



Journalism students win 49 awards in Big Apple

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Humber Et Cetera

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The newly elected HSF team from left to right: Karlie Fisher, Deniero Bartolini, Bradley Watson, Bryan Tran (top) and Melissa Mendes, celebrates its victory upon hearing election results.

There's a new prez in town

GREG BURCHELL
NEWS REPORTER

Bryan Tran, the new president of the Humber Students' Federation, said he was drawn to campus politics in his first year as a business administration student.

"I saw one of the posters up for elections and I decided to run for VP administration at Lakeshore to get my feet wet," he said.

While he lost that election two years ago by about 30 votes, he still got a job with HSF to lead some of its events.

"I got involved with the school," Tran said, and he ran again – and won – last year to become VP campus life at Lakeshore.

He said the biggest influence on his presidential campaign for the \$35,000 a year job has been the current HSF president, Shugufa Kaker. "I've almost followed her footsteps," said Tran, noting that his fellow Lakeshore student held his VP position before she became president. He also credited a political alliance with Melissa Mendes, newly elected

VP campus life after serving a year as VP administration at North Campus.

"We called each other the dream team," Mendes said.

The two met last year during the campaign. "We just clicked," said Mendes. "We became a family."

Tran also got the endorsement of Deniero Bartolini, the new VP campus life at Lakeshore. "He's really committed to his job," said Bartolini. "He knows the HSF really well."

Tran, 25, was born in Vancouver in 1984, moved to North York in 1986 and to Malton, where he now lives, in 1992.

"My family is excited, they're happy," he said of his election. "They've always been a great support for me," he said of his sister and parents, who came to Canada from Vietnam after the war in Southeast Asia.

So what motivated Tran to keep running for office?

"It comes down to helping people," he said. "I felt like I could make a difference in school and help improve the experience people have in school."

Students vote for experience at HSF polls

Voter turnout at an all-time high with 21.3 per cent of students casting ballots

SCOTT MONEY
JON HEMBREY
NEWS REPORTERS

After winning an election that saw a record turnout, new HSF president Bryan Tran said he wants student government to increase a sense of unity among Humber's three campuses.

"As Humber continues to grow we get more separated," said Tran, 25, a third-year business administration student. "I want to bring everybody back together."

To aid that cause, he said he would direct "our PR staff at all campuses, maybe once a month or once every other week, to let everyone know what's going on with the school."

Tran received 37 per cent of the

vote, easily defeating three opponents. The results were released last Friday – for the \$35,000 a year president's position and four \$21,000 a year vice-president jobs – after a two-week campaign and a week of voting.

The 21.3 per cent of students voting – 4,267 ballots cast – was a sizeable increase over the 16.4 per cent a year ago.

HSF Executive Director Ercole Perrone called the record turnout "something to be proud of" and attributed the upsurge to greater promotion of the election and the hard work of candidates.

At North Campus, Melissa Mendes was elected VP campus life and Bradley Watson – who won by only nine votes in a field of five candidates – VP administration.

"The campaign was so fierce," said Watson, 19, a second-year business administration student.

Mendes, 19, a second-year public relations student and current VP-administration, said she wanted to "go out there and thank every single person (1,860) that voted for me."

The two candidates at Lakeshore, who ran unopposed and faced a yes-or-no vote, were approved overwhelmingly.

"I didn't think I had more than 500 enemies who would say 'no,'" joked Deniero Bartolini, 24, a second-year bachelor of international relations student, the new VP campus life.

Karlie Fisher, 18, a first-year community and justice services student, becomes VP administration.

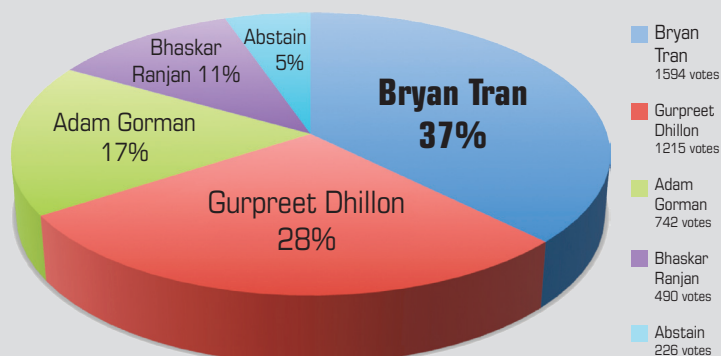
"I was really nervous all week but

it's a nice feeling," she said after the results were announced.

The new executive, which will take office May 1, needs formal endorse-

ment by students attending HSF's bi-annual general meeting next Wednesday.

by the numbers:



Graphic by Claude Saravia

Brawl off court leads to basketball suspensions - Full story on page 20

Oh deer! Harm to Arb ups costs

College and horticulturalists work to curb wildlife damage to trees and plants

CATHERINE LABELLE
NEWS REPORTER

Damage to the Arboretum from deer is affecting its flora and has become costly for the park.

The damage may limit opportunities for the North Campus community, said the director of the arboretum, Melanie Sifton.

Damage to trees and plants is estimated to be over \$100,000, said Heather Somer, senior horticultural technician.

In the past five to 10 years, deer have increasingly become an issue, Sifton said.

Part of the problem is the absence of traditional predators, with the exception of coyotes that Sifton said may be able to take down a small deer.

The vitality of the woodlot, or more heavily treed area of the arboretum

has been compromised by deer feeding too much on wildflowers and seedlings, Somer said.

"You need to have those small seedlings to take over when trees die."

Given the extent of the damage, action needed to be taken, said Sid Baller, arboretum superintendent.

"We probably had eastern Canada's best collection of dwarf evergreens and now they are virtually all gone," said Baller.

In the past year, costs of deer deterrents and protective measures taken by staff are hard to estimate, but are definitely more than \$20,000, said Sifton.

To protect the area, a deer fence was installed from the student residences to the condominiums adjacent to North Campus, Baller said.

Second-year landscape technician



Catherine Labelle

A deer in the Arboretum tries to get around a fence installed to prevent it from harming plants.

student, Candice Welch, said deer still make it into the arboretum by jumping over or by entering through holes in the fence, resulting in staff trying to shoo away the deer.

Tree guards have been wrapped

around the base of small trees and temporary fences erected around plant beds for protection, she said.

"It's a lot of work and it takes a lot out of you, but it's worth it."

Without having to deal with the

problems associated with deer, more time and effort could be invested into programs and education, as well as updating our trails, Sifton said.

"It all takes money and time."

College awaits plans for online classrooms

TESSIE SANCI
NEWS REPORTER

The province's plan to implement a post-secondary online institute will include Humber and other colleges.

Ontario Online Institute will bring "the top programs to the homes of those who want to pursue this new option for higher learning," was stated in the provincial throne speech.

College president John Davies said he supports the idea, but said he is unaware of how the institute will work.

"I suspect it'll be more likely to be on the sort of Ontario Learns-type model expected to include university-type courses," he said. "But I don't know. This is the first time I've heard this like everybody else."

Ontario Learns is a network of online courses from colleges throughout the province.

A Humber student can take an online course provided by a different college and have it count for credit with the approval of the school.

It is not an open college in the sense that it grants degrees, diplomas or

certificates.

Ruth Hickey, director of e-learning, said online learning is critically important.

"We see it in the growth of the registration rate," she said. "It's just reinforced with the throne speech and the announcement that's out there. We need to be able to provide flexible learning opportunities."

The registration rate for online courses at Humber increases 15 to 20 per cent each term.

She said that flexible learning opportunities benefit all Humber students, from the full-time ones who missed a course and need it to graduate to the part-time students with families or jobs.

Davies said the "big question" is how students looking for an Ontario university or college credential can do that through this institute.

He does not expect details in the upcoming provincial budget, but said college and university presidents will ask these questions when they meet with Deborah Newman, the deputy minister of training, colleges and universities, in about two weeks.



Michael Raine

Coordinators and PR students meet to discuss plans for the student appreciation banquet.

Looking to award a humanitarian

MICHAEL RAINE
NEWS REPORTERS

Students, faculty, and staff are being asked to nominate someone at Humber who has had a major impact on them for an award at the 25th annual Student Appreciation Banquet.

Nomination forms for the Alice in Wonderland-themed banquet next month are being accepted until Wednesday.

Students can nominate their peers as well as faculty and support staff while faculty and staff can only nominate students, said special events teacher and banquet co-ordinator

Nancy Marino-Benn.

"It's all about students and recognizing achievements."

Director of student events Maggie Hobbes said "it creates an opportunity for students to recognize those people that may be off the radar from the normal awards that are given out by the college."

Students can pick up a nomination form at the Athletic Centre and HSF offices at all three campuses. Forms can also be downloaded and submitted online at humbersab.com

Nominations are reviewed by a selection committee comprised of representatives of the community who

have won the awards in the past, said Hobbes.

The banquet is sponsored by HSF but is organized and run by Humber's second-year public relations students.

"They come up with the theme, they advertise and promote, they plan the banquet, they write the script – they do everything," said Hobbes.

"So far it has been going great," said second-year public relations student Katie Ostroumova.

The event takes place April 24 at the Seventh Semester banquet room on North Campus.

world news

Violence in Mexico continues

Mexico has garnered international media attention because of violent clashes between two drug cartels. Local media in the border city of Reynosa has been reluctant to report on the issue due to targeted violence against journalists.

The New York Times

Tiger back on the prowl

Tiger Woods announced Tuesday he will return to the PGA tour from his hiatus because of admitted extramarital affairs. Woods' first tournament will be at the Masters, in Augusta, Georgia between April 8 and 11.

Associated Press

Thai demonstrators spill own blood

Thousands of Thai protesters have marched in Bangkok since Sunday demonstrating against the current prime minister. Protesters spilled litres of blood they had collected from volunteers on the parliament house as a symbol of their objection of the government.

The New York Times

Injured dog walks into ER

Medical crews were surprised a wounded dog walked into the emergency room at San Juan Medical Centre Saturday. The dog, suffering from a puncture hole in its rear leg, found its own way to the hospital. It has since been reunited with its owners.

The Daily Times

Correction

In the March 11 issue of *Et Cetera* in This Week's sports listings on page 18, Outaouais College was misspelled.

Et Cetera apologizes for the error.

HSF meeting will focus on changes to constitution

Agenda is also set to include bursary

SIMON RICE
NEWS REPORTER

Constitutional changes and next year's budget, which includes a \$25,000 increase in total bursary money, are on the agenda when the Humber Students Federation holds its general meeting on Wednesday, said Federation President Shagufa Kaker.

The bi-annual meeting must be attended by at least 50 students for it to officially proceed. Attendees will then vote on agenda items introduced by two members of the executive. which two? And what happens if there are 48 witnesses?

The meeting will be held at 11 a.m. in the H cafeteria at Lakeshore Campus.

"It's very important that students come out and see where their budget is going," said Kaker.

The \$25,000 increase in new bursary money is to be added to the \$100,000 total already available to students and was re-allocated from other areas of the overall HSF budget, said Melissa Mendes, next year's vice-president campus life.

Proposed changes to the constitution would bring in stricter academic qualifications for students hoping to run for a position on the executive.

"It's going to be harder. They can't fail anything," said Ercole Perrone, HSF executive director.

The current rules only require a 65 per cent average to qualify.

Sunny Kunasagan, 22, a first-year general arts and science student, said he definitely planned on attending.

"It's our money that's being spent and our responsibility to see that it's spread out in the right way among the student body," said Kunasagan.

Kunasagan also said the new academic rules for executive members are important.

"I think it's a great idea. If they can't handle both work and school, it probably says something about what they'll be like as our reps."



Claude Saravia

Some of the Et Cetera editors pose outside the newsroom with the award-winning Feb. 11 issue.

J-school eats the Big Apple

KATELYN MCCALLION
SENIOR REPORTER

Humber College's journalism program took home best in show for the *Et Cetera* newspaper, and *@humber* radio show at the 2010 College Media Advisers' David L. Adams Apple Awards held in New York City on March 16.

The previous day, at the Columbia Scholastic Press Association College Crown Awards, Humber won 49 awards to beat last year's record of 31.

"This is unheard of, because...with 31, it was the most awards any single institution has won at any single time, anywhere," said Dean of the School of Media Studies and Information Technology William Hanna.

Both events honour the best college and university journalism students from Canada and the United States.

"I'm incredibly proud and thrilled," said program coordinator Mike Karapita. "Our students have done the work and now they're being rewarded for it."

Humber won the Apple in 2003 for best general interest magazine, in 2007 and 2008 for best radio broadcast and in 2008 and 2009 for television broadcast.

The *Et Cetera* won its first Apple for its Feb. 11 Olympic issue. Managing editor Leslie Wilks credits the success to teamwork.

"Everyone came together really well," said Wilks. "The hard work of the whole editorial team and reporters really showed."

One of the awards went to Patti Phillips and Erin Bosenberg, who won for their podcast called Now Hear This. Faculty adviser Judy Charles could not have been more excited.

"When I heard they won I was on the ceiling, I was ecstatic," said Charles. "We have subscribers to their podcast, and they spend hours and hours extra, because they love it."

Program co-ordinator Carey French called it a privilege to see Humber students honoured by their peers.

"These are difficult times to be a journalist because to be a journalist is to be on a perpetual teeter totter where you're trying to balance between what people want to know and what they need to know," he said.

After the big win, students planned to celebrate their success the best way they know how – by hitting the town.

"We're going to put on our dancing shoes and paint the town as red as this apple," Phillips said.

For a complete list of the awards visit our website at: humberetc.com.

Earthquake survivor back home

ANDREW ARDIZZI
NEWS REPORTER

A Humber grad was nervously waiting for news of the whereabouts of her daughter after she heard of the massive earthquake that rumbled through Chile on Feb. 27.

The morning of the quake, Maureen Black, 48, received a call from one of her Canadian friends at 5 a.m., and was informed of the terrible news.

"I got pretty upset because I've been through two of the big ones and I know what it is, and it's horrible," she said. "The first few hours for me were horrible. I didn't know if they were alive or not."

Black's oldest daughter, Fernanda, 25, arrived for a wedding the day before the quake occurred.



Andrew Ardizzi

Maureen Black and daughter.

"She was staying at my parents' house, and the house beside them, the fireplace collapsed on the wall," she said. "My father had fallen to the floor. She saved his life because all these pieces of brick and cement were flying all over the house."

Several of Fernanda's flights had been cancelled, leaving her unable to return to Canada until Friday afternoon.

Black said it was nice to have her home, adding she was still shaken, but otherwise fine.

Black has been in regular contact with the rest of her family and said, other than her mother who broke two toes, everyone is fine.

Black is married, has three daughters, and works for the Angel Foundation for learning, an organization serving Toronto catholic schools.

She is looking into fundraising initiatives and hopes people can contribute to non-profit organizations in any way possible.

"We hope the people will not forget," she said.

Retrained grads face shaky job market

SHAUN BERNSTEIN
NEWS REPORTER

Second Career students who are preparing to graduate in April are still facing an uncertain job market, Humber's career centre said.

"I saw a huge increase in part-time and summer jobs, but a decrease in full time jobs," said centre manager Karen Fast. "I don't see that changing right away."

The Ontario government began Second Career funding in 2008 to fund the retraining of laid-off work-

ers unable to find employment in their field.

Students apply for programs like regular students and get reimbursed a portion of their tuition by the government.

Fast said it will be hard for Second Career students to focus on searching for work in their new industry and accepting multiple part time jobs instead of full-time employment.

"That's something that the younger crowd may be embracing, but the older crowd may not," said Fast.

"I wouldn't say it's overwhelm-

ing, but it's challenging, no question about that," said Glenn Bryant, a student adviser to the business school.

A majority of the 500 Second Career students have been enrolled in The Business School with programs such as accounting and paralegal studies.

The average age of a Second Career student is about 40.

Alicia Griffon, 32, began attending Humber through the Second Career program after she lost her job in the automotive industry.

"Going back for me was wonderful;

it really makes me feel positive about what I want to do," she said.

She will graduate from the hospitality and tourism management program in April, and hopes to work at the hotel where she's been serving her internship.

"I got feedback here I didn't get in the working world. It was wonderful," said Griffon.

"These students are absolutely ready to start looking for work because they've been through it," said Bryant.

Cops look for 3 men in armed robbery

JON HEMBREY
NEWS REPORTER

Police are looking for three suspects after a Humber student was robbed near the Arboretum Monday night.

The male victim told police the suspects threatened him with what looked like a rifle, said Det. Const. Andrew Pak of 23 Division.

"The student was not harmed and the suspects fled with some "personal property", said Pak.

Director of public safety, Gary Jaynes, said the college will be "fully cooperating with the police," reviewing surveillance footage and turning it over to police.

Jaynes said Humber will increase security presence on campus with additional guards, mobile patrols - security personnel in Jeeps from one to three.

"We need to ensure our students and employees are safe and we'll take all steps necessary to do that," he said.

President, John Davies described the robbery as a "violation" and said the college will "conduct a thorough safety audit" to determine if changes to protocol are needed.

He said students, particularly those in the nearby residence need to be aware "of what happened, what needs to be done and our reassurances that this is an issue that we treat extremely seriously."

Jaynes said robberies on campus are very rare but students should still be aware of potential risks.

Police said the three suspects are described as male black, in their 20s, and around six-foot-two.

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Courtesy

A young Ben Kern, third from the right, poses with his provincial golf team in 1968.

Golf icon enters Hall of Fame

Mentor and industry specialist brought unique program to Humber

MEG BANKS
NEWS REPORTER

A founder of Humber's Golf Management program will be posthumously inducted into the Canadian Golf Hall of Fame this June.

Ben Kern helped initiate the professional golf management program at Humber 15 years ago. Hundreds of students have completed the program, helping the golf industry progress, said current program co-ordinator Ray Chateau.

"Ben's contributions are significant to the teaching of the game and the role of the golf professional," said Chateau. "He's kind of a role model for the industry."

Kern died of cancer in 2002.

Meggan Gardner, curator at the Canadian Golf Hall of Fame, said Kern was a "shoe-in" for the Hall. "He was definitely a giver, a mentor to many people," she said.

"He was very set on kids learning the game and appreciating the game."

Kern was introduced to golf when his two older brothers worked at a club and brought the game home, said his wife of 32 years Janet Kern.

He played obsessively through his brothers' employee discount, she said. "After he played for about a year he was shooting in the 70s," she said.

After playing on the PGA Tour for six years in the 1970s, Kern dedicated his life to teaching golf.

Kern also taught at summer camps. "They were out in the afternoon

filling divots and raking sand traps," said Janet Kern. "It was about respect for the course."

Kern's all-encompassing love for the game is reflected in Humber's professional golf management program curriculum.

The program runs three years and covers everything students need to operate a golf club.

Students learn "accounting, finance, marketing, plus golf industry-specific things around golf operation, like turf management, food and beverage management and the fundamentals of the game of golf," said Chateau.

The induction ceremony will take place at the Canadian Golf Hall of Fame at Glen Abbey Golf Course in Oakville on June 10.

Safety boss calls it quits after 31 years

ROMI LEVINE
NEWS REPORTER

After 31 years of making Humber College safer for students, Gary Jeynes, director of public safety, is retiring.

"I need to have some Gary time. I want to learn how to play golf, I'd like to do some volunteer work, and I'd like to do a little bit of part-time work," he said. "I would just like to relax and enjoy life because there are things beyond Humber, the question is finding it."

Jeynes, 58, graduated from Humber in 1974 and began working at the college in 1979 as safety co-ordinator.

He has managed many changes to campus security and said his commitment to student safety was strengthened 20 years ago, after a woman was assaulted near North Campus.

"The college and the community around us said, 'this is a little bit too close for home,'" he said.

Police foundations co-ordinator, Henri Berube, said he attributes safe-

ty on campus to Jeynes' leadership.

"He's achieved a really good, safe academic institution," he said. "He is a consummate professional."

Jeynes, who has held his current post for 15 years, said personally interacting with students allowed him to go beyond his general commitment to security.

"It's ok to put in equipment and hardware and cameras and those types of things but when you get down to the heart and soul, dealing with students and people problems has been the most rewarding for me," said Jeynes.



Romi Levine

Gary Jeynes

Nancy Deason, manager of public safety, who has worked with Jeynes for 19 years, said Jeynes put her and the rest of the public safety staff at ease.

"He's like a warm glove or, you know, the old slipper," she said. "It's your comfort zone and we learn from him all the time."

Jeynes' tenure officially ends Aug. 31, but his last day on campus will be June 18, before going on vacation.

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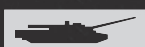
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NextBus improves streetcar service

T.O. mayor says he's proud of system

GILLIAN GALINSKY
BIZ/TECH REPORTER

Students now have one less excuse for being late for class.

The TTC has launched the beta-testing version of its NextBus service, a website that updates the time streetcars will arrive at their destinations.

The service is run by a company out of California, and Toronto is one of a few Canadian cities using the technology.

The service can be accessed online, on a Smartphone, or via text messaging.

Mayor David Miller said he is proud of the NextBus system, which has been in the works for two years.

"Great cities don't succeed without great public transit, and I have seen a remarkable transformation in the TTC," Miller said.

Streetcars use GPS technology to communicate with the NextBus server, which is then uploaded to the Internet, said Kevin Ramdas, program co-ordinator of wireless technology.

"The GPS receiver on the streetcar sends a signal to three satellites, which triangulate its position on Earth, and the technology is accurate to within one meter," said Ramdas.

The service is part of the TTC's commitment to online service, which started with the online trip planner released in February.

Current routes included in the ser-



Gillian Galinsky

NextBus allows TTC users to locate streetcars easier, prof says.

vice are the 509 Harbourfront and 510 Spadina streetcar lines.

The NextBus service is in beta testing right now, but will be launched in

full after a public meeting on March 24, said TTC spokesperson Jessica Martin.

North Campus hosts micro-mice competition

DAN BLACKWELL
BIZ/TECH REPORTER

This April, teams of Humber applied technology students will compete with custom-made miniature robots built around the latest technology in the automotive industry.

The robots, called micro-mice, are the size of remote-control cars, battery-powered and run on customized software designed to allow it to drive through small mazes without any human assistance.

"In the final year of their program they start from scratch, they build the hardware, and in the second semester they build software around the hardware," wireless and computer programs co-ordinator Muhammad Khan said.

The top five teams – usually three or four students each – will compete for cash prizes at the North Campus cafeteria by placing their robot in a small maze and timing how long it takes to find its way out.

The brains powering the micro-mice, student created microcontrollers, are comparable to the hardware being used in automobiles.

"Your new vehicles these days, they all come with microprocessor systems in them," Khan said.

"It checks how much pressure is on the pedal of your accelerator, and then it injects the fuel into the engine, the same way we use a microcontroller on the mouse we developed."

Applied technology instructor Paul Michaud said the competition helps bring students to the attention of the automotive and robotics industry, and represents the culmination of everything applied technology students have learned.

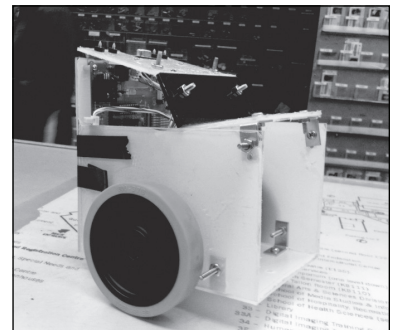
"I'm more interested in that they're actually bringing together concepts that they've worked with throughout the program," he said.

"It's a way of bringing it all together in a capstone project."

Third-year applied technology student Darlington Nkowitz, 25, said his micro-mouse is a perfect partnership between software and hardware, and a major time commitment.

"It takes days not hours," he said.

"It's not easy, but I like the intellectual challenge."



Courtesy

Micro-mice similar to the 'Thunderblaze' will compete for prizes at North Campus next month.

Lakeshore group connects with community

Community Students Institute reaches out to potential volunteers through Facebook

CHARMAINE KERRIDGE
BIZ/TECH REPORTER

Lakeshore Campus's Community Students Institute is using a new Facebook page to inform and recruit students who want to volunteer in their communities.

The group hopes the page will connect with students from all three campuses who may not know about the club and its activities.

"Basically, we wanted to introduce the club and hopefully get people involved," said Paulina Szlachetka,

president of the institute. "People don't know we exist."

The group works on projects that benefit not-for-profit organizations in the community.

In past months, they've organized a clothing drive and participated in the annual community builders' conference, a networking event for students and non-profits.

Community Cave, an umbrella company for many small charitable organizations that receive help from community volunteers, has worked closely with the students.

"Students get inspired to get involved from previous conferences," said Leyla Bulcan, secretary of the board at Community Cave. "They see people their own age who are making a difference and creating programs in the community."

Bulcan said volunteering allows students to identify with people in the community who require assistance.

"They collected bags of clothes and went out into the streets with them, had bake sales and used the money to fund community events," said Bulcan.

For students, the Facebook page

can offer both a social and altruistic opportunity.

"It's great to get to know people in my program, and at the same time we're actually doing things," said volunteer Lindsay Ranger, 19, a first-year student in the community and justice services program.

Agencies that benefit from the students' time see the positive effects of using social media to reach volunteers.

"It's proven that these social networking tools are good at engaging the community," said Bulcan. "For other organizations, it has worked."

Teachers awarded research grants

Humber profs say they will use award money to employ students as research assistants and fund data collection

JANE SPONAGLE
BIZ/TECH REPORTER

Humber's research department announced Tuesday the seven teachers who were awarded up to \$8,000 to fund research projects.

This year's winner's are Ted Glenn, business; Tan Le, liberal arts and sciences; Joy Shewchuk, Sandra Filice, Bridget Woodcock, all school of

health services; Andrea Tavchar, media studies and information technology; Heather Somers, applied technology.

"It's very satisfying to know that I can conduct this research that I'm very passionate about and know that it will help my students and Humber as well," said Andrea Tavchar, who teaches a course on social media. Her research will centre around youth digital literacy and social media.

Michelle Mattern is the senior research officer and chair of the adjudication committee. She said the criteria for recipients included "the excellence of the proposal, the involvement of students or the impact on programming or other areas of student life."

Students are involved with research as paid assistants, she said.

Tavchar said her funding "will primarily be going to research assistants to help with data collection."

The maximum award, which covers projects in place from next month through to next January, is \$8,000 from a pot of \$40,000, said Mattern. The money comes from the college's operating budget.

"Some sort of report is due back to us by Jan. 31, which is also the cut off for funding," Mattern said.

Math professor Rebecca Milburn was awarded about \$7,000 last year for her work investigating how well math placement tests predict student success. She hired two student research assistants.

"It's a great place to work on your ideas and, before they're really mature enough to go out for external funding, you get a chance to develop your ideas so that when you're ready it will make Humber look like we're fostering research and supporting it," said Milburn.



Jane Sponagle

Michelle Mattern sat on the committee that decided this year's research grant recipients.

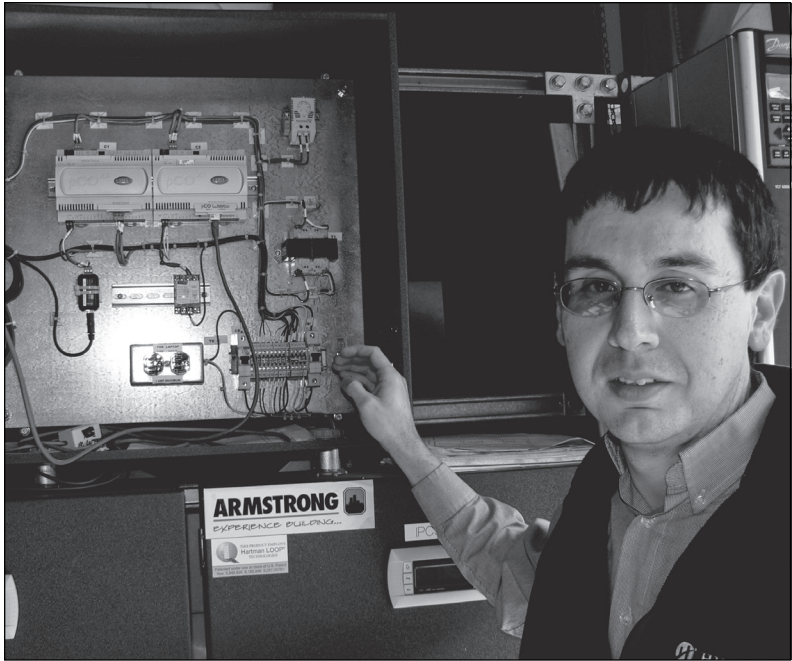
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Steph Sprenger

Efficient upgrades cut costs

Prof says changes to school's energy consumption led to grant

STEPH SPRENGER
BIZ/TECH REPORTER

Over \$150,000 is being invested in energy efficiency projects at Humber's North and Lakeshore campuses, thanks to a City of Toronto grant.

About a third of the money is being used to replace lights in the North Campus gym with high-efficiency induction lights, which use half as much energy and require less maintenance.

This renovation is slated for May, but many of the other projects paid for by the grant have been in development all year long.

Over 1,000 LED lights have replaced spotlights across the two campuses, reducing energy con-

sumption from 50W to 6W per bulb. Ventilation systems and exhaust fans in cooking areas at North Campus have also been updated with this funding to minimize energy waste.

"Some of it is small things, but it all adds up," says Spencer Wood, manager of maintenance and operations.

Humber only received the money in December, even though the grant was awarded in large part for the cutting edge Hartman Loop control system installed three years ago to increase the efficiency of North Campus' air-conditioners.

"We were ready for it even though we didn't know exactly when it was coming," said Rani Dhaliwal, vice president of finances and administrative services.

Knowing the money would be coming at some point, Humber went ahead with more energy efficiency projects they knew the grant would one day pay for.

"We would always put [the money] back into that kind of initiative since it's one of our key initiatives," said Dhaliwal.

The Hartman Loop control which inspired the award has saved the college \$100,000 per year since its installation, reducing energy consumption of the air-conditioning units by 60 per cent.

That money has also been reinvested in energy efficiency projects like more efficient lights, exhaust fans and ventilation.

Wood says Humber's air conditioning system and other efficiency upgrades helped the school get a City of Toronto grant.

Networking key asset for young entrepreneurs

SANGEETA PATEL
BIZ/TECH REPORTER

Running a business over the summer can be a great way for new entrepreneurs to gain experience and contacts, said Karen Fast, manager of the Career Centre.

Fast said an entrepreneurial network is "a life line to the next client, to new opportunities and is 100 per cent important to the success of a business."

For anyone starting a business, it can often be difficult to know where to turn for credible advice, said Robert Bolf, business management pro-

gram co-ordinator.

"If they don't already have a network, they might try the traditional things like going to their bank manager to see if there are other small businesses to talk to, or the chamber of commerce or another business association and try to establish a network," Bolf said.

While the Career Centre doesn't offer specific services for students who

looking to establish their own businesses, Fast's suggestion is to seek out "professional associations."



Sangeeta Patel

Networking is vital to business.

"There are some strictly for entrepreneurs," she said. "I would find out about the summer employment grant and find out what kind of opportunities there are [for students]."

Once someone is out in the workforce, "Enterprise Toronto is an amazing service and

networking group for people who are starting their own businesses," Fast said. "They offer free workshops, opportunities to talk to other entrepreneurs, things like that."

She also said that groups available through chambers of commerce and business groups are useful in establishing contacts.

Another option is online networking groups like the Toronto-based sprouter.com, said the company's founder and CEO Sarah Prevetie.

Prevetie, who started the website after her own failure with starting a new business, calls it "a place where young people with no contacts can

establish a network."

"It's frustrating to cold-call people for advice, and sometimes I didn't know what I didn't know, so I didn't even know what advice to ask them for," Prevetie said.

"I think there's a huge advantage to that because you have a wider base," Bolf said of online networking groups.

The drawback is there will be people who will try to sell you something as an entrepreneur, he said.

"I think that you have to be careful, but potentially you could have great access to a lot of resources," Bolf said.

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The minimum wage is going up.

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Current wage rate	\$9.50/hour	\$8.90/hour	\$8.25/hour	\$47.50	\$95.00	110% of the minimum wage
Mar. 31, 2010 wage rate	\$10.25/hour	\$9.60/hour	\$8.90/hour	\$51.25	\$102.50	110% of the minimum wage

On March 31, 2010, the general minimum wage will increase to \$10.25 per hour from the current rate of \$9.50 per hour.

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

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student life

Students forced to live below the poverty line

Nutritious, well-balanced diet not an option with \$7.50 allotted for food per day by OSAP

Between limited funds and time constraints students often face, eating nutritiously can be tough. This fact was recently brought to light by the Ontario Undergraduate Student Alliance and its Food for Thought campaign. The campaign sees five post-secondary students from across the province embarked on an experiment aimed to highlight the deficiencies of OSAP by attempting to eat nutritiously on \$7.50 per day, the same amount OSAP allots for food each day.

Students living away from home, regardless of city, are allocated slightly under \$35 dollars a day for food, transportation, shelter and miscellaneous expenses, meaning a careful budget is of the essence.

Coincidentally, this event coincides with Canada's nutrition month. Dietitians of Canada declared 'Celebrate food . . . from field to table,' as the theme this year.

While in the past few years the local food movement has picked up quite the buzz, the fact is if you want those home-grown tomatoes, you'll have to be prepared to shell out an extra few bucks. That is something far too few students can afford to do despite the numerous benefits of buying local.

Spokesperson for Dietitians of Canada, Mary Bamford, told the *Et Cetera* that buying local food allows us to form a relationship with farmers and have a better understanding of where our food comes. Ultimately, it makes us

“We're focusing on food because food is something everyone can understand and compare to their own situation.”

Alexi White
OUSA executive director

think more about our food and hopefully make healthier choices. Buying local food also has environmental benefits, as our food doesn't travel as far from the field to our fork.

Bamford recognizes buying local can be difficult for students.

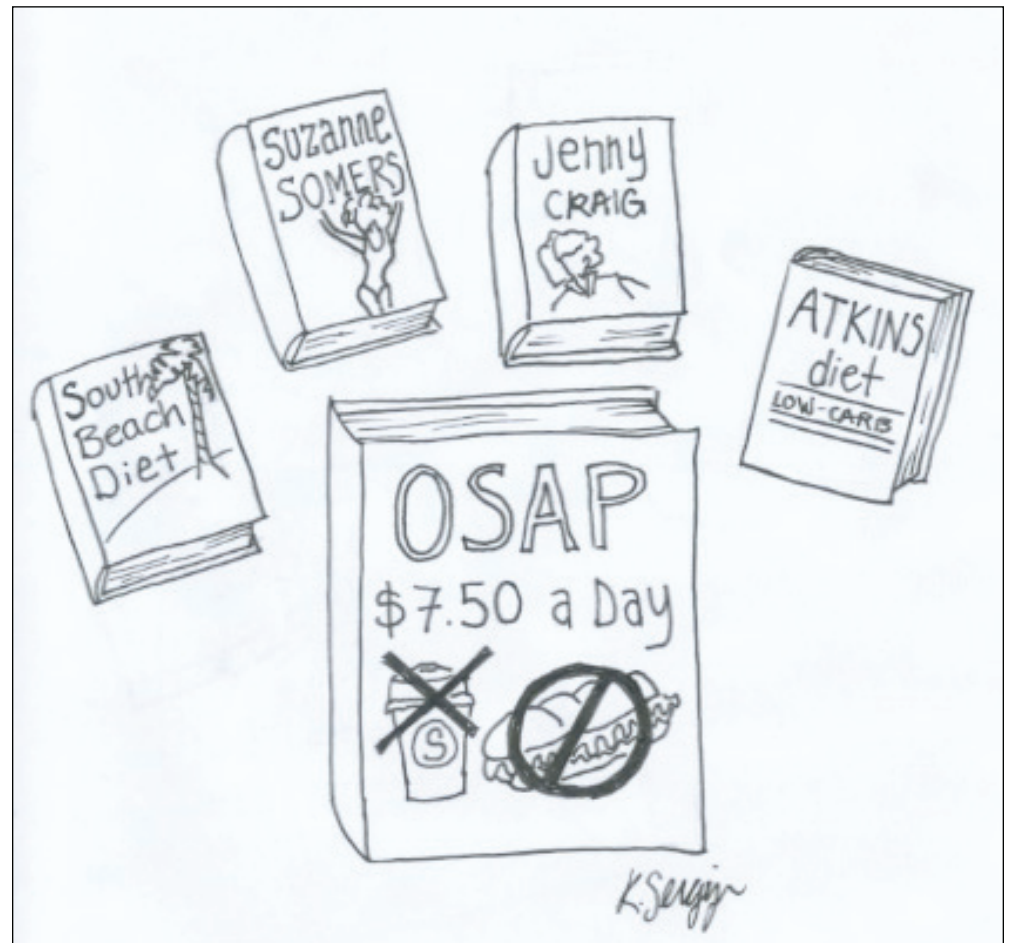
The amount OSAP doles out adds up to a living allowance of \$12,540 a year, an amount that hasn't changed in four years. OUSA's executive director, Alexi White, points out this amount forces students going to school in larger cities to live below the poverty line – paying an extra dollar or two for Ontario grown produce isn't even an option. Currently about 60 per cent of an OSAP loan comes from the federal government, while the provincial government covers the other 40 per cent.

“We're focusing on food because food is something everyone can understand and compare to their own situation,” says White. “It's the overall amount that's important. We're hoping the provincial government in the next budget that will be coming out in a couple of weeks will basically raise that living allowance.”

The *Et Cetera* seconds that motion.

The Ontario government should take note. OSAP needs to be raised. Whether it comes to our careers or what to have for dinner, as students we try and make smart decisions about our futures. We shouldn't be expected to go into credit card debt just to savour local produce.

cartoon



quoted

What do you think about artificial tans?

Sanaulhaq (Sunny) Zarawar, 19,
1st year accounting

“It's not a good idea. It's not natural. If you want to get tanned, just use the sun.”

Rob Nesbit, 19,
1st year accounting

“(My girlfriend and I) were just talking about that. I wouldn't do it. I burn about three times in the summer, and then I tan. I get a great farmer's tan.”

Kirsten Pierce, 26,
1st year interior decorating

“It's a cancer booth. You look like leather and it's gross. If you want to tan, you can just get one from the sun. The sun is free.”

Natoya Husbands, 24,
1st year hospitality and tourism

“There has been a lot in the news about the dangers. We need to think about long-term consequences. What it will cost society in the future. I think it is pretty selfish.”



Et Cetera poll

Will you be participating in Earth Hour?

Vote online at www.humberetc.com

Results from last issue's poll:

What are you doing for St. Patrick's Day?

Going to an Irish pub (29%, 6 Votes) Staying in (19%, 4 Votes)

Whatever the day brings (52%, 11 Votes)

Et Cetera wants to know what you think

We appreciate letters or emails expressing your opinion on issues covered in the paper. Reporting the news is not a one-way street. Hearing from our readers is important to us and debate will bring more depth to the news we report. Think we're missing out on the real issues at Humber? Have we not told the whole story? Let us know!

Send us an email at etc.humber@gmail.com

Humber Et Cetera

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

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appearances

Race labels insensitive, identity more complex

ALICEA KNOTT
LIFE EDITOR



Identity and race are two of the most complex issues in our society.

As a person of African descent, my identity is largely unknown. My ancestors' history, prior to their arrival on the Caribbean island of Jamaica, remains a mystery.

As a young child, I knew I was Jamaican, I knew I was black. That was enough.

But what does 'black' really mean? This is a question I'm still wondering.

As I grew up, I discovered more about my family history. My father is of mixed ancestry. His family was Jamaican, but he had a black mother and a white father.

Though it may seem unusual, this is not uncommon in Jamaica. The country slogan is a good summation of Jamaica's cultural heritage – 'Out of Many, One People.'

While over 90 per cent of Jamaica's citizens are of African origin, many also have ancestry from Asia, Europe and the Middle East. It is not uncommon for many African-Canadians or Americans to have some European

ancestry in their family line. One of the most apparent reasons for Jamaica's mixed ancestry is slavery.

With this in mind, questions of racial identity are still pertinent as we approach the UN initiative for the International Day for the Elimination of Racial Discrimination on March 21.

And they are all too personal, as I was acutely reminded during a conversation with a close friend.

“When the conversation turned to race I made the mistake of saying something she's heard her whole life – 'You're not black.'”

My friend is also Caribbean but unlike myself, her background includes black, Arab and white. Based on appearance, you would not know she has African ancestry as she has very light skin and brown hair. People usually try to guess her ethnicity. It is a game she hates – and one they never win.

When the conversation turned to race I made the mistake of saying something she's heard her whole life – 'You're not black.'

I thought because she did not look

similar to me, or perhaps did not experience the same things I did because of her skin colour, it precluded her from identifying with her African heritage. I did not understand at that moment and in the heat of the discussion how offensive this simplistic phrase was and repeated it to her chagrin.

Racial identity involves more than skin colour.

Many people now share ancestry from a variety of continents and have parents who may have drastically different skin colours and cultures. This does not mean they are neither, it means they are both.

I don't subscribe to the view that someone has to choose a side if they have mixed parentage. That is ridiculous and unnecessary. Individuals should have the right to identify as they please. There are many people who genetically have multiracial ancestry but choose to identify under one category. Others embrace both.

And to be fair, how can we categorize, label and typecast human beings? Race and identity are not as simple as it used to be or how it was previously treated.

Being 'black' does not mean your skin colour is dark and both of your parents have African ancestry. Identity is far more personal, and something everyone has to discover on their own. Myself included.

Faux-tan a fashion faux pas

Cosmetic benefits of a suntan not worth the harmful health effects

MELISSA HAYES
A&E EDITOR



Spring is in the air. It's almost time to ditch the heavy winter layers in favour of the lighter, skin-baring variety. But as my wardrobe lightens up, and body parts that haven't seen the light of day since the temperatures started dipping are suddenly on display, I won't succumb to the pressure of turning my skin a buttery, summery brown.

I'm not saying I don't appreciate a good suntan – I'll be the first to admit that I love the beachy, carefree look. I just don't think it's worth the time, effort, and health risks.

It is well known that long periods of time spent in the sun without the proper protection can lead to skin cancer. According to The Skin Cancer Foundation, it's the most common and fastest spreading form of cancer.

Beyond the scarier consequences, overexposure of sunlight can also lead to photo-aging (read: premature age spots, wrinkles and damaged, leath-

ery skin). As someone who regrettably spent some of her teenage years laying slathered in lotion, not really considering all of the above, I wish I had let old-fashioned sun bathing remain just that – a thing of the past.

Indoor tanning is even worse. A recent study by the International Agency for Research on Cancer found the risk of skin cancer jumps by 75 per cent when the under-30 crowd is exposed to the ultraviolet radiation in tanning beds.

“Faux-tans can also be high maintenance, messy and provide less than desirable results. Last summer's experience of stained white dresses and hours spent exfoliating and re-applying can attest.”

The study also ranked tanning beds alongside other deadly cancer-causing agents like arsenic and tobacco. Fortunately, I have never seen the inside of a tanning bed and I think the

look of a sun-kissed glow is definitely not worth what you could potentially be walking away with.

The final option in achieving the bronzed look doesn't involve the sun at all. Sold as either a cream or spray, sunless tanners are advertised as the safest way to get golden –but aren't without negative effects. In 2007, a study on UV-generated free radicals in skin found that skin treated with DHA – the plant-derived chemical used in sunless tanning products –generates 180 per cent more free radicals when exposed to the sun versus untreated skin. That means while using sunless tanners, you'll have to avoid the sun, since photo-aging is put into overdrive. Faux-tans can also be high maintenance, messy and provide less than desirable results. Last summer's experience of stained white dresses and hours spent exfoliating and re-applying can attest.

All things considered, I wholeheartedly agree with the Canadian Cancer Foundation that “no tan is a safe tan.” After all, a suntan is really just damaged skin, no matter how you look at it. Regardless of your natural shade, protect your skin – it will definitely thank you later.

pass fail

- To Canada's paralympic sledge hockey team for taking silver in Vancouver
- To Washington Capital's Alexander Ovechkin for yet another dirty check in last Sunday's game against the Chicago Blackhawks
- To the Afghan government, for easing up on its ban against journalists covering military raids
- To Venezuelan President Hugo Chavez, for calling for government restriction of the Internet
- To the North American Soccer league, for distracting us from the Major League Soccer strike with word it may expand to Ottawa
- To David Beckham's Achilles tendon, for tearing and possibly ending the career of a legend
- To veteran punk rocker Iggy Pop and the Stooges, for finally getting inducted into the Rock and Roll Hall of Fame
- To the Rock and Roll Hall of Fame, for denying the influential rockers induction on all seven previous nominations
- To the Canadian dollar, for soaring near parity with the American dollar, just in time for warm weather and road trips down south
- To the loonie, for raising too high in value, making trade with our primary trading partner – the U.S. – increasingly undesirable

world

Relief still needed, more than ever

KATELYN MCCALLION
SENIOR REPORTER



Every time you look at the newspaper there's a new headline about an earthquake causing serious damage and killing hundreds of people. It started with Haiti and Chile and now another one in Turkey. With earthquakes happening so frequently it's easy to get overwhelmed and not know how to help out.

In a *Toronto Star* article, an expert said the world sees 134 earthquakes a year, most ranging from a magnitude of 6.0 to a 6.9. He stated that we've experienced about 40 earthquakes this year and that this number is normal.

The damage caused in both Haiti and Chile is extensive. In a CBC report, it was estimated it will take three years and \$14 billion to rebuild in Chile. Haiti estimates similar costs to rebuild. In Haiti, 250,000 people either died or are still missing.

The countries hit the hardest are

all located in earthquake zones or on fault lines. The buildings in Chile were constructed to withstand earthquakes yet Chile's main highway was reduced to rubble by the 6.9 magnitude earthquake three weeks ago.

In Turkey, the death toll has raised to 57 people, most of these deaths occurring in the village of Basyurt. To add to the devastation, the country experience 100 aftershocks – some measuring as much as 5.5 in magnitude.

With the amount of disaster coverage in the news, it's easy to become

“...It's easy to become overwhelmed and desensitized to the devastation faced by the people of Haiti, Chile and Turkey. It is important we don't let this happen.”

overwhelmed and desensitized to the devastation faced by the people of Haiti, Chile and Turkey. It is important we don't let this happen. There are still fundraising events, such as concerts and raffles, held at Hum-

ber to help raise money for Haiti. Students can help on a larger scale and by donating to a reliable and more prominent organization like the Canadian Red Cross.

No matter how much money the country has, the amount of destruction or how high the death toll has risen, these natural disasters destroy lives and it's up to us to help stricken nations rebuild.

Students blog on OSAP food allowance

BRENDAN ENNIS
LIFE REPORTER

This month, students from across the province will take part in an experiment that will challenge OSAP's current needs assessment formula.

The Ontario Undergraduate Student Alliance has co-ordinated the experiment, calling it the 'Food for Thought' campaign.

The 19-day campaign, ending next Friday, will see five students from four Ontario universities try to eat a healthy, balanced diet, by spending only \$7.50 on food, while blogging daily about their experiences on the alliance's website.

The current OSAP needs assessment formula uses a standard-of-living allowance for every student living away from home.

It totals \$34.72 per day, of which \$7.50 is allocated for food. Over a year, the total is \$12,540, including \$2,737 for food.

"The OSAP system is really institutionalizing student poverty," said Alexi White, executive director for the alliance. "If you add up all the allowance OSAP gives you, it puts students \$3,000 below the poverty line."

It also makes no distinction for the cost of living in different regions of

Ontario.

"My hometown is Lindsay – what's \$400 there is \$600 here really," said Amber Primdahl, 18, a first-year media foundations student.

Primdahl said she relies on food money from her mother, as most of her OSAP is used up for other expenses. "We have to pay a lot of money for rent."

For students struggling financially but in need of food, help is available.

The Humber Students' Federation runs a food program that operates like a food bank.

"It's for students who are in need," said HSF Services Director Sieu Moi Ly.

Ly said the program aims to teach students how to eat healthy, as well as how to better budget for groceries.

Eligibility for the program is based on the financial need of individual students, and students must apply to be a part of the food program that delivers non-perishable groceries every two weeks.

With student unemployment at a record high, more and more students are now turning to the HSF for help. "There has definitely been an increase this year – we see up to 10 students a day," Ly said. "It has been a challenge just to keep up."



Brendan Ennis

Provincial 'Food for Thought' campaign challenges student participants to eat on \$7.50 a day.



Tanisha DuVerney

Melissa Corbo, 21, gave blood for the first time last week.

Blood services urges youth to donate

TANISHA DUVERNEY
SENIOR REPORTER

Canadian Blood Services brought their clinic to Humber last week, in hopes of raising awareness about the importance of giving blood.

"We choose to come to colleges such as Humber, because it is important to increase awareness within our youth," said registered nurse and clinic Supervisor for CBS, Marysa Ramondino. She said youth are the donors of the future.

Blood is needed on a regular basis by hospitals, especially in the downtown core, where there are many major hospitals that do complicated procedures, said Ramondino.

Tami Clark, communications specialist for the CBS, said every year Canada has a target of collecting 150,000 units of blood.

Clark said Toronto hospitals use 50,000 more units of blood than they receive.

"Nationally 3.5 per cent of Canadians donate their blood on a yearly basis, however, in Toronto, only 1.8 per

cent of people donate," she said.

Clark said the Canadian Blood Services reaches out to communities, churches and schools to try to encourage people to donate.

Second-year business management student, Melissa Corbo, 21, was one of many students who gave 500 ml of blood, during the one-hour donation period.

"I want to donate for other people that need it. There are so many accidents daily and there is not enough blood for these people," said Corbo.

While Corbo lay down, with her arm hooked up to a needle, she said she felt comfortable.

"It doesn't hurt at all. If you can take a piercing or tattoo, you can take it," said Corbo.

Ramondino said one unit of blood donated goes to three different people.

This was Corbo's first time giving blood and said her donating gave someone else an opportunity to live.

"If they need my blood I have plenty of it, so if I can help another than it is a great thing," said Corbo.



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Alcohol awareness priority for college

EMMANUEL SAMOGLOU
LIFE REPORTER

With the arrival of balmy temperatures and patio season right around the corner, a registered nurse at Humber says that the college has resources to promote responsible drinking, including an annual alcohol awareness day in April.

“Here at Humber College Health Centre we have trained staff, registered nurses, nurse practitioners, and a physician if anybody wants to come talk to us about an alcohol problem,”

“

We are aware that students, when they come to college they are going to drink.

Catherine McKee
Registered Nurse

said registered nurse and co-ordinator for the health promotion and peer health education program, Catherine McKee.

“We take a harm reduction approach. We are aware that students, when they come to college they are going to drink,” she said.



Emmanuel Samoglou

CAMH defines binge drinking as five or more drinks for males, or four or more for females.

According to the Centre for Addiction and Mental Health, researchers define binge drinking as an occasion

of having five or more drinks for males, or four or more for females. The organization reports that in the

past year, 12 per cent of Canadians between the ages of 15 and 19 have been binge drinking. That number

climbs to 41 per cent for Canadians aged 20 to 24.

Director of Student Success and Engagement, Michael Kopinak said he is aware that some students are drinking irresponsibly, with some instances of students being sent to the hospital.

“We’ve had a few students in the residence that I can think of over the last year or so,” he said.

“We know overconsumption happens in residence and beyond, and it’s our duty to educate to minimize the risks and effects of that.”

Kopinak’s position at Humber includes a role in ensuring students consume alcohol in a responsible manner.

“Safety, first and foremost, I think is important for all of us,” he said. “There are cases throughout Canada and clearly the U.S., where binge drinking has led to bad things happening, up to including death.”

Humber collaborates with Toronto Public Health on a number of projects to inform students on responsible drinking.

“Students engage in all kinds of risky behaviour, and I think binge drinking is a risky behaviour as well,” said Rebecca Lewis, public health nurse with the city.

“Humber students need to be educated on this subject.”

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Healthy choices made easier for students



Pam Bal

Balanced choice stickers were placed on many 'on the go' items.

PAM BAL
LIFE REPORTER

Making nutritious choices may be easier for students, now that Chartwells, the primary food service at North Campus, started labelling foods with balanced choice stickers this week.

Director of Nutrition at Compass Group Canada, Donna Bottrell, said they want to make it easy for students to choose healthier options.

"The idea is that a sticker identification tells a student what the healthier sandwiches, salads, parfaits are, so that they can make a quick decision just by looking."

Bottrell said there's a nutritional criterion behind the balanced choices program.

"It's food that meets Canada's food guide and the preparation method is

what we call prepared in a healthier way," she said.

The program started elsewhere in fall 2005 and was already offered in

“
We are college students,
we should know what
would be better

Linda Jorgoni
Critical care program

Humber's residence, she said.

"In the case of Humber, in the case of the food services on the main campus, because they're so branded, we're going to focus on balanced choices in the 'on the go', which is all the grab-and-go items that are in the coolers

by the cash points," said Bottrell.

Bottrell said balanced choice labels have been successful in residence, because the students are there everyday.

First-year accounting student, Shenika Lewis, 18, said if the cafeteria wants to promote nutritious food, it would be better to bring in a food outlet that only serves healthy food.

Post-grad critical care student Linda Jorgoni, 28, said the stickers would make it easier to choose healthy foods, but "we are college students, we should know what would be better."

Chartwells' marketing manager of dining services, Katherine Brown, said she thinks generally, students appreciate knowing what is a healthier option.

"It's just informing the students that there is healthy eating on campus."

Term end spikes demand for counselling services

JESSICA LABERGE BLAKELEY
LIFE REPORTER

The end of the school year makes balancing personal issues with course work more difficult, but there are options for students experiencing difficulties.

Co-ordinator and counsellor with Student Services, Liz Sokol, said she sees the demand for appointments rise as the terms goes on.

"By the end of the semester people are starting to wear down a little, so they probably have less energy," Sokol said. "But more of that energy has to go into school, leaving less to deal with other things."

If a student has an issue, the first

thing to do is let teachers know, she said.

"It always involves communication with, at minimum, the teacher of the class involved, as well as the co-ordinator," Sokol said. "There's no one emergency program, but at the same time everybody here is human and recognizes that sometimes life interferes."

Students must also realize there may be some impact on their schoolwork, she said.

Film and television production grad, Kyla Springall, 23, said she helped students deal with everything from homesickness to breakups, sexual assault and harassment during the two years she was a residence assistant.

"A lot of students, I find, don't know what resources are available," she said.

Springall was trained to recognize when students needed help and said

sometimes students just need someone to talk to.

"We were there to listen to their problems," she said. "More often than not they just felt really alone."

Humber Students' Federation services director, André Yaw agrees.

Yaw also works as a peer mentor, helping high school students prepare for the transition to post-secondary education.

"Because I was in the position they are a few years ago, it's easier to relate to them and understand where they're coming from," he said.

Many students deal with the stress of balancing personal life and schoolwork, but Yaw said a student's attitude can make the difference.

"You might go through some rough patches here and there," he said. "As long as you stay optimistic and make an effort to better your situation, then you can't go wrong."

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Courtesy

Robyn Landau (middle) and Sarah State (right) sell cupcakes.

Thousands raised for blind Tibetans

MIRANDA ANTHISTLE
A&E REPORTER

Three public relations students at Humber raised more than \$3,000 in three weeks, in order to shed light on a country that has the highest rate of blindness in the world.

Robyn Landau, Sarah State, and Kaitlynn Dodge make up one of 20 teams from across Canada that entered a national contest put on by Love In Action, a non-for-profit organization whose goal is to raise \$25,000 to build a micro-surgery eye camp in Tibet.

"It's for such a great cause," said Dodge, 23. "All of us are really excited to be able to contribute to something that will be sustainable and have longevity."

Many Tibetans suffer from blindness due to the country's high altitude and sun exposure, but with a simple \$50 procedure, 75 per cent of people could regain their eyesight.

Doctors perform cataract surgeries to treat preventable blindness and cataract blindness in patients.

Seva Canada is the organization responsible for performing the cataract surgery, which takes less than 15 min-

utes to complete.

Landau, State, and Dodge created the website www.RealSightKeepers.com as a way to accept donations and to promote their initiatives.

They organized a fundraising dinner held at O.Noir, a restaurant where patrons dine in complete darkness. First-semester public relations student Sarah Long, 23, said she was inspired by the event.

"We experienced what it's like to be blind and at the end, we were led back out into the light. It was like a metaphor for how our donations are giving people in Tibet a chance to see again."

Toronto native Theresa Laurico, founder and executive director of Love In Action, said it's most fulfilling for her to see young leaders in action making a global impact.

When the contest ends, the Real Sight Keepers will continue to keep its website and interest active in the Tibetan cause, said Dodge.

"These clinics will continue to be built and there is always a continuous need so it's definitely in the realm of possibility to make this an annual event."



Mehreen Khan

Jevan Relova, fitness student.

Gym wear should be appropriate, says athletics

MEHREEN KHAN
LIFE REPORTER

The Humber athletics department said students should follow certain etiquette when working out, because the gym is not pick-up place.

Fitness co-ordinator Leanne Henwood-Adam said the start of spring brings many students to work out at the gym, but many students break gym rules and don't follow etiquette.

Henwood-Adam said proper gym attire includes track pants, shorts and loose-fitted T-shirts.

"We do allow shorts, but we do also try to ask people to dress somewhat modestly, because we have the odd guy who wants to workout without his shirt on," she said.

The athletics department also tells female students to avoid tight crop tops.

"We're a workout facility, not a pick-up place to pick out members of the opposite sex," she said.

She said students who have a low budget should purchase fitness clothing from discount stores.

Athletic program co-ordinator, Rick Bot, said "clothing has to be fitness clothing that you feel comfortable in."

She said proper attire is the first gym rule and one that is broken all the time.

Athletics staff also advises students to follow the proper gym etiquette when working out on the same equipment as teachers.

She said she has heard complaints of students feeling awkward sharing the change room space with teachers.

"There has been an issue in the change room when faculty don't want to be showering in the same area as the students, but there is no separate change room."

However, Bot said "in the new area, we have supplied separate shower areas for students and teachers."

"We need to work together and share the facility," she said.

Nursing students raise funds for Tanzania

BRANDI DOUCETT
LIFE REPORTER

Two nursing students, who held a fundraiser for a Tanzanian organization which supports women and children, are leaving to volunteer there on March 31.

Heather Burley, 31, and Alicia Henry, 30, raised money for the Ray of Hope centres in Arusha, Tanzania.

"Alicia and I have both been selected to do the international pregrad program in Tanzania for two months and one of the organizations that we work closely with is the Ray of Hope organization," said Burley, who is in her last semester of the practical nursing program.

The benefit ran from 10 a.m. to 3 p.m. on Monday and Wednesday of this week in the main cafeteria and will continue tomorrow.

"Right now they have 12 locations set up in Arusha," said Burley.

"They take in widows, women who are victims of HIV and AIDS, women who are victims of sexual abuse, and children who are orphaned."

Burley said the organizers in Tanzania asked if she and Henry would be interested in fundraising for the

centres. They decided to sell jewelry, T-shirts and raffle tickets to raise money.

"The raffle prizes and jewelry were donated by local artists and businesses," said Burley.

Henry said these centres play an important role in Tanzanian women's lives.

"They help women with funding for starting income generating activities, so they are able to generate income and support their families and send their children to school," said Henry.

"Empowerment is a big issue for women in Africa, being empowered and being able to be self-sufficient, being able to provide for your family, it's all very important for these women."

Henry said funding is a concern for the centres and they hope Humber students lend support this week.

Angelia Mangahis, 20, a second-year nursing student was one of the first supporters at the fundraising booth on Monday.

She said she the unique jewellery drew her to the booth.

"It's a really great cause, because the girls are actually going to Tanzania, so I wanted to show my support."



Brandi Doucett

Heather Burley (left) and Alicia Henry show their display.

Time for marathoners to hit the pavement

Toronto running experts say racers should start training in spring

NOEL GRZETIC
LIFE REPORTER

Toronto will soon come alive with a variety of summer races ranging from five kilometres to the classic marathon, and fitness trainers at Humber said now is the time for students to start training.

"We should really take advantage of the weather we just had, this is the time to build up," said Teresa Arnini, a fitness trainer at Humber and a coach for the varsity cross-country team, which competes in the fall.

Course director for the Canada Running Series, Chris Fagel, said they gear the race schedule so runners are able to build up their distance over warmer months.

Canada Running Series organizes the biggest races in Toronto.

The season begins April 3 with Harry's Spring Run-Off, followed by the Sporting Life 10K on May 2, the Acura Toronto 10-Miller on June 11, and the Beaches Jazz Tune-Up on July 11.

The flagship race is the Scotiabank Waterfront Marathon, which takes place Sept. 26 and allows runners to qualify to run the Boston Marathon.

Humber students have plenty of reasons to lace up. Runners experience benefits in everything from health to productivity.

"It's a stress releaser," said Arnini, who has completed nine marathons.

Beginners can train for the shorter races in as little as 10 weeks, said Stephen Bogardo, who trains people for races as clinic instructor with the Running Room.

"Start with two or three kilometres, taking a walk break every other minute and jogging for one minute," said

Bogardo.

Students serious about running a race this summer will want to run four times a week, increasing their mileage and speed steadily each week.

"Every week, I ask people to increase about five per cent," said Arnini, referring to distance and speed.

Rest and recovery are important training elements.

"Beginners invariably fall victim to the 'terrible too's,'" said Bogardo. "They try to do too much, too soon, too fast."

Humber athletic therapist, Jennifer Bell, said shin splints and knee pain may result from overtraining, and recommends incorporating weights so the program is balanced, which also helps prevent injuries.



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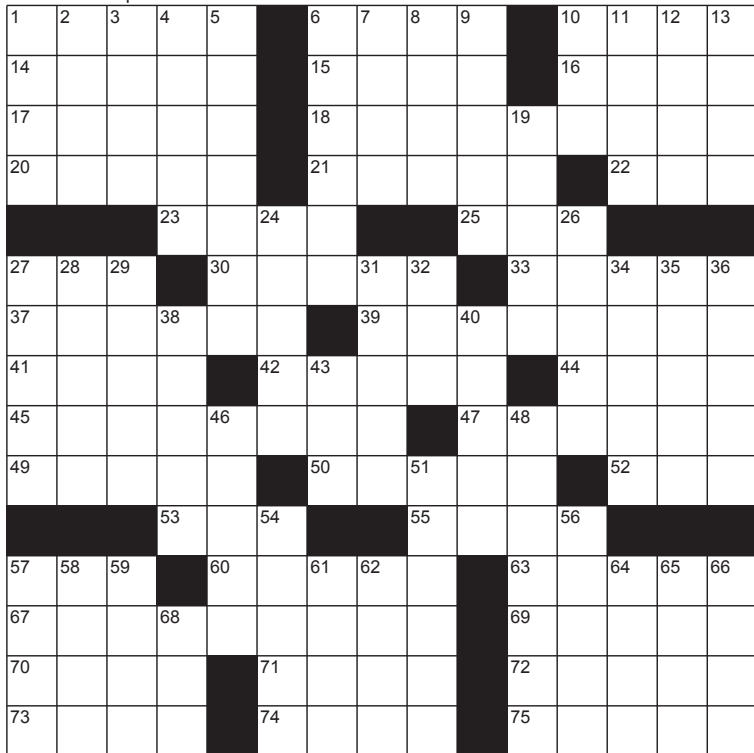


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ACROSS

- 1. Canvas covers
- 6. Evils
- 10. Snow runners
- 14. Blockhead
- 15. Billy _____
- 16. Mexican treat
- 17. Syrup tree
- 18. Proposed as a candidate
- 20. Blur
- 21. Verdi work
- 22. Historic time
- 23. Shout
- 25. Compass reading (abbr.)
- 27. _____ Thurman of "Kill Bill"
- 30. Perfect
- 33. Communion table
- 37. Formal procession

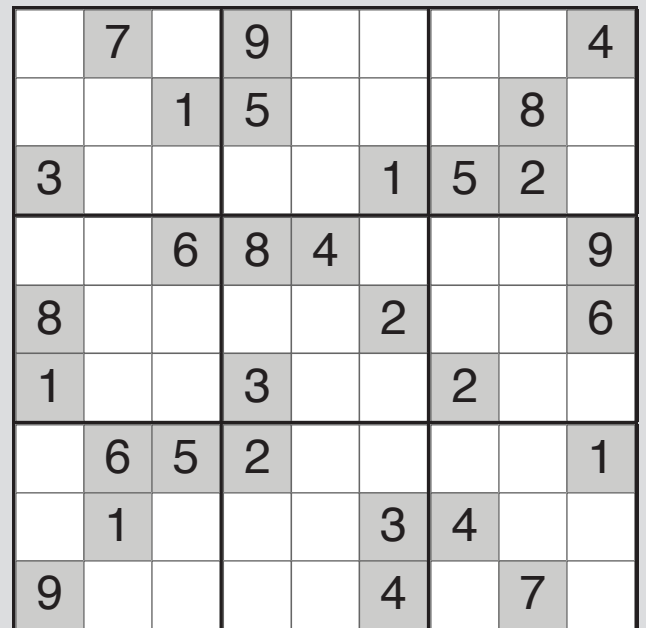
- 39. Blabbermouth
- 41. Teen's dance
- 42. Picture
- 44. Colorful gem
- 45. Canadian city
- 47. Movie theater
- 49. Keaton or Sawyer
- 50. Flower part
- 52. Tofu ingredient
- 53. Chat
- 55. Jazz's _____ Fitzgerald
- 57. Physicians' gp.
- 60. Praline nut
- 63. Baseball blunder
- 67. Destroy
- 69. Cheese type
- 70. Hard candy
- 71. Jogging gait

- 72. Civic gp.
- 73. Dispatched
- 74. Stately trees
- 75. Suspicious

DOWN

- 1. Robbins and Allen
- 2. Eve's partner
- 3. Ready to eat
- 4. _____ bear
- 5. Muscle-building drug
- 6. Disregard
- 7. Pilot's stunt
- 8. Gold fabric
- 9. Mixes
- 10. Train terminal (abbr.)
- 11. Actress _____ Winslet
- 12. Bakery worker
- 13. Carbonated drink
- 19. Twangy
- 24. Highly skilled
- 26. Musician _____ John
- 27. Raised
- 28. _____ Gras
- 29. Fragrance
- 31. Expiate
- 32. Permit
- 34. Cassettes
- 35. Texas shrine
- 36. Pass on
- 38. In the midst of
- 40. Regional
- 43. Bunny's motion
- 46. Lowest tides
- 48. Illicit
- 51. Beliefs
- 54. Actress _____ Davis
- 56. Got out of bed
- 57. Tallies
- 58. Nothing more than
- 59. Stratford-upon-_____
- 61. Scientist _____ Sagan
- 62. Energy source
- 64. Trick
- 65. Smell
- 66. Bawdy
- 68. Suitable

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Digits 1 through 9 will appear once in each zone. One zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle.

Do not enter a digit into a box if it already appears elsewhere in the same zone, row or column

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- Under 13 min.....Genius
- 13-17 min.....Scholar
- 17-21 min.....Smart
- 21-25 min.....Not bad
- 25+ min...Keep practicing

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- 
Aquarius
Jan. 21 - Feb.18
Excreting green body fluids means you had a good St. Patty's day.
- 
Leo
July 23 - Aug. 23
Remember to take your friend into battle as well as your weapons.
- 
Pisces
Feb. 19 - March 20
Daylight savings time means fewer deaths by vampire.
- 
Virgo
Aug. 24 - Sept. 22
Your coffee telling you, "you're a winner," doesn't mean you are one.
- 
Aries
March 21- April 20
Want to avoid zombies? Avoid the mall. It's March break.
- 
Libra
Sept. 23 - Oct. 23
Daylight savings time is no longer a valid excuse for being late.
- 
Taurus
April 21 - May 21
Your friends' relatives are off limits. Unless they initiate it.
- 
Scorpio
Oct. 24 - Nov. 22
Calmness is a virtue. Remember that when you are comatose.
- 
Gemini
May 22 - June 21
Hunting for cougars outside the safety of Crocodile Rock is a bad idea.
- 
Sagittarius
Nov. 23 - Dec. 21
Stay faithful to your significant other. I'm watching you Taylor.
- 
Cancer
June 22 - July 22
Trust your instincts, not your horoscope.
- 
Capricorn
Dec. 22 - Jan. 20
Remember the sacred text: LOL, c u l8r.



To the Graduating Class of 2010

Congratulations! You have worked very hard to get to this point in your academic career and you should be very proud of

yourself, as we are very proud of you. Humber's Spring Convocation Ceremonies will be held during the week of June 21, 2010.

To RSVP that you will be attending Convocation, please visit <http://convocation.humber.ca>

On the Convocation website you will also find important information about the ceremonies, graduate services, the general receptions and other related details.

Stellar sax musician at Lakeshore

Student finds time to perform between class and ongoing concerts

PATRICK FALLER
A&E REPORTER

Humber saxophone star and third-year music student Eli Bennett performs with his quartet Monday in the main auditorium at Lakeshore Campus.

"We've been rehearsing hard for the concert to try to find our voice and unique sound," said Bennett, whose band includes Humber grads Darcy Myronuk on piano, Devon Henderson on bass and Fabio Ragnelli on drums.

Bennett, 21, of Vancouver, is no stranger to success.



Patrick Faller

Saxophonist Eli Bennett performs at Lakeshore's auditorium on March 22.

I consider him one of the most amazing students to come out of a Canadian high school in the past 20 years.

Denny Christianson
Music program co-ordinator

In 2007, he became the first horn player to be invited to play with the Grammy Jazz Combo, a three-piece band for high school students supported by the Grammy Foundation.

"It was incredible to walk the red carpet and play at Grammy events," said Bennett.

He has also won many music awards including Humber's Oscar Peterson Prize.

"Eli is an exceptional musician and he just sounds fantastic," said fellow saxophonist and Humber music teacher Kirk MacDonald, who won a Juno award in 1999 and is nominated again this year.

"It's great to see him perform and I've enjoyed working with him," said MacDonald, who tutors Bennett.

"He is talented, works so hard and has a great attitude."

Music program co-ordinator Denny Christianson has been aware of Bennett's skills since

he saw the youngster at Musicfest Canada in 2005, in Richmond, B.C.

"I kept hearing about Eli," said Christianson. "When I saw him I made it clear that we wanted him to come to Humber."

He added: "I consider him one of the most amazing students to come out of a Canadian high school in the past 20 years."

Bennett said he has loved the saxophone ever since he first heard it.

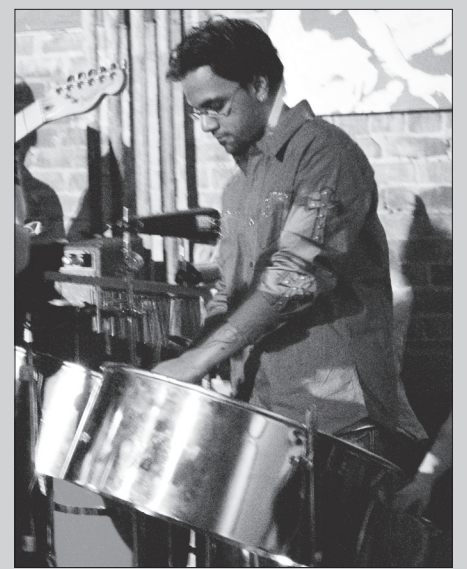
"It has been an amazing instrument and I've

been fortunate to learn from some high-calibre musicians," he said.

Bennett has one year remaining in the four-year program, but said he is already thinking about the future of his career.

"I would like to keep going down this road with jazz. I strive for excellence and don't settle for any less of myself. It's worth it," he said.

The free concert by the Eli Bennett Quartet begins at 8:30 p.m. in the main auditorium.



Crystal Burney

Contemporary music student, Aaro Seunarine, 20, plays at Trane Studio.

World of music showcased in Toronto

CRYSTAL BURNEY
A&E REPORTER

Humber music students performed a mix of original songs at Humber World Music Night at Toronto's Trane Studio, a jazz bar on Bathurst Street.

The Trane's small stage was filled with musicians showing off their skills with a high-energy performance, that had the audience clapping along.

We are the only ensemble that always learns this way. It's a great learning experience.

Patrick O'Reilly
Contemporary music student

Ravi Naimpally's Indian ensemble and Waleed Abdulhamid's African ensemble showcased their talents on Tuesday night performing songs that combined jazz with world music.

"It's kind of a different sound," said Derek Gray, 20, a third-year music student, who plays drums in the Indian ensemble. "We've combined jazz, funk and some rock."

Alanna Brown, 22, a third-year bachelor of contemporary music and jazz student, requested to be part of the African ensemble because she wanted the opportunity to work with acclaimed songwriter, Abdulhamid, and learn from the unique rhythm concepts involved in this style of music.

"With Ravi, the instrumentation is very unique and the music is difficult," said Patrick O'Reilly, 20, a second-year contemporary music student who plays guitar in both ensembles.

"Then, in African, Waleed decided to teach us the songs orally, with no sheet music. We are the only ensemble that always learns this way. It's a great learning experience," he said.

"It's hard to learn the words because you need to understand a new language," said Brown, who is one of three vocalists in the African ensemble.

All proceeds of the show were donated to the Canadian Diabetes Association.

Students flex their thumbs to win tournament

HSF holds texting competition at both campuses with big prizes up for grabs

MAEGAN MCGREGOR
A&E REPORTER

Humber students can prove that they are all thumbs in HSF's texting tournament next Tuesday at both North and Lakeshore campuses.

"There have been a lot of competitions out there, and we thought it would be a cool idea to bring to Humber as texting is something everyone does," said HSF programming director Aaron Miller.

Miller said students will face off against one another texting predetermined messages in full words and text messaging short forms.

The student whose message is received first will move on to the next round, qualifying for either Toronto Maple Leaf or Raptors tickets.

Unlike mobile phone company sponsored competitions, Miller said students can use the phone they are comfortable with.

"Students are going to be able to use

their own phones which will be interesting because it can be an advantage or disadvantage depending on if you use T9 or have a phone like an iPhone that has a full keyboard," said Miller.

Liberal Arts and Sciences professor Chandra Hodgson said she has reservations about the

over use of texting but she said it is important for students to express themselves regardless of the form.

"Students are putting their feelings and thoughts into written form which is good practice for more formal writing," said Hodgson.

Emergency telecommunications student Sarah Parker, 24, said she is thinking about entering because she uses text messages as her main form of communication.

"My mom always tells me that I should enter a texting competition because I would totally win," said Parker.

"I am on my phone constantly, I send about five thousand text messages a month, and have gone through 16 phones in two years."

For students who are looking to show off their texting abilities, the competition will begin at 12 p.m. in both student centres.



Students hope their film sizzles at Hot Docs

North America's largest documentary festival heats up Toronto in May

CRYSTAL BURNEY
A&E REPORTER

Humber film and television production students have submitted six films to the Hot Docs film festival this year, which takes place in May in Toronto.

Breann Thordarson, 21, a second-year film and television student entered her film *A Moment of Silence* and is anxiously waiting to hear if her film has been selected.

"The film focuses on young people who have been murdered by gun violence," she said.

After working on the film for over six months, Thordarson — who aspires to be a documentary filmmaker — said having a finished product is very exciting.

"Seeing your idea come to life and finally getting your message out there is very empowering," she said.

Film students are required to direct a short documentary in their second year of the program at Humber.

The film teachers will pay close attention to the films and how the audience reacts to each one before deciding which films should enter.

"We'll submit the best films and then hope for the best," said Donna O'Brien-Sokic, film and television production professor.

Last year, two Humber short films, *Code of Silence* and *Voorje*, were screened during the opening of the festival.

"We are hoping we can luck out again with some of the films this year," O'Brien-Sokic said.

Hot Docs was started in 1994 and has grown into one of the largest documentary film festivals in North America.

The films submitted are all Toronto based stories that the filmmakers hope will fit in nicely

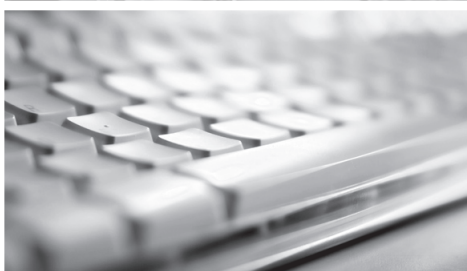
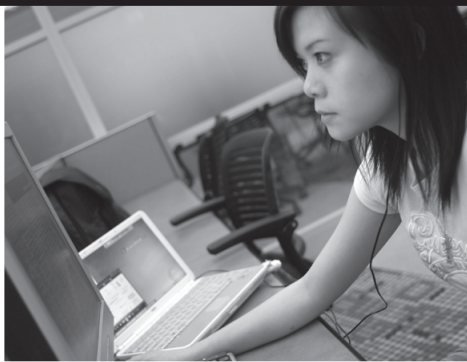
with some of the films being screened at the festival, she said.

Executive director of Hot Docs, Chris McDonald said over 170 films were screened over the 11-day festival last year. "We received just over 2,000 films this year from around 100 countries and every film is given a fair shot," he said.

McDonald said the films are screened by a panel of programmers who then advocate for their favourite films.

Final selections for this year's festival will be announced March 23.

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Courtesy

First-year film and television production student Jerome Riel, 20, directs actors Kyle Gubarev, 28, and Jennifer Hoffman, 24, on location in Brampton.

Director keeping his fingers crossed for TIFF

RUTH YATEMAN
A&E REPORTER

BRAMPTON — First-year film and television student Jerome Riel spent last week in a wet muddy tunnel filming his first solo film project, *Vaita*.

"*Vaita* is about a time traveller who wants to experience the emotion of the present," said Riel.

Having always been obsessed with the idea of time travel, Riel chose the tunnel location to accentuate his dark and mysterious film style.

"You won't have that same lighting if you film indoors," said Riel. "This location gives the film a whole new feeling."

Riel hopes to submit *Vaita* to student festivals, such as the Toronto International Film Festival student showcase.

The film was a class assignment requiring students to make a five-minute piece called a dramatic monologue where only one character is required to speak.

Riel went beyond the expectations of this assignment, filming on location, composing all the music and holding a casting call for actors

during reading week.

Two Toronto actors, Jennifer Hoffman and Kyle Gubarev, were chosen to play the roles of Val and Art in *Vaita*, both of which learned about the auditions online.

Gubarev moved to Toronto from the Ukraine to study acting just over a year ago.

Vaita is his eighth film in Canada.

"My character . . . is struggling between finding his love in the past and leaving himself in his future," he said.

Hoffman, who came to *Vaita* with three films under her belt, said she doesn't mind having to shoot in a muddy wet tunnel because she considers it all a learning experience.

"Everything is new and exciting for me right now," said Hoffman. "Wet or cold I'm excited to be here and I'm excited to be working on this film."

Riel said the hard work and sacrifice it takes to succeed as a filmmaker is worth it.

"Filmmaking for me is expression of who I am, and my mission is to show people different views and teachings of the world and have them gain something from one of my movies."



Courtesy

Audience members take in a film at last year's FEFF screening.

Local festival celebrates women and their success

BRIGITTE TRUONG
A&E REPORTER

The first Oscar win by a woman director is an inspiration to students in Humber's film and television program, one of its professors said.

"It sets a great example for my students," Donna O'Brien-Sokic said of Kathryn Bigelow's Academy Award for *The Hurt Locker*. "She has broken this glass ceiling and everybody goes, it is doable, it is achievable, and I can reach that goal too."

Women directors will also be showcased at the Female Eye Festival next week in Toronto.

"The Female Eye Film Festival is a great stepping stone for that," she said.

Film and television co-ordinator Eva Ziemsen said she applauds the festival for its efforts in representing women's key creatives in the film industry.

Ziemsen said women make up about three to four per cent of the Director's Guild of Canada and that most female directors shy away from the very fact.

"Most women directors don't want to talk about this because they don't

want to harp on the fact that they're women and it's hard for them. But it ultimately is," she said.

"Telefilm, which finances feature films in this country, award money to 27 films that had female directors but 181 to films with male directors... We need film festivals like Female Eye that supports female work," she said. "It's time for women to get that kind of showcase."

Founder and festival director Leslie Ann Coles wonders if Bigelow's win will help other women directors move forward.

"I think it puts a magnifying glass on the status of women directors around the world," she said.

Although the festival stresses the importance of female directors, Coles assures that the festival is inclusive. Humber male students are also encouraged to attend the festival.

"It took a couple of years for the general public to realize that we're not a Marxist feminist festival," she said. "We're all women who make films but we encourage men to come out to see the films."

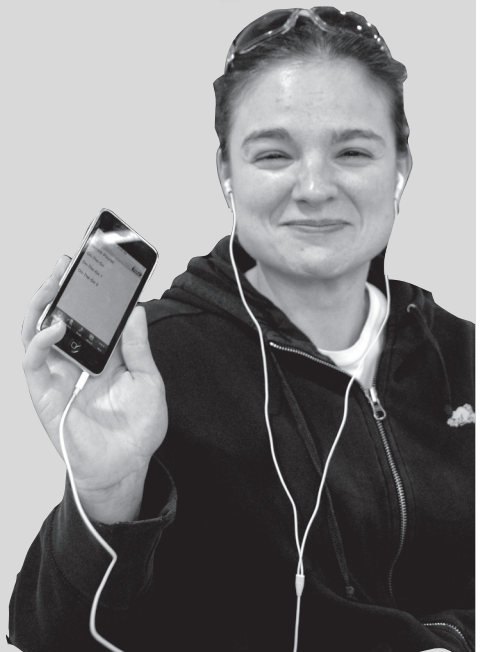
The festival and film screenings will run from March 24 to March 28 in downtown Toronto.

What's in your headphones?

Interviewed by Ruth Yateman

Laura Coulter, 31
First-year health & fitness

1. **Lost**
Coldplay
2. **All I Want is You**
U2
3. **Crabs in the Bucket**
K-OS
4. **Slow Me Down**
Emmy Rossum
5. **Say Goodnight & Go**
Imogen Heap
6. **Nataraja**
Jai Uttalt
7. **Oakenfold**
DJ Paul
8. **Speeding Cars**
Imogen Heap



Hit TV show director's hunt for ghosts comes to North Campus

ALEXANDRA TOMASZEWSKI
A&E REPORTER

Director of A&E's *Paranormal State*, Ryan Buell, is coming to Humber on Monday to talk to students about his extra-terrestrial experiences.

Executive producer Betsy Schechter said, "I've been travelling with *Paranormal State* for about three years now and I think the show touches everyone because everyone has a story of their own, whether it be college students, housewives, or working people."

The event will take place in the North Campus cafeteria at 3 p.m.

Schechter created the show with Buell, which chronicles the members of the Pennsylvania-based Paranormal Research Society — first formed by a 19-year-old Buell and peers at Pennsylvania State University.

"It's impressive that a group of college kids put the PRS together," said Schechter.

The PRS team travels across North America seeking the truth behind such mysteries as bumps in the night, and demonic possession.

Schechter said the show is a hit with post-secondary audiences and that a lot of college students write in about their own experiences.

"We love doing the show, the authenticity of discovering new things," she said.

First-year media foundations student Stephanie Redmond, 18, is a fan and says she hopes to see the same



Courtesy

Paranormal State director Ryan Buell talks at Humber Monday.

sort of things she sees on the show during Buell's visit.

"The show is interesting because it's scary and seems more realistic than other shows about ghosts," she said.

Whether the paranormal activity experienced on location is real, is up for debate.

"It's a little more realistic than some of the other shows because they're not chasing ghosts with sheets

over their head running around, it's more of a spiritual thing, they use mediums," said HSF programming director Aaron Miller.

Miller said *Paranormal State* doesn't have many shows in Toronto.

"As far as I know this is the only one. We want students to be able to come out, be able to ask some questions, and maybe get a picture taken."

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Special therapy for head injuries

REMY GREER
SPORTS REPORTER

More than 20 athletes have suffered concussions this year, five since January, said acting head therapist Jennifer Bell.

Those who have suffered concussions this year include players in women's soccer, women's basketball, cheerleading and extramural soccer.

Three athletes who sustained concussions prior to January, in rugby and women's basketball, are being treated for symptoms and are still unable to compete.

Concussions are head injuries caused by the impact of the brain with the inside of the skull, which damages brain cell function and can lead to physical, cognitive and emotional symptoms.

"The challenge is to get all the people who manage concussions on the same page. They all need to be aware of what a concussion is and how to treat it," said Dr. Charles Tator, a neurosurgeon, and founder of Think First Canada, an organization dedicated to the prevention of brain injuries.

The athletic department's guidelines on concussions are taught to Humber coaches, trainers and athletes through educational seminars which emphasize the symptoms to look for.

Before athletes compete they are given preliminary testing to measure their motor skills, memory, reflexes and balance.

An athletic therapist who is trained to administer what's called the sports concussion assessment tool 2, which is given to every athlete who takes a hit to the head, is present at every Humber sporting event.

"The athletes' score on the SCAT is compared to the individual's value on the preliminary mental testing. If there are differences, we send the athlete to a sports medicine physician right away," said Bell.

Concussed athletes must go through a six-day graded return-to-play program, which includes a day of stationary biking, running, aerobic exercise, sport specific skills and a full practice, before a sports medicine physician can approve their return to competition, said Bell.

"Every concussion is individual," said Bell. "For an athlete it can be very frustrating because you can have a good week and then have a setback and be back to square one."

Second-year rugby player Andrew Petricca said the athletes know the consequences of a premature return to competition.

"Sometimes guys want to get back playing and fight through it but we know that coming back early can make the injury worse," said Petricca. "We take it very seriously."



Laura Franklin

Humber veteran Andrew Petricca trains hard this off-season in readiness for training camp in August and to dish out more tackles.

Scrummers up training in off-season

Rugby team keeps focus on provincials while spending the summer getting into shape

TOM YAWNEY
SPORTS REPORTER

The Humber rugby team is taking new measures to reclaim OCAA gold and ensure last year's second place disappointment is not repeated.

"In April all the players will be given a fitness package that must be followed throughout the summer," said rugby coach Carey French.

The fitness program is designed to ensure the team is ready from the opening whistle.

Before losing in the provincials this past season, the team won back-to-

back OCAA championships.

"I think last year it took a few games for us to get in gear and hit our stride," French said.

"We can't afford to start out slow, the competition is too close and each game is so important."

Showing up to camp in shape is paramount for rugby players because training camp is very short.

"We start in late August and the team will be selected within 12 days, so anyone who isn't fit will not make it," French said.

The players are given another resource to make sure they are in their

best shape when the season starts.

"Every player has access to kinesiology students who help with your training," said veteran Andrew Petricca.

"I've been getting help from a trainer and the way they push you really helps - the motivation is insane," he added.

Brett McCully, who played for Humber in 2007 and 2008, said the teams he played for did not have access to the same level of training.

"Our captain would book time in the gym or on the field and we would just play a game of touch rugby to

get comfortable playing with one another.

"We would also do sprints but, in terms of working out at the gym, it was all up to the individual."

French also encourages all players to play club rugby throughout the summer so they are not only in good physical shape, but game-ready as well.

"Having sharp timing and vision comes from playing games, and if they play club rugby their chances of making the team increase exponentially."



Jared Lalonde

Humber North's goalie Mike Karagianis smothers the puck.

Pucksters lose tourney

JARED LALONDE
SPORTS REPORTER

ALLISTON – The Humber North men's extramural hockey team cried foul after some questionable officiating in the Georgian College tournament final loss to Seneca Newham last weekend.

With the game tied at one, a high-stick goal early in overtime gave Seneca the 2-1 win, a call that angered many on the North team.

"The refs didn't know the rules," said North coach Brett McCully. "They blew the biggest call of the game."

North captain Scott Creighton echoed his coach's assessment, "that was a stupid way to end it."

Playing at the event hosted by Georgian College, North was going for its third straight tournament championship in hopes of remaining the top team in Ontario.

They got off to a strong start, with a 17-1 romp of Georgian Owen Sound, before posting 1-0 wins over Fleming Lindsey and George Brown.

However, some North players felt the controversy in overtime was not the reason they lost in the finals.

"We were all tired, and it really showed," said North goaltender Mike

Karagianis. "I was tired, the guys in front of me were tired. Sometimes bounces just don't go your way."

Meanwhile, the Lakeshore team had an impressive performance beating Fleming and George Brown before being edged by St. Clair 2-1.

"We're going to be doing some team bonding tonight," said Lakeshore coach Josh Davison. "We really didn't play like a team out there."

Lakeshore goalies Patrick Wise and Andre Michaud each put on a stellar performance.

"Our goalies really stood on their heads out there," said Davison. "I think we only beat George Brown because of how Patrick played."

Lakeshore, ranked seventh in the league, looked to claim its first tournament championship of the season, propelling the team up the OCAA power rankings.

"Fundamentally, we played a great game. We just need to capitalize on our chances," said Davison.

Both Humber teams are heading to the provincial extramural finals at Durham College in Oshawa starting next Thursday.

"We weren't hungry enough tonight," North's Creighton said after the loss to Seneca. "But that will definitely change in the provincials."

Colleges in battle of birdies with universities

ROB SYKES
SPORTS REPORTER

Four members of Humber's badminton team will have an opportunity to see how they measure up with Canadian university players this weekend at the fourth annual Canadian National University/College badminton Championships.

Raymond Wong participated in the tournament in 2008 and is confident the college players can do well.

"We'll see how the competition is. We could definitely win, but some of the university players are really good, and many play for Badminton Canada's national team too," said Wong.

Hosted by Laval University in Quebec City, the tournament features Humber's mixed doubles 2010 national gold medallists, Raymond Wong and Renee Yip, along with Mark Wong and Charlie Lay.

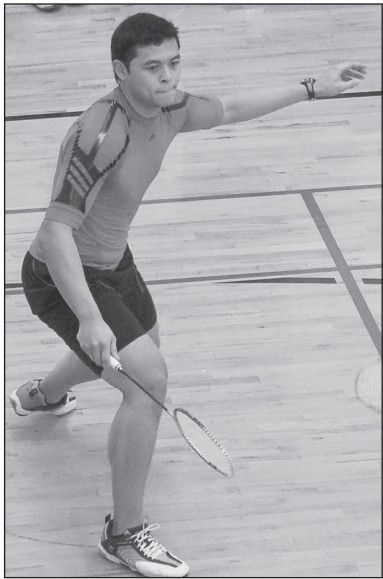
The four will team up with eight other players from various Canadian colleges to take on the country's top university players.

"I'm definitely proud of them," said Humber's head coach Lam Trinh.

"The CCAA is sending two teams and they're on the first team, so it's really something for them to qualify for this."

Alf McGuire, CCAA badminton convener and head coach at the tournament, is also confident his players can compete with the talented university players.

"Douglas College in B.C. submitted a team in this tournament in 2008



Christine Tea

National gold medalist and Hawk's badminton veteran, Charlie Lay will compete against the top university badminton players in Canada.

and was named best overall team. So the universities found out then what they've long suspected, we have some strong players," said McGuire.

"The universities do not have league play and its own national championship like we do, so Badminton Canada actually views colleges as the main feeder for the national teams."

Badminton is one of the only sports in which Canadian colleges and universities come together in a joint tournament.

"We're always trying to work together with the CCAA," said Mary Macdonald, manager of sport and international programs for Canadian Interuniversity Sport.

"Right now we're doing a feasibility study on how we can further work together and maybe this is a step towards that."

Players in the top position in their divisions will move on to represent Canada at the World University Championships this summer in Taiwan.

Hawks flock to the top

Two women's volleyball players named to OCAA western all-star team

MIKE THOMAS
SPORTS REPORTER

Two Humber women's basketball players are provincial all-stars.

After a solid season Kayla Suriani, 19, a psychology student from Hamilton, and Rebecca Dietrich, 20, a paramedic student from Waterloo, said they were surprised they were named to the OCAA western conference's all-rookie team.

"I wasn't even paying attention," said Dietrich. "I was just sitting taking in the moment. They called Kayla's name, and then they called my name up. It was a great surprise."

Suriani led the team in scoring with

12 points per game, while Dietrich was a constant contributor posting high totals in assists and rebounds.

Suriani credited one of the team's captains, her sister Maria, as part of her success.

"My sister obviously helped me out a lot," said Suriani. "She's been through it all so she gave me a heads up about everything. The other vets have been through it all as well so they really helped out."

Both rookie guards credited coaches and teammates for their successes.

"We have a really good group of girls and a fantastic coach," said Dietrich. "At the beginning of the season I had a rough start, then I had a good

chat with Denise and we figured out that I needed to not look into putting stats up but just to play the game."

Both Suriani and Dietrich said they are proud of the way the season went, but know what they need to improve for next season.

"I'd like to be more of an offensive threat so I can help the team out," said Dietrich. "I need to keep working hard on my defence and I want to become a better all around player"

The team is not expecting to lose any players going into next season, putting the squad on track to becoming a provincial contender.

"Next year we're going to win," said Suriani. "I don't care what it takes"

Athletic Centre in final phase

KATHLEEN PEROFF
SPORTS REPORTER

Construction on the Athletic Centre is finally coming to an end, but there are differing opinions on whether or not completion is long overdue.

"We had initially been told Jan. 4," said Leanne Henwood-Adams, fitness facility manager, "but with construction comes delays and now we're looking at the end of March."

Carol Anderson, director of facility management, said despite what people have heard, construction of the athletic centre is right on track.

"This has been a phase project all along. The first phase was the ground floor in the fall, the second phase was

to have the second floor in January, which was a week late, but completion of the project has always been scheduled for the end of March."

While work is still underway, construction almost complete.

"We are probably about 95 per cent done," said Dean Wylie, athletic facility co-ordinator.

"We're just waiting on the finishing touches to the fitness studio, some glass to be put up and some minor fixes here and there."

In regards to the new amenities currently available, Henwood-Adams said students have access to the cardio area, a wellness lounge for studying on the second floor and two new change rooms with showers, wash-

rooms and lockers.

All the other services available before construction are still available.

"Come March 31, when everything is completed, there will still be deficiencies like cracked tiles and spots that need painting," said Anderson. "But those things will disappear with time, the most important thing for everyone to realize is that everything else will be done."

For now, staff and students will have to be patient while the finishing touches are sorted out, said Henwood-Adams.

"Things will get done, just bear with us for now, we promise it will get there."

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B-ball captains out for CCAAs

Alleged residence scuffle grounds four Hawks

JONATHON BRODIE
SPORTS REPORTER

CALGARY – Four Humber men's basketball players, including three of the team's captains, are not at the national championships in Calgary because of an ongoing investigation for an alleged beating.

Captains Jeremy Alleyne, Jadwey Hemmings and Daviau Rodney, and rookie forward Mac Samuels were suspended from school for a period of time during the investigation, said Dean of Students Jason Hunter.

The incident allegedly happened in the lobby of the R residence building at North Campus at about 2 a.m., March 7, after the team returned from London, where it won the provincial championship the previous day.

"They hit me, they kicked, and I was surrounded and I fell to the ground on one knee," said Jason Oades, a Humber student who was involved in the altercation.

"I was against the glass covering my face, getting hit with punches and kicks," he said, adding security cameras captured the incident on video.

Toronto police have no report of the incident, but campus security responded.

"There were some suspensions for a period of time during the investigation, after which a decision has been made and the outcome is happening. So everyone is in school," said Hunter, who continues to investigate.

Varsity athletes don't receive any special treatment at Humber, Hunter added.

"I'm not dealing with anything to do with any athletics program, per se," Hunter said. "Any incident I deal with, I deal with on the basis of the relationship that every student has with the college. Any student who would violate the charter would receive the exact same process in treatment."

"Everyone involved made choices and those choices obviously have had ramifications," said Hawks' head coach Darrell Glenn. "It's tough when you get to the end of the journey and you've got one weekend left in your season and it's fractured the way this situation has turned out."

Humber, seeded second in the championships, begins its quest for its sixth national title today against the host Southern Alberta Institute of Technology, the eighth seed. The Hawks finished out of the medals last year.

"Any time you lose players it's going to affect your team, but we can't really think about it," said Hawks centre J.R. Bailey.

Nationals spike men's gold medal chances

KYLE HALL
SPORTS REPORTER

EDMONTON – The men's volleyball team came up short in its final game at Grant MacEwan University, missing out on a chance to win Humber's first-ever medal at a national volleyball championship.

"We came into this bronze medal match with high expectations and we just ran out of gas," Hawks veteran Bobby Anderson said after Saturday's straight-set loss (25-22, 25-21, 25-18) to UBC Okanagan.

The team, from Kelowna, B.C., narrowly defeated Humber in the first round, winning 19-17 in the fifth set.

"We knew what they were going to do, and they knew what we were going to do," said the Heat's all-Canadian Nate Speijer. "It was going to come down to whichever team executed better." It wasn't the Hawks, who finished fourth in the eight-team tournament.

Humber destroyed UNB Saint John in its second match, winning in straight sets 25-13, 25-16, 25-10.

Next, they demolished B.C.'s provincial champions, Camosun College, from Victoria in four sets.

"It was just one of those things when you play three games back-to-back-to-back very well and we tried to come back for the fourth one, and just didn't show up," said Hawks head coach Wayne Wilkins.

"I summarize the season pretty simply: Three-quarters of my starting lineup are first year guys, they go out and win a gold medal at provincials and then come fourth at nationals. If you were to tell any coach you're going to have a bunch of rookies and do



Right side Terrel Bramwell defends the line during nationals.

Kyle Hall

that, it's pretty impressive."

Humber's Terrel Bramwell, Ontario rookie of the year, was an unstoppable offensive juggernaut for most of the tournament and was selected as a first team all-star.

The fourth place finish ties Humber's best performance at nationals, in 2005.

Humber earned its birth at nationals by winning the provincial championship, and was ranked fourth in the country heading into tournament.

Quebec's Limoilou Titans, the No. 1-ranked team in the country, won the gold medal, defeating the SAIT Trojans of Calgary in four sets in the final.

V-ball team fifth in Canada

Coach calls season a success despite women taking a dive at national championships after provincial win

HEATHER ALFORD
SPORTS REPORTER

GATINEAU, Que. – After a near-perfect season and its third straight provincial title, the women's volleyball team had a much tougher time in the national championships.

"It's hard to feel defeated when we haven't felt that way since November," Teresa George said after the Hawks lost their last game of the tournament in three straight sets to Red Deer College, eliminating medal chances.

With a 19-1 record during the regular season – their last loss to Nipissing on Nov. 22 – the Hawks came to the nationals representing Ont. in the eight-team tournament.

The team lost its first match last Friday in straight sets to the Vancouver Island Mariners, before bouncing back Saturday against the host Outaouais Griffons 3-0 to get a crack at qualifying for the bronze-medal match.

The Hawks came out swinging Sunday against Red Deer, but couldn't pull out a victory, going down in three sets. 25-15, 25-24 and 25-22.

"It's upsetting to lose because it was such a close game," said George, "but I don't think we have anything to be disappointed about."

"We definitely didn't give them an easy game and we made them really work for it," added teammate May Strutt.

"We proved ourselves and proved that we deserve to be here," she added.

It was the third consecutive year the women placed fifth at nationals.

UBC-Okanagan won the championship, defeating Grant MacEwan College in the final.

Francois-Xavier Garneau College finished third.

Humber head coach Chris Wilkins said he is proud of his young team's performance and how far it progressed this season.

"With the amount of people we've lost from last year to this year, and for us to be right back Wilkins is setting his sights on smashing the fifth-place barrier next year.

"All these girls are back next year, so now we have get better and take another run at this."



Heather Alford

Team captain Teresa George is key to the young team's success.