



HUMBER

Et Cetera



Humber music teacher Kirk MacDonald is hoping the second time is a charm at the upcoming Junos P. 13

HSF hosts debate on legalizing marijuana sparked by Bill C-15/S-10

HEADS VS. FEDS DEBATE



HENJI MILIUS
BIZ/TECH REPORTER

The controversial subject of marijuana legalization will roll into Humber College today at noon at the Lakeshore Campus followed by a 7 p.m. session at the North Campus.

Debates will take place in the student centres of each campus.

Steve Hager, editor-in-chief of *High Times* magazine, will join Bob Stutman, a former U.S. drug enforcement administration agent, in The Great Marijuana Debate: Heads vs. Feds.

The subject of marijuana is such a huge cultural dilemma. It's not legal, yet it's in our face all the time.

Melissa Mendes
VICE PRESIDENT OF CAMPUS LIFE NORTH

“It will be a really interesting thing to see what the Heads vs. Feds debate will say about the legalization of marijuana

and the type of background knowledge they will share with students,” said Melissa Mendes, vice president of

campus life at North Campus.

“The subject of marijuana is such a huge cultural dilemma. It's not legal, yet it's in our face all the time.”

“This platform is an entertainment and an information session that will allow students to get something,” said Deniero Bartolini, vice president of campus life at Lakeshore Campus.

“Students will have to be open-minded and listen to each side to be well informed.”

While Hager and Stutman are from a U.S. culture with a more polarizing “war on drugs”, Bill C-15/S-10 proposes to move cannabis legislation in a new direction in Canada.

The Harper government seeks increased penalties on trafficking with mandatory minimum sentencing of six-to-nine months for growing six or more marijuana plants, and 12 to 18 months for making hashish.

“The debate will be pretty contentious and hostile, where Steve and Bob will explain how they vehemently disagree on marijuana,” said Scott Wolfman, president of Wolfman Productions which runs the event. “Bob will use more of a theoretical approach with peer review research while Steve will give his theatrical and emotional rebuttals against Bob's points.”

Despite his *High Times* link, Hagar said “College kids should avoid making marijuana a big part of their life as it will not benefit their education.”

“For me this debate is about how you change public policy in a democracy,” said Stutman.

“We will also show how complex this issue is. There is no simple answer and anyone who thinks there is has no real knowledge of the situation.”

COURTESY WOLFMAN PRODUCTIONS // Steve Hager, editor-in-chief of *High Times* magazine (left) faces off against Bob Stutman, former U.S. drug enforcement officer, in a debate on the legalization of marijuana.

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Egyptians celebrate Mubarak's resignation

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Find out what's open on each campus over Reading Week

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Turmoil in the Middle East

Jubilation after Mubarak resigns

CAITLIN DECARIE
NEWS REPORTER

Egyptians abroad and in Toronto broke out in joyous display last week after President Hosni Mubarak resigned following 18 days of angry protests directed primarily at his 30 year reign.

"Right now, people are just celebrating," said Mahmoud El Farnawani, president of the Ontario Nile Club Association, a non-profit organization that promotes Egyptian culture and heritage.

"They feel they achieved the first steps."

Protests started in Egypt on Jan. 25 because of high levels of poverty, corruption and unemployment.

Tahrir Square — the focal point of demonstrations in Cairo — filled with people singing and dancing after Mubarak announced he would step down on Feb. 11, said El Farnawani.

Protesters were fighting for freedom, democracy and social justice, he said.

The younger population of Egypt is doing what El Farnawani, and his peers were not able to do for 50 years.

Many Egyptians in Toronto supported the protests in Cairo over the

past two weeks with demonstrations at Queen's Park and Yonge-Dundas Square.

A political committee will be formed to discuss the country's next steps, said El Farnawani.

"The military will take over for now and I haven't forgotten that Mubarak was part of the military before," said Basel Daoud, 25, a first-year student in Humber's radio broadcast post-graduate certificate program.

He arrived in Toronto seven weeks ago from Cairo.

Fortunately, Daoud said he has been in contact with his family over the telephone during the protests.

"I'm in shock. I cannot be short-sighted. We aren't done yet."

Once the emergency laws that have been in place for 30 years have been lifted, Daoud said he will be much happier.

A section of those laws allow police to arrest groups of five or more because they are seen as a security threat, he said.

"These laws have been around since before I was born," Daoud said.

Mubarak might not have had to resign if he had just revoked them, he said.

On Feb. 12, Egyptians in Toronto



PHOTO CAITLIN DECARIE// Egyptians in Toronto celebrate on Feb. 12 following the resignation of President Hosni Mubarak.

celebrated Mubarak's resignation with a victory rally held at Dundas Square.

New Democratic Party leader Jack Layton and Liberal MP Bob Rae joined the singing and dancing to show their support for the country.

"Long live Egypt! Long live Egypt!" was just one of the chants that could be heard during the afternoon celebration.

Taha Ghayyur, a director at TorontoMuslims.com, is unsure of what

will happen next.

"Even if you asked a political analyst, no one would know," he said. "It is hard to predict what will happen in the next six months."

The new government will most likely be an ally of the United States because the two countries have always had a strong partnership, he said.

However, if this is the case, Egypt still might not be a democratic na-

tion, Ghayyur said.

"While the western countries are democratic in their own countries, they don't like this, for political reasons, in the rest of the world," he said.

Mubarak's resignation is symbolic for the Arab world, said Ghayyur.

"[The citizens of] not only small countries, like Tunisia, but also major countries, like Egypt, can literally shake whole governments."

Eco course debuts at Humber

Two-week program teaches eight industry members about soil biology

ANDREA HALL
NEWS REPORTER

The first organic certification course ever offered in Ontario wraps up at Humber this week, and staff from the horticultural department hope it will put the college at the forefront of the province's organic movement.

"Not only do we want to be on the bandwagon and really be truly organic, we want to be leading the bandwagon," said Terrie Greco, horticulture instructor at Humber, and a student in the certification course.

Participants learned about composting, water management and soil biology, which Greco said is one of the most critical but overlooked aspects of conventional horticulture.

The intensive two-week course finishes with a final exam that certifies students as organic land care professionals by the B.C.-based Society of Organic Urban Land Care.

It's facilitated by instructors from Gaia College, an institution in B.C. known for its sustainable horticultural



PHOTO ANDREA HALL// Gaia College instructor Marilyn Bowker (left) helps Chris Morrison measure a soil sample as part of the professional organic horticulture course.

ture training.

"They have the reputation for [having] one of the best organic landscaping curriculums around," said Melanie Sifton, director of Humber Arboretum.

Not only do we want to be on the bandwagon and really be truly organic, we want to be leading the bandwagon.

Terrie Greco
Humber horticulture instructor

Organic horticulture has been on the rise in B.C. for years, but has yet to be fully embraced in Ontario despite legislation that has prohibited the use of pesticides for cosmetic use, Sifton said.

Part of the reason for that is the lack of education and that's what

this course aims to address.

"It's sort of a train-the-trainer course," she said.

Greco said it's also a matter of showing Ontario, a business-minded province, that companies can use the organic approach and still be successful.

"The science is not new but it is a very difficult thing to change an industry's way of thinking," she said.

There are eight students enrolled in the course, including an arborist, nutritionist, farmer and horticulture instructors.

After the course finishes, there are plans to establish a SOUL chapter in Ontario, Greco said.

Organic practices are increasingly sought out across Canada, said Connie Kuramoto, a Gaia instructor who is teaching the course at Humber and is booked to teach in Whitehorse and New Brunswick in the coming months.

"I think people really do want to protect our planet," she said. "They just don't know how to do it."

Million dollar lawsuit approaches settlement

RUTH VANDYKEN
NEWS REPORTER

As repairs to the allegedly faulty brickwork on the Guelph-Humber building approach completion, both Humber and Ball Construction are hopeful that the college's claim of approximately \$2.5 million will be resolved outside of court.

"Mediation and other types of efforts have made great strides to reduce complex litigation matters into more meaningful resolutions," said Philip Horgan, the Toronto lawyer representing Ball Construction.

"I think there will be an opportunity for the parties to come together to discuss and see if there's a mutual resolution," said Rani Dhaliwal, vice president of finance and administrative services.

Dhaliwal said the college would bring their suit to court if an agreement wasn't reached.

The building's safety came into question in 2008, when dark stains appeared on the brickwork.

A consultant confirmed that the walls were potentially dangerous and required immediate attention.

Assigning responsibility for the necessary repairs led to controversy.

The college approached Ball Construction but the company did not respond, said Dhaliwal.

Humber began repairs anyway.

"We felt that from a safety perspective we needed to do something right away," said Dhaliwal, stressing that the safety of students and staff was a priority.

During repairs the college approached Ball again but "we weren't seeing the response or the ownership of the issue," said Dhaliwal.

Horgan said Ball warned Humber of potential problems like water management issues during construction.

"Many of the concerns with relation to the walls were brought to the attention of Humber College in 2003... The possible solution was made but not taken up by the university at that time," said Horgan.

From now until April, Humber will finalize claim totals and work with lawyers to formulate the college's position.

Students won't experience a fallout if Humber is left holding the bill and instead the college will use reserve funds to cover costs, said Dhaliwal.

Tania Mungo from Construction Control Inc. is managing the repairs.

She said work is 90 per cent complete, and will be finished in the spring when the warmer weather sets in.

CORRECTIONS

ET CETERA APOLOGIZES FOR ANY ERRORS

Last week: Andrew DaSilva's name appeared incorrectly.

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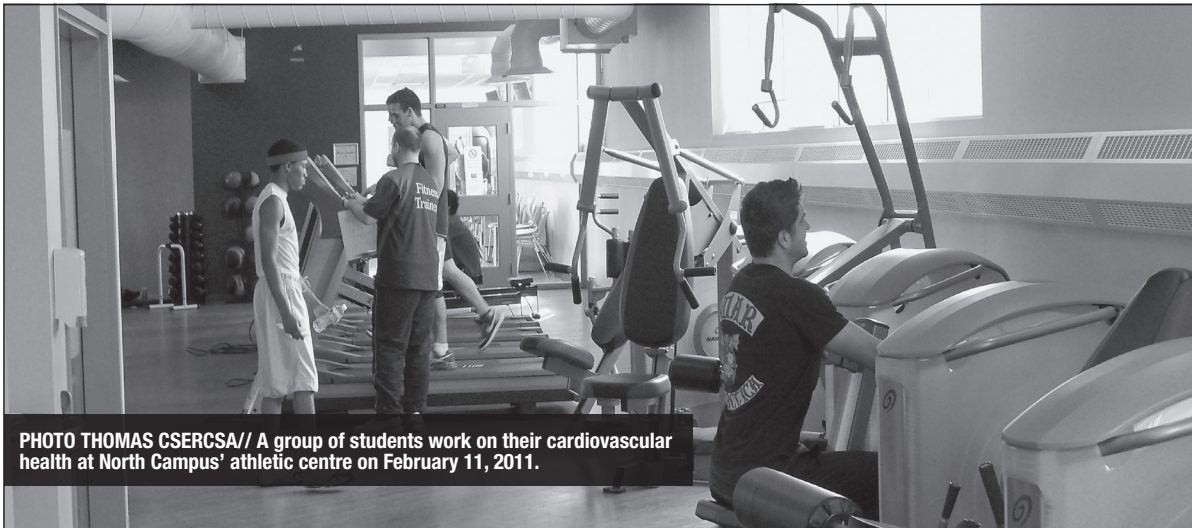


PHOTO THOMAS CSERCESA// A group of students work on their cardiovascular health at North Campus' athletic centre on February 11, 2011.

Nursing students to travel abroad this coming spring



PHOTO SYLVIA WOJTALIK// Second-year nursing students Topez Lawrence, Charlene Hands, Denys Gergel and Erin Green.

TOM KITUKU
NEWS REPORTER

Jaffery to prepare them to deal with challenges such as culture shock, unfamiliar clinical procedures and policies, and disagreements among themselves.

"I applied for the Tanzania experience because my dream has always been to go to developing countries to help others and learn about their cultures," said Hands, a second-year nursing student. "I hope to learn much more related to nursing than I might in a pre-graduate placement here in Ontario."

Gergel, a second-year nursing student, will be able to stay with family in Ukraine while volunteering at local hospitals. He has a strong understanding of the culture and the language.

"I won't be able to break barriers between people because [I have] the same cultural background but I expect my clinical to be filled with amazing opportunities," said Gergel.

Each nursing student will receive an Ontario International Education Opportunity Scholarship worth \$ 2,500, but they are also expected to raise funds for their expenses abroad.

On Valentine's Day, nursing students shared a message of peace, love and healthy sexuality by selling two-dollar packages that contained lollipops and condoms.

Proceeds went to the Centre for Women and Children's Development, a non-governmental organization in Tanzania.

Five practical nursing students at Humber have been selected to travel to Europe and Africa this spring to enhance their clinical skills said Sylvia Wojtalik, a nursing professor.

"The school of nursing recognizes the need for cultural awareness by immersing students in authentic cultural experiences," said Wojtalik.

For eight weeks starting April 1, Jessica Faraon, Topez Lawrence, Charlene Hands and Erin Green, will do their clinicals in Tanzania, with Denys Gergel carrying out his in Ukraine.

The clinical opportunities vary from traditional hospital experiences, and assessment and screening of adults and children, to teaching sexual health and personal hygiene to women and children in remote villages.

The students are currently attending workshops facilitated by Wojtalik and fellow nursing professor Janet

HEARTS NOT JUST FOR VALENTINE'S DAY THIS MONTH

THOMAS CSERCESA
NEWS REPORTER

Post-secondary students are among those at greatest risk for developing heart disease and other chronic illnesses, according to a recent report by the City of Toronto.

"Heart disease was at five per cent for people over the age of 12 that reported diagnosis of heart disease in 2001, and it's up to 5.3 per cent, so it's increasing," said Linda Ferguson, manager of healthy living services for Toronto Public Health.

Ferguson said Toronto Public Health has reframed their disease prevention program to encompass cancer, respiratory illness, type 2 diabetes, osteoporosis, and obesity along with heart disease.

"If you eat healthy, if you do all these good things, you're going to ac-

tually be preventing several chronic diseases," she said.

Rob Ford has declared February to be Heart Month in Toronto.

"We get referrals from places like Humber College or other post-secondary places, the community, or workplaces who want to make sure for their employees or their students or their community that they're raising awareness about the issue," said Ferguson.

The Heart and Stroke Foundation of Ontario has also been busy in the community during February raising awareness – and funds.

Jessica Chan, Toronto area coordinator of community and ethnic engagement, said there are simple changes post-secondary students can make to reverse a disturbing trend.

"The children and youth of this generation may not live as long as

their parents," said Chan.

Students who commute can try getting off the subway two stops earlier and walk the remaining distance in order to get some extra exercise in, she said.

"Even though we have busy schedules, we do need to make sure that we're eating appropriately," said Chan.

Another healthy option is yoga and meditation. Greg Mount, founder and president of Toronto Body Mind, said Toronto is a city rich in wellness services.

"Because of the busy pace, a lot of people would love to live a happy and healthy life if they had the time to do so," he said.

"One of the most important things people can do is to stay in constant contact with their physician."

Trying an Alternative Reading Week

ALEXANDER LEACH
NEWS REPORTER

Some Humber students will be spending next week in the Dominican Republic and Mississippi, but they're not on vacation.

Angela Spineto, acting residence life coordinator for North Campus, organized the Alternative Reading Week for a third year, and tried to gather interest beyond the usual residence crowd.

"It started as residence only, but we're really trying to broaden interest to the rest of the college," said Spineto.

In addition to the 12 students going to the Dominican to help out at orphanages and local schools, another eight will head to Biloxi, Miss. to join Habitat for Humanity in building homes for victims of Hurricane Katrina.

Spineto said that the trip costs range from \$1,000 to \$1,300 per student and are the participant's responsibility.

"Humber does help out with the (administrative) costs and the fees," she said, "We have great support for this program."

Spineto will be joining the Mississippi group on its trip.

Melissa Gallo, manager of Peer Programs, has also helped organize fundraising, and will accompany the students heading to Mississippi.

"This year we have a 'change for

change' program, where students drop off their spare change," she said.

Change jars were set up at the career centre and peer programs office at North Campus, and in the cafeteria, bookstore, and front desk at Lakeshore to help cover costs.

Students will meet four times prior to the trip with the program coordinators, including counsellor Risa Handler, and will meet for debriefings frequently during the trip.

We're going to be together as a group, we're going to be meeting daily to reflect on our time.

Risa Handler
COUNSELLOR

"It has potential to be a very powerful experience, so it's important to reflect on it," said Handler, who will be accompanying the Dominican group.

"We're going to be together as a group, we're going to be meeting daily to reflect on our time."

In its first year, there was only one trip scheduled with Habitat for Humanity, but later years took more students.

"With more interest, we'll have more trips," Gallo said.

"There's a lot of learning that can happen."

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PHOTO DANIEL GREEN// Students prepare to board a TTC bus, the only option for many trying to get to North Campus.

Public transportation to Humber a top priority: city budget chief

DANIEL GREEN
NEWS REPORTER

Humber President John Davies said he hopes Toronto city council will not abandon all plans to provide new transit links to North Campus.

"We're a commuter school, public transit is a very important issue for us," he said. "The big issue is how do you get people moving in and around suburban Toronto."

The city's budget committee held its final review of 2011's capital and operational budgets last week, putting cost reduction and transportation as top priorities, budget chair Mike Del Grande said.

"The focus is on respect for the tax payer, customer service excellence, transparent and accountable government, reduced cost and size of government and transportation city," Del Grande said. "For this reason, Toronto must act quickly to get its financial house in order."

Davies said the TTC has been adequately responsive to Humber's transit demands, but he's disappointed at the erosion of the Transit City plan, now called Transportation City by Mayor Rob Ford's administration.

"We had a plan in terms of the previous government. Now we don't have a plan, and we have yet to see

one," Davies said. "I would like to see that happen soon because it is absolutely critical."

Former mayor David Miller and Premier Dalton McGuinty's original transit strategy, which called for light rail to be constructed along Finch West toward North Campus, is now being reviewed by the Ford administration.

Budget committee member Frank Di Giorgio said he predicts that a plan will emerge sometime in March, once Metrolinx, the regional transportation agency, and the mayor are able to agree on one.

"I'm not personally convinced that Transit City is dead," Di Giorgio said.

However, both Di Giorgio and Vincent Crisanti, whose ward includes North Campus, said the plan will be modified under the new regime and that the Finch West line will be a third place priority behind the Spadina subway expansion and the new Eglinton rail line.

"I'm a strong proponent of the Finch line going ahead," Crisanti said. "I want to decongest the roads."

He said he hopes to do this by transforming the Finch proposal from light rail to a subway despite it being more expensive and time consuming than the original plan.

Frat parties rival LinX pub nights

COLIN ELLIS
NEWS REPORTER

Zeta Xi Nu, an off-campus fraternity, said its Thursday night parties at Suite 811 are giving LinX a run for its money.

Ahmed Tahir, 19, a second-year business administration student at Guelph-Humber and treasurer of Zeta Xi Nu, said they started the weekly event at the Suite 811 lounge near Highway 27 and Finch to give students an alternative to LinX's pub night.

"Competition is the best for the consumer, and because of that LinX has stepped their game up because we started throwing parties on Thursdays," he said. "At the end of the day, it's best for the students be-

cause they get better parties."

LinX hosted a Twister party last Thursday, while Suite 811 held a Red Light District party.

Tahir said Zeta parties have attracted a large number of students, their most successful being their Re-New Year's Eve party where 400 students showed up.

Tahir said the LinX parties were not as creative with their theme nights.

"I don't think they understand the student market as well as we do because we're students ourselves," he said.

Christopher Shimoji, operations manager for LinX, said they are not concerned with the competition from Suite 811.

"We're a five-day business and

when people usually talk about Suite they talk about the Thursday night," he said.

"It hasn't made our numbers diminish at all since they've opened."

He also said LinX tries to throw events that take into account student safety as well.

"More important than a good theme is the safety of the students," he said. "We really do try to mirror the Humber image when we throw pub [nights]."

Sarah Jorstad, 20, a first-year media studies student at Guelph-Humber, said she prefers the casual vibe at LinX over Suite 811's club feel.

"I do feel that LinX is close and you feel safe there," she said. "There's no creepy people."

Retired deputy chief Forde celebrated



PHOTO FABIEN MILLER// Keith Forde accepting JCA award beside Valarie Steele and Aston Hall.

FABIEN MILLER
NEWS REPORTER

Keith Forde, who honed his investigative skills at Humber and rose to become the first visible minority named deputy chief of the Toronto Police, was honoured last Sunday by the Jamaican Canadian Association.

"African-Canadian communities are extremely proud of you," former association president Valarie Steele told about 125 people gathered for

the ceremony at 995 Arrow Rd.

Joining the force in the early 1970s, Forde, now 62 and retired, climbed steadily through the ranks, from constable to staff sergeant, inspector to superintendent, before becoming deputy chief in 2005.

From this lofty position, he was instrumental in changing the hiring process, developing the diversity management unit, which sought ways to improve the recruitment process. By 2008, 19 per cent of Toronto police officers were visible minorities, up from 11.7 per cent in 2003.

"In policing, they always tried to define me as who they wanted me to be. But I defined how a police officer should be," Forde said.

"I cannot hide the fact that I was born in Barbados, but I won't let the geographical part of where I was born restrict me."

Forde emigrated to Canada from

Barbados in 1969.

After joining the force, he studied at numerous post-secondary institutions, including Humber, where he took courses in stress management and non-verbal communication.

"I wanted to, as an investigator, use all the tools possible," he said.

"Humber had these two programs that I wanted."

Forde, who retired in 2009, continues to be active, recently launching a scholarship for visible minorities pursuing post-secondary education.

He also acts as an unofficial adviser to police officials such as Peter Sloly, who, in 2009 became the second visible minority officer to become a deputy chief.

"I want to thank you from the bottom of my heart, not only for what you've done for me, but for policing in Canada, for this community," Sloly told Forde, during his profile on the retiree.

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HSF book market to end this week



PHOTO KARI PRITCHARD// The HSF used book market offers deals to students.

KARI PRITCHARD
NEWS REPORTER

The Humber Students' Federation's used book market, which ends on Friday, has had a successful year with growing popularity among students and a lower consignment fee for those selling texts.

On average between campuses the used book market received about 500 books, approximately 100 at

North Campus and around 300 to 400 at Lakeshore Campus, said HSF services director at North Campus Sieu Moi Ly.

The market sells between 75 and 80 per cent of the books, she said.

While the North Campus received fewer books, the number of texts has increased over recent years.

"We've seen at least a doubling of number of textbooks," said Bradley Watson, vice president of

administration at North Campus. "Even though it seems like there may not be as many, the turnover is a lot quicker now."

This year, the consignment fee, a percentage taken off the sale of a book which then goes back into the funds used to run the market, was lowered to 10 per cent from 15 per cent.

There were debates among the HSF services department to raise the consignment fee to prevent losses, but it was decided to lower the fee to encourage students to use their market and to remain competitive, Watson said.

"When it comes down to percentages, we have to consider our number one competitor is right across the hall, the bookstore."

Used books sales at the bookstore increased 10 per cent this year, said Debby Martin, manager of the North Campus bookstore.

The bookstore offers those buying used texts a 25 per cent discount off

the new price of the book.

"If we use it again the next semester, we pay you half of what you paid for the book. So in essence you can save up to 66 per cent buying used," she said.

Obviously the book store gets a lot more sales than we do, but here it's a lot cheaper.

Karlie Fisher
vice president, administration

By recognizing their competition, the HSF used book market has provided students with different ways to save money.

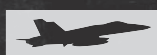
"Obviously the bookstore gets a lot more sales than we do, but here it's a lot cheaper," said Karlie Fisher, vice president of administration at Lakeshore. "Students decide what they want to sell their book for."



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Students get down at Orangeville

HSF first-ever pub night a campus promotion



PHOTO KELLY HALL// About 50 students from Orangeville Campus play musical chairs during an HSF event at Hoge's Sports Bar on Feb. 11

KELLY HALL
NEWS REPORTER

ORANGEVILLE – Despite not yet having a real campus, Humber and its student government are trying to offer some social life for students.

About 50 of the 225 students in Orangeville turned out last Friday for the first pub night at Hoge's Sports Bar in the Alder Street Recreation Centre, the temporary campus until enrolment increases to 600 – requiring the province to provide funds to build a permanent facility.

“The pub night and other such events do everything,” said Joe Andrews, director at the campus. “It brings the student body together in collective, embraces the collegiality, and promotes the good will as well as the campus.”

The event featured free food, – nachos, fries and other finger foods – a DJ spinning tunes and contests such as musical chairs to win prizes, including digital cameras, an Xbox, a Nintendo Wii and gift cards.

It takes dedication, not only from the staff but also from the students to make events like this happen at such a small school.

Nathan Stevenson
Police foundation student

Nick Farnell, the Humber Students' Federation community manager for Orangeville, said a pub night was at the top of the list for students when asked what social events they wanted sponsored by HSF – even though the campus does not yet have its own student government representatives.

This was the first time HSF hosted an event here. Starting his new position with HSF in December, Farnell is eager to host more events for Orangeville.

Small events using the golf simulator located at Hoge's, having a Rock Band night and booking a mixed-martial-arts fighter to make an appearance are some things already in the works, said Farnell.

Nathan Stevenson, 33, a second-year police foundation student from Orangeville, said during the pub night that he appreciates the effort to bring some campus life there.

“It takes dedication, not only from the staff but also from the students, to make events like this happen at such a small school,” said Stevenson.

Youth involvement in politics at all-time low

Elections Canada and HSF alike trying to increase motivation for youth to vote

KATIE O'CONNOR
NEWS REPORTER

As youth voter turnout continues to hit an all-time low, Elections Canada is seeking new ways to get disengaged youth out to the polls.

“We need to understand what motivates people and if there's any barriers for them,” said Diane Benson, media spokesperson for Elections Canada. “We are trying to find out those factors and how we can play our part.”

The agency commissioned a survey as part of its Youth Research Action Plan, which hopes to encourage more young people to vote.

The survey will involve 2,500 Canadians between the ages of 18 to 34.

Estimated voter turnout in October 2008's federal election was 58.8 per cent, while turnout for voters 18 – 34 was a dismal 37.4 per cent, according to Elections Canada.

Jim Robeson, director of advocacy for the College Student Alliance is doubtful whether the survey will make a difference.

“Surveys are beneficial as they reach multitudes of people,” he said. “However, in discovering the challenges or barriers to youth turnout, a survey

can only act as one medium to gather information.”

Lack of awareness and understanding about political parties among students is a huge challenge, said Robeson.

“Working with student associations, colleges and universities to set up polling stations on campuses would be one means to engage the student population,” he said.

Humber Students' Federation has already begun their push to get students out to vote for the upcoming student council elections.

Stephanie Butler, chief returning officer for HSF, said elections are the biggest thing the organization does and that voting is important.

During last year's HSF elections, 21.6 per cent of students – around 4,300 – turned out at the polls.

Although low compared to national standards, it's a significant increase over 2009 when an estimated 16 per cent of students turned out to vote.

“We do lots of promotion through TV, social media, we even have footsteps on the floor,” said Butler, adding that the quality of candidates is key.

“If you get strong, enthusiastic candidates, they'll run strong campaigns which get voters out.”

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Comments by federal cabinet minister anger ECE teachers

Conservative MP says child care program forces parents to have kids raised by "other people"

JOE ENGELHARDT
NEWS REPORTER

Faculty in Humber's early childhood education program said they felt frustrated by recent statements Human Resources Minister Diane

It creates a barrier between stay at home and working parents.

Sally Kotsopoulos
ECE PROGRAM COORDINATOR

Finley made about their profession.

"She took us back hundreds of years and said children shouldn't be left with strangers," Marsha Barrett, who teaches the leadership and advocacy course for the ECE program at Humber, said during class.

On Feb. 3 in the House of Commons, Finley accused the Liberal party of trying to revive a national child care program, and said she did not believe that Canadians should be forced to have their children raised by "other people."

Finley's statement reflects a misunderstanding of the role that ECEs and early learning play in child develop-

ment, said Raquel Gertzbein, 19, a second-year ECE student.

"I feel like she just wasn't informed. People don't realize we're also learning about psychology," she said. "People see child care as a last resort, it's not as if it's seen as another option."

While progress has been made in increasing public awareness of what ECEs do through ad campaigns, and the recent creation of the College of Early Childhood Educators to regulate the profession, ECEs still face major challenges, said Sally Kotsopoulos, coordinator of Humber's ECE program.

"I think there's a general feeling of disappointment. People in power don't understand what we do."

In addition to diminishing the role of ECEs, Finley's statement can also be seen as critical of parents who choose to put their children in child care, she said.

"It creates a barrier between stay at home and working parents," said Kotsopoulos. She added Finley's comment makes parents who choose to return to work, whether for economic reasons or simply because they want to work and contribute to society, seem as if they are doing something wrong.



PHOTO ANDREA LAWSON/ More than 700 people have pledged to reduce or eliminate their meat intake this month for Veguary.

February a month for veggies

ANDREA LAWSON
NEWS REPORTER

With Veguary in full swing, students are invited to chow down, but not on meat, according to Humber's Vegan and Vegetarian Club.

"Any first step towards cutting down on meat is a step in the right direction," said Autumn Ladouceur, co-president of the club and vegan from the age of 16.

The club plans to give out vegan cupcakes along with information on the positive effects of minimizing meat consumption and vegetarian options available on campus.

"A lot of people don't know about all the food that's available," she said.

The brainchild of Manhattan high school students Andrew Udell and Skyler Siegel, Veguary has people pledge to reduce or eliminate meat from their diet out of concern for the

environment and the treatment of animals.

"The environmental impact is huge with deforestation, water waste and gas emissions," said Siegel.

It will get people thinking about their food choices

Susan Somerville
FOOD & NUTRITION PROGRAM
COORDINATOR

"The treatment of animals in the modern meat industry is really often very despicable," said Udell.

With pledges coming from all over the U.S., Mexico, China and Israel, Skyler is hopeful but realistic.

"About 700 people pledging to eat less meat is not going to change the meat industry," he said. "But we all make food choices daily and these

choices could mean something bigger in the future."

Pledging less meat could also have a positive effect on your health.

People who eat a lot of meat tend to have higher rates of obesity, heart disease and certain types of cancers, such as colorectal cancer, said Susan Somerville, program coordinator of the food and nutrition program.

People worry about getting enough protein with a vegetarian diet, but there are many ways to get it without meat, said Somerville.

Lentils, nuts and beans, especially soy beans, the "super plant protein" are great ways to get the protein your body needs, she said.

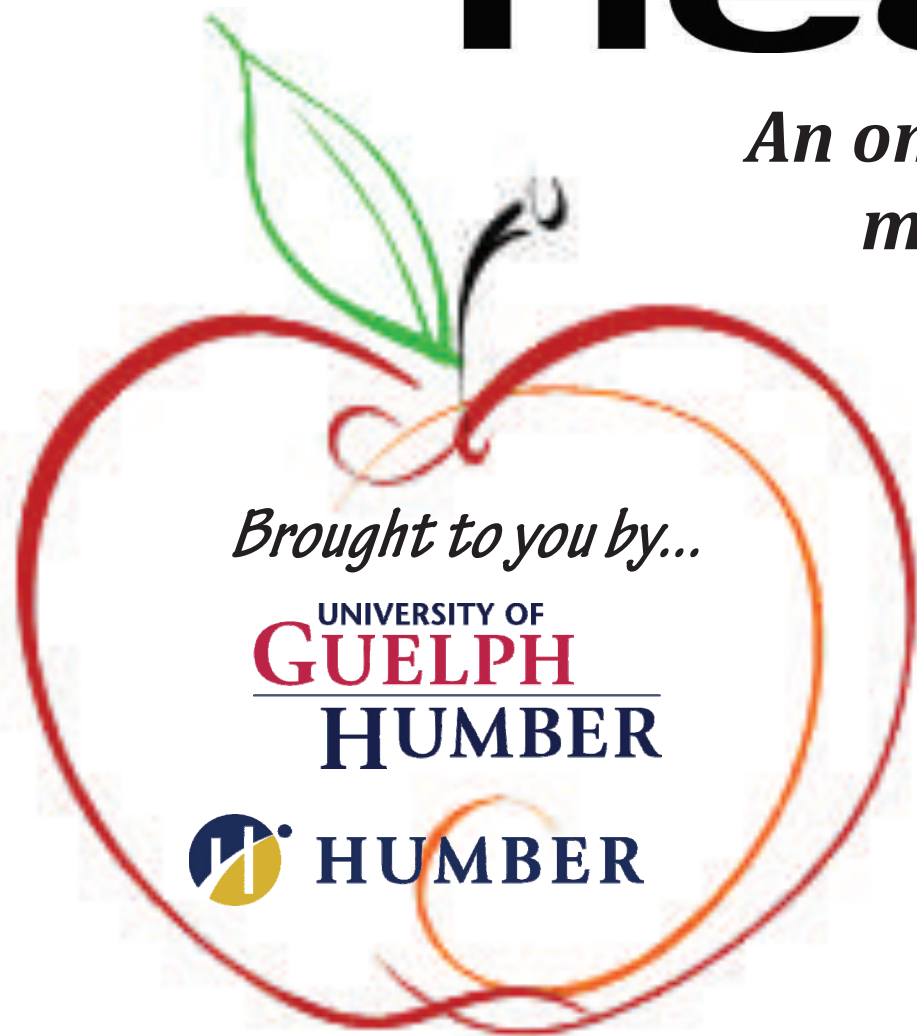
While giving up meat for one month may not have a huge impact on your health, "It's a good, positive step," said Somerville. "It will get people thinking about their food choices and trying new things."

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Orangeville adds social work program

Number of students at campus to grow to 300 next year

KELLY HALL
NEWS REPORTER

A social service worker program will be added to the Orangeville Campus this fall, increasing the number of courses offered there to six. The new program was identified by

residents, social service agencies and secondary school students as a strong area of interest in a needs assessment conducted in the Orangeville and north Brampton areas, said Linda Hill, professor and coordinator of the program.

"This is encouraging and demonstrates that there is a demand and need for this type of education," said Hill.

"It is really great that Orangeville is getting this program," said Jennifer Moore, manager of human resources

at Dufferin Child and Family Services. "The more opportunities people have to attend post-secondary school is a benefit for the community."

Thirty students will be accepted into the first class, said Joe Andrews, director of the Orangeville campus.

"With the early indication of applicant numbers, hitting that number won't be difficult at all," said Andrews. "I am excited to see our full-time programming menu growing."

The social service worker program will help boost the number of stu-

dents at Orangeville—from 225 to 300, Andrews said.

I am excited to see our full-time programming menu growing.

Joe Andrews
DIRECTOR, ORANGEVILLE CAMPUS

The campus already offers business management, early childhood educa-

tion, interior design, home renovation technician and police foundations programs to the students at their temporary campus.

Humber has been struggling to get money from the government to build a campus at Orangeville since its inception in 2005.

Provincial government funding is based on the number of students enrolled and the campus needs to have 600 students before getting construction money from the government, said Andrews.

College uses eco lighting

ELAINE ANSELM
NEWS REPORTER

Humber is comfortably ahead of the requirements of provincial law as Ontario moves to ban the sale of incandescent light bulbs next year.

Both campuses have already switched to mostly compact fluorescent and LED bulbs.

The move has not entirely been without its challenges.

Due to mercury content in compact fluorescents, particular recycling methods need to be used to dispose of these bulbs, said Andrew Block, press secretary to the Ontario Minister of Energy.

"A lot of companies already have recycling methods," he said.

Humber uses a recycling company to ensure the proper handling of the compact fluorescents, said Spencer Wood, manager of maintenance and operations. "They take the bulbs, crush them, take out the mercury and recycle them."

With proper recycling methods, there was a definite benefit in making the switch to more efficient bulbs nearly a decade ago, said Wood.

"A lot of companies have begun phasing [incandescent bulbs] out already," said Block.

However, a study done by the Natural Resources of Canada found that 77 per cent of Canadians continue to use incandescent bulbs.

Last year, incandescent bulbs accounted for an extra 600 million megawatt hours of electricity compared to more efficient alternatives.

"Compact fluorescents last much longer," said Wood. They not only spare unnecessary energy usage but also require much less frequent replacement.

"There are savings on both sides," Wood said.

The task of keeping Humber lit is contracted out to a company called Relamping Services Canada Ltd.

It not only supplies but also installs the new bulbs, Janet Brown of Relamping said.

It was on Humber's request that compact fluorescent and LED lights were installed, said Wood.

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Tax-free savings accounts worth students' investment

MICHAEL GREGORY
BIZ/TECH REPORTER

While students may know the benefits of a tax-free savings account, most don't have the funds to invest, said Humber's program director of financial services.

"All their money is tied up in living expenses," said Richard Kingston. "If they've had any exposure they'd probably know about it, [but the] question is whether they can afford to save anything."

These accounts were introduced by the Harper government in January 2009, as a means for low to modest-income Canadians to save and forgo

There is no minimum requirement, so you get a higher interest rate.

Christine Kavazanjian
INVESTMENT CONSULTANT,
TD CANADA TRUST

paying taxes on those investments.

There are benefits to tax-free accounts compared to savings accounts, said Christine Kavazanjian, investment consultant at TD Canada Trust.

"I tell clients to have a TFSA before they open any other savings account," said Kavazanjian. "There is

no minimum requirement, so you get a higher interest rate – other accounts require you have more money to get a good rate."

Money put into these accounts can be held in a savings account, or invested in mutual funds, GICs, or stocks.

"It depends on the person, how much risk they're comfortable with, and their time horizon," said Kavazanjian. "Someone who has a little extra cash to save, we'd start out with a basic high-interest TFSA."

Interest-rates on these accounts range from 1.5 per cent at TD-Canada Trust to two per cent at Ally.

Putting money away for the short term can be a good way to start a savings plan, said Kingston.

"They're good for emergency funds," said Kingston. "Instead of saving for the long term, you're saving for emergencies."

Savings can also help a person when negotiating a loan at the bank.

"TFSA can help with establishing your credit," said Kavazanjian. "It's an added bonus when applying for larger loans, if you have savings established."

A TFSA can be set up by visiting any branch, but many students do most of their banking online.

"I don't go into banks very often, so if I was there and they offered to set it up I would for sure," said Kristin Rhodes, 24, a fourth-year business administration student at Guelph-Humber.

JOHN DAVIES SEES ELECTION POSITIONING

Liberal platform to increase corporate tax called "political"

ALEX CONSIGLIO
NEWS REPORTER

Humber President John Davies suggests the federal opposition parties are merely playing politics in challenging the Harper government to roll back corporate tax breaks and spend more money in areas such as education.

"That's a debate that has more of a political content to it than it does a practical outcome in terms of funding at the college level," Davies said.

Last week, the NDP and Bloc Quebecois backed a non-binding Liberal motion to increase the corporate tax rate to 18 per cent from 16.5 per cent and cancel a further reduction to 15 per cent planned for next year.

Liberal Leader Michael Ignatieff said the action would save \$6 billion, some of which would be spent on post-secondary education if his party took power in the next election.

"I think that's a political positioning piece," said Davies.

Etobicoke North Liberal MP Kirsty Duncan backed her leader's position, adding that more money should be spent on research grants for post-secondary schools.

"I've been meeting graduate stu-

dents who are leaving Canada because they can't get funding here," said Duncan. "We absolutely need more investment in research and our students."

But Davies noted the Harper government increased funding of Polytechnics Canada – an organization of nine research-intensive colleges, including Humber – by nearly \$10 million from 2008 to 2010.

"I think we're doing a good job at the amount we have in (federal) research grants," he said.

Greg Narbey, a political science professor at Humber, scoffed at the Liberals latest promises, saying the Opposition is trying to pit ordinary Canadians against big business.

"I think they're saying it, in part, to get elected," he said, noting there are probably more votes from "families with kids in post-secondary education than there are from shareholders in large corporations."

Still, he said, voters probably won't buy the notion that a Liberal government would earmark \$6 billion for education.

"It's not going to go into a dedicated post-secondary fund, it's probably going to go into general government revenues – and God knows how it gets allocated then."

Medical trials a quick option for easy cash, but not without risks

Clinical research facilities may pay big bucks for guinea pigs

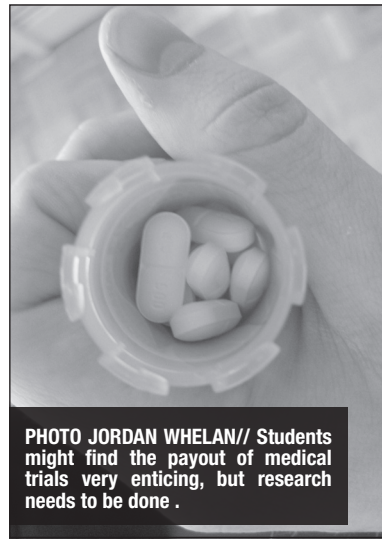


PHOTO JORDAN WHELAN// Students might find the payout of medical trials very enticing, but research needs to be done.

JORDAN WHELAN
BIZ/TECH REPORTER

Students looking to raise some money at the cost of a bit of risk can participate as "guinea pigs" in clinical trials around Toronto.

Clinical trials are a required phase before any new drug can enter the pharmaceutical market and can be targeted at those suffering from an ailment, or on a more general basis at groups identified as "healthy volunteers".

Trials that have completed the pre-clinical phases that include testing on animals, such as marmosets, progress

into the first stage of human testing.

Judy Chapman, instructor in the school of health sciences at Humber College explained that all clinical trials are regulated by Health Canada, which examines the safety and ethical nature of the research.

"All reputable clinical trials will include a consent form which provides a high amount of detail about the study procedures including side effects," said Chapman.

"If you do not see this, you should run as fast as you can."

Leading clinical research organizations such as Cetero and Pharma Medica compensate between \$400 to \$3500 based on criteria such as the need for an overnight stay or the amount of bodily fluid samples used.

Patricia Freitas, a clinical research associate at Allphase Clinical Research explained that phase one studies have a top priority of examin-

ing the safety of the medication but stressed the importance of autonomy during the process.

"Most importantly, make sure the consent has been approved by a research ethics board, that you have a nurse to get a hold of 24 hours a day if you are experiencing abnormal changes in your health and that the study procedures are thoroughly elucidated," said Freitas.

To prevent the practice of participating in multiple trials at once, there exist exclusionary criteria which will often "lock out" those who have been in another study in the previous 30 days.

Eugenija Jovanova, a first-year, law clerk student said she would consider participating in a trial, but expressed reservations.

"I would do it if it causes absolutely no harm to my body but it is still scary to see what people will do for money," said Jovanova.

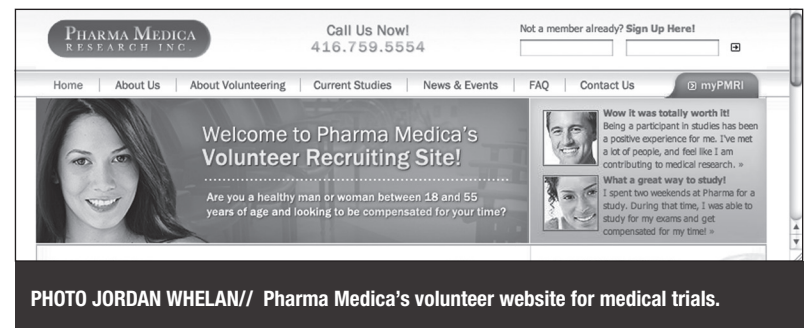


PHOTO JORDAN WHELAN// Pharma Medica's volunteer website for medical trials.

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BIZ/TECH NEWS YOU CAN USE

TECHNOLOGY

iPad okays subscription services for users

Apple is finally allowing in-app subscriptions, a service that's coming with the next software update. The service is open to all providers, from music to magazines and books. Apple takes a 30 per cent cut from each subscription sold through the paid applications.

BUSINESS

CRTC refuses AUX's bid for more music vids

AUX TV's request to play more videos was denied by the CRTC. The commission stated they wanted to avoid direct competition with MuchMusic, whose content is currently 50 per cent music videos. AUX's license currently requires a limit of 35 per cent music videos.

TECHNOLOGY

Sony Ericsson announces three new Xperia phones

Sony Ericsson's Xperia Play, slides out into a controller, like the Sony PSP GO. The Xperio Neo is a cheaper alternative to the more expensive Xperia Arc model, and the Xperia Pro is a model that slides out with a full QWERTY keyboard.

BUSINESS

TSX and London stock exchange may merge

The TSX and the London Stock Exchange announced plans to merge on Feb. 9. Canada's industry minister Tony Clement said the federal government will review the merger and if it is constitutionally Canadian in the coming months. The LSE would have a majority share.

BUSINESS

Alberta to expand oil sands project

The Alberta government said Feb. 16 that it supports the construction of a \$5 billion oil-sands upgrade. The first phase is due by 2014 and could expand to additional phases, costing \$15 billion in total. The project is in partnership with Canada Natural Resources Inc.

Accounting firm visits Guelph-Humber students

HENJI MILIUS
BIZ/TECH REPORTER

Recruiters for the BDO Canada accounting firm spoke to students on campus earlier this month during a business event hosted by the Guelph-Humber Accounting Association.

"We recruit students while they are in school so they can get multiple co-op experience while they are completing their four-year term," said Melanie Sciberras, coordinator of campus recruitment at BDO.

"It was an excellent night and the guest speakers were on top of their game," said Naveen Sian, a third-year Guelph-Humber business accounting student and co-president of the campus association.

"This is our third event so far, and

we are pleased to see that events like this help in bridging the gap between business students and recruiting firms," he said.

On its interactive website, BDO lists key values that students should have when they apply: quality, honesty, integrity, accountability, and respect.

"The more values the student encompasses as a person, the chance of becoming a prospective employee is greater," said Amy Taylor-Safruk, human resources coordinator from BDO.

"We understand how the business works," said Vernon Redwood, senior accountant from BDO.

"We provide assurance to companies that their balance sheet is in good standing [and train students to do that well]."

To balance work and play, BDO of-

fers many activities that allow its employees to decompress from a stressful work such as tax parties, social events and sports teams.

Students from the business administration programs got the opportunity to mix and mingle with key staffers from the BDO accounting firm.

"After switching from finance to accounting, this session gives me an idea of the types of firms out there," said Shawn Fischer, a fourth-year Guelph-Humber business student.

BDO offers various areas of practice from assurance and accounting, to taxation, financial recovery services, and risk advisory services according to BDO literature.

"It was good to see these people in flesh," said Jason Czekierda, a third-year business student.



PHOTO MELISSA AQUINO// BDO staff members convene at Guelph Humber Accounting Association recruitment event.

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A PROPOSED NEW YORK BILL WOULD BAN STREET-CROSSING PEDESTRIANS USE OF ELECTRONICS

Student finds hand-held a hazard



PHOTO SAMINA ESHA// New York's new bill would slap on a \$100 fine if a pedestrian gets caught listening to music or talking on their phone while crossing the street.

SAMINA ESHA
BIZ/TECH REPORTER

Humber student William Macneil wouldn't mind banning pedestrians from using hand-held devices: He knows the pain of unawareness too well.

"I had my face in the game rather than looking where I was going when I got hit by a car," said Macneil, 22, a part-time Humber business student.

"I took off the gentleman's side mirror. My arm had a large gash down it.

The driver continued going."

He then walked to the emergency room of Soldiers' Memorial Hospital in Orillia and was patched up quickly.

"Since then, as a rule, I don't wear electronics and cross the road. Headphones take away your awareness from a scenario," Macneil said.

On Jan. 26, New York Senator Carl Krugar proposed legislation that would ban the use of any type of electronic devices while crossing the street.

These devices include phones, gam-

ing systems, MP3 players and headphones.

In the U.S. and Canada there have been many accidents due to electronics use by pedestrians.

While Krugar's bill may be creditable, some say it's not practical.

"Any law could be enforced if you put enough men behind it. The question is should we enforce that type of law," said Alan Shanoff, a part-time professor of media law at Humber.

"So, what are we going to do next? Tell them that you can't hum a tune,

whistle, talk to somebody while they are walking on the street?"

Shanoff, a successful lawyer and freelance writer with over 30 years of experience media law, said that instead of banning electronics use people should be better educated.

"It would be a huge waste of manpower just to get people off their telephones. I don't understand this at all," he said. "It's dumb."

So, what are we going to do next? Tell them that you can't hum a tune, whistle, talk to somebody while they are walking on the street?

Alan Shanoff
HUMBER MEDIA LAW PROF & LAWYER

On the contrary, Muhammad Khan professor and program coordinator for wireless and computer programming, supports the banning of gaming systems but opposes the bill against cellphone use because sometimes it's essential, like for emergencies.

"The use of electronics is a good thing," he said. "You cannot get rid of it. Educating the youth about the proper use of electronics is better than just simply banning it."

In the last 32 years, Gary Jaynes, the acting director of public safety at Humber, has not seen any injury as a result of electronic use.

"For Toronto, the idea wouldn't fly as there would be backlash from the community," he said.

"There is a crave to be connected at all times. We are in constant rush. Slow down. You need to manage technology and not let technology control you."

Humber grad uses muscle for graphic design work



PHOTO COURTESY TOM HARBIN

ALEX ZAKRZEWSKI
BIZ/TECH REPORTER

The world of headlocks, chokeholds and body slams is what Humber alumnus, Tom Harbin, is applying his web design skills to.

Harbin, who received his certificate in 2005 from the web design, development and maintenance program creates and manages all the internet and merchandise graphics for Maximum Pro Wrestling, Canada's largest professional wrestling promotion.

"I've been doing graphic design for about 15 years and Humber gave me a lot more information, skills and knowledge," said Harbin, 29, of Brampton.

Working for Maximum Pro has allowed him to combine those skills with his lifelong passion - professional wrestling.

"I grew up watching wrestling," he said. "I even dabbled in backyard wrestling. I'm sure floating around there somewhere is our old backyard wrestling site."

Harbin's duties with Maximum Pro have taken him all across Canada and allowed him to hobnob with famous industry figures like Kevin Nash and fellow Humber alumnus Adam Copeland - better known by his ring name "Edge."

Harbin said meeting Edge for the first time is among the highlights of his tenure in the wrestling industry.

"The first time meeting Edge when he stopped by the [wrestling] school we all ended up going out for dinner afterwards and shooting the breeze with him," he said.

"He's huge on TV but I guess it's just kind of nice to be out of that persona and just hang out with the guys."

Maximum Pro's on-air commentator Arda Ocal, who is also the host of the weekly program "Right After Wrestling" on The Score Television Network and satellite radio, said Harbin is a major contributor to the promotion's success.

"Tom Harbin has a tremendous gift for making anything shine graphically," he said.

"With his talent we have been able to separate ourselves from the pack and stand out as the premier independent pro wrestling outfit in Canada," she said.

Tanvir Samiyun, a first year architecture student and wrestling fan from Toronto, said "that's really cool" to see a Humber graduate pursuing a successful career in the professional wrestling industry.

Student-aimed tablet enters market

Toronto company MySpark creates new mobile device with a \$250 price tag

MICHAEL RADOSLAV
NEWS REPORTER

For those dreaming of owning a tablet computer but falling short financially, Toronto company MySpark has created a device they say fits a student budget.

"I believe teachers and educators have to meet students where they are in any given time in the history of technology," said James Cullin, program coordinator for interactive media at Humber.

"And we know by walking around the halls of Humber that students love their mobile devices."

Cullin said that "mobile computing in general - and tablets in particular - has great potential in education."

"I would imagine all educational institutions would find it appealing to push messages out to all its students," Cullin said, such as emergency notices about school closures.

"Widespread use of tablets in the learning environment can only lead



PHOTO MIKE RADOSLAV// Widespread tablet use could change the classroom experience.

to more interactive training."

MySpark Technologies, located just north of Toronto in Richmond Hill, has developed a tablet with educational software and a \$250 price point.

Kamar Shah, the company's newly appointed global vice president of

marketing and business development, said they are "trying to merge technology and education" with the device, and are talking with high schools, private schools, universities and colleges around North America and India for input.

The aim of the tablet is to act both

as a digital workbook and a conduit between schools and the student body, Shah said.

The device will be able to receive campus updates, timetables, and online material through messaging systems currently employed by cell phones.

Craig Salia, director of digital products at the *Globe and Mail*, said in his professional opinion tablets work well with the school environment.

"Tablets make so much sense in the educational space because you don't have to lug around all kinds of books," he said.

The success of the device, Salia said, "will depend on the price point and how it is subsidized," whether institutions decide to help lower the price further for students or not.

The tablet will feature a 10 inch-screen and utilize Google Android software, Shah said.

It will be released in the second quarter of 2011, in time for the fall back to school rush.

Photos break the silence

SARAH HORWATH
A&E REPORTER

Cathy Bidini and David Scott's latest collection of photography from Paris, entitled *Breaking the Silence*, focuses on the connection between life and death with hopes to inspire Humber students to be visual communicators.

"There is an image of me running through the catacombs, and the students were actually stopping traffic as I was running and David was shooting. They are able to see now what came of that moment," said Bidini, photographer and photography professor at Humber.

At the show's opening night on Feb. 9, Bidini said the inspiration for *Breaking the Silence* came from thinking about the history of the small towns in France.

"It was very quaint, there was this

feeling of isolation, this feeling of loneliness. I started running through the streets and we decided to set up a camera, and then we started to photograph some of the gravesites in Paris. [When] we put the work altogether, [we] realized that there is a correlation between life and death," Bidini said.

In the artist's statement for the show, it says that this body of work intends to explore features of the human condition, the search for connection and fortitude of spirit.

"We both talk in our classes about photography for pleasure as well as being working photographers, but we also talk about the need to take pictures because you are driven to be a visual artist," said Scott, photographer and photography professor at Humber.

The exhibit's images captivated about 30 photography students on



PHOTO SARAH HORWATH// Photographer Cathy Bidini at the opening of the show.

the opening night.

"The art style of the photographs adds life to the images, it shows that it's still alive and moving," said Denver Rodrigues, a first-year photography student from Mississauga.

The exhibit will run at the University of Guelph-Humber until Feb. 25 from 10 a.m. to 2 p.m.

WHAT'S IN YOUR HEADPHONES?



Humber to host the Next Generation

HANNAH VANDERKOOY
A&E REPORTER

Humber will host 45 groups of high school music students from across Ontario during the Next Generation Jazz Festival.

The festival features performances by small ensembles and big bands which are judged by professionals specific to the type of performance.

"I think the most important thing is that I get to hear them play, and then I get to work with them for a while afterwards," said Ted Quinlan, head of Humber's guitar program. "To me that's the biggest part of the experience."

In addition to working person-

ally with the professionals, the groups may also participate in a free workshop on jazz improvisation.

"It just gives them another chance to work with a professional, so it gives them a chance to experience working with somebody who has been where they are and has kept doing it," said Quinlan.

The festival will also offer daily afternoon concerts by the Humber College Vocal Jazz Ensemble and Humber's Groove Merchants, as well as the Youth Jazz in the City Honour Combo A, a project created by Humber for the community.

"The students that are participating in the festival are younger" said Marsha Duggan, a festival co-ordinator. "For them to see the other bands that are out there, it gives them a chance to see what can happen post-secondary."

Kirk MacDonald, professional

saxophonist and Humber teacher summed up the aim of the festival: "I think if people want to pursue music, there is a certain responsibility to pass it on to the next generation."

The festival runs Feb. 22 - 24 at the Lakeshore Campus.

The most important thing is that I get to hear them play and then I get to work with them for awhile afterwards

Kirk MacDonald
HUMBER MUSIC PROFESSOR

Music theory goes online

PHILLIP MACIEL
A&E REPORTER

For Humber students and self-taught musicians alike, the new online music theory course is for "anyone who wants to improve their music theory skills," said Christina Takaoka, program assistant for the course.

Not getting distracted with things like Facebook and the internet could prove to be a challenge.

Joel Green
PROGRAM INSTRUCTOR

It is meant to "help those students who [Humber] instructors spot at incoming auditions that have talent, but are weak in a certain area of theory," said Denny Christianson, program coordinator for music.

However, Joel Green, the program's instructor, said that, "the material is designed for students who want to come into the course, yet it's actually a general interest course that anyone can take."

The relatively new class, officially titled Rudiments of Music, is geared towards those looking for a post-secondary education in music, but Takaoka stresses that anyone can find value in it.

"Students that are hobbyists who have learned music by ear would benefit too," she said. It can assist them in picking up their own music that much faster.

They need an understanding of major and minor scales, simple chord structures, ear training and time signatures to be truly successful as a music student. This online course does just that, Christianson said.

However, Takaoka warns of the steep learning curve. "When first developed, it was an eight week course. It has since expanded to be a 12 week course," she said. "It's pretty intense."

If incoming students do not have a basic level of theory, then they are going to be behind those who do have that knowledge, Christianson said.

"This is meant to help them prepare and be better prepared for when they start their first year courses."

Start dates run in September, January and May, provided that there are enough students to run the course.

Students should be prepared to teach themselves, because, "with theory, you have to spend a few hours a week on it," she said. Not getting distracted by things like Facebook and the internet could prove to be a challenge.

"For someone who can put in the time and read through things very thoroughly, they can definitely benefit from this course."

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THE Junos!

Humber takes the Junos! Past and present students and faculty dominate nominations.



TRACING LIGHT GRAD'S FIRST JUNO AWARD NOMINATION

LIZ CAVEN
A&E REPORTER

Humber grad Laila Biali was nominated for Vocal Jazz Album of the Year at this year's Juno Awards for her album *Tracing Light*.

"I felt really grateful," said Biali, "I think it's a really competitive year, so I was tickled in pink. It was affirming and humbling."

Rebecca Webster, Biali's publicist and childhood friend, said working with such a talented artist is a privilege, "[The nomination] is well deserved, she is really talented and an amazing artist."

No stranger to the awards circuit, in 2003 Biali won the CBC's Galaxie Prize at the National Jazz Awards and in 2005, she was honoured again with Composer of the Year and Keyboardist of the Year.

This is her first Juno nomination.

Biali began playing the piano at the age of four.

In 1998, a faculty member of the Humber music program heard her playing at a high school music festival and offered her a full scholarship as a pianist.

An arm injury prevented Biali from playing full-time, so the college took her on as a vocalist.

The program also allowed her to develop her skills as a composer.

"It was a big transition year for me," Biali said of her first year at Humber.

Ted Quinlan, head of the guitar program, remembers working with Biali when she was a student in her first year.

"She wrote a piece for her graduation recital and blew everyone away."

Biali began performing professionally at the age of 19.

Throughout her career, Biali has toured around the world and was invited to sing alongside Sting on his 2009 DVD, *If On a Winter's Night*.

She has also performed with renowned jazz artists, Paula Cole and Chris Botti.

Tracing Light, Biali's fourth album, was released last October and features elements of pop intertwined with classical jazz.

NOMINATION FOR CONTEMPORARY JAZZ ALBUM OF THE YEAR

ALUMNUS TAKES NEXT EXIT TO JUNOS

PHILLIP MACIEL
A&E REPORTER

Former Humber music faculty member Kelly Jefferson has put together a Juno-nominated jazz album, titled *Next Exit*, up for best contemporary jazz album this year.

This is the second album and first time the Kelly Jefferson Quartet has been up for a Juno award.

He's a wonderful, fantastic, musician and a wonderful person to boot.

Denny Christianson
PROGRAM COORDINATOR, MUSIC

"I wanted to make sure I was a part of as much of the process as I could be," Jefferson said of his experience putting the album together, "only because I wanted to learn so much about it."

Marc Rogers, bassist for the quartet said, "Kelly wrote the bulk of the material for the album, and he's been wanting to do this for a while."

Rogers wrote "Mandelbrot", the second tune on the album, after Jefferson asked each band member to write their own composition.

Jefferson wrote five of the eight tracks, keeping all of the band member's sounds in mind.

"It was really just a lot of fun, from start to finish. It surpassed any expectations that I had, but it was just a good opportunity for me to get some of my music out there," Jefferson said.

Denny Christianson, program coordinator for music at Humber has



COURTESY GRAHAM POWELL // Nominees for best contemporary jazz album Kelly Jefferson upfront with fellow members of the quartet (from left to right) Marc Rogers, David Braid and Marc McLean.

known Jefferson since teaching him at McGill University in the late '80s.

"He's a wonderful, fantastic musician, and a wonderful person to boot," Christianson said. He was "very conscientious, very talented, and was a great addition to our faculty here."

"With the Juno nomination, that's totally unexpected but it's a real thrill, it makes it even more special," Jefferson said. "I'm proud of the record so I'm glad that it's been acknowledged."

Rogers has been to the Junos a few

times before. "It's a nice party, it's a lot of fun, you get to hear some good music and see people that you know," he said of the Canadian music ceremony, which is set to air on CTV on March 27.

In regards to the fellow nominees within best contemporary jazz album, Jefferson said, "it's nice to be included in such great company. All those other artists are good friends of mine, or people that I've known for a long time and I'm a big fan of."

He is an artist who is highly respected among his peers in the Humber community and a great musician, Christianson said of Jefferson.

"I'm very happy for him that he's gotten this nomination. He's a great guy."

SONGBOOK VOL. 2. COULD BE SECOND WIN

EIGHTH JUNO NOD FOR PROF

DANIELLE PERRY
A&E REPORTER

Humber music teacher Kirk MacDonald is hoping two is a charm at this year's Juno Awards.

He is nominated for traditional jazz album of the year for his latest record, *Songbook Vol. 2*.

Last year, he failed to take home the prize for *Songbook Vol. 1*, losing the silver statue to Terry Clark.

"Receiving a nomination for something like this is great because it lets you know the community is listening," said MacDonald.

With eight Juno nominations under his belt, including one win, MacDonald is a force to be reckoned with

in the highly competitive jazz world.

Songbook Vol. 1 and *2* are all original compositions by MacDonald, and he said this leaves the door open to have other songbook volumes in the future.

"It was all done in three days, both CDs. We recorded at the Humber studio, which is a fantastic facility," he said. "They're both quartet recordings – so there are three other musicians as well as myself."

Neil Swainson is the bassist, and he also teaches at Humber in the jazz program.

On March 26, many Juno categories will announce their winners prior to the live show on the 27, including those in contention for traditional

jazz album of the year.

Not only does March prove to be exciting for MacDonald because of the awards, but he and Swainson will be doing a short southern Ontario tour as a trio earlier in the month with Dennis Mackrel, who will join them from New York.

"Anytime I get a chance to work with somebody as great as a musician as Kirk, it's very significant to me," said Mackrel.

"He's one of the highest profile performers in the country," said Denny Christianson, director of the Humber music program. "Anything like that is a great plus for not only the music program, but for Humber College as a whole."

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COURTESY ROMAN SEKYRKA // The West End Girls next appearance at Poor John's Cafe will be March 10.

Girls get all the laughs

DAVID SUTHERLAND
A&E REPORTER

Comedian Daniela Saioni's monthly standup show West End Girls has been selling out Poor John's Café in Parkdale, making the Humber grad something of an impresario for women comics in Toronto.

"I found that there were a lot of programmed shows and a lot of open mics, but not a lot of them were programming women," said Saioni, who graduated from Humber's comedy scriptwriting program in 2004.

"I have 11 female comics and one token male on every month," she said.

"I have a token male on for two reasons – not only because I'm making fun of the way it is in clubs but I also want them to know what it feels like to be the only person of the opposite gender in the room and I've seen guys shake in their boots. Really experienced male comics are starting to feel the heat. It's great," said Saioni.

As the sometimes "token male" at West End Girls, Humber grad Bob Kerr has done Saioni's show and loved the response.

"I'm outnumbered, gender-wise, and the audience is primarily female, but they seem to like my material," said Kerr. "I've had great sets there."

Saioni started doing standup in 2008. That's when she noticed there wasn't enough stage time for funny women in Toronto.

The next year, she started West End Girls to get more exposure for aspiring and experienced comics, and the show quickly became a showcase for the city's top female talent.

Barbara Samuels, who teaches a television course at Humber, said female comics often need more time to sharpen their craft.

"Some of the female comedians are still struggling to find a voice that is uniquely theirs," Samuels said.

Gender issues aside, West End Girls is about kicking back and having a laugh.

HUMBER PROF'S BOOK CHOSEN FOR FEMINIST TOP-10 LIST

Pioneer female reporters

EMMA BROWN
A&E REPORTER

Humber media studies instructor Joy Crysedale has learned that her new book *Fearless Female Journalists* on the pioneering efforts of women reporters has made the Amelia Bloomers List, as part of their top 10 literary recommendations of 2011.

"Everyone from the publisher, to my editor and friends, put a lot of work into this, as did I, and it's wonderful to have other people think your work is worth recognizing," Crysedale said.

The Amelia Bloomer Project is part of the Feminist Task Force of the Social Responsibilities Round Table of the American Library Association, which creates a list each year of the best feminist books for young readers.

Crysedale's book profiles 10 female journalists who demonstrated exceptional courage in the pursuit of tough stories. According to Crysedale, narrowing the list down to just 10 made the selection process a very arduous one.

"It took a long time because I wanted to choose women who reflected different kinds of journalism. I wanted women from different periods of history, different countries and different ethnicities. I wanted women

who did everything from war reporting to TV interviews," said Crysedale.

And the women profiled in *Fearless Female Journalists*, published last year by Second Story Press, are indeed diverse.

Mary Ann Shadd Cary, an African-American journalist used her position as editor of the Provincial Freeman in Chatham, Ont., to further the abolitionist cause during the 1860s.

Russian journalist Anna Politkovskaya continually risked her life reporting from a war zone in Chech-

nia until she was killed outside her Moscow apartment by an unknown gunman in 2006.

Thembi Ngubane, an HIV-positive South African reporter, fought to destigmatize her disease by talking about it publicly and unashamedly in her own country and abroad. "We are very excited that Joy's book made the Amelia Bloomer's List this year," said Margie Wolfe, president of Second Story Press. "This honour recognizes the contribution and importance of a book to young people's understanding of women's roles in

history and society."

Beth Olshewsky, an Amelia Bloomer Project co-chair, said the book is an ideal representation of the type of book the project was created to recognize. "Crysedale's book honours 10 women who changed the world and the way we think about women and journalism through their fearlessness, facing the challenges inherent in their journalistic work and the face of much opposition.

"This book totally rocks," said Olshewsky.



COURTESY MATT WAGHEON // Joy Crysedale signs copies of her latest work.



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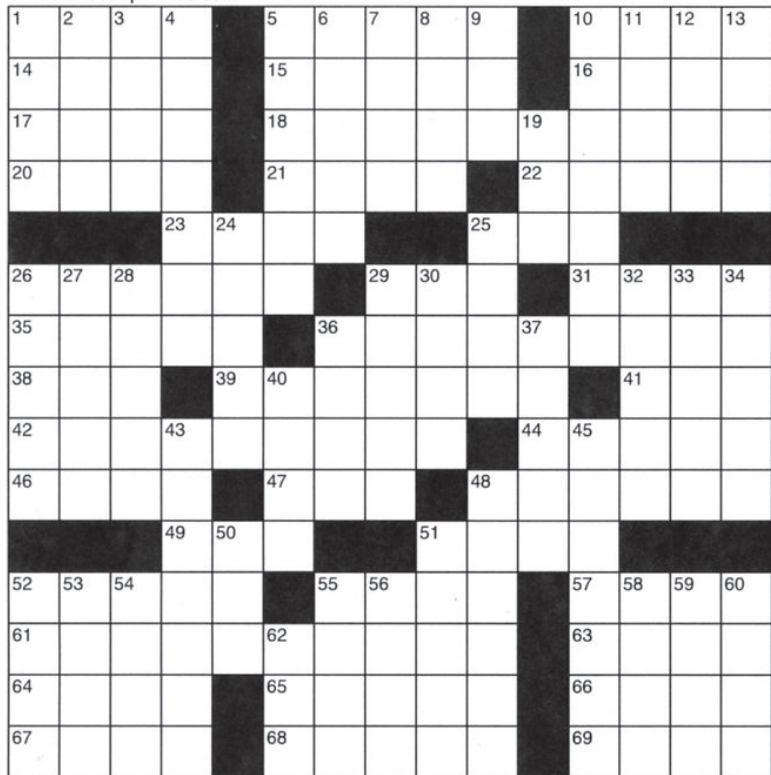
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CROSSWORD

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ACROSS

- 1. Overly proper
- 5. Meager
- 10. Actor ____ Damon
- 14. Fatigue
- 15. Cassettes
- 16. Yearn
- 17. Molecule component
- 18. Out of the blue
- 20. Reasonable
- 21. Small arrow
- 22. Freon and oxygen
- 23. Playwright ____ Simon
- 25. Toss
- 26. Cuban leader
- 29. Biol., e.g.
- 31. Go up
- 35. Respect
- 36. Sudden rushes of cattle
- 38. Live
- 39. FDR's wife

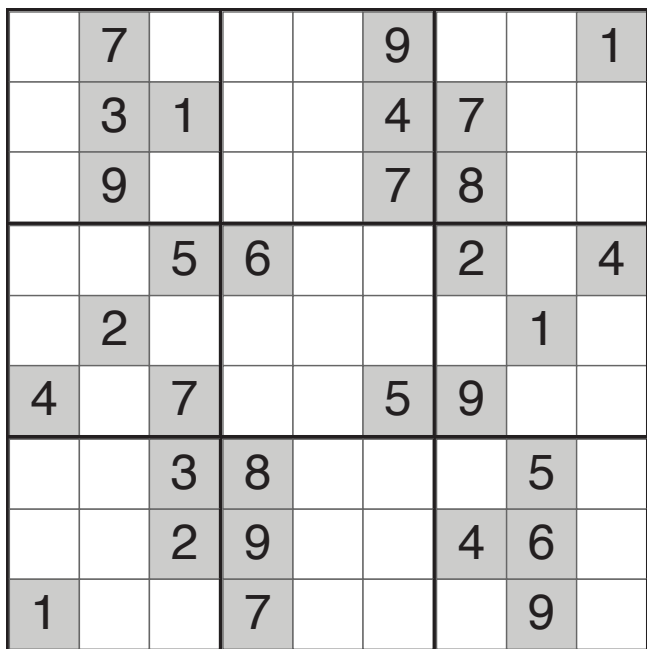
41. Naval officer (abbr.)

- 42. Team performance listing
- 44. Wipe clean
- 46. Manufacture
- 47. HST's successor
- 48. Taunts
- 49. Capone and Gore
- 51. Fender blemish
- 52. Gaze steadily
- 55. Dragon's home
- 57. Trick
- 61. Margaret Cho, e.g.
- 63. India's locale
- 64. Matures
- 65. Copenhagen natives
- 66. Welshman
- 67. Talk wildly
- 68. Puccini work
- 69. Greek Cupid

DOWN

- 1. School orgs.
- 2. Glamorous ____ Hayworth
- 3. Steamy appliance
- 4. Keepsake
- 5. Artist's workshop
- 6. Suez or Erie
- 7. Imitator
- 8. Following
- 9. Chef's measure (abbr.)
- 10. Ghastly
- 11. Deeds
- 12. Biblical "you"
- 13. Turner and Kennedy
- 19. Id's partner
- 24. Was mistaken
- 25. Star's car
- 26. Gorge
- 27. Main artery
- 28. Move stealthily
- 29. Theater platform
- 30. Soup containers
- 32. Notions
- 33. Feel
- 34. Snaky shapes
- 36. Mail
- 37. Primp
- 40. Pot covers
- 43. Closest
- 45. Daily grind (2 wds.)
- 48. India's Mother ____
- 50. Had more points
- 51. Roadside eatery
- 52. Old wound
- 53. Roman garb
- 54. Hymnal word
- 55. Bound
- 56. Diarist ____ Frank
- 58. Customer
- 59. Fodder tower
- 60. Has supper
- 62. Altar vow (2 wds.)

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

FUN FACT:
Pronounced "soo-DOH-koo," the word roughly translates as "only single numbers allowed."

FOR THIS WEEK'S
SUDOKU ANSWERS
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HOROSCOPE



GEMINI
MAY 22 - JUNE 21

You shouldn't care that Monday is Blue, or that Tuesday and Wednesday probably are too, and Thursday, well, I hate to say it, but it doesn't care for you... Just remember that it's Friday when you're in love.



AQUARIUS
JAN. 21 - FEB. 18

You walk into the room with your pencil in your hand, you see somebody naked and you ask, "who is that man?"

Hint: he's related to you.



PISCES
FEB. 19 - MARCH 20

When you step up to your next freestyle battle, try and remember the following:

Stupid mc's should not step up to any type of genius, especially one with a mushroom cloud for a brain and a tesla-coil for a double helix...



TAURUS
APRIL 21 - MAY 21

Remember to be yourself this week because you can't squeeze lemon juice out of an orange. Also, she doesn't really like you; she just wants to make Gurpreet Ghag jealous.



CANCER
JUNE 22 - JULY 22

No relaxation, No conversation, No variation, in this very dark blue-blue condition.

Drink lots of water.



ARIES
MARCH 21 - APRIL 20

Last week was one filled with a lot of hard deadlines. Fortunately, this week, you have but one sole thing to do: BUY THE NEW RADIOHEAD ALBUM.



LEO
JULY 23 - AUG. 23

Nobody wants to hear about it, everybody's got a story to tell, everyone knows about it, from the Queen of England to the hounds of hell.

So come up with something new or stop talking.



SCORPIO
OCT. 24 - NOV. 22

You will mean more to kids than religion this week, but remember, you will never mean more to them than the Beatles, so keep it calm.



VIRGO
AUG. 24 - SEPT. 22

She's walking down the street, blind to every eye she meets. Do you think that you'll be the guy to make the Queen of the angel's cry?

All signs point to perhaps.



Sagittarius
Nov. 23 - Dec. 21

Strange Brew is killing what's inside of you. She's a witch of trouble in electric blue. In her own mad mind she's in love with you - what are you to do?

Fake your death, leave the country, claim homosexuality, stop bathing, call her names in your sleep, say that you're attracted to her sister: just do what you got to do.



LIBRA
SEPT. 23 - OCT. 23

Someone already knows that it was you who wrote that you had a large member in the woman's bathroom. They will come up to you in an effort to blackmail you. This is the climax of your great plane, so don't hesitate and ust whip it out.



CAPRICORN
DEC. 22 - JAN. 20

It's been a rough week. Well, who are we kidding? This year has been a joke so far and sadly, this week is no better, but remember that Albert Einstein once said "A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?"

Get shopping.

Eating Disorder Awareness Month

Our bodies through the looking glass

As we mark Eating Disorder Awareness Month, it's important to remember that body image concerns will remain a problem for young people long after that awareness initiative has ended. The issue can be called endemic.

"One out of every four college-aged women uses unhealthy methods of weight control—including fasting, skipping meals, excessive exercise, laxative abuse and self-induced vomiting," according to U.S.-based research group Anorexia Nervosa & Related Eating Disorders.

Their article adds that "the pressure to be thin is also affecting young girls: the Canadian Women's Health Network warns that weight control measures are now being taken by girls as young as five and six."

Fashion models are becoming increasingly younger, taller and thin-

ner right before our eyes, with widespread reporting of girls as young as 15 becoming normative on runways with heights of 5'10" or over on frames below 120 pounds.

Average women don't have such a body type. Even with efforts at sensible eating and frequent exercise – not always easy on student budgets and timetables – a significant percentage of women have proportions at the thighs, hips, buttocks and tummy that could only be changed by extreme measures such as surgery.

Yet unscrupulous pressures from the media make maintaining a healthy body image a year-long struggle.

These traits of exaggerated slenderness, presented as the essential criteria of beauty while actually preferred by designers for the way clothing hangs on stick-like bodies, are im-

posed on women who are normally larger and older than the models.

Commercial incentives are likely to blame.

Researchers report that women's magazines have 10.5 times more ads and articles promoting weight loss than men's magazines do, and over three-quarters of the covers of women's magazines include at least one message about how to change a woman's bodily appearance—by diet, exercise or cosmetic surgery.

It's no wonder that the North American weight loss industry is worth an estimated 40 to 100 billion dollars, according to the Media Awareness Network. An industry with a notoriously astronomical rate of failure for its customers.

Young men are also affected by unattainable standards of beauty.

In the past few years, overly mus-

cular male models have become the norm in Hollywood movies, on TV and on fashion runways.

This increase in male objectification has changed how men feel about their bodies, how they rank physical appearance in terms of its importance. "For some time now," notes the Ask Men website in a recent column, "men have suffered through something women have had to endure for centuries."

The idealized, and often air-brushed bodies of men are used to market everything from razors to sports cars.

It's time for young people to unequivocally reject the risk of maintaining an unrealistic and unhealthy body image, and remember that this self-protective frame of mind must last much longer than one month out of the year.

**QUOTED**

WHAT WOULD YOU LIKE TO SEE AS A NEW NATIONAL HOLIDAY AND WHEN?



Does there need to be a new holiday? Everyday is a holiday. If I had to choose though, Sept. 18 because it's my birthday. You could call it "the day of love."

Adrian Kierdorf
22, Culinary Management



Beach day. You would just go to the beach and have fun. It would be in April when school is ending.

Vanessa Marroni
18, Fitness and Health



Hockey Day in Canada day. It's a national sport, so it should be a national holiday. It would be in February because that's when CBC has it.

Brock Smusik
19, Business Administration

Let's invent a holiday for once every month

**ALICIA CONDACURI**

Family day is a holiday celebrated in few countries, but increasingly more in Canadian provinces.

Alberta was the first province to jump on the skates and cocoa holiday back in '95, declaring the third Monday of the greyest, coldest month of the year a provincial day off for nearly everyone.

Saskatchewan joined in on the family fun in 2007 and Ontario in 2008. Manitoba, like Ontario, began their February holiday, called Louis Reil Day in 2008, with PEI a year later calling theirs' Islander Day.

The date coincides with President's Day in the U.S, which helps economically, and like President's Day, Family Day doesn't see everyone with the day off.

Only a handful of countries have a Family Day, which they use for needed rest, relaxation and lost time with family.

Australia may be the first whole country to establish the independent family holiday in 2003. Its purpose, the Australian government said, is to "enable workers to take a break from their hectic working lives and to spend some quality time with their family and friends. ... Australians do work the longest hours of any country in the western world. We do deserve a break."

People like holidays. Holidays let you stay home and away from work.

Too much time off would be disastrous, but why not once a month?

What's the harm if once a month you're allowed to stay home and the province is allowed to close? Everyone should be allowed to enjoy life without straining under daily pressures.

Should we continue the established order that has a reputation for stressing people, families and workplaces out?

It's clear people like holidays, but the country still lags on the global holiday list with five per year (Newfoundland and Nova Scotia) to as much as 10 (Ontario).

'Family Days' could be scattered throughout the year, landing on the third Monday of the months currently without a holiday.

Really, does one day, in the worst month of the year, designed for quality time with people in our life do working people justice?

Imagine a world where the third Monday was off in every month in every year. Mondays would have a whole new meaning to the Boomtown Rats.

People would say thank God it's Monday (TGIM anyone?), and no longer question why they hate the day so much.

And, to be fair to post secondary students, like Humber students, let's have these days off not fall during our Reading Week.

Don't students deserve an extra day off like the rest of the province?

Yes, it's an extra day off, but students in college or university aren't all between the ages of 18 and 21. Some, even in that age range, have a wife or husband and kids that they would love to spend some extra time with.

We all need and, like the Aussies, deserve some time with family and friends, or even some alone time.

HUMBER

ET CETERA

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Juno favourites lead more viewers to other Canadian music

Drake, Bieber boost CanCon



ANDREW SUTHERLAND

Bieber fever. Drake desire. I never imagined that I'd be writing a column in support of them, but this is 2011. Life has taken on a surreal feeling, increasingly reminiscent of an episode of the *Twilight Zone*. Now don't get me wrong, I'm not saying Bieber and Drake are good for music as a whole, as that is a separate issue unto itself. I'm making the argument that Justin Bieber and Drake are good for Canadian music. It has always been a challenge for Canadian artists to get exposure. Perhaps it's because the marketing machine behind Canadian artists couldn't keep up with its American counterparts, perhaps it's simply be-

cause Canadian musicians weren't saying anything Canadians wanted to hear. Whatever the reason, the Canadian Radio-television and Telecommunications Commission introduced rules governing Canada's airwaves in order to ensure Canadian music could compete with its American counterparts. Under the Commercial Radio Policy, 35 per cent of all music aired each week on all AM and FM stations must be Canadian. Early on, radio stations skirted this regulation by restricting their Canadian content to off-peak listening hours, in program blocks mockingly known as 'beaver hours'. This practice is now prevented by CRTC regulations that stipulate Canadian content percentages must be met between 6am and 6pm, rather than allowing a station to save all their Canadian content for off-peak hours.

But for the past two years, there has been no need to force these regulations, since two of the biggest and most profitable acts around are Canadian. Justin Bieber's 2010 album *My World 2.0* went two times platinum in both Canada and the United States, and Drake's 2010 album *Thank Me Later* went platinum in both Canada and the U.S.

Justin Bieber and Drake are almost single handedly responsible

for increasing last year's Juno viewership by 59 per cent compared to the previous year. In fact, younger viewers flocked to the Juno's in 2010 and viewership with those aged 18-34 skyrocketed by 63 per cent. Viewership peaked at 2.1 million viewers during a surprise appearance by Drake in Justin Bieber's performance of "Baby". Like it or not, Bieber and Drake are bringing more attention to Canada's music scene than ever before, and there is no telling what other Canadian acts will be struck with the shrapnel of their success.

Once again Drake and Bieber will be all over this year's Juno Awards in Toronto. To top it off, not only is Drake nominated for a plethora of awards, he is also hosting the event.

Is it a conflict of interest? Perhaps, but if it means that Canada's youth will be tuning in to the entire Juno broadcast, instead of just to see Drake or Bieber perform, then the benefits outweigh the cost. Maybe viewers will be turned on to some of the lesser-known Canadian acts nominated this year like Owen Pallett, Cancer Bats or Crystal Castles. As the saying goes, there's no such thing as bad publicity. If there has to be a Justin Bieber so that a band like Arcade Fire can win a Grammy, then bring on the Bieber fever.



JUSTIN MILLERSON

On Feb. 14, BBC News raised one question: "Can China become the world's biggest economy?"

The answer is yes and here's why.

China's economy is rising and at a torrid pace. The country's gross domestic product grows 10 to 12 per cent a year, which is enormous considering the United States' GDP suffered a loss of 2.6 percent in 2009.

These are numbers that western countries, still mired in the recession of 2008 and facing bankruptcies in Europe, can't afford to ignore. China plays a large role for the growth of economically emerging nations and it's importance for a nation like Canada is poised to become increasingly critical – even to the point of some level of Canadian economic dependence.

The distance China has come in the last 30 years is startling. Deemed then to be a second-world country with next to no influence on the world market, China had no choice but to veer away from the restrictive monetary views of traditional communism.

It was in 1979 that China decided to seize the powerful module of free enterprise in its economic affairs.

For the first time since the 1949 revolution, which brought Mao Zedong to power, China adopted some of the free market practices that had been proven in the developed world to be the gateway to a rich economy.

Within a year, the People's Republic of China became members of the World Bank and the International Monetary Fund. Think about this: the re-born, and now market-driven, China is 31 years old.

In that time China's economy has grown 90-times larger according to a *New York Times* report in late August.

Today, this puts China in a very peculiar position.

As China rises ever higher, Canada must build close ties

While millions in western countries are picking up the pieces of a broken economy, China has found itself wearing a bulletproof vest, so to speak, which its huge GDP growth can attest to.

China has gained a huge amount of momentum in the last three decades and if you were to picture something growing at an increased rate over that time, it would take something colossal to stop it.

This hasn't happened yet. The recession only slowed China's momentum down for about 11 months before it continued on track.

The World Bank conducted what's called the East Asia and Pacific Economic Update in April 2010.

This document gave a full report on China's performance during the recession and it states that yes, exports did take a plunge in 2009, but "briskly returned to the pre-crisis level" by the end of that year.

Imports and exports drive an economy and since China is an emerging market with a population of over 1.3-billion people, they are in the midst of a manufacturing boom — and as a result, rapid and continual growth is in the forecast.

Some analysts say China's economy will reign as number one in just a decade, others say in 25 years.

A definite answer is impossible, but the reality is inevitable.

Last year the TSX rose 14 percent and this finger points to our partners to the east. Canada must embrace China's growing economic success and continue to seek China as a focal trading partner. The Business News Network calls China the largest purchaser of commodities and Canada must capitalize on their demand. After all, we have the resources.

Emergency rooms are the heart of a hospital and the problem



JOHNNA RUOCCO

Going to your nearest hospital's emergency room and spending anywhere from three to 15 hours waiting is a common occurrence in Ontario. But why? Shouldn't emergency rooms deal with acute medical problems as if they are emergencies?

Emergency room overflows, where the vast majority of patients could be more effectively treated in a simpler clinical setting and where the shortage of long-term beds worsens the situation, are the front line in a chaotic, poorly functioning system.

The ER is the filter of the hospital. From there, patients may have to be sent for tests or to see a specialist. If any other department in the hospital is backed up, it will affect the ER.

True, there are better times to go than others. According to Ontario's Ministry of Health website, on average, the lowest wait times tend to be between 6 and 9 a.m. It's like booking a vacation; the better deals are in the off-peak times.

In July 2010, the McGuinty government invested \$100 million to expand the Pay-for-Results Program, a program to reduce ER wait times at an additional 25 hospitals across the province, bringing the number of participating hospitals to 71 (there are 163 emergency rooms in the province).

Yet the program doesn't appear to have helped much since its inception in 2008. Initiatives like patient flow tracking systems, designed to improve discharge and admission processes, are great but not as helpful as intended.

There are targets to hit for time spent waiting in ERs and, not surprisingly, many hospitals miss them.

For complex conditions, admitted patients and non-admitted patients, the targets are eight hours. In reality, as of December 2010, it's 11.5, 31.6, and 8.5 respectively. For minor or uncomplicated conditions, the target is four hours and sits at 4.3 hours.

With the baby boomer generation beginning to hit 65 this year, a vast increase of demand on our health care system is expected.

Bed shortages have much to do with ER wait times, and the elderly,

who could be much better cared for at long-term health facilities, routinely take up these spaces. Moreover, a great portion of ER visits could be treated at urgent care facilities or walk-in clinics. A strong public awareness campaign should direct people with minor problems to such alternate settings. But there appear no concrete plans to take these steps are in place.

And if the system can't keep up with demand now, how will it as this demand increases?

There is no stress like anxiously waiting in a cold, crowded room, full of sick and injured people not knowing what's wrong with you or your loved one.

The problems are not unnoticed, of course. On Oct. 6, there will be a provincial election and the Ontario Medical Association has vowed to make health care a priority this year.

The OMA's policy recommendations cover not only the reform of emergency services but obesity and cancer, mental health, access to physicians and electronic medical records.

The group hopes each party gives serious consideration to their proposals in their campaigns. But even if they do, will it be enough?

The recommendations are a good start, but if Canadians are supposed to be proud of their healthcare system, we need a drastic, effective plan to implement change. And Ontario should be leading that change.

👍 PASS / FAIL 🙄

A new guy in town

Since Mubarak decided to step down last Friday, the Egyptian military has taken over. Egypt's new army rulers have appointed Tareq al-Bishry, a retired judge, to head the committee to suggest constitutional changes.

The wheels on the bus...

The York Regional Transit strike averted only 30 minutes before the strike deadline. About 28,000 transit riders breathe a sigh of relief.

What's a Bieber?

Arcade Fire wins Album of the Year at the Grammys, the first such victory for Canadian artists since Celine Dion in 1997. Justin Bieber and Drake left winless.

Into her own hands

International Co-operation Minister Bev Oda admitted to changing a document that cut funds to a faith-based foreign aid agency. Originally she said that she was acting under her department's direction, but the decision was her own.

Strap it in

After 10 complaints of harnesses failing after normal use, Dorel Juvenile Group recalled 800,000 child car seats 'voluntarily'.

Those pesky trees

Inspectors are forcing a rural child-care facility in Moorestown, N.J. to cut the low-hanging branches or build fences around trees on the playground to protect children. Seriously?

Escaping bulimia nervosa



Photo ADAM CARTER// Hilarie Vatcher, 22, overcame an eating disorder that was nearly deadly, and now is on her way to becoming a chef.

ADAM CARTER
LIFE REPORTER

In the midst of Eating Disorder Awareness Month, Hilarie Vatcher remembers her battle with the disorder that nearly destroyed her life.

"I was 86 pounds at 5-foot-7, looked in the mirror and still thought I was huge," said Vatcher, 22, a student in the chef program at Toronto's Liaison College culinary school.

Vatcher suffered with bulimia nervosa and body dysmorphia; intense psychological unease with her form.

"It got to a point that I would pass out every time I'd puke," she said. "So this certain time I passed out, smashed my head off the toilet and woke up in a hospital bed."

She said it took a team of rehab doctors, family and friends to convince her she had a problem.

"Rehab was a life changing experience, physically and mentally," said Vatcher. "I knew I was doing horrible things to my body, but I didn't care. I was never really suicidal, but I kept doing things that would have led to that."

She said anyone struggling with an eating disorder needs to seek help.

"I stopped worrying one day because I knew I was doing the right thing," she said. "I felt better putting my time into other things instead of worrying about how I look."

It feels like hell psychologically, and there is absolutely no reason to continue to feel that badly.

Liz Sokol
Counselling coordinator
at Humber

Liz Sokol, coordinator and counsellor at Humber's Counselling Services said it is not unusual to see students with eating disorders on campus.

"It's hell," she said. "It feels like hell

psychologically, and there is absolutely no reason to continue to feel that badly."

Students can find help at the Health Centre and with Counselling Services. "It's a medical issue, as well as a counselling issue," she said.

Off campus, students can call Sheena's Place, which offers eating disorder support services that are open to sufferers, as well as family and friends.

"What makes us different is that it's a non-medical model, it's a psycho-educational model of support," said Julie Notto, program manager.

"All of our services are free, and the longest you would have to wait is 72 hours," she said.

Notto said that when students come to Sheena's Place and are around people who are going through the same problems, it is validating and decreases isolation.

"There is a place where you can find support, feel safe and not judged," she said. "People need to know that recovery is possible, no matter how long you've had an eating disorder."



The hard part will be wanting to return home.

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georgebrown.ca/italy





PHOTO KELLY SCHWEITZER// Cramming has been shown not to effectively enable students to remember information in the long term.

York U looks at study habits

KELLY SCHWEITZER
LIFE REPORTER

Students looking to get the most out of their education and remember what they were taught should space their study sessions apart, according to a university study.

Nicholas Cepeda, associate professor of psychology at York University, has been studying what is known as the “spacing effect” since 2002.

“The spacing effect is the finding that when you space learning episodes farther apart in time, you’ll remember more information later on than if you mass the learning into one study episode,” Cepeda said.

Cepeda and his colleagues have created a simulated university classroom in which they’re looking at whether

spreading periods of study farther apart helps students retain more information on an exam versus study periods that aren’t spaced out.

“If you’re a student studying for exams, you want to keep up with that material and you want to regularly study it every week and not put everything off and cram for the final exam.”

Cepeda said cramming offers fewer ways of mentally retrieving information later on.

He said when students study in different learning environments – the hall, the library, a classroom – they remember the material better than if they study in one place.

Liz Sokol, counselling coordinator at the North Campus, works with the school’s tutoring services and said cramming is like a “Band-Aid reme-

dy” to get students through one exam.

“It’s not a way to really learn material because it’s not in your long term memory.”

Leon King, professor of computer engineering and network support at Humber, said that teachers worry about how students retain information.

King employs strategies such as encouraging his students to take notes and allowing them to bring a handwritten cheat sheet into tests.

“I find students don’t need a cheat sheet if they’ve written it out,” King said, noting that the act of writing out the answers is a way to help students learn the information.

“Notes are a form of rehearsal,” he said. “They don’t have to be overly detailed – just enough to jog the memory.”

TO THE NINES

Nia Pavesi, 20 2ND YEAR FASHION ARTS

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WHAT'S YOUR FAVOURITE ITEM IN YOUR WARDROBE?

My big grandma sweaters.

WHO'S YOUR FAVORITE DESIGNER?

Nada Yousif, a new toronto designer.

Emily Innes
Life Reporter



Students risk health with use of OxyContin and other meds

SAMAR ISMAIL
LIFE REPORTER

There is an increase OxyContin use in students who may be taking the prescribed medication from family members to get high, according to public health officials.

OxyContin is a “heavy duty narcotic” and usually prescribed for pain, said Rebecca Lewis, a Toronto Public Health nurse.

It is a safe medication when taken correctly, but “highly addictive if not taken properly,” said Lewis.

OxyContin is usually a slow release drug, but if a user takes it improperly, crushing the pills or diluting the drug in water, the user gets the full effect at one time and experiences a high similar to the high from heroin, Lewis said.

Among those who take pain killers like OxyContin, 15 to 24 year-olds are more likely to abuse them than those who are older than 25.

OxyContin will “make you feel better temporarily” but the high is followed by a crash, said Lewis. The side effects include confusion, altered mental state, sedation and respiratory depression. Withdrawal symp-

toms include vomiting, nausea, depression and insomnia, said Lewis.

Lewis said it is very important that people who are prescribed a medication like OxyContin not share their medication with others.

Students tend to overuse medications that help them stay awake and help them sleep, said Mississauga pharmacist Pervez Jafri.

Over-the-counter products like Nightol are being used by students in times of high stress – like exam periods – to help them sleep.

But using these products comes with a price; overusing medication can lead to tolerance, according to pharmacist Pauline Kurkgian. This means normal doses are no longer effective and a person will “need a higher dosage to get the same effect.”

Students who develop a dependency need to get help from a doctor and need to be willing to stop the medication gradually, since drugs can’t be stopped abruptly once a dependency has developed, said Kurkgian.

To avoid using sleeping aids, Jafri recommends lifestyle management, such as finishing assignments on time.





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“To see all the people out there supporting research that saved my life—it’s truly amazing. I could never be more thankful.”

Lorna Mutzbauer, Weekend Walker

Students help erase Hurricane Katrina's Mississippi footprint on Reading Week

LAWRENCE DUSHENSKI
SPORTS REPORTER

While many of their classmates will be relaxing on the beach or skiing in the mountains, a group of Humber students will be traveling to Mississippi during Reading Week this year to build houses.

"This is an experience that they can really get involved in," said Angela Spineto, the residence life coordinator who organized the trip.

"We do lots of reflection during these trips so the students can understand the impact that they are having."

The students will be working in Biloxi, Miss., an area that was ravaged by Hurricane Katrina in 2005 and is still struggling to recover.

Eight Humber students will be making the trip, and they will be building houses with Habitat for Humanity for people who lost their homes in the hurricane.

"I want to get a better understand-



PHOTO Karl Bedingfield// Hurricane Katrina struck Mississippi in 2005, the costliest natural disaster in the history of the United States.

ing of the impact that Katrina had on the region," said Beth McClelland, a 19-year-old music student who will be taking part in the program.

McClelland had this advice to offer prospective applicants who are skeptical of taking part in such a program "Don't second guess it. If you can afford it, take the risk."

Sarah Westlake, a 20-year-old media studies student at Guelph-Hum-

ber, took part in the program last year and had similar advice for Humber students.

"Give it a try. You won't know what the experience is like until you do."

She found there was more to be gained from the trip than building skills.

"The people you meet and the impact that you have on their lives was the biggest part for me," said Westlake.

RCMP warns: travel scams target students

SARAH HORWATH
NEWS REPORTER

The RCMP has some advice for Humber students looking to go away during next week's winter break.

RCMP Cpl. Louis Robertson, in charge of criminal intelligence at the Canadian Anti-Fraud Centre said, "Of course scammers are going to be active during Reading Week targeting students."

"Students are high on the list for scammers that have been doing this for 15 to 20 years," he said.

Robertson said to be leery of websites or agents that ask for more detailed information such as a passport or social insurance number.

Mandy Reynolds, a representative from the centre said that people are usually contacted and offered free vacations – if they agree to give their credit card information over the phone.

"By doing that, the person who is

committing fraud has access to their financial information, and it could further lead to identity theft."

Students are high on the list for scammers.

Cpl. Louis Robertson
RCMP.

Odette Gaudet-Fee, consular officer at Foreign Affairs and International Trade Canada, said it's important to check out websites of reputable companies like Swap, which offers programs for Canadians who want to work abroad and travel.

"If a student finds themselves involved in a travel scam, we recommend that they leave as soon as possible," she said.

"Go to the Canadian Embassy first and they will contact Foreign Affairs and organize a plan for getting you back home."

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Toronto's cheap Reading Week

LINDSAY TSUJI
LIFE REPORTER

All-inclusive vacations on redtag.ca can cost anywhere from \$1,000 - but Humber students can enjoy an inexpensive Reading Week on home turf that can be just as interesting.

The "staycation" movement has been a growing trend since the recession - Statistics Canada says the number of Canadians in Ontario who travel domestically has been increasing since 2006.

"A staycation means getting to know your city," said Caitlin Hartley, business relations manager for Shopdine Tour Toronto and editor of the Toronto City Guide book.

"The Maharaja exhibit at the Art Gallery of Ontario is free of charge for anyone under 25, the Toronto Island still operates during the winter for the outdoorsy types," said Hartley, adding that T.O. Tix offers a lot of discounted tickets to shows.

"A lot of students who stay in Toronto can go skiing or skating around the city," said Anna Kulinski, professor with the tourism management program at the School of Hospitality, Recreation and Tourism.

Special rates for students can be found at most city attractions and can be accessed with the quick flash of a Humber student ID.

But Kulinski reminds students that the week can also be used in other ways: "Reading Week is also supposed to be for studying."

"I'm staying here," said Melissa Mendes, HSF vice president of campus life at North campus. "I usually go to my cottage or stay with family to catch up on homework and to save some money. There's plenty to do right here at home."

CAMPUS SERVICES AVAILABILITY DURING FAMILY DAY

For students staying on campus during Reading Week (Feb. 21 - 25), here is a list of open and closed campus services:

Open

ITS Services
Open Access Labs
Library
Athletics
Health Centre (nurses only)
Registration and Customer Service
Campus Security
Career Services
Counseling Services
Disability Services
The Humber Child Care Centre
Residences

Closed

Humber Spa
Humber Students' Federation
LinX Pub/Lounge
Williams Coffee Pub (North & Lakeshore)
Ackee Tree Jamaican Restaurant (North)
Arena Café (Lakeshore)
Building H Eatery (Lakeshore)
Media Buzz (Lakeshore - Building F)

Humber College will be closed on Family Day (Mon., Feb. 21).

For more information, including hours of operation during Reading Week visit us online - humberetc.com

RADHA TAILOR
LIFE REPORTER

First International Day a success

EMILY INNES
LIFE REPORTER

Humber's international students have lots of programs and support systems available to them on campus, which they learned more about at the first International Student Day hosted by the Humber Students' Federation.

"International Student Day is pretty much creating awareness for international students letting them know that there is a support system through HSF here," said Bradley Watson, vice president of administration North Campus.

"I think it's been very successful," Watson said about the event that is being held for the first time this year. "There are a growing number of international students today in the post-secondary system and it's great to see that they are so involved"

Ravi Bhatt, 22, an international student from India in his first year of hospitality management said he

enjoys events tailored to international students as they help alleviate homesickness and are a good way to meet people.

"It's really nice because there are many international students that don't know about the opportunities specific to Humber, so (HSF is) giving good information to all of us," said Bhatt.

International students not only got food for thought at information booths, they got to taste a Canadian pancake breakfast and received Canadian flags and lanyards.

Many students were drawn in by the spread of free cookies.

"I'm planning to get some (free food)," said Bhatt.

Jamie-Lee Johnson, international student ambassador at the International Student Centre, said the centre is running many events over Reading Week such as a ski trip, an indoor soccer tournament, and a Toronto Raptors basketball game.

"We are encouraging international students to just come out to find out about the activities we are having," said Johnson.

There are a growing number of international students today in the post-secondary system and it's great to see that they are so involved.

Bradley Watson
HSF VP Admin., North Campus.

She said that the centre also runs many informational seminars, such as the off-campus work permit seminar, that international students can sign up for and attend.



PHOTO EMILY INNES // International students got a taste of Canada at the International Student Day last Tuesday at North campus and Thursday at Lakeshore campus.

Humber helps bridge immigrants' job skills

ALISHA PARCHMENT
LIFE REPORTER

New immigrants seeking to pursue their original profession face a difficult transition, but for internationally-trained engineers, Humber has a bridging program.

Engineering Software Skills Enhancement Program is a free, government-funded program designed to assist civil, electrical and mechanical engineers who are new to Canada.

"We are here to help them upgrade their skills for the Canadian labour market," said Lois Willson, associate dean of community outreach and workforce development.

Since its launch in 2008, the program has gained momentum by branching out to various communities, advertising through employment agencies and newcomers' centres and word-of-mouth, said Muhammad Virk, engineering connections coordinator.

For newcomers, the course schedule is flexible to accommodate family and financial responsibilities.

Classes take place evenings and weekends over two semesters, so students can attend interviews and job search in the day, Virk said.

"You can manage your life with your family, with your education and look for work," said Mutaz Abughanim, an electrical engineer from Jordan.

Abughanim, 30, who is currently enrolled in the program, moved to Canada last year with his family after working in Abu Dhabi.

He has found the program to be exactly what he needs to transfer his skills.

Pallavi Kumar, 26, a civil engineer from India, felt the strain of moving

to Canada with an international degree and limited finances.

"You come with a mindset of what goes on back home," she said, "We had to make a lot of changes to our resumes, learn about Canadian culture and networking."

Understanding the challenges newcomers face, the program works hard to fill the gap, have students meet industry standards and gain Canadian experience, said Virk.

You come with a mindset of what goes on back home. We had to make a lot of changes to our resumes, learn about Canadian culture and networking.

Pallavi Kumar
CIVIL ENGINEER, INDIA.

"The program contains everything that you need as a qualified professional," said Kumar.

Seeing the students reach success after knowing the road it took to get there is always a memorable and proud experience, said Virk.

"I deal with them from point A to Z - from looking for help to getting help to getting employed, the whole circle," he said. "Ultimately, our goal is anyone who comes to this program should get a job."

Within 12 months of completing the program, 75 per cent of students find employment in their field, said Willson.

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Volleyballers take a hit and a win



COURTESY HUMBER ATHLETICS// Humber's Terrence Pragg-Singh serves up a kill against the Niagara Knights on Feb. 9th.

JEFF DONER
SPORTS REPORTER

The Humber Hawks men's volleyball team had a busy week, playing their last home game of the season after playing in North Bay for two games on the weekend.

The Hawks closed out their 2010/2011 home schedule on a winning note, defeating the Niagara Knights three sets to one in front of a raucous home crowd on Feb. 9.

Co-players of the game, Terrence Pragg-Singh and the towering Andre Brown, once again had strong games with 17 points apiece in the match.

After defeating Niagara and Canadore earlier in the week, the Hawks then lost 3-1 to Nipissing on Sunday.

"I thought we played alright, but we didn't bring our entire game together like we should have. Our serving was definitely not the best," said Hawks setter Derek Quinn.

Hawks middle Andre Brown agreed that serving was a problem for Humber.

"We played alright, but basically we shot ourselves in the foot. We couldn't hit a serve if we wanted to. The whole

team was making errors," said Brown.

With the Hawks tied with Sheridan for top spot in the western division, the team is looking to finish the regular season with a win at Redeemer on Feb. 16.

"Their crowd is going to be the biggest thing, but we're working on all the mistakes that happened on Sunday against Nipissing and obviously just preparing ourselves mentally and physically," said Brown.

Hawks veteran Brandon Wong said that the team needs to focus in practice and get back on track.

"We all want to go out on a high note and we know this is important one," said Wong.

On another note, four Hawks were honoured for their tenure with the team on Feb. 9, with Paul Kemboi, Bobby Anderson, Brandon Wong, and Steven Cheung all graduating this year.

"It's sad knowing that they're going to go, but its good encouragement for the whole team to play harder and give everything we got out on the court and hopefully get them another ring," said Brown.

Women's team defeated for first time this season

Coach believes team's mindset to blame

COOPER EVOY
SPORTS REPORTER

The women's volleyball team was knocked from their perch atop the OCAA rankings on Sunday, as they lost a close battle with fellow powerhouse Nipissing 26-24, 25-21, 25-20.

"We just picked a bad day to have a bad game, because that was for first place," said assistant coach Dean Wylie. "That was the west division game right there."

I think we may have got ahead of ourselves and started thinking about the provincial championships.

Chris Wilkins
WOMEN'S VOLLEYBALL COACH

With the loss, Humber falls to the number two spot in the West division behind Nipissing, the only team to beat the Hawks this season.

Carrying an undefeated record into the game and cruising to easy wins the past several weeks may have lead to a dip in performance, said Wylie.

"We've been on autopilot," a clearly

disappointed Wylie said on Monday. "We haven't done anything extraordinary in the last little while; we've been playing complacent ball.

"A' game versus 'A' game, I like our chances," said Wylie. "But we brought our 'B' game, and they brought their 'A' game."

Nipissing entered the game with momentum, riding a 16-game win streak dating back to Nov. 14.

The Nov. 14 loss came at the hands of the Hawks.

"It was close," said head coach Chris Wilkins. "Unfortunately we played about as bad as we could've."

The Hawks have already clinched a berth in the Provincial Championships, something that may have distracted the team on Sunday.

"I think we may have got ahead of ourselves and started thinking about the provincial championships, as opposed to thinking about the game at hand," said Wilkins, "and I think that caught up with us."

The Hawks could potentially find themselves in a rematch with Nipissing two weeks from now, as they're in different brackets for provincials.

"I'm comfortable that if we have another opportunity to play them again," said a confident Wilkins, "we'll be looking forward to it for sure."

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STORYTELLING FOR THE DIGITAL AGE



Hawks add to best in west record

AFTER WINNING THEIR DIVISION, MEN'S BALL TEAM BEATS MOUNTAINEERS



PHOTO LAWRENCE DUSHENSKI// Guard Mark Perrin goes up for the dunk against Mohawk.

LAWRENCE DUSHENSKI
SPORTS REPORTER

The Humber Hawks men's basketball team escaped with a narrow victory once again, as they beat Mohawk College 82-79 to improve their regular season record to 16-1.

After locking up first place in OCAA West with a 98-88 overtime win over Sheridan College last week, the Hawks managed to pull out a win over a tough Mohawk team.

"Down the stretch we locked them up and used our team defence well," said first year guard Mark Perrin. "Even though we clinched the first

seed, we still have lots to work on."

Humber's attack was led by fourth year guard Mike Dvorak, who poured in 22 points on the night, including six three-pointers.

"I just did what I do, shoot three's, and they went in today," said the sharpshooting Dvorak.

Despite almost letting the 11 point halftime lead slip away late in the game, the team stayed focused on at both ends of the court.

"At the end of the game we just had to pick up our intensity," said Dvorak. "There was a five or six minute stretch where we let them back into the game."


Third year guard Micheal Acheampong echoed the sentiment. "They were getting up the court and hitting three's and we just weren't executing our offence."

The Hawks wrap up regular season play against the Redeemer Royals, and despite the Royals' 0-17 record on the season, Humber will be preparing like any other game.

"We are getting ready for that final game. We're not going to take Redeemer lightly, regardless of what their record is," said Acheampong.

Once the regular season wraps up, Humber will travel north to Sault Ste. Marie for the OCAA Championships from March 3-5, and they are looking forward to the games that lay ahead.

"Playoffs are not going to get any easier," said Perrin, who had a thunderous two-handed dunk in the first half. "But games like this are going to help us be prepared."

| NEXT GAME | |
|--|---|
| @ Humber College Tonight, 8 p.m. | |
|  REDEEMER ROYALS (0-17) 10th in WEST |  HUMBER HAWKS (16-1) 1st in WEST |

Women pull off victory against hungry Mohawk

JUSTIN IRWIN
SPORTS REPORTER

After suffering a tough loss to a top-ranked and undefeated rival, the women's basketball team fought through a spirited challenge to get a win over a team with one of the worst records in Ontario.

"There's no scarier thing than playing against a team that has no playoff (hopes)," coach Denise Perrier said Tuesday night after the Hawks (10-3) beat the Mohawk Mountaineers (2-12) 66-54 at Humber. "They played tough and we had everything to lose."

A loss would have affected their seeding in the playoffs which begin March 3.

Mohawk's full-court press proved troublesome for Humber, forcing 14 first-half turnovers.

"They caught on to our press-break so we had to adjust our cuts," said Kaitlynn Paulley, a second-year forward who led the Hawks with 15 points and seven rebounds.

Humber made adjustments to break the press, to lead 35-21 going into halftime and never looked back.

"We had to pass the ball and not dribble to the sidelines," said captain Maria Suriani, a third-year guard who had seven assists to go along with her 12 points.

The win helped Humber bounce

back from last Thursday's 70-67 loss on the road to the rival Sheridan Bruins (12-0).

"That was a big game for us," said Paulley.

"That, to us, is the gold medal game right there," said Perrier.

The Hawks shot a dismal 50 per cent from the free-throw line against Sheridan.

"I think it's just experience," said Suriani. "Next time, we'll get them."

Second-year star Kayla Suriani was lost to a knee injury in the second half of the game at Sheridan, in Brampton.

She sees a doctor today to get an assessment of whether she will be able to play in the OCAA tournament.

Tonight, the Hawks close out the regular season against Redeemer (1-13) at Humber at 6 p.m.

| NEXT GAME | |
|--|---|
| @ Humber College Tonight, 6 p.m. | |
|  REDEEMER ROYALS (0-13) 8th in WEST |  HUMBER HAWKS (11-3) 2nd in WEST |

Footy teams in preperation mode

WENDY MACH
SPORTS REPORTER

Humber's men's and women's soccer team are hoping to use a tournament this weekend as a tune-up for the OCAA playoffs.

The tournament will be held on Saturday at Sheridan College in Brampton.

Hard work is contagious and as long as we outwork our opponents, we have a chance of winning.

Andrew DaSilva
MEN'S TEAM CAPTAIN

"These tournaments are preparations for the regionals. It gives us time to get our team ready," said men's coach Germain Sanchez.

Last year, the Hawks participated in the same Sheridan Invitational tournament in Brampton before playing in the OCAA regionals.

"If I work hard and I put in the extra effort, the team will follow

my lead," said men's team captain Andrew DaSilva, who was recently honoured at a ceremony where his No. 23 jersey was retired.

"Hard work is contagious and as long as we outwork our opponents, we have a great chance in winning."

"My job is to keep everyone focused and motivated. As long as I do that, it is up to everyone else to come together as a whole and continue to play like we've been playing," said women's team captain Joanna Alexopoulos, whose No. 4 was retired at the same ceremony.

"Regionals is where it really starts to matter," said coach Vince Pileggi.

The regionals start on March 7 at the OSA Soccer Centre in Vaughan. The top two teams qualify to advance to provincials.

Last year, the men's team failed to advance to provincials while the women's team lost in the OCAA final to Fanshawe.

"At Humber, there is a lot of pressure to win. It comes from being part of Humber, a college with a winning tradition and with probably the best athletics program in the country," said Sanchez.

"We like to participate, but we participate to win."

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HUMBER Sports

Woman's volleyball team suffers first loss of the season, ending a 20-game unbeaten streak P. 22

Tracy Wong off to Halifax for Canada Games this weekend

Fresh off of OCAA regional gold, birdie-smasher looking for a little more



PHOTO COURTESY MANDARIN BADMINTON CLUB // Wong practices her stroke at her club, Mandarin Badminton.

CATHERINE DIVARIS
SPORTS REPORTER

Humber has booked a flight for badminton star Tracy Wong so she can play for the Hawks at the provincial championships Feb. 19-20, as well as participate in the Canada Games in Halifax.

"This will be my first year competing in these games because I was too young the last time they were on," said Wong, 18. "I had to go to tryouts and in order to make it to the games, I had to place top in the singles event."

She focuses on herself and doesn't let anything distract her. She is a very humble individual.

Lam Trinh
HUMBER'S BADMINTON COACH

With her recently acquired single's gold from OCAA regionals, Wong will be flying out of London Feb. 19 to Halifax to play in the Canada Games Feb. 20.

The Games will not be Wong's first national or international event, as last summer she was the first girl to represent Canada for badminton in the Youth Olympics, the World Juniors in 2010, and the Pan Am Games in 2009 and 2010.

"When Tracy is at practice, she takes it very seriously," said Lam Trinh, Humber's head badminton coach. "She focuses on herself and doesn't let anything distract her. She is a very humble individual and will always help another player with form or technique at practice."

Wong is currently in her first year of health and fitness promotion at Humber and is hoping to transfer to the Guelph-Humber kinesiology program within a few years.

"I don't know how far I am going to take badminton," she said. "I do know that it gets a bad reputation in North America. Badminton requires endurance, speed, reaction time, technique, and finesse. It's so much more than just hitting a birdie back and forth."

No hockey at Humber this year

JACQUIE SCHIFANO
SPORTS REPORTER

The option to make hockey an official college sport was put on ice as Humber cast the decisive vote before the Ontario Colleges Athletic Association last week.

The OCAA requires a minimum of five schools to commit to a sport in order to form a league.

Humber will not be committing this year and as result there are not enough participants to sustain a league.

The start-up costs alone are enormous.

Jim Bialek
ASSISTANT ATHLETICS DIRECTOR

"I just think that it needed to wait another year," said athletic director Doug Fox, who made the decision on behalf of Humber.

Fox said he is eager to further develop the sport at Humber before it returns to play in the OCAA.

"There's a fair interest in women's hockey to start as well but it still needs some time. It'd be good to get both teams started together," he said. "We now have a year and a half to plan and try and upscale our hockey program to hopefully be ready for the fall of 2012."

Assistant athletic director, Jim Bialek said, "I'd love to have hockey here, but it has to return in a position that it can succeed, flourish."

He said that with so few schools showing interest in ice hockey, there does not appear to be any room for the sport to develop at the college level.

"With only five schools showing any interest, if one team drops out, then the league will fold," he said. "The start-up costs alone are enormous and far beyond those of any other sport."

Blair Webster, executive director of the OCAA, said he is disappointed with the decision but understands Fox's hesitation to commit to a new league.

"We will continue this conversation for the fall of 2012 instead of rushing into it next year with only five teams on board," he said. "We haven't had hockey for seven years. I am certain there will still be a line-up of students wanting to play in the fall of 2012."

Humber College was among the sponsors for the Rockstar Ski Cross Grand Prix held last week

The event at Blue Mountain lasted three days, from Wednesday to Friday bringing 300 skiers from 20 countries. Participants including champion Chris Del Bosco (in red) gather after racing in the Rockstar Ski Cross Grand Prix.



PHOTO COURTESY AUSTEN MCMURCHY