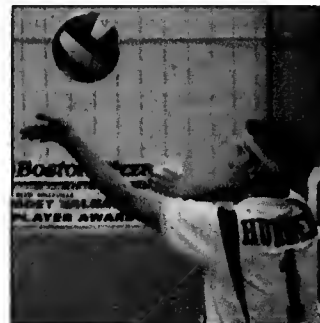




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# Humber Et Cetera

volume 31 issue 20

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March 13, 2003

## Electoral candidates announced

by Tara Dermastja

Three candidates are contending for top spot in the 2003-04 HSF elections.

Rishi Gupta, VP Campus Life North, Valerie Rothlin, VP Administration Lakeshore, and Marketing student John Zambito are all running for HSF president in the student election March 18 to 20.

Candidates for VP Administration North are Nadia Conforti, who currently holds the position, and Jeff Wong. Running for VP Administration Lakeshore are Kevin Bagnall and Parneet Bhullar.

The two candidates for VP Campus Life North are Jennifer Green and Ryan Ragoonanan. Stephanie Boreland is seeking re-election for VP Campus Life Lakeshore and Carley Leathem and Sakshi Nayyar are also running for the position.

An HSF forum was held on March 12 to allow the candidates to reveal their election platform to students.

Presidential hopeful Rishi Gupta said she wants to use her experience as VP of Campus Life to continue making positive results.

"If I can deliver on the three promises I made last year, just imagine what I can do as President," she said.

Also running for president, Valerie Rothlin, said "I want to hold the college {more} accountable."

The third presidential candidate John Zambito was not present for the forum.

Vice President of Campus Life candidates promised more fun and excitement at Humber.

"I want to have more free giveaways," Business Administration student Jen Green said.

Jeff Wong, who's running for VP of Administration North, said he would come through on his promises.

"I don't want another year to go by where things may or may not get done," Wong said.

The election campaign period runs from March 3 to 17. The voting period will follow beginning at 8 a.m. on Tuesday, March 18 and closing on Thursday, March 20 at 4 p.m.

Elections for HSF President will be campus-wide and North and Lakeshore executive positions will be voted for at their respective campuses.

A second election forum is being held at the Lakeshore Campus today, March 13, at 12:30 p.m.



Amy Ward

With numerous Hollywood movies filmed in Toronto each year, the city has become a hot spot for celebrities including Susan Sarandon (pictured above at the Toronto Film Festival). Read the Celebrity Section in Arts pages 14-17.

## Poor turnout defeats HSF dental plan

by Tara Dermastja

The Humber Students' Federation dental plan referendum has been defeated due to poor voter turnout.

The referendum took place on Feb. 25 and 26 and required 878 votes - a quorum of 6 per cent of the voting population - to be passed.

But the total number of votes was 487 - less than 3.5 per cent.

"We feel that we were adequately getting the word out," said Michael Parent, HSF business manager.

Parent said 2,500 flyers were distributed and the HSF Web site had a pop-up window about the referendum.

Of the 487 votes, 89 per cent voted in favour of the dental plan and 11 per cent were against it.

"It's a disappointing thing all around," said Jeff Bossack, manager of Student Benefit Services at ACL and Associates, who would have provided the coverage.

The plan would have provided students with dental benefits including cleanings, examinations and coverage of 75 per cent of minor and restorative services during the academic year.

Under Humber College's current health plan, routine visits including

*Story continued on page 2.*

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*Men's b-ball moves  
on to the nationals*  
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### Comments, questions?

E-mail Et Cetera at:  
humberetc@yahoo.ca

# Student protesters fear

*"One day of classes versus the importance of this [issue] is peanuts": Robert Gordon*

by Frances Petrucci

Student leaders from colleges and universities around Toronto have vowed that it will not be "business as usual" on their campuses if war is launched against Iraq.

Hundreds of students left their classes on March 5 to rally for peace in the cold and slushy streets of downtown Toronto.

Although Humber was not involved in the "Books not Bombs" day of action because of spring break, college president Robert Gordon said he certainly understands why students would participate in anti-war protests of this kind.

"One day of classes versus the importance of this [issue] is peanuts," he said. "It's the kind of thing that people need to do to make themselves heard," Gordon said.

"I think young people need to grow up and develop themselves. It's part of their education. It's a wonderful thing to feel that they're so involved that they're prepared to do this."

The looming war in Iraq wasn't the only thing that had protesters outraged that afternoon.

The crowd of about 700 erupted in shouts of "shame" when a speaker announced that three students had been arrested earlier in the day while demonstrating at York University.

"The arrests were completely ludicrous," said Joel Duff of the Canadian Federation of Students. "The administration at York University arrested peaceful organizers who were handing out information leaflets."

Duff said it was the administration's way of "taking the cerebral cortex out of the student movement."

The March 5 protest was part of an international day of action coordinated primarily via the Internet by the Youth and Student Peace Coalition in the United States, said organizer James Clark, a Toronto member of Students Against Sanctions and War in Iraq.

Anti-war student groups carried out activities on their own campuses—including strikes, walkouts and rallies—before converging at Yonge and Dundas at 4 p.m. for a march past the United States consulate on University Avenue.

At York University's Keele Street campus, about 100 students set up early morning pickets at two of the entrances, stopping cars to distribute information about the Iraqi crisis, said organizer and fourth-year political science student, Mostafa Henaway.

"It was an information picket," said Henaway. "There's nothing illegal about that. We were letting in six cars every two minutes, essentially just enough time to leaflet a car."

Henaway said about 20 police officers arrived around 9:30 a.m.

*Continued on page 3*



Hundreds of student protesters skipped classes on March 5 and walked down the cold and

## Rapture in the ring

*Superfly Snuka visits Humber*

by Adam D. Booth

Fights broke out, a legend returned, and the crowd that packed Caps loved every minute of it.

The Canadian-owned Apocalypse Wrestling Federation (AWF) held its "Campus Chaos" event at Caps on Feb. 26, which featured six matches in three hours. The highlight for many in attendance was the special guest star of the night, 1980s' wrestling star Jimmy "Superfly" Snuka.

"Am I a fan of [Snuka]? For sure. He's done a lot for this business," said Daniel Luciani first-year Business Management student.

The fans weren't the only ones excited about being in the presence of the legendary Superfly.

"It's cool just to be on the same card with the guy," said "Maniac" Mark Menezes, who plays a heel (bad guy) that snaps and viciously attacks his opponents. "I've been watching Snuka since before Hogan

was big. If Snuka was ever in town for a show [the venue] would be packed."

Snuka signed autographs and took photos with fans during the intermission and wrestled in the main event. Snuka picked up the win for his team in a six-man tag team match, pinning his opponent after hitting him with his trademark "Superfly Leap."

The crowd roared for Snuka and the other good guys, and jeered and harassed the heels throughout the night. The heels responded insulting Humber several times, calling out names like "Scum-ber College."

Jimmy Snuka had nothing but good things to say about the AWF event, and the large turnout of fans who cheered and supported him all night.

"Brother, when you come to Toronto and see that, it's just beautiful," Snuka said. "Toronto fans are great."

The AWF is owned and operated by Ron Hutchison, who has professionally trained successful World Wrestling Entertainment stars like Edge, Christian, and Trish Stratus.



Courtesy/Apocalypse Wrestling Federation

Jimmy "Superfly" Snuka, 1980s' wrestling star, headlocks a student in Ron Hutchison's wrestling school.

## Referendum defeated

*Continued from page 1*

fillings and cleanings are not covered.

If the referendum had passed, the plan would have cost all full-time students \$75, a fee which first-year Court and Tribunal student Perces Thompson said she would be willing to pay.

Thompson said she saw the posters and would have voted but she didn't pay enough attention to them.

"No I didn't [vote], but I would have supported it 150 per cent," Thompson said.

Bossack said he hopes there will be further attempts to approve a dental plan in the future.

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# war in Iraq imminent



Frances Petrucci

slushy streets of downtown Toronto to demonstrate against the war in Iraq.

*Continued from page 2*

and told a picket captain, third-year student Lisa Schofield, to get the protesters off the property. But before Schofield had a chance to respond, she was arrested, Henaway said.

Henaway said he and another York student were also handcuffed and taken to 31 Division, where they were held until 5 p.m.

Acting Staff Sgt. Peter Duncan said the three were arrested for the provincial offence of "failing to leave when directed," but no charges were laid.

"We're not trying to put students in the court system, we're just trying to keep the peace," Duncan said.

York's director of media relations, Cini Nunn, said the university has no objection to the students participating in a national day of action against war, but campus security called police because the protesters were preventing people from getting to work and to class on time.

But Pablo Vivanco, a member of the York Students' Federation who was on the picket lines, said there was hardly any lineup of cars at the time of the arrests and added that the students were handled "very forcefully" by police and by university security personnel on the scene.

At the St. James Campus of

George Brown College, about 60 students and five faculty members left classes at 2 p.m. and gathered in the student lounge to paint placards and hear speeches about the situation in Iraq.

"We don't want our tax dollars to go toward killing innocent people when they should be going to health care and education," said Chris McNeil of the George Brown Students' Association. "As students, we have more than just a right to say no to this war, we have a responsibility to do so."

Bob Luker, an instructor in the college's Community Worker program who joined the rally, praised the students' efforts.

"Anything that will stop the push to war or slow it down is a good thing. It's a good educational experience," Luker said.

The George Brown students then marched with their banners to Yonge and Dundas, where they rallied with demonstrators from other GTA campuses and heard news about the arrests at York.

"We demonstrated today that they can take out a few organizers, but there are going to be people who fill in behind them," shouted Duff from a megaphone in the centre of the crowd. "If the U.S. launches an attack on Iraq, we're going to say it's not business as usual on our campuses. We're going to shut them down."

## Liberal MPP attacks private university idea

*Marie Bountrogianni talks to Humber students about education*

by Keneisha Walter

Liberal opposition critic for colleges and universities Marie Bountrogianni criticized the Ontario government's introductory bill for private universities during a speech at Humber College on Feb. 27.

The Hamilton Mountain MPP said the provincial government thought the bill would accommodate the double cohort, but none of the

private universities have been opened yet.

Bountrogianni insisted the government should be investing in the upgrading of public universities rather than thinking about building private ones.

"We would have preferred funding the public universities first rather than investing in private universities," she said.

Private universities would eventually receive provincial funding

anyway and their students would then be eligible for OSAP funding, Bountrogianni said.

Because of the double cohort, post-secondary issues are high on the government's agenda, Bountrogianni said.

"If there is ever a year that your vote will count ... this is the year," she said.

Jim Jackson, a professor in the Liberal Arts and Science division, co-ordinated the panel discussion for Humber students.

"I'm just trying to get some of the students involved and aware of some of the political issues that affect them," Jackson said.

Bountrogianni said the Tory government cut nearly \$500 million dollars in operating grants for colleges and universities when they took over in 1995 — the highest cut in post-secondary education that Ontario has ever seen.

"No one is blaming the institutions for this," Bountrogianni said. "With the cutbacks, they had to do something. Tuition had to go up in order for students to get quality education."

The Liberal government has promised students a two-year freeze on tuition in their election platform.

Bountrogianni also said the Tories are going to implement a \$2.2

billion corporate tax cut that her government would cancel to implement their education policies.

"There is also a half million dollar private school tax credit, and we will cancel that as well," she said.

HSF president Craig Wilson said Bountrogianni's visit to Humber was helpful because young people should get involved with the electoral process.

"A lot of things happen at the government level that really affects us," Wilson said. "I think by bringing her here, people ... hopefully will understand that there are a number of issues that are related to education that we should be involved with."

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## Charity dinner bolsters food bank

by Izabela Jarosznski

Humber students lit up the Seventh Semester on February 28 with a charity campaign, raising more than \$400 and collecting dozens of canned goods for the Daily Bread Food Bank.

Hospitality, Recreation and Tourism students hosted the charity dinner as a part of their final year, special event planning course.

More than 65 people attended the dinner and dancing.

Program coordinator Paul Suda said he was pleased students in his program had chosen to incorporate fundraising into this year's event.

"[Students] decided it would be a good idea to put together a project that would benefit somebody else," Suda said. "It's nice to see they want to donate money to the Food Bank. It's a good charity and a good cause."

Event coordinators admitted planning the event and raising money for charity wasn't easy.

"We had a lot of problems," event organizer Janice Chew said. "We had to work under a very stressful deadline."

But working to deadline and dealing with organizational problems, instructor Dan Reeves said, is a part of the hands-on experience students gain through the Humber program.

"It is one thing when [students] do assignments that they have to hand in class, but when they try the real thing, that's even better," he said.

Even though the event was time consuming, Chew said she enjoyed working in a team environment and witnessing the outcome of their hard work.

"This is quite an outcome," she said of the event. "This beautiful event was put together by over 35 minds."

# The secret to finding work is to start early

## Counsellor urges students to get on with job hunt now

by Catherine Gerow

Believe it or not, spring is coming and school's almost out.

And if you haven't started looking for a summer job yet, now is the time to begin.

"Most students start looking for a summer job too late," Humber's Career Centre manager Karen Fast said. "Some wait until after school is finished, and then they'll often take two weeks off and then start looking."

But Fast says the majority of jobs come out in early January and some employers start hiring as early as October.

"A lot of the good jobs go early, especially the supervisory positions," she said. "Because it's the supervisors who then hire the junior staff. So you get what's left over."

Fast added that most students end up in summer jobs unrelated to their program.

"The majority are just looking for a job, which is unfortunate," she said. "[Job-related experience] is the first thing employers look for. It's out there - you just have to look for it."

For those looking for work in their area of study, Fast recommends researching professional associations. "They often have a job bank as part of the association's Web site," she said.

She said that industry contacts are also a valuable resource for students.

"If you've had a guest speaker, write to them, say you enjoyed their presentation, and ask if there are any opportunities in their field," she said. "Ninety-five per cent of the



Catherine Gerow

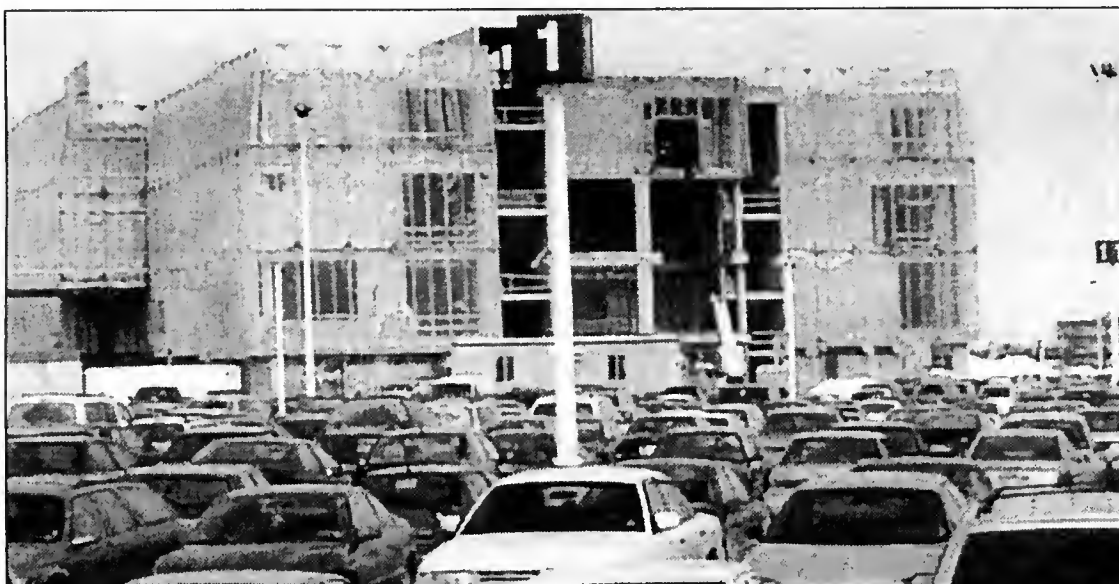
## Many summer jobs have been posted since January.

students will never take the initiative to reconnect with employers."

Fast also recommends getting involved with community organizations, such as victims services or a search and rescue group.

"It may not be a summer job, but service programs look wonderful on a resume," she said.

"Try to be creative in the way you look for work."



Marianne Galloway

A new parking lot at Humber's North Campus will accommodate 700 cars. The lot is being built to answer the parking needs of 1,140 students attending Guelph-Humber next fall.

## New parking lot underway

by Andrew Hetram

Construction on a new parking lot will begin next month to accommodate the increased enrolment at Humber College for the 2003-04 school year.

Containing about 700 spaces, the lot will be built north of the Woodbine Centre and just south of the campus, about one kilometre away.

The lot will come just in time to handle the influx of new students arriving at the North Campus when the Guelph-Humber Building opens in the fall.

The new building will accommodate 1,140 students - the 200 students currently enrolled in universi-

ty programs at Guelph-Humber and an additional 940 students next September.

Student numbers in the Guelph-Humber programs will grow to

**Student population in the Guelph-Humber programs will grow to 2,000 students in two years.**

2,000 students by 2005.

This year the college's emergency parking plan was to lease space from the Woodbine Centre.

Though the spaces were not needed, there are parking permits available for purchase.

"Construction on the new lot will begin around March or April of this year and be completed by September 2003," said Gary Jeynes, director of Public Safety.

Students looking for a place to park at the North Campus this semester have two options.

One is to pay \$6 in the temporary parking area. The second option is to purchase a two-month permit for \$120.40 for lot 5 - located on the far corner of campus at Highway 27 and Humber College Blvd.

The price of parking permits rise about 10 per cent each year. The new rates for 2003 and the new lot have not yet been calculated.

## World Digest

by Joel Hoidas

### Serb Prime Minister assassinated

SERBIA

Serbian Prime Minister Zoran Djindjic, who played a key role in the overthrow of former Yugoslavian President Slobodan Milosevic, was shot dead by a sniper on Mar. 10.

Djindjic was shot twice in the chest in front of a government building in Belgrade, the Serbian capital.

One other person was wounded in the shooting. Three people have been arrested, according to Serbian television.

### Helicopter crash

UNITED STATES

A Black Hawk helicopter flying a training mission at Fort Drum, New York on Mar. 11 crashed into a snowy, wooded area and killed 11 of the 13 soldiers on board.

Lt. Col. Bryan Hilferty, a spokesman at Fort Drum, would not comment on the condition of the two survivors, though eyewitness reports claimed one survivor was seen walking around the crash site shortly after the accident.

The survivors were taken to the Samaritan Medical Clinic in nearby Watertown for treatment. Hilferty said the names of those killed in the crash would not be released until the families were notified.

### Iraq continues to destroy missiles

IRAQ

With a lack of support for a Mar. 17 deadline to disarm, Iraq destroyed more Samoud 2 missiles on Mar. 11.

Since Mar. 1, more than half of the Iraqi arsenal, 52 of 100 missiles have been destroyed.

Officials from Iraq's Information Ministry said inspectors went to the military compound where the missiles were being destroyed, but didn't give any details.

### Canadian heads war crimes court

NETHERLANDS

The world's first permanent war-crimes court was inaugurated in The Hague on Mar. 10 with the swearing in of 18 judges.

Among the group was Philippe Kirsch, Canada's ambassador to Sweden, who was elected by his peers to be court president. Kirsch, who has a distinguished 30-year career with Canada's foreign affairs department, will serve a six-year term as president.

The court will try individuals accused of genocide, war crimes and crimes against humanity.

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# Editorial

## Anti-war sentiment not altruistic

The debate over whether or not the United States should disarm Iraq's stockpile of illegal weapons by force continues to rage on in the halls of the United Nations.

With growing opposition in both international and domestic spheres, the solidarity among countries - once firmly united in their resolve to rid the world of terrorist threats - has hit its lowest point since September 11, 2001.

But the true weapons of mass destruction here are not chemical or biological. Instead they are the manipulation of public opinion by self-serving nations bent only on helping themselves and furthering their position on the global political ladder.

What the public must realize is that the varied opinions and decisions regarding the war in Iraq have less to do with an altruistic belief in peace or stability, and more to do with a temper tantrum thrown by nations wanting to secure their share of imperial pie.

The disagreement over Iraq is primarily the result of a tug-of-war between nations - namely the United States, France, Russia, China and Germany - competing for a stake in Middle Eastern oil.

The fact is the Persian Gulf is the source of one-quarter of the world's oil, and to control it would guarantee a substantial amount of political and economic clout over other key international players.

Subsequently, after Saudi Arabia, Iraq has the second largest proven oil reserve in the region with the potential to even surpass its Saudi neighbours.

The most publicized offender in this game of economic and political self-servitude is the United States.

In terms of consumption, America is by far the largest consumer and importer of oil.

This year, the United States will import about 60 per cent of the oil it burns and anticipates that number will rise to roughly 70 per cent by 2010.

Diversification and stability in world oil markets are a constant worry for U.S. officials, making a justification for "regime-change" in Iraq a no-brainer.

Control of these oil fields will place the United States at an economic and political vantage point over China and Russia whose military still constitutes a threat to America's geopolitical ambition on the world stage.

But the United States is by no means the only culprit in the struggle for oil.

It is no surprise those nations vehemently opposed to an American plot to oust Saddam Hussein are nations with similar interests in Iraqi oil.

Apart from a Soviet-era debt of \$7 to \$12 billion owed to Moscow via Baghdad, Russian concerns lay mainly in its companies controlling leases of several Iraqi oil fields.

Russia's largest oil company, Lukoil, has its eyes set on the massive oil reserves in western Iraq. However, in the event of a regime change, the United States said it would not guarantee it will honour existing contacts with Russia.

Similarly, France's claim on Iraq's oil goes by the name of TotalFinaElf, a company that just recently won the right to develop the country's southern Majnoon and Nahr Umar oil fields. This source could contain as much as 25 per cent of Iraq's oil and petroleum reserves.

France is fighting tooth and nail to stop a war in Iraq because French oil firms may be forced to move out of Baghdad before even getting a chance to suck out a single drop of crude.

The war for oil is essentially a free-for-all with global powers dealing political cards in a gamble to deceive the world and sway public opinion in their favour.

In the game of politics no one is innocent. The objective is to move one's own national interests above those of other countries - a factor the media



have failed to present to the international community.

The worldwide media are at fault for not exposing the misinformation dished out by hypocritical leaders and for not probing far enough in to the real political game being played by corporate businessmen.

Global media have spent a copious amount of energy presenting U.S. President George W. Bush as a Texan warmonger bullying nations into a Pax Americana.

Newspaper columnists and television personalities consistently take potshots at the United States while playing up the moral high ground taken by those nations opposed to war.

France, Russia and China may appear as "the good guys" but keep in mind they are not without sin.

How long will it be before these nations eventually turn on Iraq?

If history teaches us anything, it is that manipulation and the resulting misinformation are primary weapons used to influence public opinion.

They are the true weapons of mass destruction and those who use them should be disarmed.

*P.A. Criscione*

Peter A. Criscione  
Managing Editor

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## Plague of Joe Sponges result of rampant war virus



by Ben Rycroft

I have noticed a disturbing virus slowly evolving over the last couple months. Fueled by a world pitted in

fear, it's plaguing its victim by taking over their thoughts and actions until the host is totally consumed by it.

It is within this time of such uncertainty, that nearly all have become afflicted with this fever of certain impending doom.

I watch it on television. I hear it riding the subway. I see it splashed across the newspapers. War! Everyone's favorite topic is at hand. The world is on the brink of self-destruction again and with the coming of the end of the world, comes

the ever present, not-so-informed opinions of the average citizen, Joe Sponge.

He's the person who knows everything about what's going on, whose opinion is regurgitated straight from the mouths of Wolf Blitzer and CNN as though it were his own. Sponges are popping up all over the place and they argue their opinions with such passion and certainty that I would believe them, if I were not a Joe Sponge.

I turn to my friends and colleagues, sharing my informed opin-

ions on the subject, than become enraged when they don't see it my way. We argue, shouting, never hearing the words of one another. But if we did hear one another, we would realize neither one of us is right nor wrong, just scared.

So what is a Sponge to do? I want to help, but I feel helpless. So here I sit, Joe Sponge, my informational water-wings and life preserver handy, the Beatles playing in the background, writing this piece, making sure you know what I think is

Cont'd on page 7



# Opinion

## Trade in your cover-up for a stylin' bedsheet



by Tamara Holmes

You don't have to be a low self-esteem gal to experience a "blah" day.

Whether it be flyaway hair resembling *Something About Mary's* sperm-assisted style or a pimple the size of a Battleship peg on your lip, sometimes the idea of wearing a bed sheet with eyes cut out doesn't seem that bad.

Overall, however, things are getting a little better with January far behind us. Another year of abandoning New Year resolutions and forgetting the self-loathing is a whole calendar year away.

These temporary insecurities don't arrive in vain, either. It is not

shallow to fuss every once in a while over not looking one's best.

It would be easy for me to suggest that it's the media's sole responsibility for pressuring us gals to look picture perfect all day long because, I agree, there is a lot of evidence to support such a claim.

But I'm not going to. As a member of the media who by default could relay this portrayal and a former teacher of self-esteem classes, I still believe that inner contentment with one's appearance has a lot more to do with family values, comfy socks and level of activity rather than catwalk cruisers and plastic surgery developments.

But I also think that the male species may have a leg up on an attractiveness scale.

Don't get me wrong. I know it is popular opinion, even with myself, that feminine curves are more approachable and attractive than the boxy exterior of a man.

It's like a Lamborghini and a Hummer.

This may not be the most credible example, but while passing by ABC's recent attempt at viewership boosting programming *I'm A*

*Celebrity, Get Me Out Of Here*, model and actress Nikki was spotted in every other scene touching up her hair and make-up.

The problem?

The place the collection of B-list

**I still believe that inner contentment with one's appearance has a lot more to do with family values, comfy socks and level of activity rather than catwalk cruisers and plastic surgery developments.**

celebs were trying to escape was the Australian forest. They were camping.

Although I don't do it while camping, I check my compact mirror from time to time throughout my day like many other women I know.

I participate in the multi-billion dollar cosmetic industry take-in yearly also like many other girls I know.

During any trip to the ladies room I have a tendency to fluff a few strands of hair or slide on some lip gloss. Why not? The mirror seems to be there for that purpose.

Guys in general are much more efficient with their bathroom and prep time, no matter the time of day.

There has been a little bit of an effort presented in waves over the last few decades to entice men into make-up.

The '80s were huge for eyeliner and defined cheekbones on the boys. Dennis Rodman made it cool to slick on some nail polish with Hard Candy's release of masculine shades. And these days companies like Clinique and Nivea are trying feverishly to extend their brands of exfoliating scrubs and deep pore cleansing masks through to the manly men.

The responses remain far from overwhelming, however, and guys who aren't high maintenance still enjoy using one form of sudsy soap to wash the hair on their toes to the hair on their head, and everything in

between.

They don't need make-up. Their faces look the same no matter if the sun is shining, a football game is on or they've been clubbing for six hours straight. Their eyelashes are always visible and their lips are always kissable.

But us gals fall on many scales. We wear make-up whether occasionally or daily, and we always admit to wearing far less than we really do half the time. We have days when we feel like we could float away and there are others when the thought of donning a bra is more horrifying than a root canal without novocaine.

I can say that we shouldn't care what people think — wear what we wear and do as we do and the world will spin happily. But any guy who's ever waited at least 15 minutes extra for his date to get ready will know that this theory is only easily put on paper. The most self-assured woman will freak if one eye is puffier than the other.

So I'm going to call Gucci and Zellers and everywhere in between. Maybe a new stylin' bed sheet is the perfect accessory for spring.

## They don't make 'em like this in Toronto...



by Christine Atkinson

Toronto isn't Canada's friendliest city. People here are generally cold and drop their eyes as they pass another human being on the street. There are way too many people liv-

ing here to care about every one and there are simply more crazy people to deal with, so staying in your own bubble is one way to avoid having to deal with anyone else's problems.

But two weeks ago, when I first arrived in Bathurst, a northern New Brunswick community of 13,000, a gentleman rushed up from behind to open a door for me.

I was stunned.

First I thought he wanted booty. Then I thought he may be one of those Jesus-loves-you-gimme-money people. But, turns out he did so solely because he was gen-

uinely polite and welcoming, proud of his hometown. And he expected nothing more than a thanks and a friendly nod.

I along with eight other Humberites traveled to Bathurst in late February to intern as photographers, photo editors and customer service reps for a company officially photographing the Canada Winter Games. The reception we received was unusually warm, despite the bitter cold weather, white outs, freezing rain storms and mountains of snow lining the highways.

Because the Canada Games attracts over 3,000 athletes plus parents, sponsors and media, residents living in and around Bathurst had to make their homes available for renting. New Brunswickers moved in with family to open their homes to visitors, for a reasonable price, in a program called *Chez Nous*, which translates as *At Our Home* in English.

Homeowners provided bedding, pillows, blankets and trusted us with their Playstation (accompanied with over 150 games, Lord, were the guys ever excited), movies, CD's and loaded stereo systems.

The nine of us Humber folk were separated between two homes an hour drive apart. I was not fortunate enough to reside in the house located on a native reserve, jacked with a Jacuzzi and a fridge stocked with food. But at least I

wasn't living in a mental ward with the hockey refs.

Those darling guys and gals seemed in good spirits about living in a spare crazies room at the hospital. They were somewhat puzzled by the absence of outlets and could hear patients tripping out in the next room, but laughed it off as a

**New Brunswickers moved in with family to open their homes to visitors ... at least I wasn't living in a mental ward with the hockey refs.**

once in a lifetime experience.

The volunteers were equally warm. All 7,000 of them worked like dogs for two weeks. They got nothing in return but a couple of refreshments and a frozen pizza lunch daily, but their spirits never dulled.

Some worked in a free cab service, to pick-up and drop off people working and participating in the games. If I needed a ride to visit the other Humber dudes on the reserve an hour away, I'd ring up the service and they'd pop over in no time to pick me up and drop me off...for FREE!

During a horrible whiteout storm in Campbellton, two of our girls got stranded. The roads were so bad that the volunteer shuttles had closed up for the night. Poor Melissa and Lyndsey. They had to hitch a ride with a busload of handsome refs. After the girls were dropped off, two hours later a handful of the studs from B.C. to Nova Scotia arrived back at their stoop with armloads of beer.

I was lucky enough to have my own ref bring me a lobster lunch and coffee on his visits to the booth I worked at.

I sat in the foyer of the hockey arena for at least 14-hours a day for two weeks, (my knuckles literally turned blue it was so cold, but the sweethearts I met made up for it) sorting photographs of athletes and selling them to both frazzled, rushed, demanding and painfully slow decision making parents. But each one would have nothing but good things to say and would bring me juice, coffee and snacks. They would pat me on the back for my trying days and for simply responding as positively to them as they were to me.

The people in New Brunswick know how to party and they bloody well know how to drink because there's nothing else to do up there. But those warm people would never know how to survive in such an icy city like TO.

And I'm not talking about the weather.

Cont'd from page 6

right and waiting. Waiting on edge for Bush, Saddam or any of the other world leaders to tell me what is to come next, hoping they'll "give peace a chance."

War has forever been "weeks away" for months now and what have we really learned that's any different from that which we were told initially?

In a democratic society we are granted freedom to more sources of truth than the citizens of Iraq.

What citizens are told, comes straight from the mouth of Saddam Hussein himself. We believe our government is acting in the interest of the ultimate good, but every story has two sides to it and yet we blind ourselves to the opposite side justifying our own country's

actions.

War is simply never the black and white situation it is made out to be. And we, the Joe Sponges of the world are forced to discern who's telling the truth and then pick sides, because we've been warned, "if you're not with us, you're with the terrorists."

Sadly, no matter how many of us seem to march in opposition to this war, it's continually pressed to go forward. And so we reach out looking for reassurance from our informational life preserver that will make things okay again.

Unfortunately, that reassurance never comes and the grim reality sinks in, no matter what we say or do, it really won't make a difference. If America wants to go to war, they will. There is no way around it.

# VOTE

**HUMBER**  
**HSF students'**  
FEDERATION

# VOTE

VOTE FOR YOUR 2003-04 STUDENT GOVERNMENT

**VOTING PERIOD** Tues. March 18- Thurs. March 20

Lakeshore Campus Cafeteria and North Campus Concourse

Voting is from 8:00 am - 4:00 pm

## 2003-04 Election Candidate List

The following Executives candidates have been approved to stand for election for their respective positions (listed alphabetically):

### Candidates running for President

**Rishi Gupta**



If elected, a few goals I plan to work on are:

- Improving the student centre
- Improving computer lab access
- Improving Lakeshore lounge space

To improve the student centre I want to add some video games and gitoni tables. Also, I want to add stand up computer terminals where you can surf the web or check your e-mail. I want to make the student centre a more relaxing place. Secondly, improving computer lab access throughout the college. I want to add more computers and improve on what we currently offer. Finally, improving Lakeshore lounge space is very necessary. I want to create a facility where students can go relax and hang out. I would like to make this facility licensed if possible, as currently this does not exist. These are just a few of my goals; I would also like to improve on food services on campus, by possibly adding a Tim Horton's. I feel that I am the best candidate because I have 2 years of HSF experience as last year I was a director for the Business School and currently I am Vice President Campus Life North.

For more info visit [RISHI4PREZ.COM](http://RISHI4PREZ.COM)

**Valerie Rothlin**



Over the past year as Vice President Administration Lakeshore, I have worked very hard on many issues that are important to all students of Humber College, and have learned a lot about what it takes to be successful as a student leader. Being involved not only on a local level, but also on a provincial level has given me a good understanding of what is important to all college students. If elected student union president, I would focus on three specific issues. These issues are Cost, Sensitivity, and Accountability. I feel that more resources need to be put into representation of students on a local and provincial level. Issues like the cost of education and the availability of financial aid affect everyone and need to be made a priority. In addition, I believe that there is a lack of sensitivity to individual students needs campus wide. I believe that this serious problem that the college can no longer avoid and I would ensure that this issue is dealt with. I also believe that there must be an emphasis placed on the college for accountability. I believe that the college should be held more accountable for its facilities and its services. I am a strong believer that students should have the right to affordable education and its associated cost, the right to know where their tuition dollars are going, and to be treated with fairness and respect. If elected I will make a promise to you to find resolutions to these issues, and do my best to continue to serve in the best interest of all Humber students.

**John Zambito**



Experience: Executive Director of S.O.Y.A., Sicilian's of Ontario Youth Association.

The following is a list of issues I will address if I become President: lowering the cost of books, the high cost of food prices in the cafeteria, the high cost in parking, washroom cleanliness and finally offering a Student Music Fest 2003.

1. Issue: Lowering Books Question: How can I lower my cost of books?

Solution: Offer the students the option to rent books example \$100 to purchase instead, 1 semester for \$35 therefore your cost in books would be lower and the bookstore can re-use the book and still generate a profit.

2. Issue: High Food Prices Question: How can you make food more affordable?

Solution: With money generated from the party I'll buy coupons ex. \$1 off pizza and I'll create out-door barbeque where burgers and hot dogs will cost as little as a dollar.

3. Issue: Parking Question: How can you lower the cost of parking?

Solution: Unfortunately, the school is considering increasing the fee. My goal is to freeze the price, or use funds generated to lower the cost.

4. Issue: Washrooms Question: How can you make the washrooms more pleasant to use?

Solution: I'm looking into pressuring the college to update all washrooms with sensors on toilettes, sinks, urinals and provide toilet set covers for sanitary reasons, thus making this issue a priority.

For your ideas, comments, MP3's, games, programs, jokes and campaign details visit: [www.geocities.com/jz4prez](http://www.geocities.com/jz4prez)

I'll Make You An Offer You Can't Refuse!

### Candidates running for Vice President Administration- North

**Nadia Conforti**



Over the past year as Vice President Administration North, I have worked diligently on issues that are important to North Campus students of Humber College in order to improve campus life. I have learned a lot about what is important to you the students and what it takes to be successful as a student leader representing your issues.

I am committed to making a difference and committed to results – results like the TTC fare discount for Humber College students established in response to concerns students brought to me.

If re-elected, I will continue this commitment to obtaining results and focus on:

#### Accountability

1. Ensure fair and respectable treatment of students by teachers, departments and administration.
2. Hold teachers and departments accountable for the quality of their service and the distribution of marks.

#### Campus Facilities

1. Work together with the College for a better deal for parking and improvements to campus facilities such as student lab space and classroom quality.

#### Communication

1. Continue with weekly coffee hours and an open door policy so that I am available to hear your concerns at all times.
2. Work together with the University of Guelph-Humber to help achieve our goal of an integrated community.
3. Meet with College administrators to let them know what your needs and concerns are.

Re-elect Nadia Conforti as your Vice-President  
Administration North. Still giving the best!

**Jeff Wong**



Hello Humber students, my name is Jeff Wong, a 4th semester Business Administration student and I want to represent you, the students as Vice president of Administrations for HSF. I will do everything I can to fight for your rights, and make Humber College the best learning environment it can be. I will listen to your ideas, complaints or problems concerning anything. Although I can't promise that everything will get done or changed, I can promise that I will give every effort to see that your needs and concerns are met, and everything that CAN be done, WILL be done.

Initiatives that I wish to implement if I am elected:

- Improve the parking situation
- Campus safety & crime reduction
- Walksafe program between Caps and Residence on Thursday's until 3A
- Encourage the school to create more computer labs for all day access
- Create an Ontario wide students Federation encompassing University, College and High school students
- Teacher complaint's process to address issues students have with sub par teachers

I will be: VOCAL NOT QUIET ACTIVE NOT PASSIVE FIGHTING FOR YOU NOT BACKING DOWN OUT IN PERSON NOT STUCK BEHIND A DESK FOR THE STUDENTS NOT FOR THE BUREAUCRATS

I want to be a different kind of Administrator, YOUR administrator. Your vote matters; It is your voice, your decision. Please take the time and consideration to make an informed decision.



## Candidates running for Vice President Campus Life- North

**Jen Green**



WOOOO-HOOOOOO!! There is more to campus life than just classes and studying... That is what I want to bring to YOU!!!... Live Music, DJ's, Free Giveaways, Casino Night, Hypnotists, Sumo Wrestling, Talent Show, Scavenger Hunt, The Dating Game, Battle of the Bands... these are just some of the ideas that I have for next year.  
What I want to do for Humber:  
MORE FREE GIVEAWAYS - Free is good, right? I want to give away more Leafs and Raptors tickets for participation in HSF Events, more free barbecues and pizza, and more prizes at events such as the Casino Night, Talent show, What you will eat contests...Etc.  
LIVE CONCERTS - I want to work with CAPS and have two BIG POPULAR NAMES playing at Humber next year... We need well-known artists to play at this school!!  
SUGGESTION BOX - I want to put together an Event Suggestion Box so that the events crew can interact with the students, which will give us a greater opportunity to make your years at Humber College the BEST!  
I want to reach out to every person in this school, and bring nothing but the BEST to your experience at Humber College!!!! Students at Humber College you are allowed to make a choice that can affect you negatively or positively.  
I will hear the cry of you the students for it's all about WHAT YOU WANT.

**Ryan Ragoonanan**



As Vice President Campus Life I want to:

- ♦ Create a multicultural community, so that everyone can participate at some level.
- ♦ Accommodate students of different countries and ethnicities and showcase their culture through food, shows etc.
- ♦ Initiate joint events with SAA (Student Athletic Association and Residence). Like sporting events.
- ♦ Do more HSF daytime activities with more student involvement (fashion and culture shows, movies, games, weekly events and prizes).
- ♦ Provide more Fun trips and tours to various places. (Lion King, Raptors games, Leaf games, Carnivals).
- ♦ Do major concerts with big bands and big names to satisfy individual preferences.
- ♦ Have more exciting giveaways [Leaf tickets, Raptors tickets, tours], as well as more eventful CAPS pub nights.
- ♦ Increase the Clubs Funding.
- ♦ Provide a weekly feedback forum to discuss the good, the bad and the plain old UGLY.
- ♦ Just come up and approach me. Your Wish is my Command.

Thank you for your time!  
Vote Ryan for Vice president Campus life!!!

## Candidates running for Vice President Campus Life- Lakeshore

**Stephanie Boreland**



I have been involved with the HSF since I've started my post secondary education with Humber College. I've made it my responsibility to the students since then to represent them to the best of my abilities. I've also realized that it takes a lot of dedication and I am ready to put that in for another year. I wish to step up the student involvement with the HSF this coming school year. I would like for students to really understand why we are here and how important we can be for them. If elected for the Campus Life position, I want the Students of Humber College to know that I want their involvement in my decision making and planning. The students will know that with out their input the process of success is not fully completed, I believe that with the help of the Student body only then can we really start to help. Since I've been apart of the HSF, Especially this year I've come to realize that there are serious issues that need to be dealt with, issues ranging from financial support/aid to accountability. I feel that more resources need to be offered to us (Students of Humber College). I also feel that we the students need to begin to understand our rights, as well as the obligations that the College has to us and hold them accountable. In addition, I believe that this is a starting point for great things to follow with student government and student life in general and I would love the opportunity to help us get there. Humber College should be a place where we can look back on and say that was great. I feel a sense of disappointment when I hear students say they got nothing more then a diploma from here, I want to help dispose of that theory. If elected I will put forth my best efforts to ensure the best of all Humber students. I would like for the opportunity for us to work together.

**Carley Leathem**



My name is Carley Leathem. I'm running for the VP for Campus Life. My goal is to get more spirit into the students of the Lakeshore campus and to get more people interacting with each other outside of their courses. These are my ideas for next year.

- "Coffee House" - at lunch hour, have students performing comedy, music, Poetry etc. in front of their peers and people can socialize.
- More event days - Getting a bunch of students to go skiing for cheaper prices, bus to go a Raptor game and more at good group prices
- Building connections within the community ex. Special discounts for Humber Students, connect with a club/bar and have a Humber Student's night and cheap food & drink
- Charity - competitions with courses to see who could raise more food for Daily Bread Food Bank and as a reward get to choose where you want to go. Eg. Dave & Busters, Raptor game etc
- More interaction with students - get a volunteer system going. Have students talk to other students about what activities are going on and give volunteers a cool reward for their efforts

**Sakshi Nayyar**



Hi friends,

I am Sakshi Nayyar - a first year student of Business Admin Coop program at Humber College, Lakeshore Campus. I am thankful to HSF for giving me a chance to run in the elections for the post of Vice President Campus Life - Lakeshore. It is a great platform for me to voice your opinions and a standing to address your problems and demands in front of the President. The position will give me an opportunity to work with my peers and the office staff to develop and implement social, cultural and entertainment events for the students of Humber Lakeshore. I will also be responsible for oversight of the campus clubs/associations and the HSF volunteer program for the Lakeshore Campus. Humber College is a home to many diverse cultures and communities and the fact that our college has students from all around the globe makes the whole learning experience even more interesting. Moreover, with a whole new residence coming up in the next session we can work towards getting better food services, better gym facilities, and a separate pub for Lakeshore Campus. If elected, my vision will be to strive continuously to meet the challenging demands of all the students of Lakeshore Campus and make our student life a cherished experience. Thank you.

## Candidates running for Vice President Administration- Lakeshore

**Kevin Bagnall**



I am in the three year Business Administration course at Humber, Lakeshore. I have previous governance experience from VP during high-school to President of my own businesses. I have the confidence and ability to engage, listen and relate to matters that are important to others. From my enquiries with students and faculty these common problems appear: parking, organization and cafeteria food. Also, I feel a bus at certain times travelling to and from the North Campus would be beneficial. I have noticed one problem consistently in all areas is the lack of effective and efficient COMMUNICATION. Many events and ideas have been missed by students. Think about it. You know a time that could have improved if only you received better information (communication.) I propose in this age of information technology - we use it!! I propose a list of e-mail addresses to greatly enhance the efficiency of communicating to every student and staff. This is not spam. This is beneficial information sent 2-5 times a month to enhance current forms of communication- not replace them. If elected I will look into these and other issues important to students. Bring your student card and make a vote that will affect everyone.

**Parneet Bhullar**



Hello Friends! My name is Parneet Bhullar. I am running for the position of Vice President, Administration. Here at Humber, I am very thankful to Humber Student Federation (HSF) for giving me this great opportunity. Being at Humber has been an incredible experience so far. Humber truly reflects the Canadian community by being a second home to students coming from different cultures, and countries. Now I feel that it is my time to repay Humber for whatever it has given to me. Being at an executive position would give me an excellent opportunity to work with my peers, and run the day-to-day operations of Humber. When I met students during my nomination period a lot of them came up with different problems they are facing. Things they like but want to be improved or things they don't like and want to be changed. Being a fellow student I can very well empathize with all these situations. I assure you that if elected, your concerns and suggestions would be my priority and I would try my best to address all your issues. I would strive to meet these challenging demands. I strongly feel that by working with all of you as team members, I will be able to help make Humber a more pleasant place for all of us. Thanks.  
Parneet Bhullar (parneetbhullar@hotmail.com)

**For election information visit [www.hsfweb.com](http://www.hsfweb.com)**

**It's your turn to make a difference! It's your VOTE! It's your Decision!**

**VOTE ON MARCH 18- MARCH 20**

# LifeStyle

## Surviving the student debt syndrome

by Yasna Markovic

Whoever said you can have a life and be a student at the same time was wrong. Students are graduating with a debt load larger than ever before that is being carried well beyond the college years.

Between tuition, books, transportation and the occasional evening out with friends, a student's life has become extremely expensive and stressful. The number of students actually able to repay loans on time has dropped to a staggering low. Shaking the burden of student loans has become increasingly difficult.

"The percentage of borrowers who were able to repay their loans in full within one year fell in the 1990s from 11.0 per cent in 1990-'91, to 5.1 per cent in 1995-'96," said Gail Vaz-Oxlade, money expert for Chatelaine magazine.

Vaz-Oxlade says student loan debt levels have been rising in conjunction with tuition hikes. The more tuition rises, the more money students need loans to pay for school.

The latest statistics from the Association of Universities and Colleges of Canada (AUCC), state Canadian students face more debt than their American counterparts. The statistics show 51 per cent of all Canadian undergraduates take out student loans, averaging \$17,000 compared to only 45 per cent of Americans with an average debt load of \$13,500. The number of Canadians defaulting on loan repayments has also risen.

Margaret Antonides, manager of Financial Aid, North campus, said

she sees a lot of students leaving school early because of the rising costs of education and the burden of student load debt.

"It's very stressful. That's why we often see them dropping out because [students] can't handle the stress," Antonides said.

Pursuing a post-secondary education is difficult enough and students shouldn't have to worry about money. The best advice is the dreaded b-word: budget. Postponing education to work for tuition is also a wise move.

"My suggestion is that [students] come to school with some kind of savings and have a financial plan before coming to school," Antonides said. "Sometimes it's better to wait one or two semesters and have a little bit of money."

Douglas Emerson of Edulinx Canada, also thinks a budget is the best tool for students.

"The more planning students do ahead of time, the less they'll have to borrow and the less they'll have to pay back later."

There are plenty of resources students can exhaust before turning to OSAP or other student loans. Schools, including Humber College, offer a number of tuition bursaries and scholarships.

"I think the biggest problem for people graduating with student debt is the amount of cash flow repayments eat up. You can't have a life and be a student too. You've got to pick one if you want to graduate with a manageable debt load," Vaz-Oxlade said. "That means less play and lots more

work...part-time work so you can help offset the cost of school. If you have the money you can do it in one fell swoop.

But if you're doing it with loans, it makes sense to work and go to school, even if it takes longer. You have more

quality of life because you're earning an income along the way and you're balancing the future with the present."

Emerson, Antonides and Vaz-Oxlade offer a number of tips for students to survive their money crunches.

1. For students with outstanding loans, Emerson recommends paying early and paying often. "Interest payments are highest at the beginning of the loan. By making extra or larger payments, students can pay down the loan principal more quickly, which will both pay out the loan faster and reduce the amount of interest charged over the life of the loan."

2. In their 1998 federal budget, the government of Canada included a 17 per cent tax relief for interest paid on a loan. That means if you pay \$100 in interest on loans, you are entitled to \$17 in tax credits. Vaz-Oxlade also said students can apply to the interest relief program to help pay down loans. "The government will pay the interest on your student loan for up to 54 months. Below the basic threshold, the government will pay 100 per cent of interest. Any student that has left school and has a low income or is unemployed will be eligible, but you can only get interest relief if your loan is up to date."

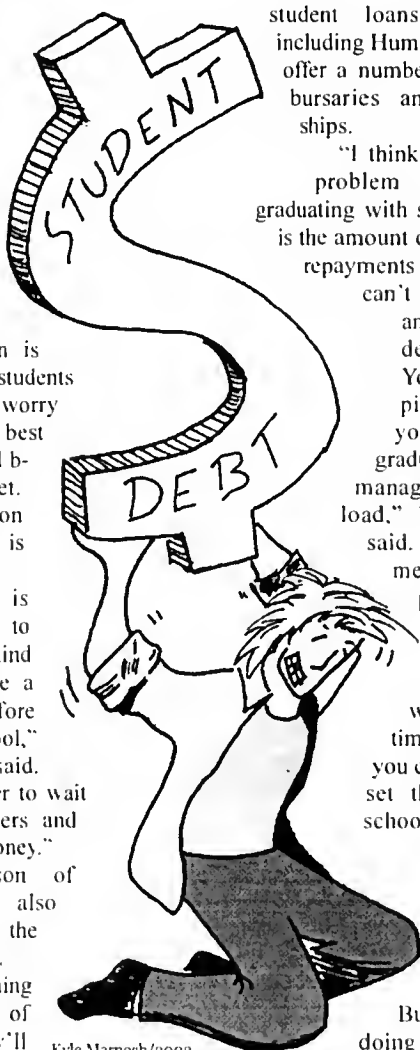
3. Vaz-Oxlade also points to another provision the federal government has made to help students who have exhausted all other means of repaying loans. Students with a Canada Student Loan, whose payments average 15 per cent of their income, can apply for the maximum amount of assistance: \$10,000 or 50

per cent of the loan, whichever is less. To qualify, five years must have passed since the completion of studies.

4. Always look ahead to upcoming payment, whether its for a holiday or household bills. It's easier to set aside a small amount of money each month rather than the entire chunk at once.

5. Use credit wisely. Only charge what you can afford to pay each month.

6. Look for easy ways to save money. If you live alone get a roommate to share costs. Go to the library to read your favourite books and magazines and party cheap!



Kyle Marnoch/2003

### What's On

#### • March 12-15

##### *Spring Fling*

Canada's Largest indoor midway returns to the Skydome. Spring Fling is a fun-filled carnival loaded with cotton candy, games and rides.

Skydome  
1 Blue Jay Way  
(416) 341-2255

#### • March 12-16

##### *Spellbound: The Haunted Castle*

Casa Loma turns into a haunted castle.

Casa Loma  
1 Austin Terr  
(416) 923-1171

#### • March 23

##### *Naturopathic Medicine Open House*

This annual open house will feature three lectures: Managing Menopause, Wisdom of the Body and The ABC's of Vitamins and Supplements

The Canadian College of Naturopathic Medicine  
1255 Sheppard Ave. E

#### • March 26-30

##### *One of a Kind Spring Show and Sale*

Shop for everything from custom-made jewelry to art to clothing. The show will also feature the first One of A Kind Fashion District with summer clothing from up-and-coming Canadian designers.

National Trade Centre  
100 Princes' Blvd.  
(416) 923-1171

## Balancing school and work a challenge

by Kerry-Ann Taylor

With tuition costs skyrocketing, more and more students are facing the challenge of balancing full-time studies with part-time work.

Helen Fillipe, an Employment Advisor at the Humber Career Centre estimates that "way over 75 per cent of students juggle full-time studies and part-time work."

"It is alarming how many hours they work," Fillipe said. "Many students will do a full day at school

then work eight hours. That's when it really becomes challenging."

Andrew Ferreira, a student in Humber College's Radio Broadcasting program is trying to catch up with assignments he missed because of his job.

"During training I had huge conflicts with work and school and I'm still paying the price," Ferreira said. "The hours would conflict with school hours and the times I was supposed to be in class. Because of inflexibility of training hours. I was forced to miss a lot of classes. I have a lot of catching up to do...big time."

Fillipe said while some students call their jobs "part-time", the number of hours they work actually qualifies them as full-time workers.

"A part-time job is actually defined as less than 24 hours [per week]," she said. "However, I would guess that many students say they're working part-time but when you find out how many

hours they work, it's actually full time."

Ferreira works an average of 22 hours each week.

"I need to pay the bills. My insurance payment is quite high, plus I need to eat and have a roof over my head," Ferreira said.

What he has learned is "if you're balancing a part-time job and school then you can't procrastinate. Everything has to be done on schedule or you'll screw yourself up," he said.

Nickisha De'Herieux also works because she needs the extra cash.

"My OSAP application was rejected, so this was my only other option to help with tuition and travel expenses," De'Herieux said.

She is in her first year of the Bachelor of Nursing program at Humber College and sometimes finds it difficult to stay on top of her studies.

"I am tired when I get home from work, so it's sometimes hard to keep up with the reading," she said. "It also conflicts with group activities. It's hard to meet with members outside of school time."

Cali Pernault, a second year

Early Childhood Education student, also finds it challenging to balance work and school.

"This is the first time I've worked, so I'm not used to sharing time with assignments," she said. "It's only eight hours. It doesn't seem like a lot, but it takes a lot of time. I stay up later than I used to. Now I go to bed at one instead of 11."

Fillipe said while managing school and work is a demanding task, there are ways for students to make their experience less of a burden.

"Make sure that you like your part-time job. If it's a job you feel you're learning something from, and enjoy your work environment, that at least lessens the stress," she said. "The other thing is knowing your limitations. How many hours can you actually work without something suffering?"

She encourages students to look into on-campus employment opportunities. "The positions on campus often offer flexibility of hours. In addition, because it's a school environment, more often managers are aware of crunch times."



Kerry-Ann Taylor

Helen Fillipe, Employment Advisor, says over 75 per cent of students work part-time.



# Mixing cold medicines can lead to accidental acetaminophen overdose

by Lydia Dumyn

As cold and flu season drags on without an end in sight and Canadians flock to drugstores in search of relief, Health Canada has issued an advisory that the acetaminophen in commonly used drugs can lead to serious liver toxicity and even death.

According to Health Canada's spokesperson, Tara Madigan, the advisory was made because of eight reported deaths linked to acetaminophen between Jan. 1, 1998 and Aug. 1, 2002.

When you're feeling congested, feverish, and achy, it's not uncommon to pop a Tylenol Pain tablet with a Sinutab and down it with a hot, lemony cup of Neo-Citrin. But most don't realize this "elixir" can potentially cause more harm than good, Health Canada says.

Acetaminophen is a popular ingredient in readily available medications. The problem is that the public is largely unaware of its pres-

ence in common fever, pain, cold and flu remedies, all found in one medicine cabinet and used in combination with one another. The recommended dose of acetaminophen is unintentionally exceeded, resulting in an overdose.

Health Canada recommends that consumers carefully read drug labels for acetaminophen and to not use two products that contain this ingredient in the same day. However, Health Canada does say acetaminophen is safe when used as directed.

Lan Lai-Minh, consumer health-care for McNeil, the maker of Tylenol products, said "acetaminophen has a record of safety unmatched by any other over-the-counter pain reliever."

Minh said Tylenol has been providing fever and pain relief to people for more than 40 years, resulting in more than 300 billion doses around the world.

"Due to its demonstrated safety and efficacy, acetaminophen is used in a large number of nonprescription and prescription medications," Minh

said. "As with any medication, people should read the label carefully and use the product as directed."

The problem is that people are not always aware of the risks. Of 20 randomly chosen Humber College students, all said they have used Tylenol specifically. Seventeen of these admitted to combining this drug with others and 12 said they had no idea about the acetaminophen warning prior to Health Canada's Feb. 13 advisory.

Minh says when taken as directed, acetaminophen has no harmful effects on the liver.

Billie Potkonjak, national director of health promotion and patient services for the Canadian Liver Foundation, said there is no such thing as a drug without side effects.

"Many drugs, including acetaminophen, have to be processed by



Marianne Galloway

**Combining medications that contain acetaminophen may lead to liver toxicity and in extreme cases death. Health Canada issued a warning Feb. 13.**

the liver. People have to be very careful about what it is they are ingesting and how much," Potkonjak said. "The liver has the unique job of processing almost all chemicals and drugs that enter the blood stream. During this process,

unstable, highly toxic products are produced and can attack and injure the liver."

Regular alcohol consumption will likely enhance the chance of drug toxicity, especially in the case of acetaminophen.

## Keeping tabs is wheel worth it

by Laura Youmans

Some people think collecting pop can tabs for charity is an urban myth, but it isn't.

The Solel Brotherhood, a Jewish charity group, has donated two wheelchairs to prove that these tiny aluminum tabs are worth collecting.

In February, Harvey Freedman, an accounting professor at Humber College, donated \$500 to the Muscular Dystrophy Association of Canada (MDAC) to buy a wheelchair.

Sue Bilton, president of MDAC/Halton and Peel Chapter was very grateful for the funds donated.

"We are so glad he chose our organization to donate to. This is very important to us. We have more than one client that needs equipment. The donated wheelchair will be given to a child in the under 19 category," Bilton said.

This is the Brotherhood's second donation to a charity.

"Most people think collecting tabs is just an urban myth because they don't know what happens to them, but it's real!" Freedman said.

A good wheelchair costs about \$2,000. Government agencies and charities like MDAC provide about \$1,500 and the user is responsible for about \$500.

Freedman and the Solel

Brotherhood donate the \$500 they raise by recycling one million pop can tabs from recycling plants for 50 cents a pound.

The first wheel chair donation of \$500 took 602 days to collect 1,000 pounds of pop can tabs. The dona-

tion was given to the Ontario March of Dimes on April 25, 2002.

However, it only took 264 days, nearly half the time, to reach their goal of another million tabs, equaling another \$500 for the MDAC/Halton and Peel chapter.

"Everyone has been really supportive. The faster the word gets out, the faster we get a chair," Freedman said.

There are containers all over North and South campus, including the residences.

"One lady heard about our organization and wanted to buy 60 pounds of tabs to make a dress. I don't know why," Freedman said

with a laugh. Frank Prospero, MDAC corporate and community development coordinator of Ontario and Nunavut, is excited about Halton/Peel's early donation.

"The idea of recycling pop can tabs has been distributed to all the chapters in Ontario. We hope they all get involved," Prospero said.

Bilton decided to start another chapter of the charity for neuromuscular disorders because her family was touched by the disease.

"My son has muscular dystrophy," Bilton said. "There were a lot of needs that just weren't met for us



Laura Youmans

**Harvey Freedman presents Sue Bilton, of the Muscular Dystrophy Association with a cheque for \$500.**

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# Hospitals using lotteries to fund research

By Karen Elstone

It seems the health care system has been reduced to a carnival. The federal budget proposes \$38.4 billion for health care over the next five years, but health care lotteries are still deemed necessary to fund research and additional costs of many facilities and associations.

Each of our lotteries has been successful. The first two raised about \$2 million in total.

Health care organizations that use lotteries for funding are not monitored, but "clearly they're proliferating," said Sharon Sholzberg-Gray, president and C.E.O. of the Canadian Healthcare Association.

A lottery is not a substitute for appropriate government funding, Sholzberg-Gray said.

"[Hospitals] try to raise funds for specific purposes — like either to buy a piece of equipment, to do something that somehow the government isn't willing to fund, or to add to the kinds of services they give," she

said. "The issue is really whether lotteries create community support for the institutions, which is really what fundraising campaigns do. Most people are contributing to their community cause and don't really expect to win."

There are some health facilities that receive a substantial amount from lotteries.

Margaret Duncan, Ontario communications manager for the Canadian National Institute for the Blind (CNIB), said the present lottery they are running is their third annual lottery.

"Each of our lotteries has been successful," she said. "The first two have raised about \$2 million in total. We raise approximately 65 per cent of our own funds. The lotteries are certainly an important part of that strategy."

Duncan said 79 per cent the CNIB's annual revenues are received from individuals, foundations, corporate donors, and

fundraising. The provincial government provides the rest of the funding.

She said the

loss coming. With the aging baby boomers, we are expecting the number of clients we serve in Ontario will double by 2015."

The Princess Margaret Hospital Foundation has also had very positive experience with their lotteries. They just announced their home lottery in which 12 homes are up for grabs.

"In the six years we've been running them, we've raised over \$87 million for research," said Neville

our lotteries goes directly into research to find a cure for cancer."

Kirchmann said prizes given away in the lottery are purchased by the hospital.

"We do get discounts, because we buy regularly. We charge \$100 per ticket and we get our revenue from the ticket sales. Out of that revenue, we pay for the prizes, the cost of the advertising, and the cost of the mailings," he said.

Between the hospital's two lotteries, Kirchmann estimates \$14 to \$15 million a year is raised.

In spite of the recent budget announcement, Kirchmann said the foundation still needs their lotteries for additional funds.

The foundation is comprised of the Princess Margaret Hospital, the Toronto General Hospital and the Toronto Western Hospital, which together make up the University Health Network.

"That \$15 million from the lotteries goes to the salaries of the researchers and all the operating costs of running the research department," Kirchmann said. Princess Margaret Hospital has a large research department, with over 90 scientists.

The prizes may be an incentive to sell tickets, but the money raised during the lotteries benefits the hospitals and their patients.



Kirchmann, president of the foundation. "The money we get from

## Food guide to reflect modern eating habits

# Health Canada to update food guide

by Vanessa Mariga

The Canada Food Guide rainbow of veggies and grains has been taped to everyone's fridge at some point, but

Health Canada is reviewing the guide to see if it needs to be updated.

Rick Gallop, author of The G.I. Diet, said an update of the Food Guide is needed because society's eating habits have changed so much

since it was last revised.

"We've seen a huge change in eating patterns over the past 20 years. We eat approximately 50 per cent more grains than before," he said.

Gallop cites Tim Hortons as the most popular food chain Canadians are flocking to.

The biggest problem with the Food Guide is that it fails to distinguish between good and bad carbohydrates and fats, Gallop said.

"I think that the big issue that needs to be addressed is that we're eating too much of the wrong types of grains," he said. "I think people are recognizing that we eat too many fats, but again the issue is we eat too much of the wrong type of fats."

But what exactly are the good carbohydrates or fats?

Gallop said whole grain products are the best source of carbohydrates because they make your body work harder to digest them. Since it takes longer to digest, we wind up feeling fuller longer and eating less.

A good way of telling the good fats from the bad fats, according to Gallop, is that the bad fats, saturated fats, are solid at room temperature. The good fats on the other hand are liquid, like vegetable oil.

The review of the Health Guide



Courtesy

The Canada Food Guide has not been updated in 20 years.

<b>Grain Products</b> <b>5-12</b> SERVINGS PER DAY	<b>1 serving</b> Hot Cereal 175 mL 3/4 cup Cold Cereal 30 g 1 Slice 1 Bagel, Pita or Bun	<b>2 servings</b> Pasta or Rice 250 mL 1 cup
<b>Vegetables and Fruit</b> <b>5-10</b> SERVINGS PER DAY	<b>1 serving</b> Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup 1 Medium Size Vegetable or Fruit	<b>1 serving</b> Salad 250 mL 1 cup Juice 125 mL 1/2 cup
<b>Milk Products</b> <b>Servings per Day</b> Children 4-9 years: 2-3 Youth 10-19 years: 3-4 Adults: 3-4 Pregnant and Breast-feeding Women: 3-4	<b>1 serving</b> Milk 250 mL 1 cup 3% Milk 50 g 1 Slice 50 g 175 g 3/4 cup	<b>Other Foods</b> Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories so use these foods in moderation.
<b>Meat and Alternatives</b> <b>2-3</b> SERVINGS PER DAY	<b>1 serving</b> Meat, Poultry or Fish 50-100 g 1/3-2/3 Can 50-100 g 1-2 Eggs Beans 125-250 mL 100 g 1/3 cup Peanut Butter 30 mL 1 Tbsp	

Courtesy

Our diets currently include more grains and fats.

was prompted by research released by the National Academy of Sciences, said Margot Geduld, a media relations officer for Health Canada. The final decision about any revisions will be made by this spring.

Thomas Wolever, a nutrition

expert from the University of Toronto, said he believes the Food Guide's daily recommendations are sound, but that exercise is an important component of the equation.

"Really, we probably should be eating more food and balancing this with a lot more exercise," he said.



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## Arts

# Celebrity Edition

## Stars hang out in T.O.'s hot spots

by Buket Oktem

A group of friends decide to meet for cocktails at a chic piano bar downtown to unwind and unknowingly take part in a little stargazing.

As Martina de la Fuente, a 28-year-old aspiring actor, sips her martini, she jokes with her friends about the prospect of running into a celebrity at this upscale Toronto nightspot. "I would never lose my cool," she proclaims.

A few short minutes later, Fuente's nonchalant guise unravels as she spots Ralph Fiennes (English Patient, Maid in Manhattan) and makes a hurried attempt to inform all of her friends.

"Oh my God!" she exclaims. "Do you see him? He's smiling right at me."

"We did the tango with our eyes," Fuente describes passionately. She relives the moment with every bit of the giddiness she felt that night.

Although not every celebrity sighting turns into a memory worthy of telling your grandchildren, chance encounters with film stars have become a frequent occurrence in Toronto's club and bar scene.

The Ralph Fiennes spotting was at the Four Seasons bar, La Serre. The hotel that puts up the who's who of the silver screen has turned its dimly lit piano lounge into the place to be seen by Toronto's hip and trendy.

"You never know who you might run into on any given night," said Jonathan Sage, assistant manager,

Four Seasons Hotel. According to Sage, big screen heavyweights like Pierce Brosnan, Julianne Moore, Gwyneth Paltrow and Dennis Quaid are just a few that have been seen enjoying a cocktail in La Serre.

Tanya Stovanskich, a 29-year-old financial officer, does not mind the often-long wait it takes to get inside La Serre.

"There is no cover - which is a bonus," she said.

Stovanskich admits she was once a little star struck by Ethan Hawke who happened to stroll into the bar alone. "My friends tried to coax me into talking to him," she grins. "But all I could do was hide behind my cosmopolitan."

Not far from the Four Seasons is Club 22, hidden in the Windsor Arms Hotel. Known for renting its lavish apartments to such guests as Catherine Zeta-Jones and Michael Douglas, Renee Zellweger and Meg Ryan, the in-house bar, sometimes referred to as 22, allows stylish Torontonians a chance to mingle with the stars.

"Club 22 is definitely not your typical Toronto bar," said Helen Kivelos, front desk receptionist at Windsor Arms. "People come dressed to kill and with the expectation that they will rub elbows with Catherine [Zeta-Jones] or Renee [Zellweger]."

But not all celebrity encounters start and end with only a glance. In one rare case of girl meets celebrity, a legendary musician went out of his way to pursue a young fan.

Kim Ishmael, a 24-year-old stu-



Amy Ward

**Susan Sarandon is all smiles promoting *Moonlight Mile* at *The Toronto Film Festival* last fall.**

dent, never imagined her night at Fluid Lounge on Adelaide street would involve being asked to dance by Prince himself.

"He was surrounded by his

entourage," Ishmael recalls. "All of a sudden, one of his bodyguards comes over to me and my friends and tells me that Prince wants to dance with me."

Bar and club owners have no complaints about how Toronto fans behave when they spot a celebrity. When U2's Bono stepped out of Coco Lezzone on College street, a mass of people followed him across the street to his limo, recalls John Piccioni, Coco Lezzone's manager.

"All the while, Bono was shaking everybody's hand and thanking them for listening to their music," Piccioni said. "It never got out of hand, everyone was just really excited. It's Bono - how can you not be star struck?" he asks.

With no signs of slowing down, film sets in Toronto are popping up everywhere. But it seems Torontonians are growing accustomed to sharing the city with movie trailers that congest the streets, with film crews that point pedestrians the opposite way and with the elite of Hollywood who make it a little more difficult to get inside a bar.

"As long as I can gaze across the room into Ralph Fiennes eyes, it is all worth it," Fuente laughs.

### Coming up...

#### Video & DVD

8 Mile  
Roger Dodger  
Auto Focus

#### Movies

The Hunted  
Willard  
Agent Cody Banks  
All the Real Girls

#### CD's

Broken Social Scene: *You Forgot It In People*  
Hidden Cameras: *Smell Of Our Own*  
Ashley Macisaac: *Ashley Macisaac*  
Libertines: *Up The Bracket*  
Buzzcocks: *Buzzcocks*  
Smog: *Supper*  
Ani DiFranco: *Evolve*  
Royksopp: *Melody Am*

#### Things to Do

Grab your green beer and get ready to be Irish for a day: St. Patrick's Day is coming. The St. Patrick's Day Parade happens on Sunday, Mar. 16 at various locations around the city. Call 416-487-1566 for more information. If you're too drunk to walk or stand, stay in one of the many Irish pubs around town. Try the James Joyce at Bloor and Spadina or Fionn MacCool's on The Esplanade for events all week. Call them at 416-362-2495.

She may not be Irish but she can sure sing. Macy Gray is getting set to warble away at The Guvernment on Tuesday, Mar. 18. Check out toronto.com for more info.

Put on your mullet, get out your acid wash jeans and headbang the night away. Scorpions and Whitesnake perform at the Air Canada Centre Mar. 15. \$49.50 in advance at Ticketmaster. Rock on.

### Bringing Down The House Contest

Steve Martin Queen Latifah

Bringing down the House

We've got T-Shirts and CD soundtracks for the first five people to email us at [humberetc@yahoo.ca](mailto:humberetc@yahoo.ca) from this hilarious movie starring Steve Martin and Queen Latifah.



Amy Ward

**Nick Nolte in Toronto for the film festival before his recent troubles.**

etc.





Amy Ward

Adam Sandler in Toronto at the film festival.

## Getting shut-eye at \$4,500 a night

by Tamara Holmes

Celebrities are humans – except for maybe the impossibly perfect Cameron Diaz – and they've got to sleep. But where in Toronto do they prefer to catch some shut-eye?

Downtown celebs who want to be close to the waterfront and entertainment district often choose the Crowne Plaza Toronto Centre, near CBC and the Metro Toronto Convention Centre. It's a popular resting spot for Canada's television elite and politicians alike, according to The Plaza's Bruce Bishop.

"The *Waterview* is a popular suite with high profile clientele," said Bishop. "Our 18th floor is dedicated to it and the room spans 1,800 square feet."

At \$4,500 a night, the *Waterview* also hosts a library and a great view of ... the water.

"Our Suite 1020 is also very popular," Bishop said. "Especially with one very prominent Canadian politician during his stays in Toronto from Ottawa."

The Plaza's eighth, ninth and 10th floors are classified as Club Level accommodations. Outfitted with a separate concierge, nightly hot and cold hors d'oeuvres, daily breakfast, valet parking, boardrooms and complimentary limo services, there are enough suites available to accommodate entire production crews, Bishop said.

Uptown in the ritzy Yorkville district of Bloor Street and Avenue Road, celebs have convenient access to upscale shops and specialized grocery outlets.

"We honour a lot of special requests such as filling a bedroom

with white lilies," Anne Mortensen of Toronto's Four Seasons Hotel said. "Our policy includes going above and beyond to service our clients and so we act without question."

Mortensen said the most laborious service provided to a high-profile celeb was to create a garden from scratch in the middle of winter.

"One guest wanted a real garden complete with grass and flowers for their dog to play in during their stay," she said. "We brought in sod and flower bulbs and maintained it as though it was summer time, even though it was in the middle of winter."

According to Mortensen, the hotel's Yorkville Suites are the most popular. With

seven available at around \$3,000 a night, they are designed to replicate the feel of living in Toronto's exclusive Rosedale area.

When the comfort of home has to be found away

from home, assistants to celebrities call the woman who knows about those sorts of things – All-Star Accommodations Inc.'s Shelley Blechman.

"Stars are just like us," Blechman said. "They're down to earth and want comfy places to stay if they're going to be somewhere for a long time."

She works with budgets as low as \$1,500 a month up to over \$60,000 a month.

"Mick Jagger of the Rolling Stones spent more than \$200,000 for his six-week stay in a mansion uptown," revealed Blechman. "He needed a large space to accommodate all of his kids."

Just like us? Hardly...

# Stars pampered at city's high end spas

by Athena Tsavlis

Most of us rely on our nearest Shoppers Drug Mart to help fend off nasty pimples, unwanted hair and crocodile skin. The stars on the other hand enjoy the luxury of being preened, pampered and moisturized at a spa.

Toronto is home to some delicious beauty havens. Mira Linder, on Avenue Road is the city's oldest spa. It is also one of the more exclusive spas in Toronto catering to big names such as Jennifer Lopez, Minnie Driver, Cate Blanchett and Charlie Sheen.

Kate Alexander, the spa owner said that every client in a robe is tended to with the utmost care. "Everyone is treated like a star," she said.

Spas within some of the city's more luxurious hotels such as the Park Hyatt, Royal York and Four Seasons provide relaxing hideaways for many visiting stars. The Windsor Arms, near Yorkville, is a home away from home for many celebrities.

Hidden away on the fourth floor of this elegant, boutique-style hotel is a spa with a pool, steam room, sauna and gym. Treatments range from the traditional to the holistic and are a fusion of east and west said Vicky Fattore, the spa manager.

"We provide an opportunity for our clients to relax, enjoy the spa and have a great experience," Fattore added.

The Victoria Spa in the Crowne Plaza Hotel is another hot spot among celebrities. Victoria Sutherland, who opened the spa 17

years ago, said that a great many stars have indulged in her various beauty treatments. The "Head to Toe Reviver" – \$215 for two hours – is one of the spa's signature treatments. Clients are exfoliated, massaged and given a revitalizing facial.

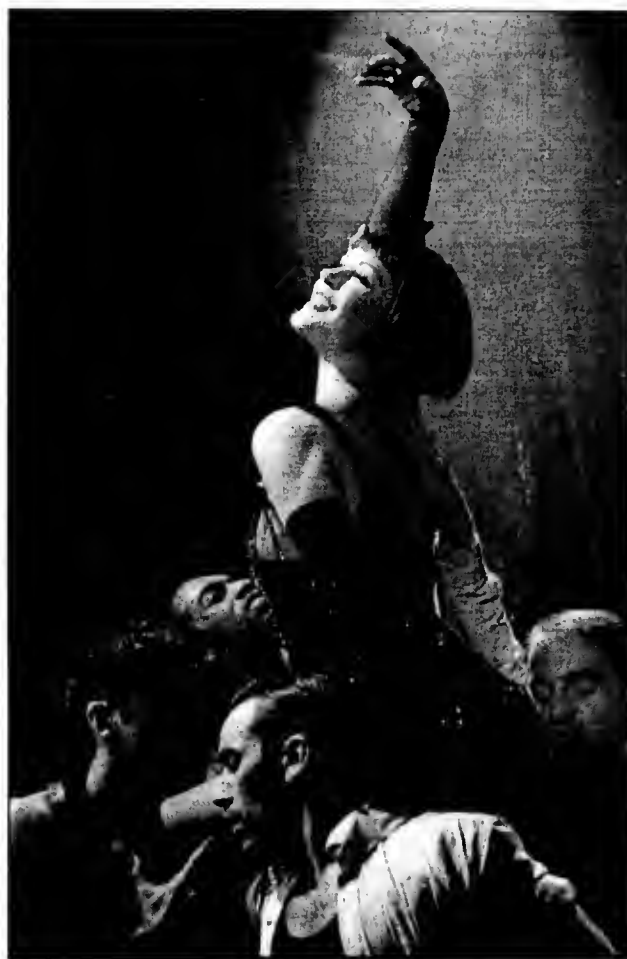
Catherine Zeta Jones and Michael Douglas enjoyed a visit to the spa together, Sutherland said. Kate Hudson, Liv Tyler and Alex Baldwin have also been clients.

"Movie stars have very busy schedules, are stressed out and have to wear a lot of makeup," Sutherland said. "They'll come for a facial, a massage and general grooming just like you and me."

The King Edward hotel in Toronto's financial district is home to Nouvelle Maria, another spa with many celebrity clients.

"We cater to an upper class clientele," spokesperson Linda Black said. Professionals working within the community also go there, she added.

Many of the stars staying at the hotel are pampered at Nouvelle Maria. Their arrival is often a surprise, Black said. When Donny Osmond was living in Toronto during his performances of the musical *Joseph* he was a regular client.



Courtesy/David James

When Catherine-Zeta Jones was filming *Chicago* in Toronto, she enjoyed the services at The Victoria Spa

## Celebrity Corner

by Anna Rozbicka

Did you think we were rid of *Joe Millionaire* forever? Think again. According to MSNBC.com, the aspiring actor has a role in the new *Mariah Carey* video. *Evan Marriott* is rumoured to have a role in the "Bringin' on the Heartbreak" video, where he goes for a helicopter ride and passes through a throng of fans with *Carey*. Good move *Evan*. If you want a successful movie career, start with *Mariah Carey*. We all saw how successful *Glitter* was.

*George Clooney* doesn't get embarrassed easily. Recently in London to promote *Confessions of a Dangerous Mind*, *Clooney* went to a karaoke night where an audience member pointed out that his fly was down. *The Scottish Daily Record* reports that the heckler shouted "Your shirt's sticking out of your fly," and *Clooney* retorted, "As long

as it's only my shirt, I'm OK!" Too bad. I know a few people who wouldn't have minded too much if it was something else.

Diva *Jennifer Lopez* showed who wears the pants in her relationship with *Ben Affleck* after she reportedly put the kaibosh to his raunchy stag plans. According to *teenhollywood.com*, *Affleck* and his brother *Casey* had booked flights on the Hooters airline (who knew that even existed?) where the attendants wear skimpy outfits. *J.Lo* was none too pleased and asked *Ben* how he would feel if she went on a flight with all Chippendales. *Ben* saw her point and cancelled. So *Ben*'s not allowed to look at Hooter's girls but apparently it's okay that *Lopez* dresses like one out in public every single day. Go figure.

Speaking of the sexy diva, it seems

she may have a bit of a gassy issue. Ex-husband *Cris Judd* revealed recently on his pathetic reality show *I'm a Celebrity, Get Me Out of Here* that on his first date with *Lopez* they didn't say anything. "She just kept burping," he said. "She was burp, burp." So romantic. I still can't understand why that beautiful relationship failed. He was obviously not in it for fame or money. Hey *Cris*! Here's a tip: stay off of reality shows featuring Hollywood has-beens!

Crazy lady *Liza Minnelli* is in trouble again. The lawyers she was working with in a case against her stepmother have walked out on her. *BBC News* reported that the two lawyers stated that their relationship with the star "completely broke down." Odd, since *Liza* has such a wide reputation for being extremely stable.

# Dining with the stars

by Jennifer Foster

Imagine sitting in a restaurant while Robin Williams strolls through the crowd.

The *Toronto International Film Festival* brings hundreds of stars to Toronto every September. With a wide variety of restaurants to choose from, geography sometimes dictates where their palates will take them.

Sassafras, in the heart of Yorkville where you can dine after shopping at Prada and Gucci, gives the impression that it was built to cater to celebrities. The kitchen is open until 2 a.m. every day of the week to accommodate the red eye flight flyers or the occasional late night snack.

"People come to Sassafras to see and be seen. It's close to all the hotels and the concierge sends them to us," said Maitre d' Dali Chehimi.

Stars like Britney Spears, Geri Halliwell, Keifer Sutherland, Harrison Ford and Sarah Michelle Gellar have all dined at the eatery.

Dali said the staff treats the celebrities the same as any other guest. Most want to be low profile when they go out to eat. "We do not let people approach them to ask for autographs."

Another favourite restaurant among stars is Joso's on Davenport. Manager Shirley Spralja said she thinks it is popular because it is a family run business so it is small and off the beaten track.

"We are very attentive to our patrons," she said. "They are at ease when they come here. Some celebrities even book under their own names."

Julianne Moore, Al Pacino, Sting and Robert DeNiro are some of the stars on the celebrity wall at Joso's. Spralja said Harrison

Ford loved his salad so much, he went back into the kitchen and told the chefs it was the best salad he had ever eaten. The specialty at Joso's is their fresh fish, which is what most of the celebrities order while there.

Bistro 990 is another popular choice. Manager Fernando Temudo said the stars come out in full force during the film festival.

Kevin Spacey, Jennifer Aniston, Robert Downey Jr., Robert Redford, Edward Norton, Cameron Diaz and Eugene Levy are only a few of the names that have frequented Bistro 990.

"Every star is different. Robin Williams doesn't mind walking around and talking to people, whereas Michael Douglas does not like to be disturbed especially when he's with Catherine," Temudo said.

The Rosewater Supper Club is very busy with celebrities during the film festival because of its central location. It also obtained one of the few extended hour liquor licenses



Amy Ward  
Geri Halliwell loves to eat the scrumptious food at Sassafras.

es meaning it can stay open until 4 a.m. during the Film Festival.

Manager Bernard McIver said his staff works 18 hour shifts, 10 days straight during the festival.

McIver said the Rosewater provides a certain level of discretion and will personalize security for the stars when they come.

The Rosewater attracts sports stars like Mats Sundin, Shayne Corson, Darcy Tucker, and Carlos Delgado. Most of the guests retain their composure if a star happens to be there. But McIver said it depends on the stature of the star.

"When Brad Pitt was here, people stopped

breathing. However it's also a very pretentious crowd, so no one really starts screaming or acting foolish but you can definitely feel the electricity in the room," McIver said.

No one had ever caused a scene at his spot he said, but McIver described a friend's experience.

"I had a friend of mine managing Gretzky's and Wayne Gretzky came walking in the restaurant and this guy came running over to him and goes, 'oh my god it's Gretzky' and then urinates himself."

On the Greek side of town, Christina's on the Danforth is very well liked.

Matt LeBlanc, Jim Carrey, Neve Campbell, and Alanis Morissette are a few of the stars who venture to the east side to try the moussaka.

"When John Stamos came for lunch, he requested a table in the back and he was so quiet you would never know he was there," said Tony Mavrakakis, manager of Christina's.

So the next time you choose a restaurant, consider the food on the menu but also what you'll wear because you never know who you might bump into.

## From lemon tarts to sushi: 'catering' to every whim

by Hayley Stephens

Catering an event that involves celebrities can be a finicky affair. With so many movies shooting on location in Toronto, catering and event planning companies have stepped up to take on the challenge.

Russell Day, vice president of sales at Daniel et Daniel, an event creation and catering company in Toronto, said while catering the opening of the premieres for *Frida* and *Moonlight Mile* at last year's film festival, preparation and presentation came under careful consideration.

"We have had to, on certain occasions, revamp a dish because a pastry will crumble, or because there's an ingredient that could spill on someone's shirt," he said.

Neatness aside, Day said that healthy, organic food is also sought when your guest list includes Sharon Stone, Susan Sarandon, Julianna Margulies and Geoffrey Rush.

"They have to think about their skin tone, they have to make sure they're not greasy and nasty because they have to be up the next morning at makeup," Day said.

He added that stars tend to be into whatever's trendy at the moment, like fish and sushi.

"They're very savvy food wise," he said. "Usually when there's an event, there's like 1,000 people and only three stars, so you're not going to cater specifically to them, but you're going to make sure there's a good quotient of organic, healthy food that's there."

Daniel et Daniel will cater to individual whims, but

only at smaller affairs or those honouring a particular person. When Prince Charles was guest of honour at a party in Toronto in April 2001, he insisted on the lemon tart for dessert, and lemon tart, served in light pastry shell with raspberry coulis and French berries, was served to all 320 guests.

A request for lemon tart seems mild compared to off-the-wall demands such as rumours of Demi Moore's

request for Evian water to wash her hair and Jennifer Lopez's insisting her coffee be stirred counterclockwise or she wouldn't drink it. Day said that this is not the norm. While high profile people do insist on healthy, organic food, Daniel et Daniel has never had such peculiar requests from movie stars.

"The only request we've had for a particular colour of food was pink for a breast cancer fundraiser, which was meant to go with their theme," Day said.

Mario Vena, chef and owner of La Reserve Restaurant and Catering in Mississauga said he too has never had such a request. The opposite is actually



Amy Ward  
Sharon Stone seeks out healthy, organic food when attending a catered event.

true, he said.

"The one thing I find is the more traveled they are, the more they like to come down to earth with food," Vena said.

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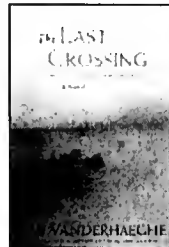
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# Critic's Comments

## What we read

**The Last Crossing**  
by Guy Vanderhaeghe  
McClelland & Stewart



Guy Vanderhaeghe's first novel since his critically acclaimed *The Englishman's Boy*, is a carefully interwoven tale set in the nineteenth century of Charles and Addington Gaunt who make their way through the U.S. and Canadian prairies to find Simon who has gone missing.

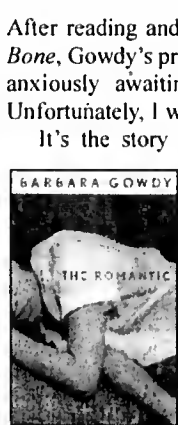
On their journey, they meet several key characters each with their own intriguing past.

Jerry Potts, half Scottish and half Blackfoot Indian, acts as their guide, Custis Straw, a Bible-reading Civil War vet, joins the group looking for some kind of salvation. And Lucy Stoveall, a beautiful and street-smart woman, travels with them in hopes of avenging her sister's murder.

The award-winning Canadian author paints a full, detailed picture in each scene and writes in first person narrative for each character providing multiple views of the same situation. This may cause a reader some confusion as to who is saying what about who, but the plot itself moves the story along with relative ease.

by Clark Kim

**The Romantic**  
By Barbara Gowdy  
Harper Flamingo Canada



After reading and loving *The White Bone*, Gowdy's previous novel, I was anxiously awaiting *The Romantic*. Unfortunately, I was dissatisfied.

It's the story of Louise Kirk, a very annoying girl, whose former beauty-queen mother walks out on her family when she's only nine years old. Soon after, the Richter family moves in across the street and Louise falls in love with Mrs. Richter, wanting her to adopt her. That love is then transferred to her son, Abel.

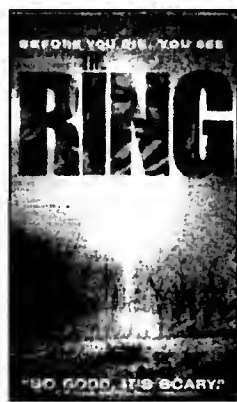
The book examines different forms of love: familial, sexual, obsessive, and unrequited. Yet it never seems to fully grasp or convey whatever was intended, mostly because of the character of Louise, who is intensely unlikeable and quite obnoxious.

Gowdy is a powerful writer and the book is not lacking in language as much a character. Thanks to that it is still quite readable, if only to enjoy Gowdy's brilliant grasp of the English language.

by Anna Rozbicka

## What we rented

**The Ring**  
Dreamworks Home Entertainment



If you're a fan of movies that scare the bejeezus out of you, run and rent *The Ring* right now. This spooky flick killed (no pun intended) at the box office last year and

now you can watch it in the comfort or safety of your own living room. Starring the impossibly beautiful Naomi Watts (best friend of Nicole Kidman - can you picture those two going out on the town?) it's the story of a videotape that kills you seven days after you watch it. The tape was somewhat of an urban legend and ends up surfacing and after Naomi and her son watch it, she sets out to uncover the tape's secret before it does them both in.

If you don't like horror movies, stay far away from this one. If you enjoy them, grab this DVD, turn out the lights, and scare yourself silly.

**The Osbournes: The First Season**  
Miramax Home Entertainment

If you didn't catch the f\*\*\*ing Osbournes first season on the telly, you bloody well better see them on f\*\*\*ing DVD. Even though their ratings have taken a dive, it's still great to watch the first season and see why this show

became such a huge hit. Part of the reason its popularity is down is probably because The Osbournes were everywhere. But watching this two disc set, reminds you of why we loved them in the first place. It's a riot watching Ozzy stumbling through everyday life, trying to figure out how to work the satellite remote. And it's moments like that one, as he calls his son in to help him, that make The Osbournes so likeable. For the most part, they're just a reg-

**Moonlight Mile**  
Touchstone Pictures



What do you get when you combine incredible actors with a weak script? A waste of talent. In *Moonlight Mile*, Susan Sarandon, Dustin Hoffman, Holly Hunter and Jake Gyllenhaal try to make the best of a sappy,

boring script that never seems to get off the ground. When Ben (Hoffman) and Jojo's (Sarandon) daughter is murdered, they turn to her fiancé Joe (Gyllenhaal) for support. When another woman enters Joe's life, he becomes torn between two roles. The movie isn't bad, but it could have been a lot better. Sarandon and Hoffman struggle to make the best of the material and Gyllenhaal does his best as the confused husband-to-be. Holly Hunter is completely wasted as a lawyer who has about three lines in the entire film. If you're a big fan of these actors, give this movie a shot, otherwise let it be.

ular family. The DVD set has an uncensored and a censored version, and is packed with extras like interviews, Ozzy's ten commandments, episode commentary and games. But the best extra by far is the Ozzy translator, a neat little feature that once turned on, writes some of Ozzy's more unintelligible comments as subtitles. Now we finally know what the heck he was going on about.

by Anna Rozbicka

## Celebs shop till they drop

by Nicole Gibbs

With loads of cash and an entourage devoted to their every need, stars opt to leave the glamour of Rodeo Drive and shop in T.O.'s more relaxed atmosphere.

Walking down the cold streets of Bloor and Bay you might stumble upon big names like Jackie Chan, Goldie Hawn, Arnold Schwarzenegger and Canada's own Nelly Furtado, Mike Myers and Pamela Anderson.

But don't let the big names or the designer clothes fool you. These celebrities want to be treated like everyone else and just blend in.

"Celebrities come in very low key," said Tessia Visperas, manager of Roots on Bloor Street West.

"We usually don't know they are coming in. We get immune to it and besides, they want to be treated like normal people," Visperas said.

Visperas adds that the image of stars coming in and boldly demanding this that and the other is just not true.

"Stars [come in] very laid back. It never comes to the point where they say 'do you know who I am?' and start demanding things," Visperas said.

Occasionally Visperas and other management staff will get a heads up that a star will be coming in and will show them around the store.

This usually occurs when the celebrity has contact-

ed the head office to let them know of their visit.

Visperas adds that whenever stars come in, regardless of their fame or stature the Roots' staff is always professional and not allowed to ask for autographs.

But the thought of serving a celebrity can be very nerve racking for some in the retail biz.

"One of my sales staff got so nervous while serving Jackie Chan, that she forgot to give him his bill and had to run after him," said Elaine Giamos, Manager of Town Shoes on Bloor Street.

Giamos also added that when Chan was paying for his boots (with his credit card) he jokingly asked the sales person if he could get a discount.

But even after leaving the sales staff star-struck, Chan must have been impressed with the service, as he returned later that week with accompanied by a lady Giamos said.

Evidently, shopping on Toronto's Bloor Street allows stars to escape the pressures of fame and avoid the hassle of concealing their appearance from the hounding of the paparazzi in the U.S.

"Stars come shopping with their families without disguises," said Tom Hargitai, who works as a

doorman for Holt Renfrew, opening the door for many well-known celebrities.

"They don't need to wear disguises the same way they do when shopping in the U.S.," Hargitai said. "Canadians are more reserved. They don't make a big deal about spotting celebrities while shopping."



Amy Ward

**Pricey stores like Chanel enjoy the financial boost of celebrity paycheques.**

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Cradle 2 the Grave	(AA) 1:10, 4:10, 6:55, 9:10
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**FOR THE ATTENTION OF ALL HUMBER STUDENTS**  
**Notice of Election**  
**for the**  
**Student Representative**  
**to the**  
**Board of Governors of Humber College**

An Election will be held on **Wednesday, April 9** and **Thursday, April 10, 2003** for the position of Student Governor on the Board of Governors of Humber College. All Humber students are eligible for nomination. The term of office for this position is September 1, 2003 through August 31, 2004, and the basic requirements of this position are to:

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

**Nomination packages** can be signed out from the offices of:

**Val Hewson**, President's Office, Room D 167, North Campus, or  
**Ian Smith**, Principal of Lakeshore Campus, Room A 114 Lakeshore Campus

as of Monday, March 17 at 9.00 a.m.

Nominations close on **Friday, March 28, at 12.00 noon.**

Further information about the Board of Governors of Humber College and this Election can be obtained through the President's Office, Room D 167, North Campus, or by contacting:

Val Hewson  
Executive Assistant to the Board of Governors  
phone ext: 4102  
email: [val.hewson@humber.ca](mailto:val.hewson@humber.ca)

# Cash & Gizmos

Spins company into half a million dollar success

## This wedding planner hits all the high notes

by Annie Chau

Imagine that your life revolves around attending great parties and functions. You're surrounded by men and women dressed to impress, grooving to great music, laughing at your jokes, listening to your every word, and looking to you to show them how to party.

Now imagine getting paid to do all this.

For John Murphy and his team of D.J.s at Mediapix.com, that's life on the job.

Murphy is the president and owner of Mediapix.com, a multimedia entertainment company. It specializes in creating a party atmosphere for weddings and other special events through the use of light shows, musical programming and interactive entertainment.

In just over four years, Murphy has turned his \$15,000 investment into a business worth nearly half a million dollars through pure dedication and business know-how.

By tapping into an industry that very few entrepreneurs have thought about getting into, Murphy has been able to corner the market in the multimedia entertainment industry. Specializing in weddings, Murphy offers a service few others are capable of.

"The reason that it's successful is just the sheer fact that we have no competition. Nobody plans a wedding like we do. From the D.J. side of it we're not just disc jockeys, we're really wedding planners. We sit down with brides and grooms and we orchestrate the night," Murphy said. "It's an experiential wedding."

After his initial start-up investment, Murphy reinvested about \$120,000 in state of the art sound and music equipment including a speaker set-up similar to one used at the Air

Canada Centre.

"What we wanted to deliver was a first class show right off the top...the reason why I spent so much is that I really wanted a product that was second to none. I was willing to do shows for \$150 a night or \$100 a night or \$50 a night to prove that we were the best," Murphy said. Despite not making any profits at the start, it was important to him that his company was constantly improving its quality.

"I think that's why I don't have any competition...A lot of them don't have a good business ethic. They don't have the discipline to reinvest in the company on an ongoing basis," Murphy said. "The first year in business I didn't draw a paycheck from the company. The first full year on its own, we did \$86,000 in sales and I never cut a paycheck. I didn't touch a penny."

In addition to reinvesting in your business, Murphy advises to "under-sell and over-deliver" every night when you start up.

"That's what makes Mediapix a success as a business. We promise the bride and groom what they want to hear, but we over-deliver every single time. We give them way more than they ever ask for."

And over-deliver he does. In a single evening, Murphy dazzles guests with programmed sets of soothing dinner music, making sure to accommodate for the speeches and toasts.

To loosen up the crowd and get them in the mood for dancing, Murphy has developed several interactive musical games that leave the participants energetic, relaxed and ready to party.

In one game, to get the guests worked up, two people are selected through an altered game of hot potato to duke it out on the dance floor

dressed in Elvis Presley and Tom Jones costumes. Picture an audience of 200 people in formal wear hooting and hollering at a good friend doing their best Elvis, grinding to the tunes in a costume too big, juggling a guitar all while trying to keep their wig on straight.

After an enthusiastic round of shouting to vote for the person who did the best impression, it's time to give the bride and groom and the rest of the guests a chance in the spotlight. The floor opens up for the first dance under a star-lit sky effect achieved by state of the art lighting equipment.

"So many disc jockeys in this business think that the show is about them," Murphy said. "Well that's not what they're there for. A good disc jockey is like a good referee - invisible."

The musical memories are recorded on a CD which Murphy gives to the happy couple at the end of the night so that they can relive their special day after it's over.

Murphy's unique services are what landed him a three-year contract with Olympia Banquet Centre in Hamilton.

"He's interactive and he plays for the crowd. He doesn't just play what he wants to hear, he plays the music that the people want to hear," said John Raffay, the Olympia's owner. "He gets involved with the people,



Annie Chau

John Murphy has his own business making weddings an "experience".

he's very friendly and well spoken."

In addition to having good personal skills, Murphy must ensure that his staff also gives quality service. To do this, he strives to create a working environment that encourages a synergy of ideas to create an end product beyond compare.

"The strength of any company is its people. We're a team. I might be the boss but we all have our say," Murphy said. "We have our quarterly meetings and we all have our say. There's not one of my people who work with me that haven't argued with me."

Murphy's investment in his people in addition to his business is something that motivates Colin Byrne, a D.J. and the director of

operations and entertainment for Mediapix.

"I think of him more as a partner to me because we've grown a friendship together. We've bonded together and we've been working side by side on shows, scheduling events. On the employee side he's great. He's never mistreated me one bit whatsoever," Byrne said.

Murphy said he feels like he has arrived. "I feel like I'm jumping off a cliff and I'm starting to fall, but I'm now learning to fly. Now I can go wherever I want."

His advice to others who also want to learn to fly is to "always aim high enough to just miss, 'cause if you aim high enough to hit, it's too easy."

## Overdosing on Keanu with *Matrix* Web sites

Often one Web site per subject is enough for the casual Internet surfer, but when it comes to sites dealing with 20th Century Fox's hit film *The Matrix*, the digital domain is virtually overrun.

*The Matrix* revolves around Canadian actors Keanu Reeves and Carrie Anne Moss, living as two of only a few free human beings on a futuristic Earth who battle intelligent machines that guard the rest of the human race in a digital prison called the matrix.

It seems only natural that the best promotional vehicle for this sort of film comes from the domain that helped create it: cyberspace. (Internet geek alert: did you know that author William Gibson [*Neuromancer*, *Virtual Light*] first coined the phrase "cyberspace" several years before

the Internet was even conceived? *The Matrix* films actually borrow heavily from Gibson's work).

"Well, the movie rocked," says 22-year-old student, Chrissy DeChagny. "And the official Web site ([www.thematrix.com](http://www.thematrix.com)) seems to fit with the overall look and feel of the movies."

On The Animatrix.com ([www.theanimatrix.com](http://www.theanimatrix.com)), there is virtually no content other than two exclusive short anime films that users are able to download.

The two previews (with seven more to come over the next year) are each more than five minutes long with stunning animation styles, stories and teasers about what moviegoers can expect from the blockbuster sequels.

For users with slower connections

who are unable to wait long periods of time to download the teasers, The Animatrix shorts are currently being shown in theatres as teasers for the films, and a DVD featuring all nine

### Web Wanderings by Brian E. Wilkinson

episodes will be available on June 3.

"Amazing action sequences, and great acting made *The Matrix* one of the best action movies ever," says 17-year-old high school student Dan

Dziuba. "On top of that, the Web sites do a superior job of building up the suspense for the upcoming sequels."

The shorts currently available for download include *The Second Renaissance*, a prequel to the first movie which is about the early machine uprisings and humanity's attempts to quell the riots.

"It is a really neat look at the rise of the machines," says 21-year-old musician Christopher Vettorelto. "I can't wait [for the movies] regardless, but this just adds fuel to the fire."

Anime fans will be pleased to know that director Yoshiaki Kawajiri, (*Ninja Scroll*), was brought on board to produce *The Program*, which takes place in a digital feudal Japan as the human characters test

each other's loyalty.

Film Web site Coming Soon ([www.comingsoon.net](http://www.comingsoon.net)) features news, cast interviews, set reports, crew rumours and television specials, all updated on a daily basis.

Meanwhile fan favorite site Dark Horizons ([www.darkhorizons.com](http://www.darkhorizons.com)) often has scoops straight from the set as the Web master has a 'friend' working on location for the film sequels currently shooting in Sydney, Australia.

Other notable Web sites include *Matrixfans.net*, and *Matrixfansite.com*, both which feature news about the films, games, shorts, cast bios, and a message board.

*The Matrix Reloaded* opens on May 15, and *The Matrix Revolutions* is scheduled for release in November.

# Take a whack at a virtual golf ball

by Andrea Chambers

With the bitter cold winter slowly "putting" along, anticipation of the new golf season was in full swing at the Metro Toronto Convention Centre last week.

The Toronto Star Golf and Travel Show gave golfers a break from their withdrawal and teased them with over 350 exhibitors, hourly clinics, driving ranges, PGA lessons and countless giveaways, promotions, and contests geared toward golfers of all ages, gender and abilities.

Many Canadian entrepreneurs were displaying products that could help one's golf game go from bogie...to birdie.

"We invented a teaching technology that allows you to see yourself in real time when you step into the body of a pro," explained Steve Berger, general manager of Virtually Perfect Golf and Learning Centre. "Instead of being bound by communication and words, you will be able to see yourself in the new positions as you swing."

The Virtually Perfect Golf Learning System is a unique combination of computer-engineered visual technology in which students step into a 3D model to watch their swing as they match the model's movements. Students can continuously replicate the virtually perfect golf swing in an attempt to build the muscle memory while making adjustments.

"This system is the only one doing real time, other systems are analytical - they show you what you did after the fact," Berger said.

If you think looking for golf balls makes *Where's Waldo* look like a piece of cake, the Golf Ball Finder is for you. Invented by a Canadian nuclear scientist, this sunglass-like gadget took four years to develop. The pigment in the lenses blocks out all colours except white, making it easy to find a ball in the rough.

"You'll take fewer penalty strokes because you'll find the ball; the game will speed up; and you'll

save a lot of money because you'll be able to find your balls," said Linda Penhale, co-owner of Golf Ball Finders.

The outlook of the Golf Ball Finder is already promising. ClubLink has already ordered a full stock of the sunglasses for all of their golf courses. It is available only in Canada for \$39.99.

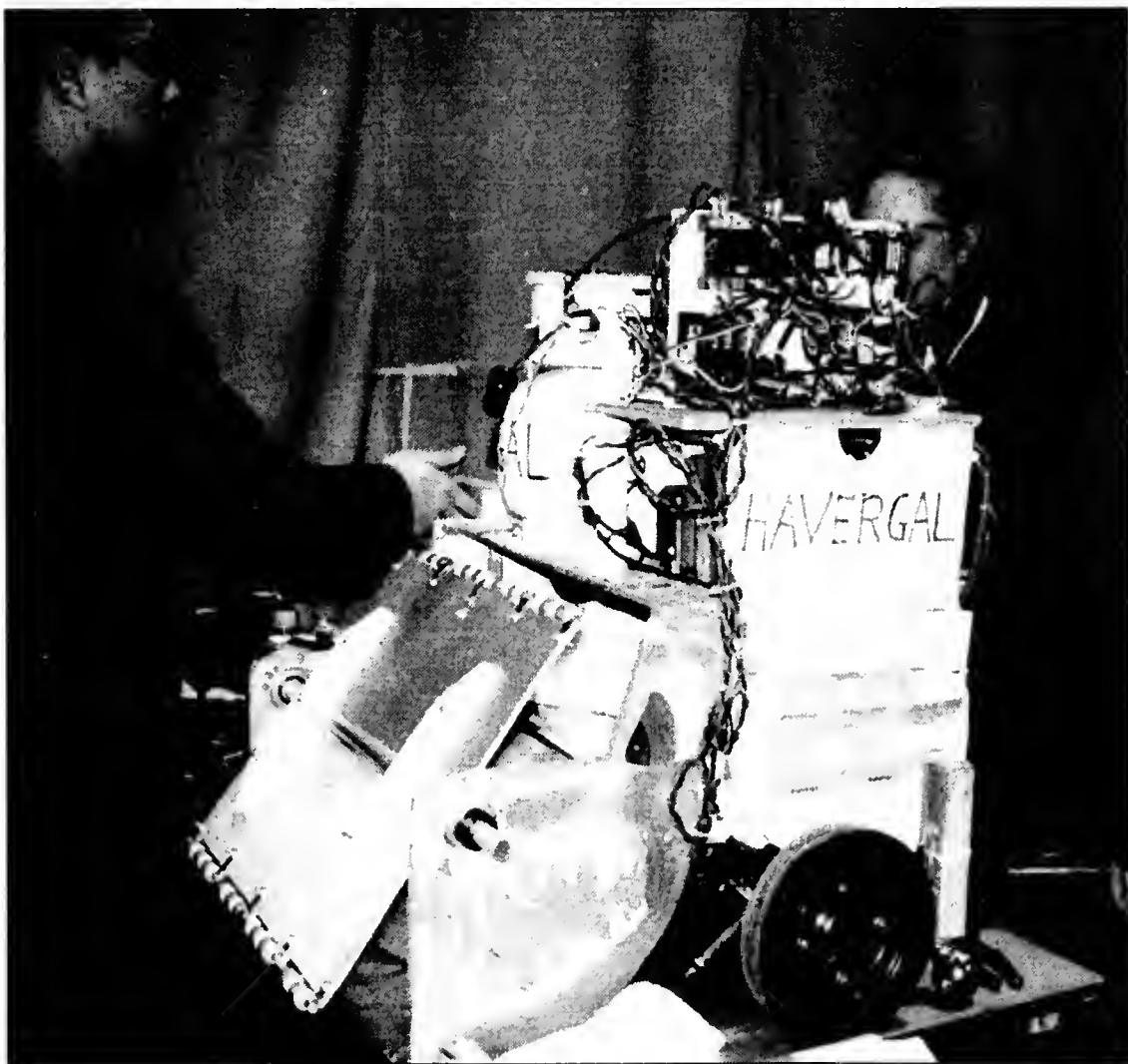
Gramma's Little Helper has decided to extend its help to the golfing market this season. For the first time ever, these hot and cold therapeutic pads made their way to the Toronto Star Golf Show in hopes of relieving golfers of aches and pain.

"These are very popular among golfers," said Shirley, one of Gramma's Little Helpers. "They appreciate them because they use them prior to their game to loosen up muscles."

The pads are handmade and come in many shapes and designs, and are filled with all natural ingredients such as peppermint and rosemary. Their beneficial properties include the soothing of arthritis, sports injuries, backaches, muscle pain and aromatic therapy.

Itching to play some golf but winter is in the way? Or do you simply just like anything golf-related? The Arnold Palmer Indoor Golf Game by Classic Golf Gifts, Inc. lets someone play a round indoors complete with a miniature green, pond, bunkers and tee box. The player manipulates a life size club with an Arnold Palmer action figure at the bottom. The Palmer figure has little clubs that can be changed manually, used to whack mini-golf balls around.

"The miniature Arnold comes with a driver, a putter, and three irons that you can use wherever you are in the game," said Jay Danner, the demonstrator. "I can drive the ball with the driver, change to an iron, and chip it onto the green with these miniature balls."



Izabela Jaroszynski

High school students from coast-to-coast competed at the Canada FIRST Robotic Games.

Competition at Humber's north campus

## 'Bots can play hockey too

by Izabela Jaroszynski

Humber College played host to a rather unique game of hockey the weekend of Mar. 1 as hundreds of high school students from across Canada flooded the North Campus athletic centre for the 10th annual Canada FIRST Robotic Games.

After 11 gruelling weeks of planning, building and problem solving, 25 teams arrived armed with hockey playing robots.

"Students from across Canada are teamed with teachers and mentors who assist them in the design and completion of the robots," said Bruce MacMillan, president of Canada FIRST (For Inspiration and Recognition of Science and Technology).

But students are encouraged to do most of the work themselves, MacMillan said.

The games are designed to give participants hands-on experience in technology by combining engineering with competitive sport. Each year Canada FIRST chooses a new theme for the competition, MacMillan said. "This year it was RoboHockey."

As the crowds cheered and cameras rolled, the Notre Dame Mighty Ducks from Burlington narrowly beat Winnipeg's Sisler 50 Below in the finals to win the Spar Aerospace Canadarm Award as the best team overall.

Other teams also took home awards in 22 other categories of the competition.

Aside from building a robot, students also had to prepare a documentation binder, create a Web site, make a 5 to 7 minute video documenting the building of the robot, and make a presentation to a panel of engineer judges. The best teams from each of these categories were awarded prizes.

But for most participants, the games were not about winning an award.

"The most interesting part has been seeing how the other teams solve the problem of getting a robot to play hockey," said Laura McLarty, team captain of Korah Collegiate from Sault Ste. Marie, Ontario. Her team, which consists of just 20 students, received top honours for their documentation binder and engineering presentation.

McLarty, a grade 12 student who hopes to one day work in the field of science and technology, said she got involved in the competition because it adds to her learning experience.

"The competition brings something new to our school," she said. "Especially to our technology department."

Her teammate, Matt Rathbone - a grade 11 student - agree the games are a great learning experience.

"The most challenging aspect has been the skills competition," said Rathbone, referring to the event in which the robot must stick handle a ball around pylons and try to score on net.

MacMillan said he is proud of the

growing interest in the Robotic Games.

"In our first year we had nine teams and today there are 25 teams competing, so it is growing tremendously," he said.

"We have teams from seven different provinces ranging from British Columbia to Newfoundland," he said. "And we have four new major cities represented this year - Edmonton, Winnipeg, Quebec City and Fredericton."

The major deterrent for many schools is the large price tag attached to participating in the event. The cost for entering the competition is \$8,750, plus expenses such as travel costs.

"We had to raise \$16,000 to come here," McLarty said. "In a lot of ways that was the toughest part."

Teams from other parts of Canada had even greater travel expenses.

"The two cities that have raised the most amount of money to come to Canada FIRST are from Newfoundland and Manitoba. And both of them have raised in the \$25,000 to \$30,000 range," MacMillan said.

Even though a large portion of the money comes from corporate sponsorship, most students still had to pay for some of their travel.

"They treat it like a ski trip or another school excursion trip they might have," MacMillan said. "So we try to make it into a weekend learning experience, as well as obviously a lot of fun."

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## Sports



Steve Autio  
Humber's Jeremy Walters is airborne in the OCAA playoffs.

# Men's b-ball off to nationals

*After stellar season, squad scored silver at provincials, now ranked in top five*

by Steve Autio

The Humber men's basketball team played the part of the jilted lover when their hearts were broken on a dreary Saturday night.

Although they played their hearts out in the OCAA championship game against the Algonquin Thunder, they fell just short of capturing the provincial title in a 57-55 loss.

Algonquin star Jonathan Bell sealed the Hawks' fate with a clutch three-pointer late in the game. Bell gave the Humber guards fits all night with his lightning quick feet and lit up the scoreboard draining 24 points.

Bell, who led the league in scoring averaging 27 points per game, was named MVP of the tournament at Sheridan College.

The game was close the whole way through as the Hawks' tight defense held Algonquin at bay.

"Algonquin has a tendency of getting up on teams and keeping them down. They play a fast, up-tempo game and you have to be careful of getting behind," said Hawks guard

Jeremy Walters.

This game was a see-saw affair between two very talented teams who boasted near perfect records. The teams went back and forth exchanging baskets and elbows.

"The intensity level was there. Both teams were going at it, elbows were flying, blood and sweat was pouring," said Hawks center Justice Rathwell.

Though the loss was a tough pill to swallow, the Hawks showed an immense amount of class when reflecting upon the hard fought game.

"They deserved it. They made the plays at the end and we didn't. I give them a lot of credit because they earned it," said Hawks coach Mike Katz.

"The better team won in this game," said Hawks swingman Tamique Young.

The Hawks had a chance to win the game in the end, but Walters' three-point shot just missed the cylinder after he dribbled out of a triple team.

Walters and fellow guard Ray Morgan gave it their all in the tournament and were the backbone of the Hawks' team.

Morgan earned player of the game honours for Humber in the final with a 24 point performance. Morgan not only held the hot hand shooting the rock, but was also very scrappy and sacrificed his body to get to loose balls.

Humber showed a lot of intensity,

but didn't bring their "A" game to the table. "We fought hard and we had a chance to win the game, but we also had some crucial turnovers," said Hawks forward Dejvis Begaj.

"We've been in a bit of a shooting struggle," Katz said.

Although the Hawks struggled in certain aspects of their game, effort wasn't part of that.

"Your pride is on the line as you are representing your school," said Young, who has been a key contributor off the bench.

The National Championships are in Eduard Monpetit, Quebec, next week and the Hawks are hoping for a rematch against the Thunder.

"This was the first time that we played them, but we will be waiting for them at Nationals," Young said.

"Hopefully we will see them at Nationals. The battle has been won, but the war is never over," Rathwell said.

The Hawks did see a silver lining in the rain clouds as they collected their silver medals after the game.

They will have to regroup after this disappointing loss and look to becoming the National champion instead.

The Hawks made the final against Algonquin after defeating Fanshawe College 59-56 and breezing past Niagara College 72-61.

Morgan and Begaj were named as championship all-stars and joined Walters and Katz on the central league all-star teams.

# Humber's dance team wins nationals

by Shannon Henry

The Humber Hype Dance Team successfully defended its national championship title this past weekend at Seneca College.

The 12-member team, chosen this fall, competed against nine other teams from Ontario and Quebec to become the 2003 Canadian Collegiate Danz Classic Champions.

After a full day of competition, tension built as the top three teams were announced.

"My heart stopped," said Katie Hagan, one of the team's four captains.

The team was shocked when first place was announced.

"When they called out our name, we were all excited and hugging each other," said Louis Campos. "Then all we saw was Katie flying across the floor to grab the trophy."

"It's a good feeling," Hagan said.

The team finished 20 points ahead of their nearest competitor, University of Waterloo.

"We are pretty happy with it," Hagan said. "It's exciting!"

The Hype, created two years ago by five Humber students, practiced twice a week for two to three hours to

prepare for the competition.

The team also prepared by doing half time shows for the Humber varsity basketball, volleyball and hockey teams.

Campos, a first-year journalism student, said he stumbled into the auditions for the team.

"I didn't even know it was an audition. I thought it was a kick box-

ing class," Campos said. "Then they told me I was on the team, which was an unexpected surprise."

Campos added that his experience with the team has been incredible.

Returning member and co-captain Jill Lewis said this year's win was much sweeter than last year's.

"After seeing what we were up against, I was very hesitant in feeling we were going to win," Lewis said.

Hagan said team members praised the varsity teams who supported them all year and the athletics department and the HSF for awarding the team over \$600 in funding.

Members also applauded co-captains and choreographers Nicole Arbour and Shelley-Anne Richardson for their hard work and dedication.

The team will dance this Thursday, March 13 at 12 p.m. in the Student Center to support War Child, an organization that raises money to assist children affected by war.



The Humber Hype dance squad celebrates their second national championship.

Courtesy

with files from Louis Campos

# Women's v-ball serves up bronze

by Liz Byers

The Humber women's volleyball team spiked, dug and served their way to a bronze medal in the provincial championships last week.

They headed up to Algonquin College in Ottawa for the three-day event against stiff competition from seven other teams vying for the title.

In the end, the women defeated the Durham Lords 25-20, 25-21, 25-21 for third place.

The team beat Fanshawe College 25-13, 25-14, 25-19 and Seneca College 25-21, 25-16, 25-19 in round robin play.

The Hawks suffered an agonizing loss on the second day of action against the Cambrian Golden Shield, the number one ranked team in the central division. In the semi-final game, the Hawks came up short with scores of 25-21, 17-25, 24-26, 25-13, 17-15. The Shield had a perfect season and gave Humber trouble during the regular season.

"The semi final was considered to be the final by most who observed the championships and the Hawks had two match points in the fifth game to win the match but failed to capitalize," said athletic director Doug Fox.

Head coach Chris Wilkins agreed with Fox.

"We fell short, but played an excellent game against the team that later went on to take it all. Kirsti Goodearle and Alex Romano were amazing players and they gave 100 per cent effort," Wilkins said.

He added how impressed he was with the entire team. "I'm very proud of how the girls responded after the upsetting loss. They were able to fight back and take the bronze."

The day after the match the team was in good spirits and took the whole experience in stride. "It says a lot about the girls and shows the great sportsmanship they have," he said.

As Fox predicted last week, Kirsti Goodearle was named a championship all-star.

Elizabeth Salas was named a central league all-star and also had the highest regional scoring with an average of four points per game.

In the end, Cambrian beat Niagara to win the gold medal in an exciting 25-22, 25-17, 25-19 victory.

Fox put the tournament in perspective and is optimistic the team will do better next year.

"The young Hawks used this year to gear up for hosting the national championships next year. The coaching staff is out looking for some new talent to go with a strong returning team."



Todd Clark

Humber's Jesse Mabon serves it up in the OCAA playoffs in Belleville earlier this month.

## Hawks still hungry

*An undefeated regular season soured by fourth place at tough championship*

by Todd Clark

The men's volleyball team gave a medal worthy performance at the provincial championships in Belleville last month, but returned home empty-handed.

Loyalist College played host to the best eight teams in Ontario. The Hawks were ranked third and played the sixth seeded Redeemer Royals in their first game.

Last year, Humber lost their first playoff game against Redeemer. But retribution was evident when the Hawks, who went unbeaten in the regular season, hit the floor in front of a rowdy crowd.

The Hawks swept the Royals in straight sets, winning 25-19, 25-21 and 25-14.

"Last year we went into the match thinking we had the match won," said setter Milad Massoudi. "This

year the coaches made sure we were prepared going in by breaking down what they're good at and just stopping their strengths."

The win gave Humber a berth in the semi-final game against the number-two-seed Niagara Knights.

No one gave the Hawks a chance against the taller, more experienced Knights. But it was the Hawks who were more relaxed and disciplined early in the match. They took the first two sets 25-21 and 25-23 and a commanding 2-0 series lead.

The Knights were in a state of shock, while the Hawks' confidence was at a season high. One more set victory and the Hawks would be in the big show.

But, Knights hungered for the gold as well. They adjusted to the Hawks disciplined game and won three consecutive sets 25-20, 25-21 and 15-9.

"A loss like that is the worst," said captain Dave Hartshorn. "We would have rather been down two [games] and then win the next two [games and lose the fifth]. It would have been easier to take," he said. "Niagara did a good job of adjusting to our game plan and breaking down all the things we had planned."

"We came in here knowing we

were the underdogs. They have to take pride. We came within four points of going to the finals," said head coach Wayne Wilkins.

While frustrated that they blew a 2-0 series lead, the bronze medal was still up for grabs.

Humber had 12 hours to get prepared for the Seneca Sting. The winner would play the Fanshawe Falcons for the bronze.

The Hawks, sore and bruised from the Niagara series, put up a fight against a healthier Seneca team and lost a close match 25-22, 24-26, 25-21 and 27-25.

The men had nothing left in the gas tank. Hartshorn, Mike Smith and Sucha (Bobby) Randhawa looked like wounded soldiers on the court.

"The semi-final game took a lot out of us," Wilkins said. "But the men can hold their heads high as they proved they have what it takes to get to the finals."

"Dean Wylie, Dave Kwan, Warren Haesler and myself would like to reaffirm the fact we're proud of everyone on the team," Wilkins said.

Loyalist defeated Niagara three games to two to be crowned provincial champions. Seneca defeated Fanshawe to take the bronze.



Courtesy

Carrie Moffat goes for the kill in a home game this season.



# Quarter-final heartbreak sends women's b-ball team home early

*In a season full of uncertainty the lady Hawks were unable to advance to the OCAA finals*

by Keneisha Walter

The 2002-2003 season was one of growing pains for the lady Hawks who lost the chance to go to the OCAA championship with a quarter-final loss to the Fanshawe Falcons, 58-50.

"I'm proud of them and I told them not to hang their heads," said head coach Denise Perrier.

The Falcons hosted the Hawks Feb. 28. The two Western Conference teams battled through a tight first half, with the Falcons having an early 10-9 lead 12 minutes into the game. The Hawks took con-

trol by halftime, leading 32-28.

Fanshawe tied the game up at 37-37 in the second half and outscored the Hawks 8-0 to take a lead 45-37 lead with 13:45 remaining in the game.

The Hawks, who shot 58 per cent in the first half, could only manage 26 per cent in the second. The ladies couldn't find their rhythm on the court, turning over the ball and missing easy lay-ups.

"I didn't think that Fanshawe beat us. We beat ourselves. Our turn-overs in the second half hurt us, and [Fanshawe] went to the foul line plenty more times than we did. So we hurt ourselves, we turned over the ball, and we couldn't score," Perrier said.

Emily Wang, who lead all scorers at the half, ended with 17 points and Fayola Creft had 11.

"I felt that we played a pretty decent game. Overall our defence could have been better. We let them have a lot of easy baskets and I think that's what it really came down to," Wang said.

It was a disappointing end to a



Keneisha Walter

Shenelle Morgan tries to deek out a Fanshawe defender in the OCAA championships. Humber lost 58-50.

season well fought, but the Hawks, who met the Falcons for the first time in the season, were still positive.

The team experienced a lot of ups and downs throughout the season, including losing six players mid way through the season.

"We are coming from having 15 girls to having 9 girls, and a lot of people didn't even think we were going to make it this far because of the team that we have. We did it and we have heart," said Hawks captain Karine Nicolas.

"I think never playing them and not knowing what to expect played into [the loss]," Nicolas said. But she didn't count out all the ups and downs of the season. "In the beginning we started with a lot of girls. Then we were losing girls and we battled in every game that we had to win."

"I feel that next year everything is going to come together because the girls are returning. This year was a working team. So, it's going to better next year," Wang said.

## The best game you can name



by Liz Byers

This past weekend I was at my boyfriend's house for a family dinner. It was Saturday night and his four siblings and their significant others and parents were on hand. All 11 of us were huddled in the living room, gabbing and socializing like mad.

"Hey wait a minute, isn't the hockey game on?" someone asked while devouring whatever appetizers were left.

"Good point. It is just about that time," said someone else as he scrambled for the remote that had fallen in between the couch cushions.

And with that, all conversations ceased. Twenty-two eyes were glued to the television. Sure, Iraq may have been a hot topic 30 seconds ago, but this was Nolan's debut as a Leaf. Hello, I think we know what is more important at this critical moment in time.

Trust me, as a family, we had our priorities straight. No true Canadian would argue. Guaranteed.

Call me a dreamer, but I like to think, although we sat there thoroughly and utterly engaged by the puck, we bonded more than if we had discussed what silly occurrence happened at work last week, or who got what on the monthly calculus test.

The cheers when Nolan scored not one, but two goals, were shared by everyone as we exchanged glances and ear-to-ear smiles.

During the tenser moments, a nervous foot bounced uncontrollably or a clammy hand gripped the floral armrest next to mine. With the deafening silence we all knew we were in this together and wanted the same outcome.

OK, so you may not be buying this. I do admit, it sounds cheesy enough to spread on a Ritz cracker. I would still bet my last hard-earned dollar that some Saturday night you will feel it too. Maybe next week, next month or next year.

I was there and I felt the connection this wonderful game delivered. And in the words of our beloved songbird Stompin' Tom, "Oh the good ole hockey game is the best game you can name."

### Jock Talk

If you have any comments about Humber's athletes or about the sports section of the paper, feel free to email us at [humberetcetera@yahoo.ca](mailto:humberetcetera@yahoo.ca)

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# Settling for silver hard to swallow

by Ron A. Melihen

The Humber Hawks hockey team put up a good fight, but a sold out St. Clair stadium full of cheering fans helped to give the Saints their second straight gold medal.

The Saints won both games, beating the Hawks 4-3 on March 7 and 6-1 in game two on March 8.

The Saints, along with their supportive fans, swept the best of three series, beating Humber for the gold two years in a row.

"Playing in their own rink was an advantage," said Humber coach Joe Washkurak. "The turning point of the series was in game one after we let them come back after going up 3-1 in the first period."

Humber had a two-goal lead after the first period, but let St. Clair slide back into the game. The Saints would not give up their trap-style of play and by the end of the second had tied the game at three.

The third period was tightly contested. The Saints came away with the win on a goal with five minutes left in the game. Humber pulled their goalie with 1:23 left, but couldn't put one past St. Clair's goalie, Ryan Schuchard.

"Letting them come back after

being down by two and then winning, gave them an edge going into the next game," said Hawks power forward Jason Fortier. "They refused to give up and I can't take anything

away from them."

Game two started with the Saints scoring in the first minute. Humber wasn't shaken and came back to tie the game four minutes later with an

unassisted goal by forward Terry Chikoski.

After that, the tension was as tight as a full house standing around a roulette table waiting for the ball to

land.

St. Clair scored two goals within one minute late in the first and with the foghorn blowing, Humber was on a slow ride back to Etobicoke.

"Our fans are the best in the league," said Saints player Wade Clubb. "Once we got the lead and the horn would blow after each goal, the crowd gave us the extra energy we needed to win the game."

Humber played their hearts out but by the end of the third, St. Clair had a 6-1 lead and emotions spilled over.

Humber players Jason Fortier and James Rodak wore their hearts on their sleeves and were tossed for fighting. They lost their cool going after two of St. Clair's agitators.

"We didn't play one of our best games, but the guys gave their all and have nothing to hang their heads about," Fortier said.

"These are the best bunch of guys I've ever coached and even though we didn't win the big prize you can't take away the memories and friendships made over the long season," Washkurak said.

There weren't many dry eyes in the dressing room after the game, but players returning next year are hoping to get another shot at the Saints.



Ron A. Melihen

Humber scrambles in front of the goal mouth against St. Clair last week in the OCAA playoffs. They lost both games in the series and had to settle for silver the third year in a row.



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