



Ontario to lower cap on tuition increases

Justin Vasko
Queen's Park Reporter

A new plan to make post-secondary education more affordable could spell trouble for Ontario colleges.

The Ontario government has unveiled a new framework that will see the cap on tuition increases lowered from five per cent to three per cent annually for each of the next four years.

Brad Duguid, the minister of training, colleges and universities, said this is good news for students, as they can expect to save an average of \$300 per year under the new framework.

Duguid added that while the proposed cap

will mean savings for students, it will amount to added costs for colleges.

"We have to be very straight up and honest about this: this decision will take revenue, future revenue, from universities and colleges," Duguid said.

These changes are not expected to be problematic at Humber.

Rick Embree, associate vice president of planning and development at Humber, said Humber is relatively safe because strong budget surpluses and high student populations have meant they don't typically budget for high tuition increases at all, meaning there will be little lost revenue.

The same cannot be said for other colleges.

"Smaller and medium-sized colleges could have a hard time because they don't have the scale," Embree said.

Orville Getz, president of Humber College's faculty union, said these changes, though relatively small on a per-student level, can really add up and become major issues for colleges with small budgets or stagnant or declining enrollment numbers.

"To go from five per cent to three per cent is really going to affect a lot of the small colleges, almost to the point where they could have to close their doors," he said.

Getz said he doesn't expect the government to allow any such closures, but he worries this new framework could exacerbate some of the is-

suues already faced by smaller colleges, related to funding, enrollment and space.

Getz said it is becoming increasingly difficult for small colleges to compete with larger institutions, such as those in and around the GTA, and that if small colleges are to survive, new models for funding and supporting colleges are needed, as well as for increased restrictions to be put in place regarding admissions.

"How do you persuade students to go to Thunder Bay or Timmins?" Getz said.

"You can't do it. They're not going to go all the way there, unless they can't get in anywhere else, and right now, people are still getting in [to the larger colleges]."



PHOTO BY AMY STUBBS
Myles Aimer (L) and Graham Scott, are planning Rock For a Dream to help raise awareness of violence against women.

Men cycle to Newfoundland to stop violence on women

Amy Stubbs
A&E Reporter

Two men are putting the pedal to the asphalt to help fundraise for violence against women.

Danny "Red" Surjanac and Alexander Waddling of Ride For a Dream (RFD), will take part in a bike trip from Toronto to Newfoundland to raise awareness of the issue.

Helping with the cause are second-year Humber media communications students, Graham Scott, 22, and Myles Aimer, 25, who are planning a fundraising concert, Rock For a Dream, at the Horseshoe Tavern.

Aimer and Scott both said it is important to set an example for younger generations of both sexes by fighting together for women equality.

"I take issue with (violence against women), obviously, because I don't think it's right," said Aimer. "If I can

help fight it I will."

"It's generally seen as a women's issue, but if men hear it from other men I think it has a whole different message," said Scott. "Where they might see women fighting for their own rights, they see men fighting for someone else's rights."

The funds raised will benefit a 3,700 km bike trip from Toronto to Newfoundland. Last year, the two bikers covered the western half of the country to support the White Ribbon Campaign, the largest organization engaging men to end violence against women.

This year's east coast trip will support the Barbra Schlier Commemorative Clinic, which provides free legal services and counseling to women who have experienced violence.

Amanda Dale, executive director of the clinic, said in order to provide their services year after year they rely on

support from community members.

"Men have a critical role in showing by example," said Dale.

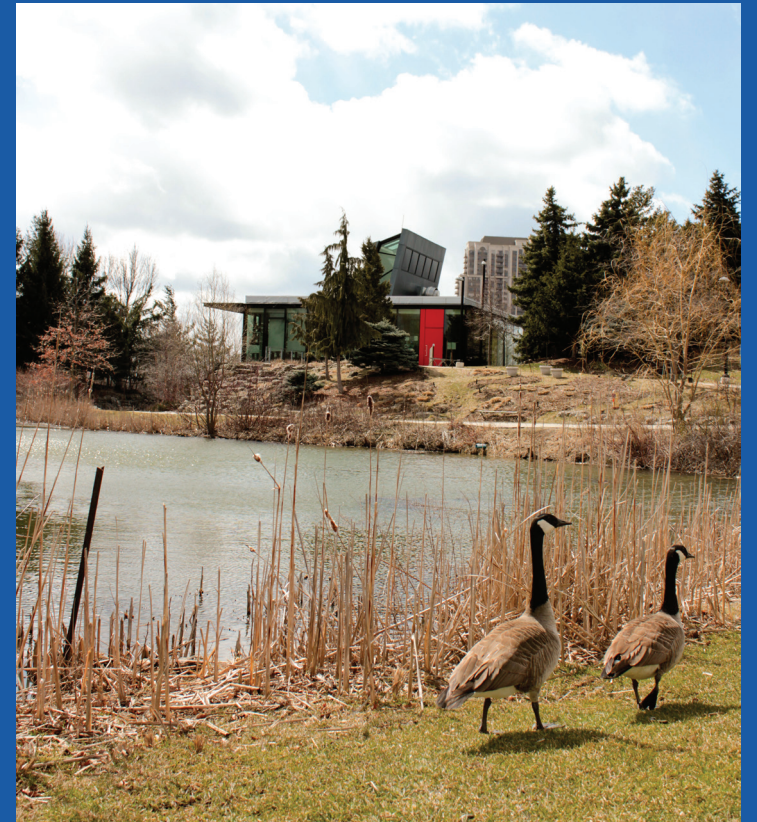
According to Dale the clinic emulates and challenges other men who may be perpetuating violence to change their actions.

The evening at the Tavern is set to have a lineup of four artists. Headliners, Silvergun & Spleen, will be joined by Chris Hau, We Are The Wild Things and Here Below.

Marie-Eve Mallet, vocalist of Silvergun & Spleen, said the band immediately jumped at the opportunity to take part.

"Being women in rock and roll it's important to be a good role model and speak up against things that we know are important," said Mallet. "Having the men involved is crucial to getting the point across to other men."

The concert kicks off at 8:30 Wednesday. Admission is \$10 at the door.



NEWS PG. 4
New website finds green buildings



SPORTS PG. 20
Sanchez retires on a national note

IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 Jackie Robinson Day Major League Baseball teams celebrate the first game played by Jackie Robinson, the league's first black player, in 1947. Teams traditionally wear #42, Robinson's number.	16 Lyrids Meteor Shower The night of the 16th marks the start of the Lyrids meteor shower, an annual event for star gazers first observed 2600 years ago. The shower is expected to peak around April 22.	17 Margaret Thatcher's funeral The funeral for the former British prime minister, who died April 8, will include full military honours. People expected to appear include Canadian PM Stephen Harper.	18 Zimbabwean Independence Day People of Zimbabwe celebrate their independence from Great Britain, granted in 1980. Robert Mugabe won the country's first election and has remained in power ever since.	19 HTC One launches in Canada Carriers begin to sell the new HTC One, a smartphone from the Taiwanese manufacturer slated to go up against the top selling Apple iPhone 5 and Samsung Galazy S3.	20 4/20 Potheads and cannabis legalization advocates alike come together to celebrate the illegal drug. To this day, there is disagreement on where the '420' slang term came from.	21 The Founding of Rome While the year is still up for debate, historians agree the Romans celebrated this day as the founding of their city state.

Aboriginal artist Poitras honoured at Humber

Hermione Wilson
Diversity Reporter

Asked how she got into an arts career after doing a Bachelor of Science in microbiology, Jane Ash Poitras said, "I kind of fell into it . . . I was on my way to med school."

"I always loved art," said Poitras, "but I never really thought of it as a career."

Poitras spoke to an audience of students and faculty about the contemporary Aboriginal artists who came before her and how they influenced her.

The mixed media artist was invited to speak at Humber College by Aboriginal Resource Centre and the Visual and Digital Arts program.

"Jane Ash Poitras will be receiving one of the highest degrees at Humber, which is an honorary degree, in June and as sort of a prelude to that we thought it would be good to invite her in to speak to the students," said Shelley Charles, an Aboriginal elder with Aboriginal Student Services.

Charles met Poitras several years ago when the Royal Ontario Museum was exhibiting some of her art.

"What's really amazing about Jane is that she is able to bring all of that contemporary media and all the colours and inject into that this contemporary view about our history," said Charles.

Pamela McCallum is a professor of English at the University of Calgary and the author of *Cultural Memories and Imagined Futures: The Art of Jane Ash Poitras*.

Born in Fort Chipewyan, Alta in 1951, Poitras was adopted by an elderly German woman when her mother, suffering from tuberculosis, left her in the care of social services.

"She was initially thinking of becoming a doctor...and then she started taking art classes and really discovered that as her calling."

Pamela McCallum
Author

"[Her adopted mother] suppressed Jane's indigenous background because she was afraid of her being taunted and bullied for it, so she grew up not knowing about her indigenous connections," said McCallum.

It wasn't until after Poitras had finished her first degree that she rediscovered her roots. This period coincided with a rediscovery of her love of art.

"She was initially thinking of becoming a doctor . . . and then she started taking art classes and really discovered that as her calling," McCallum said.

In 1982 she did a summer program

in printmaking and drawing at Yale University and in 1983 she returned to the University of Calgary to do a Bachelor of Fine Arts in printmaking.

She rounded this off in 1985 with a Master of Fine Arts in painting and sculpture from Columbia University in New York.

For her Master's project, Poitras did a series of black and white etchings based on her experiences at a sweat lodge in Alberta.

"She has always been powerfully inspired by Aboriginal spirituality, which she sees as something that inhabits her paintings," McCallum said.

"It's such a privilege to have someone of her stature to come in and give us a talk," said Noni Kaur, coordinator of Visual and Digital Art at Humber. Kaur said the thing she most admires about Poitras's work is her use of colour and form.

"I think it's important for students to see a real professional artist who's practicing and who's really important in the history of contemporary Aboriginal art in Canada," said Kaur.

Poitras has earned her place in the art world, said Charles, with her work displayed at such prestigious institutions as the Royal Ontario Museum and the Smithsonian. The added fact that she is both Aboriginal and a woman is a source of inspiration.

"She's one of those people in our community . . . that's very inspiring and really motivates us and reminds us that we can be successful no matter what we're doing and what field we're in."



PHOTO BY HERMIONE WILSON
Jane Ash Poitras, an Aboriginal artist originally from Fort Chipewyan, Alta, speaks to guests at Humber College on April 10. Poitras will receive an honorary degree from Humber in June.

Peel police take to local TV to spread message

Jake Kigar
Police/Fire/Funeral Reporter

Police TV is changing the way Toronto-area police communicate with the public.

The Rogers cable series, developed by Peel Regional Police, is a

weekly television program that aims to educate the public about events in policing.

Half-hour episodes feature five to six segments where topics such as police training, traffic accidents and the K-9 unit are covered.

"There was a demand for a reasonably

good way to inform the public about what the police services were doing," said Ken Pyette, producer of the program.

Pyette said the show helps educate people about issues and helps people understand what the job of a police officer is.

"It puts human faces to the role of the police officer in the community," said Pyette.

"It reaches out to the public on a level that police don't normally see," said Henri Berube, former host of the program and current program coordinator of Humber's police foundations program.

"There's a lot of stuff on TV that's real and a lot that's not, but even the stuff that's real is often edited in such a way that it doesn't give you a good reflection of what policing is really like," Berube said.

Berube said the program also brings the community in to policing and helps them stay involved.

"It's a taxpayer-provided service and I think it opens up a greater under-

standing of the role that community plays in policing," Berube said.

Third-year criminal justice student, Shelby Robblee, 21, said she hadn't heard of the program until recently, but thinks it's a great tool to educate the community about what a police officer does.

"It puts human faces to the role of the police officer in the community"

Ken Pyette
Police TV producer

"Whenever I talk about my program people always assume policing is all about going out and getting the bad guys when there's other things police do and people are just unaware," Robblee said.

Border Security: Canada's Front-

line, a show on the National Geographic Channel, has garnered controversy because it outlines illegal activity and put criminals on television, something *Police TV* does not intend to do.

"We are a police service and we do have some restrictions on what we can report versus what the mainstream media can go after," Pyette said.

"Many of our stories have to be once or twice removed from the reality of the streets where our officers are working."

"We don't want people to teach how to commit crimes," Pyette said.

Viewers can make requests about what they want to learn by contacting policeshow@peelpolice.ca.

Pyette said recent requests produced were a piece on cadet training and an information piece about radar and speeding.

"We get suggestions on things to do, and we go out and do them," Pyette said.

Police TV runs on Rogers Cable 10 in Brampton and Mississauga on Sundays and is available online at www.prpepk.ca



CREATIVE COMMONS COURTESY MICHAEL GIL
Peel police started *Police TV* to educate the public on what they do.

Humber awards givers in community

'Hawk Effect' this year's theme at college's Student Appreciation Awards celebration

Kerrisa Wilson
General Assignment Reporter

Over 100 people came to Humber's 30th annual Student Appreciation Awards, celebrating exemplary members of the community.

The April 9 event, organized by public relations program students and sponsored by HSF, recognized students, faculty and staff who are driven, helpful and contribute to the Humber community.

This year's "Hawk Effect" theme emphasized the idea that positive actions by members of the Humber community should be appreciated and repeated.

The theme, chosen by a panel of judges, coincides with Humber's mascot and sends a positive message, said Paul Wujtow, a second year PR diploma student and awards chair, saying "the Hawk Effect' is kind of like the butterfly effect, where every little thing you do has a huge impact somewhat within the community or within the world."

The awards included three categories: the Student Appreciation Awards, the Marci Fenwick Award and the Judy Harvey Student Spirit Award.

The Marci Fenwick and Judy Harvard awards are both named after influential members of the Humber community who contributed to residence life and student success, said Wujtow.

There were only a handful of winners out of the 80 nominations this year.

The more people are appreciated, the more they do, said fourth year psychology University of Guelph-Humber student and award winner, Amanda Howlett, 21.

"I've gone to Guelph-Humber for four years, so it's nice to finally have something to take away besides a degree and a diploma," said Howlett.

Nominating a classmate who is heavily involved and appreciated for their work is one reason to nominate a person, said fourth year family and community social services Guelph-Humber student, Tristan Gerrie, 21, who nominated Howlett.

Gerrie said the reason he chose to nominate Howlett "over a lot of the other students that I've worked with is that she's so passionate and so dedicated," adding Howlett is a tireless worker who puts her heart into everything she does.

Kelly Apollinaro, 20, a second year PR diploma student, said she gained valuable experience by organizing the event, saying "planning this event gave us a real life experience."

"It was a real event with a real budget and a real client that had demands. It's good to experience things hands-on rather than just from the textbook."

The event showcased the hard work and planning put into it by students in the PR program, said Bhalinder Bedi, president of HSF.

"The PR students did a wonderful job setting up the room, giving it that 'Hawk Effect' feel," said Bedi.

After all the hard work the PR students endured planning this event, having a successful ceremony was well worth it, said Wujtow.

"After I woke up this morning, I was driving here and I had the biggest smile on my face because I finally started feeling the reward."



PHOTO BY AARON TAMACHI
Amanda Howlett, 21, a fourth year psychology student at University of Guelph-Humber, won a Student Appreciation Award after being nominated by Tristan Gerrie, a fourth year family and community social services student at Guelph-Humber. Gerrie nominated Howlett for being a "tireless worker."

New 911 system to accept video, text

Jake Kigar
Police/Fire/Funeral Reporter

A proposed new 911 operating system in Ontario is being met with both scepticism and reserved optimism by emergency responders and law enforcement.

Coined NG911, the new system would allow users to not only call, but also send texts and videos to their local response centre to report an emergency.

Henri Berube, police foundations program coordinator at Humber, said he would like to see the system better analyzed before it's released.

Berube said timing in an emergency situation is crucial and questioned whether or not this system will address that.

"It takes a lot longer to text someone than describe something over the phone," Berube said. "People's abilities to explain and clarify over text won't be the same as over the phone."

Berube said situations "described over the phone in 20 seconds might take two to three minutes to explain via text," he said. "In these types of calls, minutes are critical."

Gord Gilmour, emergency telecommunications program coordinator at Humber said his initial thoughts on the system were "a little sceptical."

A more complicated system would take up crucial time in an emergency situation, he said.

"It would be like phoning and getting an operator saying, 'if this is a heart attack, push 1,'" Gilmour said.

The CRTC is regulating NG911 and said its aim is to have a more user-friendly system, adding deaf or hearing-impaired people will benefit from the new system, as they often text.

Christine Werenich, a sign language professor at Humber, said she agrees the new system is great for the deaf community, but is unsure how it will work for those not familiar with language.

"Deaf people, if they've become deaf before the age of three, which is before the age of language, their English usage is basic," Werenich said. "Their written and spoken language will be at a minimum."

Werenich said deaf and hearing-impaired people should be trained basic texting skills in order to benefit from this system.

London, Ont. will be a test centre for the NG911 system for the next two years, where the benefits and setbacks of the system will be studied before it's used in more Canadian communities.

"What they need to do is study it more and find out what the advantages and disadvantages are," Berube said. "See if one does outweigh the other."

New expansion set for Yorkdale mall

Graeme McNaughton
Senior Reporter

Yorkdale Shopping Centre is looking to become the largest mall in the city with the announcement of a new nearly 300,000 square foot expansion set to open in 2016.

The expansion, expected to cost \$331-million, will put the total retail space of the mall at over 1.8-million square feet, which would make it the largest enclosed shopping centre in Toronto and the second largest in the country, behind West Edmonton Mall's 3.8 million square feet.

"This isn't a matter of, 'if you build it, they will come'. International brands and enthusiastic shoppers are flocking to Yorkdale and we're growing to meet market demands," said Anthony Casalanguida, the general manager of Yorkdale, in a press release announcing the expansion.

"The new expansion makes it possible for us to continue to provide the very best experience for our shoppers by bringing in the most in-demand retailers from around the world."

Nordstrom, an upscale American fashion retailer looking to expand into Canada, will anchor the new expansion with a 188,000 square foot, three storey flagship location.

"Yorkdale is clearly a premier fashion destination, home to an impressive mix of retailers and we're excited to be part of the centre," said Karen McKibbin, the president of Nordstrom Canada, in a press release.

"Ever since we announced that we're coming to Canada, we have been humbled by the response from customers, and we can't wait to get to work on earning their business."



PHOTO COURTESY OF YORKDALE SHOPPING CENTRE
The new \$331-million expansion to Yorkdale mall will be anchored by a 188,000 square foot, three storey Nordstrom department store, which will make Yorkdale the largest enclosed shopping centre in Toronto.

Nordstrom first announced it would be expanding into Canada in September 2012. The retailer has publicly disclosed four locations aside from Yorkdale, including one at Sherway Gardens in Etobicoke.

Last year, Yorkdale completed a 145,000 square foot, \$220-million expansion on the west end of the mall. The new wing of the mall saw the addition of

several new stores, including Diesel, Ann Taylor, renovated Apple and Holt Renfrew stores, as well as Tesla Motors, marking the first Canadian dealer for the American electric car manufacturer.

Yorkdale is currently slated to open six more stores in 2013, including John Varvatos, Mulberry and Zara Home.

Website lets users search sustainable buildings



PHOTO BY PETER DAVEY
The Centre for Urban Ecology building on Humber's North campus is a LEED Gold certified building. The structure sits near entrance to the Arboretum.

Peter Davey
Applied Tech Reporter

Those interested in environmentally-friendly building sustainability can now easily search and compare the "greenness" of buildings online using the Green Building Information Gateway.

The website, www.gbgi.com, which was created by the U.S. Green Building Council, allows users to browse around 80,000 buildings. Water use, walkability, energy conservation and building material sourcing are all included in building descriptions.

The U.S. Green Building Council is the creator of the Leadership in Energy and Environmental Design (LEED) classification system.

"LEED certification is basically a green buildings rating system," said Kerry Johnston, program coordinator of Humber's sustainable energy and building program. "It basically awards points for the more aspects of 'green' you put into your building."

Site location, material sourcing, water quality and energy consumption are factors that are weighed.

According to the Green Building

Information Gateway website, "anyone interested in green buildings" will find the information useful, such as project teams, portfolio managers, investors, product manufacturers and researchers.

Johnston said the idea of a "portal of information" is a great idea, but is not the only place people can go to learn more, while adding public awareness of LEED is limited.

"There are very, very few places where there is any sort of requirement for certification on the residential side," said Johnston. "But on the broad public awareness level, we have got some work to do."

Dealing with residential buildings, Rhys Goldstein and Simon Breslav, researchers with software company Autodesk, said the use of occupancy sensors in residences could work to improve energy efficiency. According to Goldstein, buildings are responsible for a lot of energy consumption.

"Buildings consume a very large percentage of all global energy and they produce more than 40 per cent of all greenhouse gases emissions," said Goldstein. "But it's not always clear how to [reduce emissions]."

In a recent project, Breslav explained how building sensors are being improved to accurately measure occupants and their impact on energy use.

"If you know a room is empty, you can decide to turn off the lights or turn off the air conditioning," said Breslav. "So this has a potential to dramatically improve or decrease the energy consumption of the building."

Breslav added this sensing network can be used in all types of buildings.

The Centre for Urban Ecology building on Humber's North campus has a number of features that lessen its impact on the environment and energy consumption.

According to Humber's sustainability webpage, the LEED Gold certified urban ecology building features, among other things, passive solar heating and a bio filter system for wastewater. As well, the webpage has a "green map" showcasing other green buildings at the North and Lakeshore campuses.

Similarly the green building information gateway allows users to browse maps of cities, states and countries, to find both green buildings and green events and projects going on nearby.

'Canada-first' foreign policy being charted under Harper

Caroline Brown
International Reporter

A recent move by the Harper government to remove Canada from a United Nations convention fighting drought is in line with the country's new foreign policy of putting Canada first, said one Humber professor.

Canada dropped out of the convention, aimed at fighting droughts in Africa and other places around the world, on March 30.

Chris Irwin, a professor in the faculty of liberal studies and sciences at Humber, said the government is willing to stick by its priorities and principles and is controversially breaking away from traditional channels, whether it is running the Canadian International Development Agency (CIDA) independent of government or participating in agreements with the United Nations.

"There's really no surprises in the changes," said Irwin. "I think that the Conservatives have been quite consistent in their vision for Canada – a Canada-first foreign policy."

The UN research committee for the particular convention is dedicated to finding ways to stop the spread of droughts that lay waste to farmland across the Earth.

Other agencies are using Canadian resources to continue helping those that need it, said Amy Mills, a spokesperson for CIDA.

"We are seeking to use Canada's resources in the most effective manner possible. Canada will continue to play a leadership role in advancing the global food security and nutrition agenda," said Mills in an email.

"For example, Canada has helped almost 4-million farming households across Africa obtain more drought-resistant seeds for their bean crops,"



PHOTO BY GRAEME McNAUGHTON
Harper has prioritized bilateral agreements with countries such as China, which recently loaned two pandas to Canada, but is withdrawing from UN initiatives.

she said.

Canada's commitments to the United Nations Framework Convention on Climate Change and to the United Nations Convention on Biological Diversity are unaffected, Mills noted.

"There has been a decline in Canadian contributions to the United Nations under the Harper government for quite some time," said Stewart Webb, a writer for DefenceReport magazine.

The Harper government has been pulling out of multilateral institutions – lately they have been negotiating

more bilateral agreements such as the trade agreement with China, rather than soft diplomacy. This is possibly because they see it as a more efficient way to accomplish the goals the Harper government has set out, said Webb.

"If you analyze this just from the point of view of what you expect out of your leadership...my inclination is multilateral, ultimately that has been a very successful path for Canada in many ways," said Irwin.

"This is part and parcel of the path that Mr. Harper has laid out for his part and has shared with Canadians."

Students create art in Humber chocolate competition

Penny Munoz
Culinary/Fashion/Hospitality Reporter

Sherry Yeh is celebrating her achievements as a proud participant of Humber's annual Intercollegiate Chocolate Competition over this past weekend.

An exchange student from the National Kaohsiung University of Hospitality and Tourism in Taiwan, Yeh entered into the competition with the help of Humber chef Joseph Kumar.

The panel of four judges included Chris Kwok, who won second place in the Overall World Chocolate Masters Canadian Selection in January.

Participants from colleges all over Canada were judged on one major showpiece, six identical plated desserts and 30 pieces of bon-bon creations.

This will be the fourth year the event was sponsored by Barry Callebaut, a world leading chocolate manufacturer, with prizes amounting to \$10,000 in value, said Gourmet Promotions representative Lianne Hubbard.

Kumar, who has been involved in training Humber students for the competition since its creation, said the event is a "big challenge."

Having over two decades of experience with chocolate crafting himself, he said though it was Yeh's first time working with choco-

late, she "was very dedicated, even spending time on the weekends."

Following the designated rain-forest theme, Yeh's showpiece was a nature scene complete with roots for a base, fragile leaves, an elaborate snake, delicate flowers and intricate butterflies.

Yeh said she had been working on the design with Chef Kumar for about two months.

"I wanted to challenge myself and improve my skill," she said.

The two-day event is open to the public every year, with complimentary treats offered to onlookers.

Hubbard encourages chocolate lovers to show culinary students their support by attending next year.

"[You'll] be completely amazed by the talent these kids have developed."



PHOTO BY PENNY MUNOZ
International exchange student Sherry Chen prepares for chocolate competition.

Hey bro, got a smoke?

Therese Jastrzebski
Nursing/Health Reporter

The Ontario Ministry of Health has released an online and print advertising campaign focusing on social smoking.

The news ads target young adults and can be seen online, around Humber campuses and at bars.

“The concept of social smoking is characterized by those who occasionally use tobacco products, particularly when in social situations and it tends to come with a perceived sense of control,” said Sarah Butson, provincial manager of the Youth Advocacy Training Institute and Youth Engagement at the Ontario Lung Association.

Social smokers tell themselves that they can quit at any time or they can just smoke at parties, said Neil Collishaw, research director at Physicians for a Smoke-Free Canada.

“This self-talk is usually defeated by the pharmacological effects of nicotine, which kind of take over,” said Collishaw.

“[It can] turn people who think they can quit any time and think, ‘I’ll just smoke a few’ to people who smoke and can’t quit and it happens more often than it doesn’t.”

“They’re still smokers,” said Neil Toews, 22, a second year Interactive Media and Web Design student about those who call themselves social smokers. “They’re obviously addicted or they wouldn’t keep doing it.”

Toews identifies as a smoker and said most of his friends smoke regularly and not just when out partying.

The 2011 Canadian Community Health Survey from Statistics Canada showed young adults have the highest rate of smoking of all age groups.

The ad campaign, which has gone viral and has received international attention, compares social smoking to “social farting” and shows a young woman farting in social situations.

“It’s true that I fart,” said the woman in the ad. “But I wouldn’t call myself a farter, I’m a social farter.”

The campaign uses humour to create a dialogue and is a great way to start a conversation about social smoking, said Butson.

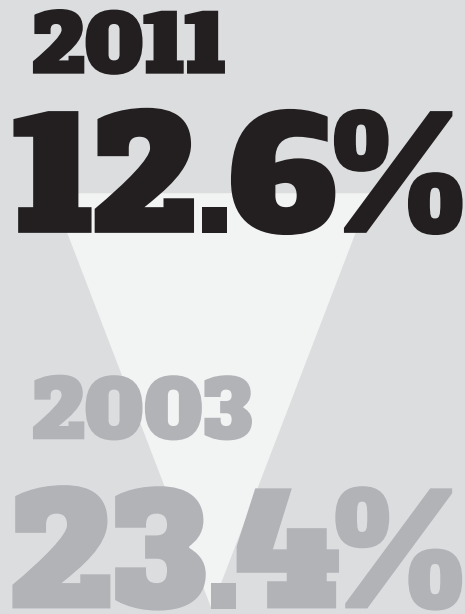
“I think there’s an importance of having a dialogue and debunking and exploring some of these myths of social smoking,” said Butson.

Of young people who have ever smoked a cigarette, 64 per cent go on to becoming daily smokers, a study from the Canadian Medical Association Journal found.

Nicotine is highly addictive and trying a few or even one cigarette can quickly lead to addiction, said Collishaw.

“Social smoking is typically a step along the way towards very regular smoking for a long period of time,” said Collishaw.

Youth exposed to second-hand smoke



In 2011, 12 – 19 year-olds made up **29.4 per cent** of the 1.27 million non-smokers who were regularly exposed to second-hand smoke.

Source: Canadian Community Health Survey, 2011 (Statistics Canada)

Reasons why people smoke socially:

- Many people who smoke socially don’t realize occasional smoking can be harmful.
- They may not be aware of how easy it is to become addicted.
- If you are around people who smoke, you may be tempted to smoke too. It may seem like smoking makes social situations easier.
- Some people just have a cigarette when they go out drinking with friends.
- Sometimes you find someone that may have been up all night studying and wanted a break to help them stay awake, resorting to chain smoking through a cramming session.

Source: University of California, Irvine

Music a healing tool in therapy sessions

Lily Tran
General Assignment Reporter

Music does more than entertain - it provides therapy to all ages.

In a study published in Trends in Cognitive Sciences Journal, two researchers from McGill University in Montreal said music could help with mood and stress reduction, help boost immunity and aid social bonding.

Music Heals, a music therapy awareness association, presented a charity concert on April 13 for Sick-Kids Foundation; Ricker Choi, an organizer and performer for the event, said he thought music “does have ther-

apeutic properties.”

Music therapy is the use of music and movement to help patients achieve a goal, whether the goal is physical, psychological or emotional.

Increasingly, institutional settings make use of music therapy, which is available to all residents at Humber Valley Terrace, said Jennifer Zerafa, a first-year personal support worker student at Humber. Zerafa is a placement student at the Terrace, a long-term care facility.

“[Residents] go along with it. They all like it and they’re really happy when they do it,” said Zerafa. “They get involved with the dances, they follow and remember the steps with the [music therapist].”

The dances help with residents’ memory and motor skills, said Zerafa.

“Music therapy centres around the response to music and how music can be emotionally provoking,” said Erin Gross, public relations representative at the Canadian Association for Music Therapy.

“Music can stimulate areas of the brain that can’t be reached otherwise,” said Gross, adding that if someone “suffered a stroke and they have difficulty with language, music can stimulate an alternate side of the brain that can produce language.”

Music therapy is “extremely motivating and engaging for any client

population,” said Gross.

“There are very few people who don’t respond to music.”

Part of the experience is the bond between patient and music therapist. The relationship helps music therapy differ “from music entertainment or other forms of therapy,” said Gross.

“An effective music therapy program can at least provide people with moments of joyfulness,” like in palliative care, said Aaron Lightstone, a music therapist at Music Therapy Toronto.

“In palliative care, it’s not just for the patient but equally comforting to their family members who are around,” said Lightstone. “In long-term care, it helps people with different forms of dementia. You’re able to use music to provide sensory and cognitive stimulation,” he added.

The benefits of music therapy can range from person to person, said Lightstone.

“It can improve or maintain a person’s emotional, physical, psychological or spiritual well-being or functioning,” said Lightstone.

Physical benefits include “improved motor coordination, decreased anxiety, decreased heart rate and even decreased pain,” said Gross.

“It’s therapy but most importantly, people say it’s a joyful experience,” said Lightstone.



PHOTO BY LILY TRAN
Instruments like guitars are easy to use to facilitate music therapy sessions.



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Toastmasters helping students gain confidence

Toastmasters gives Humber students the chance to polish public speaking skills

Kat Shermack
Biz/Tech Reporter

Humber students are gaining confidence and public speaking skills at Humber's Toastmasters club.

Toastmasters International is a non-profit organization with more than 13,000 clubs in over 100 countries with the aim to help members develop their communication skills by practicing speaking in front of a group.

Humber's Toastmasters branch was founded two years ago, and is open to all Humber students.

Diana Gaspar, president of Humber's Toastmasters club and third-year e-business marketing student, said good public speaking skills are essential to success in school.

"I think it's an avenue where a lot of students need help, but don't necessarily know where to go," said Gaspar. "Being able to help other students conquer that fear of public speaking is really what attracted me to the club."

Gaspar added that the skills students learn at Toastmasters can also help them in the job market.

"If you're in a job interview, and you're asked a question you may not know the answer to, a lot of times people struggle and don't know what to say," said Gaspar. "The training that happens at Toastmasters is to help you develop the ability to answer those kind of questions clearly and concisely, and be able to give a thoughtful answer."

Toastmasters meetings involve different activities that encourage members to practice speaking in front of a group. Members prepare brief presentations, and are given constructive

feedback from their peers.

Members also participate in "table topics," where a random topic is chosen, and the participant must speak directly about that topic in front of the group for two minutes.

Malika Salih, fundraising and volunteer management student, said attending Toastmasters has already made an improvement in her public speaking skills.

"I get comments from all my classmates now saying I'm so much better at presentations," said Salih. "I don't look nervous at all, I've improved so much."

Alain Londes, business professor and the club's faculty advisor, wanted Humber students to have a chance to improve their public speaking skills.

"Some students might be nervous speaking in front of a group, but that is what they will encounter in group presentations at Humber," said Londes. "Students can use this as a practice ground to learn how to deal with that nervousness."

"How to use visuals, how to persuade, how to use a little humour, how to inspire your audience," are some of the ways Toastmasters can improve public speaking skills, said Londes.

According to Sutha Shanmugarajah, youth leadership chair for Toastmasters Toronto, school can be an intimidating environment to practice public speaking.

"This program makes it more positive," said Shanmugarajah.

Membership in Humber's Toastmasters Club is \$30 per semester. The club meets every Friday from 2 p.m. to 3 p.m. at Lakeshore campus in room L3010.



COURTESY HUMBER TOASTMASTERS
Toastmaster International is a non-profit organization with more than 13,000 clubs in over 100 countries around the world.

Students hear about the new world of journalism

Xiaoli Li
Biz/Tech Reporter

Under the tutelage of media experts, Humber journalism students heard about their future role in the industry in a seminar at Humber's Lakeshore campus.

David Skok, Global News' digital director and a 2012 Harvard University Nieman Fellow, spoke April 4 about the role disruptive innovations – technological advances that change an existing market – play in the world of journalism.

"If I were to look anywhere, it'd be in the mobile space right now," said Skok. "[Viewers are] seeing content on multiple devices in ways that you never would before...as they're watching TV, they're consuming news on their tablets."

At Harvard, Skok co-authored a paper on disruptive innovations, and how journalists can work with rapidly changing mediums, including the role news aggregator websites like Gawker and Huffington Post have to play in journalism.

"Global News has been doing a lot of very interesting things, especially online, and given our focus with this program, it seemed like a good fit," said Dan Rowe, coordinator of the journalism degree program at Humber Lakeshore.

"The work that [Skok] did during his fellowship at Harvard, also seemed like something students would benefit from," said Rowe.

"I'm interested in broadcast, and the way that it applies to the web," said Rudy Moscoso, a second year journalism student. "the fact that Skok presented [the web] as a different medium, as a completely different animal, that surprised me. I didn't think of it that way."

"Don't believe the hype about the industry being in demise. It's not. There's more journalism taking place today than ever before," Skok said. The most important thing is "understanding the job to be done, that you're trying to fulfill," he said. "Once you understand that, the platform doesn't matter."

"It doesn't matter if you're going to a TV station, or radio station, or print news. If you understand the job, all of that stuff will just melt away and you'll be driven by that."



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Which Thatcher will you remember?

HUMBER
Et Cetera

Was she the greatest political leader of the last half of the 20th century or a barbaric tyrant who rose to power on the backs of the English poor? How history will remember Margaret Thatcher is as hotly debated as her time in U.K. parliament.

And no matter on what side of the fence you stand, there's no escaping the hyperbolic rhetoric that comes with discussing Britain's first female prime minister.

Dubbed "The Iron Lady" by the Soviet press (a critical handle taken up with affection by many others, including Thatcher herself), and wonderfully captured by Meryl Streep in the eponymous film, the moniker would stick with Thatcher throughout her three terms as prime minister and define her uncompromising style of politics and leadership.

During her time as Britain's leader the country's GDP rose 23.3 per cent, she would win a war, battle Britain's unions and even decriminalize homosexuality. Thatcher is viewed by many to have pushed the country forward into a modern era, upending the country's long-history of tradition and preparing it for the future.

A winning ideologue who fought against the male-dominated "mad house" that was British parliament.

Backbenchers condescended over her accent and the opposition would famously shout, "the lady doth screech too much."

But what history's unflinching memory is more inclined to remember is the cuts to social spending, soaring unemployment, and subsequent recession that followed her decade in power.

"Where there is discord, may we bring harmony. Where there is error, may we bring truth. Where there is doubt, may we bring faith. And where there is despair, may we bring hope." Thatcher speaking the words of Saint Francis from the steps of 10 Downing St. is a reflection of everything she sought to achieve but ultimately failed to accomplish.

Monetarism, Thatcher's economic policy, would quickly be defined by a tighter control of money supply, financial deregulation, and privatization. In her first two terms as prime minister, one fifth of Britain's industrial base was wiped out and led unemployment rates to more than double. The summer riots that ensued in major cities across Britain would be the first signs of her growing unpopularity across the country.

Undeterred by the declining numbers at the polls, the Iron Lady

launched into one of her most controversial moments in office, the Falkland Islands conflict, ignoring diplomatic channels that had previously averted crisis with Argentina. Britain would launch into a full-scale war over the disputed territory that led to 278 British casualties and left more than 3,000 Argentinian dead.

The war was not a complete waste, as it thoroughly diverted attention from problems on the home front and led to her winning a third term in office.

Thatcher's foreign policy wasn't only defined by the Falklands but also by her support for the apartheid regime in South Africa, and by famously calling Nelson Mandela a "terrorist." Her renewed oppression of Ireland and hatred for the Irish Freedom Fighters led to an assassination attempt she narrowly escaped in the 1984 Brighton Hotel bombing.

Near the end of her time in parliament, a disastrous flat-tax rate that unfairly targeted the poor, and vocal opposition to the European Monetary Union further cemented plummeting poll numbers. An upheaval in the conservative party would see her ousted as prime minister and leader of the party.

For some her legacy was defined by

her stalwart politics, her ability to win elections and bring about a sharp rise in the British economy. But as hundreds in recent days march through the streets and "Ding-Dong the witch is dead" rises on the UK charts, what she accomplished as a politician will always be overshadowed by the suffering of the middle-class under Thatcherism.

Her unbridled push for economic liberalism and deregulation was arguably a pre-cursor to the banking and housing crisis that would later settle upon the UK.

And while she opened doors for women across Britain as the first female leader, which also coincided with an 80 per cent increase in women's wages during that period, she simultaneously slammed the door behind her for future female leaders of Britain. After 20 years since her time in office, the fact that the Tory party has made furtive attempts to distance themselves from any form of Thatcherism is another testament to her legacy.

Maggie, a fierce politician whose stubbornness, and unapologetic way of leading remain strong in the public imagination, will always be remembered more for the damage she inflicted on the lives of millions.

EDITORIAL CARTOON



"Iron Maiden"

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QUOTED

Is social media activism a valid form of activism?

"I think online is much safer and more practical; why expose yourself to the harsh weather, and to brutalities? With online petitions, for example, I think it's working. A person can be a web warrior."

Tony Huidrom, 45
Paramedic,
1st year



"It doesn't help as much as it should. I think word of mouth makes [the cause] last longer than little trends here and there. People just jump on the bandwagon, and then after that, it dies down."

Jonathan Monti, 20
Hotel & Restaurant Mgmt,
2nd year



"It's having some influence. You may get a thousand people to change their display picture, and maybe one of those people will actually go out there and do something about it, which is better than nothing."



Audrey Kyere, 21
Early Childhood Education,
1st year

Humber Et Cetera serves to inform the Humber community and give its people well rounded coverage on the things that matter to them.

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How one woman rocked bi-racial boundaries

Stacey Thompson
Associate Art Director



That feeling of not being good enough is something that plagues many people. And some people point out the flaws of others to make their own less noticeable.

This behavior has affected my life not only because of my taste in music, or clothing or hairstyle, but even because of something I didn't choose: the colour of my skin.

My mother is Canadian, of Dutch and German descent. My late father was Jamaican with English roots. This was not strange to me, because these are the people who I grew up knowing

and loving, and the people who shaped me. I always knew I wasn't exactly like my mother and not exactly like my father, but this didn't bother me until my peers in grade school started singling me out.

I was six years old when it first hit me that I didn't quite fit in with everyone. There was a black girl at school who seemed a kind-hearted person in my class.

One day at recess, I had no one to play with, and being six, that was sad-denning. So I approached this girl and asked her if I could play with her and

the group of kids she was with. Her response was, "No. Only black kids can play." I walked away feeling ashamed and for the first time I realized I was different in other people's eyes. I didn't have a place to fit in.

At the age of 11 I moved to Barrie, about 45 minutes north of Toronto. My father was sick and needed to be moved to a less busy place. Barrie was a town with few people representing visible minorities, and I noticed I really stood out.

My first day at Maple Grove Elementary School, in my sixth grade class, I was the only kid with a visible, "natural tan." For the first time among white children, I was aware of my racial difference and worried what other kids would think of me.

Barrie was the first place where I encountered racism and where I discovered what hate truly felt like. One boy a year older than me said he would join the KKK just to kill me.

Two short years later, I moved to Bryan, Texas, halfway between Dallas

and Houston.

Texas was an experience in and of itself. First off, being Canadian in America was strange. To me, everyone had the accent while to everyone else, I did. Four seasons no longer existed; it was hot and hotter, and the winter was more like a Canadian fall. School started in August and ended in May, and the racial divides were an eye opener.

The three largest racial groups in Texas were Mexican, Caucasian, and African American, and the "in-between" kids would choose which part of themselves to connect with more – and then hang out with the kids that fit into that racial group. If a person was mixed with black and white such as myself, it was assumed the black side would prevail. This was expected.

I was brought up to look at myself and the people around me as individuals, irrespective of skin colour. I have chosen to see personalities and uniqueness in others and not to see race. This

didn't go over well with the other kids. I was called the Oreo cookie, an uppity N-word, among many other insults. This is what I experienced for a good five years while I was going through school in the States.

I remember eighth grade was the toughest, and going home to my mother and saying, "I wish I wasn't half black, I wish I was white so I didn't have to deal with all this crap." Strong words that I took seriously for a long time, until I grew up.

I am who I am. Yes, I may be bi-racial but this fact doesn't define my whole being. I am proud to embody my mother's and father's ethno-racial heritages, while maintaining my individuality.

I am not bitter toward the kids and adults who treated me differently because of my skin colour. All those experiences have made me stronger and more attuned to who I am. Rock who you are! Embrace it! In the end you only have yourself – and that doesn't sound too bad to me.

Social media breeds slactivism

Lime Blake
Photo Editor



My first encounter with online activism was back in January 2010, when female friends and family members began to update their Facebook statuses with vague, out of context announcements of what colour bra they were wearing that day. Why were all of the women in my life doing this? What was the big secret?

Breast cancer awareness, I eventually found out.

Ten months later, just about everybody I knew had updated their profile pictures to characters from classic cartoon serials. This, I quickly found out, was somehow an act of advocacy to promote the awareness of child abuse.

"But isn't everybody already aware of how prevalent child abuse is?" I remember asking myself.

I challenged a girl I was Facebook friends with at the time about the laziness of changing her profile picture to that of Angela Anaconda instead of physically leaving her house to join an active coalition against child abuse. She pointed out that what she had done did indeed help to spread awareness and was leagues more than the nothing that I had done. However true this may have been, a sour taste in my mouth permeated. How effective was this lazy attempt at activism, really?

Slackivism – coined by Fred Clark and Dwight Ozard for their 1995 series of Cornerstone Festival seminars – has become prevalent over the last couple of years, to the point where humanist groups and corporations eagerly encourage those linked to social media groups to voice awareness of particular messages through blogs, Tumblr, Twitter, and Facebook. But again, how successful is this, especially when some of these advocacy groups either turn out

to be fund-based scams and/or merely founded in pure ignorance, such as Kony 2012?

On Mar. 25, Facebook users were once again encouraged to change their profile pictures, this time via a post by the Human Rights Campaign page, in favour of red and pink equals signs to show support for same-sex marriage as the Supreme Court of the United States began its deliberation of the Defense of Marriage Act. In a report by Internet database site Know Your Meme, within mere hours the post not only garnered "nearly 17,000 likes and more than 60,000 shares," but had extensive support from celebrities, as well as 13 members of the United States Congress. According to the report, this latest act of online activism produced an increase of Facebook profile picture changes by 120 per cent – a little more than 2.7 million people.

I've always held the strong belief that social media is in fact a weapon for truth and justice – however, there must be a proven outcome. The Arab Spring and the Occupy movement are notable examples of how true activism, using social media, can either prevail or crumble. There is absolutely nothing wrong in the advocacy of a worthy cause and standing up for what you believe in. But there is little evidence that taking a couple of quick minutes to tweet, update a Facebook status, or fall in line with millions of others' profile pictures will do anything more than satisfy the ego.

Activism through social media is only a single step in the right direction. Flesh, blood, and tears are the true tools we must use to change our precious world for the better.

Four-letter word Slut does more than just shame

Sarah MacDonald
Features Editor



Rehtaeh Parsons, a 17 year-old Nova Scotia native, was apparently a slut because after being allegedly raped by four boys at the age of 15, there was no other word for her.

But today we call her a victim.

Parsons died on April 7. After dealing with the alleged rape from almost two years ago, followed by the on-line torment and depression, Parsons hanged herself in her bathroom and later died in hospital.

Parsons has become one more victim in the seemingly endless line of teenagers of late that have had to deal with the unbearable agony of being shamed and bullied.

What's worse, though, as many will remember Parsons for a myriad of warm or tragic reasons, is that she was first marked as a slut.

In November 2011, Parsons went to a party (like kids do) and she had some vodka (like kids do) and only remembered bits and pieces of the night (like kids do).

Parsons could discern only a few things in her hazy memory, such as throwing up out of a window or hearing a boy say, "Take a picture!" as another had sex with her.

These photos were later distributed throughout her school and kids began to mercilessly taunt and tease her, sending her mental health into a downward spiral.

Parsons' heartbreaking story bears a chilling resemblance to Amanda Todd's, whose death last fall sent tremors worldwide. Bullying was pointed out as the reason for Todd's death and the same is true of Parsons.

But simply making bullying the umbrella term for the kind of harassment girls like Todd and Parsons faced

– and even the kind of treatment girls face every day and everywhere currently – doesn't get to the heart of the issue.

The continuity of slut-shaming and its role in the development of girls, of women, is a quandary that many are unlikely to say is the problem.

But it is.

Girls will cavalierly prod one another with the word "slut", citing it as a term of endearment rather than recognizing it as something offensive.

A word like slut has such a powerful connotation. Replace it with "whore" or slide in its true meaning, which is to say, filthy, it boils down to one thing if you're a woman: you're dirty if you enjoy sex.

But Parsons wasn't enjoying the sex in any consensual way. Society comes up with all kinds of excuses to explain away the violence perpetrated by these young men: she was drunk or boys will be boys or kids will do the things kids do.

But these are never valid reasons for why Parsons was called a slut in the hallways of her school by people she used to consider friends.

Parsons' mother Leah wrote on Facebook that many of the people had begun to alienate Rehtaeh after this incident. Speaking to CBC, Leah Parsons said her daughter's mood and demeanor changed at this time.

The toxicity of social media and texting and having access to anyone at any given moment can be quite disastrous. Peers – if you can call them that – begged Parsons for sex via text message. Spreading this slut-shaming behaviour via text or online gives the word further undeserved legitimacy and longevity.

She and anyone else like her who faced or is facing similar treatment are forced to relive it over and over again.

I've woken up to a "you whore" or "what's up, slut?" message after a night of debauchery and youthful mistakes and felt the sting of such abhorrent judgment not just from people I call friends but fellow women.

What I indulged in the night before was of my own choosing; but this choice was taken away from Parsons before she even knew what to do with it.

There is an idea going around that someone must be to blame for failing Rehtaeh Parsons; that someone aside from these wretched teens should be held accountable.

The school administration is to blame, perhaps, because punishment wasn't effectively meted out to these raucous youth for spreading photos and using words with awful, hurtful meanings.

Maybe the RCMP is at fault for not really putting in any effort to investigate what happened to Parsons on that night almost two years ago; they concluded that it was simply a case of "he said, she said."

Blame can be placed anywhere and on anyone so easily but we must ask ourselves why we think it's okay to raise girls to tolerate being called a slut. We must look to ourselves to understand why such a sordid word is given so much weight in our society.

Rehtaeh Parsons fell victim to a number of things and being called a slut was one of them. The only way to move forward is to forfeit the word slut from our vocabulary and call Parsons by what she really was: a person.

Let's talk about

Gabby Mann
Life Reporter



Giving a new name to an old habit: casual sex makes the rounds on college campuses but is it detrimental for future adult relationships?

Casual sex and “hooking-up” are loosely defined terms of cultural importance, according to experts. But the long-term effects of this casual sexual behaviour marked predominantly by youths in their teens to late twenties is undetermined.

“Part of [casual sex] is curiosity, part of it is the desire for sexual pleasure...there’s also a lot of peer pressure,” said Suzanne Senay, a Humber humanities professor. “Thirty or 40 years ago, people had casual sex, they just didn’t call it hooking up. I think this is the same phenomenon.”

The expression of hooking up, however, has become an umbrella term that is used for a number of things.

“There’s some big age differences. High school students use the term hooking up and it could just be making out and nothing more,” said Jocelyn Wentland, a sex researcher at the University of Ottawa. “University age students and older, when they use hooking up, they use it strategically so they don’t have to disclose what behaviour or activity necessarily happened.”

Some say a new generation is following what happened before them and simply describes it differently.

“How much is this a new generation putting a new term on a very old occurrence?” said Caleb Yong, a Humber comparative religions professor. “Is it different from previous generations, throughout history? No. My sense is that the younger generation is not engaging in [sexual activity] more than [previous generations] were.”

Mark Petit, a second year film and television production student, said casual sex and hooking up go hand in hand with the college experience. Students being on their own and away from home makes sexual experiences a primary expression of their newfound freedom.

“A lot of people forget the responsibility part of it to an extent, almost like it’s a vacation from reality,” Petit said. “I notice people are hooking up to fill a void because they haven’t found someone who’s more special yet and something is better than nothing.”

Others make the point that students need to take responsibility for their sexual behaviour.

“If you want a date, don’t have sex. I hate when you listen to someone complain, ‘Oh, they only hit it and quit it.’ Then you probably shouldn’t have had sex with them,” said Don Schram, a first year sports management student. “If you’re down with casual sex, have casual sex. If you’re not, do not have casual sex.”

Researchers agree, however, that casual sex is not overtaking the college experience and that traditional relationships are still sought by students.

“We have this idea that campuses are riddled with casual sex, and, ‘Oh my gosh, no one is dating any more, and no one has [a] boyfriend or girlfriend, heterosexual or not.’ I don’t think it’s just this casual sex free-for-all, and nobody ever has any emotional intimate relationships any more,” Wentland said.

Wentland’s point is reflected in the Humber students who have committed, monogamous relationships.

“I’ve been with my boyfriend for a year and half, and casual sex with anyone even before I was in a relationship was never in my mind,” said Katelynn Turner a first year creative photography student.

Students may be aware of the disincentives for casual sex, which can lead to personal consequences of feeling peer-pressured and uncomfortable with their choices.

“There is some research that has shown some negative outcomes of engaging in hooking up and casual relationships, but it comes down to some of the motivations, which haven’t really been studied,” said Amy Muise, a social psychologist who studies sex in relationships and teaches at University of Guelph-Humber. “Of course if you’re doing something that you don’t feel comfortable with, or that you feel pressured to do, it could have negative outcomes.

“That could be the same if you’re engaging in a romantic relationship for that reason. I think when people are doing it because it’s something they want to do, we’re less likely to see those outcomes.”

This doesn’t necessarily mean the value of sex is evident in a hook-up culture, said Senay

“When it becomes something that people do so casually, to take an experience that’s deeply intimate and ignore that aspect of it, is a potentially a de-valuing of sex,” Senay

said, adding that some people may get a rich experience from hooking up.

Perceptions of the level of intimacy involved in sex is often skewed or misunderstood and may undervalue one person’s experience over another’s, said Wentland.

“There are people that can engage in very intimate relationships with people that are strictly physical and they can still be emotionally fulfilling for people. To say that casual sex is emotionally unfulfilling and lacks all intimacy, I think that that’s a very incorrect view of casual sex,” Wentland said.

There is a need to educate people on sex and personal desire, said Senay.

“If we could discuss that kind of thing more openly and earlier, like high school and college level, then I think some of the curiosity would be satisfied by knowledge instead of experimentation,” she said. “People would have a better idea of what they might want from sex.”

Some experts say having intimate relationships might be harder for this generation.

“I do think society is changing. I think we are moving away from the classic nuclear family,” said Yong. “My sense is that younger people are having a more difficult time creating more intimate relationships. Because to be intimate you need to be vulnerable. But technologically, we are creating these mediums using social media... people are asked to create themselves and are constantly constructing their identities. That makes it harder to become vulnerable.”

Some students said they aren’t concerned a cavalier view of sex will affect the future relationships of this generation.

“I think we’ll cool down, like basically, people are just going to f--k like rabbits now, as soon as all the f--k is out of their system, then they’ll cool off and settle down,” Petit said.

Muise says that there is no evidence suggesting that those who wish to pursue a committed relationship would be hindered by their hooking up past.

“My sense is that this need to connect and belong and this need to be in meaningful relationships with people, is a basic human need. I definitely don’t think that people are having more diverse experiences in their lifetime means that need goes away.”

about sex

“ If you want a date, don't have sex. I hate when you listen to someone complain 'oh they only hit it and quit it' then you probably shouldn't have had sex with them. If you're down with casual sex, have casual sex, if you're not – do not have casual sex. ”

Don Schram, student

Playing it cool: Humber faculty shine at Junos

Faiza Amin
A&E Reporter



First-time Juno nominee Shirantha Beddage, director of the theory and harmony department at Humber's Music Department, said the nomination of his jazz album *Identity* came as a quite the surprise.

"I'm very honoured to be part of this group and be included to be recognized this way," said Beddage.

Canadians across the country will gather around their television and watch the country's most talented artists celebrate their musical accomplishments this coming Sunday with the Juno awards, perhaps Canada's most widely recognized award show.

Among those being celebrated are Humber alumni and faculty members, who are nominated in several Juno categories. The traditional jazz album of the year category alone boasts some of Humber's most talented alumni and faculty members.

Beddage's album features a number of Humber faculty including Dave Restivo from the piano department on piano, Mike Downes, head of the bass department on bass and Mark Kelso, head of the percussion department on drums.

Kelso has brought a diverse background to the group as he has played everything from pop, rock and theatre to gospel. Kelso said he doesn't like putting all his musical eggs in one basket.

"Music is like investing and the number one rule of investing is trying different things," said Kelso. "I'm not a fan of genres, it's what you're playing and how you're playing that makes music special."

The band members met for rehearsals a couple times a week and exchanged ideas on their interpretation of each instrument. Kelso said the studio sessions were successful because Beddage's vision was clear to the musicians.

"We're there to support him and give him the best possible product we can and obviously we did something right for him to get that nomination," said Kelso.

Beddage finds himself nominated with other fellow Humber colleagues, teachers, and former students- but he isn't surprised by Humber's strong presence in the category.

"I think the musicians that are on staff here are absolutely some of the most versatile, well-rounded, proficient musicians in this country," said Beddage.

Beddage isn't the only Humber professor in this category. Brian Dickinson, head of the piano department at Humber, is nominated as part of The Brian Dickinson Quartet for the album *Other Places*. Dickinson is a two-time Juno winner; he won his first one in 1991 for his album *In Transition*, and another as a featured artist.

"It's been a while, but it's always nice to get some recognition," said Dickinson.

Both Beddage and Dickinson recorded their nominated albums with Addo, a recording label owned and operated by Steve Bellamy, associate dean at Humber's School of Creative and Performing arts. Bellamy said the recognition reflects the talent housed at Humber.

"You can count on a number of our faculty being involved in these albums every year," said Bellamy. "This continues the tradition of Humber really playing a leading role in the music industry in Canada."

Bellamy, also the recording engineer for *Other Places*, said Dickinson was very focused in the studio and didn't need many takes.

"He's very committed to his compositions and getting the right people to play on the albums," said Bellamy.

Dickinson recruited the help of long-time friend and saxophonist Jerry Bergonzi, whom he first heard play in local Boston clubs 20 years ago.

"The first time I heard [Bergonzi] play in clubs there was something about his music that kind of got under my skin. Ten years later, I thought it would be really nice to play with him," said Dickinson.

Although he's a full-time professor, Dickinson continues to play shows with a wide variety of great jazz musicians in both Canada and abroad. Grossman said these collaborations are what make the Juno nominees so impressive.

"These are people that have played with the biggest names in jazz internationally, so it's an impressive crop of people who have," said Grossman.

Dickinson and Beddage both graduated from Humber's music program. Beddage said Humber's program has a faculty with teachers who have a wide variety of skills and experience.

"One of the things that I really loved about being here as a student years ago was that I got to learn from all these different people who had different areas of specialty within the music industry, but are very proficient in what they're an expert at," said Beddage.

Whitaker said Humber graduates returning to teach at the college speaks volumes about the school's reputation.

"That's the ultimate compliment to the school, when we've contributed to the education of such talented people and then they maintain that connection with us," said Chris Whitaker, president of Humber College.

Beddage graduated in 2002 and was the recipient of the Canadian Academy of Recording Arts and Sciences award, an organizing body of the Junos.

"That was 10 years ago and I don't think that I ever imagined that I'd be going back there as a nominee, but it was a thrilling experience and I'm looking forward to going back," said Beddage.

Upon graduating, Beddage's first job was teaching at Columbus State University, located about an hour south of Atlanta, Georgia. The then 26-year old said he was overwhelmed with the sudden change in his life, and being a long distance away from friends and family.

"I think the challenge of trying to find my own identity as a teacher and a musician in a totally foreign place was a big challenge," said Beddage.

That experience itself inspired some of the composition for his record *Identity*. Beddage was balancing his two roles, musician and educator. He said he found a balance between the two when he realized that being a musician and a teacher was a symbiotic relationship.

"Part of the craft of developing your voice as a teacher is very similar to the way that you develop your voice as a musician," said Beddage.

"You have to constantly reevaluate how you conceptualize your craft, in this case music."

This Juno awards ceremony will be held in Regina at the Brandt Centre on April 21.



PHOTOS BY FAIZA AMIN

Brian Dickinson (above) is nominated for his album *Other Places*, and Shirantha Beddage (below) is nominated for his album *Identity*.



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EVENTS IN TORONTO THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 Lula Lounge presents new house band Euphonia, a 'community of musicians' performs energetic classical music for a 'new generation' of listeners.	16 Lillian Crum at the Gladstone Hotel The Toronto-based experimental artist uses sumi ink on paper to explore 'visual uncertainty through a psychological lens.'	17 VIVA's! 13th annual fundraising gala Three youths perform American Songbook favorites to provide quality music education to youth across the GTA	18 Buy Art Not Kids at Havergal College Funds from this charity auction to help rescue and rehabilitate child sex-trafficking victims in Cambodia.	19 The Art Galleria Expo at Tattoo Rock Parlour Schmooze with artists, drink some wine, buy art, and rock out to music. RSVP on Facebook, \$15 at the door.	20 Celebrate 20 years of Lakeshore Arts The Make Your Mark fundraiser will feature Bollywood dance, palm readings, blackjack lessons and more.	21 Digital Imprint at Creatures: Collective Event at downtown gallery is a platform for photographers to have their captures adapted and featured on canvas. Admission is free.

Chamber jazz-pop band tells stories



COURTESY SHANNON GRAHAM

The chamber jazz-pop band, Shannon Graham and the Storytellers, will be celebrating their CD's release on Wednesday.

Andrea Fernandes
A&E Reporter

A 10-piece chamber jazz-pop band will host a CD release party on Wednesday at Gallery 345 on Dundas West.

The group, Shannon Graham and the Storytellers, uses instrumental music to tell a story and to evoke emotion.

"We are using art music for people to connect, and hear the expressive nature," said Graham. "It's like film music; it's trying to depict something."

She said that although people don't usually relate to music without lyrics, she strives to make this happen by tackling topics like depression, loneliness, and happiness.

"[Instrumental music] is very powerful and is a direct transmitter of emotion," said Denny Christianson, the head of the music department at Humber.

Aline Homzy, 24, a violinist for the Storytellers and a graduate of Humber's music program, said that Shannon's music is very moving and has a theme behind it, including a song that expresses how death is something we should not fear.

Jessica Deutsch, another member of the group who also studied music for a year at Humber, describes the Storytellers music as "very moody, punctured and surprising."

The event runs from 8 to 11 pm, and attendees will get the Storytellers CD. Admission is \$10.

MuchMusic VJ finalists

Jonathan Mace
A&E Reporter

Humber College student Jasmine Shim has made it into the top 20 for this year's MuchMusic VJ search.

Shim, 21, a second year public relations student, is currently traveling across Canada by bus with the 19 other finalists.

Scott Willats, who has been a VJ at MuchMusic since September, explains, "First they had to put together an audition tape of no longer than five minutes."

Of thousands of tapes, 100 were put online to be voted on. The final stage is essentially a reality show that Willats said played a part in the selection.

"Because it's a show, we had to make sure it was entertaining. We picked out people who were characters as well as those we thought would make good VJs."

The candidates' tour of Canada's capital cities ends Thursday, in Toronto, where the next stage of the VJ search will be announced live on MuchMusic.

Natalia Buia, MuchMusic-production assistant, said, "it takes somebody adaptable, outgoing and adventurous."

Video Jockeys do a lot of different work, they host their own shows, they travel, MC live events and have to be involved in social media as well as the community.

"There is no daily routine, you have to play it by ear," said Buia. "VJs have to be willing to travel, stay early and stay late."

Shim has been spending the last few days on a 40 person bus with 38 people and all of the film crew's gear, but says that her training at Humber College has helped to keep her grounded.

"I think it's helped me keep my image," said Shim. "I understand the importance of having a brand and a strong social presence. The pros have all been so supportive."

Willats said that Shim will have to build a large fan base in order to make it, but does bring valuable qualities to the job.

"She had more content knowledge than any other candidate, she knows about the popular television scene as well as new music," said Willats. "The fact that she is comfortable on screen is important because if you're having fun, then so will the people watching."

Humber students can show their support on Shim's page at muchmusic.com/vjsearch or by tweeting #jasmin4VJ.

Urban Monks at Brit-themed fundraiser

Erica Vella
A&E Reporter

Humber's creative photography program will host a British themed concert fundraiser and dinner on Wednesday to support the annual study abroad workshop.

The concert will feature British band, Urban Monks, and funds will help graduating photography students' pay for an excursion to foreign locations that are culturally rich in art and photography.

This year's study abroad workshop will explore Amsterdam, Berlin and London.

"Students are required to shoot and produce a body of work that they will later bring back to Toronto and exhibit in a gallery," said creative photography professor, Cathy Bidini.

"This trip is giving us a chance to broaden our ideas and perspective," said Elske Degroot, 35, a second-year creative photography student.

"It's going to be a fantastic trip. Going to Berlin and seeing all of the architecture and history... going to London, England and the chance to photograph different ways of living than here," she said. "We are there

getting a chance to photograph but also being guided by professionals like our teachers that are able to still give us tips and hints on how to take the best photographs."

The graduating photography class

has organized the event under the guidance of Bidini and creative photography professor David Scott.

"[The fundraiser] creates an opportunity for us to explore areas in greater depth, photographically," Bidini said.



COURTESY PETE OLDRIDGE

Urban Monks are musical guests for creative photography fundraiser on April 17.

Comedy student performances have no shame



COURTESY RYAN DILLON
Ryan Dillon along with the rest of the second-year comedy students, will have a three night performance at the Comedy Bar.

As three nights of performances commence at Comedy Bar, Humber second-year yuksters are 'just throwing it out there'

Kateryna Barnes
A&E Reporter

Humber's second-year comedy students are getting a taste of the real world before they graduate this spring with performances at Comedy Bar on Bloor Street West at Ossington Avenue.

The students have been divided into three groups; each will have a night to themselves to collaborate on a show.

Humber instructor Robin Duke, an alumna of *SCTV* and *Saturday Night Live*, said she wanted to give her students the opportunity to learn how to organize and promote their own shows.

"And they are all really great shows," said Duke.

Variety will be the spice of Cass McPhee's and her group's section, with sketches, solo performances, song par-

odies and 10 minute plays.

She said there was much preparation to prepare for the big evening.

"First of all we had to do a lot of writing, and of course writing means rewriting, rewriting and rewriting," said McPhee. "There's a sketch of mine in that I did at least six solid different drafts on it before it got in."

"Especially for sketches we sometimes improvise out different parts of it to get a different feel for the characters," said McPhee.

Alexis Bernstein said her section's group has collaborated well in preparing for the performance, something she looks forward to the audience experiencing.

"Even though it might be one person's premise or idea for the sketch, it's going to be all of us helping to clean it

up, punch it up, add the jokes, add little bits. That's what I find really exciting—that everyone is going to take these little pieces on with them after school."

The work doesn't stop once they get on stage. Another student performer, Ryan Dillon, said he already knows how to deal with the on-stage nerves, and it's not just lots of rehearsing.

"I think the best way to deal with the nerves is to have no shame at all and just throwing yourself out there," said Dillon. "I think if you have a hesitation or doubt, it'll just make you not comfortable on stage."

"I think before you literally just go on stage, you've got to say, 'F--- it!' and have fun and have the best time," said Dillon.

The first performance is this evening, continued on Tuesday and Thursday at the Comedy Bar.



COURTESY CASS MCPHEE
Cass McPhee (L) and Colin North are two other comedy students who can be seen performing live at the year-end show.

Chinese-Canadian authors to read at signing

Julienne Bay
A&E Reporter

The Canadian Access to Professional Education (CAPE) Scholarship is hosting a fundraising event in downtown Toronto with three prominent Chinese-Canadian writers.

"CAPE is an organization set up to provide scholarships," said Paul Yeung, an instructor of the public administration program at the Lakeshore campus, and the organizer of the event. "We provide support for persons that can't otherwise finish graduate school...there are some amazing stories about the recipients."

This event will feature three writers: Dr. Vincent Lam, Jan Wong and Wayson Choy. Lam is a medical doctor who won the 2006 Scotiabank Giller Prize for *Bloodletting and Miraculous Cures*. Wong is a journalist who has published five books, including *Out of the Blue*, in 2012. Choy has previously taught creative writing at Humber



COURTESY CAPE SCHOLARSHIP
From left to right: Vincent Lam, Wayson Choy, Jan Wong will be signing their books at the reception on Wednesday.

College, and his book, *The Jade Peony*, won the Trillium Book Award and the City of Vancouver Book Award.

A ticket includes books by each

author, and a reception and book signing. The attendees will also qualify for a \$100 charitable tax receipt.

"It's important to hear voices from

Canadians who are not the traditional white male voice," said Wong.

Although Wong is a third-generation Chinese-Canadian, she said

she understands the newcomers of Canada.

"People often assume that I'm an immigrant, because the majority of Chinese people are immigrants...So people constantly treat me as the other, instead of one of them...It's a very strange position to be in," said Wong.

Shiyi Wang, a first-year electro-mechanical engineering student at Humber has been in Canada for less than two years. He said there is no set definition for the Chinese population in Canada, since "Canada-born Chinese people are different from those from China."

"Obviously, [Canada-born Chinese] have different opinions and traits [from those from China]," said Wang.

Yeung said the event is a good opportunity to celebrate diversity, as well as support those that rely on CAPE Scholarship.

The event will be held Wednesday at First Canadian Place.

For more information, see www.capescholarship.com/chinese-writers.



PHOTO BY JADE LEUNG

Participants in a sickle cell seminar at Humber North campus included (left to right) John Wasikye Kirya, Lillie Johnson, Ulysse Guerrier, Sylwia Wojtalik

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Sickle cell blood disease seminar tells nursing students of invisible pain

Jade Leung
Life Reporter

Humber College hosted a seminar for nursing students to raise awareness of a hematological condition known as sickle cell disease on April 8.

The event was intended to educate students on “how to provide culturally competent, effective and safer nursing care” said Sylwia Wojtalik, a nursing professor who conceived the seminar.

Sickle cell disease is a genetic condition that mutates the shape of red blood cells to a sickle, crescent shape. As a result, the irregular cells cause blockages in blood vessels, depleting oxygen in the bodily tissue and, consequently, producing episodic pain in various parts of the body.

A common misconception is that SCD – formerly called sickle cell anemia – affects only people with black skin and those of African-American descent.

“You cannot tell ancestry from just skin colour,” said Wojtalik.

She said the condition affects individuals from many backgrounds – including people from Central and South America and Mediterranean countries in Europe.

The event featured three key speakers: Lillie Johnson, founder of the Sickle Cell Association of Ontario; John Wasikye Kirya, a medical doctor from Uganda who studies extensively on SCD; and Ulysse Guerrier, a victim of the disease.

Dr. Kirya encouraged practitioners and nurses to be proactive in a process he refers to as upstream and downstream. He suggested that instead of waiting for suffering individuals to approach healthcare providers in times of need (downstream), health care providers should be educated to identify, prevent, and assist before the episodic

pain strikes.

“We need to go upstream. Who are the people offering care to those who have sickle cell disease?” Kirya said to the group. “Welcome to the upstream movement.”

“Healthcare practitioners have privatized so much that the patient cannot access it,” he said. “Now, the effort is to bring healthcare back to the individual.”

Nicole Turon, 21, a first year practical nursing student, said many of the nursing students are interested in this topic.

“I just want to learn more,” she said. “As a nurse, you have to understand how an individual feels going through a disease so we have more of an understanding of how they feel.”

“Do I have to be making a scene for you to know I’m in pain?”

Ulysse Guerrier
Sickle cell disease sufferer

Ulysse Guerrier, who has been battling the disease all his life, called the sickle cell disease an invisible one. He told the crowd that while on the exterior he may look like a healthy human being, he is in severe pain.

“It’s not what I look [like] on the outside, it’s about how I feel on the inside that you can’t see,” he said to the group.

“Do I have to be making a scene for you to know I’m in pain?”

Love drug could help save relationships

Australian study used oxytocin to help couples better connect to their partners

Sandra De Grandis
Life Reporter

A so-called “love drug” may be an aid to struggling relationships.

A study conducted by the University of Sydney found that couples who inhaled a nasal spray of oxytocin become more responsive to therapy sessions and were able to draw upon past memories to better connect to their partners’ viewpoints and perspectives.

“There is an over-medicalization in our culture.”

Sonja Embree
Assistant head of psychology

Although the findings have not yet been published, the study used 40 Australian couples over a three-week period to gather information.

However, the use of oxytocin as a potential “love drug” is something unheard of said Sharon Aka, a nursing professor at Humber College.

Oxytocin is a natural hormone in the human body and is most commonly administered to women to assist them during labour and contractions.

“It stimulates the contractions in the uterus and also prevents any hemorrhaging or bleeding that can occur at the time of birth,” said Christine Herbert, pharmacy technician professor at Humber.

“The use of oxytocin to help the bond between a man and a woman makes sense theoretically,” said Aka, adding that oxytocin is released to help mothers produce milk to breastfeed and helps with bonding.

Oxytocin is also associated with sexuality, as it’s released right before and during an orgasm for both men and women.

According to the Vanier Institute of the Family, almost 40 per cent of marriages will end in divorce before a couple reaches their 30th wedding anniversary. However, the use of drugs to save relationships can raise various ethical issues, such as resorting to pharmaceuticals in an attempt to quickly solve a deeper problem.

“There is an over-medicalization in our culture... I think that in our consumerist and material culture nowadays...we want everything now and



COURTESY WIKICOMMONS
Venus, Roman goddess of love, is depicted here with Cupid in Annibale Carracci’s painting *Venus and Adonis* from 1595.

right away; we want a quick fix.” said Sonja Embree, assistant program head of psychology at University of Guelph-Humber.

While a new magic pill may seem tempting, Jonathan Zeyl, an ethics professor at Humber, said that one of the problems with relationships today is that there is a romanticized notion of how relationships should be.

“As a culture, we have a very unrealistic expectation as to what to expect

in a relationship. We see a romanticized, a heightened, elated state of being swept off your feet and I think that creates an expectation that’s a false one.” he said.

“Even the best marriage or intimate relationship isn’t completely void of difficulties and work so if people are hoping they can take a drug and that’s going to miraculously make them in honeymoon phase forever and ever then that’s just a dream.” said Embree.

More research needs to be done to draw major conclusions, said Aka, as the study is only based on a small sample of couples.

“This really needs to be looked at in a broader context. How do you diagnose someone’s relationship demise where you think oxytocin might help? There needs to be some type of framework for diagnosing the use of this, it just can’t just be a quick fix...what happens when the drug wears off?” said Aka.

Embree retires after 42 years

Kate Paddison
Life Reporter

After 42 years at Humber College, Rick Embree is retiring as Associate Vice President of Planning and Development.

“This has been my life for a long time,” said Embree. “I feel quite good about retiring. I’m looking forward to something else. I don’t see myself coming back for part-time activity. I’ve worked here for so long and done so many things, I think it’s an opportunity to do something else.”

Embree started as a faculty member around the time Humber was established, teaching the sciences: chemistry, physics and math for the first three years of his career.

“Then they asked me look after program development, particularly because we were getting into a very specialized type of education called individualized instruction where the faculty member worked as a mentor with each student,” said Embree. “And the students moved through the curriculum as their own pace.”

Ruth Mackay, director of planning and government relations in the planning and development office, has worked closely for Embree for the past four years now.

“Rick is a totally unique individual with an institutional memory,” she said. “Everything is in his head. There is nothing you could start a conversation with that after a moment he wouldn’t know about.”

The college put him in charge of professional development at



PHOTO BY KATE PADDISON
Associate vice-president of planning and development, Rick Embree has been at Humber since the college’s inception in 1967.

the Lakeshore campus, where he trained teachers and worked on program development.

“And then it was decided they needed the same type of unit at the North campus,” said Embree. “So I moved here.”

When Embree changed campuses there were only about 5,000 students walking Humber’s halls.

“Now there is 23,000 in the college taking diplomas and degree programs, another 2,000 in apprenticeship and another 4,000 in the Guelph-Humber partnership,” said Embree. “That’s like a large town.”

“I’ve been a part of the whole growth and always enjoyed it,” said Embree. “Each of the new jobs I got changed it enough to keep it inter-

esting. I was never stuck doing the same thing -- it always changed.”

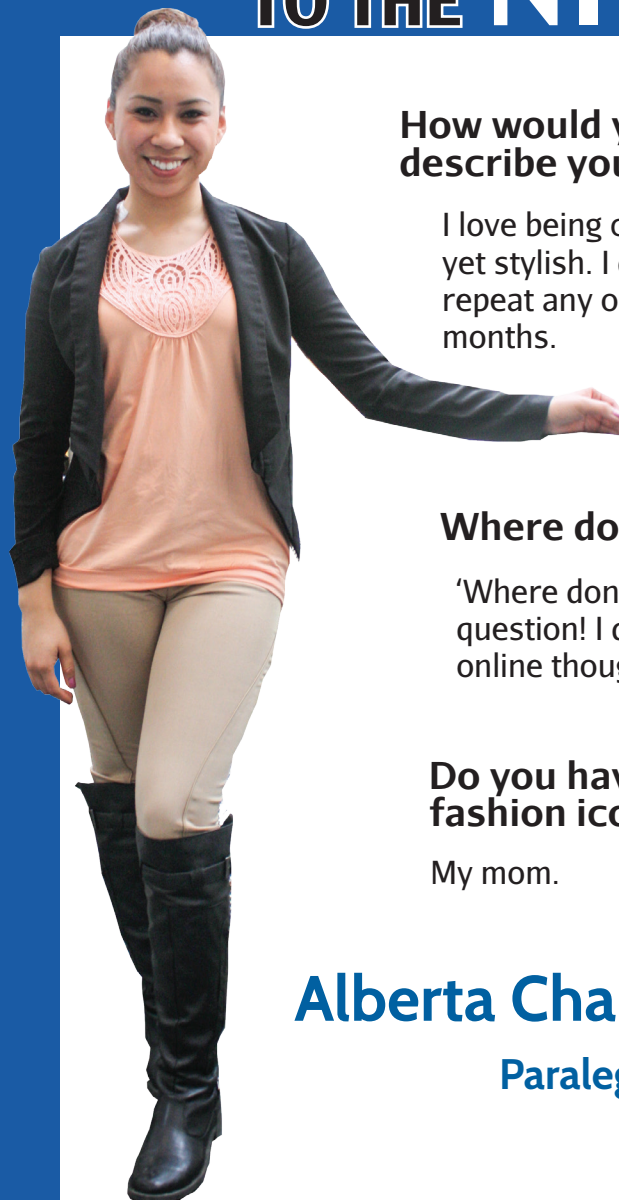
Instead of using email or calling, Embree always comes to others in person, Mackay said, and is rarely in his office because of this.

“It’s pretty wonderful,” said Patricia VanHorne, manager of institutional research in the Planning and Development department, who has worked with Embree for years. “You can always count on a daily visit. But you never know when he is coming.”

Embree’s retirement party will be held June 12 to conclude his time with Humber.

“People will be back from all through the years. He’s outlasted many colleagues,” said VanHorne. “This is a party not to be missed.”

TO THE NINES



How would you describe your style?

I love being comfortable, yet stylish. I don’t ever repeat any outfit for six months.

Where do you shop?

‘Where don’t I shop?’ is the question! I don’t really shop online though.

Do you have any fashion icons?

My mom.

Alberta Chamale, 22
Paralegal Graduate

BY ERINN KENNEY

PHOTO OF THE WEEK



PHOTO BY KATE PADDISON
Almost eight years after Hurrigan Katrina hit New Orleans, the city is still rebuilding.

CARTOON

Job Comics Part III

Hiring Comics



Colton Gilson

Sudoku Puzzle - Hard

6	4						5	
							1	
		3	5					
3			9					
4								3
	2		4	8				9
						1		7
		7			8			5
	8	2	6					

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The only way your dreams will come true is if you work hard to achieve them.
- ♊ GEMINI**
May 21 – Jun. 20
You may be feeling like someone is stealing your thunder, but that's only because you're allowing them to do so.
- ♋ CANCER**
Jun. 21 – Jul. 22
You need to take your power back and put your foot down.
- ♌ LEO**
Jul. 23 – Aug. 22
Blaming your present on the past will not make your future any better.
- ♍ VIRGO**
Aug. 23 – Sept. 21
The only way to deal with someone who is immature is to take the high road and be an adult.
- ♎ LIBRA**
Sept. 22 – Oct. 22
What is truly appealing lies in the eye of the beholder.
- ♏ SCORPIO**
Oct. 23 – Nov. 21
Being negative towards someone who has hurt your feelings will not make your situation any better.
- ♐ SAGITTARIUS**
Nov. 22 – Dec. 20
Don't take others' criticism personally. You're ideas are way ahead of your time and people don't understand you.
- ♑ CAPRICORN**
Dec. 21 – Jan. 19
Don't believe everything you hear. Someone is feeding you lies.
- ♒ AQUARIUS**
Jan. 20 – Feb. 19
An issue you thought was resolved a long time ago will creep its way back into your life.
- ♓ PISCES**
Feb. 20 – Mar. 20
You need to have some me-time if you're having an identity crisis.

Humber Athletics boasts 35 names on the provincial academic all-star list

Hugh Smith
Sports Reporter

Humber Athletics has expanded its list of accolades to the academic realm.

The OCAA's recently released composition of first semester Academic All-Stars includes 35 Humber Hawks, representing over 10 per cent of Humber's athletes.

Six of those Hawks also earned CCAA Academic All-Canadian status.

"It's always a bonus when people are receiving accolades for academic reasons," said Jim Bialek, assistant director of Humber Athletics. "It's terrific news."

To qualify as an OCAA Academic All-Star, athletes have to be involved in a sport, and achieve the honour roll academically.

To be a CCAA All-Canadian, the athlete must have academic honours, as well as achieving athletic all-star status at the OCAA level.

Tracy Wong, a badminton all-star, is one of Humber's Academic All-Canadians.

"It's an honour to [have] excellence in athletics and academically," she said. "A lot of athletes cannot [do] both... It's a lot of time management, a lot of effort, a lot of commitment and so on."

Bialek says that Humber Athletics is engaging in an ongoing effort to help its athletes academically.

"We'd like to increase that number every year, and I think we've made great strides of doing so with our academic coordinator and our varsity academic study hall," he said.

For Alex Kidd, Humber curling's two-time academic all-star and one of four winners of Humber's Academic Excellence Award, the most helpful of the services Humber offers is the Varsity Academic Centre.

"I use the academic room probably

at least once a week if not twice," said Kidd.

"I think the academic room is a great tool that we have. Humber sometimes can be a hard place to find a desk or a chair to use to do some extra studying, and that room is a great location... To say that it's a valuable asset for our athletes would be an under-

statement."

Monique Haan is Humber Athletics' academic coordinator. Her job is to monitor all athletes and to step in if their grades begin to suffer.

Haan says that while the all-star nominations are a huge motivator, she is constantly looking to improve.

"I would definitely say that the

athletes not only validate my job, but they also validate themselves," she said.

"But it also shows to me if we only had 35 out of the 300 athletes, what can we do better to get that number higher? So in one way it's a positive, but in another way it's constructive feedback."



PHOTO BY HUGH SMITH
Academic coordinator Monique Haan sits in her office adjoining the Varsity Academic Centre. Part of her job is to monitor the grades of all Humber athletes.

Fundraising the "power of rugby"

Jake Courtepatte
Sports Reporter

Charitable Humber students have realized the power of friendly competition.

Students in the post-graduate fundraising management program organized and promoted a sports-for-development event titled Passport to Gulu at the Balmy Beach Club in Toronto on Saturday April 13.

The students worked in connection with Gainline Africa, an organization that uses rugby as a vehicle for development in war-torn African communities.

Along with the therapeutic aspect of the programming, Gainline Africa founder David Marchessault said "rugby develops talent that has been suppressed for the long periods of turmoil."

The event was focused on the community of Gulu, Uganda, recently ravaged by civil war. All proceeds from the event were contributed to the funding of rugby programs for youth in Gulu.

Brittany Cheeseman, a fundraising management student, is one of the chief organizers. She said teamwork and friendly competition can be beneficial for those affected by war.

"In addition to providing youth with leadership, co-operation and teamwork skills, rugby helps them create friendships through group activity," Cheeseman said.

Katrina Tran, also a student in the program and lead promotions executive for the event, said the students were given eight options for organizations to work with.

Tran emphasized the students' excitement to work with Gainline Africa as their charity of choice.

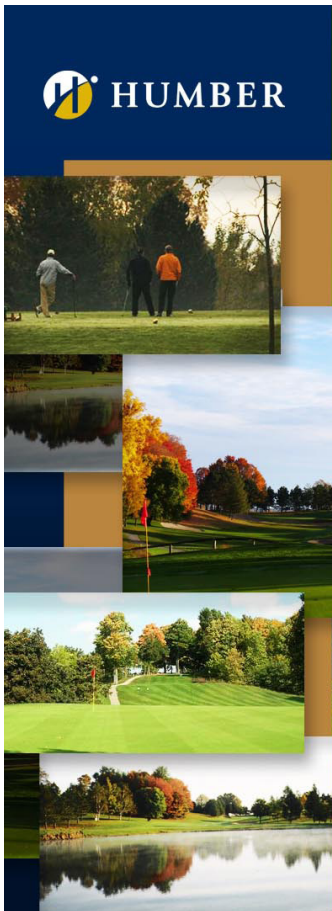
"We were very enthusiastic about what they do," said Tran. "I was an International Development student, so I think working in small communities to create change is wonderful."

According to Tran, the organization was founded by a group of rugby players.

"They realized there's quite a unity that a sports team can create, and how you can really translate that into uniting communities," said Tran. "It's a very non-traditional method."

Cheeseman said programs such as Gainline Africa work as a "building block" to fix these communities.

"During the conflict in Uganda, infrastructure and social programs were all but non-existent," said Cheeseman. "Rugby has become a method where youth can come together to positively contribute and participate in their schools and communities."



Humber College Classic Golf Tournament

In support of Student Awards

May 15th, 2013
Glen Eagle Golf Club
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Registration Deadline is May 1st
Register today at www.humber.ca/golfclassic





PHOTO BY JES WOJKOWSKI
 Germain Sanchez (fourth from right) with other members of the men's soccer team at the Humber athletic banquet on April 5. He has accumulated 20 provincial gold medals and three national championships.

Coach Sanchez retires 22 years of soccer success

Madeline Fuchs
 Sports Reporter

Germain Sanchez is retiring after 22 years coaching the Humber Hawks men's soccer team.

He leaves behind an impressive legacy, with 20 OCAA provincial championships and three CCAA national championships.

Sanchez, who's in his early 60's, was awarded the OCAA Provincial Coach of the Year four times and the CCAA National Coach of the Year twice.

The iconic coach says his career at Humber was a very enriching experience. As a former high school teacher, Sanchez was grateful for the chance to work with young people.

"It kept my heart young."

He says the last three years were especially rewarding, since the team was so successful. Sanchez said winning this year's national championship

was particularly exciting because they had eight rookies playing in the final match.

Jim Bialek, manager of Humber Athletics, says Sanchez's career was one of "success and excellence."

"The numbers don't lie," Bialek said.

Bialek also says Sanchez should be recognized for more than just his wins.

"I think a coach is measured on more than success in the field. I think he's measured on the athletes he touched, the athletes he's mentored, the athletes that have become better citizens [and] the athletes that succeeded off the field."

Humber athletics director Doug Fox says Sanchez is more than a coach and colleague, he is a friend.

"He's such a good guy, he's so humble and he's such a positive influence on the department," Fox said.

Both Bialek and Fox call Sanchez a

"player's coach," citing the relationship with his squads as one of his strongest features.

"He's going to be missed as a person and he's going to be missed as a coach," Fox said.

However, Sanchez isn't leaving the Hawks just yet.

He is planning on staying with the program in a general manager-type position and helping with recruiting.

"I was the face of Humber soccer for so many years, so it's not a bad idea to still have my face around to connect with the young players and try to bring some new players into the system," he said.

At Humber's athletic banquet held on April 5, Sanchez was honoured with a congratulatory plaque stating his achievements while head coach.

"I have nothing but gratitude towards the athletic department," Sanchez said.



PHOTO BY BERRIT PAGE
 In his 22 seasons with the Hawks, Sanchez has garnered two CCAA Coach of the Year Awards and four OCAA Coach of the Year Awards.



PHOTO BY JES WOJKOWSKI
 Sanchez was honoured at the Humber Athletic banquet on April 5.