



Former VP Joscon wins IGNITE presidential seat

Neha Lobana

LIFE EDITOR

IGNITE revealed the results for President, Vice President and Board of Directors Friday afternoon at a press conference held at IGNITE's building (the K building) at Lakeshore campus.

Maja Jocson was elected as the new President of IGNITE, beating her nearest opponent, Lance Constantine with 2,352 votes in comparison to Constantine who came in with a total of 1,973. Jocson won by 379 votes.

"I feel great. I'm just very grateful for everyone who voted for me because this whole campaign season, I was going through a lot of things, especially with school, I'm trying to graduate this year. It's difficult being a full-time student and do everything I've been trying to do along with campaigning. Since I'm VP, I'm not going to drop everything just because I was running," said Jocson.

Jocson said that despite her lack of campaigning compared to her opponents, students could see the improvements she has made to IGNITE throughout her term as Vice President.

"I don't think I campaigned that much so I was worried but students saw the entire year, it's not just a campaign season. They really saw what I've been doing since September. I'm really happy," she said.

North Campus' executive team will consist of Stokely Lindo as Vice President and Navdeep Singh,



NEHA LOBANA

VP North Stokely Lindo, President Maja Jocson, VP Lakeshore Allisa Lim and VP Guelph-Humber John Kokkoros are the 2017-2018 IGNITE executive team.

Samuel Mitchell, Sara McCormick and Venessa Ramlogan as Board of Directors. Whereas for Lakeshore campus, Allisa Lim will serve as Vice President and Graham Budgeon, Nicholas Davenport and Tu-

dor Gagea for Board of Directors.

Guelph-Humber will have John Kokkoros as their Vice President along Allyson Sander and Michael Hillocks for Board of Directors.

The voting week ran from March

13 to 17 and had a total of 7,059 votes compared to 7,004 last year. A total of 23% of students turned out this year to participate in the electoral voting process. While the total number of voters is higher compared to

previous years, IGNITE said that it represents a "slight decrease" in voter percentage due to an increase in the number of eligible voters.

Humber teacher arrested on child porn charges

Elisabetta Bianchini, Brandon Choghri and Ieva Lucs

NEWS REPORTERS

A Humber College professor has been released on bail after police arrested him Monday on charges related to child pornography.

Gregory William Dennis, 59, has been charged with two counts of possession, as well as access to and distribution of child pornography. According to Toronto Police, the alias associated with the online material was "Williegedee."

The part-time journalism and public relations teacher was well respected at Humber College. Students at the school say they are saddened and shocked, and express concern about their former instructor's alleged actions.

"He was one of my favorite teachers and I respected him," Brett McGarry, second year journalism student at Humber College said. "When the news broke, I was filled with disbelief and anger and sadness."

"It's shocking information to hear, to go to the school and have him as my professor,"

Shaunte Sterling, third year print and journalism student said. "It's a great program and we don't want it to be over-shone by a situation with a professor."

Humber College released a statement Tuesday indicating that Dennis is not currently teaching at the school.

"We are deeply disturbed by the situation," the statement said. "While the individual is a contract instructor, we have taken the necessary steps to ensure that he will not be teaching at the college while the matter is being investigated."

Dennis was unable to comment as the matter is before the courts. No aspect of the charges has any connection with his duties at Humber College.

Prof. David MacAlister, director of the School of Criminology at Simon Fraser University in Burnaby, B.C., said even though the police have laid charges, there is still a charge review by the crown attorney. This is an assessment to see if the case will move forward or not.

According to MacAlister, the arrest would

only take place if there were a strong reason for it in the first place.

"In cases like this police have to have reasonable grounds to believe there has been criminal activity. They would have access to some solid evidence," said MacAlister.

The last few months have been tumultuous ones for Humber, with an outbreak of Norovirus at the North campus in January, and fears about food safety after a video went viral that seemed to show a cockroach in the school cafeteria. This is another unexpected twist for students to weather.

"It is sad, and it's why I haven't told my mom yet," Sanzana Syed, second year journalism student at Humber said. "It's been an eventful year for journalists at Humber College. I think a lot of parents who know probably have major concerns for their kids now."

"This is pretty alarming to us in the journalism newsroom and we just have to see how it goes," Krystal Mohan, a third year journalism student said.

A contract instructor with the Humber Col-



LINKEDIN

Gregory William Dennis

lege School of Media Studies and Information Technology, Dennis taught several journalism and public relations courses since 2015. He was also a longtime employee of Global TV.

He is due back in court on April 25.

Holocaust survivor speaks at Jewish Club meeting

Esther Klein
LIFE REPORTER

Humber's recently-formed Jewish Club opened its North campus door on Monday to Gershon Willinger, a Holocaust survivor, to relate his experiences to students.

Many of the 20-plus students in the group come from Holocaust-surviving grandparents themselves, and Willinger provided them a different angle and perspective of the Second World War, when some six million Jews were systematically murdered by the Nazis.

"My whole life was affected by the Holocaust," said Willinger.

Although Willinger, currently 75 years old, was only three when the war broke out, he has vivid memories of the time and a post-war life that was changed entirely.

After the war broke out, Willinger's parents parted ways with him and placed him in a home for children in Czechoslovakia.

"A parent should never leave their child, but they did this for my safety and to get me one step closer to survival," said Willinger.

When the war finally came to an end, Willinger was placed in foster homes. With minimal care available to him, he only became toilet trained at the age of eight. He would often scream in his sleep, and did not know how to perform 'basic' acts.

"I was a troubled child, and I was also called 'retarded,'" said Willinger.

With Willinger's lack of skills, he



ESTHER KLEIN

Gershon Willinger (centre), a 75-year-old Holocaust survivor from Czechoslovakia, spoke of his experiences during the Second World War at newly formed Humber Jewish Club meeting on Monday.

was placed in intensive psychiatric care. It was believed that he had something extensively wrong with him and needed to be 'fixed.'

"And here I am with a Masters in social work," Willinger said with a chuckle.

Willinger never met his parents and found out years later that he has a sister who has been living with his aunt in the United States. Raised in different lifestyles, they remain civil but never could find that deeper connection. However, they vowed that their children should be friends and learn to value the importance of family.

"I have a beautiful wife, three children and seven grandchildren. My life is wonderful," said Willinger. "I love my life and everything that came with it."

Students in the club commented after the meeting.

"That was an incredible story, and Gershon is an incredible human being," said Shaya Kutnowski, a Humber student in the Plumbing Techniques program. "It is amazing how someone can be so positive after what he has been through. He is definitely someone to learn from."

Natalie Anteby, a student at Uni-

versity of Guelph-Humber said, "his story is incredible and I learned a lot from hearing his experience."

Anteby who is interested in social work, ended up chatting with Willinger briefly about career and how he got to where he did.

The Jewish Club is the first of its kind at Humber College. The group meets once a week on Monday afternoon from 3 p.m. to 5 p.m. at KX 206 and gatherings feature speakers, lounging, and kosher snacks.

ESTHER KLEIN IS ONE OF THE CO-FOUNDERS FOR THE JEWISH CLUB.

St. Patrick's Day festivities best when concluded safely

Jefferson Marshall
HUMBER NEWS

From Toronto to Dublin, the color green will be proudly sported and drinks will be flowing throughout the day as St. Patrick's Day is upon us.

While more than four-million Canadians are of Irish descent, the holiday will be celebrated by people of all national backgrounds.

"I'm going to Queens (University) to party with my high school friends tonight," said Josh Daley a business administration student at the University of Guelph Humber.

"I haven't seen these guys in a while so it's going to be a good night."

According to a study by online financial publication *Wallethub*, around the globe about 13-million pints of Guinness stout will be gulped down today. Some Humber College students are not looking to contribute to that statistic as they already have their drinking rotation planned out.

"I'm going to stay away from beer because it limits how much liquor I can drink later on," said Sam Sullivan a Sustainable Energy and Building Technology student at Humber.

"I'll probably stick with rum and Coke during the night and maybe some shots here and there."

Despite St. Patrick's Day being a hol-



SHAUNTE STERLING

Natasha Cantera, fourth year Media Studies student, pours green beer in celebration for St. Patrick's Day.

iday meant for fun, it can be dangerous when irresponsible choices are made.

"Young adults are usually the ones who tend to drink too much," said Toronto Emergency Medical Services representative Adam Thurston.

"There's a lot of parties that involve binge drinking, so in turn they will become too inebriated."

Binge drinking is the act of intentionally becoming intoxicated by consuming a large amount of alcohol

in a short period of time. The consequences include dizziness, vomiting, and defects the central nervous system which causes memory loss.

"Always stay with a friend and pace yourself," said Thurston

"Drink water throughout the night and don't even think of driving."

Impaired driving is also a concern for days like this. MADD Canada and Allstate both advised people who are partaking in tonight's

festivities to stay safe and when it comes to a ride home, plan ahead.

"In our business, we see the impact and consequences of impaired driving all too often," said Allstate Canada President and Chief Executive Officer Ryan Michel in a press release.

"Together with MADD Canada, we encourage Canadians to make the ride home a sober one. There are plenty of options available. Driving impaired is never worth the risk."

Joint Ryerson-Sheridan College campus planned for Brampton

Helena Shlapak
HUMBER NEWS

Ryerson University is looking to build a new campus in Brampton, in partnership with Sheridan College, and sharply reducing long commutes for students living in the area.

The plan came into motion after the Ontario government offered \$180 million in funding to any school looking to establish a post-secondary campus in Brampton or Milton.

"Our respective strengths in creativity and innovation, professionally-focused programs, and linkages to business and community made the Ryerson and Sheridan partnership natural and synergistic," said Susan Atkinson, manager of communications and media relations at Sheridan College, based in Oakville.

In a press release, Jennifer Grass, assistant vice-president of university relations for Ryerson said, "Ryerson has submitted an expression of interest for an educational and innovation hub as part of a provincial request for proposals. Ryerson will partner with Sheridan, if the proposal is accepted by the province. The next step is for Ryerson to create a more detailed proposal to be prepared for government review."

While there's still not much detail on the partnership, Sheridan officials say the college is enthused for the opportunity as Ryerson is a good fit while being the only school willing to throw its hat in the ring.

It is felt that the partnership could help bring businesses to Brampton and create investments as Ryerson has the largest undergraduate business school in the country. With Ryerson's resources, the relevant program streams could help get start-ups off the ground and keep businesses in Brampton.

"Ryerson will provide increased learning opportunities for students to pursue their studies with two premier post-secondary institutions in Canada," said Atkinson. "The partnership will also allow Peel Region's community and businesses to leverage our collective strengths to help propel economic growth and address the need for creativity and innovation."

This will be the third university to partner with Sheridan after University of Toronto and York University.

International Women's Day march draws thousands

Sarah Watson
NEWS REPORTER

Toronto's annual International Women's Day march last Saturday gathered almost 11,000 people despite the cold.

The march began at King's College on the University of Toronto campus, travelled north to and then along Bloor Street West, and then down Yonge Street to Ryerson University near Dundas Avenue.

Started in 1978, the Toronto march occurs annually. It usually averages 3,000 to 6,000 participants, according to Andrea Calver, one of the organizers of International Women's Day Toronto.

Calver credits the event's popularity to "the times that we're in."

"We all know there's a huge amount of anxiety out there. There's so much racism, anti-Muslim sentiment, anti-black racism, and it's not just south of the border. It's here in Canada too," said Calver.

"I think most people are appalled by that. And want to stand squarely against it, and are looking for opportunities to come out and say that is not their vision of Canada, that's not how they feel."

Monique Arsenault, who works as a production assistant in Toronto, was one of the newcomers at the event. Saturday was the first time she had been to a march, but she came prepared with a sign that said, "Strong Women Scare Weak Men."

It's about, "minimizing the stereotypes that women face on a daily basis, that most men are completely unaware of, like the stigma of being labelled a bitch when you're simply being assertive or labelled a whore because of a small flirtation," said Arsenault.

"Then there is the wage gap, violence against women, and spreading the word on pro-equality organizations like HeForShe that need more attention. It was also great to experience being a part of a movement with

a group of people who want nothing more but equality for so many others."

Arsenault's reasons for attending may have been echoed amongst other attendees, but the bright signs and placards showcased a whole array of diverse issues.

There were messages ranging from funny feminist pop culture references, to demanding access to childcare and fair wages, to calling out Islamophobia and white supremacy, to #blacklivesmatter and #translivesmatter.

Some signs were masterpieces of arts and crafts like the six paper maché Trump effigies, or cutesy flowers glued to signs saying "Love One Another." Others were Sharpie scrawled on Bristol board, like the one that read, "Where's my girl-dick hat?", meant as a trans-inclusive criticism to the pink pussy hats and "Pussy Power" signs a number of people were sporting.

Along with specific issues, there was a variety of organizations as well, both international and local.

Calver said this is what makes the march a unique event. While most marches and protests are about a specific issue, at International Women's Day, people get to bring their own.

"The power is that we're all doing it together," said Calver, "I've heard people say, 'I don't get what this is all about,' and that's because it's actually about everything."

The procession followed a banner that read "IWD 2017 - Unity is Power - Stop the Hate," while chanting protest classics like Who's Streets? Our Streets!, and shouts of "No hate! No Fear! Refugees are welcome here!"

Prior to the march, a rally took place at an auditorium at the University of Toronto where speakers addressed a full house. People filled whatever space they could find, sitting in the aisle, standing at the back, and spilling out into the overcrowded hallway.

Along with speeches from advocates



and activists, there were also spoken word poetry and traditional Indian dancing. American Sign Language interpreters were on hand to translate.

Viktoria Belle, co-founder of the Sexual Assault Action Coalition, gave a strongly worded speech on sexual assault and violence against women.

"There is a war against our bodies and our choices. A war waged by patriarchal oppression, injustice, inequity, racism and hate," said Belle at the rally.

"The first time I was sexually assaulted I didn't even know that I was sexually assaulted," said Belle, "But the last time I did. And I fought back. Because I could. Because I was supported. Because my community stood behind me. Because I am loved. Because my sisters lifted me up."

Catherine Brooks, an Anishinaabe elder, spoke of stereotypes and challenges facing indigenous women in Canada, as well as the importance of respecting others.

When she explained how the RCMP would imprison indigenous people for their spiritual practices, the crowd yelled, "Shame!"

"We've got to change this world and the only way we can change it is by changing people's minds and actions," Brooks told the crowd.



PHOTOS BY SARAH WATSON

Each year the International Women's Day Toronto committee works out a theme that coincides with the speakers they invite.

"This year's theme in a real nutshell was No to Hate, no to Islamophobia, no to sexual assault and yes to good jobs," said Calver. "Islamophobia and sexual assault are issues that have been huge over the past year in our city, and the struggle for good jobs remains one of the biggest gaps for women to be able to provide for themselves and their families."

Calver said she is proud and grate-

ful that Toronto is one of the few cities in North America that still has an International Women's Day March every year, and that people continue to come out by the thousands.

"We still have a lot more marches and rallies ahead of us," said Arsenault.

Though Arsenault said there is work to be done, she's inspired by the community.

"It's clearly an issue that many people in the city are concerned about and are willing to take the time to come together for each other. It's encouraging to see."

More Canadians moving towards vegetarian, vegan diets

Meaghan Wray
LIFE REPORTER

In a 2015 poll commissioned by the Vancouver Humane Society, nearly 12 million Canadians are vegetarian or are eating less meat. Cutting out meat has apparently become easier than ever, with the influx of vegetarian substitutes and restaurants.

Maria Pelliccia, a professor in Hospitality, Recreation, and Tourism at Humber College,

Pelliccia teaches nutrition, eating behaviour, and the prevention of chronic diseases. She notes that in a culinary class, Humber students are challenged to take a recipe and replace the meat with vegan products to totally "veganize" a traditional meal.

While veganism excluded eggs and dairy as well as meat, fowl and fish, Pelliccia personally follows a pescatarian diet, meaning she eats

fish and other animal products like cheese and milk. She gave up other animal proteins simply because the texture and taste didn't appeal to her.

But Pelliccia allows that if people can strike a balance between animal-based and vegetarian eating, that is enough to make a difference both environmentally and personally.

"You can be a really unhealthy vegetarian and you can also be a really healthy meat eater," she said. "Most people that are not eating meat are generally also eating less saturated fat and less trans fat. The main sources of saturated fat are animal products."

Even just incorporating a meatless day one day a week is enough to make an impact, Pelliccia said.

"A quarter of the greenhouse gas emissions come from agriculture and livestock and the majority of that is from beef," she said. "Even just incorporating meatless one day a week, on

a Monday, would put a good dent in greenhouse gas emissions."

For Julia Marcuzzi, a Toronto-based holistic nutritionist, the environmental effects played a part of the role in her eventual transition to a vegan lifestyle.

When Marcuzzi was living in Sydney, Australia, the idea of studying nutrition came to her. After beginning her nutrition journey down under, she moved back to Toronto and began studying at the Canadian School of Natural Nutrition.

"I became vegetarian for the health benefits. I had learned that removing meat from your diet is linked with a reduction in just about every chronic disease," she said. "It's a strange and wonderful thing when you remove animal flesh from your system. . . I saw them as living beings for the first time."

The shift to a fully vegan approach (without dairy or eggs, as well as

no meat or fish) wasn't easy for her, however, and she acknowledges that the transition can take longer for some. When she worked at a bar in Sydney, late night cheese pizza happened more often than not.

"I didn't become the perfect vegan overnight. . . The important thing was, I was conscious of my food decisions for the first time in my life," she said. "I never forced a food item, like cheese, out of my diet. I tried my best to be gentle and kind with myself through the process."

Marcuzzi said she encourages anyone with a curiosity to try a plant-based diet.

"We are so much more than the foods we eat. We are complex and wonderful beings," she said. "With that said, I believe people care deeply about our planet. We care about one another, and we care about the sweet animals who live on this earth us."

Dan Hooley, a University of Toronto PhD student of philosophy, with a focus on ethics and political philosophy. His dissertation explores the political status of animals, and their place in legal and political institutions.

"For the most part, when we think about political and our legal and political institutions, we don't think of this as a landscape that includes other animals," he said.

The assumption is that Canada, as a state, only has human members. Hooley believes it is morally unjustifiable that non-human animals that live in our state aren't considered members of our society and our political communities.

"One of the things that has struck me is the way many humans have come to view companion animals as members of their family, despite holding very different views for other animals," he said.

Canadian wine an economic powerhouse

Elisabetta Bianchini

NEWS REPORTER

The Canadian wine and grape industry has contributed \$9 billion to the Canadian economy.

According to a study commissioned by the All-Party Parliamentary Canadian Wine Caucus and the Canadian Vintner Association (CVA), the report titled *Canada's Wine Economy – Ripe Robust Remarkable* found that the industry's economic impact increased by 33 per cent from 2011 to 2015.

"The wine and grape industry is a Canadian success story," Vance Badaway, Niagara Centre and Co-chair of the Parliamentary Wine Caucus said in a statement.

The study also shows that the wine and grape industry is responsible for over 37,000 jobs in the country.

"Not only does the sector employ over 37,000 Canadians, but the diversity of the jobs created from this industry is remarkable," Badaway said. "Ranging from tourism and retail, to marketing, laboratory research, and farming, this sector welcomes Canadians from a range of backgrounds and talents."

"I think people want to learn more about wine," said James Pollock, sommelier and wine educator at various academic institutions, including the Humber College School of Hospitality, Recreation & Tourism.

He continued, "there certainly is increased enrollments in both the realm of continued education, people who just want to learn a little bit about wine, but there is also increased interest in working as a wine professional, either at the level of a sommelier or in the realm of the



ELISABETTA BIANCHINI

Canadian wine and grape industry contributes \$9 billion to economy, supports 37,000 jobs.

wine business in Ontario. Whether it's at a winery, working in marketing, working in restaurants, it's touching a lot of different industries,"

According to the report, wine

consumption across the country continues to grow but Canadian wine sales currently only represent 30 per cent of total wine sales across the country.

The study confirms that for every dollar spent on Canadian wine sold domestically, \$3.42 in gross profit is generated across Canada.

"The Canadian wine industry is

an increasingly significant contributor to our national economy," Dan Paszkowski, CVA president and CEO said. "Our 671 wineries, largely small, family-owned businesses, create jobs, pay significant taxes, and boost regional, provincial and national economies alike."

The study results also show that Ontario has generated the most economic impact at \$4.4 billion, followed by British Columbia with \$2.8 billion and Quebec at \$1.1 billion.

According to the Liquor Control Board of Ontario's three-year strategic plan, released in January 2016, a key objective is to increase sales of local products and help sustain the local wine industry.

LCBO spokeswoman Christine Bujold said that the LCBO has a long history with local beverage producers.

The LCBO's strategic plan states that sales of Ontario wines total \$456 million in fiscal 2015-2016, an eight per cent increase from the previous year.

"Increasing interest in wine in Ontario almost directly follows the growth of our own industry," Pollock said. "The LCBO has been a great progenitor of Ontario wines, that's the first thing you see when you walk into an LCBO."

According to the LCBO's 2015-2016 annual report, revenue totaled \$5.57 billion.

"I would like to commend the Canadian wine industry on demonstrating such positive economic growth, significant in many of Canada's wine growing regions," Dan Albas, Central Okanagan-Similkameen-Nicola MP and co-chair of the Parliamentary Wine Caucus said.

Musical duo Jess and Tay harmonize creative goals

Junisha Dama

ARTS REPORTER

College roommates and female country music duo Jess and Tay were among some 2,000 musical applicants who entered this year's CBC Radio Searchlight competition.

Public voting has now reduced the list to 25 finalists, yet while the two Humber students in the Bachelor of Music program may no longer be in the running, they've still managed to leave an imprint.

Jessie Bower and Taylor Adams began their journey by simply singing together in their home. While opting for music as a career was an obvious choice for both, their genre of music is what brought them together.

"It was an easy decision. We started singing in our room together. Our sound harmonizes together... It just feels right," said Bower.

Performing as soloists, the two became fast friends and came together a year ago to perform for the popular Boots and Hearts Emerging Artists Festival in Oro-Medonte, north of Barrie. After the collaboration, they



COURTESY JESS AND TAY

Jess and Tay -- Humber students Jessie Bower and Taylor Adams -- entered CBC Radio's Searchlight.

decided to continue writing, singing and performing together.

For CBC Searchlight, the duo submitted the song, "Never See Me

Cry". They credit Bower's father for the inspiration.

"I had previously entered the competition as a solo artist. My dad

asked if I wanted to do it this year as well. That's when I told him about Tay and how we were collaborating. So we ended up entering in as a

duo," said Bower.

As the song already won them a top seven position at another festival, they felt it was the right one to put forward for a prestigious showcase like a CBC Radio project. The tune about empowerment and refusing to be weak emerged from hardships Bower was facing in her personal life.

The pair love it because, "it showcases our style well. It is somewhat pop-country and it is about personal experiences. That's exactly what we want our music to be," said Adams.

Drawing on lyrics that are meaningful and relatable, music by the young duo - who aim to be singer-songwriters - is an obvious fit for those looking for heartfelt country music. They plan to keep creating more music and collaborating with other musicians at Humber, along with making more videos for songs they've already composed.

"We are excited about a collaboration with a DJ, a fellow student at Humber, to get different sounds," said Adams.

Hawks women at rugby sevens national contest in BC

Linda Huynh

HUMBER NEWS REPORTER

The Humber women's Rugby sevens team has left the city to embark on their hopeful journey to bring home a medal in the National Sevens University Championships in British Columbia.

Dominating their opponents during the regular season, the women's team was crowned OCAA champions after a shutout win against Connestoga College with a final score of 50-0.

The sport is a variant on rugby featuring seven players playing two seven minute halves rather than 15 players with 40 minute halves.

Hoping for victory at the BC tournament, Christina Branch, captain of the team said she is nervous because they drew a tough first round robin.

"It's our first game against a team (University of Saskatchewan) we haven't previously played against, but I'm also quite confident because I believe we have a strong team," said Branch.

The Hawks will also be facing OUA champions Guelph University. The first match will begin shortly after 1 p.m. Eastern time, which gives the Hawks a full day to prepare. Despite having their flight pushed back three hours Branch said she is ready for the two-day tournament.

"Our day today is all about preparing for the tournament, we have a video session today and then practice," said Branch.

Humber is the only college that gets invited to The National Sevens University Championships. It is the seventh year in a row the tournament is taking place with 12 teams competing for the gold medal. It's not the first time Humber has been present, but it is the first time that they have



BRITNEI BILHETE

Last year's Mohawk women's Rugby sevens team (in orange) in action. Variant on rugby features seven players a side, rather than the usual 15.

had a full season to prepare.

"Honestly, I think we have improved so much. Our first time playing sevens as a team was last year at this tournament and there were a lot of fifteens players on the team last year, but it was a good experience for them and I believe the transition for them has gone really well and will further continue while we compete here," said Branch.

Rugby sevens, a new program that began in the fall for the Hawks is a faster, more versatile style of play, compared to the traditional game involving 15 players.

Branch competed last year with the Hawks and said as a team playing sevens for the first time, they weren't at their best. Dale Essue, head coach says he's been preparing for the tournament all season.

"The team has really grown and come together nicely. They have played a really nice brand of rugby all season. I believe they are ready to battle it out. These girls love competing against the best," said Essue.

Being the only college competing this year against all universities,

isn't something that will intimidate them, Essue said.

"We may be considered the underdogs, but I know we have proven ourselves in the past against most of these teams. If we have the title as underdogs, we have nothing to lose and everything to gain. At the end of the day everyone is playing rugby, it will come down to which teams make the least amount of mistakes," he said.

The tournament is known for its potential for bigger opportunities as Canadian scouts evaluate players for their potential. Emmanuela Jada, a winger for the national team made her

debut last year as a Guelph Gryphon.

"It was just a lucky game for me. My teammates were there for me and set me up to look good for the scouts," said Jada. She was approached after the tournament and offered a position to train with the national team, which is now her home.

"It's crazy how fast everything changed. I am grateful for the opportunity and never take a day for advantage because the competition continues to grow in Canada for the sport of rugby," Jada said.

The tournament starts today in Langford, British Columbia.

Network Nights gathers fashion, cosmetics, photography in collaborative community

Alanna Fairey

LIFE REPORTER

In an effort to connect, collaborate and create friendly competition, Humber's Fashion Arts program is bringing Fashion, Photography and Cosmetic students together for Network Nights throughout the month of March.

Network Nights, established three years ago, begins with fashion students presenting window concepts that they have been building over the past few months to Photography and Cosmetic students. Based on their attraction to specific themes and concepts, the Photography and Cosmetic students will form groups with Fashion students.

"It developed because I am always looking for imagery to put in our massive window display down at the Lakeshore campus," said Kimberly Rich, professor and Window Display Installation coordinator in Humber's Fashion Arts program.

"To get a decent image I have to get students from Cosmetics, Photography and Fashion all working together as a creative team to make



ALANNA FAIREY

Humber Fashion students participate in Network Nights for a chance to win \$1000 to realize project ideas.

that happen," she said.

Rich said the inspiration for creating Network Nights was the lack of interaction between programs in the college.

"These fields interact so much in the business community that it seemed silly that we didn't have a place that we could meet in person," Rich said. "This was a way that we

could get everyone in one room and brainstorm concepts."

Rich is hoping to eventually expand Network Nights to Interior and Graphic Design students, in

an effort to do more with the photo shoots in terms of set design.

Arianna Poppat, editor-in-chief of Humber's fashion magazine *In-fuse*, is one of the Fashion Arts students who presented her concept. She says that the Network Nights helped shape her confidence.

"I was so shy in my first semester and I didn't talk to anyone," Poppat said. "Now I am so open, I can present concepts and talk to anyone."

From Poppat's own experiences, she says that the students from the three different programs will benefit from the real world experience Network Nights provides for them.

"With group projects I am hesitant, but now I think, 'I can work well in Network Nights' and it gives me experience to work in groups," Poppat said.

"Everything is groups in the real world, whether I like the person or not and that's what Network Nights has taught me."

The groups of students will showcase their work on Mar. 23 where a panel of judges will determine the winning group, which is awarded \$1000 to finance their photo shoot.

QUOTED Why are you voting in the IGNITE election?

“A couple of candidates approached me. They had a good cause and I felt like I should come out and support them. These guys work so hard to get their name out there.”



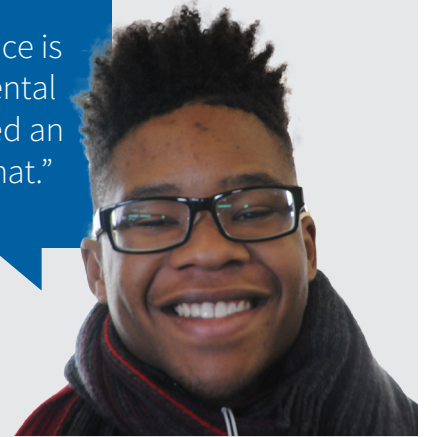
Mustafa Jiwani
NURSING

“Is it not important to vote?”



Jyzzelle Abrahams
DESIGN FOUNDATIONS

“I’m just supporting someone I met through their campaign. Lance is supporting mental health. We need an advocate for that.”



Justice McCormack
JOURNALISM



Bomber: Shein
Dress: Forever 21
Sweater: H&M
Tights: Forever 21
Earrings: Forever 21
Shoes: Adidas

“I’m heading to the Fashion Week for TOM, so this is the best outfit because it’s raining out.”

Mananshi Patel
Fashion Arts
1st year
19

HOROSCOPES



JAN. 20 – FEB. 19
If a leprechaun grants you three wishes, wish for a perfect bracket.



JUL. 23 – AUG. 22
Sometimes it’s not about the pot of gold but a single gold coin.



FEB. 20 – MAR. 20
It’s not just the Irish who get lucky.



AUG. 23 – SEPT. 22
Beware of leprechauns, they’re a tripping hazard, they also spread fake news.



MAR. 21 – APR. 20
A pitcher half full is a pitcher half empty...



SEPT. 23 – OCT. 22
If you chose Minnesota in March Madness, tough luck.



APR. 21 – MAY 20
Green is your colour this month, it will bless you in many ways.



OCT. 23 – NOV. 21
They’re after me Lucky Charms! I bet you read that in an Irish accent.



MAY 21 – JUN. 20
If life’s got you down keep your head up. Brighter days are ahead and so is that pole.



NOV. 22 – DEC. 20
At the end of every rainbow there is a pot of gold; at the end of every pub there is a pitcher.



JUN. 21 – JUL. 22
Today’s your one excuse to let loose, but be responsible.



DEC. 21 – JAN. 19
The grass is always greener on the other side, at least in Ireland.

EDITORIAL

Big companies should cover mental health

In ancient Egyptian, Greek, Roman and Indian writing, mental illnesses were treated as a supernatural phenomenon where it was believed a form of punishment from the gods or a demonic possession.

We may not have progressed as far as we think.

A former medical student from University of Saskatchewan is now facing a lawsuit from Royal Bank of Canada for more than \$170,000 for a student line of credit he says he feels he won't be able to pay.

After studying for two years in medical school, Bryan Robson experienced depression and anxiety. He didn't know he was suffering from a mental illness until he was later diagnosed with bipolar affective disorder, which prevents him from becoming a doctor.

A 2016 study published in the *Journal of the American Medical Association* found that medical students are at a high risk for depression and suicidal thoughts; 27 per cent of them experience these problems, which appear in eight to nine per cent of the general population.

Robson thought he would be covered by his disability insurance but it turned out that the policy only covered physical illness, not mental illness.

Herein lies the question: after all the work that has been done to surrounding mental illness, why is a large corporation such as RBC more supportive towards physical illness than mental illness?

Large companies should modify their policies for people who are diagnosed with a mental illness. If there are policies for physical illness, then there should be policies for mental disorders.

It has been a long human journey even to raise such questions. After the earlier assumptions about divine punishment, around 400 B.C.E. the Greek physician Hippocrates understood mental illnesses to be a disturbance in physiology. A thousand years after, the first establishment for mental illness was created in Spain to house sufferers.

But the key issue is that whatever the settings, throughout Europe the mentally ill were treated poorly. Warner Perspectives, a blog run by the University of Rochester, wrote that they were kept with criminals in dungeons, chained to walls and beaten. "Treatment" was also given using bloodletting, purging, induced vomiting and using the "swinging chair," a contraption spinning at high speeds to induce

patients to vomit, empty out their bladder and supposedly lead them to a tranquilized state.

Since then, the perspective and understanding of mental disorders has changed, albeit at very slow pace, with the help of science. It's clear throughout history people with a mental disorder have been subjected to stigma and treated inhumanely.

Today, there are programs to raise awareness about mental illness, dialogue found in every communication mode, fundraisers to help facilitate treatment for the mentally ill and solutions that allow people to seek out help and rehabilitate themselves.

According to Toronto's Centre for Addiction and Mental Health, one in five Canadians has a mental disorder, and by the time people reach age 40, one of two will have experienced a mental disorder.

We now commonly note that there are many people with a mental disorder who nonetheless have brilliant minds and have contributed to society significantly. Influential figures that had a mental disorder are commonly listed on sites like History.com. Both Leonardo da Vinci, the Italian inventor and painter, and Thomas Edison, the inventor of the light bulb, had dyslexia. Edgar Al-

len Poe, the famous poet, battled depression and Vincent van Gogh, a leading 19th century painter, is widely believed to have suffered bipolar disorder; even Jane Austen is thought by some to have had Addison's disease.

There's conversation regarding mental illness in schools, workplaces and even through Bell's Let's Talk campaign to create public dialogue.

But with many large corporations that have larger impacts on people's lives, their unwillingness to show compassion and support for people with mental illness creates a step backwards in the movement toward better social awareness and understanding of these problems.

What will it take for stronger participation from the private sector? Should there be public outcry? Mass protests? Or does a simple penned letter suffice for corporations like RBC to create another insurance policy for students struggling with mental illness.

At the end of the day, there's only so much individuals can do to raise awareness and help people with mental illness. Canada's corporations need to step up and implement policies and procedures to support those who suffer.



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

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Student government merits your vote



Chris Besik
ARTS & ENTERTAINMENT EDITOR

won't participate in events like this week's Ignite election if they don't realize how much these elections can affect their education and learning environment.

North campus struggles with actually creating a community environment, mainly because people are so quick to leave once they fulfill their educational obligations. People at Humber generally seldom participate in extracurricular activities or concern themselves with events on campus.

The apathy is inappropriate, especially in considering elections for a body that controls over \$10-million of student tuition money. The Ignite president receives a \$40,000 salary, a lot of money for a job that only a handful of people turn out for.

Humber College North campus is a commuter college, the school's population is predominantly made up of people who travel from other cities.

This may explain why we have such a low turnout in campus events, like our the current election.

It's true that we have seen election campaign signs thrown up around the school, certain candidates can be spotted in Humber hallways and Ignite workers can be found promoting voting around campus. These are just a few things student government has done to inspire more reaction from the student population.

A few more possible ideas could



JAVON WALKER

be to strategically position Ignite employees at the exits and entrances of the main buildings on campus, such as the LRC, not to confront people but promote voting on a serious level.

The school could also provide an added incentive to vote, maybe a voucher for a free slice of pizza or snack. Considering how much money is associated with Ignite,

they can spare a few hundred dollars in an effort to promote the election, considering half the campus events go virtually unattended or receive a very small turnout.

It should be mandatory for presidential candidates to make a number of public appearances, besides the couple of all-candidates meetings, and speak with students about issues they have on campus. With

such a low voter turnout, how can we make sure a candidate who convinces more of their friends to vote for them doesn't win on that basis? We need to make sure this does not turn into a popularity contest. We need to consider the best interests of the school and treat this campaign and election period with respect, dignity, give it relevance and make sure people understand how much it matters.

Promote the financial obligations of student government and push for transparency so people truly know what student government is responsible for.

Ignite power is alive and well and should always reflect our best interests. They control much of the potential progress for our school, so it is only right that we dedicate a genuine effort to understanding who it is we are electing.