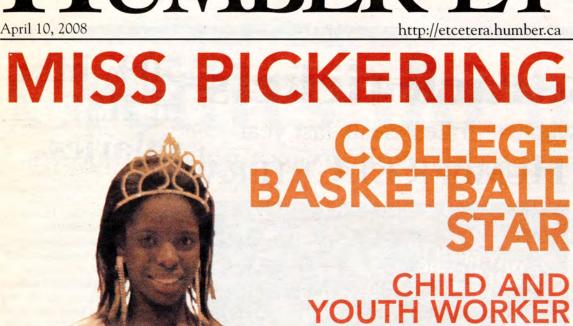
HUMBER ET CETER



The many faces of Semica Pascal

> See Kelly Roche's story on page 20



In high crime communities, police may have the right to randomly stop people who they deem suspicious.

Local politician concerned about extra police power

New government plan could allow cops to stop and question anyone in high crime neighbourhoods

John Bkila

Etobicoke-North MP Roy Cullen said he has concerns about the Ontario government's plan to give police the power to stop and question people randomly during "community policing" in highcrime areas.

"There are high crime areas in North Etobicoke, so does that mean someone picking up dinner there is going to be randomly stopped and questioned," asked Cullen.

"I'm sympathetic to giving police all the tools they need, but there would have to be specific rules of engagement."

The MP said there is a fine line between protecting the general public by keeping the streets safe, and protecting a person's civil

Crown attorneys John Corelli and Michal Fairburn disagree.

In documents filed for an April 24 Supreme Court of Canada hearing they write, "An officer's crime prevention role is complemented by the moral and social duty resting on citizens to assist the police.

"Without the co-operation of the public, police cannot familiarize themselves with the neighbourhood, which is fundamental to community-based policing."

The Ontario government's that this would not necessarily

mean unlawful detainment, as described in the Charter of Rights and Freedoms.

This case comes after 18-year-old Donnohue Grant appealed his conviction of gun possession in 2004.

A year earlier, Toronto Police stopped and questioned Grant while he was walking on a sidewalk near a high school east of the city in an area with a history of criminal

But Cullen said he opposes the idea of conducting random searches and questionings merely because officers are in a high-crime area, such as the one in his riding surrounding North Campus.

There would have to be sufficient knowledge or reasonable information that a crime has been committed and will very likely be committed again, he said.

"Unfortunately the police don't have all the tools they need and sometimes witnesses don't come forward, especially in high-crime, areas out of fear," said Cullen. "But if this is done appropriately and handled properly, it could be effective."

Some Humber students feel uneasy about the added police power was made legal.

"I think there could be some abuse of that power," said Michelle Bueno, a second-year law clerk student. "But it could also work like the RIDE program, where officers prevent people from committing certain crimes just by being there."

lawyers argued if an individual is stopped and questioned by police

Kelly Roche

Activists climbed San Francisco's Golden Gate Bridge and hung signs in a recent string of protests against the Beijing 2008 summer Olympics. – www.cnn.com

New measures track tickets

But there are still questions about who sat in Leaf seats last year

NEWS REPORTER

Five sets of Toronto Maple Leafs tickets that were given out under the watch of the college's student government are still unaccounted for, but HSF executives said they have fixed the ticket distribution process.

HSF purchases Leafs and Raptors seasons tickets for student contests and prizes.

On March 15, 2007 the Et Cetera reported it received a spread sheet from current HSF programming co-coordinator Aaron Miller, which detailed the Leafs tickets winners from Sept. 18, 2006 to the last home game on April 7, 2007.

Et Cetera reporters attended the Jan. 27, 2007 game against the Montreal Canadiens, one of the five unaccounted games. The HSF seats were occupied by two men who would not provide their names.

"I was campaigning last year when this was all going on," said HSF president Nick Farnell. "One of the first things we did when I got here was to make sure that the lists were handled a little bit differently, and the tickets were handled a little bit differently."

The responsibility of distributing the tickets switched from Miller to

HSF executive director Ercole Perrone.

"I guess just in order to track it appropriately," said Miller. "I don't necessarily always have the time to

"One of the first things we did when I got here was to make sure that the lists were handled a little bit differently."

> -Nick Farnell **HSF** President

Perrone said the tickets are now easier to track because they are given out closer to game day.

"They get signed out, so to speak, a maximum month in advance. What happens is once someone wins - I get their name and phone number, or, e-mail address. It gives me an opportunity to follow up to make sure that they in fact won the prize at the said event that they in fact went to the game and et cetera."

Perrone was not a HSF executive when the tickets disappeared, but he said he has not looked into who attended the Jan. 27 game.

HUMBER ET CETERA



Leaf inquiry prompts change

Five sets of home game tickets went to unidentified stakeholders

**

Last year the Et Cetera uncovered unaccounted tickets.

Instructor teams with Cancer Society Video project will show research benefits of fighting this disease

Jeremy Eaton

Humber instructor Terry Glecoff is travelling the country to film the latest research developments in the fight against cancer

The Canadian Cancer Society approached the National Cancer Institute of Canada to make 12 fiveminute videos showing the positive effects of recent cancer research.

"The last time we did a video was in 2004," Glecoff said. "It was time to do a bit of an update as there have been changes and improvements."

Glecoff, a media studies instructor at Humber and Guelph-Humber and former radio and TV anchor at the CBC, has been working on the promotional videos for the Canadian Cancer Society for the past two months.

"We wanted to change the style of it," he said. "We needed something a little bit shorter and to the point, rather than having a 20 or 30-minute thing people are going to sit through. We tackle a number of prime cancer topics and do a short piece on each one."

With a \$50,000 budget, Glecoff the National Cancer Institute of Canada is getting a good deal as all 12 of the three



Cancer survivor Geralyn Hansford's story is part of the film.

ten and narrated by him.

"The other side of each vignette is to show someone who has benefited from this research," he said. "We are trying to present that left side, right side thing. You have the researcher and the person who benefited from it. People can see there has been progress with the real emphasis on people."

Last month, Glecoff flew to

minute videos are produced, writ- Vancouver to interview Dr. David Huntsman, a researcher at the British Columbia Cancer Agency.

Glecoff then travelled to St. John's to meet Geralyn Hansford, whose life has been changed due to Huntsman's research.

"Huntsman has developed a genetic screen which will determine whether or not you have a defective gene in your system that would put you in the 80 per cent probability of getting a particular type of gastric cancer - hereditary defuse gastric cancer (HDGC)," Glecoff said.

Hansford and her family were tested by Huntsman to see if they have the rare mutation that would cause HDGC, Gelcoff said.

If the test came back positive, Hansford would be given the option to significantly lower the risk of getting HDGC by having her stomach removed.

"On the fifth of January 2006 the (blood test) results came back and mine was positive," Hansford said. "I made my decision right away. If I got it, I am getting my stomach out. There are no two ways about it. On Feb. 28 I had my stomach removed."

Following her gastrectomy - a procedure that removes the stomach and connects the esophagus to the large intestine - Hansford lost 60 pounds and now needs to be more disciplined when eating, but she is not complaining.

"I'll take this any old day rather than be where my sister is." Hansford's sister died of stomach cancer in 2002.

Glecoff hopes the videos will be finished, including French versions, and up on the Canadian Cancer Society's website by August.

50% hike in HSF salaries

Dave Lipson

The cost of staffing Humber's student government will rise by 50 per cent from 2006, according to HSF's proposed 5.7 million budget for 2008-09.

The budget was approved unanimously on March 26 during the bi-annual general meeting. HSF expects to spend \$986,750 on staff next year, up from \$656,417.

HSF executive director and business manager Ercole Perrone said the rise is due to an increase in wages, promotions and hiring staff at the Orangeville campus.

"Orangeville will have hopefully a part-time or full-time staff person. Orangeville will have a board member - what that also reflects is the increase in the minimum wage," he said. "So we do right by students and we obviously don't pay them as if we're in China - we pay them properly."

HSF employs more than 140 people, said outgoing president Nick Farnell. This includes five executives, eight full-time staff, between 80 to 100 part-time positions, and various other jobs.

The salaries of the five elected executives are listed on the HSF website. They make \$19.22 per hour in a 20-hour workweek, during the regular school year. Farnell said he earns \$35,000 as president. Perrone is not an elected official and would not comment on his salary during a Tuesday interview with the Et Cetera.

HSF's proposed total revenues for 2008-09 increased 12.7 per cent from \$5,092,169 in 2007-2008 to the proposed \$5,737,220.

Perrone attributes this to jumps in enrollment, higher student activity fees, an increase in parttime students opting into the health and dental plan and a rise in insurance premiums.

"When the health and dental plan was first adopted, the usage was quite minimal," he said. "We're talking five years back when students were just starting to understand they had access to these benefits. Because we've done a great job in advertising, promoting, and educating the students on what each of their premiums fall towards with regards to health, dental, and prescription - they have obviously done the right thing and started to use it - take advantage of it"

Perrone said HSF negotiated a three-year premium freeze with its insurance companies (ACL and Industrial Allinace).

He also said HSF looks forward to putting more money into student services.

HSF has raised student bursaries to \$100,000 and will pump more money into clubs and associations.

Mark Penn, top aide to democratic presidential candidate Hillary Clinton, has resigned after personal business deals clashed with Clinton. - www.bbcnews.com

Credits do not count

Law schools don't see college degree on par with university BA

NEWS REPORTER

Marc Cumbo's plan to use his degree as a step towards law school looks bleak because law schools do not recognize the program, he said.

"The degree doesn't work, (it's) not recognized and the school is either not doing anything or not doing enough to promote it," said Cumbo, 27, who has applied to 11 law schools.

The fourth-year paralegal studies student said he has been rejected from the University of Western, Dalhousie University, University of Calgary, University of New Brunswick, the University of Windsor and the University of Alberta because of his degree. He has been accepted to the University of Manitoba.

Pat Meek, associate dean of the business school, said the paralegal studies program is equivalent to a university degree that would place students who apply for law schools on an equal footing with university students, although there is no not the degree but where the guarantee of acceptance.

'It's an undergraduate bachelor's degree," she said.

The four-year paralegal studies program received approval as a bachelor of applied arts degree from the post-secondary education quality assessment board in 2001, Meek said.

The post-secondary education quality assessment board is an advisory agency to the Minister of Training, Colleges and Universities of Ontario on what programs will be given degree status.

The paralegal studies program has been offered to Humber students since 2003. Currently there are about 200 students in the program.

Meek said the business school is aware of around 11 students from the 2006-2007 graduating class and the 2007-2008 class who have written the LSATs. Of those students, approximately five have applied to law schools.

However, for Osgoode Hall, the law school at York University, it's degree came from that matters.

We're looking primarily at that. It is first a university degree," said Gina Alexandris, assistant dean of student services at Osgoode Hall.

Alexandris said for students to be considered, they must have a university degree or have studied for at least two years at a university listed with the Association of Universities and Colleges of Canada. Humber College is not listed on the association's website.

"Recognition of anything new takes time," said Meek. "It's disappointing to students that these degrees are not well known."

Meek said the business school was sending letters and syllabuses to universities to address the issue and give universities more understanding of the relatively new program at Humber.

Cumbo said it's too late and after four years he "has nothing to show for it but debt."

Meek said there have been two acceptances to law schools at the



Fourth-year paralegal students Marc Cumbo and Cindy Luoro may be stonewalled when applying to law schools.

University of Windsor and the could not confirm details of the University of New Brunswick. She acceptances due to confidentiality.

Many minimum wage workers struggle to live above poverty.

MPP says \$8.75 too low

Justin Robertson

Students working minimum wage summer jobs in industries such as food and service, will still find it difficult to survive despite the province's recent minimum wage hike, said Parkdale-High Park NDP MPP Cheri Di Novo.

"All hard-working Ontarians deserve a minimum living wage that lifts them out poverty, not one that keeps them there," said Di Novo. "What we really need is a minimum wage that is above the poverty line."

Last week, the Ontario government raised the minimum wage to \$8.75 - the fifth increase since 2004. The increase affects industries such as retail, trade, agriculture and food services.

Minimum wage earners will have more money in their pockets to cover life's expenses, said Bruce Skeaff, media communications for the Ministry of Labour's office.

"We want to do this in an incremental fashion rather than doing it all at

once, so that people are getting a raise but in the same time we aren't socking businesses with an enormous one time increase," said Skeaff.

Recent Statistics Canada figures indicate that the latest minimum wage increase is going to boost about 260,000 wage earners in Ontario - 4.7 per cent of all workers employed in the province.

Last Monday, Di Novo introduced a bill that would bring minimum wage earners to the poverty line and immediately increase the figure to \$10.25 with 25 cent increases over the next three years to reach \$11 by 2011.

"If this government was serious at all about doing something poverty they would do this immediately," she said. "We have 1.2 million people in Ontario that earn \$10 per hour or less."

Some of the groups of people identified by Di Novo in terms of minimum wage earners including recent immigrants and women. She said that most use food banks and can't pay their rent without some assistance.

Youth shelter helps kids stay in school

Shelters correlate with students' continued enrollment

Christina Commisso NEWS REPORTER

Youth Without Shelter, an emergency residence in North Etobicoke, provides a home for some Humber students and job opportunities for Humber graduates, said Judy Leroux, the shelter's development manager and an alumnus.

"Three students in the shelter's Stay in School program are attending Humber College," said Leroux.

Located two kilometres from North Campus, the shelter is the only emergency residence in Toronto that offers a full-time program for 16 to 24 year-olds who plan to stay on a long-term basis while finishing school.

"We started the program because when kids have to leave home or are removed from their homes, they move around a lot and stay at friends houses or shelters. They usually drop out of school," said Leroux. "The program officially opened in 2007 and has run to capacity with a waiting list ever since."

While in the program, students are provided with a bed, school supplies, a metro pass and basic necessities such as food and clothing. They also work with case managers to set short and long term goals.

"We started the program because when kids have to leave home or are removed from their homes ... they usually drop out of school."

-Judy Leroux Shelter Development Manager

"A lot of youth in the Stay in School program had dreams about pursuing post-secondary education, then something may happen to set them off course," said Adenike George, the Stay in School program case manager. "We try get youth back to the initial talk of post-secondary education, help them realize a dream they may have forgotten."

Youth Without Shelter has a strong affiliation with Humber College and the child and youth worker program said Leroux.

She said three Humber graduates are working at the shelter full-time and several students complete internship placements at the facility.

According to Wendy Horton, executive director of the shelter, there are not enough people interested in working in shelters. "A lot of child and youth workers go into the school system and Children's Aid because the money is better."

However, Vinanela Rondon, a Humber student completing her third year in the child and youth worker program, finds her internship at the shelter very fulfilling.

"I have learned more here in one year working than in my other two years combined," she said.

Rondon plans to stay in the shelter system after graduation, "I am very close in age with the people who stay at the shelter, in some ways I can relate to them better."

The shelter is hosting an upcoming event called A Night at the at Woodbine Racetrack April 12. Forty per cent of the shelter's operating costs come from fundraisers and donations. The remaining costs are covered by the City of Toronto Shelter and Housing and the United Way.

Funds raised from the event will help provide shelter for the 900 youth who seek shelter at the facility each year.



The Toronto Catholic School Board is introducing a new religious knowledge test to all Grade 4 classrooms this May. - www.thestar.com

Electronics targeted for consumer recycling fees

Bianca Hall

While Ontario is considering a new program to enforce recycling electronic equipment, Humber will dispose of about 1,000 computers this summer with minimal effect on the environment, said the service support manager of Humber's Information and Technology Services.

"We chose a surplus company that would handle this in an environmentally responsible way," said Ryan Burton. "Humber has a corporate responsibility to do the enough of them so that it can contract a vendor to do that. Consumers don't necessarily have the same options as a business like Humber."

A new plan put before Ontario's Ministry of the Environment last week may mean consumers will have access to more convenient ways to dispose of their old computers and televisions.

An additional fee will be tacked on to the cost of manufacturing electronic equipment to absorb the cost of recycling.

Glenda Gies, executive director

right thing with its assets and has of Waste Diversion Ontario, a group that creates recycling programs and drafted this plan, said under these new regulations Ontario will increase the amount of recycled electronic equipment in five years to 60 per cent from the current rate of 27 per cent.

She says the province has 165 collection locations for old electronic equipment but this is expected to increase to 400 locations in the first year and 650 locations by the fifth year.

Gies said she hopes the program will take a lot of the legwork out of recycling. "We're hoping that



Glenda Gies, executive director of Waste Diversion Ontario, says a new plan to add recycling fees to electronics and create more drop-off sites for used electronics could increase the recycling rate from 27 to 60 per cent within five years.

2007-2008

Humber Faculty and Staff Campaign Humber students with financial need

The campaign has received dozens of new gifts from the Humber community.

But we need your help to repeat the success of last year. Please step up to the plate and give generously! Each dollar you give will be matched by the Ontario Government.



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Thank you four yapport

organizations are willing to act as collectors," she said. "Consumers. could be able to deliver their TV or computer to 400-and-some-odd collection locations or call a charitable organization to pick it up. Or if they buy a new TV, we're hoping a retailer will take the old television back as part of their service."

The plan does not regulate how manufacturers deal with the additional recycling fees.

Joanne St. Godard, executive director of the Recycling Council of Ontario, said consumers may end up paying more for their electronics but says the tax should serve as an incentive to manufacturers to reduce the amount of hazardous components in their products. She said consumers should not sit back and allow manufacturers to raise prices to compensate for their recycling

"Regardless of whether you buy one or 1,000 computers, your buying power is very powerful," said St. Godard. "Brand owners are going to listen to the consumer first. You can stimulate the right kind of change."

Chatty drivers safe in Ontario, for now

"Talking and driving can

be as dangerous as

drinking and driving."

Anastasya Jogal NEWS REPORTER

Ontario should follow the lead of other provinces by passing a law banning hand-held cellphones while driving, said Karen Tavener, director of the Transportation Training Centre at Humber.

"Other provinces that have passed the law have proven statistics that fatali-

ties have decreased,' said Tavener.

Raynald Marchand of Canada Safety Council said most provinces, including

Ontario, will eventually follow in the footsteps of Newfoundland and Labrador, Quebec, and Nova Scotia, where laws against using hand-held devices while driving have been passed.

Tavener says safety is stressed in the Training Centre's programs.

'I personally would not use a cellphone while driving and I am offended when I see people endangering me by talking on the phone while on the road," said Tavener. "Our program focuses very much on paying 100 per cent attention to the road."

Const. Jenele Camirand of Toronto Police Traffic Services

"It's not safe to use a cellphone while driving. You should have two hands on the wheel," she

She said that under the current laws it's still legal to talk on the phone, unless you are involved in a collision, in which case you can be

charged with not having both hands on the wheel.

Although Camirand hands-free devices are OK to use "as Director, Transportation Training long as you are Centre concentrating on the Marchand warns these devices can

still distract drivers.

-Karen Tavener

"Driving a motor-vehicle is the most hazardous thing you can do," Marchand said. "When using a hands-free cellphone drivers may believe they are safer, but they are not. It is the conversation that's the distraction."

Tavener said she is surprised a province as big as Ontario still has no laws against talking on a cellphone while driving.

'Talking and driving can be as dangerous as drinking and driving," she said.

Chinese officials canceled an Olympic torch relay in Paris Monday after thousands protested against the country's human rights record. - www.reuters.com

Students honoured at awards banquet

Caroline Gdyczynski

HSF president Nick Farnell and athletic director Doug Fox were just two of the winners at Monday night's annual Student Appreciation Banquet.

"He embodies all that is right in student leadership," said Aaron Miller, programming director of the HSF, who nominated Farnell. "In addition to all of his accomplishments for student services, he has brought back a sense of professionalism, accountability, importance and respect to the role of HSF president."

Fox was nominated on behalf of the athletics department.

"Time and time again he has sacrificed family time for Humber time," said Jolande Amoraal, who presented the award. "Doug bleeds blue and gold, he sweats dedication and he lets us believe in our hearts that we will be Hawks forever."

Students and faculty were able to nominate those they felt made significant contributions to the Humber community, said Alice Salamon, the awards and orientation co-ordinator for the alumni office.

During the celebration in Seventh Semester, 14 awards were handed out to students from various faculties and three faculty members for their commitment to Humber.

The president's award was given to HSF representatives Farnell, Elisha Arcega, Gagandeep Singh, and Danny Dam for "making an outstanding contribution to student events and services," said John Davies president of Humber College.

The student services spirit award is given to two or more students who make a significant contribution to student services. This year four students, Maria Arteaga Romero, Petra Alexis, Poonam



Caroline Gdyczynsk

Diana Knight, seen here accepting her award, was among the student recipients at Monday Night's annual Student Appreciation Awards banquet.

Sharma, and Stela Murrizi were the recipients.

They were awarded for their creation of the Peer Health Educator Project, which focused on informing students about nutrition and sexual health. These students were "responsible for promotional"

strategies and activities intended to help other students deal effectively with health issues that can adversely affect student success," said Judy Harvey, who presented the award.

"I would like to congratulate all the nominees and winners," said Patel, Lisa Cheaney, Nikesh Jani,

Davies. "Thank you for the outstanding work that you have done at Humber."

Other student recipients included Chris Woodall, Diane Duchemin, Diana Knight, Erin Carter, Jackie W.L. Chan, Jagruti Patel, Lisa Cheaney, Nikesh Jani,

Sornia Asher, Dakota Arsenault and Urmila Puran.

Faculty award recipients included Bert Bobrovinczky, a package and graphic design instructor; and Professor Jennifer Zubick, of the Court and Tribunal Agent program.



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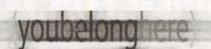
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Texan authorities have taken custody of 401 children removed from a polygamist retreat Monday after a 16-year old reported abuse. - www.cnn.com

Incoming HSF president Mike Berg excited for term

Environmental issues and bursaries on his agenda

Jeremy Eaton
News Reporter

On May 1 Mike Berg will take over the reigns as president of Humber Students' Federation.

"We have all summer," Berg said. "I can't wait to maximize that time so in September we are ready to handle any problems that come up. We want to make this one of the most memorable years for students."

Berg, the outgoing Guelph-Humber Student Association (GHSA) president, replaces current HSF president Nick Farnell.

"I am going to talk with Nick," he said. "Nick Farnell's passion for the environment is infectious. We would be foolish not to continue his trends. We want to continue everything that he did because he did a wonderful job."

Berg, a third-year public rela-

tions student, has been working and volunteering for the GHSA since he arrived at Humber in 2004.

"We want to make this one of the most memorable years for students."

> -Mike Berg HSF president

"I wanted another challenge," he said. "I felt like I have done a lot for the Guelph-Humber community. Going over to the HSF with people who are really committed is encouraging and I can't wait to be part of that. The sky is the limit."

Berg said it is too early to make promises but he will be listening to his fellow students.

"We have to make the changes people want to happen," he said. "It instills trust and it give them confidence. When we re-instill the trust with the students the sky is the limit. Things don't change overnight. It is a long process, but we can reach lofty expectations, lofty goals. I want to find more ways to give money back to the students."

Last year HSF offered \$100,000 in bursaries for students, Berg said

Mike Lockhart, GHSA's vicepresident of academics, said it will be sad to see Berg leave.

"He was a real pleasure to work with," said Lockhart. "He's very calm and patient. He works extremely hard at what he does and he is extremely passionate about the position as well as Humber and Guelph-Humber in general."



Jeremy Eator

Incoming HSF president Mike Berg says he has big expectations for the new year. His three years of experience with the GHSA should come in handy when he takes over on May 1.

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GAMES

Three quarters, four dimes, and four pennies is the largest amount of money in coins without being able to make change for a dollar. - www.funnyfacts.com



- 1 Pillow covering
- 2 Soft drink
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- property 23 Gain for work
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- 46 Funeral hymn
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- 41 Not recorded 43 Come about
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56 Elongated fish

Answer to Last Week's Crossword

Answer to East Week's Crossword														
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Answers to this week's games on page 16

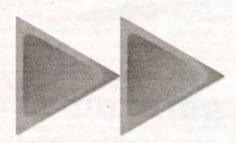
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This week in history...

- On this date in 1993 the Ottawa Senators won their first road game (New York Islanders), after 38 straight losses.
- April 11, 1911, Bob Dylan's 1st appearance at Folk City, Greenwich Village.
- April 12,1945, Canadian troops liberate Nazi concentration camp Westerbork, Netherlands.
- -April 13, 1997, Hartford Whalers last NHL game.
- -April 14, 1814, Napoleon abdicated and was banished to Elba.
- -April 15, 1981, Janet Cooke says her Pulitzer award for an 8-year-old heroin addict story is a lie, Washington Post relinquishes Pulitzer Prize on fabricated story.
 - -April 16, 1917, Lenin returns to Russia to start Bolshevik Revolution. Facts courtesy of www.brainyhistory.com



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DITORIAL

"In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted." – Bertrand Russell, philosopher

Random checks mean bad news for individual rights

How much power do police officers need to do their jobs effectively in high crime areas? Should they be allowed to stop and question anyone randomly on the street just because they happen to be walking by a recent crime scene? Is this a violation of civil rights or are police simply helping serve communities?

These questions aren't easily answered but are contributing to the firestorm unleashed by the Ontario government's plan to give police more authority in these situations.

John Bkila's front page story this week explains how some people are concerned about random police checks. Roy Cullen, MP for Etobicoke-North, said he wants police to have necessary tools to protect the general public, but random questioning would have to adhere to specific guidelines or it could compromise people's civil rights.

The issue has gained exposure in Ontario because of a Toronto man, Donnohue Grant, who was stopped in 2003 and questioned by police in one of the city's high-crime neighbourhoods. Grant admitted he had a small amount of marijuana on him and a loaded handgun, but it turned out he had nothing to do with the crime the police were questioning him about. The Ontario Court of Appeal found that his rights were violated but still gave him an 18-month sentence based on the fact he had weed and a loaded gun.

Grant and his lawyers are awaiting an April 24 Supreme Court of Canada hearing. According to comments made by a number of criminal law experts in an April 5 National Post story by Shannon Kari, Grant might not have much of a case. Steve Coughlin, a criminal law professor at Dalhousie University in Halifax said in the Post, "The recent tendency is for the court to look at the situation after the fact and say 'Well, what the police did wasn't so bad."

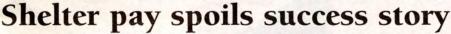
Kari reports "B.C. and Ontario governments and federal prosecutors are urging the Supreme Court to follow the same reason-

Kari also reports many defence lawyers argue the allowance of "evidence to be used by prosecutors if there has been a Charter violation reduces the incentive for police to act properly." Thus leading to abuses of power by police. This is a valid argument, but if police are given more freedom to randomly question every Joe Blow specific guidelines will have to be enforced, stated Cullen.

What one Toronto cop might see as "suspicious" behaviour might not hold true with another officer in British Columbia. What if Grant's gun wasn't loaded? How would you feel if the court told you your rights have been violated, but you are going to jail anyway?

Making high crime areas safe is important, but the solution may not lie in increased police authority.

Police abuse has been a controversial issue for a long time and likely won't go away. How many people are already being stopped, searched improperly and let go because nothing illegal was found? Guidelines for civilian questioning should be enforced.



Not far from Humber's North Campus rests Youth Without Shelter, a long-term residence for youth aged 16 to 24. Along with providing a place to stay, the shelter's Stay in School program offers school supplies, a metro pass and basic necessities in the hope young adults will fulfill their dreams of completing a postsecondary education.

Not only do some Humber's students reside in this shelter, students in the child and youth worker program have received enlightening internships there and currently three Humber grads are employed at the shelter.

These are all great things. The only problem is, as the shelter's executive director Wendy Horton admits, not many grads of child and youth worker programs look for jobs in shelters because the pay is less than what they could receive from places like Children's Aid or public schools. A bit shocking, since the industry is not well known for its excellent pay already.

Youth Without Shelter is a great place that is helping students and benefiting Humber and the community in numerous ways, so why can't the employees at this, and other shelters, at least be paid competitively for their industry?

Forty per cent of the shelter's operating costs are covered by donations and fundraisers and the remaining 60 per cent by the City of Toronto. Does that mean we, as in the surrounding community, should be donating more or should the City of Toronto be stepping up to foot more of the bill?

Or perhaps it's that programs like these are not given the status they deserve and when money is tight, the first place funding is cut is social service programs. A sad truth for the 900 youth who seek shelter every year at the facility and graduates from the child and youth worker program who want to make a difference without worrying about putting a roof over their own heads.

HUMBER ET CETERA

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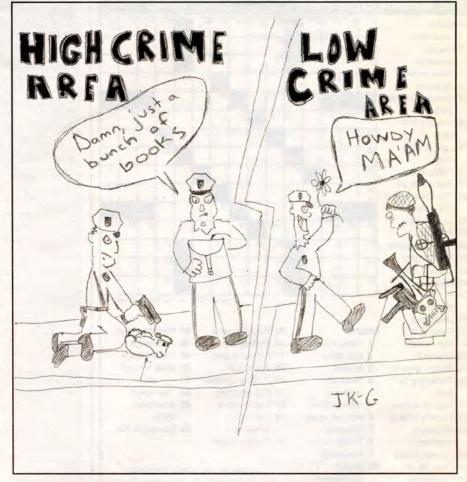
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This is the last issue of Et Cetera. Thanks for your valued readership. Have a safe summer, and remember, always wear protection. -ETC STAFF



What are your plans

Just working I guess. I'm still looking for a job.

Abdul Azeez, 22, First-year business marketing

Reem Abu-Jazar, 18, First year media foundations

I work two jobs and go to school so I'll keep working to save up for the following year. I also hope to get something peraining to my program.

I'm going to be very busy. My program runs into the summer so I'll be here.

Shanette McGhie, 27, First-year personal support worker



Jason King, 22, First-year fitness and health promotion

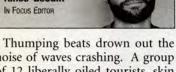
I am going to take a couple of courses here, get my **CPR** certificate and my Can-Fit-Pro certification (personal trainer), and work part-

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"Our opinions do not really blossom into fruition until we have expressed them to someone else" - Mark Twain, author (1835-1910)

Take a trip off the all-inclusive path

Kinos-Goodin IN FOCUS EDITOR



noise of waves crashing. A group of 12 liberally oiled tourists, skin as dark and crisp as leather, dance in unison to a bad cover of an even worse song - the Macarena.

This is West Bay Beach in Roatan, Honduras. Moon's travel guide describes it as "one of Roatan's greatest natural treasures.

On a trip to Roatan last summer I spent two hours on this beach. Within that time I saw seven iguanas, listened to three karaoke versions of One Love, counted two spas and dozens of bars, lost count of the extremely tanned people lounging on the beach like burnt drift wood, and saw a middle aged man die of a heart attack despite his daughter's best efforts at CPR. This is a holiday?

Every summer, students pile into airplanes to embark on exotic holidays all over the world, leaving the memories and burden of school behind. For many, an all-inclusive, worry-free trip is a given. With these types of trips, travellers miss out on many of the cultural experiences and adventures that a country has to offer.

On the direct flight from Toronto to Roatan, a couple asked my girlfriend and I where we were staying. When we said we weren't sure, they were shocked. On the baggage claim conveyor belt ours were the only backpacks in a sea of wheeled suitcases. As we walked past the resort shuttle buses outside the airport to the road to flag a taxi, people flashed us puzzled

You won't learn to dance the Macarena, but you will meet interesting locals who are often happy to stop and chat.

For me, one of the enjoyable parts of a holiday, a part that so many miss out on, is the sense of adventure you get when you plan everything yourself. And when I say plan, I mean plan as you go.

Our destination was Half Moon Bay, which is a 45-minute walk up the beach from the tourist-laden West Bay Beach, but it seemed like a whole world away. Here the locals outnumber the tourists. There is a beautiful beach, and although it's not as idyllic as West Bay, the lack of blaring music more than makes up for this. There is one beach bar, with a three-hour happy hour, several dive shops, a few hostels with basic amenities, and locals selling inexpensive regional fare on the street.

Life moves at a languid crawl and nothing is at your fingertips. Dinner may take an hour to be served, buses are infrequent and unpredictable, shops rarely have change for anything over 500 lempira (\$30 CDN). Yet it is as close to paradise as you can get. It is not a resort town meant to emulate all the comforts of home. It is a Honduran seaside village where few foreigners have settled and learned to live with locals, who have gladly shared their little piece of paradise.

There are places like this all over the world. There are no all-inclusive eat-and-drink-till-you-burst resorts, but this means that you have the freedom to eat when and where you choose. You won't learn to dance the Macarena, but you will meet interesting locals who are often happy to stop and chat.

When you plan a getaway this summer, dare to go somewhere just a little off the beaten path. Spend the money on a guidebook, not a tour guide. Pack a backpack, not a suitcase. For the little amount of effort and stress involved, the payback is twofold.

Highway of heroes (hopefully) educating drivers

Cottingham BIZTECH FOITOR



I usually avoid taking the 401 way to highway on my Peterborough.

The road is crowded with cranky, overstressed drivers who are liberal with their horns and conservative with their signals. As a distraction from those charming characters, one can look out the window with wonder at the seemingly endless acreage of grey density.

But I don't hate it anymore. On my last trip I was astonished to see hordes of people lining the highway's overpasses in joyous celebration. Police officers and firefighters were mingling with disgruntled youths. They were waving flags, honking horns, and attracting the attention of a ticker-tape parade. Yes, there was a cool party up on those overpasses, just like in high school, I knew nothing about it.

I later learned this overpass gathering was for a soldier who had died recently in Afghanistan - one of the 80 since 2002 - with a motorcade carrying the dead soldier's body beneath. And this was not a one time thing, either. These events were happening with such

frequency that the stretch between Trenton (the military base where are shipped from Afghanistan) and Toronto (where the military coroner's office is) became known as the Highway of Heroes in the summer of 2007.

The parade was an acknowledgement of death, but the celebratory aspects didn't sit well with me. The soldier was being glorified, and before I get thrown to the dogs, let me explain. When we as a society use the word hero, it should be made clear why we are using it.

A soldier is not a hero because a given cause, such as the current operation in Afghanistan, is hero-

ic. Instead, each of the soldiers honoured on the 401 are people who would have otherwise been alive, but have died doing what their country - what they - believe to be the right thing. That unfortunate sacrifice is true heroism.

After my trip, I spoke of my experience to a young girl and her reaction was strange. She was unaware that Canadians were being killed in Afghanistan. When I asked why her teachers hadn't made her aware of this fact, she answered by shrugging her shoulders, but then stopped. She vaguely remembered an assembly about Afghanistan in November, but thought it referred to something that happened years ago, "like World War II," and not something that was still relevant.

I fear the youths on the overpass and the girl I spoke with are under a similar delusion. For one the war has become a parade, and for the others an assembly. Each event can promote awareness while honouring people in a meaningful way, but only when coupled with a thorough explanation.

So now my trips to Peterborough aren't quite as monotonous. I look at the Highway of Heroes signs with hope. I hope the other drivers know why soldiers are heroes, and that students unaware of Canada's involvement in Afghanistan shrink daily. But most of all I hope heroes will one day be a thing of the past, and the 401 will become a highway

Reliving the good ol' days of kid's TV



Mc Lean SPORTS EDITOR

Kids today are missing out. Growing up in the 1980s I missed out on the wonders of the Internet, Xbox, iPods, hundreds of television stations and all the other advances to keep myself entertained as a little guy.

But for those of us that were born between the late 1970s and early1980s, we were part of a golden age of Canadian content in kids television programming that has since disappeared.

I picture myself circa 1985 sitting on the floor of my childhood home, less than two feet away from the television screen. With my legs crossed and the converter box in my lap. I was mesmerized by a cornucopia of shows and National Film Board shorts that, though they were lacking in budget, entertained our generation with a quality that remains unmatched.

Two such programs were Mr. Dressup and The Friendly Giant (look up, look waaaay up!). True, these shows began before our generation, but we were lucky enough

to see their final days. Mr. Dressup was wicked along with Casey, Finnegan and who can forget the tickle trunk?

The Friendly Giant would tell stories and rock out on his recorder with pals Rusty (a rooster, who lived in a book bag and played the harp) and Jerome (a giraffe, who visited by sticking his neck through the window of the giants castle). I can still whistle the opening song. Why? Because it kicked ass, that's why.

These shows left lasting impressions, but the two shows that ruled our generation were TVO's Today's Special and The Polka Dot

Today's Special centred around a mannequin named Jeff who came to life after closing time in a department store. He would dance and sing with Muffy the mouse, Sam the night watchman and store employee Jodie. I would always imagine how cool it would be to play and run around a mall or department store at night. I think most kids did. Watching Today's Special was like being able to do that once a week.

The Polka Dot Door was the crown jewel. Along with all the singing and games, they would show a video on farm animals or how crayons are made. For a fiveyear-old it was like Christmas. Then there was Polkaroo, the muumuu-sporting kangaroo-like creature that should have caused nightmares, who would show up briefly near the end of the show and leave to the chagrin of the male host who "missed Polkaroo again." I'll let you in on a little secret; the guy who missed Polkaroo, was really ... nevermind.

These show were great, but my hands down, favourite piece of Canadian content is the three minute animated NFB short called The Log Driver's Waltz.

Airing between different shows, the waltz was a tale sung by a woman wooed by a charming, rough around the edges log driver. The animation, looking like watercolour in motion, displays the bearded logger surfing timber down rapids, all the while leaping over moose, playing an accordion and picking up chicks. Top shelf.

Honourable mentions to Camp Caribou, Hilarious House of Frightenstein, The Edison Twins, The Elephant Show and The Littlest Hobo. It has to be said us 80s babies were a spoiled lot.



TO MARRIED MEN WHO, ON AVERAGE, ARE SAVED ONE HOUR OF HOUSEWORK EACH WEEK BY THEIR WIVES.

TO PATRICK CHATELAIN, AN OFF-DUTY CANADIAN FORCES MEDIC, FOR SAVING THE LIVES OF SEVERAL YOUNG MEN AFTER THEIR SPEEDING VAN FLIPPED OVER AND LOST CONTROL ON HIGHWAY 401.

TO SNOWMOBILER CHRIS TRAVERSE FOR USING TIPS HE LEARNED FROM REALITY SHOW SURVIVORMAN, LIKE EATING SNOW, TO SURVIVE IN THE WILD FOR FIVE DAYS AFTER HE RAN OUT OF GAS.

THE CANADIAN GAMBLING ASSOCIATION FOR PUTTING \$15.3 BIL-LION INTO THE ECONOMY. AND TAXING THE STUPID.

TO MARRIED MEN WHO, ON AVERAGE, CREATE AND EXTRA SEVEN HOURS A WEEK OF HOUSEWORK FOR THEIR WIVES.

TO THE EUROPEAN UNION FOR OPENING UP THE WAY FOR AIR TRAVEL-ERS TO USE THEIR CELL PHONES WHILE IN THE AREN'T CRYING BABIES ENOUGH?

TO THE AUTHORITIES RESPONSIBLE FOR JAIL-ING A VERY PREGNANT NOELLE MOWATT TO MAKE SURE SHE TESTIFIES AGAINST HER BOYFRIEND, WHO IS ACCUSED OF DOMESTIC ASSAULT.

TO EIGHT FLORIDA TEENS WHO BEAT A GIRL TO POST THE VIDEO ON YOUTUBE.

There's a new kid on the pizza delivery block as U.S. pizza chain Papa John's announced it will open 57 new locations across Canada. - The Globe and Mail

A good shake could open doors

Joan Porter BIZ/TECH REPORTER

An expert at Humber's Career Centre advises students to work on a firm handshake if they want to get a foot in the door.

"The handshake is the first impression of a person's enthusiasm," said Karen Fast, manager of the Career Centre.

A hopeful applicant may have less than a minute to make that first impression, said Humber's human resources co-ordinator

"The first 30 seconds are really important," said Graeme Simpson, co-ordinator of the post-graduate HR program.

Both Simpson and Fast said a

lack of preparation is the most mistake common made during a job interview.

"Students do not anticipate the type of questions that they are going to be asked," said Fast. "They do not do enough research on the company prior to their interview."

Blair McMurchy, professor and placement director in Humber's School of Media Studies and Information Technology, agrees.

"They know nothing about the company they're interviewing with," said McMurchy. "First question I ask is: 'what do you know about my company?""

They also say showing up late and unprepared are big interview faux pas. Physical appearances also play a large role in an applicant's success.

"You can never be too overdressed," said Simpson.

Chewing gum, answering a cell-

phone and asking about salary and vacation time during a first interview are all things to avoid, said

All three say that good eye contact, enthusiasm and confidence will help set one candidate apart from the others.

"You've got to stand out," McMurchy said. "Help me choose

Fast recommended finding a story to tell that highlights your strengths and a positive outcome.

"Tell a story of an example of a time when you worked in a team environment, that you demonstrated your leadership skills or your organizational skills," she

Simpson had some ideas on some other things to avoid.

"Never badmouth a former employer," he said. "Don't avoid a question if you don't know the answer. Just say you don't know be perfectly honest."



Early childhood education fair is a great opportunity for grads.

Teach kids

Chelsea Saldanha BIZ/TECH REPORTER

With a large chunk of Early Childhood graduates coming from Humber, one of the participants at next Wednesday's career fair said she is looking for applicants with fresh knowledge and new ideas for their daycare centres.

"We are looking for enthusiastic and responsible students who are committed to children and (who) love being with them," said Jennifer Varjas, from Peekaboo's Childcare Centre in Brampton.

Employment adviser at the Career Centre, Vicki Reay had some tips for those attending.

"Come with a well prepared resume and cover letter, dress up in your interview attire, have questions prepared for each employer your interested in and more importantly plan your time as you will have just two hours to interact," said Reay.

"Many interviews are done right

there and many are offered employment on the spot while others will be called for a second interview at the company."

Reay said students are more than ready to land a job after they graduate.

"Students of the ECE program have placements as part of their course and they are getting the hands-on experience and working in a lot of facilities," she said, adding more than 90 per cent of Humber's ECE grads find jobs because they are in high demand.

According to Reay, a growing trend seen in today's daycares is multiculturalism.

"Even though training is provided in school, they need to learn new cultures now and knowing more than one language is an asset," she said.

The ECE Career Fair is for graduates of the program and happens on Wed. April 16, from 9:30 a.m. to 11:30 a.m. in the Seventh Semester Room.

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Ancillary battle continues

Mike Nelson

BIZ/TECH REPORTER

The publicity of a class-action suit regarding the legality of college students' fees will have a lasting effect on Ontario colleges, said Rick Embree, dean of planning and development at Humber.

"I think what you'll find is colleges will try to keep their increases really low, and there will probably be more push for government funding," said Embree.

At Humber, student ancillary fees cover a wide range of nonacademic expenses such as the medical plan, dental plan, athletics, IT and administration.

Embree said the college and the HSF decide how much the student fees will be and HSF President Nick Farnell said the student government tries to make the process as transparent as possible.

"We have no problem sitting down with people and going through what fees are collected and why they are collected," said Farnell.

Students Dan Roffey of George Brown College and Amanda Hassum of Conestoga College filed the lawsuit in June of last year.

"When I started asking questions and not getting straight answers, I voiced my concerns to the Canadian Federation of Students," said Roffey.

The dismissal of the case on March 28 was not a comment on the legitimacy of the issue, said Joel Duff, spokesman for the Canadian Federation of Students.

"The way that we interpret this ruling is that the court is essentially saying that this is a political matter, and that your campaign shouldn't be a legal campaign it should be a political campaign," said Duff.

Roffey wants the government to pick up the slack and provide more funding to the colleges.

"Colleges are making roughly \$50 million per year from the students as a result of these prohibited fees," said Roffey. "So it all points back to the government because there's a lack of funding here and we wouldn't want to see the colleges hurt as a result."

Despite the dismissal of the case, Roffey is still pleased that the legality of student fees must now be addressed.

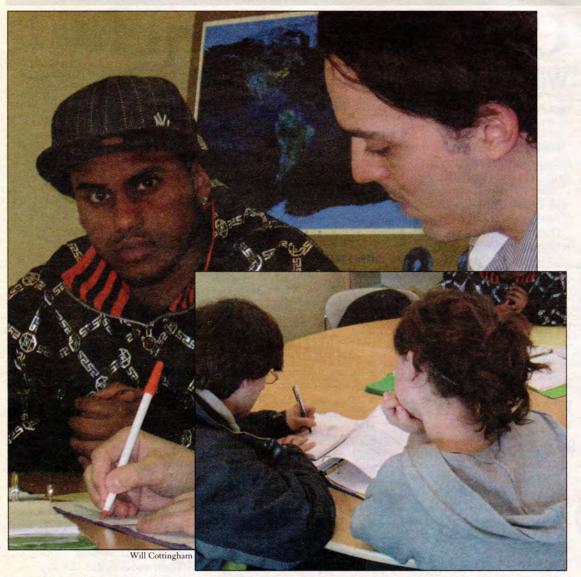
"We've definitely shed some light on the issue," said Roffey.



Roffey took colleges to court

www.humberetc.com

"Reputation is an idle and most false imposition; oft got without merit, and lost without deserving." - William Shakespeare, playwright



GH students look forward to graduation despite the possibility of working with poor managers.

Worker woes fault of managers say experts

Lauren Souch BIZ/TECH REPORTER

Canadians are running into more and more annoyances at work, and according to two business professionals at Humber, the top complaint often has to do with senior management.

George Bragues, program head of business studies at Guelph-Humber, finds the biggest complaint in the workforce is about quality of management.

The co-ordinator of the postgraduate human resources program at Humber, Graeme Simpson, has a similar view to Bragues. "Expectations by senior managers that employees will work any number of hours, and also be accessible even when employees are not physically at work tops the current list of employee concerns."

A recent poll by Angus Reid found the top complaint by Canadians in the work place is incompetent management, which 53 per cent of respondents cited as a major irritation.

"I suspect it's more a nuisance factor than something that an employee would quit their job over," said Simpson, adding that he doesn't believe the problem is widespread. "In the extreme, however, employees should start a job search, because they can't control or impact this.

Other complaints found by the poll included negative attitudes, hypocrisy, poor communication within the office, and co-workers that constantly whine and never take action to address problem.

Bragues said problems with coworkers can often be addressed through management. "I think the manager needs to set the example by projecting an optimistic, can-do kind of mindset as well as practicing what they preach," he said. "The leaders set the tone for an organization."

Simpson added that "if negative attitudes, whining, and hypocrisy among co-workers are evident to some employees, they are also likely evident to senior management."

Jason Copeland, a Senior Resident Assistant at Lakeshore Campus, said most of his annoyances at work are related to unreliable coworkers. "I can't stand it when people constantly have personal schedules that are in conflict with work," he said. "If you can't make it in, get a new job."

Bottled water alternative may be on its way

Davies is looking to Peterborough's solution to expensive drinking water

Alex Cooper BIZ/TECH REPORTER

Humber is interested in looking at a project initiated by Fleming College to reduce its consumption of bottled water, said president John Davies.

The project, dubbed F-H20, involved installing a new water filtration system at Fleming and setting up four places for students to fill up at free of charge.

"It's an interesting concept and I think it will be good for us to have a look at how it works," said Davies. "We're not averse to sharing good ideas from other col-

He said he would like to see how well the project works at Fleming before trying it at Humber.

The water at Fleming is purified using reverse osmosis. This involves transferring water through a membrane to remove most of its impurities. The system costs about \$50,000 to install.

The Fleming Applied Agency, a

marketing agency run by students and faculty, has initiated a campaign to raise awareness of the filling stations and has created its own brand of water bottle with the F-H20 logo on it.

"It's a marketing solution to an environmental problem," said Scott Peterson, a marketing student at Fleming and project manager for F-H20.

"It's unnecessary for any Canadians to be spending money on a bottle of water. The amount of waste that comes out from the use of them - everything from the manufacturing, to the unnecessary emissions from the distribution of the bottles, all the way to the final disposal - 88 per cent of water bottles end up in the trash."

Peterson said response to the initiative at Fleming has been great.

"The students have taken to it very well," he said.

Humber purchases over 3,600 litres of bottled of water every

Step up to first class

If you work part-time or as a sessional

at an Ontario community college, you play a big role in the education your college delivers. For years OPSEU has pressed the government to give you the right to collective bargaining. That pressure has paid off and new legislation is promised. But as part-time faculty and support staff you have to take the first step. Sign an OPSEU card today to win a democratic vote and collective bargaining tomorrow. It's Time!

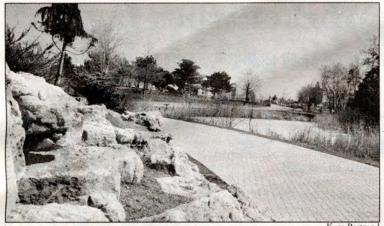
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The word Dandelion comes from the French name for the plant dents de lion, which translates as teeth of the lion, and refers to the petals. - www.naturewatch.ca



Paved paths in the Arboretum are great for biking or walking.

Options to keep fit

Warmer weather provides opportunities to get fit

Kara Bertrand

While summer is a good time to exercise outdoors, Humber students can still use the Athletic Centre during summer months, said fitness co-ordinator Leanne Henwood-Adam.

There are discounted prices for returning students as well as alumni, she said, and summer students

will still receive free membership. Students returning in the fall can pay \$50 for the summer and alumni can pay \$150 for a one-year membership after graduation.

For those students who would exercise outdoors, Henwood-Adam said there are many options.

"Think about the spring and summer type sports that we haven't had a chance to do for a while like walking, going for a jog, a rollerblading. Anything like that is a fun way to keep fit and enjoy the nice weather," she said.

Henwood-Adam said walking or biking to work, the mall or a friend's to make sure an alternative healthy activity. exercise goal is not forgotten dur-

ing the summer. It's extra exercise that you're not really thinking about because it's something you're doing to get from point A to point B," she said. "I look upon that as bonus exercise. Every little bit helps, every little bit adds up toward whatever your goals are."

Aside from maintaining a workout regime, implementing exercise in a daily routine allows for fresh experiences, said Kyle Ferguson, Athletic Centre personal trainer.

"In your car, you're going fast

beautiful the trees are, or the flow-

ers at the side of the road," he said. "When you're biking or walking, you're going at a slower pace and you can appreciate the beauty that is around the city. Everything that nature has to offer becomes a lot

more available the slower

going."

Jeff Carmichael, active living supervisor for Toronto's parks, forestry and recreation division, said using city trails, paths, fields, pools and tennis courts are great ways to use sports as a fitness regime. He said soccer

fields and baseball diamonds have fees while tennis courts house is a great way Hiking trails provide another are free unless they're part of a

tennis club.

There are 281 swimming pools, approximately 642 sports fields, 756 tennis courts and 225 paved trails throughout the city, Carmichael said.

He said exercising outside "helps in getting fresh air and seeing what Toronto has to offer in the sum-

Ferguson said the possibilities for enjoying the outdoors are endless.

"The limit is only on your creativity - anything you can think of, you can accomplish."



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www.mhsio.on.ca

Name: Jashanjot Singh

Program: Business Administration, NorthCampus

What made you interested in joining this program?

I knew I had a lot of fields up ahead. The fact that it has so many

What have you learned from your program?

A lot - especially around being more aware of the world. Religions, humanities - some topics I've learned that I can apply to life. I know how to not offend people when I'm talking to them.

What does this program involve?

Math, psychology, English, religion. I really like the optional courses. They're great. Even if I fail, I don't feel like I failed because I learn so much.

What's the funniest/oddest thing that's happened in your classes?

The teachers get along with students, they understand each other. It's amazing how we can joke around with teachers so



Photo and Interview by Kara Bertrand

To be certified as an organic grower, a farmer has to pay several hundred dollars a year for inspectors to ensure organic produce standards are met. - www.cbc.ca



There's no quick dieting solution, says Dr. Chandralant P. Shah.

More to dieting than simply eating right, says expert

Andrea Iseman

Students wanting to get skinny before bathing suit season should be aware of the dangers to dieting, said several medical professionals.

"Often times, these fad diets and detox diets don't work," said Jason Powell, program co-ordinator for the nursing diploma program. "They actually result in significant weight gain."

Dr. Chandrakant P. Shah, a family physician in Toronto, agrees that fads don't work and tend to result in a yo-yo effect, where people eventually fall off the wagon and give up.

"If there was a quick solution, we would have found it a long time ago."

Detox diets, one diet in a long list of many, involve a change in consumption habits in an attempt to "detoxify" the body, by removing "toxins" and other contaminants to improve health, energy, and resistance to disease, as well as helping with weight loss. These diets usually involve a lot of fruits and vegetables, while limiting processed foods and alcohol.

However, Powell said people should be cautious when undergoing detox diets, or any diet, because they can result in psychological problems, which most fad diets fail to mention.

"They play on emotions," he said. "They usually don't target the 70-year-old man; they target the youth of today, because there is a certain look."

And the amount of weight these diets claim people can lose is also way off, said Powell.

"A lot of times they promise to lose

25 pounds, saying that our intestines carry excess weight," he said, "but come on, I have never heard of something so preposterous."

Students in particular are looking for quick fixes and immediate results, but because of their busy lifestyles that is not realistic, said Powell.

"Students' lifestyles change when they become a full-time student," he said. "They are more likely to be sitting at a computer doing homework than exercising, but they don't often change their intake or their diet."

Debra Basch, a registered holistic nutritionist and part-time faculty member with the health and nutrition promotion program, said if students really want to lose weight properly they should start with simple things, like not skipping breakfast.

"Park your car at the farthest part of the lot, and walk," she said. "Do push-ups in your rez room; you can't lose weight with diet alone."

She also said students don't tend to live totally healthy lifestyles, so just cutting back on the amount of burgers or pizza is a great start.

"You are not going to get fat from one slice, but you will by eating two or three, and downing it with a beer or soda

Dr. Dana Kam, a family doctor in Toronto for 14 years, said that by just following a balanced diet is one easy way for students, and anyone, to lose weight.

"Students will go out, and you know if you want to go out and party and go to a club, that is expensive too, and it won't really do your body any good," said Basch.

Couples having sex in residence showers disturbing floormates

Jordan Sandler LIFE REPORTER

Some students living in residence at North Campus are using the public showers to have sex, witnesses say.

"It's disturbing to walk in and listen to that personally," said Nellie Murison, 19, a resident and firstyear business student at Guelph-Humber. "It's a public shower, other people have to go in there and use it. I don't see why people have to do it."

Most residence floors on the campus have co-ed bathrooms and a separate, adjacent room with co-ed showers. First-year business student and R Building resident Jessica Gosnell, 18, said this structure makes it likely that people using the bathroom will take notice of students having sex in

"You can hear it in the bathrooms because they're kind of connected and it echoes in there," said Gosnell. "So you can hear everything while you're washing your hands and it's really awkward, to say the least."

Residence Life Manager Michael Kopinak said while there is no specific policy against sex in the residence showers, students who witness it should inform their residence assistants, the residence life co-ordinators and managers, as well as front desk so it can be

stopped. "To put every single thing in a code of conduct you would have 400,000 pages," he "Common sense plays a role here and certain activities aren't acceptable. And in my opinion, that would definitely be one of them."

Gosnell added the showers are all co-ed and you have to live with everyone else so people should not be dragging everyone else into their sex lives.

However, she did distinguish between male and female students showering together and actual sexual activity taking place in the shower stalls.

"I don't care if people are having showers together," she said. "It's just when you can totally understand that people are having sex in the shower that it's a problem."

Kopinak saids that while this is a sensitive issue often uncomfortable for students, they should still let the residence staff know what's going on so they can address it.

"Certainly if we knew it was happening and who was taking part I would definitely have a conversation with them," he said.



Residence Life Manager Mike Kopinak says students shouldn't be afraid to complain to RAs, rez managers, or the front desk.

Popularity of natural produce rises

Imma Morcinelli

Breaking free from small specialty shops and remote counters, organic foods are finding their way into supermarkets, making it the fastest growing sector in the Canadian food industry, according to the Agriculture and Agri-Food Canada website.

Janet Whiteway, office manager at Front Door Organics, a delivery service for certified organic grocery products, agrees.

"It's a really growing market," said Whiteway. "Not only does the produce lack pesticides, but organic soil contains more nutri-

Humber has also followed suit, using organic and natural products within its culinary program.

"A lot of our culinary programs use produce and natural meats that we get from small-scale farms here in Ontario," said Anthony Borgo, culinary instructor.

By definition, organic food is chemical and additive-free, resulting in a higher nutrient and vitamin content.

Natural products available can range from fruits and vegetables, to meats, cheeses, dairy and processed foods such as cereals and pastas.

"Organic food is better and healthier for us," said Borgo. "We don't know the long term effects of fertilizers and pesticides, which is the safety in eating organic foods. We understand the nature of these foods much better. We get sick because we ingest those items through our food sources."

In order to qualify as an organic product, a comprehensive set of rules must first be overseen by the Canadian General Standards Board. The produce must not come from a genetically modified seed and farms must be inspected and free of commercial fertilizers and herbicides.

However, because this process is expensive, the cost of organic foods is often higher.

"We need to speak up and ask for more organic products and farming methods," said Borgo. "It's the right thing to do within our environment. Agri-business will say we can't supply the food chain if we're farming that way, and I disagree. There are a lot of organic farmers doing great things."

Kate Jordan, spokesperson for

the communications branch at the Ontario Ministry of Environment said her government is doing its part to encourage the harvesting of organic crops.

We're proposing changes that will protect the environment," said Jordan. "We're ensuring that the spread of nutrients is being controlled by the government and is applied safely."



Organic food is chemical and additive free, which makes it a healthier choice for people.



The North York Harvest Food Bank collects, sorts and distributes food to a network of more than 60 community programs. - www.northyorkharvestfoodbank.com

Charity event gives students chance for payback



Bryanna Brown LIFE REPORTER

Residence Assistants (RAs) auctioned themselves to students Monday night at the North Campus residence.

The event, held to raise money for charity, was also a reason to bring students together one last time before the semester's end, said RA and event organizer Matt Neeb.

Neeb explained the money earned from the auction will be added to the total raised during March's 30 Hour Famine, which will be given to a previously chosen charity.

"Everything that we earned from the auction will go towards the North York anna Brown Harvest food bank," he said. Matt Scott plans to take his RA to the ROM. James Rutherford, a firstyear funeral services student, was recruited by Neeb to be the official auctioneer of the event. Rutherford had previously taken a two-week auctioneer course and was grateful for the opportunity to put his skills to work.

"It was a lot of fun," he said. For students who didn't have cash on them, non-perishable food items or participation rewards called rez bucks could be used to place bids.

While students could bid until the end of the auction, some opted to remain mere observers of the festivities.

"I'm out of rez bucks and I don't really need a reason to spend money," said Neil Sangani, a second-year multimedia student. "I'm trying to save up for summer.'

Although the auction only brought in \$40 in cash, Neeb said



North Residence RA's show off earnings from the bid wars.

they were pleased with the turnout.

"Unfortunately it's crunch time right now, so many students weren't able to make it because they are studying for exams," he said.

Residents who won the bidding

wars on the RA of their choice could use them to complete errands or just hang out with the student.

Krista Dawson, first-year accounting student, was a winner in one of the bidding wars.

"I really wanted

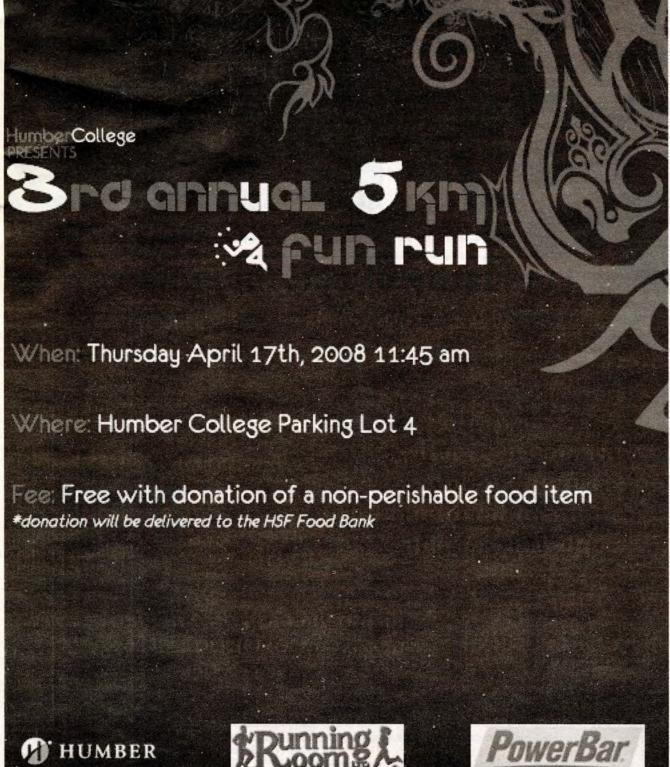
to get him because I'm going to be an RA next year, and he keeps teasing me," she said. "I figured that I would bid on him and make him suffer. I'm going to get him to go take notes in my most boring class and do my laundry."

Matt Scott, first-year business administration student said he was determined to win the bidding war on his floor RA.

"I bid on her because she's the best. I didn't want anyone else to have her," he said.

Unlike Dawson, Scott said he has non-labour plans for his

"We're going to go to the ROM and it's going to be a fun day," he





All money and food items from the rez auction were given to North York Harvest food bank.



Newly reunited New Kids on the Block, being touted as a 'manband', are making a comeback with a new summer album and fall tour. - www.rollingstone.com

The many faces of mythology

Dila Velazquez

Technology took centre stage in the Humber theatre program's latest production, The Scattered Dust of Antigone, says Remington North, the show's director of pho-

"The best thing about this play is that it embraces multimedia technology, synching up real life with media," said North. "We have four screens playing either quotes or images at the same time, and the actors interact with people that were shot on a green screen. It was really challenging to produce."

The play, which runs through Saturday at the Lakeshore Humber Studio Theatre, is based on Sophocle's Antigone.

Brad Krumholz and Tannis Kowalchuk of the North American Cultural Laboratory, a New York theatre company they founded in 1997, created the play in collaboration with third-year acting students from the theatre performance program at Lakeshore cam-

The projected quotes on the walls of the theatre offer messages

of revolution, authority, resistance, and heroism by people who, like Antigone, also fought for their beliefs. Antigone is the tragic hero of the play, sentenced to death for defying King Creon's orders and standing up for what she believed was real honour.

"We were given an assignment to research a hero that stood for something," said Alex MacDonald, who plays Creon. "Mine was Wyatt Earp and the gun-shooting movement made it into the show as part of the chorus."

The movements created by the actors to represent their heroes are the roots of the show, said Megan Ireland, who plays Eurydice, Creon's wife.

"We created the foundations of Antigone before we even knew the text," said Ireland. "The directors would tell us to create actions that represented escape to freedom in 10 movements, which could be completely repetitive. Those actions became part of the show."

The Scattered Dust of Antigone is an ensemble performance with the roles of Antigone and Creon played by multiple actors with the constant presence of the chorus

challenge for Kashka Wyatt, a woman playing Creon.

"It is hard playing a guy alongside huge guys like Alex MacDonald," said Wyatt. "I did a lot of research on how a king behaves and expects to be treated.

throughout the piece. This was a I found that my Creon was a king that didn't have a lot of freedom and is realizing his mistakes."

The unique nature of the show extends to the wardrobe and prop creators as well. Their work allowed the actors to fully master their roles, said Ireland.

"My costume is two gold hands that hold knitting needles and they sit around my neck," said Ireland. "It makes me move in a different way. It's a huge challenge, but I can't do the role without it."

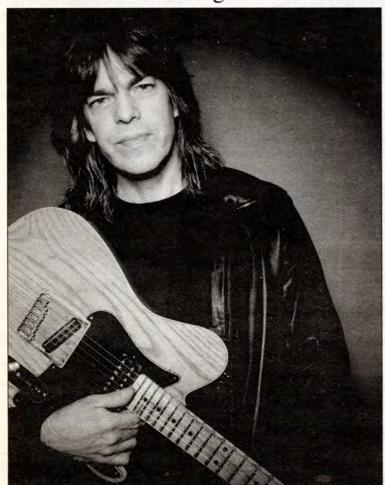
The show runs until Saturday April 12.



Third-year theatre students (left to right) Alex MacDonald, Kashka Wyatt and Megan Ireland are all cast members of The Scattered Dust of Antigone, which runs until Saturday, April 12.

Bringing down the house PLAYLIST

Guitar virtuoso plays a mix of new and old material with students at the closing of the 2008 Humber Jazz Series



Stern heads to Europe to tour after his Humber performance.

Robert Sassano

Four-time Grammy nominee Mike Stern gave a riveting performance to a sold out crowd at Lakeshore for the close of the 2008 Humber Jazz Series.

"What an amazing show," said second-year jazz student Amit Doogle. "The passion he brought to the stage was unparalleled."

Since 1976, Stern has worked as a bandleader, composer, performer and recording artist. He has worked with the likes of Miles Davis, Stan Getz, Joe Henderson, Jaco Pastorius and Michael Brecker.

Stern performed with the Humber Jazz Ensemble, which was directed by music school dean Denny Christianson.

"Denny is terrific," said Stern. "He really is a great guy and it was a pleasure to work with him.

The show opened with Stern on electric guitar, accompanied by a trio of Humber students on bass, drums and guitar.

The collaborative effort performed a variety of new material.

"The students are really at a high level. It was a lot of fun to play with them," said Stern.

Following the trio, Stern performed songs from his 2001

PICKS



A&E editor Erica Timmerman tells us what's in her headphones this week

Justice - The Party

Cross

We Are Rockstars - Does it Offend You, Yeah?

Steve Aoki - Pillowface and His Airplane Chronicles

The Rapture - Whoo! Alright - Yeah...Uh Huh. Pieces of the People We Love

Interpol - Heinrich Maneuver

Our Love to Admire

Wolf Parade - Shine A Light Apologies to the Queen Mary

Joy Division - Love Will Tear Us Apart

Substance 1977-1980

Dolly Parton - Jolene

Jolene

Neutral Milk Hotel - Holland, 1945 In the Aeroplane Over the Sea

Make Up - Save Yourself Save Yourself

Ramones - My Brain is Hanging Upside Down

Animal Boy

album Voices, including Leni's Smile, The River and Still There.

"The passion he brings to the music is so inspiring," said Kim Ratcliffe, a Humber music teacher. "Watching him play, he brings so much fun. You can tell he loves it."

Following a break, Stern was joined onstage by the Fusion Voices Ensemble to perform some of his early songs.

"With the students, it's very personal and everybody is into it," said Stern.

'The level of musicianship with these students and with the teachers is just great."

Stern closed the show by playing with the Humber Big Band.

"There was a lot of love in the vibe here," he said. "I had so much



CBC said goodbye April 4 to the last episode of the Royal Canadian Air Farce, one of the longest running canadian comedy shows ever - www.thestar.com

Gareth Vieira

Humber rock band, Outspoken, will be touring across Canada this summer to help create a bigger fan base.

"The best thing about going on a summer tour is that we will get our name out there," said Fab Chiatto, a secondyear student in the industrial maintenance program.

Outspoken started when the guys were in grade six, with Chiatto on bass, Anthony Mascarin on lead vocals and Alex Mascarin on drums. When the guys entered grade nine they got serious about the band and a few years later they added another guitarist, Justin Bonfini to the band.

"We're a new era of pop-punk," said drummer Alex Mascarin. "We're influenced by bands like Blink 182 and Green Day.'

The summer tour will be a way for Outspoken to connect with their audience and to immerse themselves into the hectic life of being a band.

"We have to do whatever it takes to make it as a band. it's a fact that when you first start touring you lose

money. The first three or four times we may lose money. But if you stick at it and if you're good eventually things will start working out." said Chiatto.

A summer tour has a few drawbacks for Outspoken

but the adventure and opportunity to create a fan base far outweighs the cons.

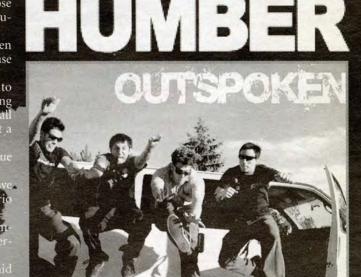
"The toughest thing with a summer tour is trying to juggle work and school," said Chiatto, who is taking courses throughout summer. "We all work and we all need to make money. We will just have to work out a schedule so we can pull this off."

The tour will begin in Ontario and then continue throughout the east coast ending in P.E.I.

We really want to spread our music out as far as can across Canada," said Chiatto. "Starting in Ontario helps us build a local following.

Fans of the band are already excited about the sum mer tour and are looking forward to seeing them form some of their favourite songs live.

"Outspoken always puts on a great show Matthew Moretin, a long time fan "I think peor across Canada will really take to this amazing band."





Heidi Strauss founded an awareness group called Earthdancers.

Dancing for a cause

Tracey Finklestein

A former Humber teacher is using the art of dance to send a message to her audience.

"Dance has a way of communicating, which is something we are not used to in our everyday life," said Heidi Strauss, a Sudbury native who taught in the theatre program.

Strauss will be performing two dance works, collectively called Adelheid Solos, Harbourfront Centre's NextStep Series in April. She will present her award-winning dance, Das Martyrium, along with her new performance, Ohne.

"I am excited to see what the response will be from the Canadian audience," said Strauss, who performed Ohne previously in Prague.

Strauss got her start founding a company in Sudbury called Earthdancers. It is where she started her career in interpretive dance.

"I started dancing when I was four,

but as I got older I wanted to do something with it," said Strauss.

Earthdancers uses dance to raise awareness about environmental issues and last week they performed their 17th show, raising \$65,000 for the environment.

"It is rare that the arts can raise money for anything other than themselves," said Strauss.

Earthdancers has grown since it began in 1989. Artists from across Ontario have moved to Sudbury in order to dance with the group and last year the company earned the rights to use Bruce Cockburn's songs for their dances.

In 1994 Strauss decided to pursue her dreams of being a choreographer and after having a friend take over Earthdancers she packed up and headed off to Toronto.

After graduating from the School of Toronto Dance Theatre, Strauss performed for independent dance companies. She began working at Humber in 1999 teaching a movement class to theatre students.

"She is very theatrical about the

way she puts her dances together, which is why she is a fantastic teacher for actors," said Diana Belshaw, head of the theater department.

In 2007 Strauss left Humber to tour Europe and prepare for her new solo, Ohne.

Usually it takes Strauss months to choreograph a performance because she incorporates text and

"I research the thematic ideas and I like to spend a lot of time on movement development so the language for the piece is very specific," said Strauss.

Often Strauss uses unconventional methods, such as video, to help express her physical monologue.

"The video is fully integrated into the piece, so on its own it doesn't make any sense," said Jeremy Mimnagh, her video and sound artist.

The Adelheid Solos runs from April 24 to 26 at 8 p.m. After the performance in Canada, Strauss will be touring around Europe with an Italian dance company.

Student Governor

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Sebastian Gatica

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Answer to this week's crossword

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With headliners Radiohead, Rage Against the Machine, Nine Inch Nails and Broken Social Scene, Lollapolooza compares to a modern day Woodstock this summer.

Saving up change Ju-know who won? for a rainy day By Sera Ozel IN FOCUS EDITOR Emmett teaches a course on music business at Lakeshore Campus as however, will reunite this sun

By Erica Timmerman

Rubber boots and umbrellas are the recommended apparel for spring's rainy season, but the Citizens' Environment Watch hopes to make a splash with a new way of using them.

By using a unique canvas material - rubber boots and umbrellas artists and celebrities have created original paintings over the outer-

Artist, Raymond Schulz has created a collage of nature with bark, pine-cones and an oil painting sunset. The arty boots and others will be auctioned off at the Gladstone Hotel May 1 in an event aptly called the Rubber Boot Ball organized by the CEW.

The profits of the ball will be going towards the education and mentoring of community envi-

ronment.

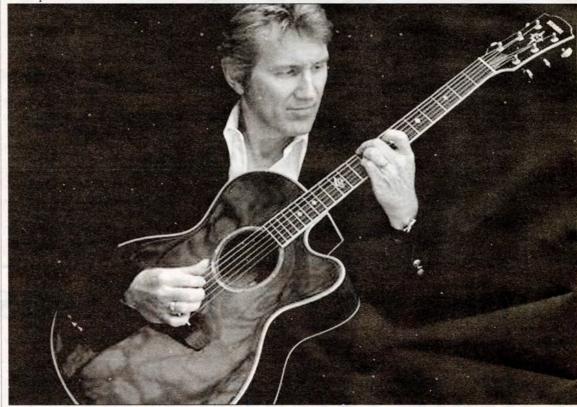
During Sunday nights Juno Awards, Humber faculty member Rik Emmett was inducted into the Canadian Music Hall of Fame as a part of the Canadian rock band Triumph.

part of the School of Creative and Performing Arts.

Since playing with Triumph, Emmett has pursued a solo career, most recently his 2007 album, Liberty Manifesto.

The original members of Triumph, however, will reunite this summer to play at the Sweden Rock Festival.

Also at this year's Juno Awards, Humber graduate and bassist, Brandi Disterheft, won the Juno for Traditional Jazz Album of the Year for her album "Debut."



Ric Emmett is a member of the popular 1980s rock band Triumph with hits like Lay it on the Line.

Beyond the wire

By Mike Nelson

Sex hypnotist Tony Lee, who captivated an audience at Caps last Thursday, is preparing to break ground with an independent documentary.

Teaming up with famed Canadian journalist Scott Taylor, Lee plans to enter the heart of Afghanistan to uncover information not readily available to the Canadian public.

"We're going to be coming to campuses showing the stone hard about Afghanistan," he said. "This is the biggest thing that will hit the media."

Taylor has extenexperience reporting in conridden flict regions. He was dubbed 'the voice of the grunts' by the Globe and Mail, and 'a one man army' by Toronto the Sun.

Two of his most notorious experiences were the five days he spent imprisoned and tortured Afghanistan in September 2005 and interviewing former Tony Lee is trading in his Afghan warlord hypn ast job to work it

A b d u l

Afghanistan on a docu-Abdul

Rashid Dostum. mentary this spring. "Were going beyond the wire to 12 years," said Dimech. expose what's real as opposed to what people think it's like," said Taylor. "Most Canadians are spoon-fed their news."

Lee, Taylor and a team of four others are completing weapons training in preparation for entering hot zones, and speaking with the people of Afghanistan and members of the Taliban, said Lee.

The documentary will be a grassroots lecture series, with videos also posted on YouTube. People will be able to track the crew's progress while filming, and the group plans to show their work at colleges and universities. "I think right now broadcast

has less of an impact," Taylor. "We plan show worm's eye view through unaffiliated reporting." The documentary

team will try to blend as best they can with the Afghan people through their clothing and cultural awareness.

"This is going to be so unusual," said Taylor. "We're used to seeing people in polo shirts talking about tragedy. We're six years into the mission and only now can the defense minister go beyond the wire while under heavy security."

Lee has already left an impact on students through his X-rated hypshows, notism said Kenny Dimech, man-

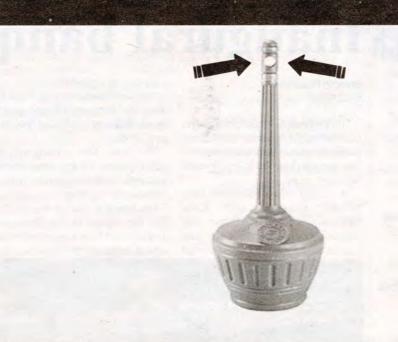
ager of Caps. "He's been doing almost two shows a vear at Humber for

"We've never had a bad show."

Filming is slated to begin at the end of May and last three weeks.

The preview for the documentary, Unembedded, is posted on YouTube.

The Smokers Pot



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"There is no such thing as a fountain of youth Bob. You are a testament to that." - TSN hockey analyst Mike Milbury, questioning Bob MacKenzie's playoff picks.

No fairytale ending as David meets Goliath

Evagelos Tzaras SPORTS REPORTER

After an exciting back and forth game, the men's varsity basketball team handily ended up defeating its extramural counterparts 90-70, but it was all for a good cause, with the proceeds going to Swish for a Cure.

Even though last Monday's game was played for a good cause, it was obvious from the first whistle that both teams wanted the title as best at Humber.

Varsity forward Ryan Walker said his team would do everything they could to save face.

"The game was a little too close

and we were just like 'no, we can't have this'. We've got to show these guys why were the varsity squad."

Varsity coach Darrell Glenn knew the extramural squad was going to come out hard.

'Some of these guys tried out for the varsity team, so they have got something to prove, so everyone turned it up a bit."

The extramural team had nothing to be ashamed about. Strong pressure during the first half kept the game a close 45-36 in favour of the varsity squad.

The extramural squad's record was an impressive one going 29-3 on the year, winning four out of six tournaments.

Extramural coach Chris Cheng said his team had a lot to prove to the college and to themselves.

"They competed, confidence went up, and more importantly our respect went up. I think a lot of people said 'hey, you know what I think this extramural team's for real."

The charity the teams played for was Swish for the Cure, a campaign devoted to raising money for children's cancer research.

"I said hey let's make it a good cause, let's attract people to it, tell people about our cause and we're looking forward to next year," said Cheng.

The game was followed by an entertaining slam dunk competition with Humber's own Javon Audair showing off his Spud Webb like technique.

The 5'7" varsity volleyball player amazed the crowd with the amazing elevation on his dunks. For Audair it's all about creativity.

"I'm a basketball player at heart...I watch a lot of dunk competitions and take a little from everyone to create my own style."



Volleyball player Javon Audair attacks a different kind of net during the Hawks dunk contest Monday. Audair stands 5'7".

Golfers tee off

Amy Kuzyk

The Humber men's golf team resumed its season last weekend in Ohio, in a tuneup for a couple of more tournaments in the United States as preparation for the national championships next month.

The Hawks placed sixth in the eight-team tournament at Wright State University in Dayton, Ohio. They will travel to Michigan later this month for another NCAA tournament.

Then it's on to the Canadian uninationals versity-college Victoria, B.C. at the end of May, where coach Ray Chateau expects the Hawks to face their toughest competition.

"Aside from Humber, the University of British Columbia and the University of Victoria are the two other big Canadian powerhouses," he said. "And this is our only real chance to see them."

Keeping up their game during the long winter is tough for teams from Ontario, said team captain Mike Zizek, a Guelph-Humber business administration student who graduated from Humber's golf management program.

We do off-land training, go to the gym, play at golf domes, all that good stuff," he said. "We can only do so much. In B.C, they can play

all year round. It's a definite advantage."

A strong performance at nationals qualifies some for the World University Games in South Africa next September.

"The top six golfers at nationals are supposed to go on to the international competition, so we have a good chance to go to South Africa," said athletic director and former Humber golf coach Doug Fox.

Zizek and teammate Lee French

went last year, when the games were held in Thailand. Zizek finished 15th in the men's individual competition

'Conditions in Bangkok were terrible," said Chateau. "It was 44 degrees and 100 per cent humidity.

Humber's golf team has already had a successful season, winning both provincial and national college championships last October. It was the team's sixth national college title in seven years.

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banquet sets Teach English Inaugural

Brandon Fitzgibbon

The Recreation Department's first ever awards banquet for extramural participants and staff was a surprising success last week in Seventh Semester room.

"It turned out a lot better than anyone thought," said Katie Graham, who played for the women's hockey team for the past four seasons. "The awards included

everyone in a good way."

Women's hockey coach Rick Bot said the banquet allowed players from different clubs to recognize

"It shows the participants the other players on the other teams," said Bot. "To have this event helps to bring them together."

The banquet was not the only first for the night, as the Recreation Department honoured senior extramural participants with awards of

distinction and a place in the Recreation Hall of Fame.

Recreation co-ordinator Jennifer Maclam said the awards of distinction were her personal highlight of the night.

"It's really good to see people who have contributed get something on their way out," said Maclam.

Graham, who was honoured with a place in the hall of fame, said it definitely was the highlight of her

"Getting put into the hall of fame for recreation, and getting the recognition for four years into the program was definitely special," said

Bot said the night's events were a success because of Maclam's efforts.

"I know all the work Jen has put into this, she's just got the extramu-ral program going," said Bot. "She's done all the work, and that was the highlight for me, seeing this event be successful for her.



Members of the men's hockey team took the plunge and got gussied up for the first annual extramural awards banquet.



When Red Wings defenceman Chris Chelios plays against Nashville tonight, he will tie Patrick Roy for most career playoff games at 247. - www.nhl.com

Goddard and Chianello take top honours at athletic banquet gala

Oblong ball star leaves with multiple awards

Evagelos Tzaras

Two-sport wonder Holly Goddard and rugby scoring machine Adam Chianello were named last weekend Humber's female and male athletes of the year.

"Holly was the surprise athlete of the year," said Athletic Director Doug Fox, who selected the top award from all varsity players.

"She came back for soccer, and we knew she was a good soccer player, but we didn't realize she was that good of a basketball player. So it was an easy choice for me."

Both Goddard and Chianello were among the over 200 athletes honoured during a season-ending banquet in the Seventh Semester at North Campus last Friday night.

Chianello, who led the Hawks to a rugby provincial championship scored a team leading 101 points during the season and was also picked as his team's MVP.

"Amazing," said an emotional

Chianello, 22, a business management student. "Hard work does pay off. It's incredible after three years, what a terrific feeling."

Fox praised Chianello's ability to come up with big plays when they counted.

"He just did everything this year for the rugby program. In games that we were tight in, he broke free and got us scores and made the dif-

"We knew she was a good soccer player, but didn't realize she was that good of a basketball player."

-Doug Fox athletic director

ference."

Goddard, 23, in the fashion arts program, was also rookie of the year for women's basketball, while continuing to be an offensive threat in soccer.

Even with her success, Goddard said she still wants to take her game in both sports to another level, when she returns to the Hawks next season.

"For soccer, I want to play with a

little more heart and I want to score more goals, and for basketball I want to improve my rebounds, points and steals. Everything I did this year I want to top."

Each of the varsity teams named an MVP, selected by each team's

They were:

Raymond Wong, men's badminton.

Jolanda Amoraal, women's badminton.

Jadwey Hemmings, men's basketball.

Meghan McPeak, women's basket-

Bobby Anderson, men's volleyball. Kristy Goodearle and Landis Doyle, women's volleyball.

Mike Aigbokie, men's outdoor soccer.

Yolanda Kolodziej, women's outdoor soccer.

Tony Holder, men's indoor soccer. Bonnie Romolo, women's indoor

Adam Chianello, men's rugby. Mike Zizek, men's golf.

Margaret Trainor and Shauna Wilde women's golf.

Michael Scipio, men's cross-country.

Cynthia Black, women's crosscountry.



Evagelos Tzaras

Holly Goddard and Adam Chianello were named atletes of the year at Humber's annual varsity athletics banquet.

High hopes for next year's teams

Men's rugby and women's volleyball expected to build on big seasons

Ryan Lavender

While Humber's rugby squad and the women's volleyball team took home Ontario Colleges Athletic Association gold this season, each team has some big expectations for next year, said the assistant coaches of each team.

"Our expectations are the same for next year, if not higher," said rugby assistant coach Rick Bot.

"Because of the core coming back, and because of the recruits we hopefully have coming in, I would hope to be in the medal matches at provincials next year," said women's volleyball assistant coach Dean Wylie. On the rugby team, the player who takes the spot of departing allstar winger Adam Chianello will have big cleats to fill, said Bot. "Hopefully, the person who will

fill in that spot will be able to come close to accomplishing what Adam has done," said Bot.

Wylie said that with the level of

Wylie said that with the level of talent on the volleyball team, the entire roster is posed to have a break out year.

"All of them," said Wylie. "We have such strong personalities. There are a lot of quiet people I expect to have banner seasons. Consistency will shine."

While the rugby and volleyball teams finished with 7-1 and 12-2 league records respectively, both coaches look at discipline as a factor which the teams can improve upon next season.

"In league play, a lot of teams we played, you could get away with making mistakes that the better teams won't let you get away with," said Wylie. "And that was evident at nationals."

"We need to control the amount of penalties we take," said Bot. "We don't need to be pushed back down the field all the time."

A Humber for All

Humber wants to remind you that

- All members of our community are entitled to participate fully in College life free from any barriers that contribute to a poisoned environment
- We strive to promote a culture of inclusiveness among our increasingly diverse community
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http://humanresources.humber.ca/ downloads/HumanRights.pdf

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Washington Capitals forward Alex Ovechkin became the first ever Russian to win the NHL scoring race after racking up 112 points. - www.nhl.com

She's not your typical pageant princess

Kelly Roche Sports Reporter

The Hawks' varsity season is over and Semica Pascal faces the challenges of completing her schoolwork, working with at-risk teenagers to improve their self esteem, and preparing for a national beauty pageant.

"Now that basketball is done, I can focus on school," the 19-year-old Grenada native said.

The 5-11 basketball rookie is vying for the title of Miss Canada Globe in August after being crowned Miss Pickering.

"When school's done, it's 100 per cent pageant."

Pascal, who is returning to the team in the fall, moved to Canada when she was five and is enrolled in the child and youth worker program at Lakeshore.

She began competing in pageants after her aunt heard an advertisement on the radio and encouraged her to audition.

Next month, Pascal will lead self-esteem clinics for 12 to 18year-old girls at Driftwood Community Centre.



Kelly Roche

Basketball star and child and youth worker, Semica Pascal has her sights on a national crown.

She said she is nervous, but thinks it will go well.

"Kids may seem one way, but when you really get to sit down and talk to them, they're the complete opposite," she said about the stigma attached to such neighbourhoods.

Pascal said she does not support black-focused schools because the idea draws back to segregation. "If there were more black teachers in schools, that could be a positive," she said.

Instead of isolating black students, Pascal said the school board should implement more black history into the curriculum and make it optional for everyone.

A receent Grade 11 co-operative education placement at an elementary school resonated with her and showed her that she has a special connection with children.

"There were certain kids that I worked with that had behaviour problems and didn't listen to teachers," she said.

"When my placement was done, teachers were like, 'okay, how'd you get those kids to listen?"

Another challenge for Pascal is dealing with the catfights that are synonymous with the pageant scene.

She has heard horror stories about girls cutting up dresses backstage.

"Girls are stealing makeup bags, shoes, and at this level, it can get really bad," she said.

Nine months ago, Pascal did not even wear makeup, but she remains optimistic about her chances in the national pageant.

The Miss Canada Globe is in August.

