January 5, 2009
By Edith Zikmann
Chronicle Staff

To continue with the UPASS or not continue with the UPASS? That is the question students are being asked at this year’s UPASS referendum vote taking place at all campuses Feb. 3-5.

Durham Transit’s three-year contract with Durham College and UOIT is coming to an end and the SA is now in the process of renegotiating a new contract. Due to an increased need for bus service to campus and higher operating costs, Durham Transit has proposed an increase in the semester UPASS fee from $50 to $60.

"Being a commuter campus, it is really important that we need to think about whether (the UPASS) is something beneficial to us or if it's something we don't want," said Christa Andrews, Student Association VP of UOIT. "It is really important that the students who are using the service or aren't using it are the ones to determine," she added.

"We don't want to stir students to vote yes or vote no, we want to make sure they're voting on what they believe".

Under the new agreement, Durham Transit has agreed to provide increased bus service to campus, as well as more buses during high-volume commute times. If voted in, the increases in services would come into effect shortly.

Durham Transit has also proposed additional benefits for students registered in summer courses by extending UPASS usage over the summer months for an additional $80.

Under the new agreement, the UPASS would save commuting students about $520 during the school year and $240 in the summer term. If students vote yes to the fees, benefits will come into effect September 2009.

However, if students vote against the continuation of the UPASS, notice will be given to all students about the termination of the program and commuters will have to pay for their own transportation costs outside of their tuition. The mandatory $100 UPASS fee would no longer be included in tuition costs and commuting students would have to pay $80 a month and $960 a year for an unrestricted bus pass.

Students can vote Feb. 3-5 in these locations: SW hallway: 9 a.m. - 4 p.m. UA West: 9 a.m. - 4 p.m. Simcoe Residence: 9 a.m. - 4 p.m. South Village Residence: 9 a.m. - 4 p.m. Whalley Campus: 9 a.m. - 1 p.m.

See Inauguration page 2

By Nicki Lamont
Chronicle Staff

Over a hundred students and staff gathered in the Gordon Willey building on Jan. 20 to see the 44th president of the United States of America take office. So what will a new president mean for youth in Canada and Durham College and UOIT students? If we can believe Barack Obama, the world may be in for positive changes.

Now that Obama, the fifth youngest president in US history, is in office, youth across the continent are showing a higher interest in politics. Before the Nov. 4 election, Obama held a steady 80 per cent approval rate with young people in Canada, and according to CTV Canada, almost twice as many Canadians followed the American election as the Canadian federal election in October.

Politics in Canada have followed a visible trend in our generation: boring, slow and repetitive. Having an election that has brought new issues to the table, with a leader young people can

HISTORY IN THE MAKING: Students and faculty at Durham College gathered to watch in awe as Barack Obama was inaugurated at the White House in Washington DC as the first African-American president on Jan. 20.

Students called to vote on UPASS

By Edith Zikmann
Chronicle Staff

To continue with the UPASS or not continue with the UPASS? That is the question students are being asked at this year’s UPASS referendum vote taking place at all campuses Feb. 3-5.

Durham Transit’s three-year contract with Durham College and UOIT is coming to an end and the SA is now in the process of renegotiating a new contract. Due to an increased need for bus service to campus and higher operating costs, Durham Transit has proposed an increase in the semester UPASS fee from $50 to $60.

"Being a commuter campus, it is really important that we need to think about whether (the UPASS) is something beneficial to us or if it's something we don't want," said Christa Andrews, Student Association VP of UOIT. "It is really important that the students who are using the service or aren't using it are the ones to determine," she added.

"We don't want to stir students to vote yes or vote no, we want to make sure they're voting on what they believe".

Under the new agreement, Durham Transit has agreed to provide increased bus service to campus, as well as more buses during high-volume commute times. If voted in, the increases in services would come into effect shortly.

Durham Transit has also proposed additional benefits for students registered in summer courses by extending UPASS usage over the summer months for an additional $80.

Under the new agreement, the UPASS would save commuting students about $520 during the school year and $240 in the summer term. If students vote yes to the fees, benefits will come into effect September 2009.

However, if students vote against the continuation of the UPASS, notice will be given to all students about the termination of the program and commuters will have to pay for their own transportation costs outside of their tuition. The mandatory $100 UPASS fee would no longer be included in tuition costs and commuting students would have to pay $80 a month and $960 a year for an unrestricted bus pass.

Students can vote Feb. 3-5 in these locations: SW hallway: 9 a.m. - 4 p.m. UA West: 9 a.m. - 4 p.m. Simcoe Residence: 9 a.m. - 4 p.m. South Village Residence: 9 a.m. - 4 p.m. Whalley Campus: 9 a.m. - 1 p.m.

RIDE ON: Student Daniel Desouza proudly holds up his UPASS. The pass saves students who take the bus to campus approximately $520 each school year.
Inauguration inspires hope for future

Continued from page 1

relate to, has finally re-sparked an interest in politics. As a result, young Canadians are now comparing our country’s political game to the United States’, making them more interested in politics in general. “I’ve never cared about politics before,” says Public Relations student Ashley Ruth. “This has been the first year that I’ve been interested in something like this. It’s mostly because Obama seems like such a personable guy. You want to see him succeed.”

Not only is Obama attracting more Canadians to the political game, but also is panning forces with UNICEF to support the children of Gaza.

MESA, a group holding a bake sale at UOIT to raise money for those affected by the war-struck Gaza.

Gaza is located in the Mediterranean coastal route between Egypt and Israel. For many years now there have been conflicts between the Israel and Palestinians. Most recently sparks flew when the political group Hamas fired rockets into Israel.

Israel retaliated by invading the Gaza strip. Considering this to be a huge tragedy as residents are being killed every day, MESA made the choice to help those in suffering by raising money.

The bake sale included cookies, muffins, brownies and Middle Eastern treats such as baklava (sweet puff pastry, filled with pistachios or cream cheese.)

UNICEF is supporting MESA through this event and they will make sure a percentage of the funds are sent to help those in need.

“When we spoke to UNICEF, we couldn’t get the exact percentage of where the money is going exactly,” said Rima Karam, president of MESA.

“UNICEF said the needs changes every single day. Today if the need is very great for hospitals, tomorrow the need may be greater for malnutrition.”

Besides selling baked goods, Karam and her team of executives put their creative sides to work by making Gaza strips of hope. The strips were being sold for $1 with all proceeds going towards Gaza relief.

Students passing by showed their support for the people of Gaza by picking up an information leaflet provided by MESA.

Bake sale to help war-torn Gaza

By Jaspreet K. Jassal

The Middle Eastern Student Association at UOIT is joining forces with UNICEF to support the children of Gaza.

Not only is Obama attracting more Canadians to the political game, but also is panning forces with UNICEF to support the children of Gaza.

MESA, a group holding a bake sale at UOIT to raise money for those affected by the war-struck Gaza. Gaza is located in the Mediterranean coastal route between Egypt and Israel.

For many years now there have been conflicts between the Israel and Palestinians. Most recently sparks flew when the political group Hamas fired rockets into Israel.

Israel retaliated by invading the Gaza strip. Considering this to be a huge tragedy as residents are being killed every day, MESA made the choice to help those in suffering by raising money.

The bake sale included cookies, muffins, brownies and Middle Eastern treats such as baklava (sweet puff pastry, filled with pistachios or cream cheese.)

UNICEF is supporting MESA through this event and they will make sure a percentage of the funds are sent to help those in need.

“When we spoke to UNICEF, we couldn’t get the exact percentage of where the money is going exactly,” said Rima Karam, president of MESA.

“UNICEF said the needs changes every single day. Today if the need is very great for hospitals, tomorrow the need may be greater for malnutrition.”

Besides selling baked goods, Karam and her team of executives put their creative sides to work by making Gaza strips of hope. The strips were being sold for $1 with all proceeds going towards Gaza relief.

Students passing by showed their support for the people of Gaza by picking up an information leaflet provided by MESA.

Inauguration inspires hope for future

“Now, there are some who question the scale of our ambitions who suggest that our system cannot tolerate too many big plans. Their memories are short. For they have forgotten what this country has already done; what free men and women can achieve when imagination is joined to common purpose, and necessity to courage.”

He has said before that the best way to judge the future is by looking at the past, and according to him, that means positive changes.

But with the American economy in a slump as George W. Bush is exiting office, the North American Free Trade Agreement has been weakening. The U.S. has been concentrating on using homegrown goods and services, making them less dependent on products Canada has to offer. This diminishes our economic state, because our goods are no longer in high demand. But according to an article in Queen’s Journal by Brandon T’ien, the problem could be headed for a solution with Obama in office. If president Obama can bring his country out of a recession and back into a good economic state, Canada will be able to follow suit. This will pave the way for better working conditions when Durham students graduate and become a part of the working world.

Canada is going to be affected by Obama’s term in office politically, but socially as well. Many people think that having a country so powerful elect an African American as president will bring real and necessary change to the world’s views on race.

A powerful statement was made at the inauguration when Obama was sworn in using the same bible Lincoln was sworn in with in 1861. This has been the first time the bible has been taken out of the Library of Congress since Lincoln’s term in office, and the symbolisms spoke loudly to all who watched.

Lincoln said many times during his presidency that black men were worth three-fifths of an average white man. The fact that a black man has not only overcome that statement, but is now the most powerful man in the country gives inspiration to minorities all over the world.

So with change promised to the United States, and Canada only a step behind, what do students think it will mean for their future?

“We have something to look forward to,” says Ruth. “We really can do anything we want. No race or gender issues. Just people working hard for what they deserve.”

President Obama has big expectations to fill, and he’s publicly said he’s going to do everything he can to live up to the hype. He’s determined not to disappoint his country and hopefully his success in office will inspire more young Canadians to transfer their enthusiasm with American politics to Canada.
I wear my sunglasses all day

By Matt Bird

“Lose the gift of sight, gain the gift of gall.”

Whether or not this is true for Canadian author Ryan Knighton, no student in attendance at Durham College’s Jan. 19 Abilities Day presentation could deny Knighton’s love of talking, as he had to be told to wrap up his speech.

“This is what I do,” he said. “I talk until people tell me to shut up.”

Knighton, author and co-author of three books, spent an hour regaling his audience with stories of his blindness, all tinged with his very sense of humour. Most were anecdotes left out of his latest book, Cockeyed, an account of his experiences as a blind man.

Knighton, 37, was diagnosed with retinitis pigmentosa when he turned 18. His vision has since gradually receded to near total blindness.

With characteristic flair, however, Knighton put a humorous spin on the initial discovery of his impending disability. He said his uncle compared him to Popeye while eating spinach at dinner, pointing out a squat in one of Knighton’s eyes.

“Somebody at the table suggested I got winking half right,” he said.

Knighton related his audience to a reading of the first few pages of Cockeyed. He used a Chinese translation of the book to read, noting that he’d memorized the passage.

“I noticed over the years that if I just recite the first couple passages people think it’s just some bad dramatic monologue, while if I pretend to read people think it sounds better written,” said Knighton. “And once in a while, for your amusement, I’ll actually turn the page.”

Though he pointed out the foibles of the public in regards to the disabled – including a “gimp per” at some airports used to keep lost disabled people corralled – Knighton freely discussed his own mistakes as well. His stories ranged from installing a towel rack against an electrical wire and then shocking himself to getting lost in the wilderness while attending a screen-reading conference.

“I was a blind man writes movies,” said Knighton. “That tells you Hollywood has truly run out of ideas.”

Knighton ended his talk by thanking Durham’s Students for Equal Access committee for sponsoring his visit.

“I think it’s great what your equality for access committee does,” said Knighton. “They basically imagine the slapstick that goes on but nobody else notices and try to stop it.”

CAMPUS NEWS

Tell me about it

By Shawntee Russell

Do you feel like your life is out of control? Are you finding it hard to connect to people you care about? Are you feeling overwhelmed with situations you can’t solve or fix?

All counselling is strictly confidential. If you are feeling overwhelmed with situations you can’t solve or fix there is help available.

The campus wellness centre offers counselling services to all students.

There are two counsellors available at the centre:

Mary Alice Harvey, a Registered Nurse with a mental health speciality, and Dan Keeley, a counsellor.

All counselling is strictly confidential except under specific circumstances within the Mental Health Act. These circumstances include if the student is a danger to themselves or others or in the case of a court action. In the event of court action the individual is aware and releases are signed.

Harvey explains her approach during counselling sessions. She explains that she uses a method called solution focus, meaning the client is the expert in their life and they know what resources they have available to them.

“Counselling is client directed and the client is involved in the direction and the route they want the counselling to go,” she said. “It’s their choice, when it comes to things they choose to deal with.”

Harvey explains that her role is to connect people to community resources and to help individuals get assistance, while Keeley deals more specifically with the fundamentals of counselling. The two complement each other in their areas of expertise.

The main goal of the service is to manage the barriers that are getting in the way of academic success. This is a service that is becoming well known and is frequently used by students, although some students are hesitant to get help.

“We start to feel that situations are out of control, and beyond you, or you’re feeling overwhelmed with situations you can’t solve or fix. That’s when you should come for help,” says Harvey. “It’s better off to be preventative and if you foresee that things aren’t going to go well you can take some steps of prevention prior to things actually going wrong.”

“Tell me about it” provides preventative and if you foresee that things aren’t going to go well you can take some steps of prevention prior to things actually going wrong.

“Tell me about it” is a resource that is available free of charge to those who are experiencing issues such as depression, anxiety, stress and a wide variety of relationship issues.

Tell me about it

When you start to feel that situations are out of control, and beyond you... That’s when you should come for help.

Mary Alice Harvey
Where has all the money gone?

Show me the money! Tom Cruise wasn’t kidding when he shouted that famous line in the 1996 blockbuster Jerry McGuire. We all know we want good outcomes, but where has all the money gone? Unless the Bank of Canada prints millions of bills, and sends inflation through the roof, we must look to our government officials for an answer.

And while politicians are never short of answers, Ontario students are counting on those answers to be more than just pie in the sky. Colleges need funding, there are no ifs, ands or buts about it.

The 2008 provincial budget stated that almost $19 billion would go to education, with $8 billion set aside for post-secondary institutions and higher learning programs. That’s a lot of money, even Tom Cruise would agree.

However, with 28 publicly funded colleges in need of financial support toward salaries, infrastructure, scholarships and bursaries, those billions of dollars disappear faster than corn goes through a goose.

And that’s in good times.

This economic disaster has eliminated thousands of jobs in the Durham Region alone, and leaves little choice for workers but to return to school in hopes of training for a second career.

In June, Premier Dalton McGuinty launched the Second Career program to fund laid-off workers up to $28,000 to cover a bursary, those billions of dollars disappeared.

Gillet added that Algonquin is forced to turn away students who want a post-secondary education. “We’re turning away students who want a post-secondary education.”

“People are wanting to come and get educated and they can’t,” said Robert Gillet, president of Algonquin College. “We’re turning away students who want a post-secondary education.”

And if $6 billion isn’t cutting it Mr. McGuinty and Mr. Harper have to reach deeper into their pockets for more. A garage sale on Parliament Hill perhaps, or a lemonade stand at Queen’s Park. Whatever it takes, just show us the money fellas.

It doesn’t make sense to withhold knowledge from eager minds. The only way to had the economy, and boost it from the ashes, is to light a fire under government officials, and get the gears in motion for educating and training as many people as possible.

Even though we have an economic crisis right now, there is going to be a massive skills shortage in Canada and we can do something about that during this economic crisis, if we have the capacity to take more students,” said Gillet.

And though funding must be spread to other areas such as health care and social services, the only way to create jobs in the future is to invest in education today.

“I love visiting colleges,” said McGuinty to a group of students at Seneca College on June 5 when he announced the Second Career program. “I love the energy and the enthusiasm. Colleges are just what Ontario needs to stay ahead of the game.”

That’s great Mr. McGuinty, now show us the money.

So while Tom Cruise has seen the money, so much so that he bought a piece of the moon, all we’re asking for is a little help for Ontario students. Educated and skilled people build a stronger economy, leading to a better quality of life for all Ontarians.

Krista Paxton

Krista Paxton asks...

If there is increased college funding where would you like to see the money go?

Maverick Swift
Law and Security
Durham College

“More supplies for teaching materials.”

Brad Thompson
Police Foundations
Durham College

“Lowering tuition, and free textbooks.”

Christine Vrantidis
Early Childhood Education
Durham College

“I go to the gym a lot so I would use it for better gym equipment, and sports wear.”

Michael Stroyan
Chemical Engineering
Durham College

“Better lab equipment, and more space.”

Cory Rawn
Pro Golf Management
Durham College

“Tutors and assistance for all students in academics.”

EDITORIAL
The prohibition of alcohol early in the last century was a mistake. This is widely accepted today, as evidenced by the abundance of bars, liquor stores and beer ads.

The same argument applies to marijuana. According to a 2007 study by the Canadian Foundation for University Affairs, 52% of Canadians 25 years of age or older have tried marijuana. Furthermore, according to Health Canada, most people have tried marijuana at least once. Yet, even in this enlightened age, marijuana use is illegal.

The puzzling prohibition of pot

As I clicked on the write your message here box, my intentions were simply to respond, "Well, yes, I agree.

Instead I wrote this.

For many years, many feminists viewed pornography as evil and derogatory towards women. In the 1970s and 1980s, a New York radical feminist activist group formed called Women Against Pornography, or WAP. This group came to be in an intellectual force during the antipornography movement at the time.

WAP believed that pornography depicts women as objects rather than people, and also believed that porn influenced men to rape and harass women, commit incest, and murder.

I disagree with WAP. In my opinion, porn can be used as an outlet for women's freedom. Does that not make more sense? Well to me, at least.

The more I think about it, the more certain I am in this case, in this debate, tells us that porn has rape on the decline. The incidence of rape in the United States has declined by 85 per cent in the past 25 years while exposure to pornography has become more readily available to men and adults. The Nixon and Reagan Commissions tried to show that exposure to pornographic materials produced social violence. The reverse may be true, that pornography has reduced social violence.

Similarly, does one believe that when men watch porn, it will brainwash them into going out and raping women into mirror the pornographic films.

I do admit that there might be the occasional oddball who probably will do that. But can't the same be said about murderers in relation to crime shows?

The Chronicle 5

January 27, 2009
Province pays for interns

By Asmahan Garrib
Chronicle Staff

Students seeking employment with the government can now apply for a two-year paid internship in the sector that best suits their qualifications.

The Ontario Internship Programs, located across the province, help up to 150 graduates gain work experience in their field while earning from $2,500 to $5,000 a year.

"The program was launched in 1999 for the purpose of recruiting a new generation of employees into the Ontario public service," said Dan Petoran, outreach and new partnerships development co-ordinator at the Ministry of Government and Consumer Services.

Experts in each field designed the curriculum to create a structured learning plan. Interns will develop a personalized learning plan while working closely with placement managers who offer coaching and guidance.

The Ontario Public Service Internship provides learning and development opportunities, giving graduates the ability to perform in structured environments and be challenged," said Petoran.

With internship positions in: business and finance, communications, human resources, information and information technology, labour relations, policy development, program and service delivery and project management, the Ontario Public Service helps graduates gain experience, skill and contacts to further their careers.

"The internship allows me awesome networking opportunities," said a current OP intern in the Human Resources focus area. "But the best advantage is the exposure that I don't think I would have gotten in the private sector."

As an organization capacity consultant in the Work Development department, the intern deals with three deputy ministers on a daily basis, works with interns in other focus areas and attends continuous learning workshops provided by the Ontario public service.

"The interns are so highly regarded here and there is so much support from co-workers," said the intern. "The most difficult aspect is the transition from being in school every day to being in a position with pressure to prove yourself."

The internship is open to any college or university student who graduated within the last two years and is legally entitled to work in Canada. There is no age limit.

"We're looking for innovative and dynamic individuals who can demonstrate how their skills support their focus area," said Petoran.

Out of 3,000 graduates who applied last year, 124 were hired. Finding a career with the public service after the internship is also likely, with 75 per cent of interns obtaining ongoing employment in 2007 and 88 per cent in 2008, according to gov.on.ca.

"I studied six weeks before I submitted my application," said the intern. "She advises applicants not to write the application responses once and set it in, but to review them three to five times and keep in mind that there is always a better way to word the responses."

The application is the first step, in which perspective interns must explain three work experiences that relate to their selected focus area, as well as three additional questions that narrow in on academic skills, studies pertaining to the selected focus area and the key priorities of the Ontario government.

Next, successful candidates will be contacted for a written test, after which the candidates with the highest scores will be invited to an interview. The final step is passing a reference check, before being offered a position.

"You have to be 100 per cent prepared and 100 per cent sure when you are walking in there that you are walking out with the job," said the intern. "It's a frustrating process, but it's so worth it."

Students must demonstrate written and oral communication skills, teamwork and customer service.

"I'm hoping it leads to a career because public service is one of the few places left that has job security, good pay, benefits and room for growth."

Bies hopes that working for the Ministry of Revenue last summer will give him an edge in the extensive hiring process, which takes four months.

The application is open until Jan. 30. Applicants not to write the application responses once and set it in, but to review them three to five times and keep in mind that there is always a better way to word the responses.

The internship is open to any college or university student who graduated within the last two years and is legally entitled to work in Canada. There is no age limit.

"We're looking for innovative and dynamic individuals who can demonstrate how their skills support their focus area," said Petoran.

Out of 3,000 graduates who applied last year, 124 were hired. Finding a career with the public service after the internship is also likely, with 75 per cent of interns obtaining ongoing employment in 2007 and 88 per cent in 2008, according to gov.on.ca.

"I studied six weeks before I submitted my application," said the intern. "She advises applicants not to write the application responses once and set it in, but to review them three to five times and keep in mind that there is always a better way to word the responses."

The application is the first step, in which perspective interns must explain three work experiences that relate to their selected focus area, as well as three additional questions that narrow in on academic skills, studies pertaining to the selected focus area and the key priorities of the Ontario government.

Next, successful candidates will be contacted for a written test, after which the candidates with the highest scores will be invited to an interview. The final step is passing a reference check, before being offered a position.

"You have to be 100 per cent prepared and 100 per cent sure when you are walking in there that you are walking out with the job," said the intern. "It's a frustrating process, but it's so worth it."

Anyone wanting to apply can go to www.ontariointernships.gov.on.ca to submit an application by Jan. 30.
CAMPUS NEWS

Working out don’t cost a thing

Keep your new year’s resolution and get in shape

By Shawntee Russell
Chronicle Staff

A few weeks ago many people pledged to make changes for the new year, changes that involved living healthier lifestyles by eating better, or joining a gym to lose those unwanted pounds.

The month of January can be one of the busiest times for many gyms across the country, as new members want to follow through with their new year’s resolution.

The downside of joining a gym is that many individuals give up on their new year’s resolutions within a few short weeks, and are stuck with lengthy gym contracts.

What many fail to realize is that you don’t need fancy equipment or a gym membership to stay in shape or to lose those extra pounds. There are other options available.

Quadro Service, fitness co-ordinator at the campus recreation and wellness centre, explains that you can get the same benefits from working out at home or at the campus gym as you would by working out at a public gym. “If you have everything you need at your home you really don’t need to come to a public gym, but if you don’t, a public gym would have more than everything that you would need,” he said.

Students on campus pay for the gym membership with their tuition fees.

“Any coach can tell you that one to two days a week and should slowly work up to that,” Service said of the typical time commitments of working out. “The only hard thing is finding the time to do it,” he added.

If an individual lacks motivation, a gym setting would probably be best to keep them motivated. Getting a workout partner would also be beneficial.

If all else fails there are personal trainers available to students to keep them on task and to help them accomplish their goals.

Students can get a personal trainer by going through a binder with a list of the names of qualified personal trainers, both male and female, that are available to students.

They can then pick which trainer’s qualifications meet their needs and register for the time slot at the front desk of the main athletic centre. Once the sessions are purchased the trainer will have 84 hours to set up a mutual time to meet with the student to begin the workout sessions. One session can be purchased for $30, three sessions for $80 and six for $160.

The campus fitness centre also offers classes such as pilates, spinning, spinning core, and yoga.

Fitness equipment can be purchased from various suppliers as they all carry the same types of equipment. It all depends on where the individual feels comfortable purchasing the equipment.

Service said it is important to purchase equipment from a supplier that has a good customer service base so that if something does go wrong with the equipment the supplier will be willing to come in and fix it right away.

The most common areas to lose weight among both males and females is the mid-section, the stomach area.

“It’s that one area that is really difficult to tone up” said Service. “It takes a lot of hard work, dedication and focus.

To target these areas Service recommends jogging, cardio, enrolling in yoga or pilates fitness class and doing different ab exercises for both the abs and the back.

Beginners should start off slowly by working out two to three times a week and should slowly build their way up.

WORK OUT AT THE FLEX CENTRE: Leo Kaplan, Salsa Styles teacher at E.P. Taylor’s in front of the Flex Centre - the gym on campus. Full-time students pay for the gym membership with their tuition fees.

“When you start to feel that situations are out of control, and beyond you, or you’re feeling overwhelmed with situations you can’t solve or fix. That’s when you should come for help,” says Harvey. “It’s better off to be preventative and if you foresee that things aren’t going to go well you can take some steps of prevention prior to things actually going wrong.”

“It’s about staying on top of issues, making decisions, providing yourself with education and knowledge which helps you make an informed decision,” she said. “It’s important to make the decision.

Sessions last about 50 minutes and individuals can decide how many sessions they will need depending on their specific goals.

Harvey and Keeley aren’t available during the summer, so students will have to seek out one of the other counselling services available to them.

Students are also covered by external counselling plans outside the campus. These counselors will go to the students who can’t make it to them.

Leave the pack at the gym

By Amanda Press
Chronicle Staff

Leaving the Pack Behind will be hosting an open gym night on Tuesday, Jan. 27 from 7-9 p.m. to help promote Healthy Lifestyles, which is their theme for the month of January.

“Our whole team is going to be there being active in the gym, and everyone is welcome to come and participate, smokers or non-smokers, it’s for anyone who wants to get active in the new year,” said Lindsay Scott, campus program co-ordinator for Leave the Pack Behind.

The open gym night will be taking place in the large gym in the athletic centre. Come with your friends or by yourself and get active!

New registrar

By Andrew Huska
Chronicle Staff

The University of Ontario Institute of Technology announced on Jan. 10 it has named Victoria Choy as the university’s new registrar.

Choy is currently Centennial College’s associate registrar, Admissions, Recruitment and Communications. She will start at UOIT next month.

According to the release, Choy has more than 20 years of experience working in post-secondary schools.

Do you feel like your life is out of control? Are you dealing with issues that you feel you can’t solve on your own? There is help available.

The campus wellness centre offers counselling services to all students.

There are two counsellors available at the centre: Mary Alice Harvey, a Registered Nurse with a mental health specialty, and Dan Keeley, a counselor.

All counselling is strictly confidential except under three circumstances within the Mental Health Act. These circumstances include if the student is a danger or a threat and there is a reason to believe the student will cause harm or violence to others or to themselves, if there is reasonable suspicion of abuse of a child under the age of 16, which is currently occurring or may occur; and situations that involve court action. In the event of court action the individual is aware and releases are signed.

Harvey explains her approach during her counselling sessions. She explains that she uses a method called solution focus, meaning the client is the expert in their life, and they know what resources they have available to them.

“Counselling is client directed and the client is involved in the direction and the route they want the counselling to go,” she said. “It’s their choice, when it comes to things they choose to deal with.”

Harvey explains that her role is to connect people to community resources and to help individuals get assistance, while Keeley deals more specifically with the fundamentals of counselling. The two complement each other in their areas of expertise.

“Counselling is client directed and the client is involved in the direction and the route they want the counselling to go,” she said. “It’s their choice, when it comes to things they choose to deal with.”

Harvey explains that her role is to connect people to community resources and to help individuals get assistance, while Keeley deals more specifically with the fundamentals of counselling. The two complement each other in their areas of expertise.

The most common issues that Harvey deals with are depression, anxiety, stress and a wide variety of relationship issues.

The main goal of the service is to manage the barriers that are getting in the way of academic success. This is a service that is becoming well known and is frequently used by students, although some students are hesitant to get help.

The main goal of the service is to manage the barriers that are getting in the way of academic success. This is a service that is becoming well known and is frequently used by students, although some students are hesitant to get help.

The main goal of the service is to manage the barriers that are getting in the way of academic success. This is a service that is becoming well known and is frequently used by students, although some students are hesitant to get help.

The main goal of the service is to manage the barriers that are getting in the way of academic success. This is a service that is becoming well known and is frequently used by students, although some students are hesitant to get help.

The main goal of the service is to manage the barriers that are getting in the way of academic success. This is a service that is becoming well known and is frequently used by students, although some students are hesitant to get help.
An apple a day to keep diabetes away

By Khadija King
Chronicle Staff

The Oshawa Health Centre held one of five diabetes support classes for the year on Jan. 12 at the Oshawa Public Library.

The Living Well With Diabetes classes are helping those with diabetes learn to live healthier with their illness. This week’s theme, the first class, was teaching attendees how to self-manage.

During the class, Marlie Boville, a nurse and diabetes educator, and Ashley McGregor, a dietitian and diabetes educator, taught the attendees what pre-diabetes is and its difference from the actual illness. They also discussed gestational diabetes, a temporary form of diabetes only found in pregnant women.

Diabetes is a very serious illness that many Canadians deal with. African Canadians and Aboriginal people or those who are overweight are the most at risk for developing diabetes. The illness is categorized under two types: Type 1 and Type 2. Type 1 is more commonly found in children, which means they have no insulin and rely on an insulin pump. Type 2 is usually found in people who are overweight. Those who suffer from Type 2 diabetes usually develop it from an unhealthy lifestyle.

“Diabetes is the second leading cause of amputations after accidents,” said Boville.

If those affected by diabetes do not take proper care of themselves, it may lead to amputation of their feet, tooth loss, or loss of nerve endings.

During the class, those who attended shared their own stories regarding diabetes. McGregor shared an interesting story about how diabetes was discovered.

“In the Roman times, there were no washrooms, so people had to pee outside. They noticed ants would go to one person’s pee, and they discovered that there was sugar in it and called it sugar diabetes,” said McGregor.

Boville and McGregor demonstrated how the body works by using an apron that had fluffy organs attached to it. They also had fake food to show the class what they should be eating and how much. However, McGregor said there is no real diabetes diet, just eat healthy.

For those who have diabetes, self-management is one of the most important things to do to keep yourself healthy.

“A lot of it is self-management and that’s what we’re trying to promote,” said McGregor.

For students who have diabetes, get regularly checked and keep a healthy diet.
Bands battle

By Patrick O'Connor

Oshawa is looking for the most talented musicians the city has to offer for the 2008 Battle of the Bands. The Oshawa Public Library is looking to find talent in anyone from kindergarten and up. This is no friendship ring and every band is competing against each other.

Competitors are divided into two categories based on their age. The first group is grades 9 through 12 and the other group is for adults. The majority of the band members will determine age categories.

A third group was scheduled for those in kindergarten to Grade 8 but was cancelled at the last minute.

“We didn’t get any submissions for the younger group so we are sticking with the teen and adult groups,” said Jennifer Goodman, Librarian for the Oshawa Library.

To enter the competition, you must read over the rules and procedures from the Oshawa Public Library’s website. An application is available online that can be printed off and submitted to the library.

Each band must consist of a minimum of three members and the majority of the members must be residents of Durham Region.

Applicants can enter and play with only one band and must submit an audio or video recording of an original song no longer than 10 minutes in length, as well as a lyric sheet.

The battle will be held at the McLaughlin Branch of the Oshawa Public Library. Band members must arrive one hour prior to their set.

Disqualification can happen in a variety of ways. Failure to be present one hour before stage time, obscene or offensive lyrics, and being under the influence of alcohol or drugs will result in an automatic disqualification.

Band members are responsible for transporting and assembling equipment.

A panel of qualified judges will decide the winners and all decisions are final.

Winners of each category will be competing for a grand prize. Adults have the chance to compete for 10 hours of free studio time at the Wellcraft Music Group in Oshawa, while teens will be competing for five hours of studio time.

There is no guarantee that this will become an annual event, but Goodman said she hopes for it.

Casino Rama awards excellence

By Rachael Coombs

The deadline for the Casino Rama at 1-800-832-PLAY.

Mensa deadline coming

By Rachael Coombs

PRO STYLE ON THE CHEAP: The Dollar-rama on the corner of Wilson Road and King Street has a large selection of cheap design options. Students can find a plethora of material to make their dorms feel like home.

Design on a dime

By Rachael Coombs

“Make it appear that you have paid more for your design than you really have.”

Sue Pitchforth

Rearranging the layout of the room is another suggestion, because sometimes it’s just about creating the illusion of a new room.

“The best part about decorating is that you get to show your personality through the design,” said Pitchforth.

Stores like Walmart and Rossclair often have nice items, though these stores, prices are more than a thrift store, there are sales on all the time.

Another idea Pitchforth suggested is to take a look at the items you already have and try reusing them by giving them a spray with the appropriate paint.

“Make it appear that you have paid more for your design than you really have.”

Sue Pitchforth

Casino Rama awards excellence

By Rachael Coombs
A fraternity called the Freemasons has faced a lot of scrutiny over the years. With books like the Da Vinci Code, the conspiracy theories of the Illuminati and New World Order, the Masons need damage control and Brother Terance Shand, Grand Secretary of the Masons of Ontario, tells their side of the story.

Sitting at his desk in a wood paneled room with dark navy blue carpet, Shand gestured for his guests to have a seat.

"Hello my name is Brother Shand," he said in a deep baritone voice.

He started by talking about the history of the Masons. He said that before beginning in 1717 in Britain, the Masons were a guild of brothers who were quite literally stonemasons or operative Masons. They would help build castles and stone houses and they would travel from one location to the next.

After 1717, the guild started to grow by taking in good men from the community, who may not have been stonemasons or as they called them, speculative Masons. This is where the secret handshake originated from, so that a Mason could identify another brother.

According to Shand, who has been a Mason since 1970, there are approximately 100,000 Masons in Canada, with 52,000 in Ontario alone, scattered amongst 571 lodges. Each province has a head office, also known as the Grand Lodge and a constitution based on society’s view that they follow, which may differ from province to province.

There are female and co-ed lodges women can join, but they follow their own constitutions. Women cannot join a regular Masonic lodge.

Each Masonic member pays an annual $12 fee, which goes to fund the organization. If a member would like to donate more, they can. There is also a charitable division that supports various endeavors like Parents Against Drugs (PAD) and Voice Program (a program for children who are hearing impaired).

Shand summed up Masonry as a philosophy for living a lifetime of conduct that are encouraged through the Mason tradition.

The Masons has influence in life in a good way, but you can let it get into your life too much. Some men become too wrapped up in Masonry and it takes away from family life.

To become a Mason, a man must ask a current member, then the lodge votes to see if he is eligible. He has to be a good man, according to rules of the constitution and he must be 21 years of age or older.

The member requires two sponsors and they start out on an apprentice degree level. From there, they work their way to a fellow craft member and then into a master Mason third degree, they are tested about their knowledge of Masonry to get from one degree to the next.

Aside from the three degrees, there are also 32 levels of Masonry and some people make it to the top level. Shand has received that honour.

Even though a member can advance to the next level, it is not required. "There’s no point in having all the chiefs and a little amount of members below them," said Shand. "If a person follows the rules, then they will advance naturally. There are many long serving members, but they might teach separate new work to a new member coming in."

And while Masonry was set up as a fraternity to bond and make friends, Shand did say that there are some people who join without pure intentions.

"As in any organization, some people gain entrance into Masonry for the wrong reasons. They are not interested in the fellowship or the fraternity particularly. They may be interested in furthering their business. It should not be used as a networking system," he said.

If members are accused of abusing the constitution, a Masonic trial will commence and the member may be expelled forever.

Masons believe by following their constitution, a member will become a better person.

"The Masons has influence in life in a good way, but you can let it get into your life too much!" said Bro. Terance Shand.

SQUARE AND COMPASS: The most recognizable symbol in the Masonic world, this symbol teaches the lessons of a person follows the rules, then because George Washington was a Mason. But he did warn about becoming too involved in the organization.

The Masons have influence in life in a good way, but you can let it get into your life too much. Some men become too wrapped up in Masonry and it takes away from family life.

When joining, we ask the member if they believe in a supreme being," said Shand. "And the object that you take your obligation on has to tweak the conscience of the individual."

"We don’t call our book the bible, we call it the volume of the sacred law. And in most cases, it can be the King James Version of the bible. But if a member falls under a different faith, a book of his faith will be placed there for him."

Atheism? Satanism? A film crew of long-haired men, many holding Starbucks, interrupted the interview and Shand got up to introduce his visitors.

One member of the film crew said that the interest in the Masonic lodge was because it resembled a magnificent psychiatrists office, which was the premise of the film and which they said was starring Woody Harrelson and Sandra Oh.

Shand took the crew for a tour, returning 20 minutes later to finish the interview. The conversation shifted from religion to the controversial ideas of Masonry.

He said one of the biggest misconceptions of the Masons is that it is a cult. "We are not. We are a fraternity that has a philosophy of good living." The reason they meet behind tiled doors is not because they want to meet in secrecy, it’s because they want to meet in privacy, he said.

"My attraction to Masonry is what other fraternity could I join where I could go to a lodge meeting in a titled lodge, be completely comfortable and be at ease with my peers in that lodge room and be with people of all different walks of life in different social and financial statuses and be on an equal plane?"

When it comes to the controversy about Masonry, Shand said, "I don’t read a lot of the criticisms quite frankly. The books that are being published, that have opened up Masonry in the last few years, one has to remember that is it one person’s viewpoint on a subject. People in reading the Da Vinci code, well that is Dan Brown’s opinion on what Masonry is, it’s not what 50,000 Masons think it is. People need to look at the misconceptions of us being a secret society. They can go to the malls or the lodges and see that there is nothing secretive about us. The secrecy issue is a misconception."

"Take everything with a grain of salt," he said.

To read up more on masonry, Masonry for Dummies and Masonry for Idiots can be found on Amazon.com.
Support Centre lends a helping hand

By Shenieka Russell-Metcalf

There is also academic supports that help with research, avoiding plagiarism, APA citations, MLA citations and proofreading.

College peer tutoring and university peer writing tutors are also available for all students of Durham College and UOIT. The tutoring costs students $5 per semester, for up to three courses.

Subject specific support is also available for biology, technical math and statistics, says Blanche.

Over 2,000 students visit the Learner Support Centre every month. Why not you?

Come check out SW201, right above the computer commons to take full advantage of the staff's expertise and other resources, that can better prepare you for classes and career choices.

In the next school year, there’ll be more supports for students and more things will be available 24/7. There’s a monthly calendar online at www.dc-uoit.learnersupportcentre.com with a listing of the clinics and 24/7, quick tips on what to expect and questions they can ask.

There is also academic supports for biology, technical math and statistics, says Blanche.

A lot of students come to college/university thinking they’re well prepared but they aren’t,” says Willona Blanche, director at the Learner Support Centre.

With the gap between high school and post-secondary, students often struggle with the differences academically, the volume of work, the pace of work and the overall expectations of more independent work, says Blanche.

The centre offers a variety of workshops tutoring, ESL services, as well as many other resources. The workshops include learning styles, organization, time management, memory skills and reading comprehension.

“We provide supports in all areas,” says Blanche.

Over 2,000 students visit the Learner Support Centre every month. Why not you?

Come check out SW201, right above the computer commons to take full advantage of the staff’s expertise and other resources.

In the next school year, there’ll be more supports for students and more things will be available 24/7.

There’s a monthly calendar online at www.dc-uoit.learnersupportcentre.com with a listing of the workshops that are coming up this semester.

Looking for a job?

By Shenieka Russell-Metcalf

Want to get hired? Come to the Hired Career Services Job Fair on Feb 11. The fair will be held in the new gymnasium from 11 a.m. to 3 p.m.

“We have tons of employers coming,” says Monica Aggarwal, employer outreach co-ordinator.

“You get to meet face to face with hiring managers and employers. This is an opportunity to show them what you have to offer,”

No registration is necessary but Durham College and University of Ontario Institute of Technology students should bring their student cards. whiskby campus students are welcome to attend as well.

Alumni can attend but they should bring their alumni cards for free admission. Members of the community can also attend but there will be a $10 community fee.

Employers who will be attending include the City of Oshawa Recreation and Culture, Hydro One, Durham Regional Police Service and ClubLink Corporation.

Job fair participants will be hiring for full-time, part-time, summer, seasonal, internship and co-op positions, says Aggarwal.

“(The job fair) is a great opportunity to find full-time employment and make inroads,” says Aggarwal.

“Ask relevant questions and take the opportunity to network with these employers.”

Students who need help with their cover letter and resume can come in and meet with an advisor in the Hired Career Services office R205 in the Gordon Willey Building. They can also go to the website www.hired.myecampus.ca for quick tips on what to expect and questions they can ask.

As for advice for the job fair: make the most of the fair. Be well prepared and put your best foot forward, says Aggarwal.
By Amanda Press  Chronicle Staff

This March, the Women’s Centre will be performing the Vagina Monologues in response to the ongoing violence against women all over the world.

Playwright and founder Eve Ensler used the use of her play to start a conversation about the violence against women. It has since become a global movement aimed at ending violence against women. The play is an umbrella term for various monologues in the play. The first performance of the Vagina Monologues was in New York City in 1997, and since then, the play has been performed in millions of people about the ongoing violence towards women.

According to vday.org, in 2008, over 4,000 V-Day benefit events took place in the U.S. and around the world, educating millions of people about the violence against women.

Last year, the cast at Durham/UOIT consisted of 11 actresses who were all students as well as one community member, and six additional people who helped out with production. Volunteers also sold vagina-shaped cookies and chocolates at the performances. About 200 people were in attendance for both nights the play was held. Starting at the beginning of February, the Women’s Centre will be hosting auditions for anyone who is interested in reading various monologues in the play. Auditions will take place at the Women’s Centre.

“We are not looking for seasoned actresses, because you will get to read the script and have it with you when you are doing the monologue,” said Hector-Alexander. “It is all just about putting in the emotion and getting comfortable reading the monologue. All it each year, funds go to a specific cause. This year a percentage of the funds will be going towards women in the Congo, where they are continuously being severely violated sexually. Proceeds will go to help to build hospitals and transitional houses for these women to have surgeries to correct what was done to them. An information session will take place in March about what is happening in the Congo. Anyone is welcome to attend. There will be a voice and people speaking up against violence against women, and that voice will not stop until that violence stops, and I think generally that is what the message is,” said Hector-Alexander.

For more information about the Vagina Monologues, auditions of the Women’s Centre, visit www.vday.org, or the Women’s Centre, located in rooms G2029 and G2030. Tickets are $5 for students and $7 for people in the community.

There will be notices and posters around campus about when tickets will be going on sale.

By Melissa Bies  Chronicle Staff

A total of 96 cats, three dogs and 40 hamsters and guinea pigs lost their lives on Dec. 17, and another 10 dogs, two cats and one rat lost their home due to a fire at the Durham Region Humane Society.

This tragedy inspired Canadian comedian Chris Quigley, his wife, and their three dogs to organize a benefit comedy show. This tragedy inspired Canadian comedian Chris Quigley, his wife, and their three dogs to organize a benefit comedy show.

And so on Jan. 14, on what MC Al Joyner’s from Q107 called “the coldest night in four years,” 21 Canadian comedians joined forces to use laughter to raise funds to help rebuild the Humane Society.

The event was held at Yuk Yuk’s comedy club in Ajax, which opened its doors on a Wednesday (the club is usually only open Thursday-Sunday) and volunteered to donate all proceeds from the $20 tickets to the shelter.

In keeping with the furry theme, many of the comedians who performed chose to tell jokes about their pets. Quigley opened the show by having two of his dogs, Monet the Chihuahua and Chelsea the Schnauzer do tricks for the crowd.

Lauretta Elliot, another comedian who performed, chose to stay away from her normal set of jokes and instead said: “Tonight I’m just going to tell stories about my dogs, because they’re not just made up jokes, they’re true, which makes them funnier.”

The sold out crowd of pet lovers reacted well to the show, not letting the club rest a moment without laughter through the course of the night.

Clarie Nicklin, treasurer of the Humane Society of Durham Region, was thankful for the event’s success. “We have to thank Yuk Yuk’s and everyone for all the support,” she said. “We can’t say how much the Humane Society appreciates it.”

The first show was such a success that Yuk Yuk’s has since hosted a second sold-out show, and a third show is scheduled for this Wednesday, Jan. 28.

For ticket information, as well as listings of other benefit events for the shelter, go to www.humanedurham.com.

The Humane Society has said that the damage from the fire has been estimated at $250,000. They are still searching for a new home for the shelter, but have been overwhelmed with the community’s support and donations.

How are you coping with the snow and the cold?

Chris Stacheruk  2nd-year Mechtronics  Durham College

“I go to bed and wrap myself in blankets.”

Chris Jordan  1st-year General Arts and Science  Durham College

“I run to wherever I have to go.”

Nancy Bettencourt  1st-year General Arts and Science  Durham College

“I put on extra layers and imagine I’m somewhere warm.”

Dave Reid  2nd-year Police Foundations  Durham College

“I bundle up with gloves and a hat and I take the bus to school”

Mark Hutchinson  2nd-year Mechtronics  Durham College

“Other than wearing a coat, I drink hot chocolate”

Vagina Monologues coming in March

By Melissa Bies  Chronicle Staff

A night of comedy alleviates some tears

By Amanda Press  Chronicle Staff

A night of comedy alleviates some tears

A night of comedy alleviates some tears

A night of comedy alleviates some tears

A night of comedy alleviates some tears

A night of comedy alleviates some tears
The proper way to party politely

Be the kind of partier people want around

By Michael Terminesi
Chronicle Staff

This is college, and we like to party. And why shouldn’t we like to party? We’ve waited our entire lives to reach the point where we’re legal to drink and with the stressed and stressed of school and work, partying afterwards seems like the only logical course of action. Although we’ve earned our right to party, that doesn’t mean we have the right to act like a pack of wild, ravenous, howling at the moon beasts who lose all form of control.

The second alcohol, music, the opposite sex and masses of people you don’t know pile into a house. It’s called house party etiquette, and it’s something many partygoers need to learn and put to good use before going into any more shindigs.

The first step in following proper party etiquette is not showing up to a party you weren’t invited to. An exception to this is allowed only if you are with someone who was invited and is close enough to the person inviting the party that they wouldn’t mind you tagging along. Once in, behave respectfully. You're actions will reflect on the friend who vouched for you in the first place. So don’t make a drunken fool of yourself.

If you know you’re going to a party, make sure to be prepared. Stock up on everything you need, whatever that may be. No one likes mooches who roam around the party asking anyone and everyone if they could grab a beer, cigarette or whatever else off them. It will only bring negative attention to yourself and make you look rightly positioned.

If you plan on partying all night long, then you best bring the goods for an all night long party, because you definitely aren’t getting a beer from me.

The worst thing a person can do is go to a party with the intention of causing trouble. Parties are about having a good time with a few drinks and good people, but when someone goes to a party to look for a fight, it can have some serious repercussions. Take what happened in September on Dalhousie St. A group of guys show up to a party they weren’t invited to looking for trouble. Next thing you know, someone ended up getting stabbed. No good comes from fighting or stabbing, so just don’t do it. You’ll end up in jail or beaten to death from the entire party coming down on you. Leave your anger at the door. Hopefully by the end of the party, it will have gone home without you.

Sometimes you’ll find yourself at a party that is filled with wondrously rich material possessions that you believe you can take. It’s wrong, especially from a party. It’s a common occurrence.

A group of guys show up to a party they weren’t invited to looking for trouble. Next thing you know, someone ended up getting stabbed. No good comes from fighting or stabbing, so just don’t do it. You’ll end up in jail or beaten to death from the entire party coming down on you. Leave your anger at the door. Hopefully by the end of the party, it will have gone home without you.

Sometimes you’ll find yourself at a party that is filled with wondrously rich material possessions that you believe you can take. It’s wrong, especially from a party. It’s a common occurrence.

Parties are about having a good time with a few drinks and good people, but when someone goes to a party to look for a fight, it can have some serious repercussions.
job fair

Wednesday, February 11, 2009
11 a.m. – 3 p.m. | gym

job fair tips for success:

• Identify those organizations you want to approach and research them well ahead of time.

• Be open to new possibilities; opportunities can come from unlikely sources and apparently unrelated networking contacts.

• Bring plenty of up-to-date resumés; customize those for companies of real interest to you. Employers may ask you to submit your resumé to them via e-mail or online. They are interested in you; their company recruitment process simply requires applicants to make an electronic application.

• Make a great impression; dress professionally, act with confidence, smile and shake hands.

• Take the time to introduce yourself – mention your program, when you are graduating, the opportunities you are interested in and why you would be suited to those opportunities.

• At the fair, pick up business cards and follow-up on any actions you commit to in your discussions with the recruiter.

• Enjoy the day and use the fair as a starting point to your job search.

• Bring your campus ID for free admission.

Book an appointment to polish your resumé @ hired.mycampus.ca
Socializing could get dangerous for students

By Robyn DePratto
Chronicle Staff

The symptoms include fever, headaches, tiredness, muscle aches and pains, loss of appetite, and painful swelling of your cheeks. Complications range from meningitis to hearing loss and deafness. If you become infected you need to be isolated from others for nine days. This is what could happen if you become infected with the mumps. It doesn’t sound very pleasant does it?

Well, if you were born between 1970 and 1990 it’s very likely you got only one dose of the measles, mumps, and rubella (MMR) vaccine intended to protect you against it.

“They found that one shot isn’t enough to protect you forever,” says Jeannine Bennett, a nurse at the campus health centre. “It only last a certain amount of time.”

So now the Ontario ministry of health is offering mumps catch-up vaccination clinics at many college and university campuses across the province, as well as making it available at doctor’s offices and walk-in clinics, to help protect the young adults who are at risk of catching this disease.

“A year or two ago they started getting big outbreaks in Canadian universities in particular,” says Bennett.

College and university students are particularly at risk, because of the fact that they live in such close proximity to each other and socialize so often. Mumps is a viral illness that is spread through saliva. Coughs and sneezing, sharing food or beverages, or kissing someone who has it can cause infection. The virus can even survive on surfaces.

Getting the vaccine for the second time provides almost 100 per cent immunity to mumps. Allergic reactions to the shot are rare, and the most common side effects of getting the shot are mild redness, swelling, or pain at the injection site.

However, not everyone needs to get the second shot. For some people, one shot is enough to protect them. You can easily determine if you’re immune to the mumps by visiting your doctor’s office and getting a blood test.

Durham College is going to be offering a mumps catch-up clinic of its own on Feb. 11 and 12, in room G2021. For more information about the mumps and the MMR vaccine, visit www.ontario.ca/mumps.
Do you have a concert review, a C.D. review or a new band coming out into the scene? Write about it and we can publish it!

Volume 11 magazine on stands January 23rd, 2009
Final Thought rocks Durham

By Nicki Lamont
Chronicle Staff

Final Thought rocked Durham College on Jan. 16 when they opened for The Ocean Buried's CD release party at E.P. Taylor's.

The band, who originally formed in 2006, got more crowd response than the other three opening bands and seemed to please just as much as the headliners themselves. Surprising, considering they’re from Barrie, and it was their first time setting foot in Oshawa.

“IT took us six hours to get here,” says Emmett Morris, guitarist for Final Thought. “We had to stop in Toronto to get our merch and CDs. It took forever.”

Final Thought, who have their own CD release party scheduled for Jan. 30, gave Durham students a sneak peak at their album, selling it for the first time at the show—their second one with The Ocean Buried.

The two bands, along with Futures Past, played together for the first time during their episode of Much Music’s DisDish in December.

“They had a new format,” singer Dustin Dopsa says of the episode, which was filmed at Toronto’s famous Koel Haus. “There’s usually only one band an episode, but ours had six.

Although neither of the bands made it to the last round of the show, they both stayed in touch and have become fans of each other’s work. Final Thought even has a website now.

Ally's Rock Parlor in Toronto and played universal Records, so we went to the Rock Parlor in Toronto and played a private show.”

The former Kiss front man was so impressed with the band that he went on to mention them in Hello! Canada magazine. But the attention to the new album hasn't been a string of luck. The boys have brought undeniable talent and energy to their new EP.

“We’re going to be the next Muggshot,” says Dopsa, referring to a former band from Barrie who toured across Canada and Australia. But aiming to be the next Muggshot might be selling themselves short. Judging by the crowds reaction at their E.P. Taylor’s show, the band seems like they could make their way to being the next Blink 182.

With a singer who has more stage presence than Tom Delonge, a drummer who would give Travis Barker a run for his money, a bassist who, at 17, has already written better riffs than Mark Hoppus, and a guitarist who has as much musical talent as the whole band combined, Final Thought has started the road to mainstream success in the industry.

So what does the band want to do with all their talent? Shockingly enough, the boys aren’t aiming for international recognition; they’re staying local.

“Our music scene is dying,” says Morris. “We’re going to give it a swift kick in the butt to get it going again.”

That shouldn’t be a hard task for the boys. The band has local scenes on the hook and ready for more, playing only one show every three months in order to bring more people out.

“We don’t want to play shows every week,” says Dopsa. “When bands do that, no one’s excited to see them, and it’s never anything new. When you only play a show once in a while, more people come out to see it. It’s better for everyone.”

So with a new album, a tour of Ontario and Quebec in the works, and their release party just around the corner, what are the boys most excited for?

“We’re working on a project to get free McDonalds,” says drummer Tom Watson. “We love McDonalds. It’s a project we’ve been working on for a while now and we really hope it works.”

Their sense of humour may not be on the album, but their talent is painted all over it. The new EP Take You Home can be purchased online at www.finalthoughtband.com and songs are available for download from iTunes.

So if you’re looking for a band with style, talent and impressive facial hair, check out Final Thought. You’ll be glad you did.

SHOWING OFF HIS SKILLS: Guitarist of Barrie’s Final Thought, Emmett Morris, rocked the stage at E.P. Taylor’s on Jan. 16. In celebration of the band’s CD release.

E.P. Taylor’s says happy birthday

By Artem Boykov
Chronicle Staff

E.P. Taylor’s celebrated the early birthday of its namesake Edw-ard Plunket Taylor on Jan 20.

This is marking the sixth year of honouring one of the biggest names in Canadian horse breeding, breeding and horse societies.

He was also the owner of Windfields Farm north of campus. Some of the land the campus is built on was donated by Windfields.

“It helps to keep the name alive,” said bar manager Mike Far- rington. “It’s a good way to show thanks.”

Some, however, think that there used to be more hype about it a few years ago.

“There’s a lot less tradition now than four or five years ago,” said Kyle Gaiger, a second-year Game Development student at UOIT.

“IT used to be photos of horse racing and information about E.P. Taylor.”

Born on Jan. 29, 1901, to a wealthy family, Taylor became most known for his contribution to horse breeding.

He twice won the Eclipse Award for outstanding breeder for being the leading thoroughbred breeder in North America, first in 1977 and then in 1983. Nine times his horses won Canadian Horse of the Year.
Seven Pounds shoots high but falls on its face

By Melissa Bies
Chronicle Staff

Seven Pounds is a movie that’s trying to be deep, but dives shallow. Directed by Gabriele Muccino (The Pursuit of Happyness), and starring Will Smith and Rosario Dawson, the motivation behind the film is for viewers to feel empathy, to feel passionate, and maybe even to feel uplifted.

Through a candlelit dinner over a romantic meal, viewers are introduced to the story of Ben Elow (Will Smith), a I.R.S. agent get deadly poisonous jellyfish poisoning from eating a fish that was supposed to be safe. Ben’s only chance at survival is to find a way to keep the poisoning from spreading to his chest and bottom and graceful...-

Seven Pounds that deserve an award are the romantic and touching performances by Smith and Dawson. The chemistry between the two actors is believable and genuine. Dawson’s character, Elow, is a woman on a mission to save the world by sacrificing her own happiness. Her motivation is driven by her love for Elow, and her desire to make the world a better place.

On the surface, Seven Pounds seems like an inspiring film. The story of a man who, through a series of events, learns to value life and the people around him, is a催泪...-

VIP pub night

Black History Month pub event by the Student Association because of last year’s The Jump Off as the same DJs are returning. How 93.5’s DJs Dr. Jay De Soca Prince and Butter be providing the music, as well as Klymatik De Crew Pleas, who has sold out every event he has played at Durham College and UOIT.

The event is a continuation of last year’s The Jump Off as the same DJs are returning. How 93.5’s DJs Dr. Jay De Soca Prince and Butter be providing the music, as well as Klymatik De Crew Pleas, who has sold out every event he has played at Durham College and UOIT.

The event is a continuation of last year’s The Jump Off as the same DJs are returning. How 93.5’s DJs Dr. Jay De Soca Prince and Butter be providing the music, as well as Klymatik De Crew Pleas, who has sold out every event he has played at Durham College and UOIT.

“This year the charities we are raising money for are the Canadian Cancer Society and the Lakeshore Health Centre in Oshawa,” says Jeremy Lall, the event he has played at Durham College and UOIT.

VIP was asked to host the Black History Month pub event by the Student Association because of last year’s The Jump Off as the same DJs are returning. How 93.5’s DJs Dr. Jay De Soca Prince and Butter be providing the music, as well as Klymatik De Crew Pleas, who has sold out every event he has played at Durham College and UOIT.

“Our events have proven to bring out the largest population of West Indian, Caribbean, and African students at our school,” says Lall.

In addition to the famous DJs there will also be live performances by local reggae artists MYS3 and Blessed, and free giveaways. Students are reminded to bring their Student IDs.

2009 is an important year in black history with the inauguration of Obama. This is our opportunity to celebrate the world we live in,” says Lall.
Bollywood drama flying high

By Asmahan Garrib
Chronicle Staff

What can make Bollywood dance breakouts, a stale game show and the theme of destiny seem cool? a) a unique perspective, b) a beautiful setting, c) flawlessness, or d) all of the above.

Saying Slumdog Millionaire is the best movie I have ever seen may sound like an extreme exaggeration, but it is in fact an understatement. I can’t remember a movie that is all at once thought provoking, creative and suspenseful, that combines a fresh and dynamic cast, storyline and soundtrack.

Danny Boyle, director of films like Trainspotting and The Beach, is a pro at adapting books for film. With Slumdog Millionaire, Boyle takes Vikas Swarup’s novel and turns it into a thrilling movie for all audiences.

The film plays Jamal Malik, a 20-year-old, uneducated kid who grew up as an orphan in Mumbai, India. He goes on the Indian version of Who Wants To Be A Millionaire in hopes that it will reunite him with his long, lost love Latika (Frieda Pinto).

Able to answer questions that stump even the most intellectual of contestants, game show host Prem Kumar, played by Bollywood legend Anwar Kapoor, convinces him he is cheating.

The movie follows Jamal through a series of flashbacks uncovering the life events that led him to the answers to each question. Through those flashbacks the audience gets to know Jamal’s rebellious and trouble-seeking brother Salim, whose personality perfectly contrasts that of the trusting, do-gooder Jamal.

With every question unfolding another layer of Jamal’s life the audience goes along on a ride through the slums of Mumbai and the trials of surviving alone, penniless and in love.

If the young, fresh cast of flawless actors or bright, engaging story aren’t enough, the movie also treats an energetic and soulful soundtrack. The collection of songs that mesh hip hop with Bhangra add another level of boldness to the movie that audiences can bop their heads, tap their toes, and singalong to.

MLA’s Paper Planes plays like an upbeat anthem while O…Saya by A R Rahman and MLA’s mix rap, rhythm, techno and drums to create an original sound for an original movie.

After winning four Golden Globe Awards and five Critics Choice Awards, including Best Picture at both, Slumdog Millionaire is sure to clean up at this awards season.

With all the gushing about this movie, I do have one con, that not everyone has seen it yet.

SLUMDOG MILLIONAIRE: A collection of good acting, engaging story and a soundtrack that hits the right notes with the audience, leaving people cheering for the characters as they make their way through the thick and thin. Another great adaptation that won’t leave anyone indifferent, bored or going for their watch every five minutes.

The queen of R&B is back

Beyoncé’s new double disc is a winner

By Jamilah McCarthy
Chronicle Staff

It’s been three years since Beyoncé’s last album If I Were a Boy hit the charts and now she is back and has re-emerged as her alter-ego Sasha Fierce.

I am Sasha Fierce was released on Nov. 12 and is Beyoncé’s third solo album since leaving her former group Destiny’s Child. With this album she definitely proves that she is all grown up.

The album is a double disc, the first half titled Beyoncé and the other Sasha Fierce.

If I Were a Boy and Single Ladies (Put a Ring On It) have both become internationally successful anthems for women. Single Ladies has spent several weeks atop Billboard’s Hot 100 chart.

For this album Beyoncé has pulled all the stops to ensure that people continue loving her and start to love Sasha, working with some of today’s hottest producers such as Ryan Tedder, The Dream, Jem Jonsin, and Bangladesh.

The Sasha side is filled with in your face dance tracks that offer just as much sass and fierceness as the first single, Single Ladies. The second single off Sasha is Diva, which is the best one word description for Sasha. Sweet Dreams is an 80’s influenced dance tune that won’t put anyone to sleep.

Video Phone is as raunchy as it gets, as Sasha sings about taking naked pictures and making sexy movies on her videophone. The track, Radio, an ode to music is a definite stand out with its heavy beat and vocal genius.

The Beyoncé side is a much softer side than Beyoncé has ever shown. The tracks are all mellows and Beyoncé lets people know that even a multi-platinum super star can be vulnerable.

For this album Beyoncé has

Making music with the Light of D.A.E. studios

By Artem Boykov
Chronicle Staff

Light of D.A.E. Studios charity event will happen on Feb 6 at E.P. Taylor’s. The show will include performances by The Organ Thieves, Isles Of Thieves, Men On Fire and Spee Of Dust.

The tickets are $10 in advance. All donations will go to the Light of D.A.E. Studios. Located in Pickering, in the Doyle Audio Engineering warehouse, the studio focuses on giving young people a shot at learning about professional recording in exchange for community service.
E.P. Taylor’s grew loud with chatter, laughter and music on Jan. 16 as the crowd of students, family members and friends anxiously waited to see The Ocean Buried perform at their first CD release party of "Can You Spill A Secret?" The show also featured performances by Phyrria Fall, Final Thought, Future’s Past and Spec Of Dust, an acoustic performance by the show’s promoter Craig Megill.

“There was a huge amount of effort put in because we wanted to do it as professionally as possible,” says Tim Stead, singer of The Ocean Buried.

The band, consisting of Kyle Wallace on lead guitar, Mike Steward on rhythm guitar, Jeremy Hebert on bass, Luke van den Kroonenberg on drums and Stead on vocals, got together in April 2008. Since then, the band appeared on an episode of disBand, landing them a spot as an opening band for Canadian rock band Ten Second Epic.

“The hardest part is finance,” said Stead. “We have to pay for studio time, merchandize and rent. Being in a band is expensive.”

Despite the business aspect and other harsh realities of life, Stead is keeping a positive attitude, saying that the mentality of the band is to transmit a positive attitude towards the listening party as well as the band itself.

“I am extremely lucky to have four of my best friends to hang out with every day, and make music that we have fun playing,”

Upcoming The Ocean Buried shows include The Final Thought CD Release Party on Jan. 30, Feb. 13 with The Reverber and Future’s Past, and April 2 with The Kathedral, Outspoken and Wasting Time. More information can be found at The Ocean Buried myspace page.
Guitar playing just takes a little practice

By Matt Bird
Chronicle Staff

It’s been three years since Hunter S. Thompson put a gun in his mouth and pulled the trigger. Even before his suicide there were hundreds of tributes to his remarkable legacy. Some accounts, print and film, have been the typical eloquent exaggerations of his wildman antics like Terri Gilliam’s 1998 Fear and Loathing in Las Vegas starring Johnny Depp as Thompson. But for many of us since Thompson’s death paint a picture of a man as deep and dark as his publications.

Released on DVD Nov. 25, Alex Gibney’s Gonzo is a biography in one sense, but is constructed almost entirely of footage from his friends and family. For the first time since his death, Anton Thompson, his son Juan, and his widow Sandy all talk about the real Hunter S. Thompson in his less-publicized later years.

Gonzo is the first Hollywood attempt to strip away Thompson’s hideous drug and alcohol-hued persona. For the first time the real man emerges in video interviews with his closest friends and family and through excerpts of his darkest writing.

Writer Tom Wolfe knew the many faces of Thompson over the last few decades. “To feel compelled to be Gonzo all the time must have been a burden,” he says in the film. “He so identified with the life he was describing it was hard for him not to be in costume, not to be the actor that was required. Hunter must have felt trapped in Gonzo.” Wolfe isn’t talking about the purple, big nosed Muppet. He’s talking about is Thompson’s writing style. Gonzo journalism, which became so prominent it was actually personified as the psychotic bound like reporter Thompson became on the outside.

In addition to the film, Rolling Stone’s Janie Warner has published a sort of oral biography, and film-maker Alex Gibney has released a collection of Thompson’s personal voice recordings on 5 CDs.

There are still movies being made about the man who lived his real life like he was a character in a weird action film. According to imdb.com, a movie based on Thompson’s 1959 novel The Rum Diary is scheduled for 2009, again starring Johnny Depp as lead Paul Kemp. Scheduled to direct is Bruce Robinson (Withnail & I), and further casting will begin in March.

The proprietor was a short man with spectacles, thin, wispy hair and the voice of a guru. Every word passing his lips was carefully considered. “What kind of guitar are you looking for?”

Acoustic. Within the $300 range. No need for a tuner. I wanted to tune by ear. It’s not as hard to learn as you might think, and tuning was the first step on a long road.

The anatomy of a guitar isn’t complex. Most guitars have six strings, running vertically up the neck and connected to a series of knobs called tuning heads. As the name implies, twisting these knobs tunes the guitar.

Knowledge of the sound you want is necessary, however, so you also need to know how to play different notes. Doing so requires pressing down hard on the strings with the tips of your fingers. This is done between the metal strips, or frets, that line the guitar’s neck. The further down the neck you press, the higher the note will be. The thicker the string, the lower the range of notes.

I switched the main tune my chosen guitar — a Fender — with expert ease, listening to the sound of each string and twisting the tuning knobs accordingly. I didn’t know what magical combination he was listening for, but I did know that the instrument sounded perfect when he was done.

“You’ll learn how to do it in time,” he said.

“In time” turned out to only be a few days, as my dad knew how to tune. The key is to match the sounds of the strings up. Starting with the thickest string, press down on it in the space after the fifth fret – positioning the pointer finger just a little short of the sixth fret – and pluck the string.

Then, while that note is still ringing, pluck the next string down. Listen to the resulting sound. Do the sounds match? If so, the strings are tuned. Move on to the next. If not, you need to tighten or loosen the tuning knobs until the strings sound the same. All strings are tuned on the same fret except the third (which is the fourth from the top). That string requires pushing on the fourth fret.

My dad told me the same thing as the guru. “You’ll learn with practice.” He was surprised to see I could tune in two days. Certain songs require different tuning, but I had the standard down. That brought me to the next hurdle: actually playing something.

The real roadblock is building up a callus. If you’ve never played a guitar before you won’t realize how much pressing the strings down hurts. I had numb fingertips for the first week, not to mention piles of blisters on my thumbs from strumming.

“Getting used to it,” my brother said. And I did. After a week of stumbling through simple songs with painful lines gouged into my fingers — I managed to belt out a decent rendition of the Marx Brothers’ tune — I moved on to more complex arrangements. And that required chords.

Chords form the soul of songs. They’re not necessary to play a tune, but they make songs sound infinitely more interesting. Unfortunately chords are also tough to pull off, as they require dexterous fingers.

The webbing between each digit doesn’t seem pliable enough to stretch from one fret to the next, and that’s exactly what chords need. Pressing down on multiple strings at the same time. Hand cramps are inevitable, especially when songs need quick chord changes.

Throw in strumming and the whole arrangement seems horribly complicated. I’d teach how to strum with a pick, but to be honest I haven’t learned myself. Every time I take a pick to my guitar it sounds like a cat caught in a toaster oven.

There are lots of other techniques to learn. I’m only beginning my musical journey. And everybody seems to know it. Last week I interviewed Durham College president Don Lovisa on a matter of school finance. By the end of our conversation he drifted to the decor of his office. He joked about bringing in a Nintendo Wii for students, and told me he played with his son. Naturally, I asked if he’d ever played Guitar Hero. And he had. He even preferred it to Rock Band, having some experience. Much to my surprise, Lovisa revealed that he’s played guitar for years.

Wanting to look like a seasoned pro I mentioned the difficulty I have with pick strumming. I said I’d learned before, but that the words left my mouth, what he said would be: “You’ll learn with time.”
**Lords rocked by Algonquin Thunder**

By Ryan Joseph  
Chronicle Staff

The Lady Lords basketball teams home struggles continued as they fell to 0-5, after they were defeated by the Algonquin Thunder 57-44 on Jan. 17.

With the winner of the game controlling their own playoff destiny, "the Thunder came out of the gate hungry," said Tim Baslik, "Algonquin wanted the game more, and they came to play."

Things only got worse as guard Erin Emery picked up three early fouls, which sent her to the bench for the remainder of the half. She finished the half with no points, and three rebounds.

"Our intensity drops when she is on the bench," Baslik said.

The Lady Lords struggled to make shots in the first half, shooting a season low 17 percent from the field. They also committed nine turnovers, which Thunder turned into eight points. At halftime the Thunder lead 32-16.

In the locker room at half time, Baslik told his team to play with heart and keep chipping away. With their playoff hopes slipping away, the Lady Lords started the second half on a 7-2 run to cut their deficit to 12 points.

They used a full court press defence to frustrate the Thunder and the crowd started to get into the game.

However, mid-way through the second half, Lords captain Ashley Visser went down with a knee sprain, and didn’t return to the game.

The reason why I didn’t tear my anterior cruciate ligament (ACL), is because I work out my hamstrings,” she said.

Visser said it was frustrating for her to leave the game because it was a big game, and she was playing well.

With their captain out of the game, the ladies kept fighting and they managed to cut the Thunder lead to 48-43 with six minutes left.

However, the comeback ended there, as the Thunder went on a 9-1 run to close out the game. The ladies were defeated by 13 points.

The loss doesn’t knock the Lady Lords out of playoff contention, but it makes their road a lot more difficult as they have to depend on other teams.

Visser said the team needs to be focused, and they have to take their play to another level down the stretch.

"Every game from now on is going to be a playoff game,” she said.

The next game for the Lady Lords was at home against the Georgian Grizzlies on Jan. 23.

**Result for the game were not available at press time.**
By Thomas Cranston

Oshawa welcomed two fan favourites back to the General Motors Centre with a rousing, standing ovation each time they were introduced.

John Tavares, former team captain and possibly the best junior hockey player in the world, and Bobby Orr, one of the greatest players and Generals of all time, both took part in the CHL Top Prospects Game/Skills Competition as members of Team Orr on Jan. 13/14 in Oshawa.

Tavares remained the talk of the town, after being traded by the Generals to the London Knights less than a week earlier.

Oshawa fans have clearly not forgotten about him, saving the loudest cheers for the night for their former captain.

"I'm going to try to focus on playing my game and show them what I can do out there," Tavares said after team practice on Jan. 12.

Team Orr, coached by the great Bobby Orr, rolled over their nemesis Team Cherry, coached by Hockey Night in Canada icon Don Cherry, 6-1 at the 14th annual Top Prospects Game in Oshawa.

Orr improved his overall record to 7-2-1, heading 2-0 against Cherry with the lopsided victory, even though his team was outshot 43-39.

This prestige CHL event showcases 40 of the best junior hockey players in Canada every year.

Cody Eakin of the WHL's Swift Current Broncos scored two goals for Team Orr and was named the player of the game for his team.

"It was a good game," Eakin said. "It's hard to get a win. The talent out there is incredible (and the coaching was phenomenal)."

Orr, former NHL player Bob Prospal of the OHL's Saginaw Spirit earned player of the game honours for Team Cherry.

"Many of them worry about not playing well tonight, they think it's the end of the world if they don't play well tonight or if they're not quite up to their game, that's not the case at all," Orr said. "These are the top players. They will be watched the rest of the season. They will all do very well. Very good solid hockey players will come out of this bunch, I believe."

"It's been fun here, it's been great working with the kids and obviously with my dear friend Don, and it's always great to be back here in Oshawa," Orr said.

Team Orr did the first 12 minutes of the game without registering a shot on net yet still led 3-1 after the first period.

"You go into a room after a game like that, we had come out flying," Cherry said after the game. "I think the shots were 10-0 (at the start)."

"Orr jumped in, '8-0'. "Well close," Cherry said. "We hit the crossbar, which is nine. We hit the crossbar and that would be 1-0 and then we hit a couple posts but we still played good."

Every player was excited to have the opportunity to show off their skills in front of the many NHL scouts watching the game in anticipation of the upcoming NHL draft.

"I'm kind of glad we got this game here," Generals rookie defender Calvin de Haan said. "It's good for the city and it's good for the fans as well. We got some of the best fans in the country and it just feels good to have it in your hometown."

Team Cherry starting goaltender Nathan Lieuwen was no different.

"It's a great accomplishment. It means a lot and you get to meet a lot of great guys," he said.

The Skills Competition took place on Jan. 13 and Team Cherry was victorious, winning by a total score of 8-6.

Team Orr started off on the right foot, winning the puck control relay, led by Tavares, de Haan and David Gilbert, much to the fans delight.

Team Cherry answered right back as London Knights Nazem Kadri held on to win the one-on-one puck control relay against Brayden Schenn, who had difficulty maintaining control of the puck.

Philippe Paradis of Team Orr put his pucks into the net, winning the hardest shot with a high score of 99.5.

"At least, we won the skills (competition Tuesday night). They were all happy about that but so much for skills," Cherry said sarcastically of his team after the Top Prospects Game.

"I would like to make it clear that my coaching had nothing to do with the victory," Orr said.

Cherry shot back, pushing the crowd into hysterics.

"And I would like to make it clear that mine had nothing to do with the defeat," he said.

The prospects game featured several other faces every person in Canada should know by now.

Team Canada junior gold medalists John Tavares, Evander Kane and Ryan Ellis participated in the game while nine other members of Team Canadians goal medal-winning squad took part in last year's event.

Tavares and Kane were their team's representatives.

The Oshawa Generals were represented in fine fashion as rookie Calvin de Haan started on defense for Team Orr alongside junior sensation Ryan Evans of Team Canada and the Windsor Spitfires.

Generals head coach Chris Doherty was given a minor penalty on the play and Tavares was given a major penalty on the play.

"But it's like any other game. You just try to leave everything on the ice. You get 60 minutes to prove yourself and hopefully you can use that time," Kadri added.

Despite losing the game badly, Cherry said it was important to remain positive because young players can lose their confidence quickly.

"When you're losing like that, you really have to be positive" Cherry said. "They (the players) wanted to do so well in front of all the scouts and you get whacked and down 6-1. You have got to go into the dressing room after and say, hey, you played a great game and the whole deal, because they will get down on themselves."

When asked whether the officiating was frustrating, seeing how it was one of the most penalized games in history, Cherry said, "No, he (Orr) got all of the penalties."

"No comment," Orr shot back with a laugh.

"I think there was a lot of penal- ties," Cherry said. "Usually they let it go but the penalties had nothing to do with us losing."

"There were a lot of obstruction penalties in the game but no fights like in previous years, much to some young fans' dismay."

A few boys were chanting "We want a fight" throughout the entire first period. But there was a still a lot of physicality as each player had something to prove.

"The kids, I thought, played so well," Orr said. "As Don has said many times, this isn't your typical all-star game. It's a game where the kids are trying to show their stuff and every one of them did."

Cherry agreed and added, "Those kids are the greatest kids in the world and I was just proud to be amongst them."

The big story after the game was the score or the number of penalties but rather the injury to Team Orr captain John Tavares after being checked into the boards by Team Cherry's Taylor Doherty, just minutes into the third period.

Doherty was given a minor penalty on the play and Tavares left the game with a shoulder injury and did not return.

Cherry said he didn't think Tavares was a target.

"When you carry the puck a lot, you get hit," Cherry said. "It's that simple. Bobby used to carry the puck a lot and he got hit. It's noth- ing against him."

Meanwhile, de Haan was just proud to get the win and enjoyed meeting some of the best players this country has to offer.

"The coaches just told us to compete at the start of the game, compete for every battle and suc- cess comes with hard work and that's what we did and it paid off," de Haan.

"Some guys made some great friendships over these past two days and you're never going to for- get this."
Men's volleyball team thrust into tie with win

By Michael Terminesi
Chronicle Staff

The Durham Lords men's volleyball team did it again last Tuesday night. The Lords, who play every Tuesday night at Trent University, placing them in a tie for third place.

"We were lucky to win for us," said Gord Williamson, head coach of the Lords. "Hopefully this will mean a better finish for us.

Both teams were putting points on the board, but it was Durham who came out victorious. 25-17, 32-30, 20-25 and 25-20.

"We play very well at times, but we still need to work on a more consistent performance," said Williamson. "We got a strong performance from all players but it's just a matter of everyone playing well at the same time."

The game was PJ Cornelius third game for Durham, earning him 13 kills (that lead to an immediate point or side out) and 10 digs (passing spiked or rapidly hit balls that are low to the floor). Cornelius is averaging 12 kills per match. Other notable players for Durham were Kevin Horne, who scored six kills, two aces and two blocks and nine digs, and Dave McMann, who scored seven kills and three blocks.

"PJ Cornelius is getting better and better with each outing and our middle is starting to play more like they were before the break," said Williamson.

Earlier in the season, the Lords defeated Durham by the same score of 3-1. Both teams have nine wins and eight losses, but after the regular season, the team's overall set win/loss ratio will determine the neckbreaker.

"Overall, another confidence booster for our team," said Williamson. "We are at a point now where we feel like we can compete with and beat any team in the province."

Women's V-ball teams show Coyotes who the Lords are

By Stephanie Pollard
Chronicle Staff

The Durham Lords women's volleyball team may have lost to Algonquin but they placed third after beating the La Cite Coyotes 3-2 (25-13, 22-23, 24-26, 16-25 and 19-17) on Jan. 17 in Ottawa.

The lady lords came togeth-er for a complete team effort, recording 11 plus points. Freshman Jhola Hakkestra led the team with 28 points (12 kills, 7 blocks and one ace) while Kristen Conner had 19 points (13 kills, 4 aces and two blocks).

Captain Manall Doris scored 10 blocks in the game. Maybe he'll bring weekend bringing her season total up to 60. She is now a single block shy of the OCAA single season record of 61 blocks in a year set by Mohawk's Courtney Warren in the 2002-03 season.

She also has 136 career blocks for her, but the OCAA third place at the end of this season.

Thanks for the memories John!

By Thomas Cranston
Chronicle Staff

While John Tavares tenure with the Oshawa Generals is now over (lasting 3½ seasons), he will likely be remembered as one of the best players in Oshawa Generals’ history, having helped the team both on and off the ice, departing as the franchise’s all-time leading goal scorer with 183 and second all-time in points with 383, just 30 behind current NHL forward Marc Savard of the Boston Bruins.

Oshawa sent John Tavares, their best player (and perhaps, maybe even the best junior hockey player in the world), their overall defender in Michael Del Zotto and goaltender Darryl Borden to the London Knights just days before the OHL trading deadline.

A common saying in hockey is in order to get something, you’ve got to give up something. In this case, London did, sending three players to Oshawa: defenceman Scott Valentine, forward Christian Thomas (the son of former Toronto Maple Leaf Steve Thomas), goaltender Michael Zador along with six draft picks (four second rounders and two third rounders).

I’m a big fan of loyalty myself so I’m not sure I would have the courage to make this deal. Tavares did a lot for the Generals, being their leading scorer, team captain and bringing him to the General Motors Centre, as his impact was not just felt on the ice.

Generals rookie defenceman and a former teammate Calvin de Haan, who played alongside Tavares the last time at this year’s Top Prospects Game, was not too surprised a little disappointed with the trade.

"I think everyone was a little disappointed at the start, but we’re just going to battle through it," de Haan said. "You know, it happens. You’ve just got to bear with it. I think everyone was pretty shocked to see Del Zotto’s name in there. I think actually most of the world was. I think we’re going to do our best, obviously, we’re going to become the hardest working team in the OHL and hopefully make the playoffs."

Tavares will be missed. He had the unique ability of bringing fans to the edge of their seats with nifty moves. He also restored some of what a winning tradition in Oshawa, leading the Generals to the playoffs during the 2006-07 season (and then again in 2007-08) after three years on the sidelines.

His first season with the Generals was in 2003, a dreadful one in the standings for the team, which finished second last in the OHL with a 18-45-4-1 record, yet Tavares still managed to wrap up OHL and CHL Rookie of the Year honours with 45 goals and 77 points as a 15-year-old.

He has proved to be incredibly durable, having never missed a game due to injury during his tenure with the Generals even every time he left what could be his last game (the Top Prospects Game) at the General Motors Centre with an apparent shoulder injury.

Tavares is coming off a World Junior Hockey Championships gold medal as a member of team Canada (the country’s 60th gold) while being named tournament MVP.

He also won gold with Canada at last year’s tournament.

However, the trade is still what’s best for the Generals, allowing him a chance at the OHL, which he probably would not have gotten here and most importantly, Oshawa did what was best for them, building towards the future.

WELCOME BACK: Former Oshawa General (and current London Knight) John Tavares practises as a member of Team OCC at the CHL Top Prospects Game in Oshawa.
Lords weather the storm, keep winning streak intact

By Ryan Joseph

The Campus Athletic Centre is becoming a tougher place for visiting teams to play, as the Durham Lords men’s basketball team improved to 7-0 with a win against the Algoma Thunder on Jan. 17. Things didn’t start off well for the Lords as the Thunder were hot from the three-point arch, going eight of 14 for the first half. As a result the Lords trailed 27-10 midway through the first half.

“We were nervous, and they shot the ball well,” said head coach Desmond Rowley.

The Lords, however, didn’t hang their heads as they used the momentum from the home crowd to go on a 27-10 run to end the half. The run included a Courtesy Small layup to tie the game at 37 in the last minute. At the half the teams remained tied.

In the second half it felt like a playoff game with each team exchanging the lead. The Lords managed to grab their first lead of the game at 43-42.

However, the Thunder suddenly began to pull away as they built a 10-point lead at 61-51 with 9:06 left. Just like the first half the Lords kept their heads up and went on a 12-2 run to tie the game at 63 with 7:40 left.

In the next three minutes the see-saw battle continued from early in the half as each team traded baskets. However, the Lords managed to hold a 73-68 lead with 4:20 left. Timeout Thunder.

After the timeout Thunder guard Charly Spurr briefly took over the game, hitting a tough shot with Small’s hand in his face to cut the Lords lead to 73-70. Then on the next Thunder possession he hit a three-point basket to tie the game at 73. After a Lords turnover he hit a jumper to give the Thunder a 75-73 lead with 2:06 left. Timeout Lords.

“Everyone played like a senior,” said Rowley.

The Thunder got the ball to Anthony Batchelor who drove aggressively to the basket. He made a layup while being fouled, and the Lords fans erupted out of their seats. He then made the free throw to give the Lords a 76-75 lead.

Spurr would come back to haunt the Lords as he hit another jumper to give the Thunder a 77-76 lead with less than a minute to play. The Lords got the ball to Eric Smith and he laid the ball into the basket. The Lords re-took lead 78-77 with 8.6 seconds. He then made the free throw to secure the win. If I remember I would go for the rebound,” said Smith.

The Thunder fouled Smith to stop the clock with 1:12 left.

Smith hit both free throws to give the Lords an 80-77 lead. The Thunder got the ball to Spurr for a game-tying three point basket but it rimmed out.

A battle for the rebound took place, but a Lords player knocked Small’s hand in his face to cut the Lords lead to 73-70. Then on the next Thunder possession he hit a three-point basket to tie the game at 73. After a Lords turnover he hit a jumper to give the Thunder a 75-73 lead with 2:06 left. Timeout Lords.

The Thunder got the ball to Anthony Batchelor who drove aggressively to the basket. He made a layup while being fouled, and the Lords fans erupted out of their seats. He then made the free throw to give the Lords a 76-75 lead.

Spurr would come back to haunt the Lords as he hit another jumper to give the Thunder a 77-76 lead with less than a minute to play. The Lords got the ball to Eric Smith and he laid the ball into the basket. The Lords re-took lead 78-77 with 8.6 seconds. He then made the free throw to secure the win. If I remember I would go for the rebound,” said Smith.

The Thunder fouled Smith to stop the clock with 1:12 left.

Smith hit both free throws to give the Lords an 80-77 lead. The Thunder got the ball to Spurr for a game-tying three point basket but it rimmed out.

A battle for the rebound took place, but a Lords player knocked Small’s hand in his face to cut the Lords lead to 73-70. Then on the next Thunder possession he hit a three-point basket to tie the game at 73. After a Lords turnover he hit a jumper to give the Thunder a 75-73 lead with 2:06 left. Timeout Lords.

The Thunder got the ball to Anthony Batchelor who drove aggressively to the basket. He made a layup while being fouled, and the Lords fans erupted out of their seats. He then made the free throw to give the Lords a 76-75 lead.

Spurr would come back to haunt the Lords as he hit another jumper to give the Thunder a 77-76 lead with less than a minute to play. The Lords got the ball to Eric Smith and he laid the ball into the basket. The Lords re-took lead 78-77 with 8.6 seconds. He then made the free throw to secure the win. If I remember I would go for the rebound,” said Smith.

The Thunder fouled Smith to stop the clock with 1:12 left.

Smith hit both free throws to give the Lords an 80-77 lead. The Thunder got the ball to Spurr for a game-tying three point basket but it rimmed out.

A battle for the rebound took place, but a Lords player knocked Small’s hand in his face to cut the Lords lead to 73-70. Then on the next Thunder possession he hit a three-point basket to tie the game at 73. After a Lords turnover he hit a jumper to give the Thunder a 75-73 lead with 2:06 left. Timeout Lords.

The Thunder fouled Smith to stop the clock with 1:12 left.

Smith hit both free throws to give the Lords an 80-77 lead. The Thunder got the ball to Spurr for a game-tying three point basket but it rimmed out.

A battle for the rebound took place, but a Lords player knocked Small’s hand in his face to cut the Lords lead to 73-70. Then on the next Thunder possession he hit a three-point basket to tie the game at 73. After a Lords turnover he hit a jumper to give the Thunder a 75-73 lead with 2:06 left. Timeout Lords.

“The Thunder fouled Smith to stop the clock with 1:12 left.

Smith hit both free throws to give the Lords an 80-77 lead. The Thunder got the ball to Spurr for a game-tying three point basket but it rimmed out.

A battle for the rebound took place, but a Lords player knocked Small’s hand in his face to cut the Lords lead to 73-70. Then on the next Thunder possession he hit a three-point basket to tie the game at 73. After a Lords turnover he hit a jumper to give the Thunder a 75-73 lead with 2:06 left. Timeout Lords.

The Thunder fouled Smith to stop the clock with 1:12 left.

Smith hit both free throws to give the Lords an 80-77 lead. The Thunder got the ball to Spurr for a game-tying three point basket but it rimmed out.

A battle for the rebound took place, but a Lords player knocked Small’s hand in his face to cut the Lords lead to 73-70. Then on the next Thunder possession he hit a three-point basket to tie the game at 73. After a Lords turnover he hit a jumper to give the Thunder a 75-73 lead with 2:06 left. Timeout Lords.
By Lauren Thomas
Debbie’s Staff

It was a roller coaster weekend for the UOIT Ridgebacks men’s hockey team who experienced both a win and loss at the Campus Ice Centre on Jan. 16-17.

During the team’s six-game stretch they faced the Ot- tawa Gee Gee’s during Friday’s 4-2 win at the Campus Ice Centre.

RIDGEBACKS DEFEAT OTTAWA: Ridgeback Ryan Spencer dashes past the Ottawa Gee Gee’s during Friday’s 4-2 win at the Campus Ice Centre.

The Ridgebacks were out-shot by the Seneca game. Missing from the game was head coach Marlin Muylaert. “He made some great saves for us”

Another first appearance was made by newly named captain Derek Bagshaw, former assistant captain. The decision was an easy one, said Muylaert.

“When wasn’t any question within the team as to naming Der- ek the captain”

Taking Bagshaw’s place as assistant captain is Nathan Spauling who was the Ridgebacks leading scorer last season.

The third period ended 3-1. The third goal of the night was scored by Mike Noyes, assisted by Bag- shaw.

Clutching the win for the Ridgeback men was Tony Rizzi with as- sists from Ryan Spencer and Mike Noyes.

UQTR proved a tougher chal- lenge for the Ridgebacks, who played a solid 40 minutes during the first and third period but fell apart during the second period. “Our emotions got the best of us in the second period.. rather than show mental toughness they overreacted in the situation,” Muy- laert said.

Ridgeback Shane Nolan scored the first goal of the day. However, 10:41 into the third period with a 3-1 lead.

Penalties proved a big problem for the Ridgebacks and key players Josh Vatri and Steve Spude were ejected from the game.

Starting the third period with out two important players captain Bagshaw scored for the Ridge- backs and brought them within one goal.

Unfortunately for the men, UQTR got an empty net goal bringing the final score to 4-2. “The last five games have been the best of this program,” said Muylaert. “We’re starting to reach a level of consistency.”

With the weekend results the men fall to a 4-14-2 record and will play their next game at home against the Ryerson Rams on Jan. 28.

By Ryan Joseph
Debbie’s Staff

The Lords followed Rowley’s lead to score a second point. “This isn’t his best, he keeps him to re-injure the ankle and miss more time.”

The Durham Lords men’s basketball team continues their strong play as they defeated the Cambrian Golden Shield 95-73, on Jan. 16.

In the first half it was a see-saw battle as both teams held a lead of less than five points. The Lords led 17-13 with 13:58 left. A few minutes later the Golden Shield tied the game at 17.

The teams remained close for the remainder of the half. The Lords out-scored the Golden Shield 26-23, to take a 43-40 lead after 20 minutes.

In the locker room, head coach Desmond Rowley said his team needed to pick up their defensive intensity.

The Lords followed Rowley’s orders as they opened the second half on a 15-6 run. The run included a flagrant personal foul by Golden Shield guard Lucas Wiebeberg. A flagrant personal foul is ex- cessive or severe contact during a live ball. The player fouled receives two free throws and their team gets the ball back on the baseline.

Anthony Batchelor went to the free throw line and made both free throws. Then off the rebound pass Eric Smith cut to the basket for a layup, after the Lords jumped into the passing lanes and stole the ball resulting in a layup by guard Tyler Pelley. At that point the Lords led 58-46.

Brown said he could have played, but the coach didn’t want him to re-injure the ankle and miss more time.

Lords defeat Golden Shield

By Lauren Thomas
Debbie’s Staff

The Durham Lords men’s basketball team continues their strong play as they defeated the Cambrian Golden Shield 95-73, on Jan. 16.

The Lords didn’t let the Golden Shield get close again as they cruised to the 22 point win. “We are playing well at the right time,” said Rowley.

The Lords defence held the Golden Shield to 33 second half points. They also held OCAA sec- ond leading scorer Brady Roland to 11 points. Coming into the game Roland was averaging 26 points per game.

Smith shook off his poor per- formance against Seneca, scoring a game high 28 points. He also grabbed 17 rebounds, and dished out five assists.

“This isn’t his best, he keeps maiming every game,” said Lords forward Calvin Nkwe.

During the team’s six-game conference winning streak, Smith is averaging 20 points and 11 re- bounds. He is also second in the OCAA with 109 rebounds.

Batchelor chipped in with 23 points. During the winning streak he has scored at least 20 points in five games.

He leads the team with 18 points per game.

Missing from the game was Lords forward Nicholas Brown because of an ankle injury suffered in the Seneca game.

“The ankle feels good,” he said. “The therapist worked me hard to get me ready for the Algonguin game.”

LORDS WIN: Eric Smith (left) drives his way to a spec- tacular night against Cambrian Golden Shield on Jan. 16. Lords won 95-73.

Brown said he could have played, but the coach didn’t want him to re-injure the ankle and miss more time.

Lords upcoming schedule

By Ryan Joseph
Debbie’s Staff

Durham Lords men’s basket- ball team schedule for the sec- ond half of the 2008-09 season.

Feb. 4: at St. Lawrence (Kings- ton). Game time is 8 p.m.

Feb. 6: La Cite. Game time is 8 p.m.

Feb. 10: Centennial. Game time is 8 p.m.

Feb. 13: Fleming (Peterbor- ough). Game time is 8 p.m.

Feb. 17: at Loyalist. Game time is 8 p.m.

OCAA playoffs: TBA

March 6-7: OCAA Provincial Championships at Algonguin. Game times TBA.

March 19-21: CCAA National Championships at University of Northern British Columbia.

March 28: OCAA All-Star game at Durham College.
**Lords women defeat Trent**

**By Stephanie Pollard**

Lords captain Mandi Doris set the single season block record as the Durham Lords women's volleyball team beat the Trent Excalibur 3-2 (15-25, 18-25, 25-20, 25-20, 15-11) inside the varsity gym on Jan. 20. Doris set the record with 66 blocks for the year. The win holds the Lords in third place in the East Region.

**Team Leaders**

**Stat Pack**

<table>
<thead>
<tr>
<th>School</th>
<th>W</th>
<th>L</th>
<th>T</th>
<th>Pts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Durham</td>
<td>11</td>
<td>3</td>
<td>0</td>
<td>22</td>
</tr>
<tr>
<td>Algonquin</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>22</td>
</tr>
<tr>
<td>St. Lawrence K</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>22</td>
</tr>
<tr>
<td>Fleming</td>
<td>10</td>
<td>2</td>
<td>0</td>
<td>20</td>
</tr>
</tbody>
</table>

**New record for Lords V-ball**

**LORDS BLOW PAST TRENT:** Lords player Samantha Roelofsens waits for Trent's serve when they faced Durham on Jan. 20. Durham won by a score of 3-2.

(When) they come together as a group and they start relying on each other and trusting each other, they're fine," he said.

*The Chronicle* January 27, 2009
HOT SMARTPHONES FOR HOT, SMART PEOPLE.

NOW GET UNLIMITED TXT, EMAIL & IM*
ONLY FOR A LIMITED TIME:

BLACKBERRY® CURVE™ 8320
$99.99 | $549.99

BLACKBERRY® CURVE™ 8900
$199.99 | $599.99

BLACKBERRY® PEARL™ FLIP 8220
$49.99 | $399.99

EXCLUSIVELY FROM ROGERS

rogers.com/unlimited
CANADA’S MOST RELIABLE NETWORK;
NEWEST DROPPED CALLS, CLEAREST RECEPTION

* Requires 3 year plan. Offer is subject to change without notice. Available with any BlackBerry device with subscription to select plans and activation with BlackBerry Internet Service. Includes unlimited personal e-mail & up to 100 text messages using BlackBerry on the Rogers Wireless network. See Rogers.com/Unlimited for plans and details. Images modified to Rogers' Terms of Service & Acceptable Use Policy available at rogers.com/legal. **** Rogers & Wireless Design are trademarks of Rogers Communications Inc. registered in Canada. All other listed names and logos are trademarks of their respective owners. © 2009 Rogers Wireless.