

30 YEARS

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Hello, there's an election going on

Tuesday's all-candidates meeting fails to stimulate student interest in next week's HSF election



Annabella Lopes, running for vice president of administration North Campus, delivers a speech to very few students

By CHARLOTTE CUSTARD

The North Campus all-candidates meeting drew less than 50 students on Tuesday.

Dozens of students were more preoccupied with eating their lunch or milling around the Student Centre, than listening to where the HSF's \$1-million budget will be spent next year.

The five presidential candidates did raise some important issues, however, in between some light-hearted joking around.

Candidate Stephen Anastasi promises to get a Tim Hortons on campus.

"I want more choice for students with meal plan cards and am currently negotiating with Chartwells to get a Tim Hortons in Caps," he said to a few cheers from the audience. He also wants more relaxation areas at the North Campus.

Candidate Paul Simpson wants more lab space at Humber, especially in H205 and D240, and wants to reduce the "gouging" of student money. His theatrics included singing a song, commenting that, "it all comes down to the Barney

song."

He was also the only candidate who said he'd be willing to forsake the \$27,040 annual presidential salary.

"Last year the HSF failed," he said and vowed to do a better job.

Candidate Usman Ghani was asked whom he'd vote for if he were not running. He replied, "Myself."

"I want to satisfy the students with real work," he said.

Candidate Craig Wilson stressed the importance of a good partnership and cooperation between the college, CSA (formerly OCCSPA) and the HSF. He said the student voice is not being heard and he wants to be that voice.

To increase student participation next year, "the HSF will create a task force to get students more involved," Wilson said.

The fifth and final candidate, current VP of administration Adam Hackett, mentioned getting more student bursaries and improving parking at Humber.

"It's ridiculous that students parking at the Woodbine Centre pay the same as those here," he said.

"I'd sing (like Simpson), but I

Lady Hawks strike gold

By KOLIN JONES

Watch out Calgary, because a group of Calgary Hawks are coming to town – again. The Humber Hawks women's basketball team won the OCAA gold medal in Oshawa last weekend in convincing fashion, sending the team to the national championships for the fourth time in five years.

Last year, the Hawks won the provincial championship after defeating the Mohawk Mountaineers in overtime. This time around, Humber played the undefeated St. Clair Saints in the gold medal game after beating the Mountaineers in the semi-final

73-54. Overtime was definitely out of the question in the championship as the Hawks played arguably the best first half a team can play. Humber sat on their lead and won 83-66 handily.

"We went on a great run," said Hawk's forward Suzanne Higgs. "I've never had that happen before."

That run had Humber ahead 30-12 mid-way through the first half. The Hawks displayed outstanding offence and stingy defence, limiting the west region's scoring leader Raquel Burke to only seven points in the half. Burke did not convert on any two-point field goals until the second half.

Humber's play in the second half was

shaky at times, but a first half for the ages gave them a lead they would not relinquish.

The Hawks proved that offence certainly does score points and defence definitely wins championships. As a team, Humber displayed excellent defence throughout the tournament.

Fourth-year forward Brenda Chambers is just one example of a Hawk who was exceptionally difficult to score on. The Hawks made Mohawk and St. Clair forwards earn every basket. The leading scorers in both games against Humber were guards, as it was easier to score from outside than down low.

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KOLIN JONES

News etc.

Five who would be president

Meet the candidates running for president in the Humber Students' Federation election, to be held from March 19 to 21. The winner will lead the HSF next year, earn a salary of more than \$27,000 and oversee an estimated budget of \$1.39 million.

Stephen Anastasi

Age: 23

Home town: Mississauga

HSF experience: Four years

What is the biggest issue facing Humber College students and how would you address it once in office?

"The money they pay. I would make sure fees don't increase dramatically, students get value for their parking and more choice of meals."

Why should people vote for you?

"I've held positions in all aspects of the HSF and forged relationships with key members of the college."

Describe the position you are running for and how do you plan to fill the role?

"The presidential position is a multi-faceted student advocate. It is also a voice for the HSF, manager of full-time employees and liaison between the college and HSF."

What is your favourite book and why?

"*Fletch*, by Gregory McDonald. It is a mystery and keeps you thinking and it's humorous."

Usman Ghani

Age: 30

Home town: Burewala, Pakistan

HSF experience: I am an international student and have three years with a student union.

What is the biggest issue facing Humber College students and how would you address it once in office?

"Students themselves and the quality of education."

Why should people vote for you?

"I want to reduce student tension and stress by providing financial aid and reducing tuition."

Describe the position you are running for and how do you plan to fill the role?

"To try to not let the college put their load on students but for them to have their own resources. I will try to approach Ontario and federal governments with other colleges and universities."

What is your favourite book and why?

"I really like poetry, Shakespeare and Wordsworth."



HSF presidential hopefuls (from left) Stephen Anastasi, Paul Simpson, Usman Ghani, Craig Wilson and Adam Hackett. The candidates debated issues at an all-candidates meeting Tuesday.

Adam Patrick Hackett

Age: 22

Home town: Mississauga

HSF experience: Nine months.

What is the biggest issue facing Humber College students and how would you address it once in office?

"Parking. I did fight the increase this year, but I want better parking opportunities, there is not enough for all students."

Why should people vote for you?

"I have a degree in political science

from the University of Waterloo. I want to curb HSF spending and for them to be accountable for where the money goes."

Describe the position you are running for and how do you plan to fill the role?

"President is the external voice of HSF. I am taking next year off to give 100 per cent to Humber students."

What is your favourite book and why?

"*To Kill a Mockingbird* by Harper Lee. It reminds me of my own childhood."

What is your favourite book and why?

"*Animal Farm* by George Orwell. It shows politicians enter with good intentions, but leave as pigs. I will not let that happen, I am 100 per cent grassroots, the underdog."

Craig Gavin Wilson

Age: 23

Home town: Grenada, Caribbean

HSF experience: One year.

What is the biggest issue facing Humber College students and how would you address it once in office?

"The voice. We need to be the voice and we need equal access for all. A partnership with the college will address the voice - we need changes in services that are for everyone."

Why should people vote for you?

"I am dedicated, devoted and I believe HSF should move forward and I am prepared to do just that."

Describe the position you are running for and how do you plan to fill the role?

"The presidency is the driver for HSF. (HSF) can fall backward, stay still or go forward. I'm a racer and we should move forward fast."

What is your favourite book and why?

"A deep book about the Caribbean that inspired me to move forward in my life."

Paul Wayne Simpson

Age: "Not necessary"

Home town: Toronto

HSF experience: "Plenty. I participate in events, help out John Pulla and always vote in federal, provincial and school elections."

What is the biggest issue facing Humber College students and how would you address it once in office?

"Larger labs and try to get the Board of Directors on side."

Why should people vote for you?

"I empower students with integrity, intelligence and industriousness."

Describe the position you are running for and how do you plan to fill the role?

"I am a natural volunteer and was pressured by my peers to run for the position. I want to represent you."



Members of candidate Paul Simpson's camp showed their support at Tuesday's all-candidates meeting.

The HSF vice-presidency is divided into two areas – Administration and Campus Life. Each campus has a representative for each position.

VP Admin runs everyday aspects of the HSF office, while VP Campus Life is in charge of social events.

Each VP is paid an annual salary of \$18,090.

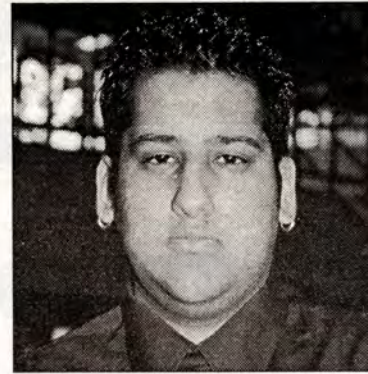
Lakeshore voting takes place from March 19-20; North Campus from March 20-21.



Annabella Lopes



Meghan Yost



Rishi Gupta



Jain Thevaril

Four vie for North VP positions

Annabella Lopes, running for North VP Administration

Age: 23

HSF experience: currently on Board of Directors

Biggest issue facing Humber? Parking fees. I think they can still be reduced further.

Why should people vote for you? I have experience. I've fought for many students. My most notable fight was the parking fee increase from 20 per cent to six per cent. Also, I went through the academic appeals process and I know the frustrations and can guide students.

Favourite book and why? *Tuesdays with Morrie*, because it teaches people to cope with everyday life and to continue to fight.

Meghan Yost, running for North VP Administration.

Age: 20

HSF experience: currently on Board of Directors

Biggest issue facing Humber? Money. I think costs should be examined more closely. If elected, I would provide the Board with all the information and prices and what this would do for students.

Why should people vote for you? I'm an extremely hard worker and I deal with students and administrators effectively and professionally.

Favourite book and why? *The Secret Garden*, because it's about overcoming circumstances and finding something beautiful in a life that wouldn't otherwise seem so.

Rishi Gupta, running for North VP Campus Life

Age: 21

HSF experience: currently on Board of Directors

Biggest issue facing Humber? Parking. As far as campus life, I would simply address fun, and would like to include more activities than in previous years.

Why should people vote for you? I'd like to improve relaxation areas. I'd like to improve the student centre by adding sofas, carpeting and a big-screen TV, making it more social.

Favourite book and why? *Lord of the Flies*. It's all about students who are stranded and they have to survive on their own.

Jain Thevaril, running for North VP Campus Life

Age: 20

HSF experience: two years on Board of Directors

Biggest issue facing Humber? Parking fees, student fees, courses moving to Lakeshore and insufficient access to computer labs and software.

Why should people vote for you? I know the ins and outs of HSF.

Favourite book and why? *Hamlet* – it really strikes me. First there's this ghost, then Hamlet spends the rest of the time saying, 'should I or shouldn't I?' I don't want to be like that. I just want to do it.

-compiled by
PATRICIA A. CARVACHO



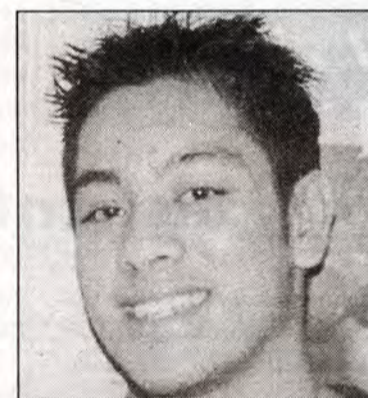
Raj Gogna



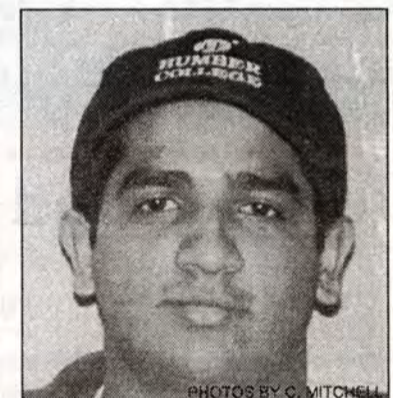
Valerie Rothlin



Stephanie Boreland



Latour Morb



Salman Raza

Lakeshore VP candidates want your vote

Raj Gogna, running for Lakeshore VP Administration

Age: 33

HSF experience: current VP Campus Life

Biggest issue facing Humber? Parking. I would start a petition from the students and give it to the administration. Our parking fees are the highest of all Ontario colleges.

Why should people vote for you? I represent them with confidence, and my HSF experience last year. I will make sure the funds from students are allocated and spent properly to improve education at the Lakeshore Campus. I have a working background in accounting and finance and a Bachelor's degree in commerce.

Favourite book and why? *How to Become a Millionaire*. It deals with more than just money, it teaches you how to manage your life.

Valerie Rothlin, running for Lakeshore VP Administration

Age: 19

HSF experience: current Business Director

Biggest issue facing Humber? Equality of services between North and South Campuses. I will tackle this by circulating petitions and submitting forms.

Why should people vote for you? I am open and easy to get along with. They will feel able to approach me whenever they have a concern. I will handle the political aspect of Lakeshore student life, the way the school functions, anything related to the student experience outside of social activity.

Favourite book and why? *Along Came a Spider*. Because it is a mystery thriller and the writer throws you off all the way through the book.

Stephanie Boreland, running for Lakeshore VP Campus Life

Age: 21

HSF experience: current VP Campus Life

Biggest issue facing Humber? Need to establish a pub to have a place to relax. Because I am on council right now, I know what can and can't be done. A pub is not impossible but because of the structure of the main building here, there is no room to expand.

Why should people vote for you? I am a people person, I love meeting with students. I enjoy it when students enjoy themselves. I will be at every event I organize. VP Campus Life programs events and makes the school year fun for students. I will be here Monday to Friday to dedicate myself to the position.

Favourite book and why? A play really, *Romeo and Juliet*.

Latour Morb, running for Lakeshore VP Campus Life.

Age: 19

HSF experience: Helped set up social events last year.

Biggest issue facing Humber? The atmosphere on the South Campus. It is old, shabby and in need of renovation. I can get student interest going.

Why should people vote for you? I used to teach break dancing and hip hop and I have connections in entertainment. I did an internship with EMI Canada. I have danced for some time with a group of performers called the Shadow Solijahs. I love to entertain people, I have to entertain people. VP Campus Life needs to improve the social life on campus.

Favourite book and why? *Lord of the Rings* because it's far fetched and entertaining.

Salman Raza, running for Lakeshore VP Campus Life.

Age: 20

HSF experience: None elected, but helped out with HSF social events.

Biggest issue facing Humber? From what I hear, it's the food in the South Campus cafeteria but I believe it is the additional \$84 fee that will hit students in the fall, they just don't know about it yet.

Why should people vote for you? I love talking with students, I am very social and I will enjoy the job. I like to hear student concerns and I like to do something about them in government.

Favourite book and why? *Steppenwolf* by Herman Hesse. It leaves much up to the reader – the ending is ambiguous.

-compiled by
CAMERON MITCHELL

On Campus etc.

\$30,000 donation to 'flare' bartenders

By ROSEMARY SOSTARIC

Remember the scene in *Cocktail* when Tom Cruise hurls colourful liquor bottles into the air like a circus juggler? Or perhaps more recently, the bar-based flick *Coyote Ugly*, which features flawlessly-manicured ladies churning out a slew of alcoholic concoctions to well-choreographed moves.

Flashy bartending tricks represent a continuing trend in beverage production and service.

The style is known as "flare bartending." It's a move away from stereotypically stiff and somewhat pretentious coat-and-tie bartenders to more entertaining yet knowledgeable mixologists, said Dan Reeves, coordinator for the Life Long Learning Centre.

It is this type of serving panache that Humber's bartending-related classes are focused on, Reeves added. And with a recent \$30,000 donation from Smart Serve Ontario to upgrade Humber's bartending facilities, Humber may turn out a number

of bright-eyed, talent-conscious Tom Cruise replicas.

Smart Serve, a regulatory organization that prepares and subsequently certifies all individuals in this province who serve alcohol, donated the funds in recognition of this school's long commitment to promoting the organization's principle of responsible beverage service.

"Humber College has been a great supporter of ours," said Diane Stefaniak, Smart Serve's executive director. "And it's this reason that we choose to give back to the community and specifically to this college."

"Since we've been teaching Smart Serve here for quite a while and the sheer fact that we're the only ones to do so in this area, the organization saw fit to award us the contribution," Reeves said.

"The donation is being used to upgrade our existing bartending lab. It's nearly 10 years old and in rather desperate need of renovations."

State-of-the-art blenders, a slush machine that can make mudslides and small bartending essentials were

added to the lab over the March break.

"More time-consuming and labour-intensive renovations will be done over the summer holiday," Reeves said, adding that the lab is always jam-packed with students learning the essentials, working with everything from Merlot to Russian vodka.

"We want to teach the students with the most up-to-date equipment currently available," Reeves said.

"By doing so, we're showing the students that there is

no need to serve a chocolate martini, for example, in a standard glass. Rather, using liquid chocolate and state of the art refrigeration, such a simple martini can be made more



Steph Mee slings drinks with flare at the Insomnia Café on Bathurst Street

enjoyable in a chilled, moulded chocolate glass."

The bartending classes run in conjunction with the school of Hospitality, Recreation and

Tourism. Reeves recommends an intensive one-week class starting this May, a particularly good choice for anyone wishing to shake, stir and twist away the summer.

Mexico and U.S. institutions open to Humber Journalists

By JILLIAN WELLARD

Humber's Journalism program is going international.

Beginning next year, students of the School of Media Studies will have the opportunity to expand their skills through a tri-lateral journalism exchange program between institutions in Canada, the United States and Mexico.

"Students would benefit from the

opportunity to study with other students in North America," said Terri Arnott, a Humber Journalism coordinator.

Arnott said 13 Journalism students will be sent to one of the U.S. or Mexican institutions involved in the project over the next three years. The six participants are the University of Iowa, the University of Georgia, the University of Colima, Mount Royal College in Calgary,

Autonomous University of Guadalajara and Humber College.

The mobility project allows students to study in a different country and gain experience in the field of journalism.

The federal department of Human Resources Development and the federal ministries of education in the United States and Mexico sponsor the program.

The program aims to provide an opportunity for exchange study, the internationalization of curriculum and the development of joint projects. These three goals will give students a chance to travel and improve their skills.

By travelling abroad, students will also learn more about the world around them, opening up to societal issues in other parts of the globe.

Travel is "vital to the development of journalists," said Journalism professor Carey French.

"These places have unique opportunities and resources for journalists

they wouldn't have back home."

French said students who participate will be considered ambassadors of Canada. The exchange will include "being exposed to interests and concerns, opportunities and challenges outside of our goldfish bowl," French said.

Arnott, French, and Journalism instructor Tina Ivany represented Humber College while visiting the institutions in the U.S. and Mexico this semester.

French travelled to Georgia and Iowa and said the excellent facilities and equipment will teach students valuable lessons in the world of journalism.

Students who study abroad will also develop skills that will appeal to future employers, French pointed out.

"Anyone who is an employer is interested in people who have depth of world knowledge."

He added that this is an opportunity for Journalism students to add a tremendous amount of value to their portfolio.

"It's an opportunity to see how the local population approaches international issues," agreed Ivany.

"Students will have a chance to

bring back experiences of how global issues are examined in other countries."

Living with a Mexican family, students will also improve their language skills and gain a sense of other cultures, said Ivany.

"Diversity is a huge issue in the press these days."

Students will apply the experience upon returning to Humber and "incorporate part of the exchange in our international issues class," Ivany said.

Issues examined will include the environment, government, and localization of global issues.

Post-Graduate Journalism student Alicia Veloce is planning to apply for a position at the University of Georgia.

"I think that I will gain more contacts while on the exchange and the experience will show how broadcasting in the United States differs from Canadian broadcasting," she said.

The exchange program will begin next September and run for three years. Journalism students are invited to apply by submitting a letter explaining what makes them a good candidate by today, March 14.



University students in Guadalajara, Mexico could be headed for Humber

International students can turn to Humber Buddies

By IVETTE MONTILLA-HOOKONG

Two years ago, 18-year-old Linda Fa packed her bags in her home country of Taiwan and came to Canada. Expectations of learning English and enrolling in a nursing program filled her mind.

Unfortunately, things didn't work out as she had anticipated.

After studying at an Ontario school for one year, she failed her Test of English as a Foreign Language. Fa's teacher said she had trouble speaking the language even though her grammar was very good.

Discouraged but persistent, Fa came to Humber College last September and joined the English for Academic Purpose program.

Since then, her English has

improved tremendously, and part of that advance is due to her Humber buddy, Marika Oksanen.

"She has been a great help for my English," Fa said. "We talk on the phone, or sometimes we meet in school. Marika also helps me with my assignments and takes the time to explain to me what I don't understand."

Oksanen, a second-year Travel and Tourism student, is a Finnish student herself, so she understands the challenges foreign students face while settling into a new place.

Oksanen is part of a group of buddies that help over 400 international students with the language barrier, as well as other aspects of the adjustment process.

The program recognizes that adapting to a new country can be

overwhelming. Away from home, international students need to make new friends and are expected to be as productive as local classmates.

Dalyce Newby, an international student advisor and Humber Student Services consultant, said many students need help setting up bank accounts, getting health cards, taking public transportation and simply understanding Canadian culture.

"This program is an incredible support for the international students that feel they need someone to help them with the adjusting period," Newby said.

Senior students can apply through the Career Centre to become a Humber Buddy. The position pays \$8 an hour and requires that buddies be open-minded, out-

going, receptive, and interested in learning about another culture.

Foreign students fill out a form mentioning the areas where they need help. From there, Newby makes a buddy match, according to the skills needed.

"We also take into account particular requests for those who prefer a same age and gender friend due to cultural or religion reasons," Newby said.

For Oksanen, Fa is only a small example of the program's success.

Oksanen is currently a buddy to two foreign students, giving them a hand during her lunch breaks and after class. She also plans to take the students out in the city, as she learns more about what they are interested in.

She also makes sure to check on them on the weekends, in case they need to talk.

"I try to help them as much as possible," Oksanen said. "But with me, they have to practise their English at all times."



Marika Oksanen helps Linda Fa adjust to Toronto academic life

SAA nominations almost due

By AKUA HINDS

Time is running out for Humber College's staff and students to submit nominations for the Student Appreciation Awards. The awards honour students who have shown outstanding excellence, dedication and achievement both inside and outside of Humber's classrooms.

Nominations have been coming in since Feb. 25 and will be accepted until March 21.

The awards will be presented at Humber's 19th annual Student Appreciation Banquet on Tuesday April 9.

The Student Appreciation Awards recognize Humber's full-time and part-time staff and students who make significant and selfless contributions towards enriching life within the Humber community. This could include planning or promoting social/cultural events, student government, or even demonstrating athletic achievement.

Maggie Hobbs, Humber's Director of Student Affairs, Awards & Alumni Services, is helping to coordinate the event. She insisted that students who are nominated must be in good academic standing to be considered.

"I expect that the students be passing," Hobbs explained. "They must be in good academic standing, attending classes. We don't want to have somebody who's completely dedicating their lives to Humber outside of the classroom but they're not going to class."

Though good grades are crucial, student involvement is the main focus.

"A student can nominate a faculty support staff or a faculty support staff can nominate a student," Hobbs said. "It has to be student-driven. Either a student receives a nomination or a student launches it."

Hobbs also said the students and staff nominated come away with satisfaction knowing their peers and community recognize someone who has done a great job.

Hobbs added that awards are based on a number of factors. Previous nominations have included faculty who have taken international students into their homes and students who funded the Gatehouse at the Lakeshore Campus.

"It's the life that goes on outside of Humber College and outside of the classroom that we want to recognize," Hobbs said.

Along with the HSF's sponsorship of the event for the past 10 years, second-year Public Relations students are also involved in the awards.

Ed Wright, Public Relations advisor for this event said PR students are helping to determine the theme and tone of the event.

"This provides the students with a really practical hands-on experience in event management," Wright said. "When many of them go out into the working world, they're going to be organizing events like this, so this is a good test for them."

If nominators choose, they can keep the nomination a secret from the nominee until the day the award is presented.

"When the selection committee meets and decides who's going to win the awards, it's the respon-

sibility of the nominators to get the nominees to attend the ceremony," explained Colleen Parton, who is co-planning the event with Hobbs. "It's a total surprise."

Students can pick up nomination forms at the HSF office. Upon completion of the forms, nominators must also provide a letter explaining the nominee's positive contributions and effect on the lives of others.

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etc.

Editorials etc.

Electoral drought

The wheels of democracy were turning full-force at Humber College this week, as HSF hopefuls battled for votes in next week's annual election.

What? You didn't notice? Don't worry, you're not alone.

All-candidates meetings held on Tuesday in North Campus's Student Centre were notable for one thing – their lack of an interested audience. Anyone wondering about the rows of empty chairs needed only to look through the windows behind the stage, where masses of oblivious students were choosing Pizza Pizza over politics.

But who can blame them? They had just returned from reading week. Little did they know that, with the official campaigning period restricted to two weeks leading up to the election, candidates had been lobbying empty halls in their absence.

Student apathy is an ongoing problem for HSF, and it's a difficult one to remedy. That said, one has to wonder about the wisdom of an organization that, already faced with widespread disinterest, decides to begin its annual two-week election campaign on the Friday before reading week.

What most have probably not been made aware of during this momentous campaign is that the HSF is important. Those elected next week will gain control of over \$1 million of your money.

So get out and vote, no matter how much it might seem that no one wants you to.

Shaky lady blues

Margita Bangova, a panhandler better known as the "Shaky Lady," seems desperate to save a little bit of face. On a CTV report, Bangova claimed her panhandling earnings go toward cancer and arthritis medications that her monthly disability pension of \$900 can't fully cover. Apparently, big screen TVs are a good alternative to chemotherapy and leather furniture eases joint swelling.

But that's really not the issue here.

The fact is, panhandling is completely legal, and Bangova has a very marketable talent – looking pathetic and trembling at will – which she has exploited to the fullest. She is a bona fide entrepreneur, and should be congratulated for her business savvy.

She has, however, preyed on the good intentions of Torontonians. But her actions, while immoral, are certainly no worse than those of any other panhandler who has most likely blown his or her donations on booze or drugs.

The lesson here is one that should be have been learned a long time ago. There are people in this world – yes, and even in this fair city – who will take advantage of one's goodwill.

Mom always said not to take candy or money from strangers. It's probably not a good idea to give them any of yours either.

Canada on Mugabe

Canada's position on the treatment of the Zimbabwe election is planted firmly on the fence until investigations conclude. Once again, the fear of being labeled racist has immobilized our actions against the dealings of President Robert Mugabe and his thugs.

Despite numerous reports of criminal acts by Mugabe's goons – politically motivated arrests, intimidation tactics, manipulation of voting rules and the disenfranchising of thousands of voters – by accredited observers such as Amnesty International and the independent Zimbabwe Election Support, Jean Chretien isn't budging.

Clearly, international voting standards were not upheld, and despite global efforts, Canada seems willing to let these third-rate standards fly.

These incidents aren't tolerated in Canadian politics, but we have no problem standing idly by and watching Zimbabwe's future become jeopardized.

Canada is standing alongside African apologists for Mugabe's blatant thuggery, by not taking a stand and simply wishing for this situation to go away.



Parking hogs and idling smog



Jes Markoff

There's only one thing worse than battling morning traffic en route to school. Parking inflicts a whole new world of woes upon student drivers.

This year, the whopping \$465 cost of annual parking seemed monstrous since I only need a space three days a week. After careful calculation, I opted to not fork over the cash and take my chances parking in Humber's infamous lot seven. But it hasn't paid off.

Lot seven, a 307-space car corral whose temperamental mechanical-box attendant monitors the \$5-per-car transactions, is a hot spot for idling autos and careless space-hogs.

On any given day at least four partially empty parking spaces are made available –

courtesy of the thriving, space-hog minority at large – only to smaller vehicles like motorcycles, scooters and clown-cars. It's a phenomenon whose causes I have yet figured out.

Maybe it's naïve to assume that drivers who park in lot seven have valid licences, which should guarantee their ability to park between the yellow lines. Perhaps the ministry's test standards have changed. Or maybe, the space-hogs are a secret society who, by birthright, have the luxury of hoarding two parking spots.

No matter what the cause, the sight of a matchbox-sized car such as a Pinto, Golf or Geo parked front-in and over the yellow line ignites my parking lot rage. Containing the urge to crunch its tiny back bumper clear up to the engine, for the sake of a parking space, is difficult.

It's even more disturbing to witness this atrocity from the long queue of pollution belching cars. The daily parade of cars leaving the lot around 11 a.m. frees up some space. But the wait can be up to an hour long if you get to school between 10 a.m. and 11 a.m.

If you've been lucky

enough to experience this wait you know the frustration of finding half-available spaces is enough to provoke an "accident." Sometimes a nauseating, toxic-high – induced by polluters who won't turn off their engines while they wait – calms the nerves. Aside from belching X-number of pollutants into the air for each minute of idling, you're also wasting X-amount of fuel at 66.5 cents per litre.

Exhausted from almost an entire school year of putting up with space-hogs and car fumes I took my complaints to Public Safety Manager Nancy Deason for some resolve.

Deason was aware of the situation and shared the same concerns. She vented frustrations of being under-staffed and expressed sympathy to the conscientious students who park in lot seven.

So it seems the onus is on us, the drivers. Here's my plug - KISS style.

Take the extra five seconds to ensure that you're parked BETWEEN the lines and shut your engine off while you wait. If you can't remember that, then do us all a favour and use public transit.

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Opinion etc.

Celebrating rock 'n' roll



Brett Clarkson

With their instruments powered by stolen hydro rigged up to the French railway, the band would set up shop in the basement of Keith's house, aka Villa Nellcote, laying down the 18 tracks while countless dope dealers, hangers-on, rock stars and anyone else who could find their way there crashed and burned in the hot French sun. When the temps hit the 100-degree mark, the band played with no pants on.

Keith was nonchalant when asked why all the vents were decorated with swastikas. "Oh, it was the Gestapo headquarters during the war," he said. "But it's all right. We're in here now."

It definitely wasn't your average house party. The making of *Exile*.

John Lennon reportedly stopped by for an afternoon, spent 45 minutes in Keith Richards' bedroom, came downstairs to say goodbye, puked on the carpet, and left.

Gram Parsons paid a few visits, and he would be dead a few years later. Poor guy.

And somehow, our Keith - who *The New York Times Magazine* aptly described this week as "so weathered he almost resembles a stubbed-out cigarette" - is still walking this earth.

But all this is incidental. It's a mere backdrop for the music, which in itself is brilliant.

Exile was released 30 years ago this spring, and it spent 43 weeks on the charts, eventually peaking at number one. As an album, it's a sprawling exploration of all that is American music, from blues and country to gospel and folk, and more. The consummate American album. Odd that it took five London lads to perfect it.

Ink Blot magazine says it best: "Today, *Exile* sounds more lo-fi than any 'indie rock' B.S., and more punk rock than any major label hair band available in a CD bin.

"Virtually every song on *Exile* is a classic."

For those nights when you can't sleep, go *Exile on Main St.* The vodka doesn't hurt either.

Keef would be proud.

Do you have something to say? Write to the Et Cetera at: bumberetc@hotmail.com For verification purposes, all letters must include full name, phone number, and address. We reserve the right to edit for space and clarity.

It's 2 a.m. and this night is far from over. Can't sleep so I pour myself a glass of vodka straight, no ice. No choice - no ice cubes in the damn freezer anyhow. Cell phone is on but nobody's called the thing in days. No ice cubes. No calls. No friends. No sleep.

Till Brooklyn.

I'm gasping for a Benson and Hedges Special Light, but apparently I quit smoking. God knows why. I would cut off my own middle finger right now and light it, but it's not made of tobacco.

You know the feeling. Anyway.

By the spring of 1971, *The Rolling Stones* were far and away the biggest band in the world. Having just released arguably the three best rock albums ever made - all in succession - a near-bankrupt Mick, Keef, and co. were forced, for tax reasons, to flee England, setting up a carnival kingdom of debauchery on the French Riviera. It would be a blazing hot southern France summer, with Keith Richards' palatial mansion serving as the smoke-filled womb that would give birth to - arguably, always arguably - the greatest rock 'n' roll album ever produced. *Exile on Main St.*

What a fricken masterpiece.

From the first track, *Rocks Off*, the album is raw, unhinged, smoked-out, drugged-up, and frenetic. With his slurred and sloppy vocals, you can almost smell the breathy clouds of liquor heaving out of Mick's mouth. At the same time, you know Keith's guitar-playing fingers are sweating out the gold of greasy tobacco stains.

It's a careless and dirty pile of a record.

"Yes I got the desert in my toe nail," Mick sings on *Sweet Virginia*. "Then I hid the speed inside my shoes."

Rock and roll.

Blowing smoke in the face of Canada



Jesse Kohl

Last semester, a friend of mine was busted for possession. We were driving home from the campus pub when we saw the flashing cherry lights in the rearview mirror. One of the two officers said my friend stank of weed, ordered us out of the car, and frisked us against the freezing cold metal of the hood.

After a thorough search, they took my friend back to the cruiser and told him they would've let him off if only he'd admitted to possession in the first place.

Okay. Thanks.

The punishment? Twenty hours of community service. Translation: Handing out flyers at a black history month event and several appointments of watching the back lot of the community service building for parking violators. He read a lot of newspapers while paying off his

small debt to society. That's tax money going toward the war on marijuana hard at work.

But compared to the stats contained in a medical brief sent to a special Senate committee on illegal drugs, he got off easy.

Earlier this week, a *National Post* headline declared "Canadian doctors want marijuana decriminalized." Along with the usual information about the health risks for pregnant women, rising rates of cannabis offences in Canada, and a lot of per cent signs and numbers, the *Post* reported "about 2,000 Canadians go to jail annually for possession of marijuana."

Presumably the jail cells are kept nice and tidy for those dangers-to-society who are caught with more than a joint's worth of pot. But more importantly, CMA President Dr. Henry Haddad said: "Government needs to re-balance this distribution (of funds) and allocate a greater proportion of these resources to drug treatment, prevention, and harm-reduction programs. Law enforcement activities should target the distribution and production of illegal drugs."

"The issue is therefore whether there are less coercive ways to discourage its use," the brief stated.

The CMA brief also noted that in California marijuana use has decreased since cannabis was decriminalized. My main question is how do you really measure such a thing? In Canada, they send around little surveys in high schools. Okay. That's high school. Nobody's asked me to fill out any questionnaires lately.

Cannabis use is on the rise in Canada, according to the stats. But I suspect most marijuana users in Canada go largely undetected by the authorities. And the majority of them probably have better things to do than fill out questionnaires. It's the money wasted on enforcing weed laws that puts offenders to work watching for parking violators when they could be doing something productive - yes, some people actually smoke dope because they say it makes them more productive.

Imagine a bright green pot leaf. Paint a red block on either side and you have a new flag - one you can feel pride in, one you can stand up for (on your way to the fridge), one that makes you want to veg out and watch 12-hour marathons of *The A-Team*.

Now there's a flag that makes me want to stand on guard.

O Cannabis, we watch parking lots for thee.

Flying in the face of fear



Elizabeth Bower

After last year's terrorist attacks, I was cursing the world for its charade of tears and goodwill, claiming it was all a show that would soon be on the road. I knew we'd go on living our ignorant, privileged lives without changing a damn thing. And now, six months later, that's pretty much what's happened. But not me. No siree. Having been fundamentally altered by last September, I still cry about it. I'm still trying to wrap my head around where the world goes from here.

So as I set foot on an airplane for the first time since the attacks, I was

waiting for panic to grip my heart. I was remembering stories like the first time my friend flew post-9/11 and the pilot said a prayer as most of the passengers wept. I made my way slowly to my seat expecting to hyperventilate - but everything felt perfectly normal as the flight attendant cheerfully handed me a paper and I settled in.

I started to feel guilty. Had I become as desensitized as the world I scorned months prior? Why was my hyper-emotional self now sipping coffee on a Boeing 767 and not feeling a thing?

In a desperate attempt to feel something, I closed my eyes and imagined what it must have been like for the passengers that fateful day. "Let's roll," I heard myself saying as I tackled hostile terrorists and crashed to a fiery death. But nope. Still nothing. I was on my way to Vancouver and feeling just fine, thank you very much.

Mid-trip, it dawned on me. Although the attacks terrified me, I

had made a decision last September to not live in fear, and I was doing just that. I knew that if I succumbed to my fear, then I'd never fly, travel to the Middle East or enter tall buildings again - and I had a long life to lead yet. So I realized, with just a hint of surprise, that yes, 9/11 had changed me; but for the better.

Upon reflection, I realized that not only had I conquered my fears, but I now also pay closer attention to world politics. And I hug my family a little tighter. And hey, come to think of it, I'm more patient on the subway and I even take the time now and again to just sit and watch the sunset.

I'm glad I wasn't hysterical on my flight, because far from being removed from the tragedy, it showed me that I had taken the best from an awful situation. I've claimed all along that Sept. 11 has given America the chance to take its head out of the sand, rise to the occasion and become a greater nation. Now I see it's also given me a chance to become a better person.

In Focus etc.

DEVONSHIRE ST

BLOOR ST



St. Paddy's Day isn't exclusively for the Irish.



YONGE ST

Going green on the 17th

By KELLY LABINE

The 15th Annual St. Patrick's Day Parade is rolling into town.

The parade will start at the corner of Devonshire and Bloor this Sunday and make its way down Bloor Street to Yonge Street and then down to Queen Street, past City Hall, finishing just before University Avenue.

"The (St. Patrick's Day) Parade Society was formed to put on the parade to celebrate Irish culture and heritage. There are St. Patrick's Day parades all around the world," said Eamonn O'Loughlin, a society representative.

The Parade Society started the event in 1988, drawing only 15,000 people. Despite the skepticism of some, it quickly became one of the largest North American St. Patrick's Day parades.

Last year, the parade drew 250,000 people.

"We expect at least that much this year," said O'Loughlin.

"There's at least 75 million people of Irish extraction around the world and four million in Canada," O'Loughlin added.

Even if you're not Irish, the parade can be a fun event. The Irish community has invited Toronto's ethnic communities to join the parade.

This year there will be about 20 floats, 18 marching bands, clowns, and children's characters.

"It's a real fun celebration of spring for all ages," O'Loughlin said. "It's not just for Irish people."

"County associations build the floats. There are 32 counties in Ireland and then many of the county associations build their own floats. They get volunteers to build the floats, like carpenters that donate their time. It's a real community effort."

O'Loughlin said that the floats are made secretly so nobody really knows what they look like until the 17th. They also have a competition for the best float, where the winner gets a trophy.

"It's kind of bragging rights and they have a lot of fun with it. There's going to be some really magnificent floats this year," added O'Loughlin.

This year's Grand Marshal will be Capt. Paul McCormack of the New York Police Department. He is currently the youngest commanding officer in the NYPD.

Over his 12-year career, Captain McCormack has been awarded two commendations for bravery and 36 other medals for meritorious police duty.

He and his two brothers scoured Ground Zero for survivors and secured the area.

A huge percentage of firemen and policemen in New York are of Irish heritage and after September 11, the number of lives lost hit the Irish-American community hard.

"We thought it was just something appropriate to honour the victims of 9/11 by doing such a tribute to them," O'Loughlin said.

New York city has its own parade that dates back to 1766, first held by Irishmen soldiers who were recruited to serve in the American colonies. Every year there is a unit of soldiers that march at the head of the parade.

The parade will proceed down Fifth Avenue but unlike Toronto's parade it does not allow floats, automobiles or other commercial aspects.

It starts at 44th Street and Fifth Avenue at 11:00 am on Saturday March 16 and ends at Fifth Avenue and 86th Street.

The Grand Marshal of the New York parade, Cardinal Edward M. Egan is going to stop the parade at 12:30 p.m, face south toward Lower Manhattan where the twin towers once stood, for a moment of silence.

The executive secretary-director of the St. Patrick's Day parade and celebration committee, James P. Barker told The New York Times, "We're asking everybody in New York, even the people who are not at the parade, to take a minute."

Et Cetera tried to contact the Ancient Order of Hibernians, the parade organizers, but they were unavailable for comment.

Toronto's St. Patrick's Day parade will be broadcast on Rogers Cable 10, Saturday March 23 at 8:00 p.m.

To check out a map of the parade visit www.topatrick.com.

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New York



Irish toasts, warm wishes

May you have warm words on a cold evening, a full moon on a dark night, and the road downhill all the way to your door.

May you live to be a hundred years, with one extra year to repent.

As you slide down the banisters of life may the splinters never point the wrong way.

Of all my favorite things to do, The utmost is to have a brew.

My love grows for my foamy friend, with each thirst-quenching elbow bend. Beer's so frosty, smooth, and cold. It's paradise Pure liquid gold. Yes beer means many things to me that's all for now cus I gotta Pee.

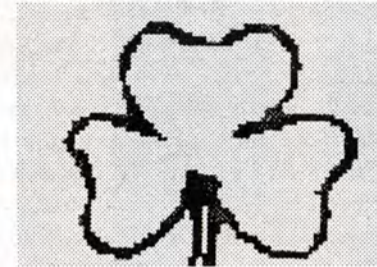
An Irishman is never drunk as long as he can hold on to one blade of grass and not fall of the face of the earth.

May the love and protection St. Patrick can give. Be yours in abundance as long as you live.

COURTESY OF WWW.STPATRICKSDAY.COM

86TH ST

FIFTH AVE



Question: Who was Saint Patrick?

By KELLY LABINE

St. Patrick was the patron saint of Ireland, recognized for bringing Christianity to Ireland in the mid-to-late Fifth Century.

He was born in England in around 373. At 16, he was kidnapped by Irish pirates and sold into slavery in Ireland where he worked for six years as a herder.

Then, in response to a voice he heard in his head – which he reasoned could only be God – he escaped and embarked for Gaul.

He then went to France where he became a priest and later a bishop.

In 413 he returned to Britain and lived there for a number of years until he began to have more visions, these ones told him to return to Ireland to Christianize it.

At 60 years old, he landed in Tara

(Ireland) and assembled his first converts.

During his time in Ireland, he developed the Celtic Abbot-Bishop system, codified the traditional laws of Ireland to harmonize them with Christian practice and also introduced the Roman alphabet.

He is said to have used the shamrock, a three-leaf plant, as a symbol to illustrate Holy Trinity (Father, Son, Holy Spirit).

There are also tales of St. Patrick driving all the snakes out of Ireland and into the sea.

St. Patrick's mission was a success and Ireland was almost entirely Christian by the time he died.

Most of what is known about St. Patrick comes from The Confession, a biography of him and his Epistola, which is a criticism of British mistreatment of Irish Christians.

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- 2 Pride Staff
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Life etc.

Blind art student a true visionary

By AMBER TOUTANT

As she navigates the halls of York University, Melissa Willis taps her white cane gently on the floor, pushes it forward to feel the cracks and obstacles in front of her. Her other hand supports the bottom of her art portfolio.

Some hold doors for her, but many push by. Melissa doesn't care. She smiles and walks tall.

At first glance, she looks like any other 20-year-old woman. When her cane is folded up on the table, it's hardly visible; just like everything is to Melissa.

She suffers from ocular albinism, a condition that affects her eyes as well as her skin, which has no pigmentation. She also has nystigima, leaving her eyes to constantly shake. To help control this condition, she wears glasses.

So how does she paint or draw without being able to see?

"With a lot of practise!" Willis said. "Sometimes I can feel the brush stroke when I'm painting, but my compositions are really worked out in my head at first. That sometimes takes two to three weeks."

Melissa is not entirely blind. She can see colours and light and this helps her with her artwork. But she also gives her vivid childhood memories credit for her success.

"I think I have an easier time painting because I could see better when I was younger, so sometimes I kind of have a picture of some stuff inside my head still."

Willis added she finds comfort in being with others who have similar disabilities.

"I've been associated with a few other artists who are blind like myself. There seems to be more of a bond there," Willis said. "Other artists say they understand, but they don't always."

However, she doesn't look for a role model in either artists or the disabled.

"The only person I try to be like is my mom," she said.

Melissa's mother, Cindy Millar, said art is practically second nature for her daughter.

"Melissa was always the type of kid that enjoyed drawing, colouring, painting. . . . It wasn't until she was in public school that, during

her art classes, she showed a true interest in art."

Her mother said Melissa was always a persistent child.

"Once Melissa puts her mind to something, there is no stopping her," she said. "I still find it hard to believe that she can produce the artwork she does with such low vision. Melissa's art and drawings are an inspiration to a lot of people."

To practise using her talent for commercial purposes, Willis said she will often create prints to hang in offices or draw cards for friends.

In her mom's eyes, Melissa's art is the doorway to her future.

"I think this is her way of expressing herself," Millar said, "showing what she thinks of people, the way things should be, and that she too can survive in a world of perfect vision."

Strangers react differently to her, especially when they see her artwork before they discover she is legally blind.

"A lot of people get really shocked and surprised. . . . They ask a lot of questions," Willis said. "But a lot of people are afraid to ask questions. They think they will offend me, or that I won't want to talk to them anymore. It makes no difference to me. How would they know unless they asked?"

Melissa, of course, is not alone with her visual impairments. There are about 11,000 people in Toronto



York art student Melissa Willis.

registered with the Canadian National Institute for the Blind (CNIB), said Randy Firth, a community development and communication manager for the CNIB in Toronto. He is blind himself.

Now studying art history at York University, Willis has been able to take her talent to a new level. And after she gets her degree, she plans to attend teachers college.

Although she is focusing on a future career as a teacher, she still wants to produce art in her spare time.

"I'd like to teach high school students, so I can help them get into university. . . . I just want to give something back."

But Willis, through her art and her spirit, has already given the world so much.



COURTESY

Little Red Riding Hood by Melissa Willis drawn in January 1999.

Putting your best leg forward, no matter size

By DEANNA WALL

Bigger is better - if you're a plus-sized model, that is.

Although they haven't replaced the 'thin-is-in' look, plus-sized models are beginning to make appear-

ances in fashion magazines like *Glamour*, *Mode* and *Flare*.

Canadian models Edye Quinton and Janine Falcon, along with U.S. teen model Valerie Lefkowitz are just a few who are helping to redefine society's image of beauty.

But the job will not be easy, with the public bombarded daily by images of barely-there models.

Janice Shatford, a representative for Ford Modeling Agency in Toronto, said that society has become a bit tired of everyone being skinny.

"The average woman is not a size two. So the main increase in plus-sized modeling is due to demand from the public," she said.

The Ford Modeling Agency has the largest plus-sized division in Canada with 20 plus-sized female models.

These models range from size 12 to 18, whereas the 'typical' model is

somewhere between size one and six. The average North American woman is a size 14.

Falcon is one of Ford's top models. She started in the plus-size modeling industry eight years ago.

"I walked into a clothing store that was owned by a woman who also worked at a plus-sized modeling agency. When she saw me she told me that I had to go check out her agency," Falcon said.

The suggestion came as a huge surprise to Falcon, who battled with anorexia for over a year as a teen.

Falcon, who is 5'8" and wears a size 16, feels there should always have been a demand for plus-sized models since they more accurately represent how clothes look on the typical woman.

Her modeling assignments now vary from print work to TV appearances. Falcon appeared in the February, 2002 issue of *Canadian*

Living and on *CityLine*.

Although plus-sized models are helping to spread the word that a thin build should not define a woman, many still suffer from low self-esteem because they don't fit the popular image.

"When we look in magazines, it's hard not to see ourselves in a negative light," Falcon said.

But she is quick to add that low self-esteem cannot be blamed on the media alone.

Ford's Shatford said that critics may develop unfair ideas about modeling simply because they don't understand the industry. The top fashion designers don't make a lot of interesting clothes for larger-sized women, thus the lack of ads for them.

Falcon said that despite her success in the modeling industry she still faces self-esteem issues.

"There's always going to be

someone who is taller, thinner, more attractive and better for the job," she said. "But that's life. You have to find a way to love yourself - no matter what."

Megan Dodge, a first-year Funeral Services student said she doesn't feel bad about herself when she glances through magazines.

"I know that they're not the average size and that they are just using skinny models so they will sell."

But with plus-sized magazines *Mode* and *Girl* capitalizing on this new sense of self, other magazines might be well-advised to beware.

Laura Davey, a first-year Media Foundations student, said, "I think that it is great for the media to portray plus-sized models so that women can see a better variety of female bodies and not feel inadequate. The skinny models that we see on television only make up a very small amount of the population."

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Swearing gaining acceptance in all settings

By RENEE BOROVITCH

When walking down the hall, and hearing words like 'fuck' every other minute, washing someone's mouth out with soap seems to have become a thing of the past.

Views on swearing have loosened in recent years, but are people really okay with the potty-mouth phenomenon, and does it still have an affect on our society?

Denis Hinds, a School of Hospitality, Recreation and Tourism instructor, said that excessive use of swearing limits a person's vocabulary.

It also alters the listener's perception of the person speaking.

"If I'm listening to someone and they start to swear, how I listen to them changes. I start to wonder if this person is in control," he said.

He also said swearing has become so commonplace that people often are unaware of their surroundings when using profanity.

James V. O'Connor, president of PR and marketing communications firm, O'Connor Communications Inc., has even written a highly publicized book on the subject.

In *Cuss Control: The Complete Book on How to Curb Your Cussing*, O'Connor writes that "During the last few decades, swearing gradually rose from the gutters and drifted into

offices, and shifted from street corners into the schools."

This hasn't skipped Humber's North Campus.

Carol Bueglas, a secretary in the General Arts and Science's office, said she often hears swearing in the hallways at Humber. The odd time, faculty members are the ones swearing.

"Profanity is used too frequently and unnecessarily," Bugelas said.

But are we really swearing more these days? No, according to Professor Kim Michasiw, dean of the English department at York University.

"I don't really hear it that much more in day-to-day speech," said Michasiw. "Conversations between people we know are no more laden with four-letter words or cuss words than they were, say, 30 years ago," Michasiw said.

Micahasiw added he doesn't see swearing as necessarily limiting one's vocabulary, "no more than saying 'umm' all the time."

"At times it can expand sentences rather than impoverish them," he said.

"It can make you a lazier speaker, but I'm not so sure that if you took swear words out of the guy's vocabulary standing in the mall that he would sound any more articulate," he said.

Rosalyn Mosko, a speech pathologist for

the York District Board of Education, thinks that the overuse of swearing in our society does limit one's vocabulary.

"They use that rather than any other adjective. I think the abuse of swear words has all but rendered them meaningless," she said.

What Michasiw sees is the loosening of the rules of what can and can't be said in the media. At one time, one would never see a four-letter word in print, now it's not unusual to hear it in various forms of mainstream media.

It is this prevalent use of profanity in the media that O'Connor writes about in his book: "Words that are still considered taboo are nevertheless pervasive in the movies, fearlessly flaunted by shock jocks on radio, easily found on cable TV, and creeping into network television."

Katie Hill, a Recreation and Tourism student, said she rarely swears.

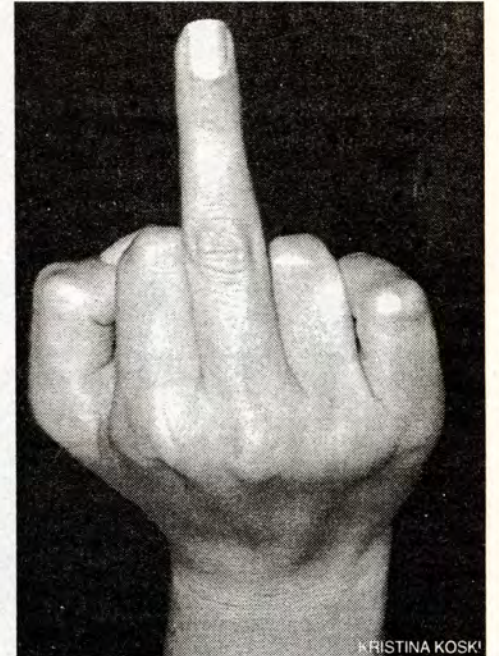
"In some cases, it can be a problem because it becomes so much a part of a person's vocabulary that they forget to turn it off in inappropriate places, like when there are small children or older people," she said.

But Michasiw has noticed a decline in the use of profanity in the classroom.

"There is less profanity in the university classroom than 10 years ago. Some professors

used to say 'shit' to surprise their students. But the shock value reduced, and it is rarely used these days," said Michasiw.

For most people, increased swearing isn't an important epidemic. But, for a quick tutorial on how to clean up your mouth, visit www.cusscontrol.com.



Does this offend you? North Americans are becoming desensitized to swearing.

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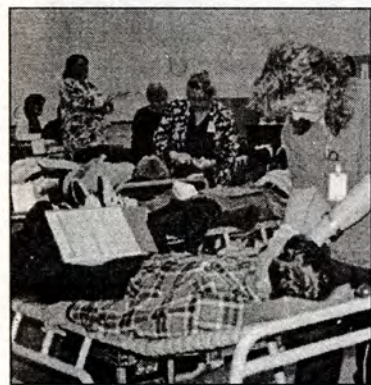
Health etc.

Blood donation today

North Campus students give the gift of life at the Student Centre's donor clinic

By MARIANNE GALLOWAY

Each year hundreds of thousands of Canadians need blood, and on March 14 students will help meet the demand.



MARIANNE GALLOWAY

Five donors will save one life.

The Canadian Blood Services team will be in the Student Centre from 10-3 p.m. today to help meet the increasing demand for blood in

Canada. According to Canadian Blood Services 2001 statistics, more than 740,000 units of blood were collected last year, and more than 160,000 people helped. But the need for blood is expected to rise more than eight per cent.

"To meet the projected demand by 2005... we need 160,000 new regular donors," said Jirina Vlk of Canadian Blood Services.

Donors are screened before giving blood and some general regulations must be adhered, Vlk explained.

"Identification is needed and you must be between your 17th and 71st birthday if you are a regular donor. First time donors must be in generally good health," Vlk said.

Anyone who has gone to the dentist within three days prior to donating will be turned away as will those who have been pierced or tattooed within the last 12 months.

If you are donating, try to have a light breakfast before hand.

"Have a light breakfast and lots of fluids," Dr. Marion Dyke of Toronto said.

The usual blood collection, called a unit, is about half a litre. The average amount of blood used by a patient in need is more than four and a half units. So, about five donors are needed for every person who requires blood.

According to the Canadian Blood Services, 85 per cent of people who donate are repeat donors.

Gordon Wrigglesworth, a repeat donor from Milton, recently gave his 102nd donation of blood.

"(I donate for) one simple reason: I think it helps. I'd be upset if I couldn't donate," Wrigglesworth said.

For more information on blood donation, please contact Canadian Blood Services at 888-2-DONATE.

Surgery prep now diet fad

By ADAM COHEN

A quick hit diet, medically designed and supervised to help overweight heart patients prepare for cardiac surgery by losing a few pounds fast, has found its way out of Hamilton's St. Joseph's hospital and into the homes of the general public.

The diet has helped obese patients lose between eight and 10 pounds in three days, with doctor supervision, in preparation for cardiac procedures, according to a senior dietician at St. Joseph's Hospital.

Melody Maliewich said the diet works fast and effectively because of certain chemical breakdowns that each meal provides.

The concern is that while the diet is successful with cardiac patients it has not been tested or proven to be successful for general use.

The diet is designed to last only three days. Staying on it longer may prove detrimental, said Maliewich, an outpatient dietician at the hospital for 25 years. No studies have yet to prove the diet is unsafe.

"You put your health in jeopardy. People can try it, but not long term."

The risk in going on this diet, she said, is that the body is not used to such a sharp drop in food intake and low calorie levels.

"Restrictive diets lower your metabolism and you go into starvation mode," Maliewich said.

Going back to a normal diet afterward can throw your body out of whack, often causing dieters to gain the weight right back, she added.

"I can't condemn using these diets, but everyone is looking for a quick fix to lose weight."

Flora De Marco and Susan Cuda, two Toronto women in their 40s who heard of the diet by word of mouth and tried it, said they have experienced no negative effects, just weight loss.

"We are still eating healthy foods, just a lot less. I've lost weight so I'm happy," De Marco said. "I didn't think it was a problem being a non-patient using the diet."

Cuda, a Toronto office worker, also praises the diet.

"I obtained the diet through someone and I found it successful," Cuda said, who wanted to shed a few

St. Joe's heart patient diet

Day 1

Breakfast

1/2 grapefruit
2 tsp. peanut butter
1 slice toast
Black coffee, tea or water

Lunch

1 cup tuna
1 slice toast
Black coffee, tea or water

Supper

3 oz. sliced meat
1 cup green beans
1 small apple
1 cup ice cream (vanilla)
Black coffee, tea or water

Other possibilities include:

Breakfast: a banana, a small apple, or chees slice.

Lunch: 1 cup of cottage cheese or five crackers.

Dinner: two wieners, or a cup of broccoli or carrots.

Source: St. Joseph's Hospital

Local clinics

If you missed today's donation, check out these area clinics:

Manulife Centre
55 Bloor St. W. 2nd floor
Toronto

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Wednesday 12:00p.m. - 7:00p.m.

Thursday 12:00p.m. - 7:00p.m.

Friday 12:00p.m. - 4:00p.m.

Saturday 12:00p.m. - 4:00p.m.

Canadian Blood Services

67 College Street
Toronto

Tel:416-974-9900

Hours of operation:

Tuesday 11:00a.m. - 3:00p.m.

Thursday 11:00a.m. - 3:00p.m.

Appointments must be made.

Source: Canadian Blood Services, www.bloodservices.ca.

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TONI MARIE IPPOLITO

Starboy and Robin Black from Robin Black and the Intergalactic Rock Stars before a recent show at the Horseshoe Tavern. They are the self-proclaimed future of rock 'n' roll.

Glam rockers head for planet fame

Robin Black and the Intergalactic Rock Stars release album and play at CMW

By TONI MARIE IPPOLITO

As I stumbled and nearly tripped down the stairs leading to the basement of the Horseshoe Tavern, I looked up to see a pair of tight, shimmering pants on a guy wearing some serious make-up.

For a second this flash before my eyes recalled a time in my youth when I was deathly afraid of KISS.

No, it wasn't Gene Simmons — the guy wearing those funky pants, sporting big black messy hair with purple streaks was none other than Canadian glam-rock star Robin Fucking Black.

I was able to nab him just before Robin Black and the Intergalactic Rock Stars were about to go on stage as part of this year's Canadian Music Week (CMW).

Black led me into a room about the size of a closet, where all I could smell was beer and the nail polish fellow member Starboy was applying.

Because the room was so packed, Black graciously found me a seat between himself and Starboy, who had a big box packed with make-up in front of him.

"Don't tell any of the bands but they just put our names on the roster

so that people will show up," boasted Starboy.

It's clear that this band is definitely on to something.

Their debut album, *Planet Fame*, released only a few weeks ago, provides more of the same great heavy glam rock of the band's stage show. The video for the single "So Sick of You" is currently in heavy rotation on MuchMusic.

Black is quick to talk about his plan to dominate the music world some day. And he knows exactly where he and the Rock Stars stand in the music realm.

"We are the future of rock 'n' roll," Black proclaimed. "Our music is unashamed, unbashful rock 'n' roll. We love to blow up some pyro and use confetti to unleash the classic rock 'n' roll the way it was meant to be."

Having played Toronto's CMW for the past four years, Black feels the festival is more of a place for newer bands to get noticed. With the wide fan base they have built over the years, it seems he is getting bored with the yearly gig.

"It's fairly lame to me now. We've done it so many times my face is on the cover of these fucking passes,"

Black said while tugging the press pass around my neck.

Robin Black and the Intergalactic Rock Stars continue to take part in the event for their Toronto fans.

"It's great for the people in Toronto to see us play before we go on tour and stuff," Black acknowledged.

That night, each member of the band strutted on stage one by one decked out with '80s high hair, tight pants, black leather and fancy make-up.

Black came on wearing purple glittering spandex pants and shirt and a full-length grey faux-fur jacket. It didn't take long before he whipped off the coat and wiggled his shimmering, purple ass in everyone's face while signalling the crowd with "bring it on" hand gestures.

Seemingly, Black has the rock star persona licked. To watch Robin Black and the Intergalactic Rock Stars perform is to be sucked into their glam world, filled with pyrotechnic explosions and fire-breathing barmaids.

Black assures you'll be treated to "madness and five of the cutest fuckers you've ever seen shaking their asses on stage."



TONI MARIE IPPOLITO

Robin Black, lead singer of Robin Black and the Intergalactic Rock Stars entertained the crowd at the Horseshoe during CMW.

HUMBER BUZZ

Prosad and Freedom Fighters go zen at downward dog yoga

By KELLY BRENTON

Meditative chants, pounding drums and the haunting sounds of the sitar emanated from downward dog yoga studio last Saturday night.

Lights were dim, candles flickered and incense wafted around the room as yoga aficionados and their friends settled on the floor, with perfect posture, for the performance.

One of the two bands on the bill was Prosad and the Freedom Cry. Both Prosad and drummer Craig Stein are first-year students in the Humber College Lakeshore Music program.

"The band's name came about after my trip to Hawaii. I swam with wild dolphins in the ocean, and walked barefoot across the sand. I just felt inspired to experience freedom both internally and externally," Prosad explained.

The band's self-described funk/reggae/pop/rock sound met an appreciative audience with unique music that essentially defied conventional categorization.

"My music is like a cry for external and internal freedom. External freedom means you can do what you love and still make money doing what you love. Whatever your desire is, you can achieve it," said Prosad.

"Internal freedom is no matter what this moment is, you're enjoying it, and you're happy."

While a yoga studio may not initially sound like an ideal venue, the joyful songs suited the space well.

Like yoga, the music was about celebrating health and finding happiness.

It was a long evening and some left during the set, while others seemed rejuvenated and danced without inhibition, eyes closed.

Stein also played percussion in Swaha, the first band to perform that evening.

Swaha vocalist Meenakshi encouraged audience members to close their eyes and sing along. She seemed to enter a trance-like state as her strong voice filled the room with ethereal devotional chants.

Jim Creegan of the Barenaked Ladies practices yoga at the studio, and joined Swaha's performance since he was in town. Following Swaha, Creegan played solo on bass, exhibiting his talent - both instrumental and vocal.

Prosad and Stein hope to follow in Creegan's footsteps and become professional musicians.

"I've taken classes on recording engineering, and then there's the whole aspect of promoting the music," Prosad said. "I love it."

The band is currently working on an album, and there will be more performances at the yoga studio over the summer.

St. Patrick's Day HOT SPOTS

By ANNA ROZBICKA

It's a day of celebration, good times and green beer. St. Patrick's Day is this Sunday and thousands of people across the city will be heading out to party all day long. Here's a guide to some fun, authentic pubs so that you can go out and be Irish for a day:

JAMES JOYCE

This is a small, intimate bar with a very laid-back crowd and ages range from mid-twenties onward.

The bar is lively and the bands are very loud so don't expect a quiet evening with your loved one, no sweet nothings can be heard.

This place has pool tables and is setting up an extra bar at the back to accommodate the crowd.

Take the TTC to Spadina and walk east on Bloor Street. You'll find the pub on the north side of Bloor Street. (416) 324-9400.

FAILTE IRISH PUB

Located in the Square One complex, this massive 6,000 square foot bar is separated into six different theme rooms. The bar's design was handled by O'Brien's Irish Pubs in Dublin.

They will feature a live band, Fortune's Hand, on Sunday. The crowd varies in age from 20-50. "It's pretty much all ages," said Penny Maclachlan. "It's a great time here, lively and fun. It's a great party."

There's lots of dancing, drinking, and good times at Failte, which means 'welcome' in Gaelic.

Failte is at 201 City Centre Dr. (905) 276-2212.

FIONN MACCOOL'S

If you're in search of a slightly older crowd head over to Fionn MacCool's.

What to expect? "A big line-up and lots of Guinness," laughs manager Jonathan Jaber.

The bar has an extensive selection of beer and a menu full of pub fare. Expect live music and a \$10 cover charge.

Take the TTC to Union Station, walk east toward Church Street and turn right. Fionn MacCool's is on the corner of Church and the Esplanade. (416) 862-7575.

THE BIER MARKT

Right next door to Fionn MacCool's is the Bier Markt, which caters to a younger crowd.

They have a full day of live entertainment planned:

- 1 p.m.-4 p.m.: Marc Nelson and Seisun

- 5 p.m.-8 p.m.: The McBrides

- 9 p.m.: Signal Hill, an "explosive east coast band which we are very lucky to have engaged that evening," said bar manager Cindy Wilson.

There will be a \$10 cover for the day, and they will have a tent set up to increase capacity.

Why is it a good place to party? "Oh my God, I can't think of why it's not!" exclaimed Wilson.

She said the crowd is very diverse and good-natured. Their company slogan is "a toast to the world" and the crowd really is multi-national.

The Bier Markt can be reached at (416) 862-0879.

SCRUFFY MURPHY'S

This authentic Irish pub provides a relaxed atmosphere, ideal for celebrating St. Patrick's Day, with live music all weekend.

- Friday: Midtown

- Saturday: Black Porter, a group from Ireland.

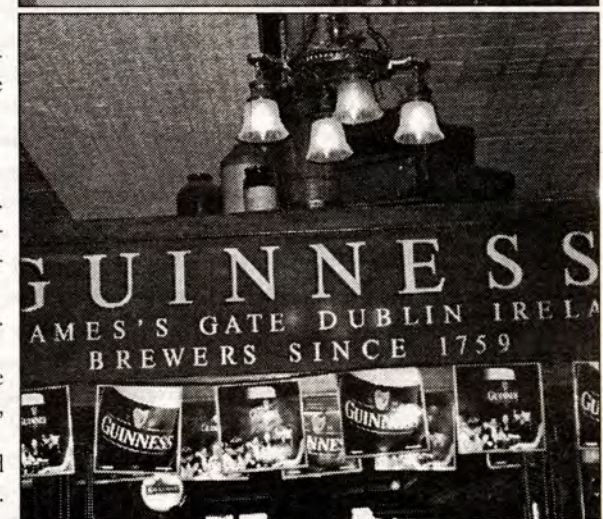
- Sunday: Child, a U2 cover band from Quebec.

"They sound just like them," said Marcee Rutsch, a manager at Scruffy Murphy's. Guinness will be doing promotions, including giveaways.

Why should you choose this establishment for St. Paddy's?

"Because Scruffy Murphy's is where you will find the craic!" said Rutsch. Craic means good times with friends, warm feelings and good company in Gaelic.

Take the 111 East Mall Bus from Kipling Station and get off at Cloverdale Mall. It's right across the street. (416) 231-9411.



ANNA ROZBICKA

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Headstrong: On the road back home after touring the U.S.

By JAMES ROSE

Extensive touring, a name change and a near-death experience have pressured Headstrong over the past year, but they are keeping their chins up.

Headstrong, originally known as bomb 32, formed in London, Ont. in 1995. The members include singer Matt Kinna, Joel Krass on guitar and vocals, Jon Cohen on bass and vocals and drummer Brian Matthews.

"None of us were really attached to it (the name)," said Matthews. "When we started seven-and-a-half years ago there weren't a lot of number bands."

After the band started on the Farmclub label, major-label bidding landed them in Toronto with RCA Records.

By the time they got signed, things had changed drastically.

"There was Sum41, SR-71, Primer 55, Eve 6, 3 Doors Down, and we don't want to get lumped in with all these other bands," Matthews said.

Matthews explained that though touring has been draining, they keep pushing themselves.

They recently finished touring with Fu Manchu and are now on

tour with Soil and Skinlab.

"We try to watch them every night," said Matthews. "You learn a lot when you go out with bands, everyone has been working well together. We like the Fu."

With their sudden success the band learned that performing live varies from video production

During the "treatments" or layouts for the video, some directors pushed their ideas on Headstrong guaranteeing to make them "original."

"(We wanted) to create something that's visually appealing," Matthews said.

"Something that can stand out on its own and represent who we are, not the typical black clothing and something that's scary."

Headstrong decided to shoot with Thomas Mignone (Kittie, Slipknot, Mudvayne).

The band enjoyed working with Mignone as they shared the same original vision.

"Thomas was phenomenal," said Matthews. "We still talk to the guy constantly. He's a great guy and I hope we get to work with him again."

Headstrong's eponymous CD came out earlier this year and is getting heavy rotation with their first

single, "Adriana."

Another song, "build," uses a reverb vocal effect that stands out. The chords in "build" were taken from the bridge in "Adriana," morphing both songs into one large track.

Matthews listed bands like Helmet, Tool, and Filter as strong influences in their song writing.

"These bands helped shape us and point us in the right direction," said Matthews.

The guys might have been inspired to write a song about an accident they had recently.

"We were driving from Seattle to Missoula, Montana and it was snowing . . . there was this army vehicle, a big 18 wheeler, (it) started to fishtail and did a 90 degree turn and was blocking the entire highway - we ran right into it. The van was a total write-off, everyone was pretty banged up. There were lots of bumps and bruises," said Matthews.

"It's a goddamn miracle that no one hit us - we could have been killed."

They're now finishing up their tour safely.

"The best way to get through these things is to pick up and move on," said Matthews. "We all are looking forward to coming home."



COURTESY

Headstrong, originally known as bomb 32 got together in 1995.

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Money Matters etc.

The busy business of honest fortune telling

By JOHN PRATT

Helping others is something Larry Grant, a former sheriff, is used to. These days though, he's helping people in a different way – spiritually and metaphysically.

Over the past five years, the industry has received some negative press. In the late 1990s, Jojo Savard, the Montreal astrologer known for her Psychic Alliance Hotline infomercials, encountered legal problems, leaving a black mark on the industry.

So what does Grant think when

people say the psychic business is just a scam?

"Everybody has their own beliefs, if they want to believe that, that's fine," he said.

The Brampton resident prides himself on accurate readings and said he returns people's money if he can't provide intimate and accurate details.

But what really infuriates Grant is the number of people who disguise themselves as legitimate psychics.

"I get really embarrassed by psychics that advertise things like, 'will

my father standing behind me and asked me if he had died of cancer. I said yes. He asked, 'Was it in his lungs?' Again, I said yes. Then, he said my father was showing him how the cancer spread, right to his brain."

"Larry then asked, 'Did he used to roll up his sleeves?' I said no, but he used to tell me to roll up mine all the time because he didn't like when my sleeves hung over my hands. I was so amazed. He said a lot of things that were just amazing, but that one really hit me."

Grant doesn't mind competition at psychic shows. However, he does find it frustrating that American labour laws won't permit Canadian psychics to work in the United States, although American psychics are allowed to work in Canada.

For personal readings, he will charge a client anywhere from \$25 to \$70, depending on the type of reading. Some of his readings include animal communication, palmistry, psychometry (reading objects), and deep trance channeling where Grant is placed in a hypnotic state.

At parties, he charges \$40 per person. Grant is also considering putting together his own Web site to help build a steady clientele.

Grant said a near-fatal motorcycle accident in 1981 triggered his psychic abilities.

"I think most of the psychics are either born that way or you've had a major trauma in your life that affects you, that opens something up in your brain, like my accident," he said.

He also believes if you ask for help, your guides or angels will help you, on the condition that you ask.

"They're not going to tap you on the shoulder and say, 'Take that one.' It'll be more subtle," Grant laughed.

As far as future plans, he simply wants to continue helping people while perfecting his technique.

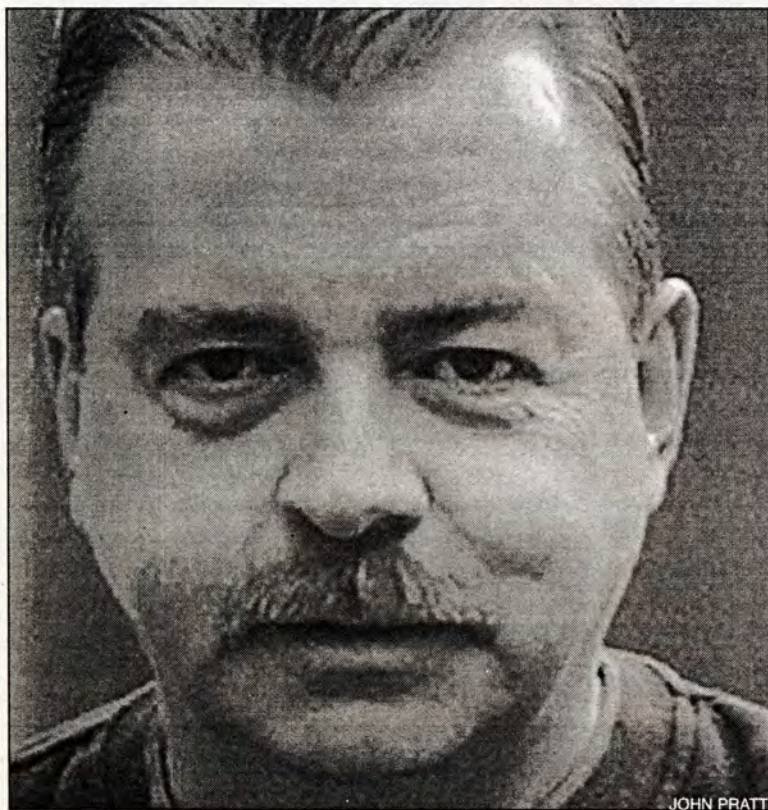
He recalled one occasion that reminded him of why he loves his job.

"At one of the shows, after a reading, one lady wrote in my comment book how just one little thing I said, in the whole half-hour reading, affected her deeply. That made the whole show for me."

reunite lost loves, eliminate curses, '—give me a break," Grant scoffed. Some of these people charge \$5,000 to remove a curse. That person should be locked up—they're giving us a bad name."

One person who has experienced Grant's psychic abilities in action is Claire Williams, 20, a Brampton fitness club employee. Similar to John Edward, the highly successful television psychic who claims success in contacting the dead, Grant attempted to contact Williams' deceased father.

"A year-and-a-half ago my father died and I was interested in contacting him," Williams said. "Larry saw



JOHN PRATT

Psychic Larry Grant said he has no respect for people who claim to have psychic abilities, milking others for thousands of dollars.

Lazy loonie needs higher productivity

By CHRISTINA GELINAS

As the loonie sinks to record lows, manufacturing experts are increasingly worried about the country's low level of productivity. One Canadian expert is doing something about it.

Al Donald, national industry leader for Deloitte and Touche, an assurance and advisory firm, said if Canada continues to mask the fact that it can compete against the U.S., the Canadian dollar will continue to plummet below its current levels of slightly more than U.S. \$0.60.

"Solutions have to happen at a company level. Canada has been content to compete on price rather than value," he said. "That attitude needs to change."

Donald explained that successful companies like Coca-Cola and Pepsi make their money based on value. Their products may not necessarily be the cheapest to buy, but they have built a reputation on being the best, an image consumers are willing to pay extra for.

If Canada focuses on value-based productivity, more money will be exchanged for goods, which will strengthen the deteriorating economy, he said.

Donald added that innovation is another solution to poor productivity levels.

"We are a nation of copiers," he said. "If you want to compete on value, you have to do something different."

Donald suggests companies build on the existing strengths of their products in order to improve their

efficiency and increase the value of the products.

"To be competitive, you have to be the best at something. It doesn't mean you have to have a new product or be the best at everything," he said.

Donald helps companies assess the areas they generate the most value in and works on innovation strategies to help them become the best.

He leads a team of over 300 to help Canadian companies understand the lag in the amount of goods and services the country is producing. Currently, Canada produces 62 per cent of what its U.S. counterparts produce and that percentage continues to decline.

On Feb. 12, the federal government released Canada's Innovation Strategy: Achieving Excellence, a proposed strategic plan to increase productivity.

Donald said it is important to recognize there is a problem, but the federal government is unable to single-handedly boost productivity, as it can only provide initial funding and support for manufacturers.

Labour is over 40 per cent cheaper in Canada than the U.S. but Donald added that companies need to invest in more capital, such as high-tech equipment, rather than hiring cheap labour.

The importance of educating Canadians on the productivity problem is essential, he stressed. Without both innovation and value, Donald fears Canada will be unable to compete in the competitive global market.



ALYS LATIMER

The ever-decreasing value of the loonie has prompted analysts to believe that Canada should concentrate on value over price.

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Wireless technology is invading schools

By KYLE MARNOCH

A new program designed to test the utility of handheld wireless computers for Canadian students is being implemented at Seneca College and the Northern Alberta Institute of Technology (NAIT).

About 300 Seneca and NAIT students enrolled in an introductory accounting course for Sept. 2002 will be given handheld computers which will allow them access to course materials through a wireless network.

Participating students will be given Compaq iPac computers for homework assignments, exams, to communicate with their teachers and even register for classes.

"While wireless technology has already seen a number of applications in the post-secondary arena, here at Seneca College, we believe it is essential to first evaluate the contribution of new modes of learning for our students' success," said Rick Miner, president of Seneca College, in a press release. "This opportunity allows us to answer the question of

how to maximize the benefits of wireless technology."

Using technology to benefit student learning is not foreign to Humber College either.

According to Louise Bardswich, Dean of Information Technology, there isn't anything currently at Humber College that is comparable to the Mobile Learning project at Seneca and NAIT.

"We actually had a project about three years ago that would have provided students with mandatory laptops," Bardswich said.

The computers would have been provided with the help of IBM. But Bardswich said that there are too many issues with regards to costs to students and adapting the technology to the infrastructure of the program.

She said that it is too easy for schools to concentrate on the technology rather than the actual course curriculum that accompanies it.

At the moment, faculty at Humber have set up Web sites through which students can access relevant course materials.

"We are heading into the wireless world, but it is all changing so fast. . . there are too many questions right now," Bardswich said.

There is definitely marketing appeal in providing students with the latest technological and wireless gear, she added, but it isn't necessarily in the students' or school's best interest.

The program costs at Seneca and NAIT are covered in tuition for stu-

dents enrolled in the accounting program in fall of 2002.

They have several contributors, including Bell Mobility, Compaq, McGraw-Hill Ryerson, Cap Gemini Ernst & Young, Blackboard and Avaya.

"The benefit for the students is that for the first time, all of the partners needed to make this type of initiative a success are on board for the program," said Greg McDonald of

Bell Mobility.

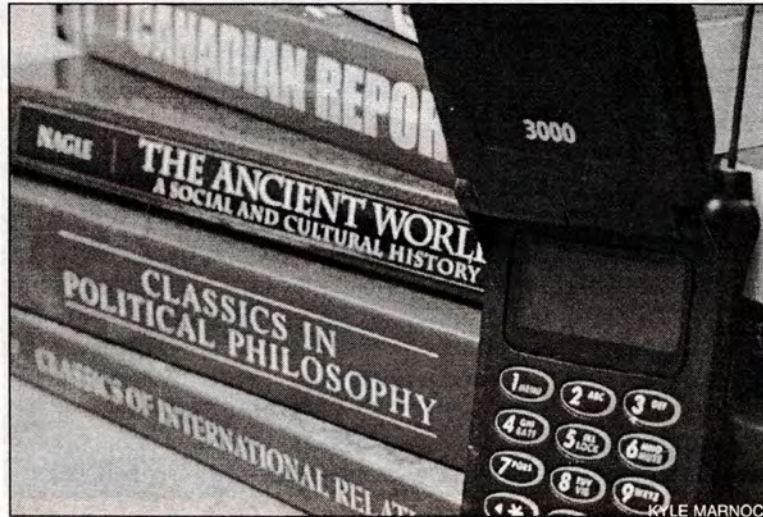
"The network time is provided free of charge for the students for the purposes of the Mobile Learning pilot," McDonald said. "Other Bell Mobility contributions include providing the in-house expertise necessary to implement the wireless solution."

Bell sees this program as a way to bring "real world" methods into students' curriculum.

Aside from being able to study the impact of the program on student's progress and learning, Seneca and NAIT should be able to determine if such a program can entice new students and help maintain an increased student body.

McDonald said that Bell Mobility will also learn from the program's success and present the initiative to other schools looking to start similar programs.

The program's use of wireless technology will be evaluated on potential for increased student performance, increased student access to college services and improved curriculum.



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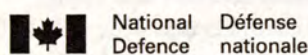
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KOLIN JONES

Hawk forward Miranda Pyette (31) receives congratulations on her team's gold medal win over St. Clair at the women's basketball OCAA championships in Oshawa. They now head to Calgary for nationals.

Hawks win OCAA gold: continued from pg. 1

"Our defence was amazing," said tournament MVP Lindsay Higgs. "Altogether, I think we played a really good game."

Higgs displayed great leadership against both Mohawk and St. Clair. She stepped up and showed she could make clutch shots when they're needed.

All five starters scored in double figures in the final, but Higgs led the way with 18 points.

The Hawks had a scare in the first half against the Mountaineers when Higgs fell awkwardly to the floor, smashing the back of her head on the hardwood. She sat out several minutes, but returned to the game before halftime.

What made Humber's quick start against St. Clair somewhat surprising was that just one day earlier they played a very poor opening half. With hardly any offence to speak of early, the game was tied 2-2 about five minutes in.

It continued to be a defensive battle for both the Hawks and Mountaineers. Humber's players and fans were stunned to see a 25-25

tie at the break.

The Hawks came out and played with a higher level of intensity on both sides of the ball. Hawks forward Miranda Pyette was named player of the game as she put up 23 points in the win. Guard Beth Latendresse scored 21 points, 16 of them coming in the second half.

The Hawks are returning to Calgary, home of next week's CCAA championships, for the second straight year.

Last year, the Hawks won the provincial championship after defeating the Mohawk Mountaineers in overtime. This year they know what to expect and are setting their sights on a medal.

"I feel better going in (this year) because of the team we have," said coach Denise Perrier.

If the OCAA championships proved anything, it's that the team has peaked at the right time.

They were unable to sustain a high level of intensity for 40 minutes, but Humber's ability to get the job done at key moments of the game was unbeatable.

Hawks point guard Elaine Morrison won player of the game honours against the Saints as she

knocked down four of her five three-point attempts. She said the big lead her team jumped out to gave her a feeling she didn't get to experience in last year's championship.

"I was confident we were going to win," Morrison said. "I was already celebrating inside the whole time."

Another bright spot for the Hawks was the play of first-year point guard Karine Nicolas.

After joining the team mid-season, Nicolas has developed into a solid backup. Against St. Clair, Nicolas drove hard to the basket and scored eight points in relief of Morrison.

"She has been putting a lot of pressure on herself," Morrison said of Nicolas, her rookie teammate. "She has finally come through and showed that she belongs on this team."

Humber will try to improve at the nationals this year after they finished out of the medals in 2001.

With the amount of skill and determination on this Hawks team, the gold is definitely not out of question though. The way they are playing now, anything is possible.

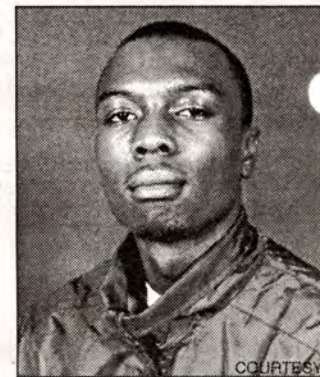
ATHLETES OF THE WEEK

FITZROY WOOLERY

Woolery helped the men's basketball team capture bronze at the OCAA Championships, while also picking up a few personal honours.

He was named player of the game two times during the tournament, and named a first-team all-star.

In addition to that, Woolery was also named scoring champion of the Central Division.



COURTESY

LINDSAY HIGGS

Hawks women's basketball star Higgs played a significant role in helping her team win gold at the OCAA Championships which took place on March 8 and 9.

She received MVP honours for the OCAA tournament as well as a gold medal around her neck.

Higgs will attempt to keep her team's winning streak going as they head to Calgary next week for the national championships.



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Canadian Colleges Athletic Association's (CCAA) Men's Volleyball Championships in Okanagan, British Columbia

MARCH 19-23

CCAA Women's Basketball Championships in Calgary, Alberta

CCAA Men's Basketball Championships in Truro, Nova Scotia

QUOTE OF THE WEEK

"I don't understand how we went from kicking their ass to losing in the fifth."

Hawks women's volleyball star **Kirsty Goodearle** on losing the bronze medal in the Ontario Colleges Athletic Association's (OCAA) championships to the Mohawk Mountaineers.

Humber's volleyball squads had high hopes entering the provincials, only to come away with a fourth place finish on the girl's side, and a disappointing sixth place for the heavily favoured men's squad.

Men's and women's volleyball continues next week without Humber, as teams from across Canada will compete in the Canadian Colleges Athletic Association's championships in Grand Prairie, Alta., and Okanagan, B.C.

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Hawks blow 18-point lead, settle for bronze at provincials

By TRACY MOORE

The Humber Hawks men's basketball team came home without the gold medal they wanted.

The team returned from the Ontario Colleges Athletic Association (OCAA) Championships on March 9, held at Niagara College, with a bronze instead.

On the first day of games, the Hawks had a convincing 66-55 win against the Loyalist Lancers. The victory kept them in contention for the gold.

The Hawks maintained the lead from beginning to end, despite inconsistent defensive stands which allowed Loyalist to get more than a few open looks.

The high scorers for the game were team captain Haldon Hutchinson and Fitzroy Woolery with 21 points apiece. Woolery was named player of the game.

On the second day of the tournament, the Hawks stormed the court against the Algonquin Thunder, maintaining a 10-point lead at the end of the first half.

They played with high intensity, quick plays and great defense. One would have thought the Hawks would be coming home with the gold, but on their return to the court in the second half, Algonquin stole their thunder.

The Hawks' 18-point lead disappeared leaving a tied game with just under two minutes remaining in the game.

Algonquin subsequently took the win and Humber's chance for gold with a final score of 75-68.

"Overall this was a great tournament and every game was good but the second game we had a bad half, we couldn't hang in there," said head coach Mike Katz.

After the disappointing loss, the Hawks headed into their third and final game on Saturday to play for the bronze medal against St. Clair College.

The Hawks started out slowly and let the Saints take an early lead, which they carried into the second half.

"At times we played with a lack of intensity and that caused us to not be in the champi-

onship game," Woolery said. "But tonight (Saturday) we played really relaxed and a lot of guys realized that this was their last collegiate game, so they had to go out on a high note."

Taking over the lead in the second half, Hutchinson started playing with authority and intensifying their defensive plays. Woolery was hitting three-point shots every chance he got.

The high scorers in the game were Hutchinson with 20 points and Woolery with 32.

Woolery won player of the game honours for the second time in the tournament. He finished his season as the Central Division's scoring champion, and was named a first-team all-star along with Hutchinson.

The Hawks lose three starters to graduation this year. Woolery, Hutchinson and Curtis Francis definitely wanted to go out in style.

"This was my last college game and I wanted to go out with a bang, I wanted it to be a good one," Hutchinson said.

Unfortunately for the Hawks, placing third

at the provincial championship was not enough, and their hopes to defend their title in this year's nationals won't come true.

"Overall it's a huge disappointment since we had a successful season. I thought the team was ready by the way we played in the first game and the first half of the second game," Francis said. "We looked poised for the finals but when Algonquin came back we didn't know how to get back," Francis said.

The team is disappointed that they won't attend nationals, but they are grateful for the guidance from their coaching staff, especially coach Katz.

"I knew I was going to get the opportunity to win with the most recognized coach in the OCAA, if not in Canadian basketball," said Francis. "We all had a good relationship with him and I really wished we could have lived up to the past successes of the Humber basketball team."

Katz had the final word on the tournament.

"There was times during the year I didn't think that this team would make it to this point, but we have a great team," he said.

No. 2 Hawks volleyball team disappoints at provincials

By AMY MILES

The men's volleyball team suffered a huge upset at the hands of Redeemer College when they lost in the opening round of the OCAA playoffs.

The central region champions lost in four games (21-25, 21-25, 25-21, 20-25).

This first loss shattered any hopes of winning OCAA gold. After that, the best the

Hawks could hope for was a bronze medal.

In their next match against Seneca they proved themselves once again to be great volleyball players winning three straight games. (25-12, 25-20, 25-9).

By the end of the match Seneca had just given up.

The powerful hits of Mike Grayer and Dan Salomons were too much for the Seneca side as they were sent reeling on their heels for all of the matches.

The next match was against Durham College - the winner would go on to fight for bronze, the loser would go home.

In a long, drawn out match with great rallying, the men would win 33-31 in a hard-fought match.

The next game would go to Durham 22-25. The Hawks mustered one more win 25-14 before losing to Durham 19-25 and 13-15.

It was a disappointing end to a season with so much promise.

Coach Wayne Wilkins, players Bart Babij and Sucha Randhawa all received OCAA all-star honours for the west division.

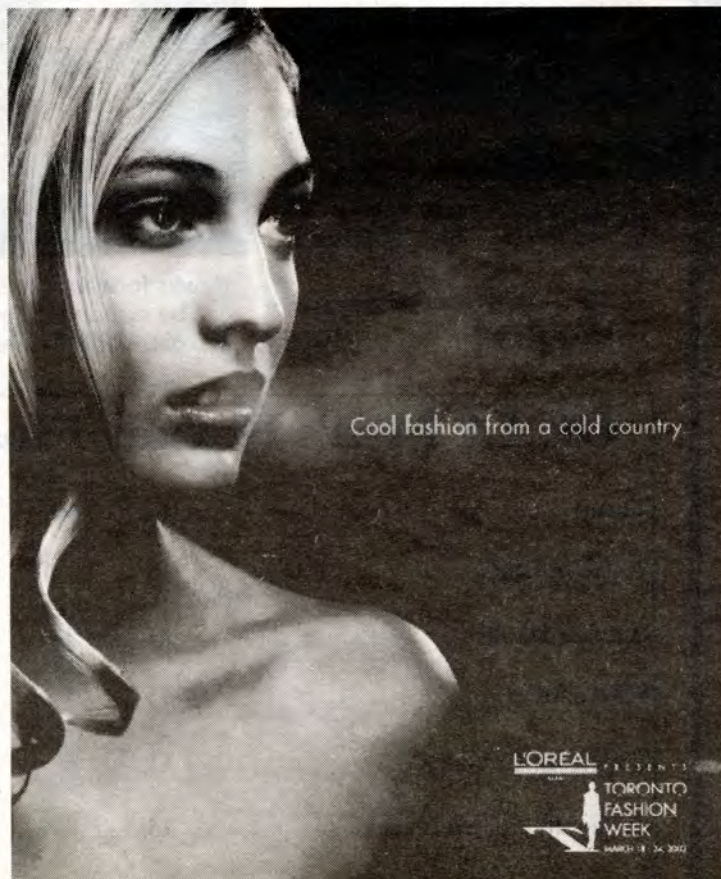
The Hawks finished the tournament in a tie for fifth place.

Humber came into the tournament with high expectations after posting an impressive 12-3 regular season record.

However, the Hawks couldn't end a 26-year drought after winning the provincial title in the 1975-1976 season.



Humber's Mike Grayer winds up for a kill at the OCAA championships.



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Take out the Pepto

By LUC HEBERT

Let the madness begin!

Yes, it's that time of the year again, where the top 64 men's basketball teams in the National Collegiate Athletic Association (NCAA) vie for supremacy on the hardwood.

The format is very simple – the first team to win six games in a row, wins the championship. Lose a game, and your season is over. It is that format which allows the unthinkable to happen.

The tournament, which begins today, never has a shortage of surprises and drama.

Some of the most memorable moments in the tournament don't even come in the championship game. Some of them come in the first round, like No. 15 Hampton's victory over No. 2 Iowa State just one year ago.

One thing is certain though. Just as in all past tournaments, this one will undoubtedly give us moments to remember.

For those of you who don't even dare call the upsets here are a few sleepers to keep an eye on.

One-round wonders

The Western Athletic Conference champion Hawaii Warriors were 23-5 this year, and that was no fluke. They had quality wins over the likes of Wisconsin and Georgia, proving they can run with the big dogs. Hawaii will beat the Xavier Musketeers in the first round but will be stopped by Hollis

Price and the Oklahoma Sooners two days later.

Double Trouble

No. 12 Missouri will turn some heads in this year's tournament. Guard play always seems to go far in the tournament, and this year will be no exception. The Tigers' backcourt tandem of Kareem Rush and Clarence Gilbert will be too tough to handle for No. 5 Miami, and No. 4 Ohio State in the second round, but those won't be the biggest upsets this year.

Take out the Pepto

This one is always one of the toughest to call, but you get the pink stuff ready when the No. 13 San Diego Aztecs shock the No. 4 seed in the East, the University of Illinois, proving once again that the Big-Ten is way overrated.

Money in the Bank

This one is always the toughest to call, but No. 10 Kent State WILL beat No. 7 Oklahoma State.

The undersized Golden Flashes from Akron, Ohio will use their quickness to take out the Cowboys.

Led by 6-1 guard Trevor Huffman, Kent State has three players who average more than 15 points per game and can score from basically anywhere on the floor.

The Mid-American Conference champions are riding an 18-game winning streak, and it WON'T end in the first round. Chalk up number 19.



The Humber Hawks 2001-2002 hockey team were silver medallists in the OCAA championships held at Seneca College in Toronto. The Hawks suffered a gritty 4-2 loss to the St. Clair Saints who claimed gold.

Hawks claim hockey silver

By ALICIA VELOCE

After a two day tournament in the Ontario Colleges Athletic Association (OCAA) championships, the Humber Hawks men's hockey team skated away satisfied and with a well-deserved silver medal.

The 4-2 defeat over the St. Clair Saints resulted in tempers flaring due to the Saints empty net goal at the end of the third period, and forward Chris Pugliese's slicing the puck by the cheering Saints. The puck missed the Saints players narrowly, and they believed that Pugliese had intentionally tried to shoot it in their direction.

The heat was on when three Saints skated toward Pugliese. However, teammate Scott Barnes jumped out of the penalty box where he was serving time, and skated to the aid of his fellow Hawk.

There was no time for group celebrations as a bench brawl broke out

at the end of the game with both Saints and Hawks players flooding the ice. The Hawks players were kicked off the ice before receiving their silver medals.

As a result of the fighting, five Humber Hawks will not be participating in the first few games at the beginning of next season. Centre Bill Young is suspended for three games, Pugliese for two and Barnes for one. Veterans Jason Fortier and Shaun Gibbons were also suspended,



Hawks forward Chris Pugliese will be suspended for the first two games of the next season.

but they are graduating and won't be returning next year.

The Hawks played their first game of the OCAA tournament on March 1 against the Seneca Sting.

"It was a really close game, but things started to change near the end of the third period," said Barnes.

The score was tied 2-2 until late in the third. With four minutes left in the game forward Ken Chesher scored a goal taking a lead over the Sting.

Seconds later Barnes followed suit with the fourth goal. With seconds left on the clock, the Sting goalie was pulled and defenceman Ron Fish's empty net goal finished them off for a 5-2 Hawks victory.

This set the stage for the gold medal game between the evenly matched Hawks and the St. Clair Saints, which ended up to be a close game, with the inaugural year of St. Clair men's hockey season ending in a provincial championship.

OCAA Men's Hockey Final League Standings

TEAM	GP	W	L	T	PTS	PCT.
St. Clair Saints	15	13	1	1	27	0.900
Humber Hawks	15	11	4	0	22	0.733
Seneca Sting	15	8	6	1	17	0.567
Conestoga Condors	15	6	9	0	12	0.400
Cambrian Golden Shield	15	4	10	1	9	0.300
Sir Sanford Fleming	15	1	13	1	3	0.100

etc.

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Women's volleyball team bumped from medals

By AMY MILES

Humber's women's volleyball team rounded up the season with a heartbreaking loss at Redeemer College last weekend.

Humber got off to a great start, spiking and serving the ball in all the right places. The Hawks led by a six-point margin throughout the majority of the match by scores of 11-5, 15-9 and 24-18.

Jen Edgar was on fire slamming down balls from everywhere. Setter Laura Solski passed some great balls to give Humber their first game 25-20.

In a complete shift of momentum, Durham took a commanding 19-7 lead as Humber saw the game slipping through their finger tips.

The blocking and defense weren't up to par until Humber decided to turn up the heat and make a huge come back to bring the game within one 20-19. Ultimately, Durham would take the match, 25-23, as Humber was unable to regain the lead.

Game three was a tight battle which featured more than a few great rallies. Power Carrie Moffat was hitting the ball home, but unfortunately for Humber her efforts couldn't put a winning spin on the game as Humber lost 25-21.

The officiating in the game was questioned by coaches Hood and Wilkins, but to no avail. In what

the match.

Durham wiped the floor with Humber. It looked as if a completely different team had stepped out on to the court as the Hawks went down 25-8. Durham proved to be lords of the volleyball court.

Durham's Amy Good felt the pressure to perform well against Humber, but wasn't surprised by the win.

"We have more ability and skill. We just had to get mentally prepared for this."

Humber didn't lose once against Durham before the playoffs, which left coach Stan Marchut worried, but confident.

"They beat us all year, but we have pretty even teams. The game could have gone either way."

Marchut felt the score of the last game was not indicative of Humber's ability.

"It's too bad the last game was such a blow out. Humber is much better than that score."

Humber's assistant coach Dave Hood was proud of the way his team played.

Disappointed by the loss, he still had some praise.

"This team is the epitome of the 'never say die' attitude. They worked their butts off even though they (Durham) were killing us."

Humber power Kirsty Goodearle was impressed with Durham's performance and felt that they played a

"They came out on fire. They didn't give us a break to give us a lead. They simply played a perfect game and deserved to win."

And so with the loss, it was onto the bronze - not the colour of medal the second ranked Hawks wanted to be playing for, but it would have to do.

First up on the road to the bronze was Nippissing.

Rookie Alex Romano had a great first game with some wicked kills as Humber went on to win 25-20.

In the second game the lead was constantly shifting between the two teams, with great rallies once again. Romano continued to come up with some great kills only to fall short 23-25 to the Nippissing side.

Great team play contributed to Humber's early 15-7 lead, in the third game.

Nippissing couldn't handle the fury Humber had unleashed upon them as they were beaten handily, 25-13.

Game four was a close match with great team play from Humber. They would eventually lose on a missed block 22-25. Before game five, Humber captain Jen Edgar had some words of wisdom for her teammates.

"They have pressure. They have to beat us. We just have to play Humber ball."

The game was close throughout, but in the end, Humber arose victo-



Humber's Jen Edgar tries to squeak a kill over the net and through a block during the OCAA championships in Ancaster.

captain, Edgar. 17-15 Humber.

Nippissing's assistant coach Vance Jones was happy his team proved themselves to be better than their ranking. They came into the tournament seeded eighth, but took Humber to five games.

"The games were up and down. When we were on we were on," said Jones. "You can't get any closer than two points. We knew it would be a battle and that Humber would make us work. We proved ourselves."

Humber libero Lesley Westervelt said her team played with a lot of heart.

"We knew there was exactly no tomorrow. We aren't losers. We find a way to win all the time."

Three-time player of the game for the tournament, Edgar was very nonchalant about scoring the game-winning point.

"I told the girls I would do it. I was going to do it and I didn't care."

Hood felt Nippissing's seed was deceiving.

"We let them get in the door on us, rather than closing the door and keeping them back. We made it tough on ourselves."

Hood was not looking forward to playing Mohawk so soon after a grueling five-game match with Nippissing.

The girls only had a one hour break before taking to the floor in the bronze medal match.

Mohawk got out to an early 6-1 lead in the first game, with Humber showing signs of fatigue.

They regrouped, however, to tie it up at nine apiece. Humber just couldn't seem to regain their momentum and eventually lost 25-

18.

Game two was different story.

On great kills throughout the match by power Kirsty Goodearle and equally good passing by setter Laura Solski, the Hawks would go on to win on a tip by Solski, 25-14.

The powerful hitting of Goodearle and Edgar provided an offensive threat to Mohawk in the third game, but Humber still came up two points short, losing 25-23.

In game four Humber got the early lead thanks again to great team play with Romano, Schaff, Moffat and Goodearle giving Humber great kills at the net and a 12-2 lead.

The momentum would stay in their favour as Goodearle slammed the ball down the throats of the Mohawk defenders.

A whole different team was on the court as they demolished Mohawk, 25-7.

Game five would prove to leave a bad taste in the girls' mouths. After an impressive 18 point romping in the previous game, they would lose 15-11 on a side out.

Mohawk coach Brian McEnhill was impressed by his team's performance, but still had admiration for the Humber side.

"At this level it's anyone's game. Whoever makes the least amount of mistakes wins," he said. "Today that was us. Humber played well, but the best team won today."

Humber's player of the game Kirsty Goodearle, who had a great game, was having trouble coming to terms with the loss.

"I don't understand how we went from kicking their ass to losing in the fifth."



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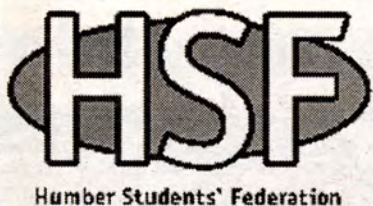
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