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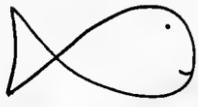
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JAN 25 2001

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see page 12

Smells like...



see page 16

HUMBER

et cetera

January 25, 2001
Vol 29 Issue 15

HUMBER COLLEGE
LIBRARY



Wanted: HSF board members

by Desmond Devoy

An exodus of directors from the Humber Students' Federation (HSF) has left the Board of Directors within two seats of being unable to function.

As a result, the HSF's executive is actively seeking replacements for the nine directors it has lost since last semester. A minimum of 12 directors is needed to hold a HSF Board of Directors meeting. If there are fewer than that number of directors present, (otherwise known as the quorum number) the meeting cannot be held, no minutes can be taken, no motions can be put forward for consideration and voting on pressing matters cannot take place. Currently, the HSF has 14 directors left. The quorum number was set at the HSF's Annual General Meeting in the fall, when there were 23 directors.

"If we drop below [that number] we'd be in big trouble," said Stephen Anastasi, the vice president for campus life at the North campus. "Right now we still have a higher number of members than our quorum number...[And] the attendance rate for those [here] is actually pretty good."

But Anastasi did caution that with the lower numbers, the chance of a lost meeting is possible. "If external problems come up, like a test, it is a possibility...with those smaller numbers I guess it is possible."

Though the numbers aren't encouraging, HSF President Toby

Warnell hopes that until the situation improves, the HSF can pull through and fill the nine vacant seats on the Board.

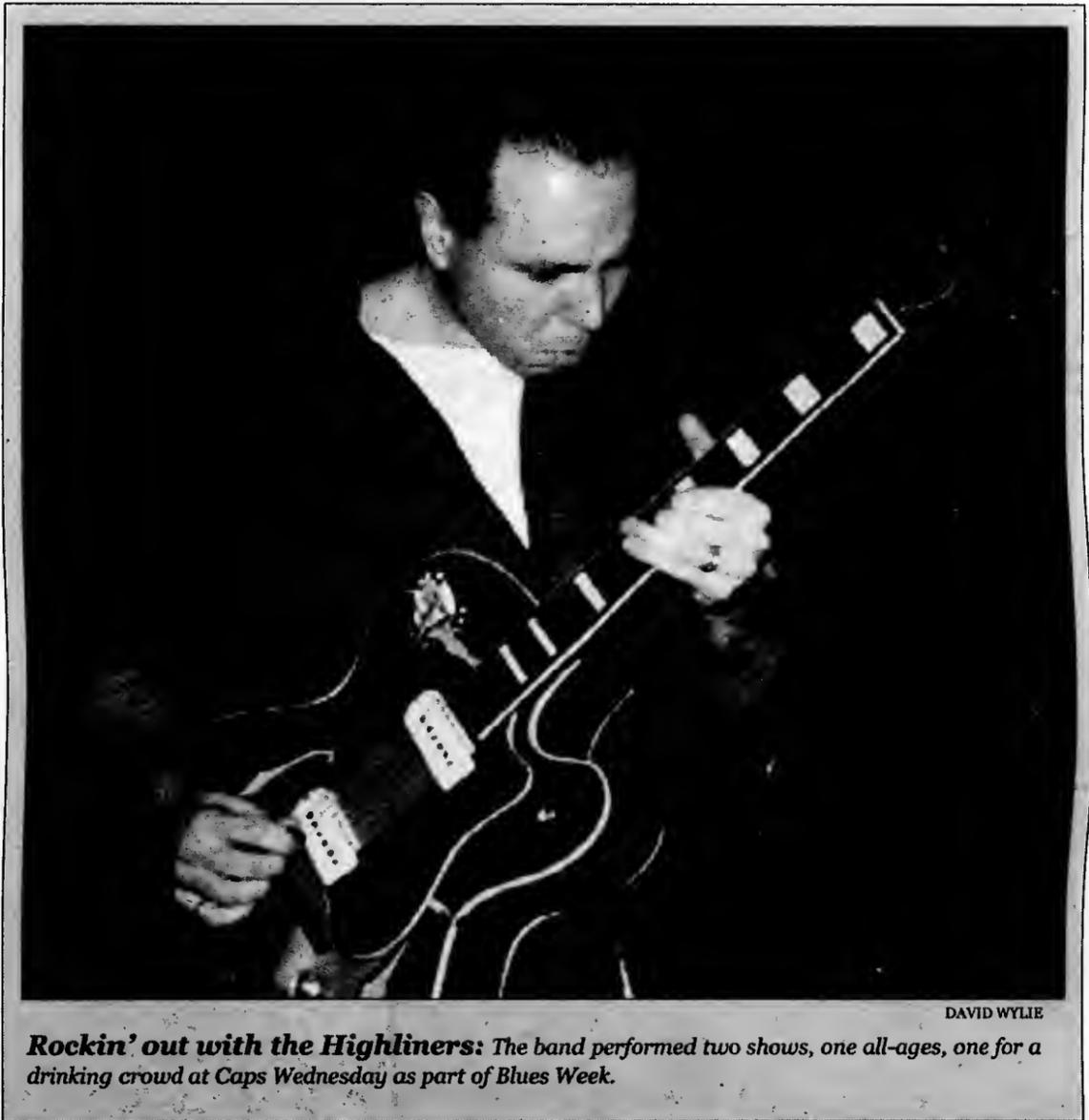
"I think we'll be all right," said Warnell. "Numberwise, it is poor...[but] I know we still have a quorum, so I'm happy...I'd say it's a norm to lose people. Would it be a norm to lose that many people? I would say not...It's odd that it's all at the same time."

The HSF may have a tough time filling those seats however. Last semester, four applications for the School of Information Technology and Accounting director seat were handed out. None were returned. As of Tuesday, only seven application forms had been handed out at the HSF's North office. So far, none have been returned.

"People like to wait until the last minute. They like to take their time," said Warnell. "If its going to be handed in, it'll be on a Friday, just like a class assignment." Applications are due at the HSF office by 4 p.m. on Friday, Jan. 26.

To attract students' attention, the HSF has tried to promote the available seats through a variety of means. "We've made a lot more posters this year, and we did a lot with orientation so the word is out said Anastasi.. "And there's been

See "HSF" Page 5



DAVID WYLIE

Rockin' out with the Highliners: The band performed two shows, one all-ages, one for a drinking crowd at Caps Wednesday as part of Blues Week.

Nursing an Atlantic partnership

by Tara Smith

Humber College and the University of New Brunswick (UNB) have come to a tentative partnership agreement to offer nursing degrees.

The proposal is now before the ministry for approval, according to Anne Bender, dean of the School of Health Sciences at Humber.

Two weeks ago a letter was sent to applicants saying that as of January 2005, anyone entering the nursing profession in Ontario will require a four-year Bachelor of Science degree in Nursing (BScN). At this time, Humber only offers a diploma program.

The agreement with UNB will provide Humber students with the required level of education to practice nursing in Ontario.

According to Humber's main Web site (www.humberc.on.ca), the new partnership with UNB will allow Humber to offer the UNB Bachelor of Nursing program at the North campus in Toronto.

The program is a four-year undergraduate degree program recognized by the Canadian Nurses Association and the College of Nurses of Ontario. Graduates of the program will receive the UNB Bachelor of Nursing Degree and will be qualified to write the nurse registration exam.

"We share common values," said Cheryl Gibson, dean of the faculty of Nursing, at UNB "I think there's a really nice fit between Humber and UNB."

Courses will be taught by both

Humber and UNB faculty.

Those students currently enrolled in Humber's diploma program have the option of going on to university after completing their diploma and transferring their credits to earn a degree.

Students entering the nursing program in September 2001, according to another Humber Web site, can expect to complete a fast-track program (with semesters running through the summer), allowing them to finish the program by December 2003.

Grads could successfully complete the Provincial Nurse Registration Exams during 2004, in order to be fully qualified by the year 2005.

First-year nursing student

Darren Clock said the change in the program doesn't bother him because he knew it was coming.

He plans to finish the three-year diploma program and then go to Australia to get his degree.

"Humber's actually one of the top schools for health sciences," Clock said. "The people coming in next year are at an advantage, just because they'll have the degree program, and they don't have to switch [to a university] or anything."

Aaron Barber, a second-year Nursing student, said he has no problem completing the three-year diploma program at Humber and then doing two years at university to get his degree.

"I'm getting more of an extensive education...," Barber said.



Et Cetera
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News *et cetera*

New legislation cracks down on zero tolerance

by Christopher Lombardo

Zero tolerance. That is the thrust of drunk driving legislation recently passed in Quebec that will restrict alcohol intake by professional drivers to zero.

The new legislation will affect taxi drivers, paramedics, truckers and others who use their vehicles for professional purposes.

In addition to the zero tolerance policy, the legislation includes a lowering of the legal blood alcohol content (BAC) for non-professional drivers from 0.08 to 0.05 per cent. It will also

give police more sweeping powers when it comes to on-the-spot licence suspension.

Caroline Swinson, national president of Mothers Against Drunk Driving (MADD) supports the legislation.

"It's a good thing. Most companies have zero tolerance policies, but this will affect independent drivers as well," Swinson adds, "We have been pushing for a 0.05 per cent BAC level for a long time because historically, every time the BAC is lowered,

there are fewer alcohol-related deaths."

In Ontario, police may impose a 12-hour roadside licence suspension on drivers who register a BAC above 0.05 per cent or refuse to provide breath samples, but according to Swinson, police do not usually enforce it at that level.

Though the Province of Ontario has strict zero tolerance policies in effect for its graduated licensing program, as well as for health professionals, it does not cover all professional drivers.

Crime Stoppers program at Humber very committed

by Nick Dixon

Would-be criminals take heed. Humber College is continuing its commitment to ensure the safety of its students through their Crime Stoppers program.

Humber College has had a Student Crime Stoppers program for five years. By calling 222-TIPS (8477), any student or staff member at Humber can do his or her part to help police do their job more effectively.

Gary Jeynes, director of public safety at Humber College and past chairman of the Toronto Crime Stoppers Board, said the program was adopted at Humber, "to give people another opportunity to participate [in helping to solve crimes] who want to remain anonymous."

"Crime Stoppers is a partnership between the police, the community and the media."

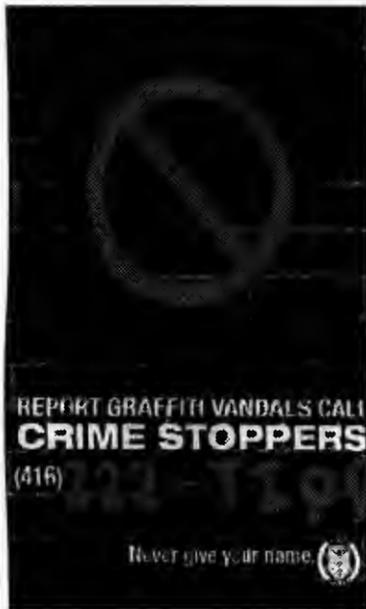
- Gary Jeynes

Anonymity is the most important aspect of any Crime Stoppers program. Crime Stoppers does not track the origin of any calls, and according to Jeynes, "they don't subscribe to caller ID."

When calling, as soon as a Crime Stoppers operator hears a name, they will hang up.

"We don't want to know your name," Jeynes emphasizes.

Because of the anonymity of the program no records are available on the number of calls that



COURTESY PHOTO

Help out by calling in a crime

originate from Humber, or how many students have received cash rewards.

"We have shown a steady decline in crime on campus ... Crime Stoppers brings an awareness to those who want to commit a crime that somebody may be watching and could call anonymously," Jeynes said.

Apart from the satisfaction in knowing that your tip has helped to solve a crime, there could also be a financial reward for your assistance. Jeynes said, "If the Toronto Board determines the information you gave led to an arrest or was serious, [they] put a dollar value on that tip."

The maximum dollar value

awarded by Crime Stoppers is \$1,000. Cash rewards can be collected at any Toronto Dominion branch in Canada, however, according to Ron Taverner, superintendent at 51 Division, "only about one-third of the rewards are ever picked up. So it's not about the money, it's about people having a way to report on crime and to help make the community safer."

Taverner and Jeynes are both quick to emphasize the community-based nature of Crime Stoppers. Jeynes explains "Crime Stoppers is a partnership between the police, the community and the media ... Humber Et Cetera is one of our partners." Jeynes also said Crime Stoppers is a non-profit organization, that relies on public funding to operate and pay rewards.

The Student Crime Stoppers program at Humber, "is a very positive thing for the school, for the students and for the administration," Taverner said. "Most people in the community want to have a safer community and want to do the right thing."

People should not think their information is insignificant.

"It might be just the thing that points our department or the police in the right direction," says Jeynes. "All tips are put on a wall for the police ... they rely on that information."

Crime Stoppers can be reached at (416) 222-TIPS and callers always remain anonymous.

Union prepares to negotiate a new agreement soon

by Brad Holden

Workload and salary issues are the primary concerns of faculty members at Ontario's 25 community colleges as their union prepares to negotiate a new collective agreement.

The Ontario Public Service Employees Union (OPSEU), representing 15,000 college faculty members, announced Jan. 2 that it intends to negotiate a new province-wide deal. The current agreement will run out on Aug. 31 of this year.

"We feel we should be paid more than high school teachers - somewhere in the range between high school teachers and university professors."

- Paul Michaud

"There are a number of issues that relate to the quality of education," said Paul Michaud, acting president of Humber College's OPSEU local. "One of the concerns people have is that with increased workload, we can't do as good a job as we have because we either have more courses or more students."

Michaud said money concerns revolve around the desire to prevent salary erosion from inflation, and to maintain a level of pay that compares favourably to other educational institutions.

"We feel we should be paid more than high school teachers - somewhere in the range between high school teachers and university professors," said Michaud. "There is a concern that we have been slipping in that area."

Dr. Robert Gordon, president of Humber College, said there were bound to be differences between the union's early position and that of the administration.

"I don't think we disagree on what the issues are, but I think we disagree on the perspective of how we approach them," he said.

"I don't necessarily think we want to make them do more, but I think we want to deliver educa-

tion in different ways, and that gets tricky."

George Brown College business professor Damian Weichula, who is part of the seven-member OPSEU negotiating team, is hesitant to show any optimism until talks begin.

"It's hard to know until you meet with the other side, because you really don't know what their agenda and their hopes are," he said. "If they are looking at radically altering the workload of the faculty, or if they are looking at reducing their costs substantially, then it could be a rocky road."

On the administration side, President Gordon also did not want to appear too positive.

"I'm optimistic - I mean the last thing we want to do is hurt the students," he said. "But who knows, I'm assuming that everyone is going to be realistic here and not expect the moon, because if either party expects the moon, we've got a problem."

Both Weichula and Michaud expressed hope that a new deal could be agreed upon quickly.

"There was a very, very strong mood at the demand setting meeting that there should be a real push on to have this round of bargaining go fairly quickly," said Michaud.

"I'm optimistic - I mean the last thing we want to do is hurt the students"

-President Gordon

"It is certainly our hope that we can move seamlessly from one collective agreement to another one," said Weichula.

No date has been set for the first meeting of the two sides.

"It's a very mechanical process," said Michaud.

"The law says that in January of this year the contract is to come due. One of the sides has to declare their intent to bargain. That is what's been done. At some later date they'll schedule their initial meetings and negotiations will go from there."

Local residents angry with Humber students

by Caroline Grech

Some Etobicoke residents living near Humber are fed up with college students parking on their neighbourhood streets and have filed complaints with the City.

According to John Lyras, constituency assistant for Ward 1 Councillor Suzan Hall, several complaints have been made about students parking on Alicewood Court and Mattari Court. The two streets are very close to Humber.

"Residents are arguing that they should have priority for street parking because many have street permits and often no place to park," Lyras said.

Residents are paying \$89 for yearly street parking permits from the City.

However, the inability to park is not the only issue for local area residents. Safety is also a factor as the number of cars on the small streets has doubled, making it more dangerous for children in the area, said Councillor Hall. The

issue of safety came up during her campaigning this past fall.

"Some residents are upset because they have seen a couple of near accidents involving the extra cars on the street," Hall said.

Alicewood Court resident Eloise Sider finds the whole issue an annoyance.

"It wasn't an option for me. I didn't have the extra \$400 to pay for parking. It is a 10 to 20 minute walk, but it was worth it,"

- Derrick Milburn

"It's very hard to get in and out because people have parked so close to both sides of the driveway. It is also very hard with the snow banks to see the little ones walking on the street. It is a nuisance," Sider said.

Humber students continue to park on both streets despite signs being put up last year.

The "no parking" signs were put up following resident complaints, and do not allow people to park 15-metres away from the end of the street.

Nancy Pinson, manager of security services at Humber confirmed that parking spaces are over sold because of differing student schedules, but also added that there aren't enough spaces for the number of requests they receive.

"There is always a high demand for parking and with double the students expected next year it will cause even greater demand," Pinson said.

Despite this high demand, a few parking spaces are still available in parking lot five, says Jacqueline Alonso, customer services associate in registrar's office.

Overcrowding isn't the only



CAROLINE GRECH

Local residents are angry with Humber students who park in their neighbourhood taking up their own spaces which they pay for.

concern for students parking on campus. For many the \$368 fee is just too much to pay.

Derrick Milburn, a first-year post grad student, started to park on Alicewood Court when his friend's landlord would no longer allow him parking in his driveway.

"It wasn't an option for me. I

didn't have the extra \$400 to pay for parking. It is a 10 to 12 minute walk, but it is worth it. Why would you pay to park at Humber when parking on the street is free?"

Hall has planned for a public meeting with residents to determine the extent of the problem, but no definite date has been set.

Fighting crime number one on the agenda for police

by Michelle DaCruz

Fighting crime through community initiatives like increased police presence, radar zones and a revival of defunct after-school activities for neighbourhood youth are top priorities for Etobicoke-North councillors.

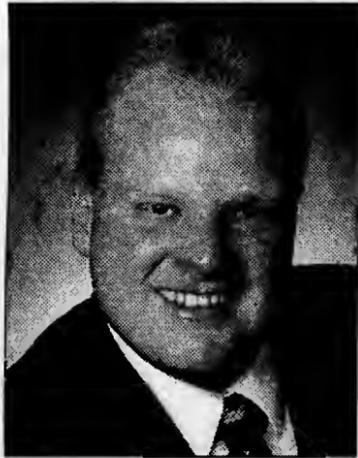
Councillor Rob Ford is working closely with Metro police to curb crime in Etobicoke-North, one of the poorest and most socially deprived areas of Toronto.

"You either love the police or hate the police. I am a huge advocate of the Toronto police force. I think it is one of the best forces in the world. Not everyone on the Toronto council has the same opinion, but whenever I can I will always support more spending for the police budget," Ford said.

Ford said he is an advocate for a new police project that will target violent, drug-related crimes that occur in the area between Finch and Steeles Avenue and Hwy. 427 and Islington Avenue.

Most of the drug trafficking that goes on in Rexdale, Ford said, is perpetrated by individuals who live in surrounding suburbs and not by residents themselves.

Darren Stevenson, a Humber student who lives in Rexdale, said if he had known how dangerous the area was before signing his lease, he would have looked for housing further away.



COURTESY PHOTO

Councillor Rob Ford is working hard to fight crime.

"I think that it's good that politicians are trying to take steps to correct the crime problem. But, next year when I look for houses, I'm definitely going to look further away and I don't mind the extra commute for my own safety," Stevenson said.

Ford said that the Rexdale area has been unfairly characterized in the press as a scene of constant gang warfare.

"Not all the kids in this area are part of a gang. Ninety-nine per cent are good kids and only one per cent get the press. As a volunteer community football coach, I get to really talk to the kids and they tell me more than they would tell their parents. We are not talking gangs like the Bloods and the

Crips in Los Angeles, where you have real gang-style wars. Here, if anything, it is only imitation," Ford said.

Enforcing strict radar zones in residential areas and reviving after-school sports programs are also essential to making Rexdale a safer place, Ford said.

Deborah Ellis, a Humber business management student, said she is aware of the crime problem in the area, but feels safe because the house she shares with seven other people is located on a quiet, family street.

"I lived in residence last year so I was familiar with the neigh-

"You either love the police or hate the police. I am a huge advocate of the Toronto police force."

- Councillor Rob Ford

bourhood before I moved into this house. I also know about the surrounding areas because I grew up in the Jane Street and Wilson Avenue area. I'm aware of the crime problem and know that there are certain pockets of this city where you wouldn't walk alone at night. At our house we have a mutual agreement that if we go out after dark we'll go in a pair or not at all," Ellis said.

Bursary blues

by Stephen Cox

Some students are facing debt problems after a confusing letter about bursaries gave the wrong impression that they would receive extra money - in some cases \$3,000 this year in addition to OSAP.

Students charge that the letter they received from the Millennium Scholarship fund was worded incorrectly.

"The letter was not worded clearly," said Mark Baese, a Humber student in the final year of the radio broadcast program.

"When I first read the letter I was excited, I thought 'great an extra \$3,000'."

The Millennium Scholarship fund was set up in 1998 by the Liberal government through an Act of Parliament. Its purpose is to help relieve students of the debt of student loans.

For example, if you have a \$7,000 loan from OSAP, and you receive the Millennium Scholarship for \$3,000, it does not mean you get additional money. Instead of getting OSAP, students get a cheque for \$3,000. If the students OSAP installment for the second semester is more than \$3,000, then they will get the remaining money from OSAP, in which they have to pay back.

The letter to the bursary recipients read, "The Canada Millennium scholarship fund is pleased to award you a bursary in the amount of \$3,000 for the 2000-2001 academic year."

The letter never actually explained that students would not receive this bursary on top of their OSAP loan.

"This award is part of your overall student financial assistance package, as set out in the Notice of Assessment from the province of Ontario."

Another factor that may have lead to the confusion is that OSAP is a provincially-run program, and the Millennium Scholarship is national.

Some critics believe that the Millennium Scholarship is just a way to make the federal government look good when it comes to education and nothing more.

With the impression that this was extra money, students like Baese used up the money quickly.

"It is my own fault, but I just wish they had worded the letter better," Baese said.

Cory Huhn a public relations officer for the Millennium Scholarship fund, said that there were some problems.

"We tried to word the letter as clear as possible," Huhn said. "This was our first time sending out money in Ontario. We hope that we can clear out all our problems for next time."

There was a hotline set up for students who had questions or concerns about the bursary.

"When I called the hotline they basically said too bad, so sad," Baese said. "They told me to put my comments on the Web site."

Humber goes down under

by Alexandra Cygal

Fighting off deadly snakes, battling the dingos, and seeing the location of *Survivor II*, might be in the curriculum for two lucky Humber students.

Second-year Public Relations students, Tanya Rogozynski and Caroline Giles, were chosen by the faculty to study for a semester at the Royal Melbourne Institute of Technology (RMIT) in Australia.

"It certainly gives [the students] that exposure to doing PR in a different culture, where maybe they do it just a little differently."

-Jennifer Leonard

"I always wanted to go since I was a child," said Rogozynski. "I used to have a map of Australia in my room. So this is just an opportunity of a lifetime. So, as soon as I saw it was available, I had to do it."

The two girls were chosen on the basis of a letter they wrote explaining their suitability. The applicants also needed to maintain a grade point average of 70 per cent or higher, strong attendance,

and punctuality. The students are required to finance airfare, residence and cost of living while in Australia.

The four month exchange will start in mid-February and finish at the end of June.

The two Australian students, Andrea Pfeffer and Kate Longton, already started their semester at Humber in January.

"It's a really good course," said Longton. "I find that the lecturers are really qualified for what they're teaching. They're very enthusiastic and obviously we're going to have to work hard."

Jennifer Leonard, public relations program co-ordinator, said the exchange program has many benefits.

"From the public relations point of view, a lot of the agencies and a lot of the companies have international interests," said Leonard. "It certainly gives [the students] that exposure to doing PR in a different culture, where maybe they do it just a little differently."

Rogozynski already met with the Aussies for dinner to get better acquainted and share some valuable advice.

"They were giving me pointers and I was



Smile Andrea Pfeffer and fellow Aussie Kate Longton have already started at Humber and are impressed by what it has to offer.

giving them a few pointers," Rogozynski said, "like about the area, Etobicoke itself and that it's more industrialized and they should try to go outside of Etobicoke, to Toronto and Niagara-on-the-Lake."

"I love the people here. The Canadians are just lovely."

-Kate Longton

Longton and Pfeffer, have already visited Caps and downtown Toronto.

"I talked to them about the importance of maybe doing some

travelling and taking advantage of any of the trips that residence offers," said Leonard. "It's not just an academic exchange, it's also a cultural exchange."

Longton said she would like to experience the Canadian lifestyle and see all of Canada. She plans to travel to British Columbia and see the Rockies.

Longton said she loves the snow and the weather isn't as bad as she heard.

"I love the people here. The Canadians are just lovely."

The exchange began in the winter of 1999, when two Australian students came to Humber. In the winter of 2000, both schools exchanged four students. Leonard

said RMIT revised their curriculum and changed the course outline to better accommodate Humber students.

"We co-ordinated with my counterpart to make sure the learning outcomes were the same," said Leonard.

RMIT has been Victoria's leading technological institute for 95 years. Today it's home to 45,000 students, not only in Melbourne but all over the world. Distance education and online learning give opportunities to students in places like Malaysia, Singapore, Hong Kong and Vietnam.

This year Humber could only guarantee two rooms in residence for the exchange.

Canadian exchange students can legally work in Australia, and Rogozynski said she'll try to secure a part-time job at a local bar. She said it will be hard to leave because her brother has been in a coma since November and she'll definitely miss her family, friends and boyfriend.

"There's so many obstacles and that's why I know I have to go," Rogozynski said. "There's so many things that were making it difficult for me to go there. But everything has worked out well. I have my parents blessing and I know that my brother would want me to go."

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Sault College

Foreign students' money helps

by Sangita Iyer

Government cut backs in funding have forced Humber and other Canadian educational institutions to recruit more international students.

A report from Canadian Education Centre Network (CECN), suggests that according to the Department of Foreign Affairs and International Trade, each full time international student contributes about \$26,000 to the Canadian economy for a total of approximately \$2.7 billion annually.

Humber College has more than 340 foreign students, about three per cent of the approximately 12,000 foreign students in Canada.

The goal, according to managers at the International Centre, is to have 400 students by Sept. 2001, a 29 per cent increase from last year.

The number of international students at Humber was about 270 in Sept. 1999, and had increased to just over 300 by Sept. 2000, a 14 per cent increase.

The fees that foreign stu-

dents pay give instant money for additional equipment, research, and more teachers, according to Leanne Stillman, manager of the International Centre.

"They come and study at Humber because of the world class education we provide,"

-Leanne Stillman

"It is not a secret that we gain some

revenue from the international students, but they come and study at Humber because of the world-class education we provide," she said.

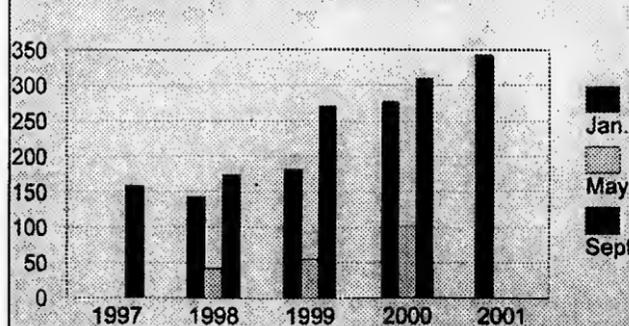
Judy Harvey, dean of Student Services, said in return, the international students add to the economic, cultural, social and political benefits in Canada.

"It is an opportunity to bring the students for the richness, but I think it's also a responsibility to integrate the citizens of various countries and cultural groups and one of the obvious ways to do that is to share education," she said.

On the national scene, a non-profit company is promoting Canada as an education destination for international students. The CECN represents 260 educational institutions across the country and Humber is one of them.

In a report from CECN, the World Bank estimates the value of the international student market at \$100 billion. Students spend on living expense alone about \$38 billion annually.

International Student Growth at Humber
Recruitment began Fall 1998



New Humber program targets night students

by Janet Gibson

A new service for night school students bridges the gap between where they are now and where they want to be, said Karen Fast, the co-ordinator of the Career Centre.

Fast said the Career Advancement Service (CAS) grew out of the Humber College Mission Statement to provide lifelong

learning. The service is free for all registered continuing education students.

"The night school students could be returning [to school] from being at home for five to ten years. They could be looking for a promotion. They could be looking for a complete career change," said Fast.

"We find that they take courses but a lot of them are not targeting towards a certificate or diploma," she added. "They don't end up with a piece of paper."

Fast recommends that people find out what credentials are recognized by the industry of their choice. If they have not yet chosen an industry, CAS will help them to do so.

"The students go onto our Web site (humberc.on.ca/~CAS) and register. They get assigned a coach who walks them through the process," she said.

"We're using a new software called eChoices. It gives students a list of potential career ideas from which they can do their research."

"The second part is educational planning. We're using Humber as

one of our sources but if we don't have a course [a student] is looking for, we'll find out which institution does," Fast said.

"We're using a new software called eChoices. It gives students a list of potential career ideas from which they can do their research."

-Karen Fast

Each student gets an 'electronic portfolio' including a record of schoolwork, work history and examples of accomplishments to

help them prepare resumes.

Lisa Ferri says her role as a career coach with the program is simple.

"When people have to answer questions aloud, it makes a world of difference, questions such as 'How are you going to get there?' and 'What kind of lifestyle changes will follow?'" she said.

The concept of 'Lifelong Learning' gained international attention in 1996 when two British professors wrote a book by the same name.

The forward to the book reads, "The ideal we are striving towards is a seamless system of education and employment in which flexible human beings are consistently examining their potential and consistently developing it."

HSF lacks the membership to stay strong

Continued from page 1

word of mouth through the directors."

Asked why so many directors had left the HSF in the past few weeks, Anastasi said, "It could be an increased workload in the second semester. It could be jobs... I'm not 100 per cent sure."

Warnell added, "Some of these

"I think we'll be all right. Numberwise it is poor...but I know we still have a quorum, so I'm happy."

-Toby Warnell

people have made personal decisions. You've got to respect that. You've got to look out for number one."

While the number of directors leaving is high, Warnell isn't too worried. "It seems to be certainly

normal that some people don't return," he said. "Maybe it's because it's two campuses now that the numbers seem higher."

Directors are well compensated for their time. Under its 2000-2001 budget, the HSF has a \$15,000 honorarium fund it pays for all of its directors, for things like the catered meals before HSF meetings, training sessions, Christmas and summertime banquets and other perks. "It's not like it's an hourly wage," said Warnell. "It's in appreciation of their hard work."

Among the directors leaving the HSF is Cissy Wang, who is resigning as the director for the School of Media Studies. Wang, the reigning Miss Chinese Toronto, will not be returning to school this semester, "Because of her new found fame," said Warnell. "[I just hope] she remembers the little people back here," he added jokingly. "But I

wish her all the best."

Ali Zamani, a director for the Lakeshore Business School, had to leave his post because he changed campuses, and is now attending classes at North. Michael Perlin, the director for Lakeshore's Performing Arts program, has left school in order to take a year off before attending Montreal's McGill University.

"It seems to be certainly normal that some people don't return. Maybe it's because it's two campuses now that the numbers seem higher."

-Toby Warnell

Estham Ahmed, representing North's Business School, Duncan Keeley of the Comedy program, and Mark Tokayer, the director for

Lakeshore's School of Social and Community Service, were not meeting their eligibility requirements in order to continue serving as directors.

Monique Raymond resigned as the vice president of campus life for Lakeshore for personal reasons and is no longer attending school. She has since been replaced by first-year Business student Stephanie Boreland, who took up her new spot on the Board at the Jan. 10 HSF meeting. Since Boreland had to vacate her Lakeshore Business seat in order to take Raymond's place, the seat is now vacant.

According to Section 12.2 of the HSF Constitution, in order to stay on the Board of Directors, directors must be full-time students, have an average of at least 65 per cent, be at least 18 years of age or older, be enrolled in the program the student is representing, and

have regular attendance at HSF meetings.

Currently, there are nine vacancies on the Board of Directors that need to be filled. They are as follows:

1. One seat, School of Health Sciences (North)
2. One seat, School of Business (North)
3. One seat, School of Media Studies (North)
4. One seat, School of Information Technology & Accounting (North)
5. One seat, School of Comedy (North)
6. One seat, School of Performing Arts (Lakeshore)
7. One seat, School of Social and Community Services (Lakeshore)
8. Two seats, School of Business (Lakeshore)

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Canada



Editorial *et cetera*

"We love depravity, we always have"

Facing the brutal reality of real TV

After Superbowl XXXV this Sunday traditionally the biggest television event of the year—*Survivor II* will hit airwaves in an attempt to recapture the hype and hysteria of the original show

Yesterday's *Seinfeld*, *MASH* and *Cheers* have been replaced by "reality" shows—*Big Brothers* and *Temptation Islands*.

So why the huge shift in viewing habits from real actors and scripts to average Joes and open-ended story lines?

Perhaps couch potatoes are just sick of the same old generic story lines and scenarios. Has the intrigue of watching dysfunctional families accompanied by laugh tracks and Kramer getting smacked in the crotch finally worn thin? Hard to imagine.

Or, perhaps, TV executives have finally realized what makes us tick. We love nothing more than to see everyday people getting routinely cut down by their peers and humiliated in front of millions of viewers.

Can anyone offer a better explanation why people tune in to talk shows like Jenny Jones and Jerry Springer to see 13-year-old crack whores with breast implants and three-toothed people from Kentucky who marry their sisters?

We watch these shows to make us feel good about ourselves. No matter how bad your life is, at least you're not getting dressed down in front of an international audience of people because of all your per-

sonality deficiencies. There is solace in that.

More likely, our standards for entertainment have hit an all-time low. It's no secret people love to watch others suffer.

This week we followed the story of a 17-year-old Nigerian mother getting flogged in a public square for supposedly having premarital sex. It was reported at least a thousand people showed up to witness the brutality.

On our own 'civilized' western soil, hundreds of thousands pay hard earned bucks to watch humans kick the crap out of each other in 'Ultimate Fighting' contests.

We love depravity, we always have. But until now, major television companies

haven't had the audacity to air such low brow shows as *Temptation Island*, where the sole objective is to seduce participants into cheating on their spouses. Now we have crossed that line.

We can thank a steadily deteriorating set of standards and an increased propensity for humiliation, voyeurism, blood and all things shocking.

So what will *Survivor II* bring? More fat, naked gay guys running around? More rat barbecues? More conflict between crusty old men and hip, modern, young women? Only time will tell what kind of garbage will present itself in upcoming weeks. We can't wait to watch.

The ins and outs of HSF

Enticing students onto the board of the Humber Students' Federation (HSF) by offering a salary might be the only way to ensure that the student government can function.

Despite a budget of \$1.16 million, HSF is unable to find the funds to pay its members. A bigger budget would solve this problem. Easier said than done...

This means that Humber students are faced with the choice of paying more in student fees or potentially having no government at all.

Plagued with problems in its first incorporated year, HSF is facing the possibility of perhaps the most worrying problem of all the inability to meet its quorum.

Currently the 14 directors on the board are enough to pass motions and vote on important issues, but if that number drops by three, the HSF will be just a fancy name without any real power.

Whether the nine former members left due to personal reasons or otherwise, 's not really important. What is important is the fact that Humber students, for the most part, aren't interested in being a part of the student government.

As HSF President Toby Warnell and Vice

President Stephen Anastasi well know, it's hard enough to get the student body to support fun events around school much less participate in anything as time consuming as the student government.

But if something isn't done soon to fill the empty seats on the HSF board, the federation may flounder.

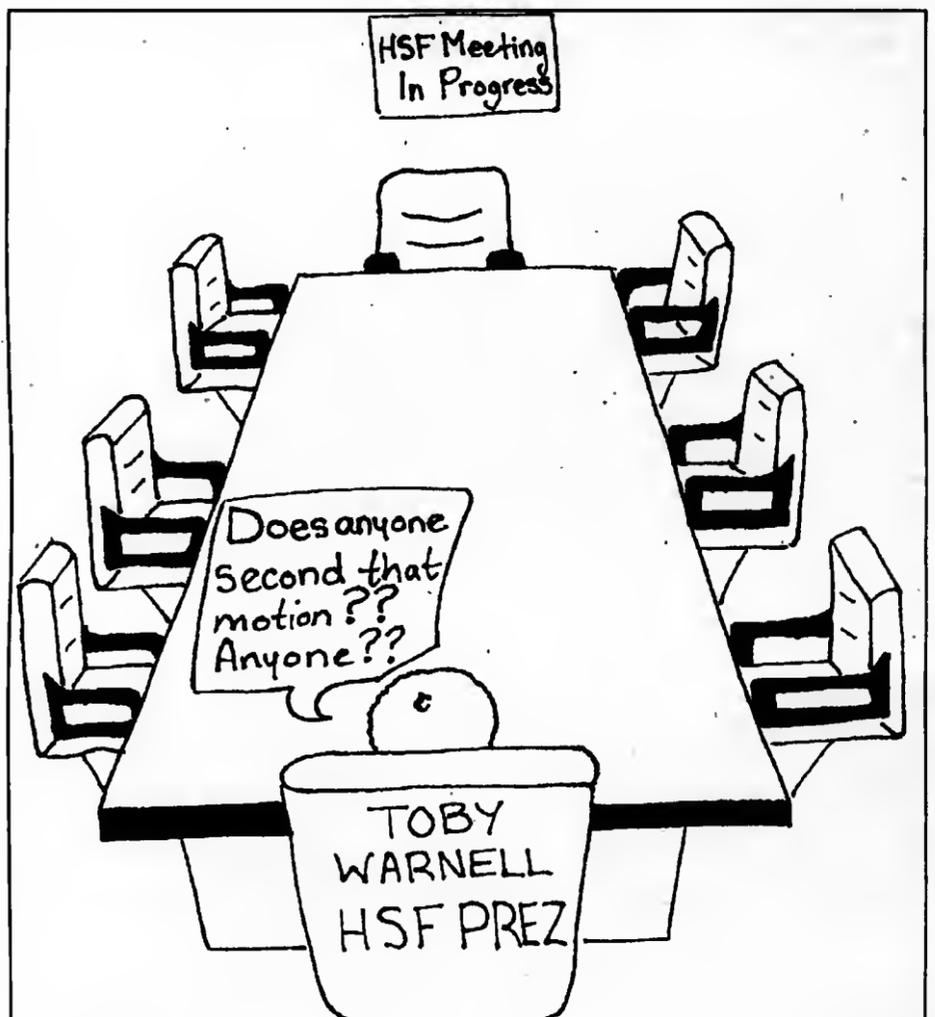
The only way to get more people involved and get them motivated about HSF is to make it more appealing. And therein lies the difficulty—How do you make budget meetings and organizing campus events more interesting?

You make them worthwhile to HSF members

Sure, board members get some worthwhile perks but catered dinners at meetings and summertime banquets can only go so far.

If students were getting paid for their work at HSF maybe they would be more apt to treat their positions as jobs. A pay cheque, rather than a free dinner, goes a long way in motivating people.

It has become apparent that merely working in student government for a beefed up resume is not going to get people rushing into the HSF office for applications. Time to put up some cash.



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"The stories should be told"
Chris Iorfida

Opinion et cetera

The upside of a downswing in perspective

In a study outlined in a recent issue of *The Economist*, it was discovered that in two major U.S. newspapers over the last 20 years, the more the word recession was mentioned, the worse the economy performed.

A recession is defined as two consecutive quarters in which an economy posts an overall loss. Of course, the use of the dreaded word has been on the rise for the past few months. Morgan Stanley Dean Witter & Co., one of America's biggest investment houses recently predicted a recession.

U.S. President George Bush has been going on about an "imminent" recession. And, of course, the press has been all over the prospects of

another recession.

With the recent boom in the worldwide economy, a forthcoming recession just follows the normal economic cycle. Things won't get bad if everyone just tries to be a little less sceptical.

We can forgive the people at Morgan Stanley Dean Witter, because it's their job to let investors know what's going on.

The media could probably be forgiven too, since a recession is very newsworthy, and predicting one, probably even more so. Although, a few journalists could probably make a worthwhile story by writing an opposing opinion, suggesting that maybe, this is just a blip in the big boom.



Hans Niedermair

Now Bush, well he's another story. He's been anticipating a recession since he was on the campaign kick.

He wants to make sure that if a recession ensues after his taking over as president, Americans know it was Clinton and the Democrats that led us there and not himself and

the Republicans.

Speaking of economical "magicians", Alan Greenspan, Chairman of the U.S. Federal Reserve, had a bit too much credit heaped upon his ancient shoulders.

What about the rest of the Federal Reserve? Have they had a hand in helping old Alan? I'm sure they have, but they seldom get any credit. People forget that Greenspan was around during the last recession.

The point here is that this is another example of one person or organization who may have a little more influence on the economy than they should have.

Granted, our economy is slowing, and it should be, thanks to last

year's inflated valuations on tech stocks, and the general over-exuberance of investors.

The year 2000 was crazy on the stock markets and it's probably a good thing that the economy has slowed.

Hopefully, inflation will be staved off and the real estate market will start coming down a bit.

A recession probably won't hurt, but for crying out loud, let's not be so melodramatic. It's not 1929, and the more we pretend it is, the worse the situation will be.

If it gets bad enough, Bush might even be provoked to start a major war. After all, guns and mayhem have saved the economy on a few occasions in the past.

Making movies out of life's horrible tragedies

I received an interesting e-mail petition last week that caused me to think long and hard, but not to act.

The petition in question came from one Daniel Potyok, a self-described "aspiring young filmmaker."

Potyok is greatly upset that Norstar Filmed Entertainment Inc. of Toronto is pushing ahead to make a film based on Stephen Williams' *Invisible Darkness*, a book detailing the lives and crimes of Paul Bernardo and Karla Homolka.

Potyok is obviously well-intentioned, and I hope he is successful in his career aspirations. However, I find his position misguided.

He assumes that simply by making this film, the pair's disgusting crimes will be sensationalized. While I admit there is a chance that this could happen, it doesn't necessarily follow that making a film about horrific real-life killings will necessarily be devoid of artistic merit.

There have been several exam-



Chris Iorfida

ples of movies that have handled such material with sensitivity, while providing a greater understanding of the depravity of humanity. Truman Capote's novel *In Cold Blood*, about the murder of a Kansas farming family in the 1950s, was adapted into a chilling film in 1967.

Six years later, *Badlands*, starring Martin Sheen and Sissy Spacek, gained acclaim and served as the inspiration for Bruce Springsteen's stark and influential album *Nebraska*. Even movies made for the small screen fall into this category, such as *The Executioner's Song* and *The Deliberate Stranger*, about killers

Gary Gilmore and Ted Bundy, respectively.

Potyok appeals to our sense of decency. Unfortunate as it may be to some, practitioners of all forms of popular entertainment cannot avoid themes of evil and horror. The stories should be told.

In his letter, Potyok closed with the appeal "Let's be decent, and let's be Canadian." I found this very interesting and totally in accordance with popular feelings about this case.

People seem to think that since Bernardo is seemingly locked up for good, and that someone will "get" Karla when she is released (a common prediction), it will all be done with. We, as Canadians, can then return to being a nation of decency, devoid of sadistic killers like our neighbours to the south. This view holds that Bernardo and Homolka were a match made in hell, an aberration never to be repeated.

I would love that to be true and

I hate to be a grim messenger, but Canada is not immune to the factors that produce such monsters.

There seems to be a desire to erase all memory of Bernardo and Homolka and their actions. This is totally understandable, but we can't bury our heads to all that is unsettling to us.

There is a lack of knowledge about this case that I find really disturbing. Opinions about this case have become entrenched from all of the media coverage surrounding the event.

Anyone who has read *Invisible Darkness* will tell you what the media was able to report only represented a fraction of the pertinent and interesting details.

Film, as opposed to media coverage, can sometimes help better illustrate how these kinds of things can happen.

We need to understand how someone like Bernardo could operate under the radar screen for so long, seemingly popular with

women, despite his misogynistic attitudes and career success - all while harbouring signs of sexual psychopathy.

As well, it begs the question, how is it that a young woman, Homolka, could possess such an ill-formed sense of self-esteem and accompanying lack of morality that she is complicit in the most heinous of crimes?

I'm sincerely hoping that since the production company is from Toronto, they will be mindful of public opinion and be able to handle the subject matter quite sensitively.

I, and imagine others as well, have no interest in seeing gratuitous scenes of violence, and I hope that scenes involving Kristen French and Leslie Mahaffy will be minimal.

The cast and crew are human - it will be a difficult movie to make. It will be an extremely hard movie to watch. But that doesn't mean it shouldn't be made.

Word on the Street We asked Humber Students what Reality TV programs they watch and why. Here's their word...



Moy Ung
Travel/Tourism, first-year

Survivor 1 - "I didn't really find it that interesting. I'm not really into that kind of thing."



Tim Jursa
Fire Fighting, first-year

Temptation Island - "Temptation Island is good but I wouldn't go there with a serious girlfriend like that."



Parminder Kaur
Civil Engineering, first-year

Temptation Island - "It was just something fun to watch; the way guys cheat on the girls and the girls on the guys."



Andrew Green
Fire Fighting, first-year

Temptation Island - "It's hilarious. I can't believe people would put themselves in that position."



Derek Brennan
Fire Fighting, first-year

Temptation Island - "It's stuff you don't see every day. People like seeing conflict. I would never do it, but I watch it."

On Campus *et cetera*

Non-smoking couch potatoes will soon rejoice

by Barb Strong

Humber students know the North campus has few places to hang out while on breaks between classes.

Some students head to Caps or the cafeteria to try their luck at getting a seat, while others head to the library for some study time. But what about those who just want a place to relax, and watch TV or talk with friends?

"I got this idea before I ran for this position last year," Stephen Anastasi, VP of Humber Student's Federation (HSF) said. "I just wanted a place for students to go and sit around either to watch TV or hang out and eat between classes."

A new student lounge is in the works with couches and TV's. The new lounge will be located in the common area outside of the cafeteria, and will seat 75 to 100 people.

"We've purchased the couches and we have the TV's already," Anastasi said. "It's just a matter of getting the satellites."

HSF President Toby Warnell said Lakeshore has had a TV lounge for several years.

Warnell believes it's time the North campus received a lounge as well.

"It would be nice to have a place to just hang out."

-James Hong

"We've ordered satellites, we're just in the process of getting the phone lines hooked up and hopefully get them set up in the student area," Warnell said.

Business Administration student Jennifer Croke has a five hour break between classes. She feels a student lounge would be a benefit.

"Caps has couches, but for people who don't smoke, there's really no place [to hang out]," Croke said.

James Hong was doing homework outside of the cafeteria during his hour-and-a-half break between classes.

"There aren't that many comfortable places to sit," Hong said. "It would be nice to have a place to go and hang out."

With over 20,000 students, and only half a dozen couches, the dilemma becomes apparent.

Fiona Marchettie was one of the few lucky students to get one of three couches in Caps with her friends.

"I had to wait 10 minutes for this couch," Marchettie said.

Just keep in mind, while you're in your new couch watching daytime soaps, you're still expected to go to classes.



BARB STRONG

Chillin' students who don't smoke have nowhere to hang out.

Reporter spends day in President's shoes

by Dan Birch

Toby Warnell leads a busy life. His days are spent leading Humber's student government, working with its Board of Directors and, sometimes, battling the school's administration.

For the Humber Students' Federation president, time is a precious commodity.

Warnell turns on his swivel chair, ready for the interview. The flags draping the walls, he said, are souvenirs from his many travels. They're also reminders of his family's heritage.

Nova Scotia, which Warnell speaks of fondly, is the original home of his mother and father. "It's an area of the country I extremely adore," Warnell said. "It's just a relief from the hustle and bustle of the big city. I find the people to be very nice down there - a lot friendlier."

His mother and father moved to Toronto in the 1960s, but by no means have they forgotten about their lives down east. They'll probably move back, come retirement, Warnell said.

President Warnell has spent his entire life in Toronto. He attended St. Leo's elementary school in the Royal York Road and Lake Shore Boulevard area, then high school at Father John Redmond, which Warnell said was a blast.

"I met a lot of cool people there.

I still got a lot of good friends from there," said Warnell, his arms folded in a disciplined manner.

"I always thought my parents were kidding when they said school would be the best time of your life."

Among his high school memories, sports dominate the list. Basketball, hockey, baseball, football and volleyball, Warnell played them all.

"I always thought my parents were kidding when they said school would be the best time of your life."

-Toby Warnell

"Oh yeah, sports fanatic," he said emphatically.

After high school he worked to raise money for post-secondary education, then attended York University. But following a year-and-a-half of Kinesiology, Warnell had had enough. "I just wanted to get involved in business."

So he registered part-time at Humber in spring, 1997. Since then he has climbed steadily through the ranks of Humber's student government.

In 97-98 he was a business representative at Lakeshore campus. In 98-99 he was vice-president at

Lakeshore. Last year he was president at Lakeshore, as well as president of the now defunct Council of Student Affairs. Now, he's the HSF president, a job that comes with a \$27,040 annual salary.

In his early student government years, he concentrated on meeting people and running events for students. Warnell became political under the guidance of former SAC President Tracy Boyer.

"She got me so in tune on the political side."

In fact, Warnell says he would consider a career in politics.

"Possibly. It's something I never would have thought of before I started college."

First, Warnell wants to get into sales and continue education part-time. Later, he may look at municipal politics. The 25-year-old president also looks forward to a wife and children, financial security...and maybe a dog.

"I've been living in an apartment most of my life and haven't had a dog," he laughs.

Warnell said he will marry his girlfriend of four-and-a-half years. He has already started socking away cash for retirement and for the education of his future children.

Much like his office desk, with its pens and paper neatly organized, so too is his life.



DAN BIRCH

The Prez Toby Warnell's hectic lifestyle earns a \$27,040 salary

Universities across the globe come to Humber

by Lama Nicolas

Humber students got a taste of university life.

Yesterday, representatives from universities in Canada, Australia and the United States were at hand to answer any questions students might have had about upgrading to a degree.

"We're here to give a lot of different options to the students at Humber," said Ronald Dannecker, director of admissions at D'Youville College in Buffalo, NY.

"It's hard to get into an occupational therapy program here in Canada, it's hard to get into teacher certification programs here in Canada, it's hard to get into those masters programs," Dannecker said.

Admission requirements for these programs at D'Youville are much more lenient than those in Ontario.

"We're just about ready to sign about three agreements with Humber in which students can take two years of their course work here, and then come into our five year program and only complete three," Dannecker said. "And they'll go home with both a Bachelor's and a Masters degree [part of the dual degree program]."

Schools such as the University of Toronto and Carleton University are a little more particular when it comes to admitting new students. A high grade point

average is required, but students also need their college diploma to get in.

"In terms of the transfer credit policy, we don't grant that much compared to some other schools. I think the concern with U of T and transfer credits is that students might not be prepared for higher level courses," Susanna Miranda said. "But, whether students are willing to come to U of T for less transfer credits, it's probably because of reputation."

"We're here to give a lot of different options to the students at Humber."

-Ronald Dannecker

"We have a really liberal transfer policy," said Mike Maine, representative for Davenport University in Michigan. "We can accept in accounting and business studies all three of the years that they've studied at Humber, and they only need one year to complete their bachelor's degree."

For students who love to travel, studying down-under might be a tempting, yet expensive option. Students can register at the University of Western in Sydney for an approximate yearly fee of about \$23,000 including living expenses.

"You can work in Australia

as a student," said Ronald Kelly from KOM consultants in Hamilton. "Typically a student will get at least ten dollars an hour in the service industry, because there's no tipping. The better trick is to work on the weekends, because they'll get fifteen dollars an hour."

Students studying in Australia can also apply for OSAP, but won't get the provincial portion. The federal portion will give students anywhere from \$5,000 to \$9,000, depending on eligibility.

Consider Athabasca University. According to Education Services Representative, Francis Gunn, no one ever goes there.

Based in Alberta, this university offers a great alternative to the traditional class atmosphere, especially since it has no campus.

"This university is in your living room. You study from home or from work. We're a fully accredited Canadian university,



LAMA NICOLAS

Information Students check out the booths set up by our visiting universities.

and have over thirty thousand students throughout the world," Gunn said.

Flexibility is the main attraction to Athabasca. Students can start classes at any month during the year and have up to six months to complete a course. All supplies,

including textbooks, are sent to the student and are part of the tuition fee (which is comparable to other universities). As an added bonus, students get their own personal tutor to help them complete their studies.

Humber makes ready for Black History Month

by Nadia Ranieri

With Black History Month just around the corner, Humber College is preparing to take students down a historical journey.

"We're still planning it out, but we're going to try and get guest speakers from the black community and show movies and engage students in trivia," says Stephen Anastasi, VP of Campus Life.

"It's going to be based on what a lot of universities in the U.S. do. I consider it to be an important piece of programming and education," said Anastasi.

Black History Month is in fact, an American phenomenon. It initially began as Black History Day, and as the years passed, it was extended to a week, and finally, in the eighties, it became a month long activity.

According to Teferi Adem, an Advisor at the Centre for Race and Ethnic Relations at York University, Black History Month

is a time for reflection and planning for change.

"It's an initiative to promote inclusion and a critical approach to examine the historical experiences, injustices and challenges of

"I consider it to be an important piece of programming and education."

-Stephen Anastasi

African people," he said.

However, the biggest challenge remains with the Humber Students' Federation who vow to make this year's event a success.

"We want to learn from our mistakes of last year," Anastasi said. "We had guest speakers lined up and even a band but there was no audience turn out."

He doesn't know if it was due to lack of interest or perhaps a

lack of promotion. Nonetheless, the event turned out to be a public failure.

"I'm definitely planning on attending," promised first-year Humber student Diane St. Ange. "I try to go to one every year. It's not every day that you get the chance to see something that connects you to your ancestry."

A spokesperson for the Jamaican Consulate General also urges students and educators to play an active role this year.

"People learn so much from this," she said. "I think it's really unfortunate that there is only a month dedicated to our history. This kind of stuff should be taught to students all the time."

Dave Thompson, a second-year Business Administration student at Humber, has already made up his mind. "Sure, I'm going, why not? This is something you want to pass down to your kids and keep the whole thing alive for the

next generation."

Anastasi is promising new events and new ideas this time around, and if all goes well, Black History Month may also bring the birth of the Caribbean Students Association currently in the making.

"We need to encourage everybody to be proactive and to support initiatives like this."

-Teferi Adem

A similar group existed last year but according to Anastasi, "it died out."

"Most of the students who formed the group had left the campus or graduated and moved on."

He notes that it takes hard work to form a group as it requires proactive members and endorsement by a faculty member.

Along with the HSF, this year's Black History Month Celebrations will be the result of the tireless efforts by members of the Sankofa Students Association, a group bound by African heritage. Their mandate is "to promote black history and black heritage."

Humber's Black History Committee, an umbrella organization under the Student Programming Administration, will also play a pivotal role in planning the event. Anastasi is also planning to get educators and students in humanities classes.

The HSF is appealing to students to actively participate this year and contact them with any comments or ideas on how to make this year's event a success. You can reach them by phone at 416-675-5051, or via email at sacvp@admin.humberc.on.ca.

"We need to encourage everybody to be proactive and support initiatives like this," Adem said.

Job fair coming for both North and Lakeshore

by **Brianne Binelli**

If you're trying to find a job, but don't know where to look, you can start by meeting employers face-to-face during Work Week.

Work Week begins at Humber's Lakeshore campus on Feb. 5 in the cafeteria. For the rest of the week, employers will visit North campus.

At North campus, the event will be held in the student centre between 10 a.m. and 2 p.m.

Although it targets mainly graduate students, "the idea of the career fair is to network and provide them [students] with an opportunity to talk to employers," said Linda MacDonald, employment advisor from the Career Centre.

Students have to find the appropriate day because the fair is organized according to the pro-

grams available at Humber.

At Lakeshore, students will be able to talk to various companies involved in the arts and in business. Canadian Paper Connection Inc., Investors Group and C.I.B.C. will be amongst those on hand.

At North campus, Tuesday and Wednesday will be devoted to business/technology, and will feature businesses such as Fed Ex Ground, ING Direct, Costco Wholesale and Investors Group, along with 33 others.

On Thursday, Hospitality and Travel and Tourism students can make an impression with 25 employers including Bass Hotels and Resorts, G.B. Catering and Deerhurst Resort. Students can also inquire about summer jobs on Thursday by visiting the booths

represent the CN Tower and Centreville amusement park.

Finally, on Friday students in the Health Sciences can talk to employers such as Toronto East General Hospital, Bayshore Healthcare and Regional Nursing Services.

"We suggest the students dress appropriately for the day. We tell them to come prepared with resumes, business cards ... to leave their name with the employer," said MacDonald.

Students who need help preparing their resume can make an appointment at the career centre to have a resume tutor.

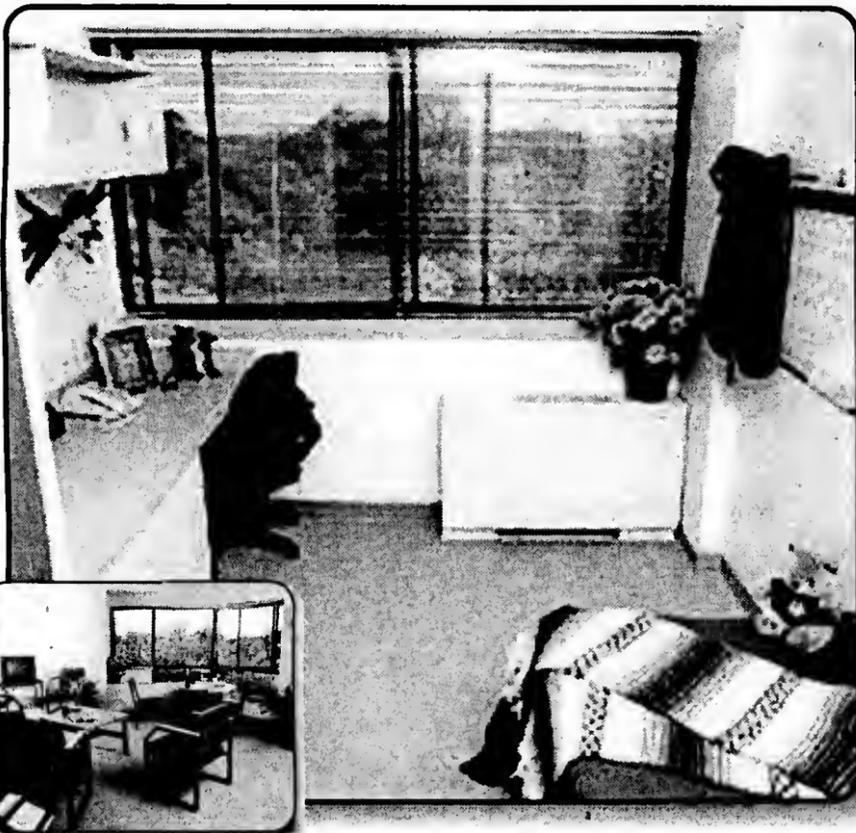
For more information regarding work week students can visit the career centre in room H107 by Java Jazz.



BRIANNE BINELLI

Fixin' There's lots of help to be found at the career centre.

A Limited number of Rooms are *available* JANUARY 2001



If you would like to live on campus contact
Derek at the Residence Administration Office
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416-675-6622 ext. 7202

Law class out to lunch

by **Alexis Zgud**

Students in Humber's legal programs will have the opportunity to meet with prospective employers at a Networking Breakfast.

The Networking Breakfast, sponsored by the Business School and the Career Centre, seeks to help students get jobs, said Law Clerk and Court and Tribunal Agent Coordinator Philip Sworden. It is on Wednesday, Jan. 31.

"It hasn't been done yet for the law program here in the Business School. It's been done for other programs and we heard it was a great idea so we wanted to have one," said Sworden.

The free event is for graduates seeking full-time jobs and includes representatives from several large firms in Ontario, including Blake, Cassels D& Graydon, Goodman and Carr, McCarthy Tetrault, and Stikeman Elliot. Representatives from government

sectors will be on hand as well, including the City of Mississauga and Brampton, the Ministry of the Attorney General, Department of Justice and the Ministry of Consumer and Commercial Relations.

Ann Francis, Employment Advisor for Business Programs, said the breakfast is an opportunity for students to practice their networking skills.

"Students are able to learn how to network effectively within their industry and hopefully make contact with perhaps their future employers," she said.

Sworden said the breakfast is a great opportunity for both parties.

"It's a win-win situation. The students win by coming and networking and hopefully finding jobs, and employers win by coming and meeting our best students to hopefully hire," said Sworden.

Staff learns First-Aid

by **Daniel Russell**

Humber staff will have the opportunity to participate in CPR and first aid training next month.

The program, which leads to first aid certification from St. John's Ambulance and CPR Heartsaver through the Heart and Stroke Foundation of Ontario, will be offered over four Tuesday mornings. Each session will be four hours long and the training runs from Feb. 6 to 27.

"We had to redesign how this worked so people could fit the time in," said Maggie Swithenbank, corporate training manager in the Human Resources department at the college.

The college is hoping that one staff member from every department will be certified to handle emergencies that may arise. Currently the college requires first-line staff, such as security, to be certified.

Swithenbank, however, notes that

because of the size of the school an immediate response in a crucial situation by first line staff is not always possible.

"If a student collapsed in the hall, this place is so huge, and it could take a long time for someone to get there," she said.

This is the third year that the program has been offered and in previous years the course was quick to fill up. Swithenbank realizes that many join the course because they are worried about loved ones at home but she knows the school will benefit from having trained personnel as well.

The course costs staff \$26, but if they successfully complete the course and attend all the sessions they will be fully reimbursed. Staff will be responsible for maintaining their certification in the future.

"Students don't expect you to be in class 24/7, but they do expect you to check your e-mail ..."

- see bathrobe

Biz/Tech

et cetera

Attend class in your bathrobe

Humber's distance learning courses allow students to learn from the comfort of home

by Erin Lippens

Humber College is moving fast forward in this high-tech generation, offering a variety of courses online.

Faculty and students work together to make distance learning possible for those who want to take the school's courses but can't physically attend.

Wayne Deby began at Humber College as a teacher of mathematics and computers. When the idea of online courses was born, Deby was recruited to plan and develop the courses and curriculum. He went with it because of the many benefits offered to distance learning students.

"With paper-based distance learning, the success rate is only about 20 per cent. This is because it is totally independent work, there is absolutely no interaction," he said. "For a lot of people, they need the incentive of working in a classroom atmosphere to really succeed."

Deby works out of the instructional studio in EX 201, where faculty are taught how to put their courses online. It's used solely for professional development, including information on developing the curriculum and advice on various teaching situations.

Nancy Epner, an instructor in the School of Business, trained with Deby to get her courses online.

"Online courses require a lot more planning ... you have to build in all these things that happen naturally in a classroom," Epner said. "You have to make sure the online classroom has the same learning atmosphere as the actual classroom."

Online teaching is very intensive and interactive with students because it's one-on-one.

The instructor contacts each student individually via e-mail.

"Students don't expect you to be in a classroom 24/7, but they do expect you to check your e-mail once every 24-hours," Epner said.

WebCT is the software that provides the different tools and components for the sites.

Deby hires multi-media students part time to help set up flash animation for the courses. These students learn their craft at Humber, and in turn, work with the school to help other students.

Each course is designed to have students create their own Web page portfolio upon enrollment. They are given specific directions to follow which allow them to put their picture up and tell a bit about themselves. Along with this and a discussion page, the students know exactly who they are talking to and it gives more of a classroom feeling.

"... the excuse of 'my internet was down' won't work for late assignments, not in today's world."

- Nancy Epner

"You can get into it whenever you want," said Epner. "It's the access that is so exciting."

Building up an online course is difficult and costly because of the amount of time each teacher takes to

tem."

Only tests can't be taken in the privacy of one's home. Because there is no way to know who's on the other end of the keyboard, the Open Learning Centre makes arrangements for students to take exams at schools close to their homes. At these testing locations, they must show proper identification.

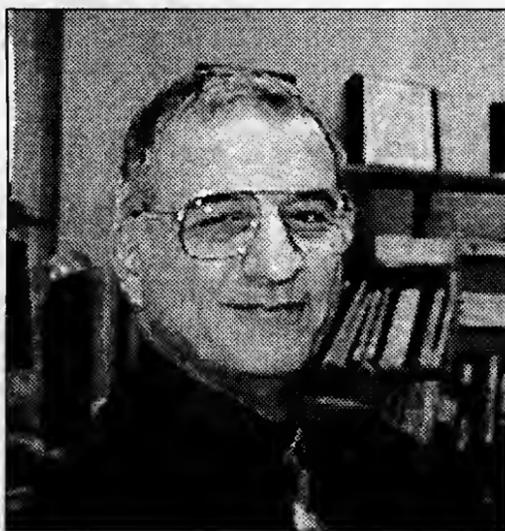
"Students don't think it's really worth it to cheat on a small test or quiz that's not worth much," said Epner. "But when you get a big test ... that's when they're most likely to cheat."

According to Epner, the school surveyed first-year students and found that 80 per cent say they have access to a computer outside of Humber.

"So the excuse of 'my Internet was down' won't work for late assignments, not in today's world," she said.

Marilyn Holt, professional development co-ordinator, has worked with Deby for almost four years. The two of them put together Humber's first distance learning program.

"I go into my Web site once a week



ERIN LIPPENS



ERIN LIPPENS

Teaming up. Marilyn Holt and Wayne Deby created Humber's first distance learning program.

build it. While it's a growing field, there are still some ways Humber can improve on its online learning skills.

"We could develop a consistency in the programs," said Epner. "That way you only have to learn the system once, if you take one course you could enroll in another course already knowing the ins and outs of the sys-

and pose the question 'did everyone read and understand this chapter?' and then anyone can tell me if they've missed something or don't understand a specific component," Holt said. Senior Learner Services Assistant, Angela Nunes, said there are approximately 60 courses currently offered via distance learning.

Healthy computer, happy computer

by Joanna Cravit

Humber's computers are receiving new immunization shots in the new year.

The program PC-cillin replaces the McAfee virus program as the free download available from Humber's Helpdesk to students and faculty.

The program detects and eliminates computer viruses that can damage or alter the files on a computer without the user's knowledge.

Joe Brazas, Helpdesk manager, said that the change came about when McAfee's license agreement was due to expire and the college performed a routine evaluation of the program's efficiency.

"Cost was part of the story," he said, noting McAfee's price to renew the licence was higher than expected.

Greg Johnson, director of customer care for Information Technology, explained McAfee wanted \$40,000 a year to provide the college with a licence for the software.

PC-cillin will have a one-time set-up fee of \$50,000 but will only cost \$10,000 a year to renew.

Cost was not the only factor, however. Users throughout the college reported system conflicts and glitches with the McAfee program.

"These things are hard to pinpoint," said Brazas. "It was far easier for us to find something that had less inherent problems."

Johnson further noted that McAfee's program had to be installed on every computer individually, while PC-cillin can be installed quickly over a server.

"The right product also came with a lower price tag," said Johnson, adding the copies installed thus far have been working perfectly.

The new program will not be available until the system gets set up in a couple of weeks. Brazas urged students not to worry because they can download free evaluation copies at the new program's Web site <http://www.pc-cillin.com>.

Students who already use McAfee or another virus program can still be protected with the programs they have, as long as they remember to update the program regularly.

Brazas explained these updates are necessary as new viruses are continuously being created.

He compared using an older version of the program to "using last year's TV guide" and urged students and faculty to be proactive in protecting themselves.

Brazas said that people should maintain a suspicious attitude about files that are not their own - whether they arrive through e-mail, shared floppy disks or shared files.

Further, some viruses such as the well-publicized Melissa virus replicate themselves without the user's knowledge, often through e-mail attachments.

Brazas said people should never open attachments from people they don't recognize.

Overall, Helpdesk urges caution, not panic.

"There are a lot of hoaxes out there," Brazas said.

Web sites such as www.vmyths.com offer detailed information on virus threats and hoaxes. This site allows users to search for potential viruses alphabetically and is a good place to look before you forward that virus 'warning' to everyone you know.

"You shouldn't rely on a program exclusively," said Brazas. "It's very important that people have 'virus' at the front of their mind as they are reading e-mail."



Special Section

On the Super Bowl

The Places to be

by John Edwards

This Sunday, either the Baltimore Ravens or the New York Giants will win Super Bowl rings. What about you, what are you doing?

With the big game generating such a large audience, many bars and restaurants will hold special events on Sunday.

Even Caps, not usually open on Sundays, will host a Super Bowl party.

Manager Kenny Demich said Caps is expecting a good turnout. The bar will be transformed into a giant living room complete with couches, a big screen TV and nacho platters. Along with a raffle for a \$300 fridge, Demich said customers could expect no cover charge, no attitude and an all around good time.

For those who don't want to travel far off campus, JJQ's sports café near Woodbine Centre along with Labatt's will host a Super Bowl bash.

There will be a lot of prizes and giveaways said JJQ's manager.

Humber students will receive a 15 per cent discount on food. There will be no cover charge and 400 are expected.

Other bars in Toronto are also making preparations for their Super Bowl festivities.

Visitors to Wayne Gretzky's restaurant near the Skydome can pay to watch the game on a 40-foot screen in studio 99. For \$200, Gretzky's will set up a personal living room, so fans can watch the game in style.

Manager Jennifer Taylor said Super

Bowl Sunday is always busy.

"It's crazy, it's nuts, but it's a lot of fun to work," Taylor said.

The Peel Pub on King Street is teaming up with Budweiser and will give away a big screen TV and leather chairs on Sunday.

Peel Pub manager Will Ounapuu said Sunday is all about the big game.

"I don't think anyone will broadcast any other sporting event," he said.

Bars are not the only ones anticipating super Sunday, but TV Networks are also ready for the big game.

CTV Sportsnet broadcaster Jamie Campbell, who will head up the network's coverage in Tampa for the Super Bowl, said the reason why the game is such a huge event is because "the NFL is the league in the states."

Fellow Sportsnet anchor Brad Fay said the Super Bowl is a national event and has become "like a national holiday down south."

Fay said there hasn't been a favoured team in the NFL playoffs over the last few years and that takes some of the intrigue away from the playoffs.

"It makes for a boring playoffs. Everyone likes to have one big team. Without one there is no real upsets and that's what makes sports so interesting, is the possibility of an upset," Fay said.

For those who like to make the game interesting by making a wager, both Campbell and Fay are predicting a Ravens' victory by a narrow margin.

Baltimore New



Men love ball and

by Caroline Grech

Football is on most male minds this week as the Super Bowl final between the Baltimore Ravens and New York Giants fast approaches.

Getting their girlfriends to share their enthusiasm is something that might require a little bit of their persuasive power.

As many guys are out making beer runs, testing out nacho sauces and finding just the right nacho chip for their respective Super Bowl parties to be a hit, some girls on Humber's campus think it's much ado about nothing.

"I knew it was on this weekend, but I don't really care. If my boyfriend wanted to watch it maybe I would watch it," said Alyssa Wilson, a second-year Early Childhood Education student.

For some girls, the premier of *Survivor II* is more important than the football game.

"I know nothing about even know it was this week after," said second-year Tourism student, Nicole M.

*"I understand the mind w
I've got my mon*

Other girls are getting fun with friends despite fr son for the get together.

Second-year Public Rel and Alacia Handren are because they think it woul "We're going to a Supe



MOLSON

My name is "JOE" and

I AM CANADIAN

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Super Bowl XXXV more Ravens vs. New York Giants

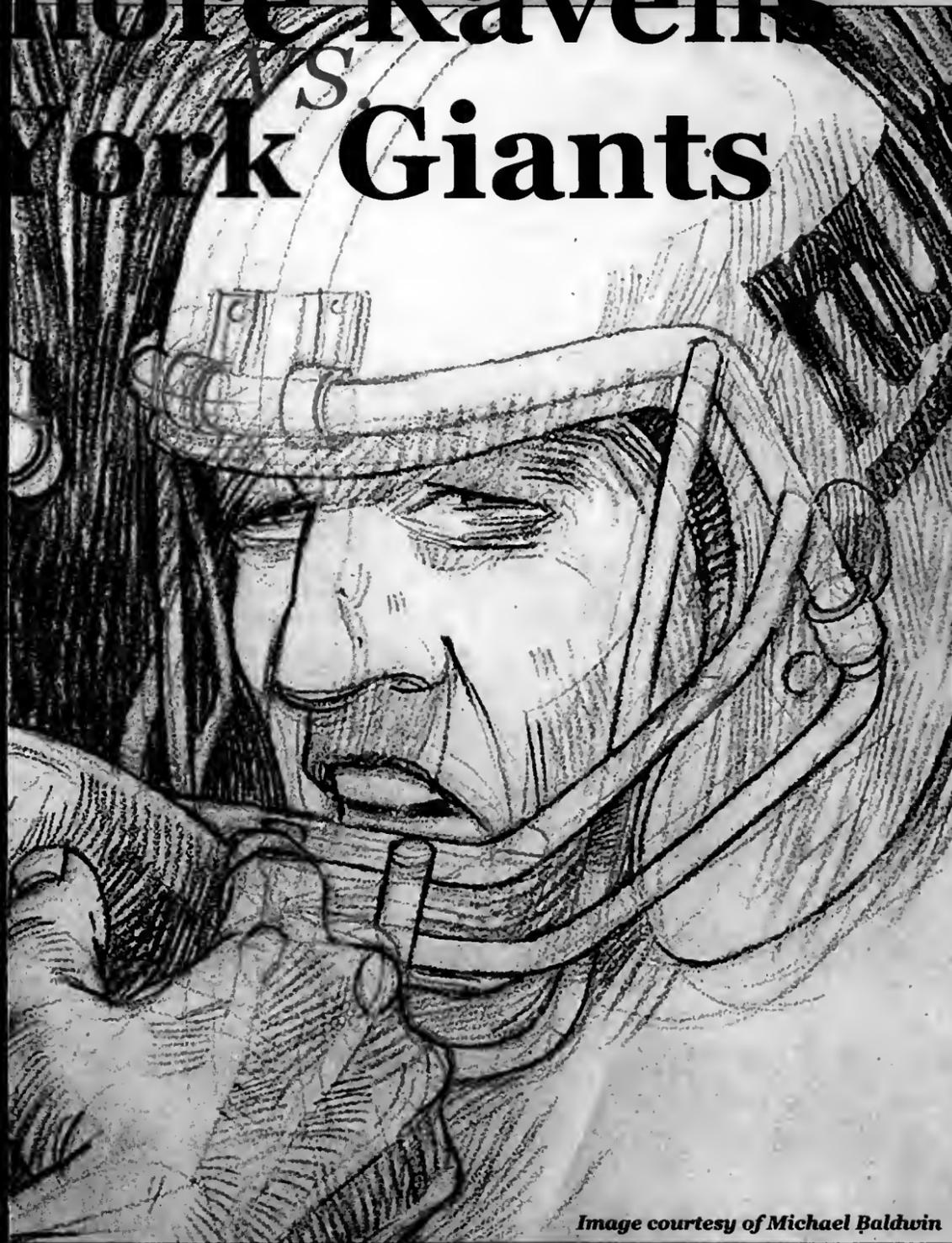


Image courtesy of Michael Baldwin

Women survive

it [the Superbowl], I didn't
I just care about *Survivor*
hospitality, Recreation and
lavin.

basics, and I don't
watching it.
they on the Giants."

on the parties and having
football being the entire rea-
tions students Delia Beadle
going to a football party
d be fun.

Bowl party, but we're only

going because it's a reason to party," Handren said. "I
only care about watching *survivor*," added Beadle.

Although a lot of girls don't really care much about
Super bowl Sunday, there are those who are looking
forward to watching.

"I understand the basics, and I don't mind watching
it. I've got my money on the Giants," said second-year
Business Administration student, Samantha Singh.

So as guys continue their party preparations
unabated, most girls have two choices: make alternate
plans with friends or smile and pretend to be interest-
ed in the evening's events until *Survivor II* makes its
much awaited debut.

Most girls will take heart this weekend as this
Sunday's final signifies the end of the football season.
And for many, now football free Sundays signifies a
reason to cheer.

Bowl falls inches short as ads intercept viewers

by Tom Strgacic

It's that time of year again.

When drinking beer on a Sunday
night doesn't seem so out of place
and the point spread will determine
whether the kids will eat for the next
month or so.

That's right, it's time for the Super
Bowl, the most watched sporting
event of the year. A lot of that has to
do with advertisements.

The Super Bowl is the mecca of
commercialization and can bring a
corporation from no-status to high-
status in a matter of 30 seconds.

On numerous occasions, the com-
mercials outshine the game.
Celebrities are brought in to endorse
products and advertisers come up
with catchy gimmicks.

Unfortunately, for those of us liv-
ing in Canada, we will be forced to
watch from the sidelines as the
Canadian Radio-Television and
Telecommunications Committee
regulates and substitutes the flam-
boyant American advertisements for
the more subdued Canadian ones.

"A cable company has to do what
we call simultaneous substitution,"
said Denis Carmel, a spokesman for
the CRTC. "It's a way for us to pro-
mote Canadian programming, but
also to bring in money to the
Canadian broadcasting system
because it increases their advertising
revenue."

According to Carmel, simultane-
ous substitution replaces a the
American signal with a Canadian
one. As a result, the viewer will see
the program in its entirety but from a
Canadian source.

"During the Super Bowl, for
example, Canadian broadcasters sell
advertising time to be included in the
Canadian feed of the program and
replace the ads the Americans see at
home. This permits the Canadian
stations, that buy the exclusive rights
to air the Super Bowl in Canada, to
benefit from the sale of commercial
advertising during the airing of the
program," Carmel said.

Since Canadian broadcasters can-
not use American advertising, they
are left with the Canadian ones.

Because the price difference for a
30-second spot during the Super
Bowl is vastly different between the
U.S. and Canada, Canadian adverti-
sers cannot go all out the like their
American counterparts. For exam-
ple, a 30-second spot on an
American network during the Super
Bowl can cost as much as \$2 million,
while the same spot on a Canadian
network would come out to about
\$40,000 to \$60,000.

"The American budgets are signif-
icantly larger than our budgets," said

Barb Elliott, a co-ordinator of the
advertising and media sales program
at Humber College. "It wouldn't
make sense to spend the money the
Americans do on their television pro-
ductions when we've only got a tenth
of the population and a tenth of the
budget."

"A relationship has to exist
between the cost of producing the
commercial and the cost of the actual
air time," Elliott said.

Paula Kilpatrick, an account exec-
utive at Canvideo Television Sales,
said even though our budgets are
smaller, the after-effects of Super
Bowl advertising are as great here in
Canada as they are in the U.S. when
you compare the population ratio.

Past winners

Game	Result
XXXIV	St. Louis 23, Tennessee 16
XXXIII	Denver 34, Atlanta 19
XXXII	Denver 31, Green Bay 24
XXXI	Green Bay 35, N. England 21
XXX	Dallas 27, Pittsburgh 17
XXIX	San Fran 49, San Diego 26
XXVIII	Dallas 30, Buffalo 13
XXVII	Dallas 52, Buffalo 17
XXVI	Washington 37, Buffalo 24
XXV	N.Y. Giants 20, Buffalo 19
XXIV	San Fran 55, Denver 10
XXII	San Fran 20, Cincinnati 16
XXII	Washington 42, Denver 10
XXI	N.Y. Giants 39, Denver 20
XX	Chicago 46, New England 10
XIX	San Fran 38, Miami 16
XVIII	LA Raiders 38, Washington 9
XVII	Washington 27, Miami 17
XVI	San Fran 26, Cincinnati 21
XV	Oakland 27, Philadelphia 10
XI	Pittsburgh 31, L.A.-Rams 19
XIII	Pittsburgh 35, Dallas 31
XII	Dallas 27, Denver 10
XI	Oakland 32, Minnesota 14
X	Pittsburgh 21, Dallas 17
IX	Pittsburgh 16, Minnesota 6
VIII	Miami 24, Minnesota 7
VII	Miami 14, Washington 7
VI	Dallas 24, Miami 3
V	Baltimore 16, Dallas 13
IV	Kansas City 23, Minnesota 7
III	N.Y. Jets 16, Baltimore 7
II	Green Bay 33, Oakland 14
I	Green Bay 35, Kansas City 10

source: www.superbowl.com

Favorite Sport to Watch on TV Oct 2000 Surveyed females age 12+

1. NFL	22.1%
2. MLB	13.6%
3. NBA	12.6%
4. Figure Skating	6.5%
5. College Football	4.3%

Life & Health

et cetera

"Chocolate is cheaper than therapy and you don't need an appointment."

-Anonymous

Loving your pet may be good for your health

Pet Facilitated Therapy proves that petting your animal may reduce your blood pressure and help you to relax.

by Jody Johnson

When first-year Humber College Nursing student, Sonia Varaschin, returns to an empty home after a long day at school, it's her cat that she turns to for comfort.

"My cat is very loyal, she misses me when I'm away. She keeps me company," Varaschin said.

It's not uncommon for students living alone to have a pet to keep them company. In fact, researchers have found that pets can be very therapeutic. It's part of an increasingly popular form of therapy called Pet Facilitated Therapy.

According to Claudia's Web site on pet therapy, which can be found at www.auden.webster.edu/~frenccla/, students are very prone to high levels of stress, anxiety and loneliness.

According to the Web page, studies have shown that pets can aid relaxation, lower blood pressure, promote health and prolong life.

"My cat stays close to me when she knows I'm upset. She gives me warmth," said Varaschin.

According to Dr. Anthony G. Pacevicius, a veterinarian for 22 years at the Halton Hills Veterinary Clinic, pets can have a very positive effect on humans, both physically and mentally.

"Not only do pets have actual physical benefits on humans, but they also have positive mental effects. It has been proven that pets have a calming effect on humans. When you pet your dog or cat, blood pressure is lowered," said Pacevicius.

"My cat doesn't care when I have a bad hair day. She takes you for who you are, she's very non-judgmental."

-Sonia Varaschin

"Mentally, pets are also very therapeutic for people. Pets need constant care and attention. They are very dependent on their owners. People like the feeling of being needed and are attracted to the notion that they can be loved unconditionally," said Pacevicius.

Varaschin is attracted to the uncondi-



JODY JOHNSON

Heidi Christensen, second-year Marketing student relaxes with a furry friend.

tional love that her cat offers.

"My cat doesn't care when I have a bad hair day. She takes you for who you are, she's very non-judgmental," she said.

Pets can be the perfect companion for students living alone.

Pacevicius said people are more likely to get along better with animals than humans at times.

"The human and animal bond is very strong. You begin to look at your pet as another person. Your pet, even though it requires a lot of responsibility, will not get mad at you if you forget to feed it. It will always come back. Pets are very loyal that

way," said Pacevicius.

Second-year Electrical Apprenticeship student, Mike Roden, said his dog is the perfect roommate when he is alone.

"My Great Dane cheers me up when I am stressed, and keeps me company when my wife is away," said Roden.

Expert veterinarian and author of *Love, Miracles and Animal Healing*, Dr. Allen Schoen said, "love is the most important medicine and pets are one of nature's best sources of affection."

"Animals allow humans to focus, even for a short period of time, on something other than themselves," Schoen said.

Graphic pictures display harsh realities

by Sara Szulc

If you're a smoker you may have noticed a picture of rotting gums or decayed lungs on your cigarette packages. This is Health Canada's latest attempt to warn Canadians of the hazards associated with smoking.

"We think they're outrageous because they're based on fear," said Frank Dryer, president of the Canadian Council for Non-Smoking. "It's not going to make them quit, it's going to make them anxious."

As of Dec. 23, all tobacco manufacturers in Canada had to produce new packages displaying graphic health warning labels. The 32 different labels include pictures such as a pregnant woman smoking, a baby in an incubator, and a cigarette with a limp ash with the warning that smoking may cause impotence. The packages will also include information on diseases caused by tobacco use or tips on quitting smoking which are printed on the inside slider or leaflet.

"The real purpose of the regulations is to ensure Canadians are better informed about the many health hazards [associated with smoking]," said Andrew Swift, media representative for Health Canada.

Canada is the first country in the world to implement such strong labelling and reporting measures.



One of the new warnings on cigarette packs, across Canada to encourage smokers to quit.

Prior to the new law, health warnings were only required to occupy 25 per cent of the cigarette package's display panel, and no graphics were used.

As a result of extensive research and testing, Health Canada found that for the warnings to be effective, they had to be more noticeable.

The new warning messages are larger, bolder and take up 50 per cent of the packaging.

Swift said that findings from focus groups indicate that the new packaging is, on average, 60 times more likely to stop people smoking and deter more non-smokers from starting.

"The day I get one of those packs is the day I quit," said

first-year Multi-Media Productions student Dave McDonald. "It's offensive."

"The labels themselves are not a silver bullet to stop smoking," Swift said. "We're trying to provide as much information as we can so people don't start, especially young people."

Dryer said the Canadian government is hypocritical to allow such grotesque pictures on cigarette packages when the government is making big bucks off the taxation of cigarettes.

Dryer said, "our government is pretty much the biggest pimps in the continent."

He said the only thing the new labels are going to do for people is "make going to the corner store unpleasant."

Humber student, Dave Probert, has been smoking for eight years. He said the new labelling won't make him quit.

"They don't really affect me either way," Probert said.

The Non-Smoker's Rights' Association (NSRA) is in full support of Health Canada's regulations.

"We're trying to denormalize smoking," said Peter Holt of NSRA. "What other product in society is expected to kill one out of two of its long-term users?"

with files from Cynthia Muskat

Urinary tract infections are the second leading cause of lost workdays for women and lead to over nine million doctor visits.

-www.oceanspray.com

Regular physical activity provides short-term benefits and reduces long-term risks for disability and premature death.

-www.cbshealthwatch.aol.com

Bladder infections growing concern

If left untreated urinary tract infections can spread to the bloodstream and become very dangerous.

by Charlotte Brown

Women better watch out, bladder infections are more common than most people think.

Bladder infections occur when there is an abnormal growth of bacteria inside the urinary system.

Cheryl Burnside, a registered nurse practicing in Mississauga, said there are two types of urinary tract infections. The first is a simple urinary tract infection, which develops when bacteria travels into the bladder. This is more common in women who are sexually active, pregnant or in those who use a diaphragm or spermicide for contraception.

The other type is called a complicated bladder infection.

"The complicated bladder infection usually affects people who have an irregular urinary tract system," Burnside said. "That is why it is so difficult to treat. This is an important matter because complicated urinary tract

infections can spread to the bloodstream and cause other severe, life-threatening infections."

Burnside also said the most common symptoms of a urinary tract infection are burning or painful urination, lower stomach pain, frequency or sudden urge to urinate and cloudy urine that has a strong or unpleasant smell.

A person may also feel sick with a mild fever. However, some people may have a bladder infection without feeling any of the accompanying symptoms.

Louise Thompson, manager of the help desk at Field Performance said, "I had my first bladder infection when my kids were young. It felt like you constantly had to urinate and it was so painful."

According to Dr. Steven Bratman, as quoted on The Natural Pharmacist Web site (www.tnp.com), bladder infec-

tions account for more than one million office visits each year and are a common issue for women of all ages. Men are not as affected because their bladders and urethral openings are further apart.

Burnside said bladder infections can be treated with an antibiotic.

Thompson was given antibiotics the day after she began feeling the pain. She said the drugs began to work immediately and the pain and the need to urinate subsided after only two days.

According to Bratman, many doctors also suggest drinking cranberry juice because the juice makes the urine more acidic. This is therapeutic because bacteria that infects the bladder can't survive in acidic surroundings.

Thompson, who also follows doctors' recommendations said, "I drink cranberry juice anyway



CHARLOTTE BROWN

Doctor's recommend drinking cranberry juice as a preventative.

because I like the taste, and it doesn't hurt that it helps prevent bladder infections."

After World War II, the use of cranberries almost died because a variety of antibiotics came onto the market. However, many people still use cranberries at home in combination with the antibiotics to heal and prevent bladder infections.

Cranberries also appear to interfere with the bacteria that are trying to attach to the bladder wall. If bacteria isn't able to get a hold, it will be washed away with the stream of urine.

"Cranberry juice can be a good idea because it has no confirmed

danger for adults, children, pregnant women or the elderly," Burnside said.

Other preventative measures against bladder infections include a high fluid intake of at least two litres of water per day and frequent urination.

To detect the infection, the doctor will collect a urine sample, ask about related symptoms, take your temperature, and check for sensitive areas on the abdomen. The urine sample goes through urinalysis and culture (a test to see if bacteria are present).

"It's necessary for a person to contact their doctor if they feel any discomfort," Burnside said.

Keeping a routine to make your life fit

by Patrick Maloney

With 25 years experience in personal training, Dave Kimber knows a few things about how to get people into the gym and more importantly, how to keep them there.

At the start of each new year, many resolve to become more active and physically fit but most lose interest before losing any weight. The real challenge is not signing up for that gym membership, but actually putting it to use.

"Every gym now has a push to join members in January, it's the biggest time of the year that people join gyms," said Kimber, who has also worked with the Mississauga Fire Department for the past 21 years. "Their New Year's resolution is the first [motivator], but everyone likes to start the year fresh."

When asked about the benefits of regular exercise, he can speak of nothing but positive aspects.

"There are so many different benefits," he said. "You don't live to work out, you



PATRICK MALONEY

Boxing to keep yourself healthy and fit.

work out to live. It's a better quality of life."

Sean Price, first-year Design Foundations student said, "I don't consider myself to be very active. The reason is because I smoke too much. Playing basketball once a week keeps my life balanced. Playing feels like a good workout."

As important as it is to get to the gym, or the hockey rink, or even just around the

block, your fitness goals cannot be met with only regular exercise. To achieve the kind of results that are necessary for continued motivation, proper eating habits must be developed.

Isaac Afrifa, health centre manager at Sherway Premier Fitness in Etobicoke said "It is more than half the battle, I would say perhaps 80 per cent is nutrition. Pasta, rice, and potatoes; consuming those at nighttime is obviously a problem," he warns. "Higher protein, lower carbohydrates at night time are obviously very important. So you're looking at chicken breasts, perhaps fish, red meat and a little bit of veggies."

Another obstacle that can stand in the way of a healthier lifestyle is monotony. Lifting weights and running can get very old, very fast and it's crucial to avoid falling into a rut in your regimen.

Ruel Menlucu, second-year Mechanical Engineering student, said, "I join leagues like baseball and basketball [to stay in shape]. Playing sports is better because you

can enjoy it more than going to the gym—usually you get bored of doing the same stuff repetitively."

Donovan Boucher, a one-time national level boxer, teaches the sport at Premier, and feels that taking his class is a great way to avoid bodybuilding boredom.

"We do different things all the time. We do speed ball, we do pads. There's different exercises that we do in here that will keep you interested in doing it."

Boucher notes, "with weights, you're working on one part of your body at a time. Over here we're working on the whole body for the whole session."

The main thing Kimber points out, is that convenience is an absolute must. He warns that to stay truly committed, you have to live or work near the gym at which you exercise.

Kimber stresses the importance of enjoying what you do. In the end, physical fitness should not feel like a chore—it should be fun.

Entertainment *et cetera*

...Phish does not play for critical or commercial success. They play for themselves and their fans.

Smells like Phish

by Lauren Ferranti

The lights go down. The room is bathed in darkness.

The audience sinks deep into the red velvet seats, enveloped by the flickering, jumpy light. Music curls around the light and fills in the holes... All are suddenly sealed into this Phishtank.

Bittersweet Motel, the new documentary on the band Phish, guides the audience through a 126-minute experience of the Vermont band.

Slated to open at Toronto's Bloor Cinema Feb. 2, and running through to the 8th, *Bittersweet Motel* chronicles a year in the life of the "Phish Phenomenon."

PHISH HEADS

They are followed on and off stage, in and out of cars, garages, Spanish gun shops and throughout their 1999 tour around the United States and Europe. A good part of the film focuses on one of the band's grandest festivals, "The Great Went", held in Limestone, Maine in 1997.

The movie's Director, Todd Phillips, is known for his 1993 debut documentary *Hated*, on the tumultuous life of deceased punk-rocker G.G. Allin. He followed this with another documentary in 1997 called *Frat House*. His most recent work, *Road Trip*, was in theatres last summer. He was chosen by Phish to direct and produce the film precisely because he was not a fan of the band.

Live footage anchors this film, for Phish is a band truly at home on stage.

The fans, called "Phish Heads," follow Phish from city to



Etc critic Lauren Ferranti, finds Phish tastefully groovy.



COURTESY PHOTO

What do you call four Phish in a stairwell? (left to right) Trey Anastasio, guitar/vocals; Mike Gordon, bass/vocals; Jon Fishman, drums/vocals; Page McConnell, keyboards/vocals

city throughout the film, are a testament to the unique experience of their live show. Phish is known for their spontaneous theatrics, and a constantly changing set list.

A mass of enormous, colourful balloons drops on the crowd at Madison Square Garden as Phish rings in 1998 with a heavily guitar-led rendition of Auld Lang Syne.

On the last night of their 1998 European tour, the four Phish become a barbershop quartet and sing, "Hello my baby, hello my darling, hello my rag time gal..."

Each show is an original.

POLKA DOT DRESS

That is what *Bittersweet Motel* documents and this is what Phish strives for. They create something that exists for only a short while, and then it's gone, and the band starts again. This is part of their mysterious charm.

When they are not playing music, these grown men, married with children, drink beer, swear and laugh a lot. Drummer Jon Fishman, who is quite funny in the movie, wears a polka dotted dress to shows and flashes his blue briefs to the camera. Bassist, Mike Gordon and keyboard player, Page McConnell are fairly quiet.

The focus of the candid moments in the film rests largely

on Trey Anastasio. He was the band member who was "most outgoing and accessible," director Phillips commented in a recent interview with Rolling Stone magazine. He was also the most comfortable, said Phillips, with the concept of making a movie about themselves.

Phish seems to encapsulate that moment...that beautiful vision that occurs between dreaming and waking.

Anastasio discusses negative reviews from critics, which the band dismisses easily with laughter. One reviewer comments that, "[Phish] urinates in peoples' ears and sells it is as music". In response to this, Anastasio jokingly compares the band to a dominatrix who gets paid a handsome sum to defecate on her customers. They howl and consider themselves quite lucky they get away with all that they do.

Anastasio does get serious however, in a personal rant about critics who don't understand Phish and write them off completely. The film makes it clear that Phish does not play for critical or commercial success. They play for themselves and their fans.

The fans are also a focus of the film. Colourful Phish Heads follow them from city to city, preaching the message of the band.

One girl, ordinary save the gauzy wings attached to the back of her wool sweater, professes to love Phish for the freedom and happiness their music brings her, then floats off on her bejeweled butterfly wings.

The music transports the fans, said a guy in dreadlocks stopped in the street. The music is not for stoners, he asserts, and claims he must listen sober to get to "that place" most easily. "That place," when probed by the interviewer, is "the soul, man"...and if he had had wings, he would have flown away too.

GREAT INTRODUCTION

Speaking of flying high, the film features some 70,000 Phish Heads at the 1997 "Great Went" festival, clutching "personally rolled" cigarettes, dancing as though underwater, and running through fields naked.

Phish Heads will undoubtedly enjoy the wealth of live footage in *Bittersweet Motel*, particularly the small venue shows on their European tour. And because the four band members are somewhat elusive, fans will also adore the private glimpses backstage, the jokes and the serious discussions about critics and their purpose as a band.

This film is not strictly for the fans. There is a mystique that surrounds the band. Most people

We're giving away 20 free Phish tickets

Hi folks. We're giving away 20 double passes to the new Phish rockumentary.

The show starts Feb. 2 and it runs through to Feb. 8, at Bloor Street Theatre, Toronto.

Participating is simple:

See that funny looking fish on the opposite page...

Yes? Okay, just grab some crayons and colour that sucker in. Now, write your full name and phone number on the fish, cut it out and drop it in the fish bowl, er, box, that's located outside our newsroom door. That's L231 for those who don't know.

The draw will be closed at 3 p.m. Wednesday, Jan. 31.

Winners will be notified that night, and their names will be published right here Feb. 1.

Get thee to a box of crayons!

have heard about them but don't really know what they're about. This film is a great introduction for those who are curious. They are a fantastic band musically and very entertaining to watch both on stage and off.

BEAUTIFUL MOMENT

At one point in *Bittersweet Motel*, Anastasio describes a new song they've just written. The song attempts to capture the moment when you're lying in bed and all of a sudden you get this amazing idea.

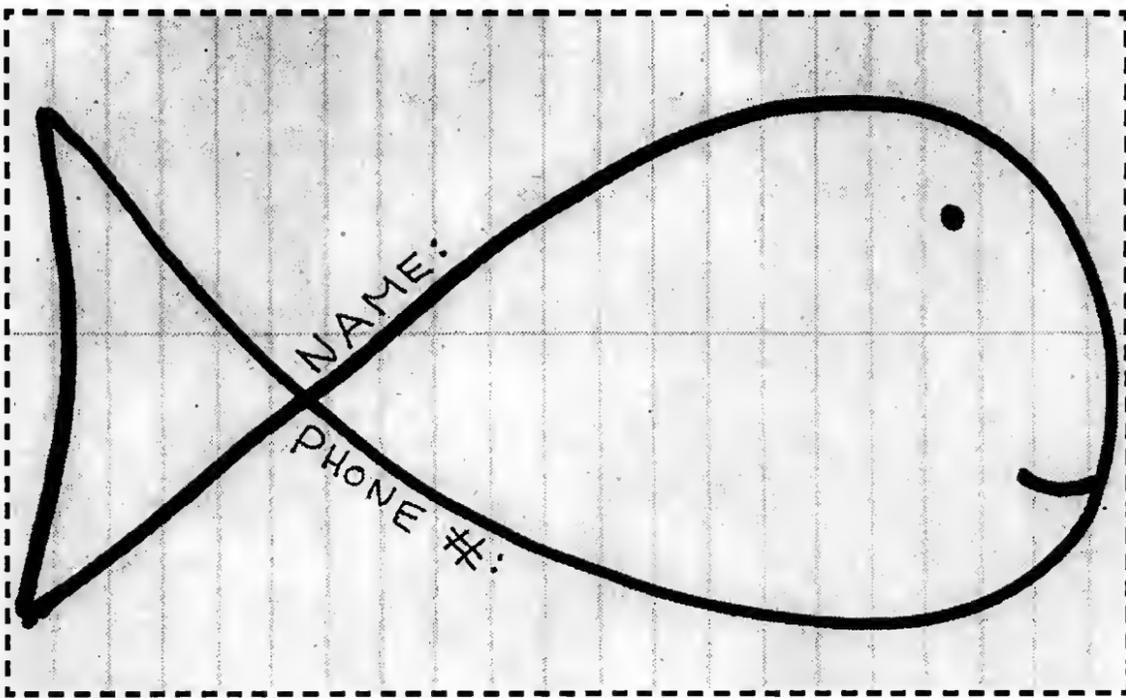
When you wake and try to write the idea into words, it is lost. You can't remember it, no matter how you try. And so the rest of your day is spent trying to get that thought. Phish seems to encapsulate that moment...that beautiful vision that occurs between dreaming and waking. And it's so delicate a moment and so elusive, hanging in the balance of two very concrete states.

At the press screening on Jan. 18, Canadian promoter, Daniel Weiner said the band is currently on hiatus. In the meantime, *Bittersweet Motel* will be appearing across the country. Don't miss it in Toronto at the Bloor Cinema from Feb. 2 - 8.

It will also be moving to London, Kingston, Vancouver, Whistler, and Victoria. Check for all of those dates and updates at: www.bittersweetmotel.com.

"If you don't run your own life
someone else will."
-John Atkinson

"Reach high, for stars lie hidden in
your soul. Dream deep, for every
dream precedes the goal."



A survival guide for television's realities

The Mole - Tuesday, 8 p.m., CTV/ABC

Five men and five women earn money while trying to identify the mole in their group. The mole's job is to sabotage each game or challenge. The person who is left most clueless at the end of each show is eliminated.

Temptation Island - Wednesday, 9 p.m., CityTV

Four couples try to avoid cheating on their respective partners while being surrounded by the hottest (prostitute-like) male and female contestants that FOX (the show's creator) could find.

Survivor II - Jan. 28, after the Super Bowl, CBS

Very similar to the first one. Contestants are voted off by others in the group, but can earn immunity by completing challenges / winning competitions. It's set in Australia, rather than a beach in the south China sea.

Popstars - Feb. 4, Global

The female version of last season's *Making the band*. Hopefully, this show learned from the latter's mistakes, and the girls will be more likable than the quickly annoying boys of O-Town.

Compiled by Drew Harmer

Take these for a spin



Plasticine

by Dave Ward

The music of Plasticine is good, but the singer's voice is a bit repetitive.

The lead singer and guitar player, Steve Strongman, is a fantastic guitar player. The 11 songs on the band's self-titled album are well written, and I won't be surprised if they find success in the mainstream pop market.

As most of us know, marketable music and good music are not always the same thing.

The songs where the admirable guitar work is loud enough to drown out the repetitive vocals, I began to enjoy the music. Notable songs are Beautiful, Tragedy, and Something to Someone. There is a really cool hidden track at the end of the CD.

The guitar sound has traces of Black Sabbath, Mathew Good Band, and Radiohead. Some songs are heavy, some are mel-

low. The singer is influenced by Thom Yorke from Radiohead. But he sounds more like the singer from Wide Mouth Mason. Out of ten, Plasticine's self-titled album is a 6.5

If every song were as good as the hidden track, minus the vocals, the album would be a 10.



Oh Susanna

by Kelly Wright

Named by Maclean's Magazine as one of new music's brightest lights, Oh Susanna (aka Susan Ungerleider) compiles these original songs to create a soothing and relaxing album.

Her country/jazz/classical sound is enough to clear the mind and spirit as the melodic sound floats in the air.

This is her third CD since her 1995 debut and it features an all-star cast of musicians: Bazil Donovan (Blue Rodeo) on bass, Joel Anderson (Skydiggers) on drums, Luke Doucet (Sarah

McLachlan, Chantal Kreviazuk) on guitar and Bob Packwood on keyboard. Also featured are Anne Lindsay on violin and Alex McMaster on cello.

Definitely an artist to watch.

2001 Warner film previews



The Pledge



3000 Miles To Graceland



See Spot Run



Exit Wounds

Nevada homicide detective Jerry Black (Jack Nicholson) accepts an airline ticket for a dream fishing trip to Mexico from his colleagues. When the body of an eight-year-old girl is discovered in the mountains, Jerry offers his expertise and takes it upon himself to deliver the news to the victim's parents.

The Pledge is directed by Sean Penn, based on the novel by Friedrich Durrenmat. In theatres Jan. 19.

During International Elvis Week in Las Vegas, five impersonators enter the Riviera Hotel with weapons in their guitar cases.

Ex-con Michael (Kurt Russell) and former cell-mate Murphy (Kevin Costner), steal away with \$3.2 million, leaving the hotel in ruins with a high body count.

In theatres Feb. 23.

Gordon, a U.S. Postal Service mail carrier, meets his match: a crime fighting super dog who has just escaped from a witness protection program with local mobsters and his owner, FBI agent Murdoch (Michael Clarke Duncan), in hot pursuit.

When the runaway canine seeks refuge in Gordon's mail truck, it's the beginning of a wildly comic adventure.

In theatres early March.

Orin Boyd (Steven Seagal) is a detective who finds himself doing time in the toughest precinct in the city. Boyd is forced to attend an anger-management class, where he reluctantly befriends Henry, a big-hearted morning anchor for a local Detroit talk show. Boyd uncovers a group of corrupt cops running a complex drug operation.

In theatres mid March.

Compiled by: Brianne Thom & Valeria Sladojevic-Sola

Peek through the tube at reality, prime time style

People are so busy voting others off the Island they're forgetting about themselves

by Drew Harmer

If you find yourself watching reality television and you're not sure why, you're not alone.



DREW HARMER

I survived! Anyone can be a survivor with a little improv.

Whether you approve of the rising trend in unscripted dramas or not, for the next few months they will dominate prime time TV.

"I'm tired of them already," said John Corcelli, a freelance media critic and correspondent based in Toronto.

"They're a temporary trend with a short shelf life. They'll last maybe a season or two."

-John Corcelli

These new shows are cashing in on the professional success that may or may not last for long.

Corcelli doesn't think reality television is very memorable. "It offers very little intrinsic value, after they're done, they're very much forgettable," he said.

"The bottom line is, they throw these shows together to draw in numbers, to draw in advertisers. They're only looking

to make a quick buck."

Last summer, North America was invaded by an epidemic called Survivor. Some students at Humber College have very strong feelings on the subject.

"I think they're crap," said Jon Allard, a second-year Photography student.

"Why the hell would I want to watch nobodies making asses of themselves when I could just as easily throw in a home movie of my friends back in high school?"

Allard refuses to believe that reality television will remain popular forever.

"The most popular one will survive and the rest will be cancelled."

-Jon Allard

"They're pretty good," said Craig McIntosh, a first-year Advertising student. McIntosh sees nothing wrong with the entertainment value of reality television.

"It's like event TV. It's almost like watching professional sports, without the uniforms and stadiums and crowds. You don't want to miss a game because once it's over you know who won. Reality TV doesn't work in reruns."

Corcelli believes viewers tune into unscripted dramas because, "they seduce their audience, they draw in viewers unlike any other show. They tap in to the curiosity and nosiness inside everyone."

The producers of the upcoming sequel to Survivor, filmed in the Australian out-back, are so confident they placed it on Thursday night at 8 p.m., opposite NBC's must-see-TV.

In response, NBC is moving their hit comedy Friends from 8 p.m. to 7:30 p.m.

In a couple of months, we'll all know whether reality television is a boom or a bust and who gets kicked from the outback.



Big Brother could be watching you

Dotcomguy proves that e-business is safe by putting his life on-line

by Kris Kauk

Years ago George Orwell warned the world that "Big Brother is watching". Today people are profiting from that warning by having "Big Brother," among others, watching us.

We know these modern entrepreneurs as the members of Survivor, CBS's Big Brother, and the newest edition to the pile, Temptation Island.

"The sacrifice of privacy for the attention of the masses is a definite trend that has befallen society. It is a result of the blending of television with its successor, the almighty Internet. Sure, a few cameras strategically placed have helped a few people become media darlings but their time will soon pass," said David Black, professor of communication studies at Wilfrid Laurier University in Waterloo.

The man who has come to be known simply as "Dotcomguy" is an example of the public's fascination with voyeuristic entertainment.

"The celebrity is a way in which culture models the 'self'," he said. "The media helps to construct and accept certain individuals as a celebrity through how people view themselves. This process transforms the celebrity from a person to a product."

According to Black, as the audience takes a look at the private lives of those in front of the camera, something is seen that is

typical of television and film. These individuals achieve a sense of fame based on one key aspect.

He defines those that are accidentally thrust into the media spotlight through some kind of fluke like the contestants of Big Brother as the amateur celebrity.

Black speculated that "the amateur celebrity is adored because they are 'real', they project a sense of human truth to the audience. They have not been taught how to act in front of the camera in the traditional ways and because of this, a sense of sincerity comes through."

"The sacrifice of privacy for the attention of the masses is a definite trend that has befallen society."

-David Black

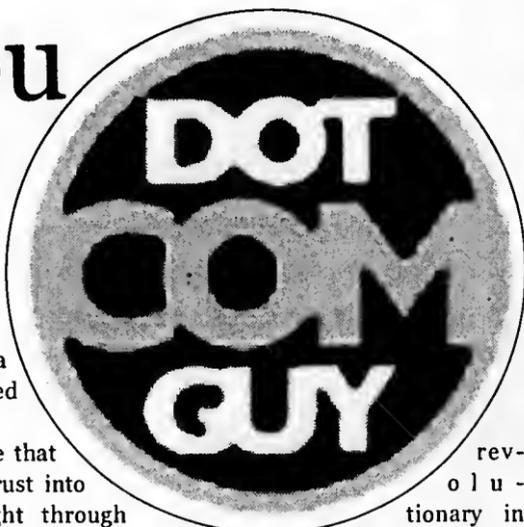
Whoever the spotlight shines on, for whatever reason, the concept of acquiring instant fame is impossible, said Black. Many have tried through time to become famous, all sacrificing something in the process.

On Jan. 1, 2000, Dotcomguy, a man from the Dallas area, entered a small living space, accompanied only by a computer hooked up to the Internet and his desire to show that e-business is safe and



COURTESY PHOTO

Oooh, aaah... hot babes look on as Dotcomguy views his magic.



revolutionary in modern, capitalist society.

A barrage of cameras focused in on his every move, 24 hours a day, seven days a week. The mission ended on Jan. 1 of this year.

Through the year, he gained a wide following in chat rooms, and many media outlets in the United States, Germany, Australia, Canada and Brazil.

Dotcomguy was watched as he went about his mission: to live off what he buys from the Internet. His many successes and failures were witnessed day and night at dotcomguy.com.

In the beginning, Dotcomguy faced problems with obtaining enough furniture and food to get by comfortably.

As the months progressed, he displayed and documented in his daily journal that mastering e-business is not only easy, but very safe and secure, a fear he hoped his journey would abolish for Web consumers.

The Web site recorded millions of hits throughout his quest last year and a buzz was created around his name all over the world. Though he gained a cult following, he realized that searching for fame by allowing others to view your life is not the way to go.

In an e-mail interview recorded just before his mission was completed, Dotcomguy commented on the many other subjects of voyeuristic television.

"I think that a problem that happened with Big Brother was that the [contestants] all wanted to be famous. Personally, I don't want any of that. I want to eventually go back to who I was. Maybe that was what appealed to people. I changed my name to avoid becoming famous and look at what has happened," he said.

Although Dotcomguy achieved fame in this unwanted manner, many others are very willing to broadcast themselves over the airwaves for some sort of personal or financial gain.

Grab that hockey gear and a thong

by Alexis Zgud

Cut down the angles. Don't commit. Keep your legs together. Guard your fivehole.

These are the words Jane Miller uses to express her mother's instructions for goal-tending and sex in Miller's play "Disco Goalie."

Who other than a disco goalie would strap on hockey gear, replete with stick and gloves and use disco songs and hockey as a metaphor for her sexual history?

Miller, 34, who won a Dora nomination for her portrayal of Carole Pope in the 1999 play, *Shaking the Foundations* is the blonde goddess of this one woman autobiographical show.

"Women are not supposed to be aggressors in terms of initiating and wanting sex," she said.

The play follows Miller's life from junior-high-loser-who-no-one-wanted-to-play-spin-the-bottle-with to sports-centred goaltender, to hedonistic, high libido young woman.

In her youth, Miller was a hockey goalie for a women's league in North York. She was initially hesitant when she first heard the idea of disco goalie. It was proposed when she broke out in disco during a rehearsal, and someone from her hockey days mused at merging disco with hockey.

Theatre Centre's artistic direc-

tor David Duclos liked the idea so much he gave Miller money to research and develop it, which Miller said went towards purchasing used goalie equipment when she was 30 and unsure of her sexual boundaries.

Miller said the connection between disco and hockey didn't come to her until she began writing, and found that while it was easy to write about her "nostalgic" memories, her recent stories were more difficult.

"I had to strive to be honest about later anecdotes," she said.

It was disco's hedonistic, "pleasure for the sake of pleasure" attitude that drew Miller to it as a young teen, and she won't blame it for choices she's made. Although she does joke on the effect it may have had on her.

"I'm not really one for censorship. It's just interesting that it may have had an effect on me."

Miller said she's had a positive response from the crowd, many of them drawn in by the hockey component of the show.

But Miller's main goal, she said, is to try to put a dent in society's ideals about sex.

"I feel like sex is a big taboo in society, and I feel pretty strongly about my choices," she says.

The play is running at Artword Theatre, 75 Portland St. Tickets can be bought at the box office by calling (416) 408-2783.

Diggin' up the dirt on Hennessey

by Carcia Campbell

Being in an independent band can be an overtime job, but Pamela Brennan, lead singer of Hennessey, said it's worth it when you reach the top of the music scene.

Taking their name from an Ernest Buckler novel, Hennessey look forward to the release of their sophomore album, *Life on AM Radio*, which has already received rave reviews.

"We wanted to have as many samples and different sounds for this album, but we still wanted to have the root of pop rock that we love. That's what we're going for," she said.

"We want people to tune in and enjoy the music. We are artists and we have to leave our signature."

Born in Quebec, Brennan always wanted to be a musician.

"I took piano and sang. I loved it until 13. When high school started I thought piano was uncool, so for the coolness factor, I stopped taking lessons. I regret that now because I am a bit rusty, but I was self taught with guitar."

Brennan started her career in music as a lead singer for another band.

"I met our guitarist Rory Dyck when I was in Ottawa playing with Watercan.

Dyck was in a band called September Child. He was writing some lyrics on his own and he wanted to form his own acoustic, side project. Originally, he wanted a male singer, but he came to the conclusion that a female could

sing the lyrics.

Within four months Dyck and Brennan were joined by a bassist and drummer.

"When we went in to record *Dig it Up*, our first album, we only knew Michel Pariseau, our bassist for a week, so we learned how we sounded together in the studio. It was a very intense time for us, but I think the intense experience was good for us."

Brennan said *Dig it Up* was cluttered in sound compared to *Life on AM Radio*.

"Even though we haven't changed from pop-rock, we finally understood how to make sampling work for us with *Life on AM Radio* because we had time."

"There's something about seeing a live band. I'm a real ham so I like to dance around and really get into the music."

- Pamela Brennan

Hennessey is looking forward to a college/university tour this month and Brennan can't wait for the public to hear them live in Waterloo, Toronto and Ottawa.

"There's something about seeing a live band. I'm a real ham so I like to dance around and really get into the music. We really want the audience to leave the shows going, 'wow!'"

Brennan said the only let down is when she forgets lyrics to the songs during live shows.

"I'll know a song really well and



COURTESY PHOTO

Hennessey in all their glory.

then when I start to sing it I'll get lost and start making up stuff. Of course the guys hate it. I think it's funny."

With support from parents, the Ontario Council of Arts and MuchMusic's video funding program Videofact, Hennessey considers themselves lucky to get recognition.

"We love being able to make the decisions, and there are downs to being a signed band, like waiting to be promoted. We are a do-it-now band. We don't want to be hindered. It would be nice to be signed cost wise and have some money behind us, but we don't mind working 24 hours and seven days a week because we love our music," Brennan said.

When it comes down to the influence of Hennessey, a line can be drawn to one band.

"The Beatles are our influence. We cover a handful of songs acoustically. 'Don't Let Me Down', 'Baby You Can Drive My Car'."

Hennessey said their dream is to tour all over Canada and if *Life on AM Radio* keeps receiving excellent reviews, they hope to tour the States and even Europe.

For tour dates or CDs check out <http://www.hennessey.com>

Find out whodunit while appetizers are served

by Jason Dean Spence

Former Humber College employee Samantha Bee is among several connected with the fatal shooting of radio mogul William Randolph Worst. Ace detective Sam Spade is investigating.

You might be a suspect too if you were at *Mysteriously Yours* recently or are planning to go there soon.

In 14 years, owners Brian and Lili Caws have turned *Mysteriously Yours* into one of Toronto's preeminent dinner theatres. Its unique program includes dinner and a mystery in which actors mingle with restaurant patrons.

Suddenly, one character is murdered and all are suspect, even audience members. Then a 'detective', along with the audi-

ence, is called upon to solve the whodunit.

Witnesses recently saw one-time Humber secretary, Bee, 31, at *Mysteriously Yours* enjoying the show and suspiciously writing notes in a notepad.



JASON DEAN SPENCE

Add a mystery to your meal.

"I'm here tonight taking notes and crossing my fingers. I'm hoping to join the cast in an upcoming show," Bee said a few weeks ago before being whisked away by Caws, Producer of *Mysteriously*

Yours, for a job interview.

Because the plays are improvised, each show is different. The only thing that's guaranteed, according to the theatre's Web site, is an uproarious good time. The Web site, www.mysteriouslyyours.com provides an extensive testimonial of satisfied patrons.

Even youths are raving about *Mysteriously Yours*, which is impressive because youth outreach is a challenge for most theatre companies.

"It's true, people here don't go to the theatre as much as they do back home," said 20-year old Britney Mandrew, a Russian studying at the University of Toronto.

"I used to go to the theatre all the time in Russia. Theatre is big there; it's something our culture places a heavy emphasis on. In

Toronto, people are more laid back; but I think people would enjoy [*Mysteriously Yours*] if they gave it a chance."

Currently, a 1940's radio mystery, *Murder on the Air* is being shown.

Caws describes *Mysteriously Yours* as interactive theatre with the conventional barrier between the audience and performer disappeared.

The format, Caws said, creates a strong communal feeling which is only made stronger when *Mysteriously Yours* hosts customized mysteries for private parties and corporate events.

"We're different from other dinner theatres who serve dinner and then allow the audience to watch the show on stage," said Caws.

"The Elizabethan audiences

would yell comments to the stage and the actors would respond. But we're doing it in a much more elegant setting than Shakespeare did."

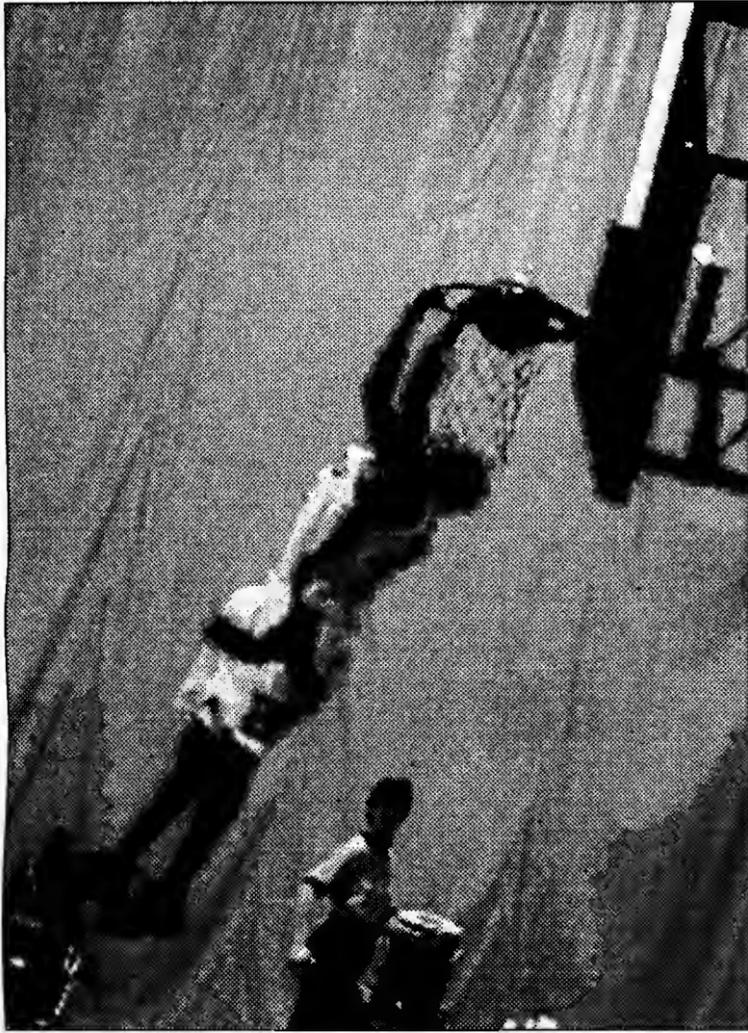


JASON DEAN SPENCE

I'm no suspect...or is she?

Hawk slam dunks with stunning 360 windmill.
-see "Woolery crowned"

Baltimore Ravens linebacker, Ray Lewis, promises a Superbowl win



LUC HEBERT

Flyin' high Hawks win over the Niagara Collège Knights closes gap on the Central region leader, George Brown College.

Hawks make it five in a row

by Luc Hebert

The Hawks men's basketball team has closed to within one win of its longest winning streak of the season, thanks to an 83-73 win over the Niagara College Knights.

The win, last Wednesday, was their fifth in a row. The Hawks have come up with six consecutive wins twice this season.

Their season-opening surge ended with a loss to York University, one week after they picked up the championship in the Hagen Tournament in Montreal, Quebec.

The Hawks then embarked on a streak that would last almost a month but were ousted at the Raptor-Cup play by the Ryerson University Rams in late November.

Besides the first minute of play on Wednesday night, the Hawks lead throughout the entire game. The Hawks never led by more than 15 points and with 2:42 left in the game, Niagara closed the gap and pulled within three, 74-71. The late offensive was led by the shooting of Edson Jones, and Ernell Ellis.

But the last two minutes of the game belonged to Marcel Lawrence and Jeremy Walters,

who sparked Humber to a 9-2 game-ending run.

Every time Niagara made a charge at Humber and cut into the Hawk lead, Humber responded with confidence.

"We just ran out of gas. There isn't much we could have done to get that extra push," said Niagara head coach Ralph Nero. "Our centre and our number two man weren't here, but I think we played a good ball game. I think they're the best team in the country right now."

"I know we're good," said Hawks head coach Katz.

Humber Forward Chris Bennett also agreed.

"I believe so as well," said Bennett. "But I don't think it matters who the best time is now. It's all about who the best team will be on March 18 at the Nationals."

Mid-way through the first half, Niagara went on a 9-0 run to cut into the Hawk lead, 25-21.

With 8:38 remaining in the first half, Jeremy Walters stripped a Niagara player of the ball at the top of the key in the backcourt and exploded to the rim for the reverse

jam After another small run by the Knights, Humber's Fitzroy Woolery went to the aerial attack late in the half.

Niagara turnovers gave Woolery the opportunity to come up with a pair of fast-break dunks.

The first came off of an alley-yoop pass from Walters. His next dunk was no more than 30 seconds later and this time he did it all alone, sending it in with authority. The Hawks led 47-33 at halftime.

The Hawks have 10 remaining games in their schedule with eight of them being played on the road. But Katz puts a positive spin on playing road games.

"It's going to be good to get out on the road," said Katz. The Ontario College's Athletic Associations are in Ottawa on the road, so it will help us gear up for games like we're going to face over there."

The Hawks are 10-4 on the road this season and post a perfect road record against Canadian College Athletic Associations' teams.

Lady Hawks can't be stopped

by Patrick Campbell

The Humber Hawks women's basketball team continued to fly through their storybook season last Wednesday night disposing of the lowly Niagara Knights, 70-49.

They have beaten the St. Lawrence Vikings and the Niagara Knights since returning from the long Christmas holidays.

"I expected them [Knights] to be better," said Humber head coach Denise Perrier. "The second semester rolls around and you think people will improve and add different things. We used a full court press and I thought we came out with a bang."

The Hawks, who crushed the Knights 91-38 last time they met were

led by star forward Beth Latendresse's career high 37 points. The Hawks poured in 15 straight points before Niagara stopped the charge with a lone three-pointer.

Unfortunately, for the Knights, that didn't stop Humber's charge. The Hawks continued to roll with runs of four and five to take a commanding lead 26-10.

After some key three-pointers by Carrie Stratford, the Knights pulled to within 16 points but Humber continued to hit key shots en route to a 35-24 half-time lead.

"We got lazy on defense," said Perrier. "I think we took them for granted. Our legs were not there and we

reached with our hands."

The Knights tried to stay in the game with some quick three-pointers but the Hawks were too much.

The Hawks' attack was led by the game's MVP Brenda Chambers who collected 19 points, while Stratford poured in 20 for the Knights.

The young women have enjoyed a prosperous New Year.

They won two games and placed third at a local tournament before losing their winning ways at last week's Fanshawe Round-ball Classic in London, ON.

The Hawks won against the Montmorency Nomades, while losing to two other Quebec teams.



PATRICK CAMPBELL

Unstoppable lady hawk teases Niagara Knight defender on way to 70-49 thrashing.

Woolery crowned OCAA slammin'-jammin' champion

360 windmill blows away crowd

by Luc Hebert

Humber's Fitzroy Woolery took control in the slam dunk competition that was part of the Ontario Colleges Athletics Association all-star festivities at Fanshawe College in London.

Woolery mesmerized the crowd with his array of gravity defying dunks that included a 360-windmill. But Woolery won the contest after he had asked the

crowd what they wanted to see. They made their request and Woolery passed with flying colours.

When he jumped over Freddie the Falcon and slammed the ball, the crowd erupted.

Fanshawe's mascot stands six feet three inches but Woolery spread his legs and managed to clear its head.

Woolery received perfect 10's from all the judges for the dunk, and set a precedent that no other competitor could match. The Humber Hawk guard said he hadn't planned on attempting the dunk or any other that he did during Saturday's competition.

"I didn't know what I was going to do today," Woolery said. "But the guys gave

me some support."

Teammates Chris Bennett, Jeremy Walters, and Rupert Thomas were all on hand to cheer on Woolery to victory.

In the all-star game Bennett and Walters helped pace their team to victory, while Lindsay Higgs, Elaine Morrison and Beth Latendresse followed suit in the women's game.

Leafs need to open the purse if Stanley is to come home.
-see "Cujo tired"

Defenceman Jovo makes it to NHL All-Star game, replaces injured Chris Pronger.

Tie Domi wins fastest skater in the skills competition on 45 foot head start.

Hawks' talons rip Shield

Hawks take advantage of weak shield and dominate match 3-0 against Shield squad at Lakeshore campus



RANDY COORAY

Leading all teams in the central division Hawks continue to strike through defences.

by Randy Cooray

The mens volleyball team completed the season sweep of the Cambrian Golden Shield, dominating the match's tempo to the tune of 3-0.

Like the women's volleyball team, this game was also at Lakeshore campus. This was the second time in less than 14 days that the Shield have fallen to the Hawks. It was apparent the loss of two of their starters due to academic trouble contributed to the Hawk's convincing win.

For starter Denny Moser, coming to Lakeshore brings a better atmosphere than the gym at North.

"I used to come to this school and played ball 24/7 so I felt a little more comfortable," said Moser.

Despite the ceiling being significantly lower than North, Moser believes there were factors.

"It isn't hard to adjust

[playing at Lakeshore] but the lights are a mess," said Moser. "If you catch the light you will see a nice green dot for a while."

A more efficient team effort was evident in closing out the season with the rival Shield taking nine of a possible eleven sets.

"Everything seemed to run a little bit smoother, a little less complicated," said

"We were playing a team I thought had a few more weapons... - coach Wilkins"

Moser.

"There was a dropped ball here and there but overall I think we peaked in this game."

With the neutral site and the strength Cambrian possessed throughout the sea-

son, Humber head coach Wayne Wilkins believed this game was going to go down to the wire.

"We were playing a team I thought had a few more weapons than one or two, if we were playing a team that had three or four hitters then I would be worried," said Wilkins.

Wilkins used most of his bench, and dealt with a couple of injuries, but Wilkins agreed that it was a great team effort which used the week off to prepare for the Shield.

"Everyone played, passed, served and listened to instruction which makes the job easier when we go out there," said Wilkins.

"Bart (Babij) got a chance to get in for Jeff (Young) because his shoulder is a little sore and Scott (Miles) was in there so was Denny (Moser)."

Men's Volleyball Central Region Standings

Team	GP	W	L
Humber	11	10	1
Seneca	10	7	3
Georgian	10	5	5
Cambrian	9	4	5
Sheridan	10	3	7
Boreal	8	0	8

Women's Volleyball Central Region Standings

Team	GP	W	L
Cambrian	7	7	0
Seneca	8	6	2
Sheridan	7	5	2
Centennial	8	4	4
Humber	8	4	4
Georgian	8	1	7
Boreal	8	0	8

Shield squad deflect Lady Hawks' attack

by Randy Cooray

The Humber Lady Hawks volleyball team lost 3-2 to the Cambrian Golden Shield on Saturday at Lakeshore campus.

For the Hawks this was their second loss in a row to the Shield and the fourth in their past seven matches.

Starter Barb Legiec said the team didn't revert to what worked during practice, especially during the second and fourth set losing 25-14 and 25-15 respectively.

"We stopped playing, that's all it was," said Legiec. "We worked on serving and passing for the past couple of weeks and we never did what we worked on which gave them [Cambrian] a lot of points."

Legiec never played at Lakeshore campus. Despite the lower ceiling there, it was not a factor to the team.

"We still knew that this was a home game," said Legiec. "We practice at North campus every week, [and even though] we never played here before, it still felt like home."

"I think we just went in a little bit of a funk..." - coach Dave Hood

Head Coach Dave Hood said that his team gave the Shield momentum during the game, capitalizing on an early lead.

"I think we just went in a little bit of a funk. We let them get up

early on us, as a result we were playing catch-up," said Hood. "We came back from nine point deficit which is usually unheard of; that shows a lot of character."

Despite the loss, Hood sees his team getting on the winning side again in time for the Hawks next match with the Georgian Grizzlies who they swept the last time they faced off in Barrie:

"We played with a lot of heart and a lot of guts," said Hood. "This is probably one of the best matches of the year. We let them get a little bit of a run off us and the score may say that they beat us but I think we beat them."

Humber and Georgian will play at the North campus on Jan. 25.



RANDY COORAY

Sour wings, Hawks lose 3-2 and turned away by solid shield defence at the Lakeshore campus Saturday, Jan. 21.

Oakville's Steve Christie is wondering about the future in the NFL's wing city

Henrik Larsson vows to stay at Celtic amid Manchester United bid rumours.

A.S. Roma's lead at the top of the Serie A is cut to three points over gaining Juventus.

Hawks split road trip north

by Jason Thom

The Hawks flew deep into the great white north this past weekend for two key match-ups in the home stretch to this year's play-offs.

Although they lost their first game against the Sault Ste. Marie Cougars 7-6, the Hawks put it all together to beat the Cambrian Golden Shield 4-3.

Against the Cougars, the Hawks came out slow which could have been attributed to the nine-hour bus ride the day before.

Mentally, Humber lacked concentration as they scored twice on their own net by deflections off skates and sticks.

"When you score two goals on your own

net you know things aren't going well and we didn't play well enough to win that game. As a result we have three losses and all of them by one goal," Humber Hawk head coach Joe Washkurak said.

Morris Marshall scored his fourth short-handed goal in three games and Colin Gillespie scored two goals and an assist.

It was Gillespie's second and third goals of the year, one of which was orchestrated by a beautiful skip pass by his line-mate Scott Barnes.

Although Barnes is new to the team, he and Gillespie played well together. The pair are no strangers to each other as they played

together for a year in Port Colborne's junior league.

Washkurak is a little more enthusiastic about his assistant captain's play as of late.

"You know, Colin's game has just been elevated about three decibels and I think he's all-around one of the best players in this league," Washkurak said.

The Hawks went into game two of their northern road trip with the pressure of coming home without picking up any ground in the standings.

But bruising blue-liner Shane Mitchell guaranteed a win against the feisty Cambrian Golden Shield and the Hawks delivered by playing one of their grittiest games of the year.

Barnes gave Humber the early lead with a beautiful backhand into the roof of the net on a partial break away.

Tim Morin banged in a loose puck around the Humber crease to tie the game at one.

From then on, it was a goaltending dual between Cambrian's Jason Maslakow and the Hawk's Terry Gilmer.

With Humber shorthanded, Gilmer came away the winner, as he shut the door on 15 Golden Shield shots including a Hasek-like sprawling save from his back.

The second-year goalie won two straight games coming into the contest and has gained more confidence with the increase in ice time he has seen lately.

"Now when I jump on the ice they're

going to have to play a real good game to beat me," Gilmer said of the soft goals that seemed to plague him late in games in the early part of the year.

The Hawks seemed to feed off their goalie as Shawn Kane stole the puck at the Humber blue line and took it deep into the Cambrian corner before feeding Gillespie a beautiful pass resulting in a 2-1 Humber lead.

It was Kane's second on the night, fourth in three games and team-leading twelfth of the season.

"We've got a lot of guys that can finish up front and obviously if you get the puck up to those guys and let them do what they do and the rest is history," Kane said.

The Hawks went ahead 3-1 on their first shot of the third period when Jamie Visser scored on a Morris Marshall pass.

The Golden Shield scored two goals in under a minute to knot the game at three with 10 minutes to play in the period.

But the Hawks gained the lead again with Visser setting up Marshall for his ninth of the season and game winner.

"Cambrian's a tough team and they try to play physical all the time and by showing them we can come up to their barn and take two points away from a pretty good hockey team, it just gives us more confidence by the day," Kane said.

"That's three in a row and he's got the hot hand so we may have to lean on him a little bit now."



COURTESY

I give up!... Hawk forward slips past a defenders in the north country.

Cujo is not the only one tired of waiting

You have to ask yourself a few questions when it comes to deep-blooded loyalty and professional sports teams.

Especially when you're talking about The Toronto Maple Leafs.

First, what lengths would you follow your beloved team through achieved celebration, darkness and despair, and the forever inflating ticket prices.

Second, how many trophies has your beloved team satisfied your long hours of cursing at the television for the struggles your team encounters in achieving the holy grail of its sports conquest.

It's been a long 34 years since the Stanley Cup has graced the streets of Toronto and even longer for the hearts of any true blue and white blooded Leaf fan.

Generations of Leaf fans have been born since 1967 and still no Stanley Cup.

True, they live on through memories passed down from elders and sometimes it's hard to beat those. (I guess)

It's no secret that the Leafs are at least two pivotal players away from any serious run at the Stanley Cup.

A Lindros deal alone would not secure a smooth and clear path out of the Eastern Conference. So a run at the Stanley Cup

Finals is highly unlikely this year.

The Leafs have to make a serious pitch for a solid blueliner as well.

Without the presence of a Chris Pronger, Ray Bourque, Nicklas Lindstrom or say a Rob Blake to quarterback the powerplay, the Leafs face the undaunting task of relying too heavily on their saviour Curtis Joseph.



Sean O'Hara
SPORTS
COLUMNIST

Cujo is not only an exceptional goalie but should have been a legitimate all-star selection for this year's NHL All-Star Game.

However to say he is doing a fine job with the little or no help he has received this year is an understatement.

As it stands the Leafs have the 17th rated powerplay in the league, not to mention a 17th ranked penalty-killing unit, hardly Stanley Cup material.

When the L.A. Kings visited Toronto last week, Rob Blake had 15 goals and 44 points on the season, five goals less than the entire

Leaf defensive corp.

Stanley Cups don't come cheap and it's time the Leaf management open up the purse for not one quality player but two.

Stanley Cup winners tend to have two top lines, one all-star defenceman, quality goaltending and a good hard checking line.

The Leafs have a great offensive checking line, an all-star goalie and half a top line.

With a fan base that sees no boundaries and exceeds past the Prairies to the Rockies, due south to an expansive expatriate population in Florida, the Toronto Maple Leaf franchise can afford to spend.

While markets like Los Angeles, who have trouble filling seats on the best of nights, and Colorado continue to spend quality money on quality players, Toronto should chase calibre players like Blake, Lindros, Tkachuk and summer free agents Joe Sakic and John Leclair.

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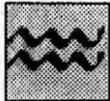
Deadline is Friday @ noon prior to the next publication date.

"I don't need to compromise my principles, because they don't have the slightest bearing on what happens to me anyway"

- Calvin & Hobbes

Bizzartifacts *et cetera*

What's your sign?



Aquarius
21 January - 18 February

Your other half discovers that you've been unfaithful. Maybe you shouldn't have cheated with their best friend and then said it wasn't you! Goof!



Pisces
19 February - 20 March

You bought a pet gerbil that turns out to have psycho tendencies. It has already bitten two friends, the mailman and has mauled the sweet old neighbour next door. Call in the exterminator and cut ties with the little rodent before you're sued.



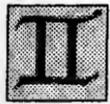
Aries
21 March - 19 April

In an attempt to become more spontaneous and rebellious you went and got yourself a kick-ass tattoo. Unfortunately, no one can respect anyone who has a tattoo that says "I love my mommy" so you become a social outcast. Sorry. It's just the way it has to be.



Taurus
20 April - 20 May

Do a good deed to bring meaning to your life. Just watch who you help though! The elderly person who you help across the street may be friskier than you think, and may attempt to show you more than your eyes can bare.



Gemini
21 May - 20 June

"How'd you do the thing with your tongue? You're the best, who knew!" Behind your strange looks is a sex-pistol. Use your talents in the bedroom to your advantage, to ensure you'll never be lonely again.



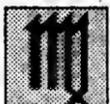
Cancer
21 June - 22 July

Health problems plague you. You have been to the doctor many times but all they give you are kind words of encouragement and prescriptions so you may save face. But don't worry, as long as you're protected you can't give your herpes to others!



Leo
23 July - 22 August

Trust only those people who give you something nice. Ugly gifts symbolize evil and mean a so-called friend couldn't give a damn if you're caught holding their drugs.



Virgo
23 August - 22 September

Instead of calling Ms Cleo to tell your future, allow me; you have a deep, dark secret that is eating you up inside, so pray for a resolution. Ooops, your prayer didn't work, the baby is yours!



Libra
23 September - 22 October

You strike it rich but don't know what to do with all your money. Moochers knock your door down to help you spend your small fortune but you remain greedy. You decide to explore a career less travelled by peasants but soon learn there is some truth behind the expression "Pimpin' ain't easy!"



Scorpio
23 October - 21 November

If you don't have anything nice to say when interacting with others, just shut it. Your bitchiness will not be taken well by your peers this week and could result in a quick stoning or someone close, stabbing you in the back.



Sagittarius
22 November - 21 December

You're really off this week. You'll end up blowing most of the assignments you thought you had aced and you can write off any tests. Even though you were deemed a genius when you were younger, the doctors forgot to mention you might relapse into a stupor that even amoebas would laugh at.

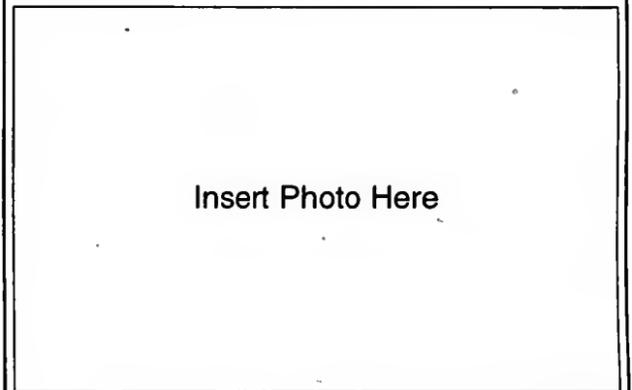


Capricorn
22 December - 20 January

You're into exotic alternatives for sustenance this week but watch your food carefully! It's not cool to eat something that's moving.

Note: For entertainment purposes only

Photo of the week



CHAD HEARD

We at the Et Cetera humbly request the forgiveness of Humber students everywhere.

While producing this week's newspaper, the newsroom encountered unexpected complications.

Unbeknownst to us, a pack of wild canines escaped from, and we are not making this up, Tina's Tiny Tot's Tantamount Tutorium day care centre. To make matters worse, the party made its way to Humber's Campus.

Following a brief interlude of growling and snarling, the leader, known only as "Growl" decided an invasion of Humber's sole newspaper was in order.

Sadly, despite our melodic chorus of cries, shouting and various other forms of profanity, the small, drooling, toothy band of thieves made off with the life blood of our publication. The Bizzartifacts picture.

We can only imagine the torture the ravenous beasts are bestowing upon its hapless victim. Most likely, they will BBQ it with HP steak sauce and have a feast of mammoth proportions.

Despite tireless efforts and unabated persistence, our valiant editorial staff were unable to procure another image of suitable funniness.

Note: Not a true story

Say What?!?

(Cartoon Quotes)

"I am a cop, and you will respect my authoritah!"

- Cartman, *South Park*

"Let me get this straight. You know her, and she knows you, but she wants to eat him. And everyone's okay with that? DID I MISS SOMETHING?"

- Timon, *The Lion King*

"I'm not normally a religious man, but if you're up there, save me, Superman!"

- Homer, *The Simpsons*

"I can make you feel like I've never had sex before."

- Beavis and Butthead

"You know, though today was the worst day of my life, I learned many things. First, the world looks a lot different when you're six inches tall and covered in feathers. Second, two heads are definitely not better than one. And finally you can lay an egg and still feel like a man."

- The Tick

www.redbrick.dcu.ie/~odyssey/quotes/popular/comics/cartoons.html

www.geocities.com/pookiebear6/cartoonquotes.html

<http://www.digmagazine.com/96/4-96/tick.cfm>



Think you can draw? Got a sense of humour? We at the Et Cetera would love to see your work printed. Drop by the newsroom (L231) and see the editors. We'll hook you up.

It's your world



Team Player's
RACING IN THE C.A.R.T. SERIES