

Ready for some  
down time?



# HUMBER ET CETERA

January 25, 2007

<http://etcetera.humber.ca>

Vol. 38 No.14



photo by ryan vella

After the Niagara invitational this past weekend, the Hawks maintain their winning spirit through positive team building exercises and have fun while doing it.

## Team spirit works its magic

Radmila Malobabic  
SPORTS REPORTER

The women's volleyball team took home gold at Niagara's invitational tournament last weekend after defeating Nipissing in the final.

"It was always Humber and Nipissing on top," said head coach Chris Wilkins. "It was important for us to win this tournament."

The Hawks earned their place in the finals with wins over the Sheridan Bruins and Niagara Knights, each in five sets, the Durham Lords in four sets and Niagara Alumni in three at the two-

day tournament in Welland.

"The team to beat is us," Wilkins said. "It's either team Humber A or Humber B that will show up to these games. We have to be careful to keep Humber B away."

In the first set against Nipissing, Humber A showed up, led by Landis Doyle's kills and Robyn Stafford's defence in a 26-24 victory win.

"We wanted to kick their butts," Stafford said.

Humber kept up its strong play in the second set, winning 25-21.

Humber B seemed to take to the court in the third set, losing 25-19,

before the Hawks stormed back 25-20 to win the championship.

"We needed this," said Alyssa Gray who plays power. "They were the team to beat. We lost to them in our previous league tournament last season in Durham."

The OCAA championships are Feb. 22-24 at Georgian College in Barrie.

Stafford was named most valuable player in the Welland tournament. "I was not expecting it," she said. "It made me feel good and it said I did something right and to stay positive."

*Team building on page 3*



photo by radmila malobabic

Hawks look to peak in time for OCAA championships.

# NEWS

A judge in Kentucky has ordered a new trial after it was discovered a juror had been drinking vodka from a water bottle during the trial. — Associated Press

## Incoming president welcomed

Students and faculty look forward to working with John Davies

Priya Mann  
NEWS REPORTER

Humber's incoming president, John Davies, said he plans to bring new opportunities for students in the college and in the greater North Etobicoke community.

Davies is involved with a number of outreach initiatives including Net Group, a local Rexdale organization that works with at-risk youth.

"What John has done is finance their education, books and tutoring, all to help them succeed — all on his off-time," said Deb Cooper, head of the Support Staff Union at Humber. "John cares about students and the community itself. He goes out to the community in a lot of outreach programs. I've worked directly with some of the groups from the community. We've seen students come from the college who had no future, and we've had maybe four or five grad-

uate due to John's efforts."

Cynthia Malagerio, president of Humber Students' Federation (HSF), said she was excited to hear Davies got the position.

"He is someone who genuinely cares about students and the community beyond these walls," she said. "He is really involved with the community and he has a lot of passion for students, so it's definitely something that we appreciate, having someone in the role who's there for students and doing the best he can."

Franca Giacomelli, business teacher and chair of Humber's Academic Council said, "We've had good people as our presidents. The past two presidents have been real people-people. Building a Humber community has been an important thing, and he will continue to do that."

According to Giacomelli, Davies' creative problem-solving strategies have not gone unnoticed by the



photo by priya mann

John Davies talks with Rajwant Sidhu, from student services.

council.

"Something as routine as a budget, he thinks outside the box. Take the building of Guelph-Humber for example," he said. "Having the basement dug now because it's

easier, and its space we can always use, and then building half of the fourth floor and building the other half later on when we have the money, to me that's clever. It's thinking to the future."

## Student admission process goes online



photo by lauren denhartog

Barb Riach, associate registrar for enrollment management, is gearing up for '07-'08 admissions which will be done online.

Lauren Denhartog  
NEWS REPORTER

The Humber College admissions office has found a simpler way to let prospective students know they have been accepted.

Starting this summer, students who have been accepted will find out through e-mail.

Students will still receive an acceptance letter in the mail, as part of an important information package.

"That's an important part in somebody's life and we like to keep the formality," said Debbie Falconi, associate registrar of admissions.

Falconi said the new system will speed up the application process. "We were always very good at

getting our letters out fairly quickly," she said. "Now we're going by e-mail and we think its communicating in a style that is familiar to students and prospective students."

Barb Riach, associate registrar for enrollment management said new students will be able to track the status of their applications online by logging onto the SRS website.

"We're opening it up to let people see what information we've received from them," she said. What information is still outstanding and if there is an action required such as coming in for testing or an interview — they can actually drive that action themselves."

## Cluster program aims to bring residents closer together

Lindsay Meli  
NEWS REPORTER

A unique opportunity to work where you live will soon be available for students in Residence.

Jen Coulter, residence life coordinator for R and S buildings, said the North Campus Residence will hire two "academic cluster leaders," along with the usual 30 resident assistants for the fall.

"We are looking at building two academic clusters, which is a group of students in the same program on the same floor," Coulter said.

The students will live in S building, on a floor split between multimedia studies students and journalism students.

"The floor will still have RAs, but the leaders will act more as a liai-

son with the programs," said Coulter.

Cluster leaders will be paid \$10 an hour and will be expected to be academically responsible for their section by organizing programs and creating a learning environment.

Nadia Rosemond, residence life coordinator for T building said, "It would help create community in residence, unite students, provide a study atmosphere, and decrease noise and vandalism."

Dean of Student Services, Judy Harvey, supports the new program.

"We have an idea of how to make it useful," she said, adding that the college and residence life will work together "on how to develop the academic aspect of the floor."

Rosemond said the goal for the academic cluster leaders is "to involve the college and have programs that encourage studying and maybe have meet-and-greets with professors in the program."

**"The floor will still have RAs but the leaders will act more as liaison with the programs."**

—Jen Coulter  
residence life coordinator

Karen Fast, Career Centre manager, also likes the idea.

"It's going to be a support network for those that have strong academic goals, who need other people in order to help keep them motivated and moving forward,"

she said. "If you don't have the drive, imagine being on the floor with those that do... that might help to motivate or keep someone on track."

Sherri Harris, a first-year Media Studies student who has lived in Rez since September said the clusters are a good idea.

"Because you're with all your classmates, so if you need to ask a question about a project, or you need a group member, then they're all right there."

Fellow first-year Media Studies student and Rez dweller Meghan Trott thinks differently.

"I would get sick of people who are taking the same program as I am."

Applications are due tomorrow to the residence life office.

## The Skinny

### Pickton trial underway

The trial of Vancouver-area pig farmer Robert Pickton got underway Monday in British Columbia. According to Reuters, at this first trial Pickton is facing only six of the 26 murder charges against him. It has been reported that prosecutors have said there is videotape evidence that Pickton planned to kill up to 50 women. Pickton has pleaded not guilty.

### Proposed sledding law

CTV.ca reported that two Toronto councilors are proposing a new law that would make helmets mandatory when tobogganing. The proposal comes after two children were killed on the weekend in separate sledding accidents. According to CTV.ca, the Ontario Injury Prevention Resource Centre reports that tobogganing has caused 503 head injuries in Ontario between 2004 and 2005 alone

### WinterCity arrives

The fourth annual WinterCity Festival starts tomorrow and runs until Feb. 8. The fourteen-day festival features a number of outdoor and indoor concerts, art workshops and cooking demonstrations. Another festival highlight is Winterlicious, where Toronto's most popular restaurants have special fixed price menus for the masses.

For more information visit [www.toronto.ca/special\\_events](http://www.toronto.ca/special_events)

### TTC tokens

The TTC is reminding riders with old tokens to use them by Jan. 31. The TTC's new tokens, which look like miniature Toonies, are being introduced to help combat counterfeiting. Riders can exchange their old tokens for new ones at several stations until the end of February.

## Correction

On Jan. 18, photographer Jeff Lewis' name was misspelled in the photo credit on p. 1.

News reporter Kaitlyn Coholan's name was misspelled on p. 2.

The *Et Cetera* appologizes for the errors.

A duck shot by a hunter survived two days in the refrigerator and was brought to an animal hospital for treatment by the hunter's wife. — Associated Press

## Hazing rules could apply across province

### Humber soccer coach reacts to McGill University's tough anti-initiation policy

Ryan Vella  
NEWS REPORTER

In the wake of a recent anti-hazing policy implemented at McGill University, a Humber coach is hoping the college can lead the way in promoting a province-wide initiative to eliminate student initiations.

Reacting to McGill's recent decision that specifies unacceptable behaviour, Germain Sanchez, coach of the men's soccer team, said he would like to see Humber's athletic department spread its zero-tolerance policy.

"I'm going to suggest to (athletic director) Doug Fox that he propose to the OCAA that we should get a policy for all colleges and all teams, in which we should penalize people or teams that do this," Sanchez said.

After a hazing incident with the men's soccer team several years ago, Sanchez — an outspoken critic of freshman initiations — and Fox

decided to prevent any repeats of the hazing rituals that had been part of the culture of team sports.

"It used to be a bit of a problem here — it was a problem everywhere — because it was taken for granted that if you were part of a sports team, it was just part of what goes on," Fox said.

"We had a soccer team a number of years ago that decided they were going to initiate the freshmen and they had them wear diapers, painted them up, sent them running through the halls disrupting classes ... and really embarrassed our department and our soccer program."

This prompted the athletic department to adopt a new approach. "That was the incident, probably, that tipped the glass," Sanchez said.

All Humber athletes are now required to sign a varsity code of expectations prohibiting "behaviours that are disrespectful, offensive, abusive, racist or sexist," as



Germain Sanchez would like to see an anti-hazing policy across all of Ontario.

well as the "initiation of freshmen athletes."

But Fox points out a written pol-

icy is only one aspect of the athletic department's fight against hazing.

"It's one thing just to have a policy, but you've got to have a way to enforce it and ways of reminding people," he said. "We needed to make a stand, so we started educating people. A policy doesn't stand up to time if you don't educate, encourage and show leadership."

In December of last year, McGill's senate put strict guidelines in place to prohibit hazing and unacceptable initiation activities, on and off campus.

The new regulations were in response to an incident where a football team rookie was, according to the *Globe and Mail*, forced onto his hands and knees, gagged, and sexually assaulted.

The football season was cancelled and six players were suspended.

While Humber College does not have a formal policy prohibiting

initiations, a focus on prevention during frosh week and other big events has helped the college avoid hazing-related problems.

"We do take measures to prevent it because we don't want that to happen," said Alan Desimpel, HSF vice president of administration North. "During our big events during frosh week, we do have a lot of security around just to make sure that everybody is safe and to deter anything like that from happening."

When asked if Humber would benefit from a detailed anti-hazing policy similar to McGill's, Judy Harvey, dean of student services said, "the charter of student responsibilities and rights doesn't allow for it. It is all-encompassing and it would include anything that would qualify as hazing."

Harvey added, "Humber has a responsibility to ensure we have a protocol in place that provides a safe and respectful environment for students. And I think we do."

## Fair shows transfer options

### College credits could be used for university

Erica Timmerman  
NEWS REPORTER

Humber held a two-day degree fair last week to showcase universities that offer transfer credits to students who want to continue their education after receiving their college diploma.

"Humber is trying to make a seamless link toward university," said Andrew Poulos, a psychological counsellor and degree fair co-ordinator.

Many universities offer college graduates a number of credits to put toward a university degree.

The annual degree fair showcased 40 universities from around the world.

"Universities have told me that the Humber students they have accepted to their schools are well prepared for university academia," Poulos said.

Daminder Bhalla, a second-year international marketing student at Lakeshore, already has an undergraduate degree from India in textile industry.

But when he moved to Canada, he found jobs were not available.

Bhalla applied to Humber so he could enter into a more flexible field of study, and said if he could not find a job after graduating from Humber, he still has the option to transfer college credits toward a university degree.

"I would like to get a job in mar-



Degree fair co-ordinator Andrew Poulos said students should shop around before deciding where they want to transfer.

keting, but if not, then universities in Australia offer programs in textiles and there I can transfer credits," Bhalla said.

David Sheedy, an admissions and liaison officer at Kings University College, which is affiliated with the University of Western Ontario in London, offered some tips to students who are thinking of moving toward a university degree.

"Do the research and contact the admission office of the school you want before you apply," he said.

"Many college graduates automatically think they can jump to third or fourth year, but that is not always the case with every university."

Poulos agreed, suggesting students must look at a variety of universities before deciding.

"You have to shop around," Poulos said. "Some universities might give one, two, or even three years off, but it depends on how far you want to travel from home."

## HSF seeks nominations for next year's top jobs

Kate Wilson  
NEWS REPORTER

As the call goes out for nominations in the Humber Students' Federation's (HSF) upcoming election, students thinking of running should know what the jobs entail.

"It's not just a popularity contest or something really great to put on your resume," said HSF president Cynthia Malagerio. "There's actually a lot of work that goes along with it."

While the president is expected to work 35 hours a week and the four vice-presidents are to work 20 hours — in addition to their course load — they all often put in more time.

This year's election will be held March 6 to 8, with students voting electronically at polling stations throughout both campuses.

Malagerio said students should choose to run if it is something they are really passionate about.

Campaigning can also be very demanding.

"As much as you can talk to a million people in the hallway, it's making them go and vote that can be hard," Malagerio, who studies public relations at Guelph-Humber, said.

"The payoff is exceptional and

you'll definitely love the job when you're in it," she said.

Positions up for grabs include president and vice-presidents of administration and campus life for each campus.

The president is paid approximately \$30,000 for the year-long term, while vice-presidents are paid more than \$20,000.

Representatives for each program will also be elected. Directors will then be chosen to represent each academic school from the designated program representatives.

Colin Parent, HSF chief returning officer, who is responsible for overseeing this year's election, said program representatives are not paid, but the role is a good resume builder and a way for students to help their school.

Any full-time Humber or Guelph-Humber student who maintains a 65 per cent average can run.

Parent said students who are part of student government have the ability to influence their school for future students.

"It's a real job with serious responsibility," Parent said.

Election packages are now available in HSF offices at North and Lakeshore campuses. Students have until Feb. 9 to return it completed with a \$25 cash deposit.



Cynthia Malagerio, this year's HSF president, gives up her seat at the end of this term.

# NEWS

An Australian man was not allowed on a plane because he was wearing a shirt portraying U.S. President George W. Bush as a terrorist. — Agence France Presse

## Students thinking twice about southern holidays

### Recent crimes make some travelers feel unsafe

Michelle DiPardo  
SENIOR REPORTER

Students planning on spending spring break in Mexico need to be street smart, said a Humber tourism teacher, following the death of four Canadian tourists in the past year.

Roy Hiralall, a second-year accounting student who hails from Guyana, said he definitely would not alter his travel plans out of fear.

"I'm not scared. I come from a country where crime is so prevalent," he said.

His classmate, Manmit Sond, also a second-year accounting student, disagreed.

"I could go there and get killed. It's not secure," she said.

The *National Post* reported that since 1994, 28 Canadians have been killed in Mexico, 13 within the last five years.

One of the more recent cases involved 19-year-old Adam DePrisco of Woodbridge who was killed Jan. 7.

DePrisco's family said he was beaten to death, but Mexican officials maintain the teen was killed in a hit-and-run outside a popular

Acapulco nightclub.

"You need to be street smart," said Anna Kulinski, coordinator of the tourism management program.

*"It's a very developed country, with beautiful beaches. If you're not cautious everywhere, things will happen."*

— Anna Kulinski,  
tourism management  
co-ordinator

Kulinski, who recently visited Mexico with a group of students, said because of the controversy surrounding DePrisco's death and the way Mexican officials have handled the investigation into the deaths of Nancy and Dominic Ianiero, the Woodbridge couple found dead in their hotel room last February, Mexico is suffering from a lot of bad press.

"It has a bad rap in the media right now because of the police's

non-activity or reaction," Kulinski said.

"It's relatively safe. It's a very developed country, with beautiful beaches. If you're not cautious everywhere, things will happen."

According to the Canadian government's official travel advisory, robbery and theft are the most common crimes committed against foreigners, especially in big cities.

Kulinski, who has been to Mexico four times, suggested students traveling to Mexico can be safe and have fun as long as they follow some simple rules, including using a debit or credit card.

"Do not carry lots of cash. There are bank machines everywhere," she said.

Kulinski also said students need to watch how much alcohol they drink, and never go anywhere alone.

"Travel in groups or pairs, and stay within your resort or beach."

She added thousands of Canadians flock to Mexico each year with no problems and Canada can also be considered unsafe if only the negative is focused on.

"We hear about these kinds of things in Toronto too."



photo by amberly mcateer

Students in the new integrated kinesiology program will get hands-on experience in the fitness centre.

## Guelph-Humber to offer new programs

Amberly McAteer  
NEWS REPORTER

The University of Guelph-Humber hopes to attract nearly 1,000 new students with two new programs in psychology and kinesiology that will combine a degree and diploma.

"Instead of an employer having to choose between a university or college applicant, we can produce you, a graduate with a fully integrated curriculum," said John Walsh, University of Guelph-Humber vice-provost.

Pending approval from the University of Guelph senate in March, a program combining a bachelor of applied sciences degree in psychology with a Humber general arts and science diploma could be offered next fall.

"I expect a very, very broad range of employers to be interested in these psychology graduates," Walsh said.

The other new program will

integrate a bachelor of applied sciences degree in kinesiology with a Humber diploma in fitness and health promotion.

The Humber senate will decide on this program in April and, if approved, the program will start in the fall of 2008.

The school is also considering an option to incorporate current fitness and health Promotion students.

If approved, it will give diploma students the opportunity to enrol in the integrated program and graduate with a degree.

Elaine Popp, the program co-ordinator of fitness and health promotion at Humber, has been developing the integrated kinesiology course with the University of Guelph.

"The main advantage is that students get an extra two years for higher industry certification," she said. "So it opens up a lot more doors in terms of employment opportunities."

## A Humber for All

Humber wants to remind you that

- ❖ All members of our community are entitled to participate fully in College life free from any barriers that contribute to a poisoned environment
- ❖ We strive to promote a culture of inclusiveness among our increasingly diverse community
- ❖ Our Human Rights/Complaint Process Policy is readily available in hard copy from the Human Resources Department or online at  
<http://humanresources.humber.ca/downloads/HumanRights.pdf>
- ❖ The prohibited grounds of Discrimination and Harassment are race, ancestry, place of origin, colour, ethnic origin, citizenship, religious creed, sex, age, marital status, family status, disability, sexual orientation, receipt of public assistance or pardoned federal offences or record of provincial offences as defined by the Ontario Human Rights Code.



You may seek confidential advice on matters related to harassment and discrimination from the College's Human Rights Advisors at Extensions 4948/4425 or from a Union Steward, Counsellor, Nurse or the HSF

<http://etcetera.humber.ca>

## Food at CAPS may change

Alex McCuaig  
NEWS REPORTER

The Humber Students' Federation (HSF) plans to take over food operations at CAPS at the end of the semester, when the pub's contract with Chartwells expires.

"We would like to see it given back to students," said HSF president Cynthia Malagerio.

She said a student-run operation will be able to offer better food for less money.

Malagerio announced plans to look into ways to improve the food at the student union pub at last week's executive board meeting.

"We don't want to compete too much with what Chartwells is able to offer," Malagerio said, referring to the pizza and subs currently offered at other locations on campus. "But I think we would be able to offer more of a

home-cooked meal."

Malagerio said this would include a full breakfast and pub-style menu with healthy food-choices.

One stumbling block to changing the food is the money required to install an over-head fan, taken

out four years ago, to provide proper ventilation to the cooking area.

This wouldn't be the first time the student's union has operated food services at the 26-year-old pub.

Dean Wylie, Humber's outdoor education head, enthusiastically described the steak sandwich when food was provided by a student-run operation.

"Fantastic food at a good price," Wylie said.

Humber College students seem ready for a change. "I'm totally for it," said CAPS bartender Bobby Djurdjevic. "It's got my support."

*"Fantastic food at a good price."*

— Dean Wylie, outdoor  
education head

**Famous Quote:** Don't knock the weather. If it didn't change once in a while, nine out of ten people couldn't start a conversation. — Frank McKinny "Kin" Hubbard

# Housing authority evicts people over alleged gang ties

**Michelle DiPardo**  
SENIOR REPORTER

Efforts by Toronto Community Housing (TCH) to evict families with gang ties in Jamestown sparked outrage among residents and community groups yesterday.

"The assumption is if your kid is involved in gang activity then somehow the whole family should be punished," said John Sawdon, executive director of the Canadian Training Institute (CTI), a non-profit organization focused on getting kids out of gangs.

TCH, which owns social housing properties across the GTA, has notified 13 tenants of their impending eviction in the last year, citing a link with known gang activity and an attempt to clean up the neighbourhood as the reasons.

"We want healthy safe communities. Eviction is an absolute last resort," said Frank Clarke, a spokesperson for TCH.

The notices were served following a massive raid last spring dubbed Project XXX, which saw 100 people from the housing complex arrested on gang-related charges.

While some have already moved out, many residents are not going quietly and have taken their grievances to the Ontario Housing Tribunal to plead their case.

Clarke said the eviction notices came as a result of Project XXX and complaints from other tenants.

He said because some gang members live with their family, serving the family with the notice is the best option.

"It's not some sort of new policy," Clarke said. "Under the Tenant Protection Act, it comes down to the leaseholder. It could be the mother or father responsible for that lease."

Clarke added that in some cases only one family member could be removed from the home.

Sawdon, who works with some of the people affected by the eviction notices, compared the situation to that of family violence, in which one individual disrupts the lives of many.

"Usually it's the woman and children who have to flee. The family pays the price," he said.

Morinda John, a volunteer at West Indian Volunteer Community Support Services on Jamestown Crescent, said they are acting as a drop-in centre for Jamestown residents facing eviction.

"These are people who've been living here for like 25 years," John said, surrounded by boxes of food and a makeshift kitchen table. "Some of the kids that were involved (in the raid) they were adults, they can make their own decisions."

In some cases, TCH will place ousted families in other properties they own within the city, including

some in the Jane and Finch area, a practice John said doesn't make sense.

"It's like they're shuffling a puzzle ... moving them from here and putting them in the same situation," she said.

In the Jamestown community

yesterday, many people were candid about their frustration and anger over the evictions.

Resident Addullahi Ahmed said,

"I'm not related to those gangs. I don't have children that age. It shouldn't be generalized ... It should be based on the individual."

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# EDITORIAL

"Terrorism is the war of the poor. War is the terrorism of the rich." – Leon Uris. American novelist

## We're not going to haze it

An incident involving the McGill men's football team and a broomstick sent shockwaves across Canada last August, pushing several athletic departments to look into zero-tolerance hazing policies.

After the smoke cleared, McGill's football season was cancelled and six players were suspended.

While the incident also sent Canadian universities searching for more positive team building exercises. Humber's athletic director, Doug Fox, has been slowly weeding hazing out of the college's sports programs for years. Fox said that education and awareness is the key to fighting hazing.

Humber athletics has a zero-tolerance hazing policy that every athlete must read and sign a varsity code of expectations prohibiting any disrespectful, offensive, abusive, racist or sexist behaviour. Humber team captains are also trained by athletics staff to discourage hazing and Fox organizes weekend trips out of town to promote team building.

Zero-tolerance seems to be working. A hazing incident hasn't been reported at Humber for five years, Fox said. But this doesn't mean hazing has ceased.

Although the Ontario Colleges Athletic Association doesn't have a black and white anti-hazing policy, it expects varsity athletes to follow its code of ethics for acceptable behaviour, said Blair Webster, executive director of the OCAA.

Webster compares the OCAA's control over

hazing to its control over the Canadian Centre for Ethics in Sport's drug-testing plan, a policy that tested only 59 Canadian athletes last year. Punishing athletes or teams for hazing is currently the responsibility of each individual college.

**Humber athletics owns a zero-tolerance hazing policy where every athlete must read and sign a varsity code of expectations prohibiting any disrespectful, offensive, abusive, racist or sexist behaviour.**

The OCAA should form a uniform zero-tolerance policy for all colleges, where all players or teams caught in the act of hazing can be penalized, said Germain Sanchez, head coach of the Humber men's indoor soccer team and outspoken critic of initiations.

Anyone expecting hazing to stop once individual colleges create their own strict policies is dreaming.

Waiting for individual colleges to re-write policy isn't the answer, but centralizing a zero-tolerance policy throughout the OCAA would help.

Colleges could work together, form consistent policies and learn how many athletes are actually taking part in hazing rituals.



## You're not welcome anymore

Toronto Community Housing (TCH) is evicting family members of alleged gang members in the Jamestown area, much like in Los Angeles. But why?

People have to live somewhere and forcing them out of Jamestown means they have to find homes in other neighbourhoods.

The 'other' neighbourhoods will probably still be in Toronto and thus evicting these families produces nothing.

What happened to the idea of being innocent until proven guilty? It can't be assumed that those charged with gang affiliation are guilty.

The TCH Human Rights, Harassment and Fair Access Policy says it's "committed to providing an inclusive housing and working environment in which all individuals are equally valued and fairly treated."

The policy further illustrates the right to fair treatment without discrimination regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed of religion, sex, sexual orientation, same sex-partnership status, gender identity, age, marital status, family status, receipt of public assistance, political affiliation, disability or English proficiency.

Since discrimination based on any of the above is prohibited, shouldn't it be discrimina-

tion to assume gang affiliation without a conviction?

If all of the families who have been served eviction notices have gang affiliated family members, this is a temporary solution to a permanent problem.

Gangs in Toronto won't go away if you evict their families. They will just move elsewhere and disrupt another community. When high crime areas change, police must constantly reassess their presence in each area. This would consume more manpower and produce additional bureaucratic red tape for an already financially stretched city.

This will not stop gang activity, this will just relocate it. Relocating the families of alleged gangsters will not stop gang proliferation.

Gangs and their activities will continue to plague Toronto whether or not the families of alleged gang members live in Jamestown.

Toronto needs to create a long-term plan to rid the city of gangs and violence. Leaving the solution up to a handful of non-profit organizations and dedicated community groups is inefficient.

The problem is widespread so the solution must come from cooperation among citizens, police, government and organizations together.



**Elise Carlson**  
25, film

"I would say start stabilizing tuition. I'm an international student so I pay four times as much than the average student."



**Alicia Burton**  
20, ECE

"It would be nice to see a track and field team. I love track and we don't have one here."



**Maryanne Lunney**  
24, emergency services

"I would say making room for additional quiet study areas. Also I would like to see if they can extend the hours of hospitality services so you don't have to eat vending machine food."



**Octavia Silva**  
24, culinary arts

"Being in the culinary program I would like to see fresher produce, a better quality, and properly functioning stoves."

## Word on the Street

What should the first thing Humber's incoming president John Davies do when he takes over?

## HUMBER ET CETERA

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Humber Et Cetera is a publication of the Humber College School of Media Studies: 205 Humber College Blvd., Etobicoke, ON, M9W 5L7  
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"In politics nothing happens by accident. If it happened you can bet it was planned that way." — 32nd U.S. president. Franklin Delano Roosevelt

## Life imitating art in *For Better or For Worse*



Dennis Chung  
PHOTO EDITOR

At the age of 60, cartoonist Lynn Johnston has found the secret to eternal youth: stop aging.

Johnston has decided to stop letting the characters in her popular comic strip *For Better or For Worse*, age. Since the strip first launched nearly 28 years ago, John, Elly and the rest of the Patterson clan have been aging accordingly over the years.

Son Michael has been calling his sister Elizabeth "Lizardbreath" in real time decades before Jack Bauer first shouted "dammit!" on 24.

Over the years, the strip has seen characters grow up, come out of the closet and even die. Few other comic strips allow their characters to age and mature, and even fewer have managed it for so long. All that will soon change.

When the syndicated daily comic strip nears its 28th birthday this September, it will no longer be running in real time. Instead the characters will remain static and not age.

If only it were so easy to stop the aging process in real life.

After Johnston announced the format change earlier this month, I started to realize how closely my own life mirrored that of the Pattersons. While Johnston drew from real life experiences in writing and penciling her comic strip,

**If only it were so easy to stop the aging process in real life.**

an example of art imitating life, I find that my life has been imitating her art.

For one thing, *For Better or For Worse* and I are the same age.

The strip began in 1979, the same year I was born. In fact, I was

exactly six months old when it started on Sept. 9.

Most of the strip takes place in a suburban Toronto neighbourhood, and I've lived most of my life just north of the city in Markham.

Like Michael Patterson, I want to be a writer and journalist. Like Elizabeth, I have a teaching degree. Sadly, I don't have the musical talent of their younger sister April. My younger brother Robert received that trait. He also drools like their dog Farley.

As the years passed, I found more similarities between my own life and the Pattersons. Unfortunately, not all of the links were positive.

Last fall, the character Jim Richards, Elly's father, had a stroke that limited his mobility and prevented him from speaking. My maternal grandmother had a stroke last year as well and is now in a similar state.

Reading about Jim and seeing how his family coped with his condition helped me to remain strong and supportive as my grandmother struggles to re-learn how to speak and regain her mobility.

I guess there is one positive side effect to Johnston's decision to halt the aging process of her characters: if they cannot grow up, then perhaps they cannot die.

If only life were so easy.

## How to steer clear of addictions



Zoe Szuch  
MANAGING EDITOR

Addictions come in different forms but all of them have one thing in common — they hurt.

Not only do addicts harm themselves physically and financially through their addictions, they also hurt their loved ones. Families can be torn apart and relationships can be destroyed. Addictions ruin lives.

Regardless of whether you are addicted to smoking, alcohol,

gambling or drugs, all addictions attempt to fill a void and serve as an escape from reality. The comfort addiction brings is only temporary. The long-term effects are destructive.

Most addicts bring their addiction to a halt once they've gone too far. But 'too far' is different for each person. Some need to lose a friend, some need to nearly lose their own lives. For others, no matter how many people they lose or how much money they waste, the addiction consumes them and takes over their life.

Addicts can be young or old, rich or poor — anyone can be an addict. Some consider addictions to be a disease. Others think addictions

are little more than obsessions. Somewhere in the middle lies the truth of addiction.

Addictions may be treated but addicts are never cured. Moderation is key to living a health, productive life.

The path to moderation only needs two steps. One — being able to ask for help and two — recognizing when others need help to get help.

These steps can be as easy as walking down to Humber's counselling centre.

You can reach the North Campus counselling centre at 416-675-5090 and Lakeshore campus at 416-675-6622 ext. 3331.



### PROPS & BURNS



To the Star of *Ugly Betty*, America Ferrera, for not falling into the typical skinny Hollywood stereotype trap (at least not yet).

To Spain's government and fashion designers for standardizing women's clothing sizes to promote a healthier image.

To Adam Arruda of the Humber Community Music School for being selected to play at a variety of Grammy events next month.

To federal MPs for getting a better deal on drug prescriptions than senior war veterans.

To the Toronto Community Housing for evicting families alleged to have gang ties in Jamestown.

To the Mexico City Police for beating a suicidal man to death after he tried to kill himself by jumping onto subway tracks.

## Letters to the editor

Dear Et Cetera editors,

Wow, after spending the last year denying it, the HSF has finally come clean about its support for tuition fee hikes.

Buy your own copy of the Et Cetera article and you will see that the HSF supports tuition fee hikes and even used student money to take part in the College Student Alliance campaign for tuition fee increases, (from two per cent to three per cent annually) While it's good that the HSF feels that the current yearly tuition fee hikes of four per cent to eight per cent are a bit higher than what they wanted, I am shocked and awed that the HSF would support any tuition fee hikes at all! This at a time when ridiculously high tuition fees are leaving students with huge debt burdens and are pricing many prospective students out of a post secondary education.

Why HSF did this I don't know.

HSF may say that it was to improve the quality of education. But it should know better.

and it is not the students, to be fair.

No matter what HSF's reasons are I believe that our student leaders in HSF have not only failed to properly represent us, but they have gone one step further. They have worked directly against the best interests of students. By spending our money to lobby for tuition fee hikes they have put their own personal agendas before the needs of the students. For this, I think, they owe all of us an apology.

Sincerely,  
Chris McNeil  
Business Administration student

## Is there hope for loan paying students?



Sarah Lanni  
COPY EDITOR

Most students dream of the day when they are handed their diploma and are in the real world working in their respective fields and living away from home.

Unfortunately, this dream comes with huge financial burdens, especially for those who have to pay back loans. With accumulating interest, new grads are left with debt that just keeps growing.

In 2002, Statistics Canada reported the average Canadian student debt was \$19,000 after four years of post-secondary education. In the 2001-2002 school year, 26 per cent of students had government student loans, 16 per cent borrowed money from their parents and 14 per cent used a bank line of credit.

Since then, student debt has

increased significantly. In 2003 students owed close to \$21,000, in 2006 close to \$24,000.

Bank loans accumulate interest while students are still in school. OSAP allows students a six month grace period before they begin charging interest.

Even if a stay on interest payments is granted, for six to 30 months, the loan will still have to

**OSAP needs to negotiate better pay back terms by reducing monthly payments, extending the grace period and charging less interest.**

be dealt with eventually.

Banks and government institutions add thousands of dollars of interest to the original amount and don't care if graduates are struggling to keep their heads above water. The reason banks and the government allow students with minimal credit to bor-

row large amounts of money is because in the end, they are the beneficiaries.

If students don't make their minimum payments they get penalized which just adds more financial stress, and often negatively affects their credit rating.

It is then logical to assume a graduate, even with a new job and a bright career ahead of him, will not be able to support himself and pay back his loans.

If the government truly wants to give people the opportunity get an education and become a contributing citizen in society, then they need to stop charging interest on student loans or better yet get rid of them altogether.

OSAP needs to negotiate better pay back terms by reducing monthly payments, extending the grace period and charging less interest.

Perhaps then students and recent graduates can focus on their futures and not have to carry the burden of a huge loan.

### Write To Us!

Letters must include contact information and full name.

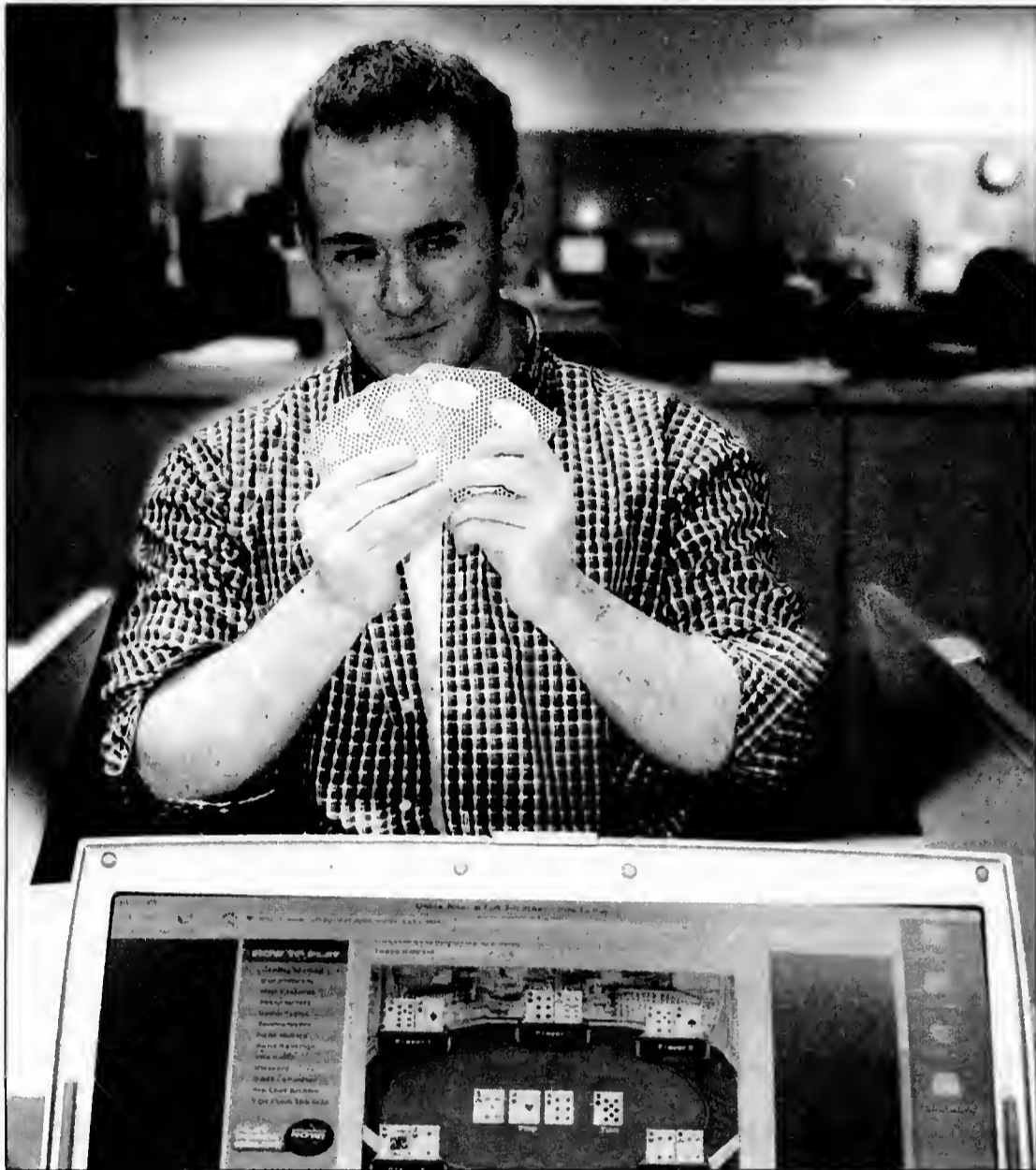
[humber@ctcetera@yahoo.com](mailto:humber@ctcetera@yahoo.com)

Humber Et Cetera reserves the right to edit letters to the editor.

# IN FOCUS

"An addiction is a habit or behaviour that is often hard to stop and that, more and more, interferes with a person's life." – Centre for Addiction and Mental Health

## The big blind on online gambling



Sean Fitzgerald  
IN FOCUS REPORTER

Two groups are arriving at Humber's North Campus on the same day – one endorses playing poker for fun, and one cautions about the dangers of gambling.

Starting Monday, a gambling awareness campaign will visit the lower concourse in the afternoon.

The Student Poker Championships will be held at CAPS that evening.

The recent poker boom has some researchers worried it may eventually become an epidemic among the youth.

"Online poker has increased almost 400 per cent in the past five years," said Lisa Mark, project manager at the Responsible Gambling Council, a national non-profit organization.

"Compared to other age groups, people aged 18 to 24 are at the highest risk of developing a gambling problem."

Mark runs Know the Score, a program developed by the council. It offers a five-question quiz to help young people learn whether they have a gambling problem.

Know the Score will be on campus for four days.

Students can take the quiz by visiting Mark's booth.

Participating students will be eligible for a \$1,500 scholarship at the end of the semester.

Mark hopes to speak to players in the Student Poker Championships.

"We just want them to have the right information," she said.

Ryan Scott, vice president of the championships, compares poker to a sports competition.

"It's like how you play volleyball or basketball and have fun doing it," he said. "The key to poker isn't necessarily playing for money. It's creating value behind the chips."

The tournaments do not use real money. "There's no risk," said Scott, "so it's just a fun night for students."

Judith Glynn, director of grants operations for Ontario Problem Gambling Research Centre, points to a lack of research on online poker and its effects on young people.

"Poker holds an attraction for youth because it has become a game of superstars – the wealthy, the beautiful, and the people on television," she said.

The 18 to 24 age group is the first to spend its formative years in a gambling-saturated society, Glynn said.

"Casinos are only 15 years old in Canada," she said. "We don't yet know what the impact will be as these people mature into adults."

Alex Madden, 23, a second-year business management student at Humber, plays poker socially.

"I think the game is popular with younger people because you hear about the big wins. My friend won \$800 once," he said.

Kevin Travers, a recent University of Toronto graduate, has turned online poker into a full-time job.

Poker has been his only source of income for two years.

He said he makes an average of \$72 an hour.

"I'm a rare case, though," he said. "Poker isn't a get-rich quick scheme. And some people develop addictions, just as people develop problems with a lot of things."

photo by dennis chung

Kevin Travers makes his living playing online poker, making an average of \$5,000 per month.

## WoW, it's another addiction

Daria Locke  
IN FOCUS REPORTER

Gamers from all across Toronto lined up last week to get their copies of the expansion pack for the popular Internet game, World of Warcraft.

"I would consider myself an addict," said Justin Walcott, the first person in line at the Best Buy in Scarborough. "It's the easiest thing to do to kill time and you just get so wrapped up in the story, so you end up playing for three or four hours at a time."

Others in line also considered themselves addicted to video games, especially those categorized as massive-multiplayer online role-playing games (MMORPG).

"It's all about one-upping your friends. When you have a more powerful player, it feels good," said Natalie Leduc, of Scarborough. "It's an addictive nerd contest really."

Terry Posthumus, program coordinator of Humber's 3D gaming

production program said people get addicted to the story and they immerse themselves in it.

"There is a real potential for danger there because people become attracted to pretending they are something they are not," said Posthumus.

*"It's an addictive nerd contest really."*

– Natalie Leduc  
Gamer

"It's like anything else. Too much consumption of anything becomes an addiction."

Humber students and avid gamers, Shafan Kamal and Ronnie Varghese, both in the first year in electronic engineering program, said they know where to draw the line so they don't become addicted.

"Every time you play a game like World of Warcraft, it's a different experience. The graphics are so impressive and the story draws

you in," Varghese said.

Kamal said the online community is also what attracts players to MMORPG type games.

"You end up meeting people online and you can play with your friends," Kamal said. "It's just a fun thing to do and it's definitely a better addiction than drugs."

Dr. Mike Katchabaw, a computer science professor at the University of Western Ontario, studies video game addictions and said it's being treated more like a serious addiction lately.

"It's an addiction that can start causing wreckage in your life, just like other addictions," Katchabaw said.

He said the warning signs of a video game addict can vary, but usually things in their life start to suffer like grades, personal relationships or social interaction.

"There's nothing inherently wrong with playing video games," he added. "The fact that there is no end point to games, that's what is dangerous about it."

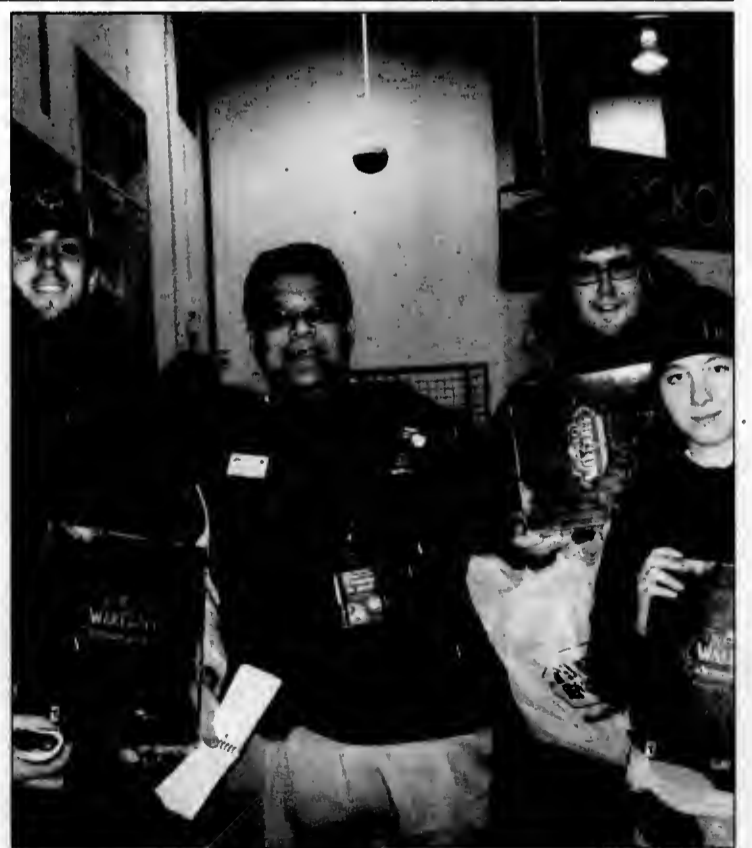


photo by daria Locke

Excited gamers show off their new game inside a BestBuy.



Annual productivity losses in Canada due to abuse of legal substances (including tobacco): \$11.8 billion, or 1.7% of the GNP. – *Mood Disorders Society of Canada*



photo by elaine mitropoulos

A student works out her triceps in the Humber weight room.

## Taking workouts too far Must heed warning signs of compulsive exercise

**Elaine Mitropoulos**  
IN FOCUS REPORTER

Every January, the athletic centre sees an increase in students trying to maintain their New Year's resolutions to stay fit, but there can be too much of a good thing.

"You have those feel-good endorphins that get released when you exercise and you can get hooked on that just like you can get hooked on anything else, like something as simple as caffeine or alcohol and drugs," said Leanne Henwood-Adam, Humber fitness co-ordinator and certified personal trainer.

Henwood-Adam said she's witnessed students take their workouts too far – using one apparatus after another for longer periods than what the safety guidelines advise or lifting far too much weight.

Long, arduous training sessions, she said, might be ok for a marathon runner.

"But if you're just an average person trying to get fit, that's when you have to look at the person and say, 'It's gone a little beyond normal.'"

Dr. Kate Hays, a Toronto-based clinical and sports psychologist treats athletes who over-train.

Hay said although over-exercising can be a problem, especially among women at "the collegiate and university level," it's not an addiction.

"There are formal definitions of addictions in terms of substances. Beyond that, I think as a society we tend to describe things that people are doing too much as an addiction and sometimes it really is more like a metaphor," Hays said. "So in that sense, I think of addiction to exercise as being more of a metaphor than a diagnosis."

However, Dr. Mike Hatcher from the Ontario Addiction Treatment Centre in Hamilton, said that people can "absolutely" become addicted to exercise.

"(Addiction) is basically when a person is physically and psychologically dependent on a chemical or a substance or psychologically dependent on pretty much anything," Hatcher said. "People can be obsessed with being in good physical condition, but if it doesn't have a negative impact or unhealthy impact on their life, then it wouldn't really be considered an illness."

But some people do exercise to the point of physical harm, Hatcher added. "They get stress fractures, lose too much weight,

and women can exercise to the point that they don't have periods anymore."

In a culture that frowns upon obesity, the difference, Dr. Hatcher said, between excessive exercise and other more recognized addictions, is that exercise is sometimes considered a "good addiction."

"Someone who is extremely physically fit or looks after themselves a lot – there's not the same social stigma that's attached to it."

Henwood-Adam pointed to a section of Humber's Student's Guide to Wellness, to illustrate the warning-signs of a disorder called anorexia athletica – compulsive exercising.

The guide lists "stealing time from work, school and relationships to exercise; focusing on challenge and forgetting that physical activity can be fun," and "defining self-worth in terms of performance" as some symptoms of the disease.

Jennifer Bell, a physical therapist at Humber, said she treats a lot of students who suffer from what she called "over-use injuries" like tendonitis and bursitis.

And they aren't just college athletes, she said. "They come from all over the map."

**ROGERS**  
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Week of January 15

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*Back in*
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*Christina*
5. Lips of an Angel  
*Hinder*
6. Money in The Bank  
*Ed Sheeran*
7. My Love  
*Justin Timberlake*
8. Promise  
*Carli*
9. Shortie Like Mine  
*Travis McCoy*
10. Smack That  
*Dr. Dre*

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**PHONES  
REDEFINED**



## Everyday remedies abused by students Getting over-the-counter drugs can be too easy

**Andrea Bennington**  
IN FOCUS REPORTER

Students and faculty have mixed reactions to a recent study conducted by the U.S. National Institute on Drug Abuse that revealed the growing abuse of prescription and over-the-counter drugs among teenagers and young adults.

The survey of fifty-thousand U.S. high school students from more than 400 schools also found overall illegal drug and alcohol abuse has dropped.

Getting over-the-counter drugs is too easy, said Ann Wainright, a psychology professor at Humber, because less guilt is attached to their use. Instant gratification is also a factor.

"There are people who choose to recreationally use whatever drugs they can to have fun, to stay up later than they should and push their bodies to the limit," said

Yutaka Dirks, second-year court and tribunal Humber student.

Ashleigh Maltby, a web design student, said some may think over-the-counter drugs are safer than illicit drugs or alcohol because "you can get them easily, anyone can buy them off the shelf".

**"There are people abusing (prescription and over-the-counter drugs) to get high, they're abusing it but they may not be addicted."**

– Sanjeev Patel  
Toronto pharmacist

are people abusing (prescription and over-the-counter drugs) to get high, they're abusing it but they may not be addicted."

The study also referred to a substance called dextromethorphan (DM). "That's been in cough syrups for decades," Patel said. "DM is the derivative of codeine, it's a very low derivative, only about three per cent potency, or even less than that."

Combining these drugs with Tylenol, aspirin or antihistamines can harm the liver because it can only metabolize so much acetaminophen per day.

Patel said abuse of substances

like Gravol, caffeine supplements and sleep-aids are most common among students.

Dirks said although he does not use caffeine supplements, "coffee keeps me up, that's what I use."

## The Lowdown

- ▶ 13.6% of Canadians are high risk drinkers – *Mood Disorders Society of Canada*
- ▶ 5% of Canadians are problem gamblers – *Mood Disorders Society of Canada*
- ▶ Men drink more than women do and are almost twice as likely to have drinking problems – *Centre for Addiction and Mental Health*
- ▶ On average 100 energy drinks and 820 coffees are sold on campus daily – *Don Heringuies, Humber food services general manager*
- ▶ Mental illness and addiction cost the Canadian economy \$33 billion a year in lost productivity. – *The Toronto Star*
- ▶ Drinking alcohol while pregnant is the leading cause of birth defects in North America – *Mood Disorders Society of Canada*

files from Abby Blinch

# WORK & PLAY

Analyst firm Research and Markets expects Microsoft to earn \$92.25 million in revenue this year from its Xbox Live Video Marketplace service. — [www.1up.com](http://www.1up.com)

## Interac in the works for eateries

High-speed debit systems will soon be in place at some of Humber's most popular food stops

Stephanie Sherr  
BUSINESS REPORTER

All food venues on North Campus will likely be outfitted with high-speed debit and credit card machines within the next three to six weeks.

"We do recognize that it's an Interac world," said Don Henriques, general manager of food services at Humber. "There's a large majority of students who would love to have the ability to pay with their Interac."

With technical help from the information and technology department, Henriques said that the Food Emporium, Williams Coffee Pub and Harvey's will likely be the first to offer the new high speed systems.

Currently Gourmet Express is the sole food establishment on North Campus that accepts credit cards, while only Williams Coffee Pub, Harvey's, Tout Sweet, and Ackee Tree allow students to pay by Interac.

Although these eateries already have electronic payment methods available, the machines at these locations use slow phone lines to process payments. This tends to create long wait times at the register and as a result, will be replaced with high-speed systems.

Lily Ramsarran is an employee at Gourmet Express, which is the only fast food venue on campus that currently accepts credit cards. Ramsarran said that from her experience, the average time it takes to process a credit card versus cash isn't much different.

"It just depends on the efficiency of the cashier and not the machine," Ramsarran said.

*"We do recognize that it's an Interac world."*

— Don Henriques,  
GM, Humber food services

"For me, it doesn't make a difference if we get Interac machines, but for students it would because they have to go to the bank machine and pay service charges."

Henriques said students will not be charged a fee to use the faster debit and credit machines. There will be no minimum purchase required.

"What we are looking at is high speed debit," Henriques said. "For us, (it) would be terrific. It ranges from one to three seconds per transaction."

"With Interac through the phone lines it would take anywhere from 15 to 40 seconds per Interac transaction," Henriques said. "So that would create and generate incredible lineups."

It was for this reason that debit card payments were originally accepted only at venues such as Tout Sweet candy store, where a slower payment process wouldn't have been so much of a problem.

Bill Chow, a final year electrician apprentice student at Humber, said he thinks there should be electronic payment methods available to students in the cafeteria. He isn't concerned about slower customer service because of the addition of debit or credit card machines.

"It might take a little bit longer," Chow said. "But you know what? Sometimes it's just as quick as somebody sorting through their money or looking in their wallet for cash."

First-year horticultural technician apprentice student Marisa MacKay disagreed. "You don't want to wait in line for your food, especially when you're a student and you have to get to class."

"Right next door there's a debit machine," MacKay said. "If you know you're going to the cafeteria just go take money out."



photo by stephanie sherr

Williams Coffee Pub at Guelph-Humber is one of the few places around Humber's North Campus that accepts Interac

### Just played

## A Crusade worth joining

Zoe Szuch  
MANAGING EDITOR

World of Warcraft: The Burning Crusade | PC | Available Now

Blizzard Entertainment has crafted another jewel.

The much-anticipated World of Warcraft Burning Crusade expansion pack released Jan. 16 offers an increased level cap of 70, an entire new continent and two new races; Draenei and Blood Elves. Players can look forward to new flying mounts (within the new play area only), a jewel-making profession as well as hundreds of new quests and raids.

The role playing game first launched in 1994 now has over eight million players world wide, and two million in North America. The expansion does not offer any new graphics, so the expansion seamlessly integrates into the full game. Uploading and installing the expansion took a tedious hour, but was worth it.

If World of Warcraft didn't appeal to you before, then the \$50 price tag of the expansion won't either. If you've grown bored of the same old areas and quests, or if you've been at level 60 for what seems like forever, then this expansion is a must.

For the Alliance.



RATED:



## Preparing for the snowy road ahead

Getting your winter-beater ready to beat the winter

Alison De Graff  
BUSINESS REPORTER

With winter suddenly landing on our doorsteps and reminding us what Canadian driving is all about, it's more important than ever to get your car in shape for the weather.

Edyta Zdanczewicz, public relations specialist for the Canadian Automobile Association (CAA) advises drivers to prepare a safety driving kit consisting of booster cables, flares, a flashlight, a first aid kit and blankets in case of an emergency. A supply of anti-freeze and a sound heating system for proper visibility and good windshield wipers are recommended as well.

"Ice and snow is actually more slippery at zero degrees Celsius than it is at minus 18 degrees Celsius, so make sure you are giving yourself at least eight to 10 seconds of following distance," Zdanczewicz said. "You don't have to go the speed limit. That's for ideal weather conditions," she added.

Drivers also need to take responsibility for how they operate their vehicles.

"Snow, ice and rain don't cause

accidents, the driver does and that's very important to understand because that's the basic philosophy that people forget," said John LeFevre, who trains driving instructors with Canadian Pro Drivers and heads Humber's driving instructor program. The 140-hour program includes all the prerequisite courses required by the Ministry of Transportation as well as additional classes on prevention.

*"Snow, ice and rain don't cause accidents, the driver does and that's very important to understand because that's the basic philosophy that people forget."*

— John LeFevre, Head of Humber's driving instructor program

Student drivers are encouraged to invest in snow tires despite costing between \$600 to \$800.

"It's the price of saving your life so you can always justify it," Zdanczewicz said.

Many students opt for all season tires as they are considerably less expensive and road conditions in Toronto are fairly clear. "All season

tires are great too, I'm not knocking them but they certainly won't stop you as quickly as snow tires would," LeFevre said.

He stressed the importance of steering if the tires fail and the vehicle begins to skid.

"If you're skidding and all of a sudden the car is going into the guard rail, turn your eyes back into the lane you want to be in and steer your wheel in that direction," said LeFevre.

Patience is key to winter driving as drivers are forced to slow down due to poor road conditions. "It doesn't matter what the weather is like, you have to drive according to the conditions. If the conditions make the road slippery, you have to drive slowly and more carefully," LeFevre said.

Last Monday's storm contributed to over 100 accidents and countless transit delays in Toronto alone. It doubled travelling time for most commuters.

"It took me about an hour to get to school that day," said Richard Creagon, 21, of Brampton, a first-year engineering student at Guelph-Humber. "It normally takes me only 30 minutes. It didn't help that the highways weren't plowed either."

# WORK & PLAY

MySpace.com will now distribute amber alerts online to members notifying them of missing children in their communities. — [www.cnn.com/TECH](http://www.cnn.com/TECH)

## Beauty companies get lippy about environment

### New options include products made of seeds or corn

Angela Scappatura  
BUSINESS REPORTER

Canadian based company Cargo has joined the growing list of cosmetics companies developing products for its environmentally-conscious customers.

Cargo president Hana Zalzal said its new lipstick line, PlantLove, combats global warming.

"The case is made out of corn, which is biodegradable and a renewable resource," Zalzal said. "The tube is made of the first and only greenhouse gas neutral polymer on the market, so it helps fight against climate change."

In order to fully eliminate waste produced by cumbersome cosmetic packaging that is often not biodegradable, Cargo has also designed a new way to dispose of the lipstick box.

"The packaging is embedded with wildflower seeds," Zalzal said. "When you are done with the lipstick, you should moisten and plant the box and it will grow wildflowers."

Kevin Gallagher, vice-president of the environmental marketing firm TerraChoice said that demand for these products has increased dramatically.

"Look at the mainstream press, environment has become a top priority for the Canadian govern-

ment," Gallagher said. "We've seen a surge in the number of these products coming into the marketplace."

Gallagher pointed to Lush and Aveda as two personal care companies who have built their businesses around environmental concerns.

"You are more likely to find a product that is environmentally friendly there," Gallagher said.

Erika Edwards, public relations manager at Lush, said the company tries to reduce waste by presenting their products as naked.

"We use very minimal packaging because we don't want to impact the environment," Edwards said. "We know that a lot of our customers are very conscious about it, so they have the option of bringing their own packaging or we will wrap it in our deli wrap."

Edwards said organic ingredients may cost slightly more than traditional ones, but the resulting product is better.

"We want to have the best ingredients," Edwards said. "For the most part, people understand using fresh is better."

Part-time accounting student Minjit Hita said that being a Sikh consumer makes her more concerned about the environmental impact of the products she uses.

"We don't wear lipstick that is

made from meat and animal products," Hita said. "It has to be natural."

Court and tribunal student Manpreet Rao said she doesn't focus much on environmental issues, but she would consider using a product that is renewable.

"I'm somewhat environmentally-conscious but not as much as I should be," Rao said. "My aunt works for Burt's Bees, which are all natural products, I use those."



photo by angela scappatura

A lipstick case made of corn is just one of the alternatives companies use in an attempt to be environmentally-friendly.

## The cost of a penny

### Cent raise won't affect budget

Judy McNeil  
BUSINESS REPORTER

The penny postage hike won't put a dent in Humber's budget.

Ian Jones, supervisor of Humber College's mail department, said the increase will not have a significant impact on Humber's finances.

Canada Post's recent one cent increase raised the cost to send a letter within Canada to 52 cents.

Jones said the hike is not a huge figure in light of Humber's overall mailing cost.

"We do approximately \$500,000 per year in postage, which is about 600,000 pieces approximately, so it's about a \$6,000 increase per year," Jones said. "Which translates to about \$45 a day."

Matt Gibbs, Canada Post lead agent in Toronto, said the one cent bump is due to the country's growth.

"The increase is as a result of the increase in population and the need to provide more staff and set up more franchises and more cor-

porate offices for areas that have large concentrations of population."

Gibbs said Canada Post offers a discount to large volume mailers. According to Jones, Humber wouldn't benefit because it doesn't mail enough to warrant the Canada Post discount.

However, Jones said Humber is part of a group of companies and institutions using the services of an intermediary company, benefiting from their discounts.

"Data Direct handles mail for a multitude of companies and they can get the best rates because they handle all those pieces (of mail)," Jones said.

Humber benefits directly from the volume discount Data Direct receives from Canada Post because it handles several million pieces of mail and does several million dollars worth of mailing each year.

Jones said most of the personal mail passing through Humber's mailroom is already stamped, leaving little chance for abuse of the mail service.

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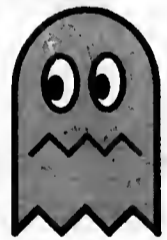


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# DOWN TIME



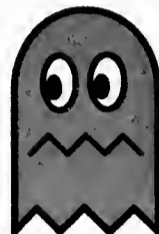
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photo by david hamilton



photo by jesse kinos-goodin



**1** Cleyon Phillips is kung-fu fighting in the games room. **2** Interior design students (standing from left) Anat Moshkovich, Alicia Resendes, Andrea Debartolo, and (crouching) Sukaina Ebrahim step out for a smoke. **3** Are you ready for some foosball? **4** Barminder Door plays a Punjabi card game. Psst! He's got an ace! **5** Two guitar heroes lay down some killer licks. **6** The balconies at Guelph-Humber are a popular place to hang. **7** Some students, like Sarah Robertson, actually study between classes. **8** Miguel Aguilera looks for a tell as his opponent raises.

# LIFE

Right-handed people live, on average, nine years longer than left-handed people. - [www.funnyfacts.com](http://www.funnyfacts.com)

## Nursing students better prepared for crisis

### Memories of the 2003 SARS outbreak continue to guide medical training for health workers

Carrie Trowson  
LIFE REPORTER

Nursing students could be asked to work in hospitals to replace ill health care workers in a flu pandemic.

Kathleen MacMillan, dean of nursing at Humber, said that during a health emergency like a flu pandemic, Humber nursing students could be asked to volunteer in hospitals.

"Could they be conscripted? We don't know," she said.

MacMillan said during a flu pandemic up to 30 per cent of staff in hospitals could be off sick.

Ontario Superior Court Justice Archie Campbell, head of the Severe Acute Respiratory Syndrome (SARS) Commission created in June 2003, released a report earlier this month, describing hospitals as being as dangerous as factories and mines.

During the 2003 SARS outbreak, two nurses and one doctor died. The disease was contracted after an infected traveler from China returned to Ontario. In a few months 44 people in Ontario died of the disease.

MacMillan agreed with the report's comparison. "Absolutely, they are very dangerous places. It's risky work," she said. MacMillan

said that during the SARS outbreak, Humber was proactive in making safety changes.

Nursing students are required to participate in a mask fit test to protect them against respiratory illness and have the required immunizations.

"Yes, we believe they are well prepared," she said. The students have clinical practice in hospitals.

Jamie Lapeyre, a practical nursing instructor, said students are taught infection control, hand washing and how to put a mask on before they enter their clinical placements.

"There are so many different types of infections we prepare them for," Lapeyre said.

Robin Young, a paramedic instructor at Humber agreed that being on the front-line as a health care worker is dangerous. "Perhaps it's not as obvious, and that's the danger."

Young said there are sections of the course on communicable diseases and how to protect against contracting them.

He said the potential to get sick is out there, so paramedic students are fit tested for an N95 mask, which is standard for the field.

Young said paramedic students are prepared. "They have the knowledge as well as the skills as



Erin Carter uses hand sanitizer as a method to help stop the spread of viruses. photo by carrie trowson

well as the resources to look after themselves."

Erin Carter, a third-year nursing student said she felt prepared for her clinical placement. "We've learned all the microbiological and pathophysiology behind those illnesses, so we're not just going in and wearing a mask, we realize

that it's serious."

Carter said a friend had her placement cancelled because of a flu outbreak. "It's important to be cancelled, but what are we going to do when we are nurses," Carter said.

In a pandemic, Carter said that volunteers would be involved with

less serious tasks. Carter said she would agree to help with more if it was safe for her. "We are getting into the profession because we know what it entails."

"Until you are in that situation, you learn how unsafe it could be." Carter added about learn safety by doing the job.

## Study shows hot peppers kill cancer cells

### Dramatic research shows positive results in prostates of mice

Suzan Park  
LIFE REPORTER

Rudolf Fischbacher, the Humber culinary program coordinator, has always known about the benefits of eating fresh food. Now there is more evidence that nutrition can be vital in fighting cancer.

The compound capsaicin, the ingredient that gives hot peppers their kick, has been found to destroy prostate cancer cells.

A study published in the *Cancer Research* medical journal said the intake of hot peppers caused prostate cancer cells to undergo apoptosis, or cell suicide.

Apoptosis is normal cell activity found in healthy cells, but cancer cells seek to fight off the process.

Researchers conducting a study at the Samuel Oschin Comprehensive Center Institute at Cedars-Sinai Medical Centre in Los Angeles injected mice with prostate cancer cells. Tumors treated with the chemical com-



Steve Wilkin reaps the benefits of hot peppers. photo by suzan park

pound were about one-fifth the size of tumors in the untreated test subjects.

Researchers estimated the mice were given the equivalent dose of capsaicin of a 200-pound man taking 400 milligrams three times a week, or between three and eight habanera peppers.

Hot sauce contains high levels of capsaicin Mike Anzivino, 18, a first year culinary management student said he likes to pour hot sauce onto his food whenever he gets the

chance. "I guess I can put more chili peppers in my recipes."

Researchers do not recommend piling on hot peppers since it is not known if this study affects humans.

Thomas Creiler, a second-year business management student said he'll continue to enjoy a little spice in life. "Spicy food is great, tastes amazing (and) has flavour."

Prostate cancer affects approximately 20 500 men a year in Canada.

## Vaccinations can keep vacations illness-free

Krista Cyr  
LIFE REPORTER

Before packing up for spring break, students should take the necessary travel precautions.

"Travelling to different places put you at risk for different infections," said Dr. Sergio Borgia, an infectious disease physician at William Osler Health Centre. "The most common things when you travel are diarrhea, malaria and parasitic diseases."

Students should be aware of what may happen if they do not watch what they eat in other countries.

"I have all my shots because I am well traveled," said Casee Ahrens, from the fashion business program. "I am always really conscious of food."

"Seventy per cent of students are interested in going away for spring break," said Luke Posavad, the account manager of Best Break Tours.

Students often vacation in warm parts of the world. "The most popular place to go for spring break is Panama Beach," said Posavad. Other popular student destinations for spring

break include Cuba, Cancun and Florida.

"Everyone gets vaccinated for Hepatitis B in Grade 7 but not everyone is (getting vaccinated) for Hepatitis A, and it might be worth getting," Borgia said.

"There is always medical insurance," Posavad said. "It covers

**"Travelling to different places put you at risk for different infections."**

-Dr. Sergio Borgia  
William Osler Health Centre

emergency medical situations."

In order to get the necessary vaccinations, students should go to a travel clinic before they leave.

The clinic also asks where travellers plan on going and give recommendations of medical precautions to be taken before leaving the country.

"Students should consult Health Canada at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)," Borgia said. "My advice is to research where you go, before you go."

On this day in 1971, Charles Manson and three of his followers were convicted of the Tate-LaBianca murders. — [www.brainyhistory.com](http://www.brainyhistory.com)

## Big bags could cause serious neck problems

Avril Sequeira  
LIFE REPORTER

Humber students sporting the new oversized tote trend are finding a literal truth to the phrase "fashion victim."

The popular accessory, slung over shoulders, are now being criticized by physicians for causing severe shoulder, neck and upper back pain in women.

"If you're carrying everything on the one side, you have to have traction all along the opposite side or else you'll fall over," said Dr. Shawn Henderson, a chiropractor at Kingsway Health and Rehabilitation Associates. He said continual stress on those muscles not only strains the lower back but can also result in cinched nerves

and headaches, which originate from injury to the spine at the base of the skull.

"I think it's pretty commonplace. I'll always say to (my clients), 'Lift your bag!' And it's ridiculous sometimes what's in those bags," Henderson said.

In addition to 'hobo' or 'slouch' bags, women are using the spaciousness that gym bags provide to carry everything from cell phones to textbooks.

A representative for Lululemon Athletica said the company has noticed its products "evolving into more of a fashion item" and has incorporated features such as laptop pockets into their bag design.

The yoga-inspired retailer, whose website said it aims to help its customers to live healthy, promotes a

"stylish and functional" gym bag that can carry up to 23 kg.

However, according to the Ontario Chiropractic Association (OCA), a bag should never exceed more than ten to fifteen per cent of a person's body weight.

Following these guidelines, in order to safely carry a 23 kg bag, a person would have to weigh well over 136 kg.

"When it's really heavy, then I use my backpack," said third-year accounting student Sasha Dhanaram, 20. But when asked if she would give up her trendy bag under a chiropractor's advice, she hesitated and replied "maybe."

The OCA recommends removing as many unnecessary items as possible from bags, but for students who commute long dis-

stances on public transit, packing light is simply not an option.

Carrie O'Hara, 43, in Humber's law firm profile program, travels daily from Toronto's west-end and includes hefty textbooks and binders among her necessities.

"Yes, absolutely, there's soreness," she said. "All along the shoulder and neck."

Female trend-setters are not the only ones with back and neck pain.

Many computer-savvy students, men and women alike, can be seen around Humber shouldering hefty laptop bags.

Nick Horlath, 23, a fourth-year business administration student said his laptop alone added an extra three kilograms, while Peter Sztur, 18, a first-year electro-

mechanical engineering student, estimated he carried almost nine kilograms.

For those who refuse to forfeit their fashionable bags for functional ones, Henderson recommends an easy stretching exercise to relieve tense muscles.

While seated, firmly grasp the underside of a chair to anchor your right shoulder.

Next, slowly bend your head to the opposite side, away from the right, using gentle pressure, until you feel the neck muscle working. Hold 20 seconds.

Now slowly tilt your head forward, while still bending your head to the left. Hold 20 seconds.

Repeat the exercises with the opposite shoulder and you're on your way to staying pain-free.

## Mid-east fashion causing a concern for retailers

Jef Catapang  
LIFE REPORTER

While keffiyehs have become a hip fashion statement for many young Canadians, the traditional Arab headdress has caused controversy for some retailers.

One store, Urban Outfitters, has pulled the product from its shelves, while others continue to sell the item, their sales benefiting from the buzz.

Traditionally, keffiyehs are an Arab headdress that protects the face and scalp from harsh environmental conditions. In the 1930s, they became a symbol of Palestinian solidarity, and more recently were made a common sight on television newscasts by the former Palestinian National Authority leader, the late Yasser Arafat.

Arif Mandozai, 20, a mechanical engineering student at Humber, wears the keffiyeh as a part of his faith. "It's one of the traditions of the prophet," he said.

"I don't know their intentions," Mandozai said about those who wear keffiyehs for fashion. "When they put something like that on, it doesn't do anything for them—they're just wearing it."

Mandozai may be confused by their intentions, but he is not offended by those who wear keffiyehs as an accessory. "I'd encourage it because if they are coming toward some good, then it's keeping them away from evil," he said.

Urban Outfitters pulled keffiyehs from its shelves on Jan. 16. They had marketed the item as an "anti-war scarf."

An official release on the store's decision, available through its website or by calling its head office, reads: "We apologize if we offended anyone (by selling the scarf), this was by no means our intention."

Downtown clothing store, Lavish and Squalor's keffiyehs, have been moving briskly off the shelves since they went on sale last month.



photo by jef catapang

Adam Cruickshank wears a keffiyeh as a neckerchief.

"Oh man, they've been selling like hotcakes," said Adam Cruickshank, a Lavish and Squalor employee. "We've probably sold a truckload of them already."

"It's a cool fashion accessory," Cruickshank said, who wears the keffiyeh as a neckerchief. "They look pretty and they have a function... Each colour represents a different meaning."

For example, the black-and-white checked keffiyehs, worn by Arafat and his Fatah party, signify solidarity with Palestine, while the red-and-white scarves, traditionally worn by the lower class, now generally signify solidarity with the worker's movement.

"It definitely started with political and peace meanings," Cruickshank said, adding he has further research to do. "I'm not going to lie, I'm no political genius."

Humber fashion student Andrea Barber, 18, pointed out that the popularity of keffiyehs might have

more to do with military chic than with making a political or cultural statement.

Like cargo pants before them, keffiyehs are the latest in a long line of militaristic clothing to hit the mainstream.

"Military jackets are big. We wear army fatigues, we wear army pants, people don't get offended by that," Barber said.

However, Barber avoids wearing keffiyehs in order not to send the wrong message. "I think they're cool, but I don't know if I would wear it because I could see how it might be offensive to some," she said.

"As it stands, it's been nothing but good comments," Cruickshank said about customer feedback. "If we started getting negative comments here about them, we'd probably pull them."

"We're in the business to make people look good—not to offend anybody or piss people off," he said.

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HUMBER

# LIFE

A little under one quarter of the people in the world are vegetarians. — [www.amusingfacts.com](http://www.amusingfacts.com)

## Variety for vegetarians and vegans

Deniz Izzet  
LIFE REPORTER

Humber College food services is making a greater effort to provide vegan and vegetarian meal options for students.

Don Henriques, general manager of food services at the North Campus said, "Our main focus is meatless options that are healthy. The best approach for us to take is to have a set vegetarian cycle menu made with input from students in Residence."

"I've been a vegetarian almost my entire life," said Katie Gooder, first-year creative photography student. "I usually have a sub. I've

gotten a couple salads and smoothies. I've gotten breakfast actually in at the school before and they're pretty good. They usually make something up for me."

*"The best approach for us is to have a set vegetarian cycle menu..."*

- Don Henriques  
General Manager of Food Services, North Campus

Variety and selection are the main issues for vegetarian and vegan students when it comes to

food service on campus.

"It is a lot better than most other schools," said Michael Bulko, a vegan Humber student. "[Humber is] really flexible too. The little hamburger place, part of the cafeteria... they do grilled cheese, but if I bring down like soy or rice cheese they will put that on, no problem."

North Campus Rez has food forums where students attend meetings and make suggestions about the food services and to discuss any complaints that they have in terms of what is and isn't offered as meal options.

Food services at Humber annually surveys students in December.

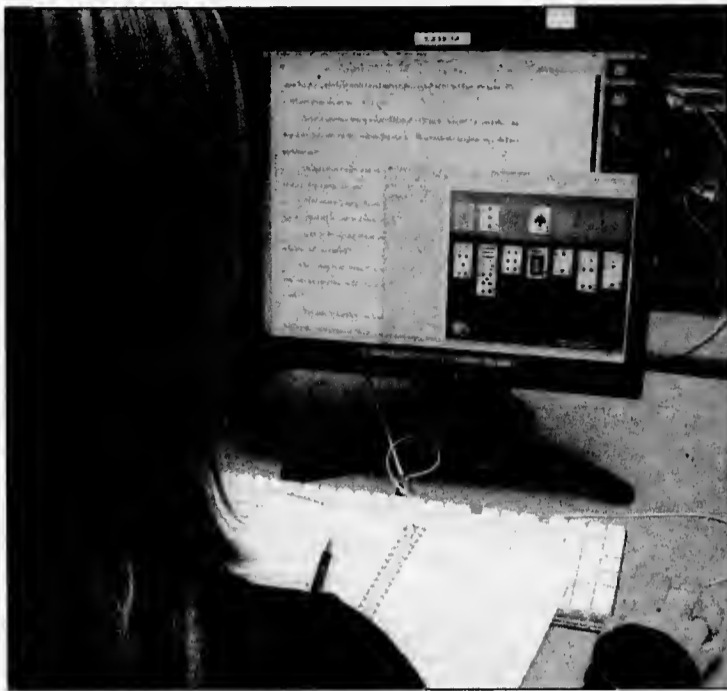


photo by justine lewkowicz

A variety of distractions might cause students to procrastinate

## Students put things off

Study shows procrastination gives people necessary pressure to work

Justine Lewkowicz  
LIFE REPORTER

New research shows that procrastination is widespread among young people.

"Nobody procrastinates like college students," said Piers Steel, a University of Calgary professor, who published his research on procrastination in the American Psychological Association's Psychological Bulletin.

Sarah Richmond, a fitness and health promotion instructor at Humber, said many of her students delay completing assignments because they thrive in stressful conditions.

"Some people like the pressure of procrastination," she said. "Sometimes I feel that students subconsciously leave it to the last minute because they deal really well under pressure."

Karolina Wierzbicka, 22, second-year interior design student, said she is one of those students.

"I work better when I know that the deadline is coming up," Wierzbicka said. "I'm supposed to be doing work right now and I'm on MSN."

Steel's analysis shows that 15 to 20 per cent of the population is comprised of chronic procrastinators. This rises to 50 per cent among college students. Ninety-five per cent procrastinate once in a while.

"Everything that can increase procrastination occurs for students. You're working in a motivationally toxic environment," Steel said. "It's dirtied up with a lot of things that will pull you away from work, such as games like Minesweeper."

Steel analysed over 600 research papers on the topic and came up with his conclusion. The most

prevalent cause of procrastination of students is impulsiveness.

"They're getting up and doing things that can be done immediately," he said. "They'll work hard only on aspects of the project that can be done in the short term, like e-mailing. Consequently, long-term projects don't have as much motivational force."

But not everyone likes to leave things to the last minute.

"It's more stress, and honestly, that's the last thing I want in college," said first-year business administration student Ninaa Sandhu, 18.

Steel said a good way to prevent procrastination is to set goals.

"The key element of it is taking a distant goal and breaking it down into pieces that you can do now, so daily goals that are linked to your superordinate goal," he said.

Melissa Gallo, co-ordinator of the mentor program at Humber, said it is helpful to make a schedule.

"It's important to have a visual idea of where your time is going to be spent," Gallo said.

John Steyr, a machine design instructor at Humber, structures his courses to help students with time management.

"I break up the work into stages and they have to make intermediate submissions," he said.

Steel said there should be a balance between structuring a class and teaching students to practise self-discipline.

"If you structure it, they'll do well in that class, but they're less likely to develop long-term self-regulatory skills."

Students who would like help with time management skills can join the Peer Mentor program or book an appointment with a counsellor in room D128.

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In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes. — [www.strangefacts.com](http://www.strangefacts.com)

## Researchers say sleep deprived students should nap

Rayna Taylor  
LIFE REPORTER

Students who feel sleep deprivation is affecting their academic progress are urged to take a nap.

Andrew Poulos, a psychological counselor at North Campus and coordinator of counseling services, suggested any student who is feeling sleep deprived should make an appointment with a counselor to identify the cause and what interventions might be useful in correcting the problem.

"If they are having difficulty

sleeping, then they initially should avoid any stimulants like caffeinated beverages, chocolate and items high in sugar close to bedtime," Poulos said.

Sara Mednick is the author of *Take a Nap! Change Your Life*, a new book that suggests a nap a day will increase productivity as well as benefit your health. Mednick is also a Harvard psychology graduate, who focused her studies on sleep and memory.

"Everybody needs a downtime and an active time," Mednick said.

"And if we don't actually allow ourselves to have these downtimes... we go into what's called a stress response, where we have high levels of stress hormones and we don't have any of the more healing, restive hormones."

"I decided to do the same research that was being done on nocturnal sleep but put a nap in-between two memory tasks," Mednick said. "To see how well people did on those tasks.."

"Not only were the nappers showing huge improvements in

memory but the non-nappers were actually showing decrease in performance across the day."

Aside from enhancing memory, Mednick said napping restores the brain and aids in creative insight and information processing.

Humber students admit it has been difficult diving back into eight o'clock classes and bedtimes before midnight after being off for three weeks.

First-year nursing student, Veronica Isaac, said she's feeling very tired since the break.

"During the holiday, I went to

sleep late and got up late and my body got used to that," she said.

"I'm finding it very hard to wake up early now for my morning classes. I'm feeling very sleep deprived," Isaac added.

So are Humber students capitalizing on the benefits of a nap?

"Virtually every day someone is sleeping in the library," said Brian Crowle, the circulation clerk at the North Campus library.

"We take it as a compliment that they feel the library is a safe, secure, quiet place that they can relax."



photo by alex mccaig

Research shows that taking naps every day will increase your productivity and improve health.

## WHISK

Lemon Broccoli Amandine  
Chef: Marco Riyal De Torres

Broccoli amandine is an elegant side dish

3/4 pound fresh broccoli, trimmed, cut into spears  
3/4 cup water  
1/4 cup butter  
1/4 cup sliced almonds, toasted  
1/4 teaspoon salt  
1 teaspoon lemon juice  
1/4 teaspoon freshly grated lemon peel

1. Place broccoli and water in a 2-quart sauce pan. Bring water to a boil, cover and cook over medium heat until broccoli is crisply tender (8-10 minutes). Drain.

2. Melt butter in 1-quart sauce pan. Stir in all remaining ingredients. Cook over medium heat, stirring occasionally until heated through (2-3 minutes).

3. To serve, spoon butter sauce over warm broccoli spears, makes 6 servings (1/2 cup).  
Approximate cost: \$14.07

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## A&amp;E

Politically minded punk/rap band Rage Against the Machine will reunite for the 2007 Coachella Valley Music and Arts Festival in California. — [www.aversion.com](http://www.aversion.com)

## The Debra and Trevor Comedy Tour hits Toronto

Jeremy Dickson  
ENTERTAINMENT REPORTER

If the winter blues are getting you down, don't despair. The premiere of *The Debra and Trevor Comedy Tour* takes place on Jan. 27 at the Isabel Bader Theatre, for those feeling the need to laugh hysterically into the night.

So who are Debra and Trevor? Most people recognize the two very talented young comedians from MuchMusic's hit show, *Video on Trial*, but Debra DiGiovanni and Trevor Boris have been in the laugh business for years. They are also former students of Humber's comedy program.

The five-city performance will mark Debra and Trevor's first comedy tour together over the winter and early spring of 2007. DiGiovanni, who has performed in the *Just for Laughs* festival in Montreal and recently completed a national tour with fellow comedian Russell Peters, said she felt very lucky to have taken the comedy program at Humber.

"You can't teach someone to be funny," DiGiovanni said. "But you can take their natural ability and hone it. When I started out, I felt like I had cheat notes because I already knew how to work microphones and how to host. When everyone else was falling on their face, I was like 'Hey, I know what I'm doing.' If I didn't go to Humber—I can't say I would have started comedy. I was too shy and scared, but the program gave me confidence."

"First of all, everything Debra said is a lie, I'll talk for her," Boris joked. Boris said studying comedy at Humber was also great, but he had to take a different approach. "I did the pro-

gram for two months then I dropped out. It wasn't a great place for where I was at the time because I was already gigging and had more experience," he said.

Boris is an openly gay stand-up comedian with a background in farming. He grew up on a farm in Manitoba and owned 160 acres of land that helped him pay for university. He recently filmed a pilot based on his unique life called, *Bought the Farm* and is considered one of Canada's bright new talents in comedy. Boris is anxious to tour with DiGiovanni.

"It's a big risk, but it's really exciting, and scary too. The last month has been quite a rollercoaster, but it's all coming

together," he said.

DiGiovanni is also nervous for the upcoming tour. "I didn't think I'd be this nervous, but what we're doing is different and we're taking a chance. At some point you have to go, 'OK, we've done everything we can and hopefully people buy tickets,'" DiGiovanni said.

The comics could not reveal many specifics about the tour.

**"At some point you have to go, 'OK, we've done everything we can and hopefully people buy tickets.'"**

— Debra DiGiovanni

DiGiovanni said she hasn't known Boris for that long, but they share similar energy. "I have the whole fag-hag thing. Me and gay men just instantly click. His boyfriend is a hairdresser, so maybe he'll do my hair before the show," DiGiovanni said.

"She does need a trim," Boris

said. "And maybe her nails done. We could take her shopping even. She needs to dress up a little. She's been known to just come on stage and sweat, just covered in cat hair because that's how she rolls."

DiGiovanni and Boris have done well for themselves so far and seemed to be very open and generous individuals. What makes them laugh more than anything right now, besides each other?

"I'm loving *House of Carters* right now. It's wonderful television and makes you feel really good because they are such horrible people and they deserve to fail," Boris said.

DiGiovanni loves people who don't have problems laughing at themselves. "That Borat wrestling scene, I thought I was going to die. There were moments when I was screaming in the theatre," DiGiovanni said.

Doors open for the *Debra and Trevor Comedy Tour* at 7:30 p.m. at the Isabel Bader Theatre and all tickets are \$29.95. For more information call 1-888-222-6608.



## College's Studio Jazz Ensemble plays the Rex

Jazz legend Denny Christianson leads music students through performance

Adrienne Huen  
ENTERTAINMENT REPORTER

Toronto's leading local jazz club was packed earlier this week with jazz enthusiasts eager to hear students from the Humber Studio Jazz Ensemble and the Montreal All-City Big Band make some beautiful music.

"This is the new golden age of Humber jazz," said Denny Christianson, Humber music director, Canadian jazz legend and Studio Ensemble band leader. "There is a wave of performers here that I guarantee you are going to be seeing again. They are the future jazz stars of this country."

The double-bill performance, which began at 9:30 p.m. at the Rex Jazz Hotel and Blues Bar, featured two one-hour sets by each band.

"This is my first time here, well actually my first time at any jazz show," said audience member Kevin Burgess. "It's a bit different than the music I normally listen to, but it was definitely worth the drive down."

For five dollars, listeners were treated to a variety of jazz and blues late into the night.

"We have been practising for two

months," said All-City Big Band founder and director, Christian Morissette. "It should be very exciting I think, the music is very loud."

Morissette, a former student of Christianson, said his 19-piece band, which consists of students from all over the greater Montreal area, traveled to Toronto for this performance.

As the last performers of the night, the Humber Studio Jazz Ensemble closed the show with a string of big hits.

"I kind of knew what to expect from the show tonight," said Humber music foundations stu-

**"This is the new golden age of Humber jazz."**

— Denny Christianson  
Humber Music Director

dent Dave Pineda. "But in all, it was really good."

Christianson said the success of the Studio Ensemble with audience members and critics alike, is due to practice, natural talent and the knowledge of the music faculty at Humber.

"People come to Humber for the strength of the faculty, the 35-year reputation of the music faculty

and the track record of Humber music students always going on and having wonderful and successful careers," Christianson said.

Trombone player Keith Ollerenshaw said he came all the way from Alberta after being advised, by his teachers, that Humber had one of the best jazz programs in Canada.

"The professors are or were professional musicians," Ollerenshaw said. "So as musicians themselves, they really teach you what a professional musician is and how to become one."

Up-next for the Humber Studio Jazz Band is a special presentation and performance with renowned composer and trumpeter Dave Douglas, on Feb. 7, at the Lakeshore Campus. Their fifth album comes out in April.

For more information on the band or their concerts and tickets, please call 416-675-6622 ext. 3427.

"I wouldn't say I love [jazz], but I do respect it," the Rex operating manager Tom Tytel said. "The more I listen to the jazz performances here, the more I learn about the music and the more I get to know that it's really about being free and confined, but all at the same time."



photos by adrienne huen

The Studio Jazz Ensemble packs the Rex. Centre, Canadian Jazz legend, Denny Christianson speaks to the crowd. Left and Right, band members perform a number for the crowded bar.

<http://etcetera.humber.ca>

## a hipester's guide to the weekend

**Listen to: Gregory and the Hawk and The Age of Rockets**

If you're going to start your morning with Gregory and the Hawk, you're likely to forget about that cup of green tea you made while you spend the day going through old photographs. The brainchild of Brooklyn-based artist Meredith Godreau, Gregory and the Hawk is an experimentation in music best listened to in bed. With hushed lyrics built around simplistic guitar and endearingly clumsy finger-picking, the music of Gregory and the Hawk wouldn't be out of place as a soundtrack to a rainy day spent cleaning old 'memory' drawers.

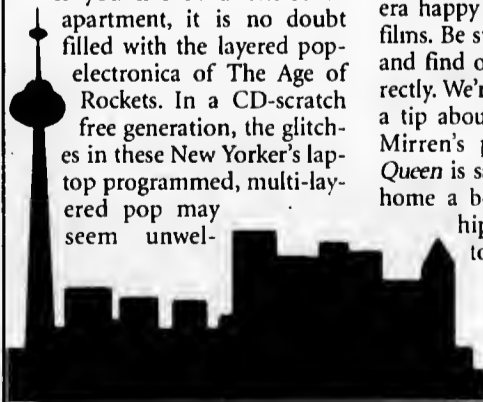
When you're done with Gregory and the Hawk, draw the blinds and turn the volume on the turntable up a notch or two.

If you live in a one-room apartment, it is no doubt filled with the layered pop-electronica of The Age of Rockets. In a CD-scratch free generation, the glitches in these New Yorker's laptop programmed, multi-layered pop may seem unwel-

come to your ears. But don't be alarmed — it's the sound of your future. The Postal Service did it, and now every movie about jaded "thirtysomethings" features their music on the soundtrack. It's okay; dance a little, brush your shoulder off and spend the weekend wearing your turntable needle down with a few new friends.

**Watch movies legally and make cash**

With the recent announcement of nominees for the 79th Academy Awards, why not join an Oscar pool and make some cash? Top films can be found on DVD or still in theatres, but make sure you watch them legally as 20th Century Fox is threatening to delay the release of movies in Canada. Apparently some fiendish cinemas in Montreal are getting a little camera happy and illegally pirating films. Be sure to tune in Feb. 25 and find out if you picked correctly. We're even willing to offer a tip about Oscar picks: Helen Mirren's performance in *The Queen* is said to be sure to take home a best actress award. Be hip and start betting today.



Talks between the Alliance of Canadian Cinema, Television and Radio Artists (ACTRA) and their producers have stalled over electronic rights. — *Toronto Star*



photo by tyler kekewich

ET Canada reporter and former MuchMusic Video Jockey gives students insider info about the entertainment business.

## Rick 'The Temp' visits Humber

### Students get a chance to question former Much VJ

Tyler Kekewich  
ENTERTAINMENT REPORTER

Humber student Rachel Zammit, was thrilled when she met Rick Campanelli at the HSF speaker series because she practically grew up with him.

"I've watched him on TV for so many years and I figured it would be an awesome opportunity to come down and meet him," Zammit, a general arts and sciences student, who stayed after the presentation to chat with Campanelli said. "I like his enthusiasm and how he's so into what he does," she said.

The Entertainment Talk Canada personality spent almost a decade working at MuchMusic, after winning a promotional contest at the station in 1994.

*"Well, the actor's are usually sober when I'm talking to them and they don't reek like marijuana."*

— Rick Campanelli

"It didn't happen over night. When I won the temp contest, it took a year and a half of working

behind the scenes to get on air," Campanelli said in the HSF office before his presentation. "That's the way it usually works — no one actually goes on right away — it takes a lot of work."

The school concourse was filled with fans who came to see Campanelli and hear about his new job on ET.

The audience had a laugh when Campanelli compared interviewing actors at ET to rock stars at Much.

"Well, the actor's are usually sober when I'm talking to them and they don't reek like marijuana," Campanelli said with a smile.

### in review

## Life of a salesman

Anastasiya Jugal  
ENTERTAINMENT REPORTER

*The Pursuit of Happyness* is a classic tale of a hero. Chris Gardner (Will Smith) is a hard working father, who's had more than his share of bad luck.

He is trying to raise a five-year-old son (Jaden Smith, Smith's real-life son) while working as a salesman.

Struggling to make ends meet, Gardner also endures lectures from his wife on a daily basis.

Things just keep getting worse for our quasi-hero.

Despite the depressing lifestyle, the movie does manage to provide audiences with a few laughs.

Gardner seems to regularly find himself in situations where he is forced to do some haphazard multi-tasking and a lot of running to make it to meetings; late, of course.

With endless determination and a trick up his sleeve, he lands a prestigious internship at a brokerage firm.

Sadly, this is about the time he loses his apartment and things go from bad to downright awry. Somehow, it seems that Gardner didn't realize his internship is without pay.

The movie is based on a true story, which adds to the emotional attachments to the main character and pulls extra hard on our heart-strings. Gardner truly loves his son and audiences can see through each heartfelt attempt at success that he is truly doing everything he can to give his son the best life possible.

If that's not enough, the movie is simply worth watching just to find out why it is spelled *The Pursuit of Happyness*.



## Aboriginal Students

### JOIN US for a Lunch Reception:

**Date: Thursday February 8, 12:10 p.m.**

**Location: Community Room (NX111),  
North Campus**

**A light lunch will be served**

**Please R.S.V.P to Melissa Gallo at:**

**melissa.gallo@humber.ca**

**416-675-6622 x5230**

Humber's Student Services Department is seeking to learn more about our Aboriginal student community. We will do this by talking to Aboriginal students to find out what their needs and interests are. From the feedback, we will create a service to complement and support our Aboriginal students.

**For more information contact:**

**Judy Harvey, judy.harvey@humber.ca or**

**Melissa Gallo, melissa.gallo@humber.ca**



Dreamgirls leads the Oscars with eight nominations but was shut out for best picture. Other top contenders include Babel and The Departed. —www.oscar.com



photo by jeremy dickson

Damian the Hypnotist mesmerizes volunteers on stage in the Student Centre to a eager crowd of students and passerbys.

## Hypnotism gets naughty

Damian the Hypnotist gets students legally stoned

Jeremy Dickson  
ENTERTAINMENT REPORTER

"I'm going to get you legally stoned on stage today," Damian the Hypnotist told the large crowd in the Student Centre last week.

Six volunteers fell under the performer's spell as he made them believe they were high on drugs and the police were after them. Those hypnotized also believed they were guests on the Jerry Springer show and in love with their chairs.

"It was amazing and very funny," said first-year early childhood education student Dasha Tchernykh. "It seemed like the people were actually hypnotized when they were running around acting crazy."

The performer's act has reached colleges and universities across North America and around the world. His shows have appeared on HBO, CTV, TVO, Global and MTV.

Damian the Hypnotist came to Humber last year, but HSF programming director Aaron Miller said last week's performance was just as successful. "It went really well. We had a great crowd and it gave people who maybe couldn't see Tony Lee's XXX show in CAPS a chance to see a hypnotist that's just as good," Miller said.

Damian Bertrand, who is a certified master hypnotherapist, was born in Montreal, grew up in Ottawa and now calls Boston

home. He has been a professional hypnotist since 1996 and can also use his skills to help people lose weight, quit smoking, stop nail biting and get over the fear of flying.

"I didn't always want to be a hypnotist but I definitely enjoy what I do," Bertrand said. "I get to travel, see different cities and meet a lot of nice people."

He admits he gets a kick out of performing.

"It's fun because you get different people reacting differently at all the shows and some become very animated," said Bertrand.

Despite some shocking stage events, Bertrand said his mother and father, a politician and judge respectively, still enjoy his work.

"What I do is different than what they expected, I guess, but they really enjoy my shows and think

it's cool," Bertrand said.

His performance sketches range from PG-13 all the way to unrated depending on the crowd and venue.

"I got the OK from HSF programming director Aaron Miller to do the restricted version," Bertrand said. "You read the audience. This crowd was into it and they wanted more."

Bertrand did fear for his life once at a show in Florida after a six-foot-six, 300-pound football player realized he was using whipped cream on another man in a sexual nature and chased after the hypnotist.

"I hid behind two rows of chairs and the only thing I could do was put him back to sleep so I said 'sleep' and he fell face-first onto the stage. Thank God, because I wouldn't be here today if not."



photo by jeremy dickson

Hypnotized students become Damian's puppets on stage.

## Sci-Fi/fantasy author shares the write skills to students during discussion

Novelist Nalo Hopkinson visits Lakeshore Campus

Alex Green  
ENTERTAINMENT REPORTER

By day, Maija Kimens is a single parent and elementary school teacher. To pursue her hobby as a writer, she attended the first session of the 2007 Humber Writer's Circle on Jan. 20.

"I thought it would be a nice way to get some so-called theory that could maybe guide me when I get writer's block or struggle with a certain aspect of a story or novel," said Kimens, 40, of Toronto.

The Circle, held last Saturday, featured novelist, editor and short story writer Nalo Hopkinson, as well as John Pearce, literary agent from Westwood Creative Artists.

"I think if nothing else, hearing what it feels like from someone who is further along in the process is beneficial," Hopkinson said of the importance of The Humber Writers' Circle.

The Writer's Circle was established in 2004 by Kim Moritsugu,

author of four novels, to provide anyone with an interest in writing the opportunity to learn new skills and network with established authors.

"I thought there was a gap between what The Humber School of Writers offers in terms of the week-long program in the summer and the seven-month correspondence program," Moritsugu said. "I thought it would be nice to have something that was a lower cost entry program."

The Circle is a two-hour session consisting of an author who talks about a certain topic of their choice for the first hour, followed by a literary agent who critiques and comments the first page of student's manuscript if they choose to submit it prior to the session.

This week, Hopkinson, who was born in Toronto and best-known for her novels *The Salt Roads* and *Brown Girl in the Ring*, spoke about creating characters.

"It's a dialogue between you and your characters," she said, explaining the technique of putting characteristics of a protagonist together. "Always question your own assumptions."

Forty people attended the session.

Antanas Sileika, artistic director of The Humber School for Writers, said the majority of people who attend these sessions have been in the summer workshop or correspondence program.

Kimens, who was enrolled in the one-week summer Writer's program, said she found the experience beneficial. "It gave me more girth in terms of exploring my own writing abilities," she said.

The next Humber Writers' Circle is Sat. Feb. 24. The topic will be lawyers writing fiction. This session, is open to the public.

To find out more information about Nalo's upcoming projects, visit her blog at [www.nalohopkinson.blogspot.com](http://www.nalohopkinson.blogspot.com).



photo by alex green

Writer Nalo Hopkinson offered advice to writers at Lakeshore.

"The bottom line, we got it handed to us. ... And they got pizza." – Charlotte Bobcats coach Bernie Bickerstaff after losing 105-84 to the Raptors

## First place secured in Colts rivalry revisited

James Sturgeon  
SPORTS REPORTER

The Humber Hawks men's basketball team defeated their divisional rivals the Centennial Colts in a crucial game Tuesday night 72-55.

The home win gave Humber the season series (2-1) against the Colts, ensuring that in the event of a tie in the OCAA Central division, the Hawks will automatically advance to the second round of the playoffs in March.

"It's a critical point," said assistant coach Shawn Collins. "It's an opportunity to get a bye in the playoffs. With the win tonight, we're one step closer."

While the win secured Humber's

### Hawks Scoring

Player	GP	FT%	PPG
M. Milmine	10	.727	11.8
K. Cadougan	10	.692	11.1
C. Thompson	10	.609	9.5
N. Gooding	5	.563	7.8
P. Cade	10	.600	6.4
E. Schmidt	10	.706	5.4
L. Robinson	10	.500	5.3
J. Tyndale	10	.778	5.1
S. Hunziker	10	.550	4.5
J. Hemmings	5	.200	3.6
P. Pietruniak	10	.750	3.1
M. Swaby	10	.875	3.1
A. Lukosius	9	.500	2.6
R. Salter	5	.000	0.4

possession of first in the central and second overall in the OCAA, it was also a measure of revenge.

"Besides it being a big game for first place," Collins said, "we were trying to redeem ourselves for losing to these guys at home" – 76-75 in November.

Humber quickly set the rhythm in the first half, shooting over 50 per cent from the field, while keeping Centennial to 37 per cent, ending the frame with a 42-26 lead.

"We wanted to control the boards and win the loose balls and make those hustle plays," Collins said. "I thought we did a good job of that."

Centennial threatened to make a game of it early in the second, quickly narrowing Humber's lead to 10. However, a five-point outburst from all-star guard Mackenzie Milmine pushed the lead to 15, off a gritty two-way effort at the 13-minute mark.

Milmine saved the ball from going out of bounds on defence, then grabbed his own rebound at the other end to convert the basket while getting fouled. In total,

### Men's CENTRAL

School	W	L	PTS
Humber	8	2	16
Sheridan	6	2	12
Centennial	6	3	12
Seneca	4	5	8
George Brown	1	7	2
Georgian	1	7	2

Milmine finished with 15 points.

Humber's other all-star guard, Kerlon Cadougan contributed a game-high 16 points.

Cadougan and Milmine represented Humber at last Saturday's OCAA all-star game hosted by Durham College in Oshawa.

Despite the win, head coach Darrell Glenn said the team has room for improvement.

"We had real lapses in concentration," said Glenn.

"We turned the ball over too much, and we were kind of freelancing plays. That usually translates into bad shots and leads into transitions baskets for the other team. But it's still only January."

The victory gives the Hawks an 8-2 record heading into an important game against the Sheridan Bruins this Friday in Brampton.

It also extended Humber's winning streak to three, after the Hawks trounced George Brown 80-39 last Thursday.

That game was never close, as Humber built a 40-17 lead at half-time in a solid offensive showing.



Chris Thompson demonstrates a quick release as he looks to avoid the Colts double-team. Excellent ball movement was key to the victory.

photo by jesse kinos-goodin

Six-foot-nine centre Alex Lukosius led the way with a game-high 16 points, followed by 15 from guard Lamar Robinson, who

menaced the Huskies from the perimeter. Cadougan added eight rebounds, five points and five assists.

## Hawks win thriller: Monique Faulknor scores game-high 19 points

Josh Gold-Smith  
SPORTS REPORTER

Felon Harris sank a pair of free throws in the final minute as the Humber Hawks women's basketball team edged the George Brown Huskies 53-47 last Thursday.

"It was a fight," said point guard Harris, who had 10 points, seven assists and five rebounds and represented Humber at the provincial all-star game in Oshawa last weekend.

"I think we came mentally ready today. We had a talk in the change

room and everyone said we have to come out big today and this game's really important."

Guard Sarah Miller provided energy off the bench with 10 points in just 16 minutes. She also knocked down a crucial three-pointer, which brought the home

crowd to its feet and gave the Hawks the momentum to finish strong.

The contest was critical for both teams, with plenty of playoff implications in the tight East Division race.

"I knew that they would be intense," said Humber head coach Denise Perrier. "They're right behind us in the standings, so this is a big win for us."

Humber (6-4) moved into a tie for third place with the St. Lawrence Vikings, while George Brown dropped to 4-5.

The Hawks were playing on their home court for the first time since Nov. 28 when they defeated Fleming 72-21.

"It's nice to be home," Perrier said. "That really was a sixth man for us and really helped us out."

Humber's defence held the Huskies to just 28 per cent shooting from the field and limited all-star Niveal Pastrana to four points, no assists and five turnovers.

"I thought defensively, we actually did a good job," said Perrier.

Forward Monique Faulknor guided the Hawks with 19 points and seven rebounds. Rochelle Reid led George Brown with 14 points,

11 of which came from the free-throw line and forward Brittney Griffin came off the bench to contribute 13 points, including nine from beyond the arc.

Humber guard Karla Reyes rejoined her teammates for the first time since returning from the Philippines on personal leave, but did not enter the game.

"We'll get her back next week," Perrier said. With Reyes sidelined, Harris played from the opening tip to the final buzzer.

The Hawks have won six of their last eight and play just two of their six remaining contests against clubs with winning records. They face the Durham Lords in Oshawa tomorrow night at 6 p.m.

### Women's EAST

School	W	L	PTS
Seneca	11	0	22
Algonquin	8	2	16
St. Lawrence K	6	4	12
Humber	6	4	12
Durham	5	5	10
George Brown	4	6	8
Georgian	2	7	4
Loyalist	2	7	4
Fleming P	0	9	0



photo by josh gold-smith

Meghan McPeak (4) controls the play in front of the Hawks bench. She contributed five points.

# SPORTS

"When I was a kid growing up, I (admired) Raymond Bourque." – Leafs defenceman Tomas Kaberle, who played in his second NHL All-Star Game yesterday

## Court squashed for time management

Michael Clegg  
SPORTS REPORTER

The squash court in the Humber Athletic Centre may be the most adaptable court of its kind.

While there is no current squash league, the court can be booked through the athletic centre's control desk seven days a week.

After being repainted and newly

taped over the holidays, the court is ready for another semester of use as everything from a children's playpen to a cheerleader's training ground.

"It's a perfect space for us," said Bridget Woodcock, director of the child care centres at Humber – one of many groups that use the court for other activities.

"By law we aren't allowed to take

the children outside when the temperature falls below -10 degrees," she said. "So the children can go into the squash courts and play all sorts of games."

Tara Grozier, coach of Guelph Humber's cheerleading team said the court makes a great practice space. "When we started, that's where we mostly practiced. It has all the height we need for a full

run-through."

The fitness program makes use of the court's proximity to the rest of the athletic equipment. "They use it for assessments," said Dean Wiley, the facilities manager for Humber athletics. "They bring the weights in there, they do the step test, the beep test, they do the sit-ups. If they didn't use the squash court, we'd have to close the

weight room, something we don't want to do."

Wiley said the decision to use the squash court for multiple activities was "based out of necessity."

The Athletic Centre was once home to three squash courts, but in 2003 two of them were renovated for other purposes.

"We changed one into a taping clinic and a hallway to the pool. It's rather intimidating, walking through [the gym] in your Speedo, so we put a direct route down the hallway," Wiley said. "The other one became a personal training room for the fitness group."

When asked if there are complaints regarding the variety of other activities, Wiley said, "Sure, but whoever calls to book the court first gets access."

Despite its multiple uses, the court is popular among squash enthusiasts.

"The court is consistently booked by people looking to play squash," said Lisa Headley, who works at the control desk.

Bob Schilling, who works in Humber's finance department and plays squash four times a week, is frustrated by the court's usage. "I'm not pleased," Schilling said. "When we had three courts it was a different story."

Wiley said the athletics department tries to keep the court "as specific as possible to squash," but added, "we're a rec centre that happens to have a squash court. If you're a serious squash player, you're probably going to join a club."

# WANTED

## Are you interested in running for Student Government?

**President**

**VP Administration (North/Lake)**

**VP Campus Life (North/Lake)**

**Program Representative**

**Director**

### INSTRUCTIONS

- Election packages now available at the HSF office
- Nomination period ends February 9th at 4:00pm

**HSF**

## CRUNCH TIME

Centennial has lost three of its last four men's basketball games, two of which were courtesy of the Hawks.

The other – possibly the biggest upset of the season – gave Georgian its first win of the season boosting the spirits of the home crowd.

Grizzlies guard J.P. Amaral led game-scoring with 31 points.

Montreal will host the NHL All-Star game in 2009, coinciding with the Canadiens' 100th anniversary.

Next year's game will be played in Atlanta, which according to espn.com, is ranked 20th in average attendance this season.

Hockey Canada has granted Quebec City a few days to get its act together or risk losing the 2008 World Hockey Championships.

The tournament, traditionally held in Europe, is to be co-hosted by Halifax. Hockey Canada is concerned with Quebec's plans and infrastructure.

"I played really unbelievable tennis. I hope to continue this week." - Fernando Gonzalez after upsetting second seeded Rafael Nadal in the Australian Open.

# Four Hawks excel in OCAA All-Star Game

James Sturgeon  
SPORTS REPORTER

Four Humber varsity hoopsters represented the Hawks at the OCAA's 20th Annual Basketball All-Star Games at Durham College in Oshawa last Saturday.

The day featured several events that ended with a women's all-star game followed by a men's match-up in the association's traditional format of East versus West.

For Humber, guard Felon Harris and centre Kristina Harse laced up for the women's East team, while guards Kerlon Cadougan and Mackenzie Milmine represented for the men's West side.

All four players from Humber were playing in their first OCAA all-star games.

The East won both match-ups, beating the West 79-64 in the women's game, while handing the men's West team an 82-78 loss.

The day was more about having a good time than who won, according to the players.

"I really didn't play to win it," Harris said, having scored five points while collecting two assists. "I just took it for fun."

Harse said that "although I'm a

little disappointed with how the West did, overall it was a really good experience."

The second-year centre notched 10 points and four rebounds in the contest.

"It's a bit of a stress relief from the regular season," Milmine said. "Most of the time I have to defend against these guys," he said, referring to his all-star teammates.

Milmine netted five points and two assists, while Cadougan showed his usual vigour on the glass, leading all West players with eight rebounds, while scoring three points in the men's game.

It was a dismal affair in terms of shooting percentage, as the men's teams shot just barely over 30 per cent, while the women's teams shot only marginally better at 37.

It may have had something to do with the fact the players and coaches from the 18 participating colleges had been there since the morning to prepare and participate in the day's other events.

"Yeah, it's been a very long day," Milmine said, who participated in the OCAA Spalding-T.Litzen three-point shootout earlier in the afternoon.

"It's a long day but there's a lot of



photo by James Sturgeon

Humber's Milmine (12) put up five for the West's cause.

good things that happen throughout it," said West head coach Glenn Johnston from Fanshawe College.

Besides the two games and three-point shootout, there was a two-ball competition and mascot dance-off.

In what some considered the most important contest of the event, Rif the St. Clair Saint outstepped Lord Durham and Fanshawe's Freddy the Falcon to win the venerable 2007 OCAA Mascot of the Year.

"It was an exciting day," Johnston concluded.

"We had a lot of fun."

# Early exit for volleyball men

Finish in North York indicative of chances at OCAA champs - coach

Simon Yau  
SPORTS REPORTER

Despite 13 kills and two aces from right-side hitter Stephen Eichhorn, the Humber men's volleyball team was eliminated early from a weekend tournament by the event-hosting Seneca Sting.

The loss capped a disappointing performance that saw the Hawks drop two of three round robin matches before being ousted in the consolation round.

Prior to the tournament, head coach Wayne Wilkins said the invitational challenge would be a litmus test for his team, noting that "how we finish in this tournament is probably a good indication of what we're potentially able to do at [the Ontario Championships]."

The Hawks came out with energy, but fell to both Durham and Fanshawe College before winning their only game of the tournament, a quick romp over the Loyalist Lancers.

"We really need to work on our passing," said Matt Dicks, player of the game against Fanshawe. "We've been passing around 55 per

cent. The minimum we need to be at is 70 to 75 per cent in order to compete."

"Overall, it was a tough day yesterday," said Adam Kinoshita about the pair of losses. "But I think all the guys are through it now, so we'll take it step by step."

Kinoshita started every game in the tournament, and earned player of the match honours in the team's lone victory against Loyalist.

Currently sporting a mediocre 3-3 record this season, the Hawks will face an immediate challenge when they return to action, as eventual tournament winners Redeemer College visit Humber this week.

Describing his team's weekend performance, Wilkins did not pull any punches.

"I just didn't think we played well enough," said the three-time OCAA coach of the year. "We've got six weeks left in the season and I've got guys who're half-assing it. So if we don't work hard together as a team, it doesn't matter what team they put against us, we're not going to be successful. The guys have got to continue to battle."

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Or drop by anytime to sign a card, or for a confidential discussion.

Hours will be 11 a.m. to 7 p.m. Mon-Thurs; 11 a.m. to 4 p.m. Fridays, at both locations.

Organization of Part-time and Sessional Employees of the Colleges of Applied Arts and Technology

[www.collegeworkers.org](http://www.collegeworkers.org)

# SPORTS

"We're going to give y'all something to cheer for." – Carmelo Anthony to the Denver crowd before his first game with Allen Iverson in his return to the Nuggets.

## Pro NLL players don't quit day jobs

### Humber grad, student play pro lacrosse for love of game, not fame

Jesse Kinos-Goodin  
SPORTS REPORTER

Former Humber student Luke Forget and the Rochester Knighthawks defeated the Toronto Rock 19-15 on Saturday, but Forget couldn't celebrate – he had to work the next day.

The National Lacrosse League is the highest calibre of indoor lacrosse in the world, yet a majority of the athletes don't get paid enough to cover the bills.

"You make about \$10,000 for the season," Forget said. "If you're a big deal, like John Grant or Colin Doyle, franchise players, you might make \$30,000."

Forget graduated from the firefighter education and training program at Humber last year, catching up on homework during the flights every weekend to Portland, where he played with the Lumberjax.

"Sometimes I'd miss two or three days of school," he said. "It was hard to keep up."

J.J. Dickie, a funeral services student at Humber who played for Toronto and Arizona last year, balanced work with his studies.

"The only way that I could work it out would be to work midnights," Dickie said. "I could probably get by with a student loan plus the lacrosse pay, but that would be just getting by."

Like the majority of the players in the NLL, Forget and Dickie needed something to fall back on. As a result, the NLL has a large number of athletes balancing work, school, and lacrosse at the



photo by jesse kinos-goodin

Things heat up Saturday night between the Rock and Knighthawks, including defenceman Luke Forget (36).

same time.

Jim Veltman, captain of the Toronto Rock, works every other day as a phys-ed teacher.

"My lacrosse salary is at least enough that I can work part-time," Veltman said. "That's how I manage, but I don't know how the other players do it. Some of them are still working full-time or going to school, but I have a family to manage too. I tried it but I was

going nuts. It's hard to juggle it all.

Do people need millions and millions to play? If you're gonna give it to me. But is that the reason why I play? No, definitely not."

So why do these athletes devote their entire weekends to lacrosse, driving or flying to different cities for games, practicing during the week, all while managing school, work, or both?

"I don't want to sound cliché,"

Forget said. "But it's really not about the money. Most of the guys would do it whether we got paid or not. It's a love of the game. It's to get the game out there and make the league better."

Veltman agreed. "Have you ever played in front of 17,000 screaming fans? It's unbelievable," he said. "If we didn't play it for the pure love of the game, we probably wouldn't be doing it at all."

## Alumni return to glory at soccer tourney



photo by brigid aiken

The men's alumni indoor soccer team celebrate its tournament victory last weekend.

Brigid Aiken  
SPORTS REPORTER

The men's and women's indoor soccer teams kicked off their season last weekend in a tournament hosted by Humber that featured a gold-medal performance by a squad of Hawks alumni.

It was a mixed tournament of current and alumni teams from six schools, including Humber's men's and women's squads, those still trying out for the men's team, and graduates who played in recent years.

The Humber men's alumni team were the real stars of the weekend, coming in first on Saturday and earning a bye to the semi-finals on Sunday.

They beat another Humber alumni team before taking out Ryerson 1-0 in the finals.

"I'm not a big goal scorer, I just score big goals," said Andres Arango, who scored the lone goal in the final. Arango played for Humber in 2001 and was named league all-star before being recruited by the Canadian National team.

He was joined by goalie Mike Silva,

named All-Canadian in 2002 and Humber's all-time leading goal scorer Jesse Calabro, among others.

It was a reunion for the alumni. "Once you're amongst the Humber elite soccer players," said alumni player Nathaniel Singleton. "You're friends for life."

The women's team made it through to the semi-finals, beating Sheridan 1-0, but were defeated 2-0 by the powerful Durham alumni team primarily composed of players from the Ontario Women's Soccer League.

"They held their own pretty good," said assistant coach Stephanie Wardell. "They did really well."

The men didn't fare as well and were defeated in the quarter-finals by Guelph 2-1. The match was heated, especially when Humber's Mark Sebek was knocked to the floor by a Guelph player.

"They just grabbed him and threw him to the floor," said captain Mike Marchese.

"We had no luck," he added. "We had a lot of chances but just couldn't score."

The Humber-hosted tournament was held just north of the campus at the Ultimate Golf Center.