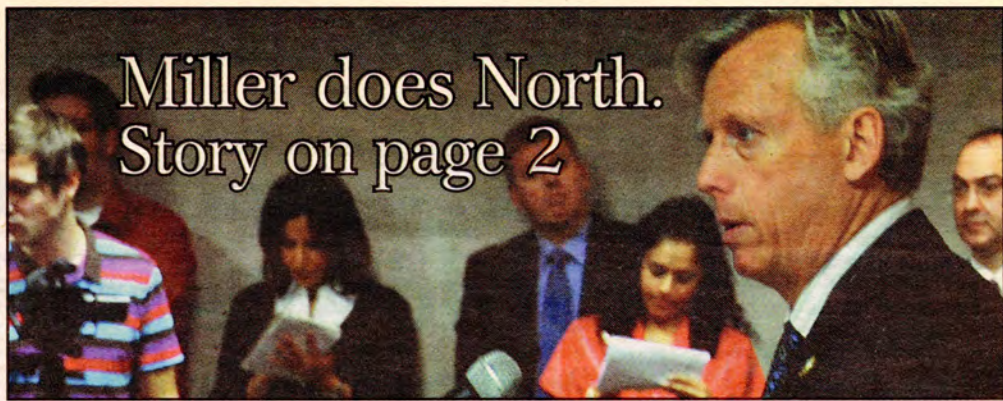
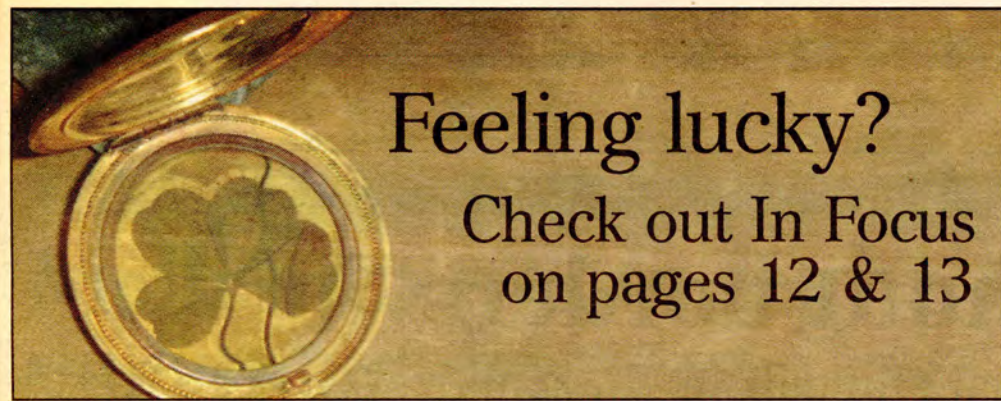


Feeling lucky?

Check out In Focus
on pages 12 & 13

Miller does North.
Story on page 2



HUMBER ET CETERA

Thursday, March 12, 2009

www.humberetc.com

Vol. 40 No. 18

Golden boys go national

Basketball team brings back the third gold medal in a month for the college

Sandy McLachlin
SPORTS REPORTER

OTTAWA – Daviau Rodney's sensational shooting led the Hawks to their 11th provincial championship in men's basketball, reserving them a place in next week's National championships in Prince George, B.C.

"There's no better feeling," Rodney said after scoring a game-high 29 points in Humber's 85-78 win over Ottawa's Algonquin Thunder in the OCAA final last Saturday.

The matchup pitted the top two teams in Ontario and gave the Hawks their 18th straight win before a hostile Algonquin home crowd.

This is Humber's first provincial title since 2006.

"I've been telling the coach to let me loose – to let the dog out – and this is what happens when you let the dog out."

– Daviau Rodney
Humber Hawk guard

"This is the thing that we've been working on hard at practice and now to get it, words can't explain this," said Rodney, who was 11 for 20 from the field, including seven of 11 from three-point range.

"I've been telling the coach to let me loose – to let the dog out – and this is what happens when you let the dog out," added the second-year guard from New York.

Rodney scored 16 points in the first half, going four-for-four from the three-point line, keeping the struggling Hawks close with a seven point deficit heading to halftime.

"Daviau was unbelievable," said Algonquin head coach Trevor Costello. "He kept them in it in the first half."

The Hawks turned it on in the second half, ignoring the constant heckling and jeering by the hometown Thunder crowd.

"It really didn't feel like we were overwhelmed by the fans," said head coach Darrell Glenn, who earlier in the week was named OCAA coach of the year and nominated for national college coach of the year. "We did

a good job of neutralizing the fans with our play."

The men played a fast-paced game that allowed them to move past the full court pressure that Algonquin used to take out Algoma University in the semifinals.

"I give them credit," said Algonquin guard and OCAA player of the year Charly Spurr. "They keep a high tempo and it's very hard to sustain that level of speed and to keep it consistent."

A big contribution came from Hawks rookie Akeem Sween, who scored 14 points and grabbed seven rebounds, including two in the final minutes to help clinch the win.

Sween rebounded from a poor shooting night Friday, in Humber's 79-62 semifinal victory over the Niagara Knights.

"But he came back and competed like crazy. He was just a monster on the boards," Glenn said.

Hawks guard Michael Acheampong did his part in helping the team claim gold by going 9 for 10 from the field in the finals and 9 for 11 in the semifinals.

The gold medal was nothing new for Hawks' assistant coach Sean Bookal who won his second provincial championship.

"It feels just as good as the first one," said Bookal referring to the championship he won with Humber as a player in the 2004/2005 season.

The Hawks head west to Prince George, B.C. to compete in the Canadian Colleges Athletic Association championships, last won by Humber in 2001.

OCAA Men's Basketball League Award Winners Western Region

Coach of the Year
Darrell Glenn

Defensive Player of the Year
Jadwey Hemmings

First Team All-Star
Akeem Sween

Second Team All-Stars

Daviau Rodney
Jadwey Hemmings

All-Rookie Team
Michael Acheampong



Hawks guard Michael Acheampong soars above an Algonquin defender for the easy deuce.

Sandy McLachlin

NEWS

A woman was fatally injured and her daughter treated for injuries after being struck by a dump truck while crossing an intersection in Etobicoke yesterday. — *thestar.com*

THE SKINNY

News hits from Canada and around the world

Man hit by train

A Toronto man and his two dogs were killed after they were struck by a CP freight train Monday morning. (*thestar.com*)

Do-not-call list works

More than five months after Canada's do-not-call list was implemented, 80 per cent of subscribers have announced a reduction in telemarketing callers. (*thestar.com*)

Ban on bottled water

The Federation of Canadian Municipalities is advocating a ban of bottled water on municipal property. (*The Globe And Mail*)

Added cutbacks at GM

In order to protect its crumbling auto business from bankruptcy, General Motors will freeze wages and pensions, increase healthcare expenses, reduce staff holidays and get rid of bonuses. (*Wheels*)

Grad rate up 2%

Seventy-seven per cent of high school students earned their O.S.S.D. last year — up two per cent from the 2006-2007 academic years and nine percent from 2003. (*Parent Central*)

Remains identified

Remains located in an Ontario park more than four decades ago were confirmed this week to be that of an 18-year-old Noelville man. (*The Globe And Mail*)

Kangaroo B&E

A kangaroo crashed through the bedroom window of an Australian home early Sunday morning. (*cbc.com*)

Stem cell funds grow

U.S. President Barack Obama is allowing more funding for stem cell research, which revises a former policy by former president George W. Bush. (*CTV*)

Corrections

On page 1 of last week's *Et Cetera*, in the story "Facebook posts pulled," Life reporter Lee Flohr's name was misspelled. *Et Cetera* apologizes for the error.

Students without borders

Practical nurses will do final clinicals in Tanzania

Laura Di Mascio
NEWS REPORTER

Practical nursing student Dion Wilson will have some interesting cargo when she flies to Tanzania with condoms to distribute.

"I started gathering some things that I need to equip myself to go into the schools and teach about sexual protection," Wilson said.

Wilson is one of four students going to Tanzania on April 1 for eight weeks to satisfy a final clinical requirement before spring graduation.

She said she wants to promote health teaching about AIDS, and she's been buying condoms so she can distribute them in Tanzanian schools.

"No class, no experience here will ever allow students to get a real sense of culture diversity as it would be going and living in a culture itself."

— Sylvia Wojtalik
nursing professor

According to the UN AIDS 2008 report on the global AIDS epidemic, an estimated 1.3 million Tanzanians — out of a population of about 39 million — were living with HIV/AIDS by the end of 2007. There were approximately 96,000 deaths during the same year.

"This is something that I really want to do. I want to be involved in international nursing, and Humber has given me this opportunity," said Fredricka Distin, another student making the trip. The students



Mona Keightley photo

Nursing students will travel to Tanzania for a unique learning experience April 1. From front: Sylvia Wojtalik, Preety Randhawan, Fredricka Distin, Nicole Brisebois, Janet Jeffery and Dion Wilson.

will learn how to apply their nursing skills in a different environment with different resources.

They will be placed in communities, hospitals and outreach clinics to learn about disease management and prevention.

In addition to building on their practical nursing skills, the students will gain an awareness of global health, globalization and nursing, said Sylvia Wojtalik and Janet Jeffery, professors in the program.

"No class, no experience here will ever allow students to get a real sense of culture diversity as it would be going and living in a culture itself," said Wojtalik.

Jeffery added the students will also

increase their cross-cultural communication and understanding of nursing in a global context.

Wojtalik and Jeffery said this opportunity will also open an international career to these students and the opportunity to exchange knowledge with local colleagues.

"The nurses from Tanzania will have a chance to share a very different type of nursing that is on Tanzanian soil. Our Canadian nursing students will be able to share their knowledge," Wilson said.

The international experience costs about \$5,000, said Wojtalik.

"I'm already packed," said Wilson. "It's really remarkable, a remarkable experience."

HSF candidates debate at Lakeshore

Presidential contenders say they would take pay cut to benefit students

Lucas Meyer
IN FOCUS REPORTER

All four HSF presidential candidates said yes last week when they were asked if they would take a pay cut to put more money into student services.

"I expected all of them to say yes," said second-year business administration student Kristen Arcega, 21, who asked the question at the Lakeshore debate last Thursday.

"It's something that could be addressed, and I'm glad they said yes and offered some other alternatives."

The Lakeshore debate brought the two-week campaign to a close as candidates made their final push for the presidency.

"If you want a leader who will empower the student body and has experience, vote for me," said Shugufa Kaker, the current VP of campus at

Lakeshore.

Candidate Abhishek Tyagi encouraged students to reach out to other students to get voters out.

"At the North and Lakeshore meetings, it's been good to see students get up and ask questions. It isn't just the candidates talking about their platforms."

— Aaron Miller
HSF director of programming

HSF director of programming and debate host Aaron Miller said he is hoping voter turnout will be good this year.

"Last year, we had more candi-

dates, which naturally brought out more votes," Miller said.

"But hopefully, we will still be able to maintain the numbers from last year."

Miller said food and parking have become two of the main topics of discussion between the candidates and that students have been bringing up financial concerns, such as the cost of textbooks.

"At the North and Lakeshore meetings, it's been good to see students get up and ask questions," said Miller.

"It isn't just the candidates talking about their platforms."

Ramandeep Kaur ended her time in the debate saying she wanted to solve the practical problems at the college while Davinderjeet Singh ended his debate with a reassuring message.

"I will make promises to you and then instill confidence in you," said Singh.

Speaker motivates business hopefuls

Jackie Martinz
NEWS REPORTER

Canadian motivational speaker Joel Hilchey performed at the Guelph Humber atrium last week to encourage students looking to succeed in business despite the current economic climate.

"You might have a skill, but it's what you do with that skill that makes the difference," Hilchey told the crowd last Thursday.

"Take some risks. When we take risks we get big rewards," he said.

"If we don't take risks we feel safe, but we miss opportunities."

Hilchey used a variety of techniques to illustrate his points.

He used juggling as an example to show that people make mistakes, but they can always pick the ball back up.

"When you juggle, sometimes a ball may drop, but that's when you laugh," he said.

The presentation was hosted by the Guelph-Humber Student Association as part of Business Week, which included daily events to help people develop the expertise needed to compete in the real world.

"I saw Hilchey at a conference years ago, and I invited him to come here," said Jimmy Jhandi, one of the business students who organized the event.

"When you juggle, sometimes a ball may drop, but that's when you laugh."

— Joel Hilchey
motivational speaker

"He talks about leadership, motivation and is the right fit for these difficult economic times."

Hilchey also whipped out a stack of large cards and invited volunteers from the audience to assist him with magic tricks for a few minutes of pure entertainment.

"Anyone here like Dr. Seuss?" Hilchey said, launching into the tale of Jack and the Beanstalk with Dr. Seuss-style rhyme.

Instead of sharing the story's popular ending, Hilchey left the audience to decide the fate of Jack on their own.

"Life is a choose-your-own-adventure," he said.

Second-year early childhood education student Raadiyah Nazeem, applauded when Hilchey finished.

"He was funny and really kept your attention," she said. "Everything he said was true."

Javed Yazamy, Canadian media fixer nicknamed Jojo, 23, died in Kandahar, Afghanistan Tuesday after gunmen opened fire on his vehicle. — *cbc.ca*

Miller expects light rail by 2014



Michael Melanson

Mayor David Miller speaks to students at North Campus yesterday.

Joana Draghici
Erin DeCoste
NEWS REPORTERS

Students can expect construction to start next year on a TTC light-rail line to North Campus, Mayor David Miller said during a visit to North Campus yesterday.

"How long it takes to build to Humber I don't know," said Miller. "I suspect that at least some of the students will have graduated before it's completed."

The new line, which would run along Finch Avenue from Finch subway station, is expected to be in operation by 2014, he said.

The mayor also spoke about his support for a handgun ban in Toronto.

It is a new initiative that provides counseling for people on welfare, a project to lower greenhouse gas emissions by insulating older city apartment buildings and increasing property taxes.

After his speech, he took questions from some of the 150 students packing the Seventh Semester room at North Campus.

One asked if the new city budget includes funds to fix all the potholes

on roadways.

"We didn't anticipate this winter to be so bad, it's terrible," he said.

"It's just as bad outside Toronto, it's just been a terrible year for potholes. This year's budget does reflect the work that's needed to be done."

The mayor also sang the praises of a new citywide competition.

"One of the things we've been doing at city hall to have a little fun is creating a Toronto song contest," he said. "I think its time Toronto has a song."

The contest rules will be posted on the city's website tomorrow and opens for submissions starting Monday.

The winner will be presented with a \$5,000 cheque.

Miller encouraged everyone to enter: "Your song will become the Toronto song."

Media foundations student Xolisa Jerome, 19, said she has already heard Humber students buzzing about the contest.

"We have some great artists, and Toronto is where people come when they want to make music. I think it's a great opportunity for them," she said.

Polls close tomorrow in HSF election

John Nicholson
NEWS REPORTER

Friday the 13th may prove lucky for the winners of executive positions in the Humber Students' Federation.

But these last two days of voting — polls close tomorrow — also include a referendum on whether previous HSF experience should be mandatory for future candidates so they understand the jobs they're seeking, said Executive Director Ercole Perrone.

"It really isn't a strenuous activity to vote."

— Ercole Perrone
HSF executive director

In a previous year's election, a candidate promised to work with the TTC to get heated bus stops, said Perrone.

"I can think of a couple examples, even this year, where a candidate would make a promise that they would do something that really wasn't within the scope of what the HSF could do," said Perrone.

HSF officials worked down to the wire to encourage students to cast ballots at booths set up across Lakeshore and North campuses.

"It really isn't a strenuous activity to vote," said Perrone. "It really is a quick process."

HSF programming director Aaron Miller was supervising a polling station in the North Campus concourse earlier this week.

"If we can maintain this rate we're going we're going to have a great turnout," he said Monday.

"Most of the students are aware of an election taking place."

Candidates for HSF president are Shugufa Kaker, Ramandeep Kaur, Abhishek Tyagi and Davinderjeet Singh.

"I think it's going to be a pretty tight race when all is said and done," Miller said, while discussing the presidential race.

Running for vice president administration are Kristen Arcega and Alexandra Kelly at Lakeshore and Melissa Mendes, Gurteghvir Singh, and Bradley Watson at North Campus.

For VP campus life: Mandeep Sidhu and Ben Rodgers at North, Daniel Hanna and Bryan Tran at Lakeshore.

One polling station at Lakeshore Campus in AB cafeteria and North Campus in the concourse will be open until 8 p.m. today.

All polls open at 9 a.m. tomorrow and close at 4:30 p.m. Results are expected tomorrow night.

Toronto police give president a RIDE

Davies says North Campus will provide a home for program again next year

Philippa Croome
NEWS REPORTER

Toronto police visited Humber president John Davies in his office last week to present him with an award for his support of last December's RIDE program.

"Fundamentally, this is not about plaques," Davies said.

"It's really about supporting the importance of the RIDE program in this province and challenging the issue of people who think that it's okay to drink and drive. We're always delighted to put Humber's resources behind any initiative like this."

The RIDE program originally started in Etobicoke in 1977, when it was known as "Reduce Impaired Driving in Etobicoke," according to the ministry of transportation.

The program then expanded throughout Ontario.

Humber director of public safety Gary Jeynes said Humber provided the setting and logistics for the RIDE program, which resulted in the award.

"We co-ordinated security, parking for police vehicles, and made the concourse available for the police to provide information about the program," he said.

Davies was presented the plaque by Supt. Ron Taverner of 23 Division and Lorne Simon, head of marketing and communications for the RIDE program.

"We would like to thank the staff that has given us the facilities to get

the message out to the youth here at Humber College — that drinking and driving is not acceptable. It can kill innocent people," Simon said.

Simon suggested extending the program into the summer at Humber's sailing school as part of the Toronto police marine unit summer safe boating campaign.

"We'd be very pleased," Davies said about the initiative.

Taverner said to expect amendments to current legislation in the spring that will be tougher on drivers caught drinking behind the wheel.

"They automatically lose their license initially for seven days, and their car is impounded," he said.

"The second time around if they blow over, they lose their car and license for 30 days, and it progressively gets worse. Plus, that's going to be on your record, whereas currently it is not."

Davies lauded Humber's relationship with the police.

"It's second to none in terms of any post-secondary institution in this country."

Davies went on to call Humber an ideal location for the RIDE program.

"We're one of the biggest trainers of police foundation students and firefighters who are very much involved in the tragic accidents that occur."

Jeynes said that Humber has confirmed to host the RIDE program again this year on Nov. 26.



Philippa Croome

John Davies receives an award from the Toronto Police for the college's participation in RIDE program last December.

NEWS

Three thousand customers of Mississauga's Moonshin Tattoo parlour between March 2005 and last month are advised to be tested after a possible HIV risk. — *thestar.com*

Free optic clinic helps students see

Michael Sutherland-Shaw
NEWS REPORTER

Full-time students are eligible for free prescription glasses thanks to a new partnership between the Humber Student Federation and a Toronto-based company.

For the next four weeks, "students don't have to pay a cent," for prescription glasses, said CEO of Super Eye Spex Optical Samuel Babarinde.

Since full-time Humber students pay for medical insurance as part of their tuition, they automatically qualify to have \$80 of their optical care covered.

Super Eye Spex covers the difference and also offers free eye exams by a registered optometrist and glasses.

After signing up to receive free glasses, second-year police foundations student Mike Johns, 21, said the program has benefited him.

"It's worked out perfectly for me. I was actually looking for glasses before I heard about this program," he said.

The free eye clinic, which started

on March 2, will be available until April 3.

"We will be at the North Campus for the next three weeks, and then two weeks at Lakeshore Campus," said Babarinde.

He said he was expecting about 300 students in total. So far, they've done 200 students in four days.

With the assistance of an insurance company, Super Eye Spex has shifted its focus to providing affordable eye care to college students.

"We decided to visit colleges because we believe students' vision is extremely important," said Babarinde.

He said he hopes the company's good reputation will allow it to branch out to more colleges next year.

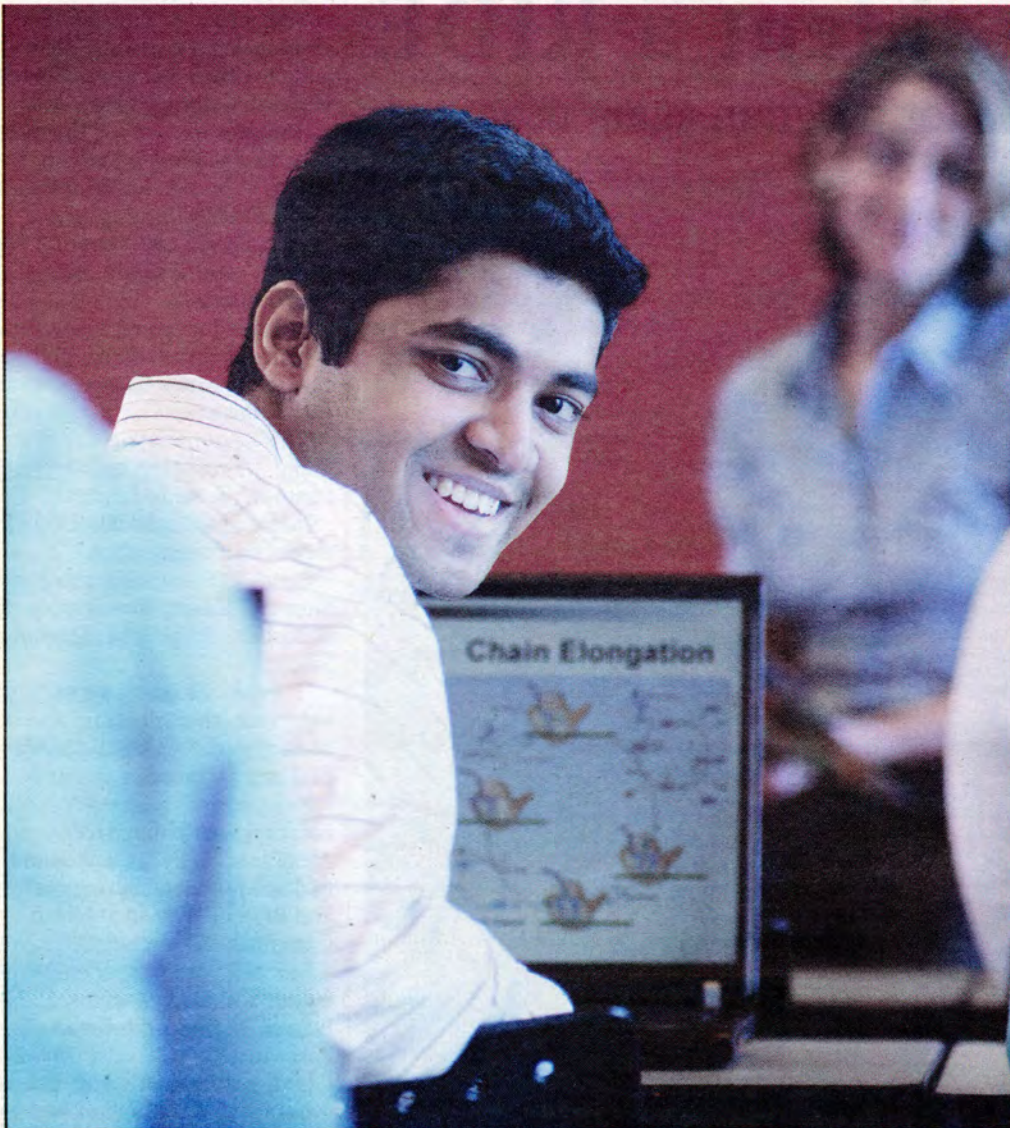
"Word of mouth is powerful," said Babarinde. "The amount of response we got is more than what I got when I spent \$30,000 on marketing."

HSF President Mike Berg said with such a professional demeanor and great attitude towards students, this program is better than expected.



Michael Sutherland-Shaw

Students can visit the Humber eye-care clinic from March 2 to April 3 for free prescription glasses.



TURN YOUR COLLEGE DIPLOMA INTO A DEGREE AT UOIT

Did you know that you can turn your college diploma into a degree in as little as two years at the University of Ontario Institute of Technology (UOIT)?

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FOR THE ATTENTION OF ALL HUMBER STUDENTS

Notice of Election

for the

Student Representative

to the

Board of Governors of Humber College Institute of Technology and Advanced Learning

An Election will be held during the months of **March and April 2009** for the position of Student Representative on the Board of Governors of Humber College Institute of Technology and Advanced Learning. All Humber students are eligible for nomination. The term of office for this position is **September 1, 2009 through August 31, 2010**. The basic requirements of this position are to:

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

Nominations Packages can be picked up during the period **Monday, March 2 through Friday, March 13, 2009**
from

<p>The President's Office, North Campus Room D 167 (Val Hewson) Ext. 4102</p>	<p>The Principal's Office Lakeshore Campus Room A 116 B (Ian Smith)</p>
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Completed Nomination packages

must be submitted to either of the above offices during the period
Monday, March 16, through 3.00 p.m. on Friday, March 20, 2009

Voting will take place on **Tuesday, April 14 and Wednesday, April 15, 2009**

*For more information, please contact Val Hewson, President's Office, Room D 167, North Campus.
Phone ext. 4102, or email: val.hewson@humber.ca*

EDITORIAL

A new study says children fathered by older men do worse on intelligence tests compared to those fathered by younger men. — (CTV)

Superstitions provide students with belief

No one can say Humber students are not optimists — at least they believe in the power of luck.

A UPS courier was driving his usual Rexdale route when he came across a ripped plastic bag on the side of Humber College Boulevard and Highway 27 full of brand new lottery tickets worth \$3,400. In the bag were hundreds of tickets for the games Deal or No Deal, Crossword, Canadian Bingo, Card Shark, Lucky 7s and Lucky Letters. Instead of taking the loot and running with it, he handed the bag in to police, sensing good luck would come of his honesty.

In this week's InFocus section some non-believers say this was pure luck and could happen to anyone. According to a volleyball article, students at Humber seem to follow the superstition folklore and traditions with an open mind, resulting in beliefs that are something everyone can take seriously.

When it comes to exams, liberal arts and sciences professor Ian Gerrie said some teachers think students will have better luck if they leave their superstitious behaviour behind.

While this might ring true for practical students, preparing for an exam is as much about

superstition as it is about studying.

Last week's article by Graeme Steel in the *Humber Et Cetera* talked about sports superstitions. Gil Mason, an Ottawa-based psychologist, said he wouldn't look at it as superstition so much as a ritual — referring to what really prepares an athlete for sport.

Even though this may cater to the uber-professional who relies on practicing his or her craft in order to succeed, let's consider the student athlete: Before a game it is a necessity for Humber cross-country runner Shea Johnson to indulge in a spoonful of organic buckwheat honey. Otherwise, she may have an 'off' game. She is not the only one.

Starting guard for the Humber Hawks, Meghan McPeak listens to music before very single basketball game. While the other athletes are getting changed and throwing around a ball, music and her superstition get her through warm ups.

These students believe in their superstitions so much, they might be making their own luck. We live in a practical society where practice and hard work dominate our culture, but why not take a chance — be one of the small few who chose to dare, dream and believe.

Speak up and vote now

The elections for the 2009/2010 HSF executive team are underway. And if past voter turnout is any kind of reliable indicator, we should prepare ourselves for a dismal showing at the polls.

The 2007 elections had a meagre 6.7 per cent of students cast their votes. The 2008 elections saw an optimistic increase when 10.5 per cent showed up to have their voice heard. But that stat is a lot less cheerful when the percentages are translated to actual votes. Of the 18,000 eligible voters, only 1,824 showed up.

Some of this year's candidates have tried to break this pattern of voter apathy by not only putting their platforms online, but also letting students pose questions through the social networking site, Facebook.

A weakness of the online strategy was exposed when some legitimate questions posted on the site were removed at the same time inappropriate material was erased. During the recent debate at North Campus, an *Et Cetera* reporter posed the question that in removing the legitimate questions two candidates were avoiding tackling every issue. Both insisted the only material pulled was offensive.

It should be noted that one of the candidates, Shugufa Kaker, did respond to a question on Facebook before it was pulled.

Controversy aside, the steps taken by the candidates to involve as many students as possible

in the process of choosing an executive staff is admirable.

The online tactic seems like a necessary step since during the vice-presidential and presidential debates at North Campus, only about five people — of more than 100 — stepped up to ask a question and only three video questions were shown.

Our college deserves better than that. In the past two months alone students from Humber have clearly demonstrated the potential found within these walls.

From four students contacting the International Space Station on a shoe-string budget and making the front page of the *Toronto Star*, to one student showing the possibility of creating fire from water, to our athletes proving themselves to be of the highest calibre in their respective sports, Humber has been revealing itself as an institution worthy of recognition and pride.

But these accomplishments have yet to translate into tangible student support. Whether that support materializes as votes cast over the course of this week or as increased solidarity among students over the issues facing the college, a change needs to take place.

Students must understand that they are responsible for their experience here. And the more they involve themselves, the more they will get out of Humber.

FRIDAY THE 13th IS COMING: PREPARE YOURSELF

NOTHING CAN STOP ME NOW!!



WORD ON THE STREET

Do you believe in superstitions?



Stephanie Santon, 21,
1st year interior design

"No. My opinion on superstition is it's something people look into to make sense of things, in the same way people believe in religion."



Abdullah Khawaja, 20
1st year accounting

"I don't think such a thing can affect anything. When you believe in something, you expect it to happen. So then, maybe it's more likely to happen."

Bear Dorian, 20,
2nd year robotics



"Definitely. Luck and karma too. If you do good, you deserve good things back. And sometimes, you just get lucky. You know, sometimes you need something."

Michelle Nowell, 18,
1st year funeral services



"No, I think things happen for a reason. Things in life will happen, whether you like it or not. Things are just meant to be sometimes."

The Et Cetera wants to know what you think.

We welcome 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 humberetc2008@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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Distribution Michael Sutherland-Shaw

A 17-year old who opened fire on his local high school in Germany's southwest region killing at least 15 people was shot by police, state officials said. — CBC

Connecting the dots



Jason Sahlani
Editor-in-Chief

The Internet has given us the global village and allowed us all to look across oceans with the click of a mouse. But the sheer volume of information that gazes back at us often overwhelms, and we can overlook the news stories that have the farthest reaching effects.

Even as we try to connect all the dots, we know there is far too much out there to consume. So, we rely on media outlets to navigate the maze for us and help illuminate the pertinent points. However, most media outlets fail at connecting the separate events occurring every day.

The director of community engagement at the Toronto-based Wellesley Institute, Michael Shapcott, was quoted in the Winter 2008 issue of *Convergence* magazine on this issue. He said the media needs to develop a more complex understanding of the world to help their audience understand that issues that seem disconnected are actually tied together.

"But at the same time the media should be looking for those connections, which help to explain and make some sense out of what otherwise would seem like a whole bunch

of other things that have no relationship to each other," he said.

At times this failure is the result of the media choosing to focus on one story they believe holds the most value for their audience. The story of the day is decided upon by news directors and although the treatment given may vary from outlet to outlet, the amount of coverage the big story gets is usually similar.

This in turn pushes the stories deemed less news worthy to either the bottom of the news hour, the back of the section (below the fold) or, more likely, off the sked altogether. A perfect example happened last month when U.S. President Barack Obama visited Ottawa.

While the vast majority of outlets covered his trip here well before he even left the White House. A story out of Kyrgyzstan barely made any waves at all.

As Obama bought beaver tails and treats for his children, the parliament of Kyrgyzstan voted 78 to one to boot the U.S. Air Force from the Manas Air Base within 180 days.

The strategic importance of the base has since been downplayed. But as Pakistani militants step up attacks on convoys heading to Afghanistan, U.S. officials are being forced

to secure alternative supply routes. The base at Manas was a key staging ground for those supplies and served as a transit point for 15,000 U.S. troops and 500 tons of cargo each month.

And while such details were found on mainstream media sites the day of the Kyrgyz vote, the implications for the American, as well as our own military plans for Afghanistan, were nowhere to be seen. What has been discussed in the media is the estimated cost of our mission in Afghanistan, rising to \$11 billion, the Swat region of Pakistan turning to Sharia law at the demand of regional Islamic/tribal leaders and, of course, the crumbling economy.

There may not be connections to each of these points, but there are surely more connections than are being discussed by the media. Media is now in a state of 24/7 news feeds, journalists blogging to give their audience extra coverage of a story and the advent of the twitter (of which I'm still somewhat confused). And still we lack the connections that enable us to see how one event is tied to another, subsequently affecting our lives.

But it is using these new tools that we can demand change. We can ourselves twitter a media organization and point out a connection they missed. We can comment on a story and put a question to the journalist, demanding more information or questioning the treatment of a story.

Music Week a sign of spring



Christopher Fry
A & E Editor

My dad says he knows spring is just around the corner when he takes his Mustang off the blocks and backs it out of the garage and into the driveway for the first time in months.

My girlfriend says she knows spring is just around the corner when she sees more people walking — leisurely walking for enjoyment, not just hurrying to the subway stop — around the gritty city streets.

For me, I know spring is near when Toronto becomes home to some 500 bands for one week in the middle of March. Yes, that's right; the sure sign that old man winter is leaving town is Canadian Music Week (CMW).

CMW, often considered the best music conference in Canada (the Pop Montreal folks might have something to say about this, though), features four industry conferences, a film festival, keynote speakers sessions — Gene Simmons is the keynoting this year, while Chuck D, Johnny Rotten and Alan Parsons have all been past draws — two awards and hall

of fame events, and a fan fest.

But industry insider smoozing aside, CMW is really all about one thing: seeing great bands in great venues. However, three straight nights of concert-going isn't for the weak. It can be quite a grind, especially when you're drinking Labatt 50 and Jager Bombs at two in the morning.

In years past, I've been lucky enough to see more than a few local bands in friendly, cozy venues just weeks or months before they broke through and hit the big time, eventually playing much larger stages.

This year will be no different, since there are a number of bands that are on the verge of pitchforkmedia.com stardom (or at the very least chromewaves.net type fame).

Take for instance, Brampton's Beekeepers Society who will bring their mix of vintage drumbeats, shoegaze guitar tones and pop-hooks to the Silver Dollar on Sunday morning at 1. Or, how about all the CanCon talent — Black Hat Brigade, Schomberg Fair, Hot Panda, Handsome Furs, Human Highway, The Bicycles, Daniel Wesley and Dinosaur Bones — at the Horseshoe Tavern on Friday night. And there is no way you can overlook Malajube at the El Mocambo on Thursday, The Ghost is Dancing at the Silver Dollar on Friday, and Jon-Rae Fletcher and Basia Bulat at Lee's Palace on Saturday.

Oh, and the other great thing about CMW is the price. Fifty dollars gets you the festival wristband which is good for the entire week, no cover charges at any of the venues and access to the film festival.

Twitter a waste of time



Justin Robertson
Op-Ed Editor

Yet another social networking site seems to have us in its grip.

Twitter made its mark across Canada in 2006 and has shown signs of gradual growth ever since. In Canada alone, there are 3,307 Twitter accounts, meaning there is an account for every 10,014 inhabitants. The free social-networking service lets people send up-to-the-minute recollections of thoughts and activities to their friends through status updates via instant messaging or mobile text message.

But apart from your mother, who really cares about what you're doing right now?

When I signed up recently, I immediately noticed Twitter was a social site based on status updates alone, something that was instituted through Facebook.

Sure I dabble in Facebook and I own a Myspace account, but I found

Twitter paled in comparison and for me, is a waste of time.

Here you have an online social tool that is much watered-down version of Facebook, and it actually limits the amount of words you can type — 140 characters.

I thought the Internet was limitless and infinite, so I can't see why there is a restriction on messaging your friends.

Some 'Twitterers' say the site helps users contact friends far beyond their own inner circle and makes it easy to communicate with celebrities and politicians. On the outside, this does seem appealing for people who crave interaction with celebrities — the same ones they follow in magazines and on TV.

Do we need to know if Jon Stewart got his morning coffee?

Consider this: One day last week I decided to give Twitter a chance and spent some time checking out other users' updates because really, that's all there is to do. Phoenix Suns cen-

tre, Shaquille O'Neal joined Twitter not so long ago and 'tweets' quite regularly and just so happened to post a comment when I was online which read: "The real Shaq is at the mall." Thanks, Shaq. I'll remember to let you know the next time I'm standing in line to withdraw money from an ATM bank machine.

Darren Rowse of ProBlogger said, "Twitter has grown exponentially in its use by tens of millions of people around the world." But according to a Twitter blog, although users from Canada were among the first to start using Twitter, sign-up numbers for new users have hit a plateau in recent months, suggesting that people are now thinking twice before coughing up all their personal information for yet another social website.

One month after signing up for Twitter, I can honestly say I've updated my status twice. While juggling Gmail, Facebook and an ailing Myspace account, I barely have time to log on and let the Twitter world know "I'm at home, and I'm bored." Even though the Twitter fan base may be climbing worldwide, I'm sure my account will expire soon

Letter to the Editor

Doctors losing out Re: Nurse-Led Clinics

I just wanted to comment on the op-ed "Nurse-led clinics a positive step" by Rock de Vera, (*Humber Et Cetera*, March 5, page 11).

I am actually glad he wrote this piece because it sheds some light to the story in a different angle - money. Doctors are upset because it's about losing their money that they make per client. I hope other people can respect nurse practitioners for the

better and the hard work nurses do. The only thing I would suggest is to say "nurse-practitioner led clinics" instead of "nurse-led". I only say this because it adds on to the role confusion between RNs and nurse practitioners society have. Overall, well done, right on point.

Lisa Cullen, Mississauga

A&E

As part of Toronto's annual Luminato multi-discipline arts festival, Canadian rocker Randy Bachman will play a free concert in tribute to Neil Young this June. — CBC

Monkey Spliffs are Rock Band champs

Video game band will move on to face off against other game-rockers for ultimate gaming supremacy

Kati Mason
A&E REPORTER

Monkey Spliffs will represent Humber in a competition to pick the Canadian university or college with the best Rock Band 2 players.

Group members Ryan Graceffo on vocals, Christian Salvador on guitar, Josiah Keeshig on bass, and Kadelle Liburd on drums played to win the Humber title over five bands that took the stage at the Student Centre on North Campus last week.

"We are being seen as one of the bigger schools with the biggest kind of student life around."

— Aaron Miller
HSF program director

"This is just awesome," said Keeshig on Friday after students voted his band the winner.

Humber is competing against Brock, Lakehead and Dalhousie universities, as well as B.C.'s Douglas College in the first round of the Facebook contest.

"I know people at Brock," said Graceffo. "We will own them."

Monkey Spliff's video is posted on Amp Energy's Facebook page, with voting open until Sunday, March



The members of Monkey Spliffs rock out to *Chop Suey* by System of a Down last Friday afternoon.

15. The energy drink company is sponsoring the competition.

If Monkey Spliffs win this week, they will move on to the semi-

finals to compete against winners of eight other weeks of competition, according to the contest's Facebook page.

"We are being seen as one of the bigger schools with the biggest kind of student life around," said Aaron Miller, program director for the

Humber Students' Federation. "But I think the Humber students will surprise you."

The two-day event at Humber began last Thursday before an enthusiastic crowd of fans.

The top six bands — In Those Jeans, The Baked Potatoes, T-Squares, Monkey Spliffs, Hard Nipps and Huh? — were selected from the top scores of last Thursday's performers and battled it out for Rock Band supremacy Friday morning before a full student centre.

"This is just awesome."

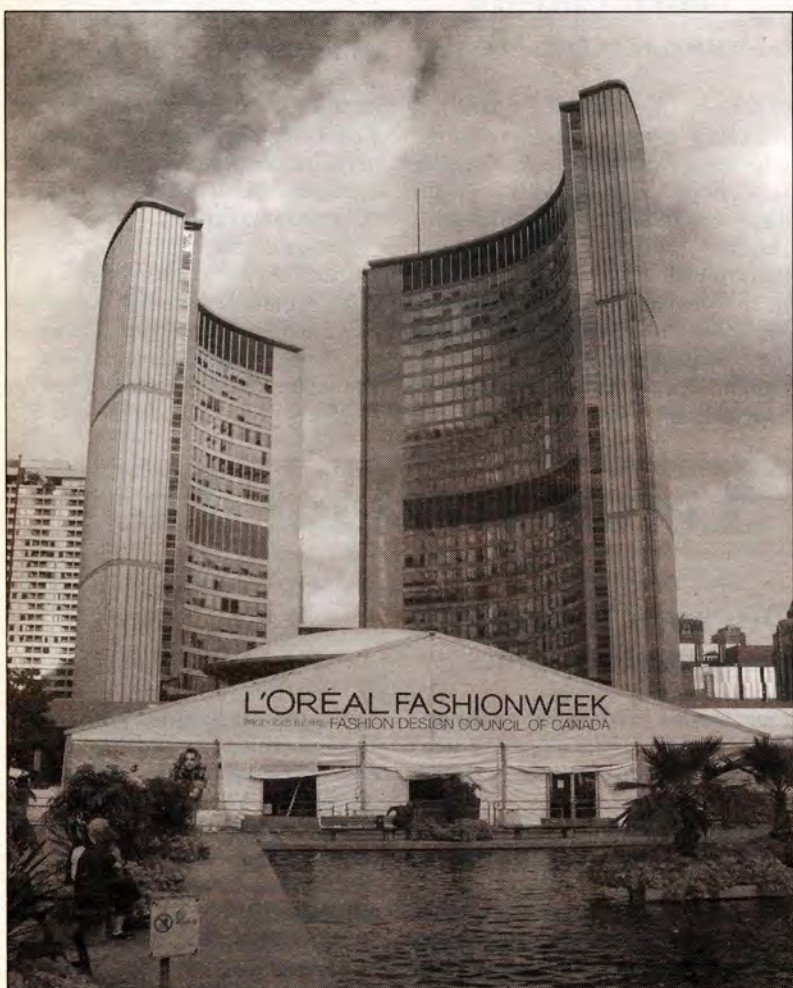
— Josiah Keeshig
Monkey Spliffs bass player

"It was really packed in there," Miller said, adding sponsor reps were overwhelmed by the turnout.

Miller conceded, however, that while Humber's turnout was impressive, students weren't as creative as at other schools.

"I think other people have come in costumes and things like that," he said. "That's not really the Humber vibe."

To vote for Monkey Spliffs or to view the other bands battling it out to be Canadian Rock Band tournament champions, visit www.facebook.com/ampenergycanada.



A view of Toronto's fashion week last year, when L'Oreal sponsored. LG sponsors this year's event from March 16 to 21.

Fashion Week promises to be a worthwhile event for students with a flare for creativity

An estimated 25,000 people are expected to attend the five-day event

Lauren Brunetti
A&E REPORTER

Fashion student adviser Pamela Dettorre encourages students to attend the largest fashion event in Canada because it is an opportunity to get a taste of creativity.

"The week will be jam packed with exciting fashion shows, industry events and parties. There definitely won't be a dull moment."

— Megan Loach
Communications coordinator for the Fashion Design Council of Canada

"Humber students who are volunteering or even attending can pick up on a creative flow of energy," she said.

"This event will transform what you learn in class into tangible real life situations."

Toronto Fashion Week will be held at Nathan Phillips Square from

March 16 to March 21. The five-day event is hosted outdoors at the 40,000 square foot venue. Guests will have the chance to preview upcoming fall and winter collections.

A showcase for buyers, media and other fashion industry professionals, Fashion Week is intended to show the designers of today and tomorrow, said Megan Loach, communications co-ordinator for the Fashion Design Council of Canada.

"The week will be jam packed with exciting fashion shows, industry events and parties. There definitely won't be a dull moment," said Loach.

The estimated attendance for the week is 25,000 people, which is a 20 per cent increase from last season's October event, added Loach.

Dettorre said the event will shine a positive light on the city of Toronto.

"This is an important time in Toronto, and it's an opportunity to showcase talent," she said. "We generally don't blow our horn. People usually don't see how fantastic our designers are."

Humber graphic design graduate

Yvonne Kai will attend the event, as she does every season.

"It's always a fun thing to see. It's an important time to connect with people, especially if you are interested in working within the fashion industry."

"Humber students who are volunteering or even attending can pick up on a creative flow of energy."

— Pamela Dettorre
Humber fashion student adviser

Kai urges all fashion students to attend this event and become involved. "Fashion Week is definitely something you want to be involved with. All of the media is going to be there, and if you want any attention or criticism, this is how you can get it. You will know if your designs will be accepted and if they will sell."

For more information on Fashion Week, visit www.lgfashionweek.ca.

The Sundance Film Festival recently named John Cooper as its new director. He replaces Geoffrey Gilmore, who left Sundance after 19 years as festival director. – Yahoo!

HSF club headed to South Asian cultural festival on weekend

Kat McMorrow
A&E REPORTER

HSF's South Asian Alliance (SAA) will be one of 14 schools participating in the 10th annual SAA culture show this Saturday in Mississauga.

This is the second year the HSF club will participate in the event. After three months of practice, the club is also entering a dance competition.

"Each school has a dance team which is promoted and funded by their school's SAA," said club president Pritav Singh.

Singh said there have been dozens of different dance styles in the past and a lot of effort put into the routines of the competitors' teams.

Ruby More, a first-year early childhood education student and club assistant, said the dances are difficult. They range from hip-hop to classical to traditional. "There's everything. It's amazing. Some of the traditional dances are so tough to do, it's hard to believe that in such a short time the students who had no prior knowledge of them can perform them so well."

Singh has a special connection to the Ontario-wide South Asian Alliance. His older brother Jatinder Singh founded the show and is the current co-chair. "I helped out a lot in high school," said the second-year business administration student. "So

naturally, I'd continue being passionate about the cause when I came to Guelph-Humber."

Singh said the alliance's goal is to promote awareness of South Asian culture and stress the importance of diversity.

"Our school is there for everyone, but it is clubs like ours that inform and unite all kinds of students," he said.

More said the SAA is open to all students – not just those of a South Asian background.

"Every culture should be respected and accepted," she said. "We are trying to include everyone and create awareness while supporting a great cause."

First-year landscaping student Aaron Dauplaise agrees. He said clubs like the SAA are important to the campus community.

"I think cultural clubs like the South Asian Alliance are really positive," he said. "They give different cultures a voice."

The culture show takes place all weekend at the Hershey Centre (5500 Rose Cherry Place in Mississauga). Shiv from "The Shiv Show" will host.

Apache Indian, RDB and Nindy, Joti Dhillion and Bal-E Lasara, and Jessica David will also perform.

For more information, visit www.southasianalliance.ca.



Second City photo

Marty Adams finds the funny side of economic disaster in *0% Down, 100% Screwed* at Second City.

Comedy troupe's skit cuts gloom

John Evans
A&E REPORTER

The Silly Bitches go to war for Humber on March 26 in a sketch comedy contest for teams of students from around Toronto.

"I don't know if our troupe name is appropriate for the paper," said second-year comedy student Keelan Fiorillo, one of three members of the team that will compete at Second City.

The Toronto comedy venue is hosting Class Warfare, a sketch comedy contest for student teams from around the city. It is the finale of a night that also launches a new \$15 student admission and features the new main stage show *0% Down, 100% Screwed*. It looks at the lighter side of economic collapse.

Fiorillo said he and his teammates, Gillian Waxer and Deborah Primeau, have been working hard to get ready. "We do some brainstorming, throw some ideas around and pick the funniest ones – the ones that make us laugh the hardest," he said.

"I think we're going to do well," Fiorillo added. "I'm excited to see the other Humber teams. I know they're really funny, so it will be very competitive."

Samantha Smith of Second City said this was its second try at student participation.

"They did something like Class Warfare about a year ago, and it didn't turn out well. Only two people showed up. We're trying something a bit different this year," she said. "And so far we've gotten a great response."

The competition has a sweet prize. The winning team gets the night's cash receipts and a chance to perform on Second City's stage. Smith said that five teams from Humber, Ryerson and the University of Toronto had already signed up.

Humber alumnus and comedy actor Marty Adams heading and expects great things from the three Lakeshore

teams. "They're Humber students, so they'd better be amazing," Adams said, laughing. "I hope they take a lot of risks. That's how you find your writing voice, your comedy voice – by trying things."

"I suggest it is a great date," Adams said of the event. "You have something to talk about. They're impressed you went to see something live, and it's also a really good time," he added.

"Everyone loses their minds about the recession and the economic crisis," he said. "Why not lose yourself for a couple of hours, and watch something that can make you feel good?"

A review: Watchmen does graphic novel justice

Steph Davidson
NEWS REPORTER

As soon as the visually stunning opening credits fade, Zack Snyder's film adaptation of Allan Moore's, *Watchmen* gets down to business with a fight so jarring, you can feel each blow in your seat.

Not for the faint of heart, *Watchmen* combines intense action, surrealistic gore, explicit sex scenes and one very large, blue phallus.

This should not surprise either fans of the graphic novel or anyone who watched Snyder's previous graphic novel-cum-movie, *300*.

While some parts of the novel appear only as special features, the long-awaited film clocks in at 163 minutes, which allows it to stay

true to the source material with one notable exception toward the end of the movie. But only those who read the graphic novel first will notice.

Set in an alternate 1985, the movie features music by Bob Dylan, Leonard Cohen, KC and the Sunshine Band, Janis Joplin, Jimmy Hendrix and Simon and Garfunkel.

A smattering of 80s political and pop culture references add realism that helps define the film.

As part of the new wave of superhero movies, *Watchmen* offers heroes who are both human and flawed.

The movie made an estimated \$55.7 million (U.S. dollars) in box office sales last weekend.

So, who watches the *Watchmen*? You should.



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Even though Chris Brown is facing two felony charges, the R&B singer will remain a nominee for a Nickelodeon Kids' Choice Awards – chicagotribune.com

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Jazz grad slated to sing at CMW

More than 400 bands play Toronto clubs this weekend

Jessica Brooks
A&E REPORTER

Jazz graduate Janelle Monique will perform with flamenco jazz band The Café Ole this Saturday night as part of Canadian Music Week (CMW).

"This is a good chance to get your name out there," Monique said. "For independent artists, it is so hard to get enough promotion."

Since graduation, Monique has performed on cruise ships and worked as a lounge singer in Hong Kong.

She's also performed at the 2005 CMW with Casey Roberts and the Raw Blue band.

"This festival is great because everybody club hops and discovers bands that they might not have otherwise seen," she said.

CMW communications director Bessie Bullard said the 27-year-old festival keeps getting better.

"We have people from Montreal, Ottawa, New York and Buffalo buying tickets. It is a really good chance to see music, whether international or local, that you wouldn't have otherwise seen," she said.

While big acts like Bloc Party and Sloan are headlining this year, the event is about more than the music.

Ky Joseph, who sits on the board of Humber's advisory council for media studies, said CMW is an incredible opportunity to make connections in all elements of the industry.

It also offers people in all aspects of the broadcasting business the opportunity to network at daytime seminars, award shows, and the Women in Broadcasting Trailblazing Breakfast.

The mood last year was crazy, said Joseph, whose colleagues at Evanov Communications Inc. refer to her as 'the velvet hammer.' She received last year's Rosalie Tromblay Award at the 2008 Trailblazing Breakfast.

"A lot of women came to the networking breakfast," she said. "The event is absolutely changing broadcast's landscape."

The festival begins today and runs until Sunday in 45 downtown venues.

Wristbands and tickets to individual shows and daytime events can be purchased online at www.cmw.net

Reel Cinema for Reel Cause panelist impressed with fest

Josh Long
Biz/TECH REPORTER

About 100 people gathered last Saturday in Orangeville to take part in a panel discussion, including film and television co-ordinator Eva Zeimsen.

The panel was convened as part of a three-day film festival called Reel Cinema for Reel Cause.

The festival was a fundraiser to educate students about having healthy relationships, as part of its violence prevention program.

"We run programs in the school that try to give kids and youth the tools they need to build healthy relationships," said Nadine Collins, the event's co-ordinator.

These programs are run within the school and paid for entirely through fundraisers such as these, said Collins.

Zeimsen said she thinks the festival is an extension of the kind of work Humber does.

"I think education goes beyond the classroom," he said.

"And my participating in this is also a sign to my students you have to go beyond where you're at to contribute to the audience – to give back."

On the whole, Zeimsen said she was impressed with the festival.

"We were at the gala last night,

which was phenomenal," said Zeimsen.

"I'm really impressed with what has been going on here at Orangeville. I wouldn't have expected it, and I was really blown away."

Other panelists for the discussion included actors Jeffery Mappin, Gourrav Sihan, as well as writer/producer Sue Kenney.

CBC film critic Jesse Wentle led the discussion.

One topic of conversation was the direction of Canadian cinema.

"I think there's a sense that Canadians are ready to handle it," said Wentle.

"This past year seemed more politically and socially engaged than it has seemed in recent years."

In response, Zeimsen said that it was because people were more ready to hear a powerful story mixed with realism.

"Maybe we're taking that strength in documentary and blending it with a little bit of re-enactment, and maybe that will be where we will find success in our own cinema."

Zeimsen also said that films, such as the Canadian docudrama *Shake Hands with the Devil*, were part of the change



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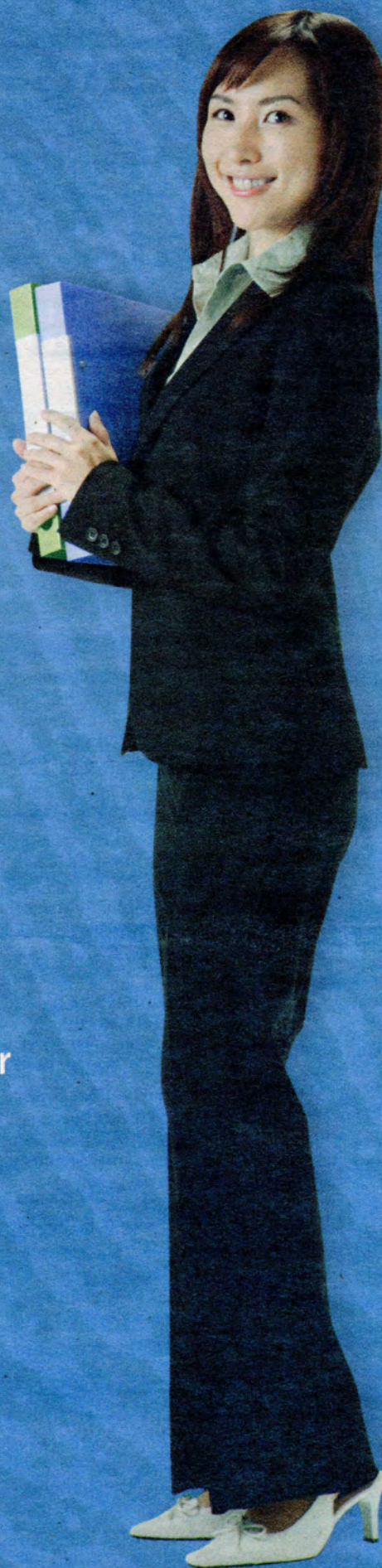
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IN FOCUS SUPERSTITIONS

Phoenix Mutual UFO Network held a monthly ranger-led walk on March 8 in the Superstition mountains, which are known for a high rate of UFO activity. — *examiner.com*



This week the In Focus section looks at superstitions and how to stave off bad luck.

Culinary taboos known by some in Humber Room

Cathleen Yoo
IN FOCUS REPORTER

Humber students are acting a little superstitious in the Humber Room.

Humber Room manager Richard Pitteway said, "you never say that the day will be ending soon because inevitably, as soon as you say that, something unwarned happens that causes the day to happen longer."

Superstitions related to the food industry are not uncommon. They include how to deal with spilt salt, what to do if you drop a knife or a slice of buttered bread, when a new restaurant should open and how it should operate and how a restaurant's tables should be numbered.

Pitteway said there are more logical reasons behind the appearance of superstitious behaviour.

"I think you are looking more at business decisions than a luck decision," he said. "I don't think you would open up a restaurant based on the moon phase or the colour of the cat that walked across your lawn."

Humber students explained that the common belief vegetables should be plated in odd numbers around a centrepiece is not based on superstitions as many might believe.

"Even numbers don't look natural," said second-year culinary management student Candice Bailey.

First-year culinary skills student Ronald Ticona also discounts the veggie rule as a superstition.

"Maybe someone thought it's good luck to have it," he said, "but it's just a presentation thing we are talking about today."

It's possible the superstitious behaviour might be more culturally based.

Food Emporium manager Alberta Essien said although she wasn't aware of many stories about superstitions at Humber, they would not be uncommon to those born in her home country of Africa.

Pitteway agreed backgrounds will affect beliefs.

"You are going to find some of the Asian cultures more prone to that," he said about how superstitions may affect the restaurant business. "They tend to have lucky numbers and positions of doors for Feng Shui and things like that."

Nothing lucky about the Irish, prof says

Adrienne Coling
IN FOCUS REPORTER

Irish traditions and cultural meanings surrounding St. Patrick's Day are mythologized and often get lost in translation, said Humber social and cultural anthropology teacher John Steckley.

"It's ironic really, calling the Irish people lucky because there is no luck being Irish," he said. "These are a people who were oppressed for years by the English and worked for anything good they ever received. Luck has nothing to do with it."

Steckley said he thinks St. Patrick's Day celebrations in North America today are a takeoff from the Celtic celebration of spring interpreted by Christianity in the fifth century.

"Much like they did with the Germanic festival that became Christmas, I suspect choosing the date of March 17, which was supposedly the date of Saint Patrick's death, is taking a traditionally Celtic celebration



Adrienne Coling

Celtic dancers perform a traditional dance at Cooper's Pub in Mississauga on St. Patrick's day 2008.

ceremony and making it something respectable to party about," he said. "And because we don't know a lot about that time due to Ireland's late literacy, no one can say what is true and what is not."

The symbols of Irish luck come from a Christian missionary named Patrick who became the patron saint of Ireland, Steckley said.

The four-leaf clover is one of the most known symbols and is nothing more than a misconception, he said.

"While the shamrock was thought to be a representation of the Holy

Trinity, clover was used for the large amount of vitamin C it holds for everyday medicinal reasons," Steckley added. "The meaning changed when Christianity came to the Irish and they combined the two ideas."

Organizer Sandra McEoghain of the Irish Association of Toronto said the idea of good and bad luck still exists in Irish culture dating back to Celtic traditions handed down through generations.

"Growing up in Ireland, we respected things like fairy hills," McEoghain said. "You were not sup-

posed to disturb them because it's a sign of irreverence and brings bad luck. We knew about leprechauns and they could grant you great fortune if you ever caught one and we believed it all wholeheartedly."

Second-year accounting student Tiffany Gerolin said she celebrates St. Patrick's Day for fun and not culture.

"I don't know the whole history behind St. Patrick's Day," Gerolin said. "I'm not sure anyone does if they aren't Irish. When my friends and I go, we just go to drink and have a good time."

All the world's a stage for a multitude of myths

Lucas Meyer
IN FOCUS REPORTER

From not saying Macbeth in a theatre, to not going on-stage with animals or children, Humber arts students are well aware of myths and superstitions in their disciplines.

"When it comes to Macbeth, there is one version I like best," said Paul Court, theatre production program director at Lakeshore Campus. "In the 19th century, whenever a play wasn't going so well, they would just bring back Macbeth because it was the top-selling play. And so the general perversion, getting the opposite of what you wish for happened."

"I don't like to start off when the crowd is already drunk."

— Jill Deegan
Comedy writing and performing student

Court knows many dos and don'ts of theatre mystique, such as never looking at cast members through their mirrors backstage, never whistling in the theatre and the everlast-



Nevin Dunn photo

Nevin Dunn, a second-year contemporary music in jazz studies student, now chants before shows after finding buddhism in 2008.

ing taboo of never saying Macbeth. "The worst thing you could ever do is whistle the Macbeth overture while looking at a cast member through their mirror," Court said.

Such myths have also made their way to comedy stages, said Jill Deegan, a second-year comedy writing and performance student.

"A lot of routines come from not

saying 'good luck' and saying 'break a leg,'" said Deegan, 23, who learned the practice of never using real money or wearing real jewelry on stage. "Another myth is if you have a bad dress rehearsal before opening, you'll have a good opening night."

Deegan said she isn't overly superstitious, but prefers not having to perform in front of certain audiences.

"I don't like to start off when the crowd is already drunk," Deegan said, noting people are quicker to heckle when intoxicated. "To relieve the anxiety, I like to take the mike off the stand and move around."

When 19-year-old Nevin Dunn gets nervous, the second-year contemporary music in jazz studies student shakes his arms to loosen up before playing his saxophone with his band.

"Your blood starts pumping and your heart starts beating faster," said Dunn, who since discovering Buddhism last summer has begun chanting before shows to get mentally prepared.

"It's allowed me to not only focus as a performer, but focus on complementing the whole band."

SUPERSTITIONS IN FOCUS

High school students in North Carolina won the superstition category of a competition by acting out how to cure a toothache by using a splinter. — *citizen-times.com*

Students press luck on exams using trinkets

Teri Pecoskie
IN FOCUS REPORTER

Whether it's a Celtic ring, a broken watch or a six-pack, preparing for an exam is as much about superstition as it is studying for some students.

"I believe in good luck charms," said second-year paramedic student Mike Stass. "I have a silver Celtic ring that I wear for all of my exams. My brother gave it to me 15 years ago and it's the only thing I've had for that long and haven't lost."

Daniel Gutierrez, a first-year business administration student, said he's certain possessing a good luck charm improves his exam performance.

"I always wear my watch," he said. "It's broken, but I still wear it because it brings me luck."

Humber's policy prevents students from bringing larger trinkets such as stuffed animals into exam rooms, but that doesn't dampen everyone's spirits.

"I just drink a lot of beer the night before," said John Morley, a first-year landscape technician student.

"That's my ritual. It settles my nerves and helps me sleep better."

Pam Handt, associate vice president academic, said it's possible superstitious students will do better on tests because rituals and good luck charms can make them calmer and more confident in terms of learning and retaining information.

Some teachers, however, think students will have better luck on exams if they leave their superstitious behaviour behind.

"One day you're going to go to the test without the lucky hat and your chances of success are going to be diminished for no good reason because you follow a superstition," said Ian Gerrie, a liberal arts and sciences professor.

Students are better off recognizing there's no causal connection between the superstition and their success, he said.

"I wouldn't recommend that students think in those terms," Gerrie added. "It would be detrimental to them."



Teri Pecoskie

Mike Stass flips through a book while the lucky Celtic ring he wears for all his exams is in plain view.



Clickphoto Co. photo

Brides in India wear colourful clothes and jewelry for the big day.

Modern day brides mix it up with new practices and old traditions

Jackie Paduano
IN FOCUS REPORTER

White bridal dresses symbolize purity and a fresh start in western cultures, while some Asian brides wear red and gold to signify good luck and blooming love between the couple, said Susan Robertson, an instructor in the business school of fashion.

"The white gown is sacred and symbolic of all a bride's hopes and dreams as she begins this new phase in her life," she said. "Michelle Obama chose to wear an off-white gown to the inaugural ball, signifying a new beginning, new hope for the American people."

White, however, has a different meaning in some other cultures, said Melissa Samborski, instructor of Humber's wedding planning course and owner of One Fine Day Event Planning and Design Inc.

"White in Asia symbolizes death or a funeral, so most Asian brides don't wear it," she said.

Instead, Chinese brides usually opt for red while Indian brides adorn themselves in gold, as each colour is a symbol of happiness, wealth and good fortune, Samborski said, add-

ing that wearing a white gown became the norm in western culture after Queen Victoria donned a white dress for her wedding in 1840.

She said a lot of brides aren't feeling bound by tradition these days and are choosing to wear ivory with hints of colour at their weddings.

And anything goes when it comes to dressing a wedding party, she said.

"You see girls in North American weddings wearing black bridesmaid's dresses, but that seems to be more of a fashion statement than anything," Samborski said. "If the bride walked down the aisle in a black dress, someone might have issue with it since black is associated with death in the west."

Colour strikes a chord and resonates with people around the world, while meanings are deeply rooted in cultures and their influences, added fashion instructor Robertson.

"Everyone has an emotional reaction to colour," she said. "Red elevates your body temperature, green cools it, we get excited by primary colours, feel safe and calm around blues and greens, whereas black and white are more striking."

Friday the 13th only a day away

Pattie Phillips
IN FOCUS REPORTER

Superstitious Humber students might want to cross their fingers tomorrow because it's decision-day as HSE elections close, mid-term marks are due and the women's varsity volleyball team hits the court at the CCAA national championships.

A little extra luck could come in handy, especially given the date.

"I'm actually nervous because everyone's like 'Mel, do you know that it's Friday the 13th? Aren't you going to be a bit worried?'" said Melissa Mendes, candidate for vice-president of administration North.

Mendes said her observance of superstitious practices is based more on trendiness than on belief now that she's older, but just to be safe, she has a plan for Friday to try to

avoid any bad luck.

"I'm going to wake up early and I'm probably going to pray for myself and then wish myself good luck — cross one finger not two because they say it's bad luck if you cross two," Mendes explained.

"I'm going to make sure that my friends do the same," she said. "We feel if one person does something that is bad luck it has a domino effect."

Mendes won't be the only Humber student trying to ward off misfortune tomorrow.

"I kind of get scared when it comes around," said first-year accounting student Avneet Toor about the unlucky date. "Somehow, something always happens."

Toor said she isn't spooked that mid-term marks are due tomorrow even though she's superstitious.

"It's OK because it's not like you're doing your exams on the 13th," she said. "It's already pre-determined."

Meanwhile, the women's varsity volleyball team hopes luck will be on their side when they play at the nationals in North Bay, Ont.

Coach Chris Wilkins, admittedly superstitious, said he had no idea the team could play on Friday the 13th.

"I'll make sure we've got every one of our superstitions covered," he said. "We'll pull out all the stops."

Game-day traditions aside, Wilkins said he wasn't really concerned with the ominous date.

"We've got to win on Thursday before we can worry about playing on Friday," he said. "I believe everything happens for a reason. Talent and preparation beat out superstitions every time."

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BIZ/TECH

The price of new homes declined in January by 0.6%, according to a report from Statistics Canada, marking the first year-over-year drop in 12 years. — *financialpost.com*



Students can look forward to some PC labs running Windows Vista by next September. David Perri

Labs to upgrade to Vista

David Perri
Biz/TECH REPORTER

To cope with the unexpected delay for the release of Windows 7, selected PC labs at Humber will be upgraded to Windows Vista instead.

"I think what we are going to see for the next little while is a mixed bag of some XP labs and some Vista labs," said William Hanna, dean of School of Media Studies and Information Technology.

"We certainly discussed bypassing Vista completely," Hanna said. But that is unlikely now because of the postponement of Windows 7 and because of difficulties running new applications on Windows XP. So the college will install Windows Vista where it is needed, he said.

"It's going to be driven by what makes sense for each program area,"

Hanna said.

Right now the college uses Windows XP almost exclusively, except in the Mac labs, he said.

Vista has been widely criticized. Many users still prefer XP, the program co-ordinator for the IT cluster Rob Robson said.

"Our initial experiments with Vista showed it had big problems, to put it mildly," he said. "Certain software wouldn't run. And we were having configuration issues, largely with Microsoft software, strangely enough."

But some users may not notice the transition. One of Vista's frustrating aspects, incessant security warnings, may be an inconvenience to others, said Robson.

The transition from XP to Vista shouldn't be difficult at Humber, said

Ryan Burton, client services manager for information technology.

"We've had an eye on Vista since the beginning," he said, adding his team has been careful to ensure that the hardware and software at Humber "exceed the requirements of Vista."

While "XP has proven to be stable," the eventual transition to Windows 7 will be eased by bringing in Vista first, said Burton.

Windows 7 "is an improvement on Vista. It addresses some of the issues that people thought needed addressing in the Vista world," he said.

Burton said he's tried Windows 7. "I've seen it, played with it, I think that it's a neat operating system."

Who owns the Web?

Tyler Mason
Biz/TECH REPORTER

An Ottawa e-commerce professor says students should be concerned about net neutrality because of the direct impact the Internet has on their lives.

Professor Michael Geist, the Canadian Research Chair in Internet and E-commerce Law at the University of Ottawa, has been following the legal side of net neutrality for years.

"At stake is an Internet where anyone — no matter how large or small — can be assured that their voice, their views, their content is treated in an equal manner so that it is equally accessible to anyone who wants to access it," he said.

His comments come after the Canadian Radio-television and Telecommunications Commission's deadline for public comment on net neutrality passed Feb. 23.

Humber program co-ordinator of interactive multimedia James Cullin said net neutrality ensures a company does not prioritize its content over another. He said it also helps ensure "no single organization is in control" over the Internet.

"Net neutrality guarantees that new media has the same advantages as traditional media," Cullin said. "The end of net neutrality would

throw the balance back in favour of traditional media like newspaper and television."

The issue was the centre of debates in new media circles since last November when the CRTC denied the Canadian Association of Internet Providers' request to end Bell Canada's traffic throttling practices.

Traffic throttling is used by Internet providers to limit the bandwidth of many users.

The CRTC has set July 6 for formal hearings to discuss net neutrality.

One of the reasons why Internet providers would want to get rid of net neutrality is to "move to a tiered structure of pricing," Cullin said.

"A loss of net neutrality would impact a number of things, not least of which is peer-to-peer file sharing," he said.

Such sharing is at the core of the issue since Feb. 16 when the ongoing, highly publicized Piratebay trial began in Sweden.

The trial centred on Piratebay's search engine that lets users find and illegally download files.

"I don't like the idea of being limited," said Ryan Curtis, a first year paramedic student. "If I'm using the Internet I should be able to visit whatever site I want at whatever speed."

"I don't like the idea of being limited"

—Ryan Curtis
First-year paramedic student

College's online ads show no bounds, professor says

Michael Sutherland-Shaw
NEWS REPORTER

Don't be surprised when you see advertisements for Humber scattered across the Internet, promoting the idea of more for you at the college.

"We know that advertising online is really important because that's where our students are. There's no question about it," said associate director of marketing Olga Lalka.

A major benefit of online advertising is the immediate publishing of information and content not limited by geography or time, she said.

Lalka said Humber took a new initiative this year by outsourcing its material to an online advertiser, who is able to show Humber's ads to a wider audience.

Humber's network adviser places ads in more than 4000 websites, before using a sophisticated system to track users, Lalka said.

This system tracks the rate of interest for specific categories. If the ad is popular, it is served more frequently to a website or those in the same category, explains Lalka.

Students who visit the Humber College website frequently get tagged

into these categories. While surfing the Internet, users see advertisements for the college on websites they would have never expected.

"I remember visiting ScoreGolf.com one day and I saw an advertisement for Humber and wondered how and why they selected that site," said Bev Peel, 21, third-year business student.

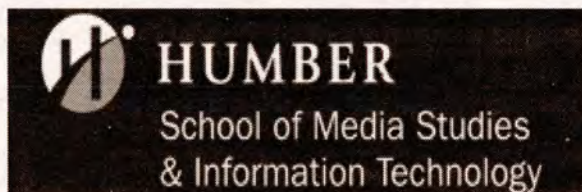
For years, Humber has been marketing strictly through the print medium, using the TTC and numerous newspapers to advertise.

Since most students ride the TTC to get to Humber, it is an ideal place to advertise, according to Norm Zenglein, a TTC representative for Humber College.

But Humber is now able to reach a global audience and draw the attention of more foreign and working students by spreading non-website specific ads, said Lalka.

"Its been a great thing for us this year in particular, it has allowed us to get our ad into places that we wouldn't have either considered or had access to," said Lalka.

"One of my favourite things as I'm watching the Obama inauguration was, there we were on Canoe, there we were on NBC.com," said Lalka.



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Toronto's Public School Board is looking to fire 150 educational assistants and 36 teacher-librarian positions to balance its budget for 2009-2010. — parentcentral.ca



File Photo

Julie Wilson's short story will be incorporated into a novel featuring stories about TTC riders and what they're reading.

Author finds web success

Erin Bosenberg
LIFE REPORTER

Graduate Julie Wilson has realized her dream of becoming a published author on Joyland, a popular hub for short fiction, by having her work showcased on the website.

Wilson, who works as a publicist, said it is hard to balance work and writing, but knows it is important.

"There are days when I don't even want to say to my authors, 'you know I write' because the last thing I want is for anyone to think 'oh, you were thinking about your own stuff when you should be publicizing mine' but luckily lots of the writers I work with are extremely supportive," said Wilson.

As for why she chose Joyland, Wilson said it is because she has great respect for editor and co-founder Emily Schultz, who has pushed Wilson to keep on writing.

"Emily kept reminding me, that you have to keep submitting your stuff," she said. "You don't put your dream on hold."

Brian Joseph Davis is the other co-founder of Joyland and said the site also creates links between major writing communities, which is a great resource for burgeoning writers.

"Trying to involve the activities between the various cities – that was sort of our abstract goal, because in the world of writing, you do have these far flung writing centres that don't really communicate," he said.

Cynthia Good, director of the creative book publishing program, has worked closely with Wilson during her time at Humber and saw her passion from the beginning.

"Everyone has to write an essay to get into the program and she wrote an excellent essay that really stood out," she said.

Her story being published on Joyland is called Instamatic, and draws on her personal experiences.

Old habits die hard in weight loss, study says

Kristen Smith
LIFE REPORTER

Students having trouble losing weight might be able to blame how they were fed as a child, according to a new study published in the *Journal of Physiology*.

The study indicates how dieting in early childhood may affect a child's ability to lose weight as an adult.

"The take-home message is that type of diet early on, during critical periods of development, has a strong

and lasting impact," said Dr. Raylene Reimer, the study's leader.

In the study, three groups of rats were weaned on a high-protein, high-fibre, or a control diet. The rats weaned on a high-fibre diet were protected against weight gain while the high-protein diet was detrimental.

High-fibre diets have more satiety hormones which reduce food intake, said Reimer, which signal fullness and control appetite.

Students having trouble losing weight should aim to change their levels of these hormones, said registered dietician Shauna Lindzon.

According to the Canada Food Guide, we should be eating 25 to 35 grams of fibre per day. Reimer said we eat only half that amount.

But even eating healthier as a child doesn't always produce results, said culinary management student Candice Bailey.

"I ate nothing but fruits and veg-

gies as a child and I still eat the same, and I can't take the weight off," said Bailey, 25.

Lindzon said if students are still struggling to lose weight, there are things they can do to jump start their metabolism.

"Don't go more than three or four hours without eating," she said.

And she said quick-fixes like chronic dieting and starvation diets do more harm than good, as they risk lowering your metabolic rate.

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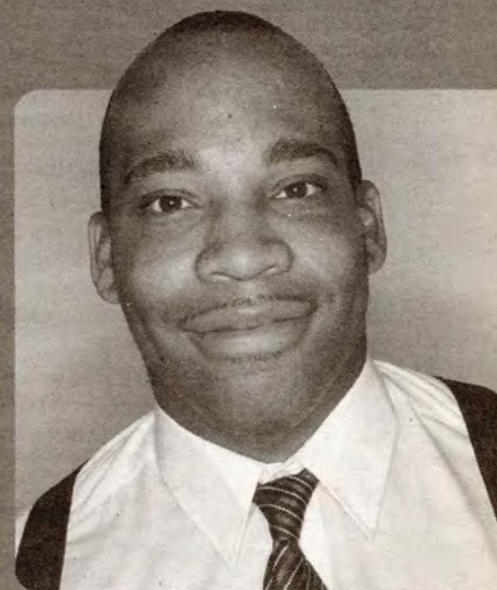
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LIFE

Worldwide, close to seven million pounds of garbage was picked up from waterways and shorelines in a single day, most of it cigarette butts. — globeandmail.com



Elizabeth Zahur

New partnerships will bring locally grown sustainable fruits and vegetables to the campus this fall as part of a trial partnership. More details will follow this summer.

Chartwells to bring sustainable food to campus

Elizabeth Zahur
LIFE REPORTER

Chartwells will team up with Local Food Plus to bring local sustainable food to Humber this fall, said the director of student services.

"This is an organization that helps develop farm-to-campus programs," said Terry Kyritsis.

Chris Alward, market development manager of LFP, said the organization certifies farmers across the

province who produce food in environmentally and socially responsible ways and links them to local purchasers, such as Humber.

"This (Local Food Plus) is an organization that helps develop farm-to-campus program."

— Terry Kyritsis
director of student service

Kyritsis said this partnership represents the latest initiative to become more environmentally conscious and address food concerns across campus.

Last year, styrofoam was removed from the college and replaced with biodegradable products. Chartwells has also previously looked into purchasing organic food, but it came with a 20 to 30 percent premium that students were unwilling to pay.

Kyritsis said LFP products could also be about ten per cent higher, so Chartwells will go head with a pilot to gauge student response.

Laura Telford, executive director of Canadian Organic Growers, said it's important to buy organic or local sustainable foods for environmental reasons.

"Soil is the fundamental basis of life and conventional agriculture is destroying these building blocks,"

she said.

For the majority of students, cost is a primary concern and they are unwilling to pay more than the minimum, said Kyritsis.

Second-year architectural student Joshua Pound said "It's all the same product."

Four to five LFP products will be introduced this fall and student response will determine if the partnership persists after the trial.

Preventative education is key to avoiding abuse, says campus diversity manager

Alicea Knott
LIFE REPORTER

Preventative education is the primary goal at Humber when advising students on how to avoid abusive relationships, said Nancy Simms, manager of diversity and human rights in human resource services.

"The basic message that Humber

wants students to get, there are two. One, nobody deserves or asks to be assaulted. Two, any kind of assaults of a sexual nature, or physical nature, is a crime," said Simms.

Issues of violence against women are highlighted in March every year, when international women's day is marked.

Mulu Haddis, the volunteer co-ordinator for the North York Women's Centre, said the day is significant for everyone, not just women.

"It is politically, socially, very important," she said.

In recent weeks, violence against women has been given more attention due to the beating of R & B artist Rihanna. Her boyfriend Chris Brown is charged.

"It gave more awareness because of the media attention, but there is untold violence against women as well," said Haddis. "But, it is important that the awareness is there."

Melanie Chaparian, humanities program co-ordinator, said speaking out is the first step in ending the cycle of violence.

"I would hope if a woman were experiencing this type of problem, and that came to the attention of either her



Alicea Knott

Melanie Chaparian says speaking out helps end abuse cycle.

friends, or her teachers, they would encourage her to go to coun selling," she said.

Simms said students should use the various resources and workshops at the North and Lakeshore campuses on how to avoid abusive relationships, as well as how to act if they are faced with this situation.

"We are located in an area where there is a multiplicity of services near Humber that students can access," said Simms.

Chaparian said while awareness of the problem has increased, it is far from being solved.

"It's easy for us to sit on the outside and say not only should he not hit her, but she should get out of there immediately," she said.

Chaparian also said this issue is more complicated depending on personal histories.

"The notion of domestic violence would probably bring to mind different things to different people," she said.

Study details how diet and exercise can decrease cancer risk

Lee Flohr
LIFE REPORTER

A study released by the American Institute for Cancer Research and the World Cancer Research Fund late last month said incorporating a healthy diet into a physically active lifestyle can decrease the risk of cancer by as much as a third.

For students, this means taking even just a few minutes a day to do a little bit of physical activity.

"Canned foods can be nutritious too."

— Debra Basch
registered holistic nutritionist

Fitness and health promotion Instructor Sal Collura said even on a busy schedule, simple things like shovelling snow in the winter or taking a dog for a walk can help to maintain a healthy lifestyle.

"It's as easy as 10 minutes, three times a day, if you exercise moderately," Collura said. "It can also be as little as 20 minutes a day if you can exercise at a higher intensity."

However, students gain more from eating right and being physically

active than the study suggests, said registered holistic nutritionist Debra Basch.

"Poor diets increase the risk of developing many diseases including diabetes and cardiac disease," she said. "Those diseases also increase cancer risk."

But for some students finding the time to exercise and eat nutritiously is difficult.

"I know what I eat isn't healthy, but that's because I don't have time to," said first-year general arts student Raquel Teran, 18. "Instead I go to the gym."

Collura does not recommend just going to the gym, because nutrition plays an important role in leading a physically active lifestyle.

"There is a symbiotic relationship between the two," Collura said. "We're actually stressing the body in response to exercise and require proper nutrition to see positive effects."

Basch agrees, and said it is easy to eat healthy on a busy schedule, through planning and freezing extra portions.

"Canned foods can be nutritious too," Basch said.

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For the answers to this week's puzzles go to www.humberetc.com

Maple Leaf Sports and Entertainment will donate \$2.3 million to Toronto over the next five years to refurbish outdoor skating rinks. — torontosun.ca

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

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 across or column down the entire puzzle.

HOW GOOD ARE YOU?
 Under 13 minGenius
 13-17 min.....Scholar
 17-21 minSmart
 21-25 minNot bad
 25+ min.....Keep practising

www.sudoku.name

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
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5. Tempted
 6. Eye part
 7. Harness strap
 8. GI's club
 9. Different
 10. Printing machine
 11. Baseball scores
 12. Teen skin problem
 13. Listen to
 22. Shopping aid
 24. E.T., e.g.
 25. Novelist ____ Rice
 27. Make merry
 28. Chimney part
 29. Coffee break
 30. Keats poems
 31. Foolhardy
 32. Flock females
 33. Role
 34. Right you ____!
 36. Ring
 37. Charged atom
 39. Eve's mate
 42. Adrift
 43. The Raptors' city
 46. Strangest
 47. Off-white
 48. Prongs
 50. ____ metal
 51. Brownish gray
 52. Small landmasses
 53. Trunk
 54. "All ____ Jazz"
 55. Decorate anew
 56. Strong metal
 57. So be it!
 60. Singer Yoko ____
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- ACROSS**
1. Slender
 3. Light tan
 9. Actress ____ Winfrey
 14. Walk in water
 15. Nays
 16. Cease-fire
 17. Revise
 18. Group of three
 19. Hair coloring
 20. Medicinal herb
 21. Rural hotel
 22. Inferior
 23. Go back over
 25. Televises
 26. Memorizes
 28. To and ____
 31. Gave back
 35. Involved
 38. Knowing
 39. Park or Madison (abbr.)
 40. Wake up
 41. Love song
 43. Articles of faith
 44. FDR's successor
 45. Cowboy bar
 47. Article
 49. Extreme
 54. Insignificant matters
 57. Fuss
 58. Money
 59. Long-legged bird
 60. Prophecy
 61. Reign
 62. Worship
 63. Robin's abode
 64. Orangutans
 65. Stage awards
 66. Wise about
 67. Annoying person
- DOWN**
1. Curse
 2. Large spoon
 3. Dolt
 4. Parking timer

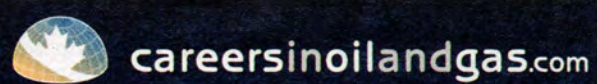


Are all your planets aligned?

<p>Aquarius Jan. 21 - Feb. 18 Make a compilation of the songs from your birth year.</p>	<p>Pisces Feb. 19 - March 20 Plan a nice weekend getaway with a group of friends.</p>	<p>Aries March 21 - April 20 Don't beat yourself up over your mid-terms; keep moving.</p>	<p>Taurus April 21 - May 21 Continue making your education your top priority.</p>
<p>Gemini May 22 - June 21 Don't let the rough economy stop you from the job hunt.</p>	<p>Cancer June 22 - July 22 Surprise your parents or roommates by cooking dinner.</p>	<p>Leo July 23 - Aug. 23 Spend some extra time with your family or a loved one.</p>	<p>Virgo Aug. 24 - Sept. 22 Smile and compliment your colleagues and friends.</p>
<p>Libra Sept. 23 - Oct. 23 Don't let anybody stand in the way of what you want.</p>	<p>Scorpio Oct. 24 - Nov. 22 Catch up on some sleep by going to bed earlier tonight.</p>	<p>Sagittarius Nov. 23 - Dec. 21 Don't overindulge on St. Patrick's Day. Know your limit.</p>	<p>Capricorn Dec. 22 - Jan. 20 It's ok to take a break, but just don't give up.</p>

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SPORTS

The struggling Montreal Canadiens fired head coach Guy Carbonneau. G.M. Bob Gainey will take over behind the bench for the second time in three years. — Yahoo.ca

Badminton men take bronze

Scott Rennie
SPORTS REPORTER

The Hawks badminton team won its first ever medals in a national championship last weekend. Humber's sensational siblings, along with a nervous men's doubles team, clinched the bronze before the home crowd.

Raymond Wong and the team of Charlie Lay and Alang Luangrath took bronze at the Canadian Colleges Athletic Association finals at the North Campus gym last weekend.

Wong, the best men's singles player in the OCAA, had to beat his younger brother Mark to win the bronze-medal match.

"This is the fifth time I've played him this season. I'm not going to lose here," said Raymond before Saturday's showdown, "I have to win; I'm going to win."

Mark was victorious in the first set 21-19, but Raymond, true to his word, stormed back and won the next two 21-12 and 21-10.

"This is the fifth time I've played him this season . . . I have to win, I'm going to win."

— Raymond Wong,
OCAA badminton champion

Raymond won every tournament he played in this year before losing in the national semifinals to Shawn Zhang from Douglas College.

Lay and Luangrath entered the tournament as undefeated Ontario champions. But the large crowd of family, friends, students as well as fellow athletes and coaches from



Rosanna U

Charlie Lay does his best levitation trick as partner Alang Luangrath looks on last week at Nationals.

around the country packed into the North Campus gym, affected their play.

"We've got to change the amount of nervousness we have," Lay said after their loss. "It's ridiculous."

The Hawks duo dominated the first set of the bronze medal game against Darren Hong and Benson Chan from Calgary's Mount Royal

University. They won 21-13.

But they got beat in the second, losing 21-11 and appeared to be tense heading into the third.

During a time-out in the final set of the third match, coach Paul McGarr told Lay and Luangrath to loosen up.

"Charlie and Alang have a lot of personality. And it's when they don't

let their personality come through and they hide it that they don't play well," McGarr said after the game. "Their biggest thing is just to relax and execute their game plan."

The provincial champions dealt with their nerves. They stayed cool, even when the deciding game was tied at 20-20, and won the next two points for the bronze.

Captain to rule the airwaves

Alex Brien
SPORTS REPORTER

They are the three years she will never forget. Humber women's basketball said goodbye to captain Meghan McPeak, after playing her last game in a Hawks jersey against Seneca two weeks ago.

"It's been a long and fun three years," McPeak said. "I transferred here from Fanshawe in my freshman year, but it's been an unbelievable experience. I love the coaches, the team, the school, and I couldn't have asked for anything better."

McPeak credited her Humber varsity basketball experience for developing skills which she has already applied to other facets in life.

"We had 14 rookies on the team this year, and since I had been on the team the longest, I was kind of seen as the mom who had OCAA experience," McPeak said. "I have already applied leadership skills that I learned here to other aspects of my life."

Her coach, Denise Perrier only had praise for her departing guard.

"Ever since I've known Meghan,



Alex Brien

Meghan McPeak is looking forward to a career in radio broadcast.

she's been proactive both on and off the court," Perrier said of the radio broadcasting student.

"On court, she's matured tremendously and has shown a greater passion for the sport, and off court, she did a great job academically."

When asked what the team will miss in McPeak's absence next season, Perrier said her great leadership skills.

"Meghan always stood up to challenges, had a go-getter personality, and was dedicated to the game," Perrier said. "Next season, someone

else will have to fill her shoes, but there's no doubt that Meghan will be missed."

First-year guard Alyssa Ferreira said having McPeak around instilled confidence in the rookie-rich squad.

"She always brought a positive attitude, and always used her experience to help us out after we would have a bad game or practice," Ferreira said. "She made a great role model for us. She was confident, outspoken, and her experience is something we're definitely going to miss her."

No easy roads lead to Nipissing

Mike Marshall
SPORTS REPORTER

Humber will try to make history and become the first women's volleyball team in Ontario ever to win a gold medal at the national championships this weekend in North Bay.

"There are going to be no easy matches," said head coach Chris Wilkins said. "It doesn't matter who you play; every match is going to be tough."

The Hawks head to Nipissing University campus as Ontario champs, sporting a perfect 23-0 record in the regular season and playoffs.

The competition will feature all five provincial champions — Humber, UBC Okanagan, Red Deer College from Alberta, F-X Garneau from Quebec, and Mount Allison from New Brunswick, all vying for gold.

Two other wildcard teams from the national top 10 — Macewan of Alberta, Vancouver Island University — and host Nipissing will also be gunning for the title.

The Hawks open the tournament today against nine-time national champs, F-X Garneau. Les Elans are the only other undefeated team in the country with a record of 18-0.

"They're a very strong defensive team. They wear you down, and they keep digging balls. And they force you to make mistakes," said Wilkins. "We're going to have to be at our best."

Favourable results against equal-competition mean Humber has a real chance to win, said all-Canadian Hawks star Landis Doyle. "We played two Quebec teams at the Durham tournament (Lionel-Groulx and Bois de Boulogne), and both of those teams went to five with F-X Garneau," she said. "We beat both of those teams."

Should the Hawks win the opener, things won't get any easier in the semifinals on Friday. They'd play either UBC Okanagan or Mount Allison.

"The B.C. teams are really good. They have a lot of big hitters and a lot of big blockers," said OCAA tournament MVP Michelle Overzet.

With five graduating players — Kris Dowling, Rachel Dubbeldam, Robyn Stafford, Alex Steplock and Chantelle Zanette — Humber has some extra motivation this weekend.

"This is the last time they get to suit up as a Humber Hawk, and it's been a big part of their life for a long time," Wilkins said. "I'm sure it will be extra special for all of them not just to win, but to enjoy those last few days and really enjoy being part of a great team."

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Canada's National baseball team was stunned at home, losing to the upstart Italians 6-2. The loss eliminates Canada from the World Baseball Classic. — *theStar.com*

No sweat as soccer moves on to OCAA's

Alison Brownlee
SPORTS REPORTER

Humber's indoor soccer teams dominated regional playoffs last Monday with both the men and women qualifying for provincials on March 26-27.

The women placed first overall, sweeping their set yet again, beating Confederation 9-0, Georgian 4-0 and Sheridan 2-0.

"Whenever you score 13 goals in your first two games, it's pretty good," said women's co-head coach Mauro Ongaro.

But after the women scored their sixth and seventh goals within seconds of each other against the team from Thunder Bay, cheering stayed minimal.

"You don't want to embarrass the other team," Ongaro said. "But when you see an opportunity to score, you have to take that opportunity."

Confederation's head coach Cosimo Valente said he was not surprised by the game's outcome.

"We knew that we would have a tough time against Humber," said Valente. "But that's part of the game."

The men's team placed second overall, hammering Confederation 6-0 and Georgian 1-0 before losing to Sheridan 4-0 at the end of the day.

After the first two games, Humber men's head coach Germain Sanchez

said he was pleased with his team's performance.

"We've been playing quite well defensively," he said. "We're very well balanced in terms of skill, and we have good players."

Having two wins before playing Sheridan took some of the pressure off of the final game, said Sanchez.

"We qualified already for the provincials. It's not a big game for us," he said. "But it's also nice to beat Sheridan or any other school, so we're going to go for the win."

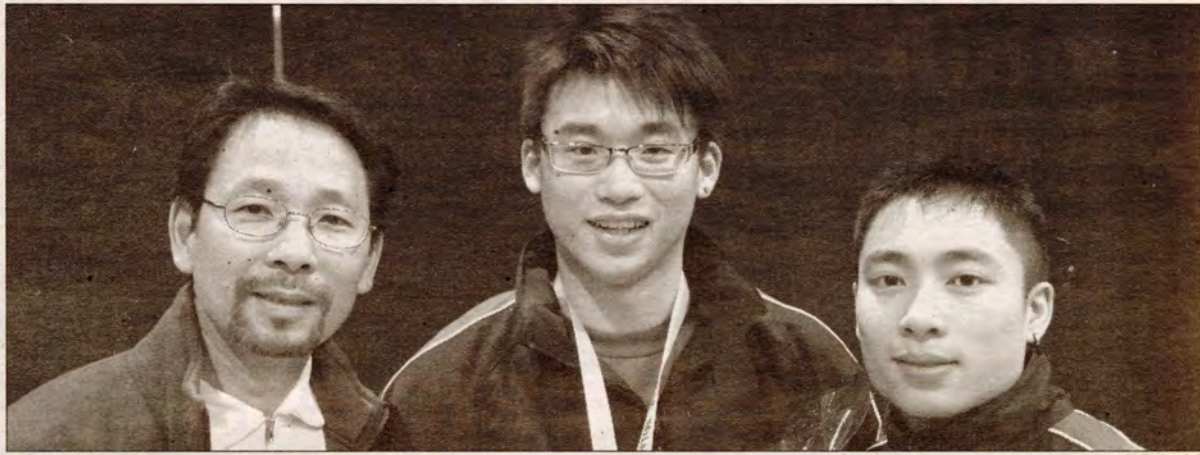
Although the men fell to Sheridan mere moments later, Tony Silvestri, Sheridan's head coach, commended Humber.

"Four-0 is obviously a good result, but the score definitely doesn't show the calibre of play that Humber brings to the field."

Silvestri said his team is looking forward to another Humber-Sheridan showdown at provincials, where the men and women will each compete against seven other teams at the Ontario Soccer Centre in Vaughan.

"These guys still have respect for each other. And since they're high-calibre players, they like to play against each other," said Silvestri.

"We know that we're both contenders for the gold medal, and it comes down to what's going to happen March 26-27."



Justin R. Rydell

From left, Vincent Wong with sons Raymond and Mark at last weekend's national championships.

Sometimes it's tougher to watch than play

Family and friends descend on Nationals for that extra cheer

Justin R. Rydell
SPORTS REPORTER

The parents of Raymond and Mark Wong were on the edge of their seats last weekend as they watched their two sons battle to win Humber's first medal in a national badminton competition.

"It is fun and hard to watch our children play each other," said Vincent Wong, father of Raymond and Mark. "They weren't really competitive as children because Raymond is three years older, but now they are becoming more competitive."

Wong added, "Raymond has really helped Mark's play improve."

Raymond was thrilled to have his parents in the crowd. "It is great to have family and friends in the crowd,

especially for a national medal match," he said.

The Wongs were among hundreds of people, mainly friends and family of competitors from Ontario, who packed the stands throughout the three-day tournament.

Humber Athletics was praised for its innovation and performance in staging the event.

"I have always heard about Humber being good host," said Alf McGuire of the Canadian Colleges Athletic Association. "I was completely overwhelmed by the job they did here," he said. McGuire has overseen the past 14 badminton nationals.

Besides Humber, players came from across Canada, including Ontario, British Columbia, Alberta,

Nova Scotia, PEI, and New Brunswick.

Humber Athletic Director "Doug Fox did some innovative things here," McGuire said. "They have set the bar for all future hosts."

The players were grouped in four teams: Ontario, Atlantic Canada, Alberta and B.C.

"You saw Cambrian cheering on Humber and Humber cheering on Cambrian," Fox said. "Never before has this happened."

Humber has staged six national championships in the past 10 years, including last year's Canadian volleyball championships.

"We are recognized across the country for excellence in these things," Fox said.



Alison Brownlee

Forward Mario Orestaro keeps it tight against Confederation.

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