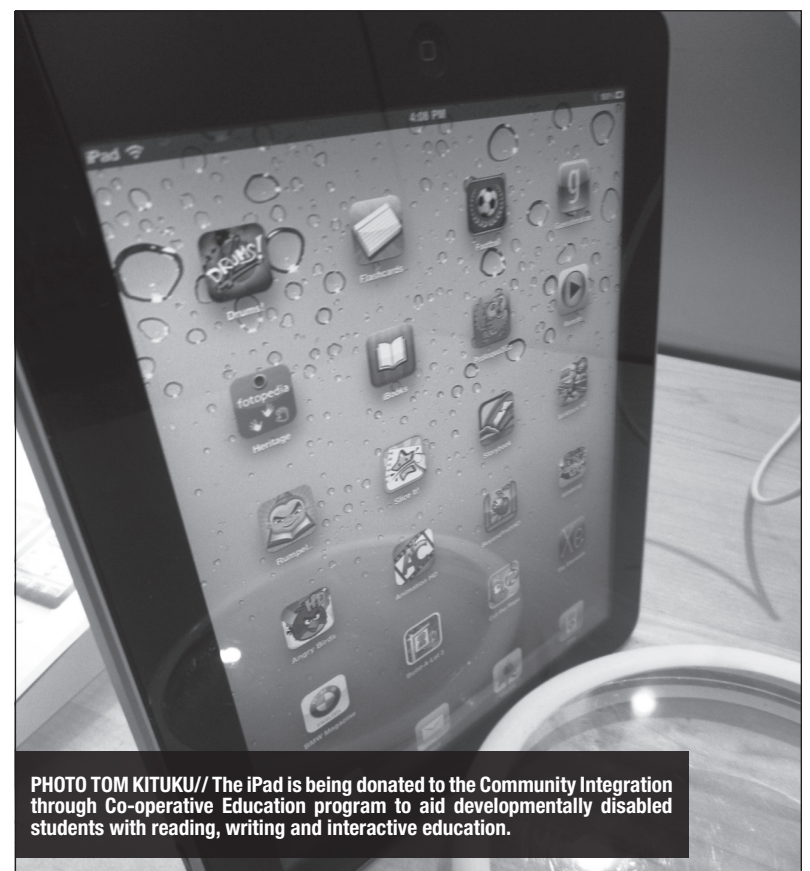


PHOTO TOM KITUKU// The iPad is being donated to the Community Integration through Co-operative Education program to aid developmentally disabled students with reading, writing and interactive education.

STUDENTS CAN REQUEST A REASSESSMENT OF THEIR FINANCIAL NEEDS

OSAP loans can be appealed



PHOTO JORDAN WHELAN// With successful OSAP appeals students may receive additional funding within weeks.

JORDAN WHELAN
BIZ/TECH REPORTER

OSAP funding given to students at the beginning of the school year may not be financially fitting and could be subject to a formal appeal, experts say.

The OSAP appeals board hears petitions from students who feel their initial amount was calculated incorrectly and those whose financial situation has been altered during the school year.

The board has jurisdiction to consider appeals which relate to different criteria including changes in marital status, personal income, parental income or for students who feel their initial OSAP calculation was based on erroneous data.

Holsee Sahid, Humber financial aid

manager, said those who wish to appeal their funding should first contact a financial aid adviser to review their file along with accompanying copies of documentation and a written letter which provides their reasoning.

"Depending on the student's situation, they will be given the applicable forms when they meet with the financial aid adviser," said Sahid.

Humber advisors can perform a "real time" assessment on the networked system and if approved, loan documents arrive for pick up within a week's time.

Sahid also stressed that there are instances in which students have received an OSAP overpayment if after the initial assessment their course load drops below 60 per cent (40 per cent for those with disabilities) or if income

verifications do not jibe with information from Canada Revenue Agency.

Blaze Kaminski, account analyst at Chartwell REIT, stressed the importance of attention to details when completing the forms.

"When calculating your income, you should list it as gross, which is before taxes and deductions," said Kaminski.

Kaminski also noted that with the encroaching tax season, OSAP recipients have opportunities for tax breaks as interest is deductible on approved educational loans.

Stacey Asiedu, a first year general arts and science student, expressed that she has an aversion to loans and is exploring other sources of funding instead.

"I'm trying to get bursaries because the less loans the better," said Asiedu.



PHOTO MELISSA AQUINO// Employees of Career Information at the Institute of Chartered Accountants speaks to students.

STUDENTS ARE TAUGHT CHARTERED ACCOUNTANTS' WAY TO TAKE ON WORLD

HENJI MILIUS
BIZ/TECH REPORTER

The Canadian Institute of Chartered Accountants paid a visit to Humber students last month to show them how to rule the world.

"[Ruling the world] is a bit tongue-in-cheek," said Jon French, associate director for Career Information at the Institute of Chartered Accountants. "This means that there are no limits to what you can do once you get your CA. You can start your business, become one of the Fortune 1,000 companies, make a difference with a non-profit organization, or have your own business."

Jennifer Diebolt, liaison officer at Career Information, said that a CA designation is the most highly regarded asset a student in business or from any other discipline can have.

"It's amazing," she said. "Sixty-two per cent of the top *Globe and Mail* Report on Business Top 100 Companies in Canada have a CA in at least one of their top positions—such as—president, CEO, CFO AND COO."

"The information she gave was very informative. She answered my questions and went beyond," said Naveen Sian, a third-year student in business accounting and president of the Guelph-Humber Accounting Association which organized the event.

"It was extremely helpful, informative and a joy coming," said Kylie White, a first-year business adminis-

tration student.

"The whole event was well-organized. Diebolt motivated me at the end," said Salik Khan, a second-year business administration student in accounting.

To become a Chartered Accountant, students have to complete a four-year program, university degree or equivalent with a B- average, and complete an Institute of Chartered Accountants of Ontario-accredited program, according to the ICAO.

Sixty-two per cent of the Globe and Mail Report on Business Top 100 Companies in Canada have a CA in at least one of their top positions.

Jennifer Diebolt
LIAISON OFFICER

The buck does not stop there.

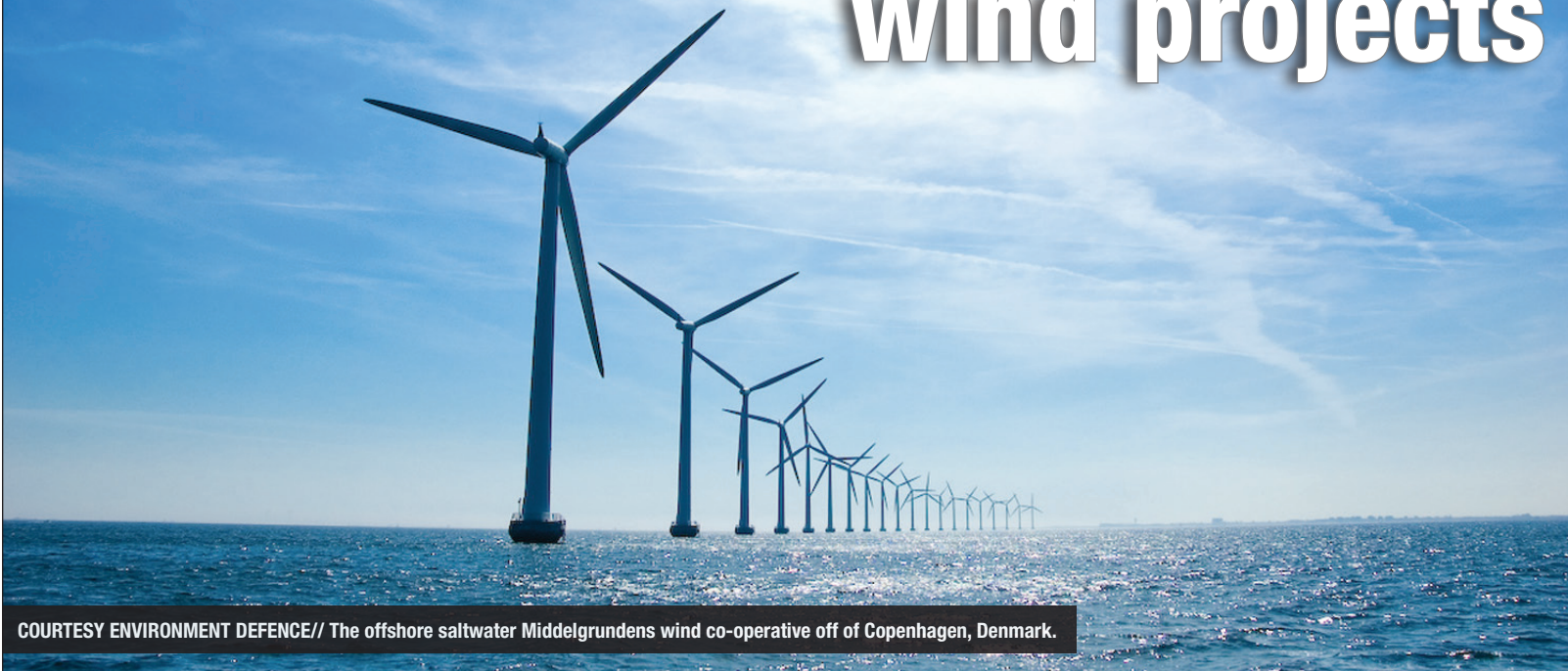
The CA qualification process means students have to get three years of prescribed practical experience with a CA training office.

They must also complete the staff training program, pass both the core knowledge and the school of accountancy exam, and go through the uniform evaluation in order to obtain their designation.



PHOTO MELISSA AQUINO// Liaison officer Jennifer Diebolt said chartered accountant designation is a highly regarded asset in business.

Ontario suspends off-shore wind projects



COURTESY ENVIRONMENT DEFENCE// The offshore saltwater Middelgrundens wind co-operative off of Copenhagen, Denmark.

TYLER DAVIE
BIZ/TECH REPORTER

The Ontario government's February announcement that no more offshore wind power projects will be allowed shook the province's renewable energy sector, but re-emphasized the focus of Humber's own sustain-

ability energy and building technology program.

Minister of Energy spokesperson Andrew Block said the lack of knowledge about interactions between wind turbines and freshwater ecosystems prompted the ban, and it will take years to perform the necessary research.

"The only operational freshwater offshore wind energy project in the world is in Sweden, and several have been proposed in Ohio (on Lake Erie)," Block said.

He said only one offshore project in Ontario had been given a contract, and that it still needs approval.

Kerry Johnston, program co-ordi-

nator of the sustainable energy and building technology program, said the news did not have an impact on the students' optimism and outlook, and that wind energy is not the program's most significant opportunity.

"Or buildings are our biggest consumers and polluters," Johnston said. "We've got a lot of old buildings to be

upgraded, and lots of public and private buildings now need to be LEED-certified," which is the international standard for green building.

Renewable energy will not truly take off until the real environmental cost of a century of fossil fuel use is measured, Johnston said.

"The public takes energy for granted," Johnston said. "We developed an energy system based on fossil fuels, and its performance can't be matched yet."

"There's a gap between demand and supply, and fossil fuels can't easily be replaced."

Adam Scott, co-ordinator of the green energy campaign at advocacy group Environmental Defence, said the feed-in-tariff — a guaranteed price per kilowatt — was an effective incentive for producing a high volume of renewable energy that the government's decision has damaged.

The subsidization system established by the 2009 Green Energy Act pays generators of renewable energy above-market rates for power.

"The point of the Green Energy Act was to establish a stable environment for investment to build a strong green energy sector," said Scott. "Jigging the system last minute doesn't give business confidence."

Johnston said the government's strategy incorporates both renewable energy and green building, and the building sector has expanded regardless of green energy's progress.



The hard part will be wanting to return home.

Continue developing your passion by enrolling in our Italian Culinary Arts Post-Graduate program.

You'll experience time abroad by studying and exploring the arts and techniques that make Italian cooking the premier standard of today's cuisine. You'll work side-by-side with world-class chefs and learn the importance of culture, local ingredients, and regional influences. This is truly your chance to embark on an unforgettable voyage of life and food.

Buon appetito!

georgebrown.ca/italy



CROSSWORD

Copyright © 2006 Boatload Puzzles, LLC
The world's largest supply of crossword puzzles.
www.boatloadpuzzles.com

FOR THIS WEEK'S
CROSSWORD ANSWERS
VISIT HUMBERETC.COM



1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20					21				22				
		23		24			25						
26	27	28		29			30		31	32	33	34	35
36			37							38			
39					40		41		42				
43							44		45				
46				47		48					49		
				50	51			52			53		
54	55	56	57				58			59	60	61	62
63					64					65			
66					67					68			
69					70					71			

DOWN

1. Klutz's cry
2. Beer grain
3. Cruising
4. Listened to
5. Small celestial body
6. Flea market (2 wds.)
7. Submarine sandwich
8. Out of bed
9. Vegetarians' taboos
10. Horseback sport
11. Related
12. Birch or spruce
13. Lend a ____
22. Pod inhabitant
24. Play division
26. First extra inning
27. Luau greeting
28. Ceremonies
30. Love greatly
32. List of choices
33. Furious
34. Warning alarm
35. Future flowers
37. Copper coin
41. Less chewy
42. Pain
45. Caviar base
47. Spain's cont.
48. Oolong server
51. Injury marks
53. Televised again
54. Store
55. Inform
56. Location
57. Wrinkle remover
58. Teamster's rig
60. Absorbed by
61. Untruthful one
62. Exported

ACROSS

1. ____ Beach (D-Day site)
6. Pillow cover
10. Trail
14. Desert stops
15. "Wish You ____ Here"
16. Southern veggie
17. Skirt fold
18. Diva's song
19. Property right
20. Gape
21. Put off
23. Liquid measure
25. Compass pt.
26. Driveway sealer
29. Atlantic or Indian
31. Wrong
36. Drew out
38. Ohio lake
39. Recorded
40. Wee one
42. Kind of drum
43. At that time
44. Sent another way
46. Swiftiness
48. Singing voice
49. Printing measures
50. Purpose
52. Bambi, e.g.
54. Floor connector
59. Armstrong and Diamond
63. German title
64. Copycat
65. Bert's buddy
66. Butter alternative
67. European capital
68. Lucifer
69. Strategy
70. Move slightly
71. Nasal sound

SUDOKU

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

Fill the grid so that every row, every column, and every 3 by 3 square contains the numbers 1 to 9

FUN FACT:

18th-century Swiss mathematician Leonhard Euler studied conundrums called Latin squares

FOR THIS WEEK'S
SUDOKU ANSWERS
VISIT HUMBERETC.COM



#1019

www.sudoku.name



HOROSCOPE



GEMINI
MAY 22 - JUNE 21

The sting of the scorpion has the potential to paralyze and kills its prey. Gemini, you possess those skills, but that doesn't mean you should use them. The name of the game is enlightened despotism, and your subjects will respect you should you exercise your power with grace.



AQUARIUS
JAN. 21 - FEB.18

The sea horse is a simple and meek creature. However, it is said to court its mates for up to three days before going in for what is called "the courtship dance." Aquarian, let this animal guide you.



PISCES
FEB. 19 - MARCH 20

The sea lamprey is an invasive species that has caused havoc in the ecosystem of the Great Lakes. It latches onto its prey with a suction-cup like mouth, and ticks away using its sharp teeth. You will encounter one of these lampreys this week, but this beast will manifest itself in human form. Avoid interaction with this creature/human at all costs.



TAURUS
APRIL 21 - MAY 21

It's obvious to everyone except you that you have no singing talent. For the betterment of humanity, stop singing, and pick up a saxophone.



CANCER
JUNE 22 - JULY 22

Like a bull in the ring during a fight, it appears to be enraged at the sight of the colour red. However, science has shown that this is merely a myth, as cattle are red-green colour blind. Likewise, misconceptions are made by a co-worker, who thinks you are thick-skinned.



ARIES
MARCH 21 - APRIL 20

Yes, you could have poutine everyday for lunch, and choose to be ignorant of the health effects of consuming too much sodium. But at some point, pathetic dietary habits will catch up to you. Immediately, go and buy no less than eight organic apples.



LEO
JULY 23 - AUG. 23

Oh Leo, everyone knows your roar is the most dominant, and your fangs most sharp. Stop fretting over the lack of recognition you think you deserve, and bask in the knowledge that all creatures in your surroundings recognize your supremacy, at least at the subconscious level.



SCORPIO
OCT. 24 - NOV. 22

Yes, dogs are friendly and are known to be man's best friend. Deep down, though, a parasitic dependence is the basis of that relationship. Stop acting like a dog, Scorpion. You are too clever to beg for scraps at the table.



VIRGO
AUG. 24 - SEPT. 22

Recent events in the Middle East will inspire you to overthrow the tyrant in your life. For too long he/she has chosen your clothes, food, and even your choice of music. You shall slay this monster, but not before you discover that it's...your own poor judgement.



LIBRA
SEPT. 23 - OCT. 23

As the snow melts and the seasons change, new challenges will begin to show up in places where you least expect them. For example, that little tab on the can of sardines that you will open on Friday for dinner will break off. How will you open the can now? The answer will amaze you.



Sagittarius
Nov. 23 - Dec. 21

In December of 2005, Jimmy Hall, a conservationist, swam with a giant white shark while prodding and filming it. Don't use Hall as an example in the weeks to come, Sagittarian. These waters are treacherous. Swim with the bigger fish, but make sure you're armed with the necessary tools.



CAPRICORN
DEC. 22 - JAN. 20

The huntsman spider, which can be found in Australia, among other places, can attain a legspan of up to 12 inches. Despite its intimidating appearance, it is a harmless creature and most humans refuse to kill them as they feast on cockroaches. That so-called enemy in your life... is actually a huntsman spider.

Men trash Redeemer to close up season

Top-seeded Humber blows out the last-place Royals by 53 points for 17th win of the season



COURTESY HUMBER ATHLETICS// Guard Mark Perrin adds an exclamation mark to the Hawks' win.

place Hawks and the last place Royals, and it was out of hand by halftime when Humber had a 36 point lead.

"It was a tough game to keep our focus in," said third-year guard Mike Dvorak who just came off setting the all-time three point record for Humber. "It was really easy to look at the scoreboard, but we did a good job of executing our offence."

"Coach said that he wanted us to keep our intensity up, as well as our focus," said Dvorak.

However, the game did give the Hawks a chance to refine certain parts of their game plan in anticipation of provincials.

"We were trying to work on our zone, so we can throw it into the mix on defence and switch it up a bit," said fifth-year guard Kern Lewis, discussing some of the defensive adjustments the Hawks made during the game.

"Coach really emphasized working on the details," said first-year guard Mark Perrin. "We just wanted to work on things that we aren't good at yet that we want to improve on."

Humber was able to rest their leading scorer Michael Acheampong, who was nursing a hand injury. "There are bigger games ahead," said the star.

Next up for the Hawks is a trip to Sault Ste. Marie for the OCAA Championships from March 3-5.

After struggling and losing their only game of the season to Algoma in their last trip up north, they enter with a new game plan this time around.

"We need to get off to a fast start. Last time we went up there we got off to a slow start and could never recover," said Dvorak, who continued his hot shooting as of late with 15 points against Redeemer.

"We need to come in more focused," said Perrin, who threw down two emphatic dunks in the first half. "We are Humber, the Humber Hawks."

LAWRENCE DUSHENSKI
SPORTS REPORTER

The Humber men's basketball team closed out league play with a 17-1 record after blowing out the Redeemer Royals Feb. 17 by a score of 93-40. The game was a matchup between the first



PHOTO JUSTIN IRWIN// Forward Michelle Commandant drives past the Sheridan defence.

Women prep to face best

JUSTIN IRWIN
SPORTS REPORTER

The women's basketball team enters Thursday's start of the provincial championships in Ottawa knowing that the road to the title runs through their undefeated arch-rival, the Sheridan Bruins, and the host Algonquin Thunder.

"We're only going to face top teams now, so it's not going to be a walk in the park," said Isha Watt, a second-year forward.

Humber (11-3) begins the eight-team tournament as the third-ranked team in the province, behind first place Sheridan (14-0) and Algonquin (16-0).

Two of the Hawks losses were to Sheridan – an 89-51 rout at Humber last November and a 70-67 squeaker last month in Brampton. They beat Algonquin 56-50 in non-league play in late December.

And this is a Humber squad that is limping into the playoffs, with top-scorer Kayla Suriani (10.58 points per game) sidelined with a knee injury suffered Feb. 10 at Sheridan and team captain and point guard Maria Suriani battling tendinitis in her ankle.

"I'm going to see what we can use during the

OCAA tournament because depth right now has to become our strength," said coach Denise Perrier.

The bench came through in the final game of the regular season, when the Hawks beat the winless Redeemer Royals 78-45. The blowout allowed Perrier to rest her starters.

"It was nice to see players step up and show me what they can do," said Perrier.

Second-year guard Jordan Mazzei and first-year guard Celeste Domengoni led the scoring with 11 points each.

But the coach remained concerned about her players fouling too much. The Hawks are fourth in the league with 968 fouls this season.

"I feel with our defence right now there is way too much reaching," said Perrier. "I know we're trying to play aggressive at full court but we still go to reach."

The Hawks open the one-loss-elimination tournament against Georgian (11-5).

"We are confident that we'll be in the championship game, but we have to remain level," said Taylor Smith, a second-year guard.

The women's team lost in the first round of the tournament last year and has not won the provincial title since 2005.

Three birdie smashers flying towards medals

CATHERINE DIVARIS
SPORTS REPORTER

Three women stars from Humber's badminton team are in the running for medals at the national championships that begin Thursday in New Brunswick.

"We will do well at nationals," said freshman phenom Tracy Wong. "I think we are going to get to the podium. All we can do is try our best."

Wong, fresh off an impressive showing at the Canada Winter Games, where she won gold as a member of team Ontario and a silver in women's doubles, will play in the single's tournament, while Reene Yip and Alyssa Woon will represent Humber in the doubles.

Assistant coach Michael Kopinak said he is looking for top performances from both Wong and the Yip-Woon duo.

"We have a good chance of getting two medals at nationals this year," he said. "This is our year."

The three women qualified for nationals by winning gold at the provincial championships two weeks ago at Fanshawe College in London, where the Hawks also captured the team title, with all nine competitors taking home a medal.

Other Humber medalists were Chris Dupuis (silver) and Desmond Yao (bronze) in men's singles, Charlie Lay and Suzie Yan (silver) in mixed doubles, and Mark Wong and Tim Lam (bronze) in men's doubles.

"The most notable thing about this tournament is that we didn't share the title with George Brown this year," said team captain Lay.

The Hawks went into the OCAA tournament still smarting from a tie with George Brown for the team crown last year.

"Overall, Humber did well at provincials, but I thought we could have done a lot better," said Wong, who was named OCAA women's player of the year and is a nominee for national women's player of the year.



COURTESY OCAA// From left to right: Tracy Wong, Reene Yip and Alyssa Woon are ready to represent Humber at the National level.

Men's footy team poised for a trip to provincials

Not rattled by late season struggles, Hawks have high expectations going into regionals

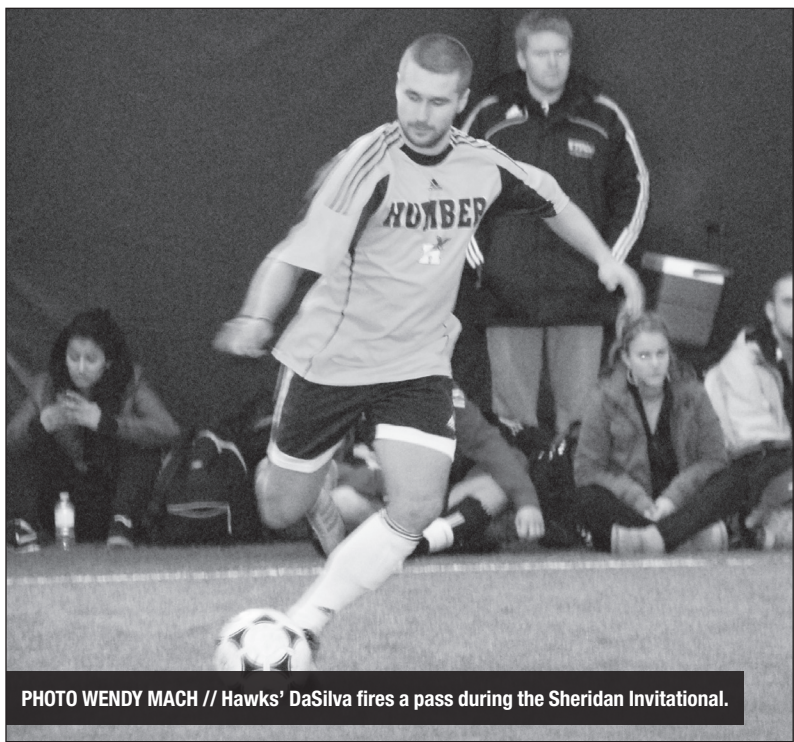


PHOTO WENDY MACH // Hawks' DaSilva fires a pass during the Sheridan Invitational.

WENDY MACH
JACQUIE SCHIFANO
SPORTS REPORTERS

After failing to advance to the provincial championships the past three years, the men's indoor soccer team is looking for redemption at the regional qualifying tournament that opens on Monday.

"We have to be focused and ready to play," said co-captain and goalkeeper Dave Ragno.

"Everyone on the field will have to step up their game. But if we all play our roles, we should be champions."

The Hawks face off against Sheridan, Confederation and Georgian in the Central West regional at the Ontario Soccer Centre in Vaughan.

This season, Humber has not faced Sheridan, Confederation or Georgian.

"The competition is very tight," said coach Germain Sanchez.

"We're going to be working hard to win. The team knows that second place is not an option."

Still, two teams from each of four regionals move on to the OCAA championships, which begin March 7 at the Ontario Soccer Centre in Vaughan.

We're going to be working hard to win. The team knows that second place is not an option.

Germain Sanchez
MEN'S INDOOR SOCCER COACH

The men enter the regionals trying to recover from an unaccustomed loss in their final outing of the regular season – after winning their first two tournaments.

At the Sheridan Invitational in Hamilton just before the start of Reading Week, the Hawks were defeated 2-1 in the semifinals by the Seneca Sting.

"I can certainly tell you the loss did not affect us in any way because we now know what went wrong and it will not happen again," said forward Yousuf Mohammad.

"What makes us a great team is being able to pick ourselves up and come out stronger, and what better way to prove it then and show it in regionals."

Added Sanchez: "We haven't played our best soccer yet."

Humber's biggest competition at regionals is Sheridan, the coach said.

Last season, Sheridan knocked the Hawks out of the regionals 2-0 before moving on to win the provincial title.

After 10 years, Rosa returns

Seasoned vet brings much experience to the team on and off the field

JACQUIE SCHIFANO
SPORTS REPORTER

Ten years after being rookie of the year for the Humber women's soccer team, Rosa Andriano is back with a new attitude and a new goal.

"I was too young to realize it back then," said Andriano, 28. "If I need to sacrifice for the next four years and not even sleep, I will. I realize that education is the only way to do something that you want to do and

go to work and have a career. I love soccer, I've been a soccer player my whole life, but the best part of my day is going to class."

She stands as a great example to her teammates. It's her life experiences that make her a great role model...

Mauro Onango
WOMEN'S INDOOR SOCCER
COACH

Andriano came to Humber at 17 in 2001, played soccer and worked two jobs to support her mother and sisters. School quickly became an afterthought

"I flunked out," she said. "Making money was my top priority. I wasn't eligible to play soccer, so I figured why stay around here?"

After leaving Humber, Andriano worked full time to support her family.

As the main breadwinner, she took care of all her family's expenses and provided the financial support to allow her youngest sister to go to school in the U.S. to play soccer.

"She had a lot on her plate," said coach Mauro Ongaro, who recruited Andriano out of James Cardinal McGuigan Catholic Secondary School. "The great thing about Rosa is that she's come back."

Now, Andriano is enrolled in the design foundation program and dreams of becoming an architect.

"She's a real leader," said teammate Bianca Barbieri, 22. "She works hard and is motivated to succeed."

Currently, she is playing with the Humber women's indoor soccer team who recently won the Redeemer University Invitational tournament.

"She stands as a great example to her teammates," said Ongaro. "It's her life experiences that make her a great role model, and help enforce why it's important to stay in school."



COURTESY HUMBER ATHLETICS // Andriano is determined to get back into playing shape.

Teach English Abroad



TESOL/TEFL Teacher Training
Certification Courses

- Intensive 60-Hour Program
- Classroom Management Techniques
- Detailed Lesson Planning
- ESL Skills Development
- Comprehensive Teaching Materials
- Interactive Teaching Practicum
- Internationally Recognized Certificate
- Teacher Placement Service
- Money-Back Guarantee Included
- Thousands of Satisfied Students

OXFORD SEMINARS
1-800-269-6719/416-924-3240
www.oxfordseminars.ca

SPORTS BRIEFS - NHL TRADE DEADLINE EDITION

HOCKEY

Klesla and Upshall swapped

The Blue Jackets have traded Rosti Klesla for Phoenix forward Scott Upshall in a four player deal. Also swapped was Coyotes' Sami Lepisto and Blue Jackets' minor-leaguer Dane Byers.

Grab from TSN.ca

HOCKEY

Penner shipped to West coast

Talked about as the biggest deal on deadline day, the NHL world saw 20-goal scorer, Dustin Penner, sent to LA for prospect Colten Teubert and LA's first round draft pick in the 2012 draft.

Grab from TSN.ca

HOCKEY

Boyes back in the Northeast

Former Toronto Maple Leafs draft pick, Brad Boyes is now playing for Buffalo, his third team in the north-east division. The winger was traded from St. Louis for a Sabres second round draft pick in the 2011 draft.

Grab from TSN.ca

HOCKEY

Hockey veteran Arnott now a Capital

After 396 goals and 501 assists, Jason Arnott now suits up for the Washington Capitals. The veteran was traded from New Jersey for Washington's David Steckel and a second round pick in the 2011 draft.

Grab from TSN.ca

Blue Jays broadcast legend, Jerry Howarth shares his second love

VICKY SIEMON
SPORTS REPORTER

The voice of the Toronto Blue Jays, Jerry Howarth visited Humber last month for a shooting clinic and a basketball exhibition game.

When Howarth isn't broadcasting for the Jays, he likes to dedicate his time to the junior boys' varsity basketball team at Etobicoke Collegiate Institute.

As Howarth likes to say during the Blue Jay games, "call it two!...a double play!"

The play-by-play man himself brought his team to Humber to learn a few tricks of the game from Humber's own varsity players.

"He has been a friend to the Humber Hawks for 25 years," said assistant athletic director, Jim Bialek.

He has been broadcasting for the Jays for over 30 years. Howarth recognizes the attributes a team needs if it wants to succeed.

"It's a nice thing to do in the off season; to mentor, encourage, teach basketball and encourage academics," said Howarth.

However, Howarth didn't come from a basketball background, which is when Humber came into play.

He first got involved with the college 20 years ago when he not only

learned how to play the game, but also gained more knowledge on basketball from the Hawks themselves.

He then started to coach his sons when they became involved in the Etobicoke Basketball League, and his coaching career blossomed from that point onwards.

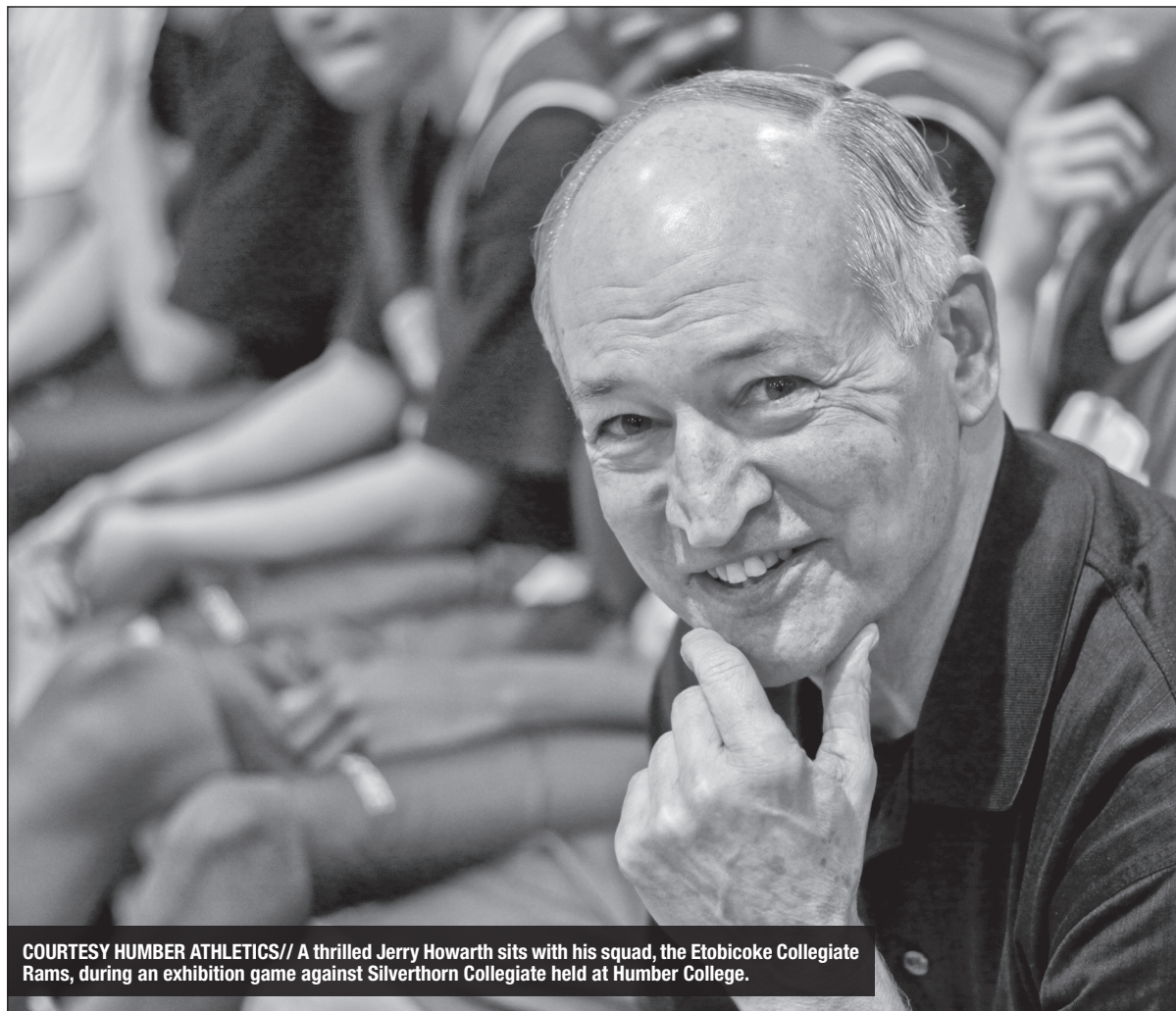
The junior boys' basketball teams of Silverthorn Collegiate Institute and Etobicoke Collegiate Institution attended the shooting clinic, followed by an exhibition game.

It's a nice thing to do in the off season; to mentor, teach basketball and encourage academics.

Jerry Howarth
BLUE JAYS BROADCASTER

"The shooting clinic and game encourages kids to have fun but also emphasizes the importance of post-secondary education," said Howarth.

"I hope to come back next year because it was a great experience. I learned, it was an enjoyable game, and it was a good way to promote academics," said Xavier Walcott, 14, of the Etobicoke Collegiate Rams.



COURTESY HUMBER ATHLETICS// A thrilled Jerry Howarth sits with his squad, the Etobicoke Collegiate Rams, during an exhibition game against Silverthorn Collegiate held at Humber College.

Women's indoor squad stays relaxed

WENDY MACH
JACQUIE SCHIFANO
SPORTS REPORTERS

The women's indoor soccer team is banking on another crack at the provincial championship when it opens play in the OCAA regionals that start Monday at the Ontario Soccer Centre in Vaughan.

"We have such a strong team," said coach Mauro Ongaro. "They know what it'll take to win. They'll all step it up for the regionals."

Two of the four teams in the regional tournament – the others are Georgian, Confederation and arch-rival Sheridan – advance to provincial competition.

"We're just going to go out there and play our game and let the other teams worry about us," said Ongaro.

Humber has beaten Sheridan and Georgian and has not yet played Confederation. They won the regionals last year, defeating Sheridan 3-0, but lost in the final at provincials to Fanshawe on penalty kicks. They last won the OCAA title two years ago.

"We enter these tournaments to help develop team play, work on fitness, see how our competition plays

and to work on our team play," coach Stephanie Wardell said after her team won the Sheridan Invitational at the Hamilton Soccerworld in Hamilton.

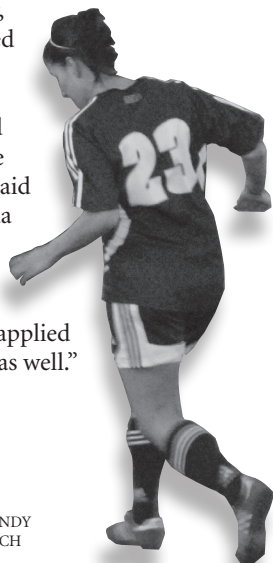
After going 3-0 in round-robin play, Humber defeated Sheridan 2-1 in the semifinals, with captain Joanna Alexopoulos scoring the game-winning, short-handed goal in the dying minutes of the game.


The women went on to beat Conestoga 2-0 in the final. "We started the game off a bit slow, but regrouped at halftime," said Wardell.

"We played well from the beginning," said forward Nilda Correia. "We knew what to expect and we applied the pressure as well."



WENDY MACH





HUMBER

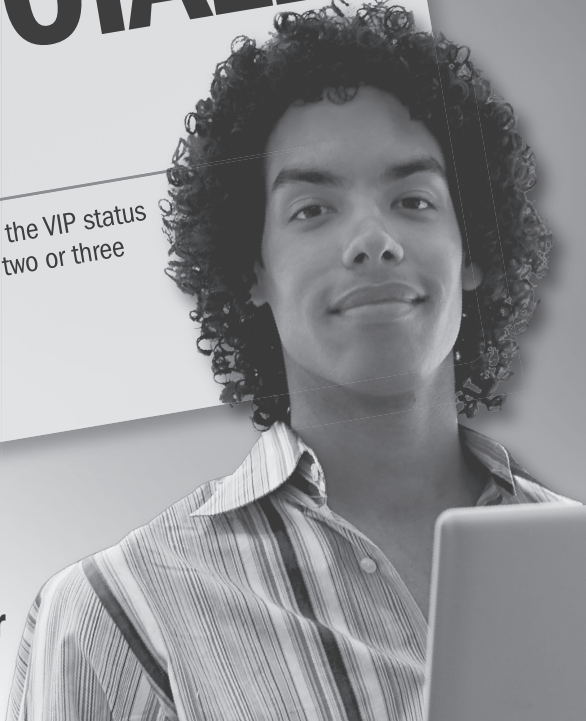
IT'S LIKE
GOING TOTALLY
VIRAL

Your **business diploma** could give you the VIP status you need to transfer straight into year two or three of a Humber degree program:

**Bachelor of Applied Business
e-Business Marketing.**

Find out if you are eligible.

humber.ca/transfer





HUMBER Sports

Humber's basketball teams gear up for the OCAA championships P. 25



MEN'S AND WOMEN'S WIN VOLLEYBALL GOLD



COURTESY HUMBER ATHLETICS// Middle Matt Isaacs slams one past Redeemer for the gold.



COURTESY TERRY TING// OCAA player-of-the-year Landis Doyle takes off against Nipissing as teammate Nina Carino looks on.

Men's team defends last year's title without All-Canadian player

JEFF DONER
SPORTS REPORTER

For the second straight year, the Hawks men's volleyball team captured provincial gold by defeating the Redeemer Royals 3-0 on Feb. 26.

Losing former All-Canadian Terrel Bramwell due to academic suspension left critics to wonder about Humber successes or potential failures this season, however the club was not to be deterred.

This was evident in the championship match.

"It feels fantastic. At the beginning of the semester everybody had doubts. I know other teams were doubting us. And in everyone's minds we knew it was going to be tough without [Bramwell] because we lost our best player. But it feels good to know we silenced all our critics," said veteran Hawk Brandon Wong.

The Hawks took control of the first set with some timely blocks by Andre Brown, winning 25-18. A wild second saw the Hawks fight back from a Redeemer lead, to steal the set 25-19. A small but rambunctious Humber crowd energized the Hawks in the third set as both teams battled for points. With the Hawks down 24-21, impressive composure and some excellent serving by Brandon Cullen led the Hawks to come back and defeat the Royals 26-24.

Middle Matt Isaacs led the Hawks with 12 points in the game.

"I can't even put it into words. To do it like that too and come back in the third set from 24-21," said Wong. "We like to get down and fight our way back."

"From the coach's perspective, it played out almost perfect to our game plan. I'm by no means patting ourselves on the back, but I think some of the obvious points were that we're an experienced team and they were inexperienced," said head coach Wayne Wilkins.

Hawks middle Andre Brown gave credit to Humber's rookies, but it was also solid play and leadership from the squad's veterans that put Humber over the top.

"Our two captains, Derek [Quinn] and Paul [Kemboi] did a great job, not only making sure that everyone was calm, cool and collected, but also with their role on the court," said Brown.

"Our guys had been to the show, and they knew what to expect. They knew the pressure that was going to come with it," said Wilkins.

Wilkins also stressed that the balance between having experienced veterans and talented rookies was essential to winning provincial gold.

"It was a total team effort, support given by every member of the team. And it was just a fantastic win," said Wilkins.

Wong and Brown were named tournament All-Stars, while Quinn was named MVP of the 2011 OCAA Men's Volleyball Championships.

Women win fourth OCAA title in a row

HAWKS AVENGE SOLE LOSS OF SEASON IN BIGGEST WAY

COOPER EVOY
SPORTS REPORTER

Humber's women's volleyball team capped a stunning season in a fitting way, crushing their biggest rival Nipissing in straight sets last Saturday to win the OCAA provincial title for the fourth consecutive season.

"The hardest thing to do is repeat a championship, and this group of individuals has been able to do it four times," said athletic director Doug Fox. "That's really special when you can live with the expectation that you're supposed to win, and still do it and perform when you need to."

With the dominant 25-11, 25-12, 25-21 win, the Hawks avenged their only loss of the season, which came at the hands of Nipissing back on Feb. 13.

"As I said to the girls after that loss, it's better to be pissed off for two weeks than to be pissed off the whole summer," said coach Chris Wilkins, who adds an eighth OCAA gold medal to his coaching resume. "It was a good two weeks of practice, and a good eye opener for us, and I think our focus and our attention to detail really changed and that helped us a lot."

Serving was a key issue in that loss in February, something which the Hawks made sure to correct against a dangerous Nipissing team.

"We executed our game plan which was serving

tough and putting them in bad passing position," said assistant coach Dean Wylie, "so their setter had to run an offence that was less dynamic than they're used to."

The two schools are very familiar with each other, as the last six OCAA finals have been contested between Humber and Nipissing, with Humber taking five of the titles.

The hardest thing to do is repeat a championship, and this group of individuals has been able to do it four times.

Doug Fox
ATHLETIC DIRECTOR

OCAA player of the year Landis Doyle was named tournament MVP, while teammates Laura Bye, Nina Carino and May Strutt were named tournament all-stars.

The Hawks now advance to the CCAA National Championships held in New Brunswick, where they know the competition will be formidable.

"They all won their leagues," said Wilkins, "so there are no easy teams."