



## Nofuente breaks basketball points record

Eugenio Garro  
SPORTS REPORTER

Humber Hawks point guard Ceejay Nofuente is a one-person basketball team.

She almost singlehandedly outscored her opponent in a 92-66 wipe-out of the Redeemer Royals on Jan. 11, and rewrote the OCAA record books after hitting 13 three-pointers and finishing with 55-points.

Her final stat line against the Royals was an astonishing 55-points, 10 rebounds, four assists, one block and seven steals in about 35 minutes.

Nofuente alone outscored Redeemer in the second half 36-30.

The 13 three-point field goals are the most ever made in an OCAA women's basketball game. She broke the record midway through the third-quarter.

"Honestly I was just shooting," Nofuente said. "It was just the stroke, it just kept going and going but I didn't know about the record."

Janna Hagan of Durham College set the old record of nine three-pointers on Nov. 12, 2010, in a game against Centennial College. Kelly Killoran of Fleming tied Hagan's record on Nov. 30, 2012, in a game against Durham. Killoran also holds the record for most three-point field goals in a season with 68.

It wasn't until midway through the fourth-quarter that Nofuente took a pass and calmly stepped up and drained her last three-pointer of the game, which also gave her the record of 55 points.

"I knew the record was 54," she said. "I looked at the scoreboard and saw I was at 40 and they [coaches] didn't pull me off yet so I just figured they were



TYLER HEHN

Ceejay Nofuente, centre, holds an award. Basketball star became first OCAA athlete to be CCAA athlete of the year and holds multiple OCAA records.

just letting me do what I can do."

Natasha Thombs of Seneca College held the previous record of 54-points. That record was set during the 2008-09 season.

Nofuente, a fourth-year recreation and leisure student, has improved with every game and was the

biggest piece to the Hawks national championship win last year.

"If she's not in our program I might have been fired by now," said Hawks head coach Ajay Sharma. "I kid but I'm not kidding, that is how important she is to our program."

Last season she was named the

OCAA Women's Basketball Player of the Year and was named an All-Canadian before making history by becoming the first OCAA women's athlete to be named CCAA Player of the Year.

This year she is averaging just over 21-points, 9.4 rebounds, and 8.9 assists with 6.1 steals per game.

The five-foot-nine forward leads the Hawks in every category dating back to last season and is on pace to compete for the OCAA and CCAA's top honours once again this year.

"It's a record, people are always going to try and break it so you have to keep working hard," said Nofuente.

## College presidents' salary hike rejected

Jane Burke  
NEWS REPORTER

Ontario colleges have been sent back to the drawing board after Deb Matthews, Minister of Advanced Education and Skills Development, rejected "concerning" proposals for executive salary increases that reached as high as 54 per cent.

While a couple of colleges (St. Clair and Conestoga) proposed president/CEO salary increases below 10 per cent, other schools such as Algonquin (53.8 per cent) and Georgian and Centennial (both above 43 per cent) proposed raises

that would have brought their top executive pay above \$400,000.

Chris Whitaker, Humber's President and CEO, made \$432,765.44 according to the Public Sector Salary Disclosure, or the Sunshine List in 2015.

Whitaker is the highest paid college president in the province, followed by John Tibbits of Conestoga.

According to Humber's faculty union newsletter, the proposed salary increase for Whitaker was to \$494,000, a 14.1 per cent increase from 2015.

Because an expected balanced budget from Queen's Park in the spring will end a public sector salary freeze that has been in place

since 2012, the province provided a framework for colleges to reference for their proposals, suggesting comparing top salaries with those at similar public sector institutions.

"Quite frankly, having several of the colleges choose comparators 10 times their own size is not in the spirit of the legislation as it was intended... It's not in the spirit of what we're trying to achieve as we moved toward balanced budget," said Matthews in a statement.

As for the current status of any proposed salary hike, "It's hard to say right now, since the province has sent everyone back to planning

table," said Andrew Leopold, Humber's communications director.

Humber College's Executive Compensation Program for Public Consultation reports that Humber compared itself to public sector institutions such as the LCBO, MaRS, BEHP Mergco and Toronto Pearson International Airport.

Humber is Ontario's largest community college with nearly 83,000 total students including part-time and continuing education studies, spread over three campuses.

However, smaller colleges used Humber for reference such as Niagara College, with a student body less

than 30 per cent the size of Humber's.

Big executive salary increases are also seen as counter-intuitive with a recent study by PricewaterhouseCoopers Inc., the business consultation and accounting firm, predicting the post-secondary education sector in Ontario will have a cumulative debt of \$1.9-billion within eight years.

"We've asked college presidents and board chairs to go back to the table to rethink their proposals... After this is done, we would expect them to go out and seek public input again on the revised frameworks," said Matthews.

WITH FILES FROM RUTH ESCARLAN

# Seven-storey parking garage at North

Michael Piccoli  
NEWS REPORTER

Humber College is planning the construction of a new parking garage at North campus in 2018.

The seven-storey amenity will be available to students and staff.

Spencer Wood, Humber director of Facilities Management, said “construction will last for a year and the garage will be finished in 2018.”

Rob Kilfoyle, Humber’s Director of Public Safety and Emergency Management, said the parking structure would replace Building W, Humber’s Child Care Centre, and parking Lot 2.

“The new parking lot will be as big as the LRC building... a short-term pain for a long-term success,” said Kilfoyle.

When the parking project is completed, construction for the Finch West LRT will require the temporary use of Lot 5 for approximately two to three years, with Lot 4 to be used for part-time workers.

The construction of the Humber College Metrolinx stop means that even with the addition of the new 1000-stall parking structure, Humber will only have a net gain of 200 extra spaces when the garage is completed, since Lot 5 will be under construction.

“The staff and I are fully aware of the current parking challenges and



MICHAEL PICCOLI

Humber’s Child Care Centre will be torn down as space at North campus is reconfigured to create space for a 1000-stall parking garage.

we are working diligently to fix this,” said Kilfoyle.

Based on European design and technology, the well-lit garage will have car charging stations and bike locker storages to promote sustainability. Because of the seven levels,

elevators will be put in place.

Kilfoyle anticipates parking fees to increase in 2018, noting fees haven’t risen in 10 years.

“The increase won’t be used specifically for paying for the garage,” said Kilfoyle.



MICHAEL PICCOLI

Signage indicating the future parking lot construction plans.

According to Kilfoyle, Humber has one of the lowest parking costs when compared to other colleges and universities

Humber student Ashely Marcelle said she was not aware of Humber’s plan for a garage, remarking that some of her friends struggle in the

mornings to find parking spots.

With more spaces, Marcelle said, “I would definitely consider driving in the future.”

# Harm reduction urged for drug policy

Anna O’Brien  
LIFE REPORTER

“Normalization,” says Patricia Erickson, a senior scientist with the Centre for Addiction and Mental Health who has been studying drug policy in Canada for over 35 years, “is not a dirty word.”

Erickson kicked off an event thrown by the Canadian Harm Reduction Network on Tuesday, joined by six other panelists with various drug-policy related backgrounds. The event at the University of Toronto in the downtown was to discuss the future of Canada’s drug policy as well as bring awareness to the importance of harm reduction.

“I started addiction research in 1973, and I thought it was interesting but (drug use) will be legalized soon and I’ll move on,” says Erickson. “Well, now it’s 2017, and here I am still fighting.”

The Canadian Harm Reduction website defines harm reduction as the “policies, programs and practices that aim to reduce the negative health, social and economic consequences that may ensue from the use of legal and illegal psychoactive drugs, without necessarily reducing drug use.” It focuses on public health, human rights and social justice. Through educating the public, its intention is to benefit people who use drugs, families and communities.



ANNA O'BRIEN

Eugene Oscapella, an expert from the department of criminology from the University of Ottawa, speaks at a Canadian Harm Reduction Policy panel.

Joe Fiorito, a former *Toronto Star* columnist and award winning author, notes the negative connotation that is associated with drug users.

“Although Toronto is progressive, people are still frightened at the very notion of harm reduction,” says Fiorito. “We have people dying on the streets from these drugs, and we’re prosecuting the drug users, while some of them are the greatest people you’ll ever know.”

One of such individual is Raffi Balian, a drug user activist and

program coordinator of CounterFit Harm Reduction Program. Raffi spoke to the large crowd that attended the event and shared some of his most intimate stories.

“Fentanyl patches have kept me alive,” says Balian. “Truthfully, there is no fentanyl problem, there is a prohibition problem. Once criminalization ends, safe drug use can occur. Today, it’s fentanyl, tomorrow, it will be something else. The stigma is on the user, so the user becomes the problem, when it is the

system that’s the problem.”

Balian is currently at the beginning stages of opening a supervised injection service in Toronto, following in the footsteps of the facilities that have been in Europe and Vancouver for many years. Those types of programs are meant to further harm reduction and end the pain—both psychological and physical—that is associated with wrongful use.

“Trump did not make up alternative facts,” says Eugene Oscapella, a lecturer on drug policy in the de-

partment of criminology at the University of Ottawa. “It’s been going on for decades with drug policies. Better prescription practices, supervised injection sites, maintaining facilities, youth education, and much more is needed in today’s society.”

Longstanding government resistance in Canada to decriminalizing drug use became part of a wider cultural norm, according to some of the experts.

Trevor Stratton, the Coordinator for the International Indigenous Working Group on HIV/AIDS, stated that although the fight is hard and long, Prime Minister Justin Trudeau is sounding a welcome new tone on the issue.

“We finally have a government who has made a public statement about not stigmatizing drug users, and polls that support this policy,” says Stratton. “We are finally on the cusp of achieving our goal.”

To end the night, Joe Fiorito noted that although it seems like the fight has just begun, progress has already been made for many years.

“I know our fight for decriminalization seems staggeringly slow,” he says. “But, my God, what a ways we have come.”

Humber College offers cost-free counselling services for all students who feel the need to use them. Numerous events, clinics, workshops and appointments available on the school’s Health and Counselling website.



BHAKTI PARIKH

Humber President and CEO Chris Whitaker holds commemorative paddle with Lakeshore Grounds Interpretive Centre Advisory Committee

## History of Aboriginal land, psychiatric care at Lakeshore

**Bhakti Parikh**

NEWS REPORTER

Humber Lakeshore's new Welcome and Resource Centre reflects the history of the land it's built on through its architecture and interior design.

The grounds Lakeshore campus was built on was significant for the Aboriginal people who lived there. Artefacts and paintings that represent their tribes are showcased in the new space.

Later on, in the late 1800's, the Lakeshore Psychiatric Hospital was built on the terrain. In remembrance, the Resource Centre has quotes from the patients written on the walls.

"There were different community organizations, individuals who live in the area, staff members and

all these voices coming together to make sure that the history was recognized and would have a permanent home," said Jennifer Bazar, curator for the Interpretive Centre within the new facility.

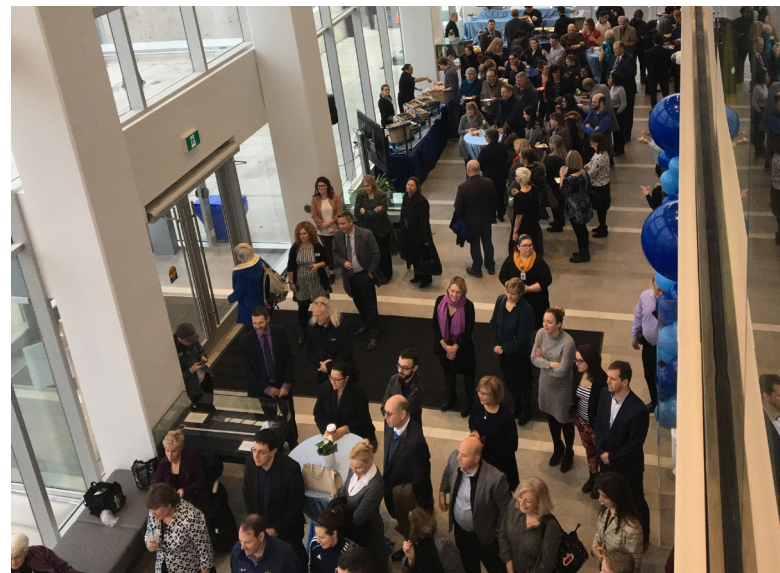
The new building is a "one stop shop" for students and staff members with all services under one roof. These include the Registrar's Office, Interpretive Centre (Art Gallery and History of Humber), First Year Experience, LGBTQ Resources Centre, Student Wellness and Accessibility Centre, Testing Service, Aboriginal Service and the Principal's Office.

The grand opening last month was an inclusive event where guests came from the neighbourhood, various local communities and the college. Speakers shared their thoughts and enthusiasm on stage.

The various stakeholder communities "always wanted a place to store the history of the area and Humber is now honouring that. We are going to collect and project the history by putting on exhibits and programs on the campus," said Wanda Buote, Principal of Humber's Lakeshore campus.

Ellie Knight, first year student of Hospitality and Tourism Management program is pleased with the structure and accessibility of the building.

"The artifacts and information on walls is pretty cool," said Knight. "Before the services were in different parts of the campus and now they're all under one roof, so we don't have to walk around the entire campus, it's very easy and accessible for students."



BHAKTI PARIKH

Faculty and students gather at grand last month of new Welcome and Resource Centre at Humber College Lakeshore campus.

## Black History Month: Bridge program works to mentor Humber students

**Linda Huynh**

HUMBER NEWS REPORTER

Fostering, mentoring and growing as one, are the goals of The Bridge program at Humber College.

February marks Black History Month across North America and is a special time for participants.

The Bridge program began six years ago with a group of African, Black and Caribbean students, whose mission was to encourage students to transform their self-perception and succeed at their post-secondary education. These students outlined the challenges they face on campus and strive to create a safe environment focused on black empowerment.

The program is based within the School of Social and Community Services and is Co-Curricular Record certified.

Student Support Advisor Martina Douglas joined the program in November. Douglas was recommended the program through a colleague that knew her passion for equity and



COURTESY SCHOOL OF SOCIAL AND COMMUNITY SERVICES

The Bridge, based in Humber School of Social and Community Services, allows students to discuss challenges they face in post-secondary education.

diversity.

"After hearing from past Bridge students themselves the positive impacts this program has had in their lives, I knew this was something I wanted to be a part of," said Douglas.

Douglas spends her time at The Bridge ensuring students feel comfortable, providing references and connecting them with other pro-

grams. But most importantly she says, "providing a listening ear is the most rewarding."

Since then the program has excelled running at North and Lakeshore campuses, along with drop-in workshops two to three times a week. The Bridge also welcomes guest speakers from outside of campus.

The Canadian Negro Women's

Association began celebrations of black culture in the 1950's, following the 1926 creation of Negro History Week in the United States. In 1979, the newly created Ontario Black History Society petitioned the City of Toronto to recognize Black History Month, now recognized countrywide as a celebration during February.

Elected in 2015, OBHS President,

Nikki Clarke says she wants the programs to expand and ensure Black History month is something that keeps growing.

"Our goals moving forward are to create more engaging programs for the youth to carry on our legacy and to provide inclusive opportunities to French and Spanish speaking blacks," said Clarke.

# Bell announces \$5 price hike for Internet services

Elisabetta Bianchini

BIZ/TECH REPORTER

As of Feb. 1, Bell Canada increased its monthly rate for residential Internet access services by \$5 in Ontario and Quebec.

According to Bell Canada's notice of service rate changes, the increase in charges was put in place to support growth and enhancements to the company's existing communication services.

"I think they are doing it because people are not with them anymore," Jailyn D., second-year 3D Animation student at Humber College said.

She added that her family has moved away from the larger telecommunications companies to Primus because Bell Canada and Rogers Communications have "ripped them off," culminating in the family taking legal action against Rogers Communications after the company continued to charge them for cancelled services.

Fowzia Ayam, third-year Business Administration student at Humber College has also moved to another independent service provider, Acanac, due to high prices with the larger telecommunications companies.

"[The cost of] Bell and Rogers was way too high," Ayam said.

Bell Canada's increase in Internet service rates follows a December decision by the Canadian Radio-television and Telecommunications Commission (CRTC), which declared that broadband Internet is a basic service across the country.

The decision will enable all Canadians to enjoy download speeds of at least 50 megabits per second (mbps) and upload speeds of at least 10mbps, with the option of unlimited data.

According to Sara Bannerman, Canadian Research Chair in Communication Policy and Governance at McMaster University, the announcement of broadband Internet as a basic service does not include price regulation.

The intention is that market forces and competition will create and sustain affordable broadband Internet pricing in Canada.

"I wonder whether Bell's move will raise any doubts about whether market forces are able, in the Canadian environment, to adequately encourage broadband affordability," Bannerman said in an email statement.

The CRTC has also established a five-year, \$750-million fund to support the creation of and upgrades to the infrastructure required to bring broadband Internet access to all communities across Canada.

According to Bannerman, Internet companies, including Bell Canada, will benefit from access to this fund to serve more customers.

"Canadians might be asking whether the current policy environment is adequate to serve individual Canadians' needs for affordable broadband, as well as the interests of Bell and other Internet companies," Bannerman said.

Despite the recent CRTC decision, Meghan Sali, communications specialist with consumer advocacy



FLICKR/SANTIAGO CABEZAS

Bell Canada's planned increase in Internet fees for Ontario and Quebec has again raised affordability issues.

group OpenMedia, said Bell's decision to raise prices is likely not connected to the expansion of broadband Internet services established by the recent CRTC decision.

"The CRTC does not force anything on any telecom pricing," Sali said.

She also mentioned that she

would not be surprised if other larger Internet service providers follow Bell Canada's lead and increase their prices as well.

OpenMedia has worked with smaller communities, including Thunder Bay, to take work on affordable Internet access at a local level and increase competition in

these communities.

She also identified that the lack of competition enables these larger Internet service providers to raise prices.

"Enhancing competition and choice lowers prices across the board," Sali said.

## Applied Research & Innovation Centre an 'experiential learning space'

Samantha Berdini

NEWS REPORTER

The new Applied Research and Innovation Centre at Humber North campus provides a professional space for outreach, meetings and to help students.

ARI works with students and faculty research teams to produce innovative projects. Teams are paired with industry partners and given the opportunity to use their ideas and skills toward practical outcomes.

"We really want to spark a conversation among Humber students," said Darren Lawless, Dean of Applied Research and Innovation at Humber

"Our goal...throughout all of the projects is to engage and benefit the students," said Laura Keating, Senior Research Officer at ARI.

"We want to give students an experiential learning space, where they can develop practical skills they may not learn in the classroom," she added.

Lawless said, "I want our Humber students to have a skill set that makes them the most desirable commodity in the marketplace."



He says all students have the potential to create, but many of them don't know how to implement their ideas.

At a Jan. 18 opening event, Candice Williams, a second-year student in the Architectural Tech-

nology program, was announced the winner of ARI's student design competition.

"ARI has given me the opportunity to branch out into an avenue I never thought of taking," said Williams. "Being in the architec-

tural program at Humber, we are not often exposed to this element of creative design. ARI pushed my creativity further and allowed me to leave a footprint at Humber."

"We encourage students of all education backgrounds to apply to our

contests and to the research assistant positions," said Keating.

"We used to think of research in silos," said Lawless.

Students assume they have to have a background in science or technology to pursue applied research. ARI is looking for people to come together and approach problems through as many lenses as possible, he explained.

"We have been getting a lot more people coming in asking what we do, and showing interest in Applied Research at Humber," said Michelle Bozzetto, Media and Communications Research Assistant at ARI.

"Students are getting a lot out of our new collaborative space and there has definitely been more student interaction with ARI since the opening," said Bozzetto.

Many students have been visiting the new space to hold meetings and brainstorming sessions, as well as to work on their applied research projects, she explained.

"We are so excited about this new space, and all the untapped value we can bring to our community here at Humber," said Lawless.

# Treating adult mental illness, where challenges often arrive by age 25

Meaghan Wray  
LIFE REPORTER

According to Toronto's Centre for Addiction and Mental Health, more than 75 per cent of adult mental illness surfaces before the age of 25.

'What's up,' an East Metro Youth Services (EMYS) program established in 2011, is a no-cost, no-wait walk-in mental health counselling service.

Previously geared towards children, youth and their families, it has now expanded its services to young adults from 19 to 24. No health card or appointment is required, and services are offered in many languages including Tamil, Dari/Farsi and Hindi.

David O'Brien, lead agency network manager for the program, said the age expansion was necessary to address stressors in ages 18 to 25.

"Our economy has changed, people are staying in school longer, it's more challenging to find a job," he said. "So [there are] all these pressures on young people, plus if you have a mental health issue it can exacerbate the situation."

Most mental health services in Toronto for youth stop at age 18. 'What's up,' O'Brien said, tackles that missing service gap. There are other barriers, like language, that EMYS tackles.

"We have a lot of first generation immigrants here, so often the children and youth can speak English but the parents don't speak it," he said. "So it can be very isolating, especially when



MEAGHAN WRAY

Kirsten Cohen, a social worker at What's up clinic which is run out of the Etobicoke Children's Centre

you're dealing with a young person with a mental health issue."

O'Brien said the service being free is thanks to Federal funding, as well as \$200,000 from RBC fundraising.

"It's a big issue for people in the City of Toronto to pay for counseling," he said. "We often serve children and families living in marginalized neighbourhoods, so neighbourhoods that have poverty or violence, it's difficult to ask someone to pay for a counseling service."

O'Brien said the service is currently in negotiations with the Hospital for Sick Children to video conference psychiatrists at every

walk-in clinic.

Kirsten Cohen began her career at 'What's up' as a social work student at the University of Toronto. When the program expanded from a one-day walk-in to a five-day walk-in, Cohen was brought back as an employee.

Certain mental health struggles, Cohen said, come up in adolescence but they don't disappear.

"The problems don't go away," she said. "The fact that we're expanding up to (age) 24, some people are in college or post-secondary education or just finished high school, there's so much going on."

Of the funding coming from the government and RBC fundraising, Cohen said it's a step in the right direction to acknowledging that mental health services are necessary.

"There's so much focus on physical health and prevention, but to have a service like this, it's saying we understand that not only do people need access to mental health services, but they need easy access and they need access to it right away," she said.

Maja Jocson, Ignite vice-president of Student Affairs, is a fourth-year kinesiology student at University of Guelph-Humber. As a former representative of her program, she

found her passion helping students organize social events, as well as with academic concerns.

Like most students, Jocson sometimes struggles as well.

"There are days when I just don't want to get up. [Sometimes] you just don't want to do anything, especially over the winter time [when it's] so gloomy," she said. "I'm a very extroverted person, I'm not used to that."

Jocson works with 14 program representatives now, and has also been a part of the Mental Health Committee. Right now, she's working on determining whether a second reading week would be beneficial for student mental health.

"I think obviously having a mental break, just to chill and relax and not worry about school, will help students," she said, but added students must also consider repercussions like extended class time and less time to study time could add to students' anxieties.

On campus, Jocson said, there's a service for students called the Student Lifeline. It's a number students can call when they're in distress and can't physically go to a counsellor.

"Sometimes you just can't go out, sometimes you can't even get up," she said. "You can call this Lifeline 24/7, all the days of the year."

In addition to a no-cost mental health clinic like 'What's up,' Jocson said Toronto needs other avenues students can go through to receive support.

## Moccasin workshop extends oral tradition

Lotoya Davids  
NEWS REPORTER

The Aboriginal Resource Centre at Humber recently launched its Making Moccasins workshop, with the second of six three-hour sessions held on Tuesday.

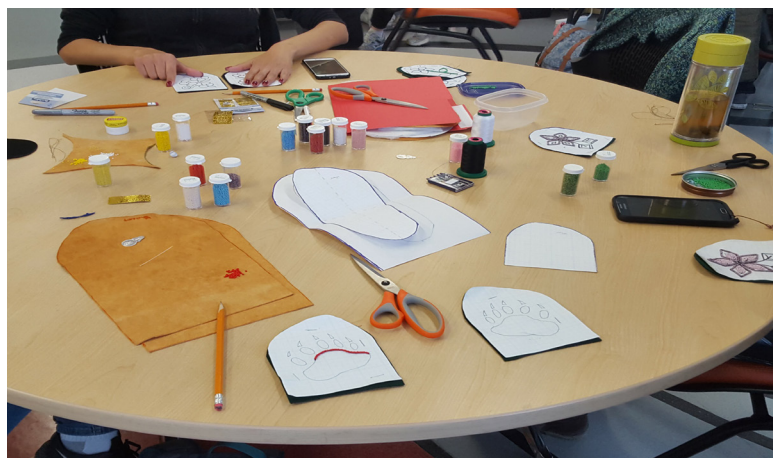
"I really want to show the beauty of my own culture," said workshop coordinator Liana Canzian. "I think it's worth sharing and letting other people know...this is actually an authentic way that we choose to dress ourselves and we still do it today."

"These detailed moccasins, from measuring your own foot to the bead work, require step-by-step instructions. It is necessary to host six-workshop series so participants are able to finish the lesson for the next class," Canzian said.

Workshop attendee Lynn is a part-time Horticulture teacher at Humber College and a Teaching Assistant for Indigenous knowledge courses which is how she learned of the Aboriginal Resource Centre. She is not completely unfamiliar with the lessons, as she had the opportunity of making moccasins for her newborn son years ago.

In this process, designs are made from sewing beads on top of the footwear in a desired pattern.

Canzian says the Aboriginal Resource Centre hosts events like these aiming to influence Aboriginal and



LOTOYA DAVIDS

Aboriginal Resource Centre's Making Moccasins workshop a six-part series.

non-Aboriginal members of the Humber community to visit the centre.

"Hosting a workshop to learn a new skill brings a community together, it is a fun way for participants to meet new people", she says.

Though attending the sessions fully is encouraged, the coordinator has allowed some flexibility based on attendee's schedules. The workshop accommodates all skill levels while providing guidance from former co-president when the organization was called the Aboriginal student circle Sage Petahtegoose.

Petahtegoose is a Humber film student who was taught the moccasin making skills by her mother following her 'coming of age'.

"The important part about this

class is that it is part of oral tradition. Me teaching them is how I was taught by my mom, so [I'm] passing it down in that sense", she says.

Petahtegoose says the materials used in the workshop serve as a history lesson on Aboriginal culture. She explains that leather is used to make the footwear as a way of honoring the animal spirits.

"It gave its life for us to be able to survive and so we choose to wear it with pride."

Petahtegoose hopes more visitors will be drawn to upcoming Aboriginal Resource Centre events, including the winter semester Fit-Nish Challenge and an annual Indigenous Knowledge Gathering, March 24-25.

## Stress management talks lead students to resources

Genia Kuypers  
LIFE REPORTER

Stress management is a common challenge most students face. Balancing work, school and extra-curricular activities can be daunting for some students, so Humber College has organized Stress Management Seminars for students to help.

Andrii Soroka, a Humber Civil Engineering student and senior peer mentor, led a first session on Tuesday to inform students of campus resources ranging from counselling, academic support and health and wellness classes are offered in the Athletic Centre.

"Most of the students using the workshops are international students as well as mature students, they're looking for ways to contextualize their stress, and build skills before they graduate," said Soroka.

He noted that the 70- to 80 per cent of doctors' appointments which are about stress is a proportion which has doubled since 1985.

Soroka first became involved

with peer mentoring while taking a Literature class at Humber and now works with the First Year Experience. The Stress Management Seminar is one of 13 available courses in a Learning Skills Workshop Series that students can take.

Ramanreet Sandhu (Early Childhood Education) and Colleen Orr (Fashion Arts and Business) were young mothers and Humber students attending the stress seminar who admitted to feeling stressed, overwhelmed and anxious during their time at college.

Balancing home life, work and school is "overwhelming and difficult, managing stress properly is something I really needed help with," said Sandhu.

Orr hoped to learn how to "manage stress properly." Ramanreet wanted to be able to "be a mom but be (myself) as well."

Schedules for the workshops taking place at Lakeshore and North campuses can be found on Humber's website.

# Seasonal Affective Disorder a serious challenge for some international students

Ieva Lucs  
LIFE REPORTER

If you're finding you'd rather spend your nights in rather than going out, you're not alone: this time of year is typically hard for students, but for some the winter blues can be a serious downer.

Seasonal affective disorder, with the appropriate acronym of SAD, affects up to 15 per cent of Ontarians (3 per cent of whom have a severe case), according to the Canadian Mental Health Association. The affects range from craving sweets or carbs, oversleeping, hypersensitivity and irritation in social situations, and feelings of depression and anxiety.

Some Canadians feel used to winter and treat this time of year as "just the way it is." But if you're one of Humber's 3,800 full-time international students this may be the first time you've ever experienced the freezing grey days of the north.

Maria Almendariz, 18, is a business marketing student at Humber College who arrived from Quito, Ecuador last fall. She had a tough time adjusting to the weather, and learned quickly that staying in at night by herself was a bad idea for her mental wellbeing.

"In the beginning I slept a lot. There was so much darkness. I started wishing I was home. I was thinking, 'what would I be doing if I was back in my country?'"

Almendariz was proactive and found people like her, new to Canada. She encouraged them to get out at night, for their own good and hers.

"If you don't keep yourself busy, it's hard socially and mentally."

There were a few hiccups however. Since it was so cold, Almendariz and her friends couldn't go outside, so they would inevitably end up at a restaurant. She had one starchy week where she ate pizza for five straight days.

"It was so bad. Never again," Almendariz vowed.

She still finds it hard to sleep because the days often pass without a glimpse of the sun.



IEVA LUCS

**Business marketing student Maria Almendariz finds it difficult to adjust to early darkness of Canadian winter.**

"In Ecuador, the sun is up at 6 a.m. and sets between 5 p.m. and 7:30 p.m. every day. Here I don't feel the changing in the day," said Almendariz.

Dr. Robert Levitan is the Cameron Wilson Chair in Depression Research, and senior scientist at the Centre for Addiction and Mental Health in Toronto where he has done extensive research on SAD. His studies show that women make up 80 per cent of seasonal depression sufferers.

"Seasonality might have something to do with preparing a young woman for the potential of getting pregnant during that tough fall-winter period," said Levitan. "That's when, historically at least, there may have been a real challenge in terms of energy conservation. Not so much in modern society, of course."

But whether someone like Almendariz is more susceptible to

SAD because she went from a hot climate to a cold one, Levitan says seasonal depression can hit anyone, even if they've lived in Canada their whole life.

"The rate of SAD depends more on where you're going to than where you're coming from. Being exposed early on to the winter doesn't help us that much in terms of adapting to it. We're equally at risk as someone coming from the south," said Levitan.

However, Almendariz did have the right idea when she forced herself to go out and be social in the dark winter months. Levitan said the rate of SAD is far lower in places that celebrate and accept the winter, like the Canadian Prairies and Quebec. Even in Ontario, rates of SAD are lower in the north of the province than in the south.

"In the more rural areas people

are just more used to the winter, they expect it, and it becomes part of their routine, whereas, here it's just a bothersome thing. There's nothing about it that's appealing and we don't really make any effort to have a culture around it. If you think of Quebec City, for example, they have the Winter Carnival, lots of skiing and winter sports," said Levitan.

One of the ways Levitan treats seasonal depression is to expose the sufferer to specially filtered ultra violet light for several minutes a day. The affect on someone's mood can be quite a dramatic change, however Levitan warns people not to self-treat or self-diagnose.

"Using light therapy can be dangerous, so we recommend that people don't just use their own light units or buy them without it being for seasonal depression."

## Tips for fighting winter doldrums

Humber students who think they have symptoms of seasonal depression can go to the Health and Wellness Centre (CK AT LAKE-SHORE) and make an appointment with a doctor.

If you suffer from a more mild form of winter blues Leanne Henwood-Adam, the fitness coordinator and facility manager for Humber's recreation centre, has some tips on how to shake the sunshine back into your body:

### Exercise

"Simply getting up and moving will make a huge difference. In the winter we want to be inside. Students are sitting at desks and studying. Go for a long walk, and try to get sunshine. Anything where you can get your body moving. If you don't like the gym or don't want to go outside, do stair climbs in a building in rez. Do lunges, squats, push ups and sit ups in your room. Stand up in front of your desk chair and do push ups off your desk. Getting your blood flowing is the most important thing."

### Eat well

"Find food that isn't processed and doesn't have a ton of ingredients if possible. Skinless grilled chicken versus fried chicken. Roast potatoes versus French fries. The shorter the ingredient list, the better. That doesn't mean you can't have a treat! Live by the 80/20 rule. Eighty per cent of the time be active and eat healthy. Twenty per cent of the time live life and have fun. If you are too strict with yourself all the time, you're setting yourself up for failure."

### Use Humber's Resources

"The gym is free. Every student has access to the facility. There's such a wide variety of fitness classes, go to one of them! Yoga, step up, boot camp. Come out and have fun. Try it out. Access it. There is something for everybody."

# Leading tourism firms attend hospitality career fair

Justin Dominic  
NEWS REPORTER

Big names like Fairmont Royal Park, Mountain Park Lodges, Skyline Hotels and Resorts and the CN Tower were among an estimated two dozen firms present at a winter career fair organized by Humber College's School of Hospitality, Recreation and Tourism on Tuesday.

The gathering in the North campus concourse included recreational companies, hotels and restaurants spanning from the GTA to Alberta

and New Brunswick.

Each outlet had senior representatives engaging with a flock of students constantly asking about internships, part-time and summer jobs.

"We want the event to be purpose-specific towards the summer jobs which are now in great demand, as well as internships," said Karen Hamilton-McKinnon, internship coordinator for culinary and baking arts.

"At least (according to) formal statistics, of seven out of 10 students

land their internships through these events, beyond which they come to me."

Humber's School of Hospitality Tourism and Recreation cites long-standing partnerships with nearly 700 companies in the industry, both Canadian and international.

Students in the school's programs say it is not an uncommon sight to see events such as these happening year round.

"Most of these events are opening gates for students to have a base idea

of the direction they want to progress into, now they have a wide variety of choices to choose from," said Shona Chalmers, professor and coordinator for the culinary program.

Among the many representatives that pitched their spots at Tuesday's event was renowned banquet chef Tom Phuong-Luu from Fairmont Royal Park.

"Events such as these are very crucial for students, who in turn are very fortunate to have the access to apply to them," said Phuong-Luu, adding a career fair such as this, "is

also an asset to the hospitality industry."

A Humber alumnus from the HRT School, Prabh Deol was in the program last year and now works directly under 'Chef Tom' for Fairmont Royal Park.

Kelly David, first year student in Humber's Culinary Management program, said of the companies attending the fair, "there is much to learn from them. Moreover, it gives us a ton of opportunities to work at these places part time, which I think is a smart move to begin with."

## Meme of the week



## To the Nines



**Bag:** The Pop-up Shop  
**Necklace:** Aldo  
**Sweater:** The Pop-up Shop  
**Dress:** Love-J  
**Stockings:** Ardene  
**Boots:** Aldo

**Medjy Mezilus**  
**Fashion Arts and**  
**Business**  
**2nd year**  
**Age 30**

# HOROSCOPES



**JAN. 20 – FEB. 18**

We're currently in your window of time, so you're probably sitting high on your horse. But the Super Bowl is also in this time frame, so you're always second fiddle. Go for a jog!



**FEB. 19 – MAR. 20**

You're a sensitive soul whose idea of a good night is a cheap bottle of white and Dave Matthews Band vinyl. If that's the case, proceed to pick up your record player and smash it on the ground. Your lucky number is 8.



**MAR. 21 – APR. 19**

Focus on what you want to accomplish by the end of the semester. You don't want to be in the dark by the time your birthday comes around.



**APR. 20 – MAY 20**

Taurus is the weekend-dad of Ford vehicles. Also, your lucky numbers are 3, 5, and 12.



**MAY 21 – JUN. 20**

The inconsistent weather indicates indecision on your behalf. Talk to trusted family and friends, and try to gain a new perspective on life.



**JUN. 21 – JUL. 22**

Have you ever noticed the 'Cancer' astrological sign looks like the number 69 turned sideways? Isn't that wild?!



**JUL. 23 – AUG. 22**

Stay away from financial decisions that may affect you in the short run. Unless, of course, that involves paying your tuition. If that's the case, get on it!



**AUG. 23 – SEPT. 22**

We were about to compliment your humour and encourage you to use it in everyday conversation, but Adam Sandler is a Virgo, and it's not 1998.



**SEPT. 23 – OCT. 22**

Why is your astrological sign the scales of justice? Are you going to be a judge? A lawyer? If so, then can you leave me a card...



**OCT. 23 – NOV. 21**

You are likely a successful, handsome, and ethical individual whom the world revolves around. A reminder: Leonardo DiCaprio IS a Scorpio. Never forget.



**NOV. 22 – DEC. 21**

Have you read a book lately? Better yet, have you read a newspaper lately? Even better yet, have you read Humber Et Cetera lately?



**DEC. 22 – JAN. 19**

Hey, you. Yeah, YOU. Stop drinking bottled water. I know what you're thinking: I don't trust that sketchy Rexdale rinse. But it's not up to you. Save the planet.

## EDITORIAL

## Wynne's politics of desperation stinks

When Ontario Premier Kathleen Wynne decided to reign over municipal politics last week, there was an acrid stench of desperation.

Wynne was in hot water again after she flip-flopped with her abrupt cancellation of Toronto Mayor John Tory's Gardiner and DVP road tolls, much to the dismay of Tory and many of Toronto's city councillors. Tory even went as far as saying that he felt "treated like a little boy going up to Queen's Park in short pants."

Over the last year, Wynne has embroiled herself in a seemingly constant political nightmare with battles against the teacher's unions, and—most importantly—presiding over the skyrocketing prices of electricity. It has become the core issue leading to Wynne's ghastly approval ratings of 13 per-cent, according to a recent Forum Research Poll. And she knows it.

With the 2018 election looming heavy over her head, Wynne cannot afford to raise the costs of living any higher than she already has, thus the scuttling of the road tolls. But Progressive Conservative leader Patrick Brown and NDP leader Andrea Horvath smell blood -- and lots of it.

In fact, according to the same Forum Research poll, in an election now "the PCs would take a supermajority, or 70 seats, while the NDP would take 26 seats. The Liberals would take just 11."

The timing of the cancellation could not be more perfect. Just when it seemed that Torontonians and Ontarians alike were being suffocated by rising hydro costs, Kathleen Wynne swooped in to save the day ensuring no extra tolls. However, the reality is much different. Wynne's desperation in this moment clouded her judgement at

a time when she could not afford it.

According to Toronto's chief planner Jennifer Keesmaat, cited in a recent article in the *Toronto Star*, "Tolls, of course, are a really good fit with our larger public policy objectives. Currently, for example, you pay every time you get on the TTC, but you don't pay every time you get on the road. And yet we want more people using the TTC and less people getting in their cars...(Wynne's move) makes the province's own policy statement seem like gobbledygook."

Wynne's replacement for the tolls include a small increase in gas taxes, where the money would be earmarked for transit spending in Ontario municipalities. But in trying to reduce the burden of taxpayers she undercut Toronto, Ontario's largest voter population. The city's manager, Peter Wallace, said road tolls "provide stable, significant

revenue sources to invest in transit and transportation polices and, importantly, to shift the burden from property tax and transit riders towards user fees for roads.

"This incremental investment is welcome, but is not a direct substitute for toll-based or other direct city revenues."

Moreover, as recently as December of last year, Wynne had fully supported Tory's plan for road tolls. But after confrontations with fellow Liberal MPPs, Wynne made a U-turn. She justified herself last week at a press conference, saying, "Any leader who doesn't listen to those voices, doesn't listen to the team...isn't actually leading. A leader who doesn't do that is actually dictating and, so, that's not the kind of leader that I am."

The aroma of panic is unbearable.

## Trudeau must condemn Trump bigotry



Hunter Crowther  
ASSOCIATE NEWS EDITOR



REUTERS/CHRIS WATTIE

Justin Trudeau speaks during Question Period in the House of Commons on Parliament Hill in Ottawa, Jan. 31. Prime minister has remained silent in face of U.S. President Trump's moves to bar Muslim visitors and build wall.

In a maiden year with ups and downs for Justin Trudeau, Donald Trump entering the White House presented a mix bag for our country. Nearly a week after the new U.S. president signed a heavily Islamophobic themed executive order, our prime minister has remained silent.

On Jan. 27, Trump temporarily stopped immigration from seven Muslim-majority countries, and indefinitely blocked Syrian refugees from the U.S.

The day after, Trudeau tweeted "To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength #WelcomeToCanada," followed by a picture of Trudeau greeting a Syrian child at an airport in 2016.

At no point has he publicly condemned the president. The deafening silence of our prime minister indicates he will tolerate the indecent rhetoric peddled by Trump.

On the surface, the contrast between the self-acclaimed billionaire and the self-acclaimed feminist is stark: for one, Trump's history with misogyny, racism, sexism – its depth is so perplexing, a quick Google search paints the picture. Trudeau, on the other hand, is the soft spo-

ken, charismatic, equality-preaching head of state who Canada happily elected in the fall of 2015.

After Trump's victory in November, the casual Canadian arrogance of humbly bragging about how humble we are was as apparent as ever.

"Look at how Justin holds his wife's hand, Trump doesn't even look at Melania!" as if public displays of affection holds sway on public policy. But since Trump's inauguration on Jan. 20, the only mention of the president from Trudeau was congratulations on entering the Oval Office.

On Tuesday in the House of Commons, NDP leader Thomas Mulcair challenged Trudeau to condemn Trump.

"A Canadian ally is blocking access to their country to individuals based on their religion and place of birth," Mulcair said in Question Period. "The prime minister talks about the importance of standing up to intolerance and racism."

"So, why is he refusing to denounce this policy that breaches fundamental human rights and that will inevitably have consequences for Canada?"

Trudeau immediately brought up the "important double role" the Canadian government has: protecting and growing Canadian jobs through the U.S., and "standing up for Canadian values and principles," citing the compassionate traits usually associated with Canadians.

"I'm sorry Mr. Speaker, but it is always the role of a Canadian prime minister to stand up to racism and hatred," Mulcair replied immediately.

Trudeau, again, echoed his previous comments, saying he would do his best to best represent Canadian values.

"Enough with the fine words, that's too easy," Mulcair said. "Now it's time for action."

Last Sunday's terrorist attack at a mosque in Sainte-Foy, Que., shook the core of our country, especially after nationwide protests in the U.S. following Trump's immigration ban. The Islamophobic undertones that Trump promoted in his campaign have seeped into the fabric of American identity, which by proxy, seeps into ours.

Even as a nation that, according to the Government of Canada, has accepted just under 40,000 Syrian ref-

ugees since Trudeau was sworn in, every westernized society holds pockets of anti-immigration thinking, either through fear of job loss or terrorism.

And the man who slaughtered six Muslim Canadians supported Trump's positions on immigration and refugees. While it would be unfair to place the blame of this tragedy on the feet of the president, it's entirely fair to cite Trump's rhetoric as a contributing factor to this act of domestic terrorism.

Trudeau is in a precarious position. Canada heavily relies on the U.S. through trade and treaty, and many worry an on the record negative comment towards Trump could hurt us in the long run.

But Trudeau can't be tough through selfies and subtweets. Our prime minister only has to look back at his father, Pierre Elliott, and his relationship with former U.S. President Richard Nixon. The elder Trudeau government served for the entirety of Nixon's presidency, and despite threats to trade agreements through the two nations, Pierre Elliott did not back down.

HUMBER  
Et Cetera

*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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Even after Nixon, considered one of the most despicable people to hold the highest office in the land, called Pierre Elliott a "son of a bitch," the former prime minister replied that he'd "been called worse things by better people."

Now is not the time for Canada to worry about the eventual renegotiation of the North American Free Trade Agreement or how the new White House administration will affect our economy. If Trudeau calls out Trump's B.S., Canadians and the rest of the planet will stand by the prime minister.

If Trudeau genuinely wants to best represent Canadian values, he must make it abundantly clear to Trump that the country will not tolerate the xenophobic hyperbole that's encapsulated America.

If not, Canadians will not tolerate Trudeau in the next federal election.



# Undefeated women's volleyball team up for OCAA championship

Leigha Vegh  
SPORTS REPORTER

Having not lost a game this season, the Humber Hawks women's volleyball team heads to the 2017 OCAA Championships after defeating the Redeemer Royals 3-0 on home territory on Thursday night.

Rising star of the team, Breanna Golding, had the final kill that brought the team to 25 points in the third set, a crucial game that clinched the Hawk's sixth straight OCAA West Division title.

The spotless record of 15-0 this season has not come without struggles of finding chemistry and unity between the vets and the rookies, who make up about half of the team.

"We have a saying, six is one on the court," Golding said.

A team therapist comes in every week to help with the mental aspect of the game.

"It was a weird divide in the beginning but I feel like we've done a really good job of gelling that together," she said.

Elizabeth Deakin-Poot led the Hawks to a strong start. They took the early lead and dominated the first set thanks to Deakin-Poot's five points, which included three kills and two aces.



MCKENZIE BARNES

Humber Hawks' Gabie Miletic reaches over net with a spike attempt against Redeemer Royals on Feb. 1.

The second set was a struggle as the teams battled it out point for point with the Hawks falling behind at times.

Head coach Chris Wilkins weighed in on the Hawks' lackluster

performance in the second set.

"We allowed the Redeemers to capitalize on their strengths," he said. "We didn't put enough pressure on them, so I was a little disappointed".

The Hawks won the set by a slim two points. Hawks all-star Devan O'Conner had the final kill, making the score 25-23.

The team dug deep and found

their strength in the third set with a clear lead from the get go. Midway through the frame, the Redeemers threatened to close the gap, but the team finished strong, with Breanna Golding getting the final kill to send the team to the OCAA Division Championships.

Coach Wilkins has larger goals in sight for his first-place team.

"Our expectation isn't only to win OC's but to win a national champion," he said.

Wilkins' only advice is for the players is to have fun.

"Sometimes we get so caught up in being competitive that we forget that we're all doing something that we love," he said.

First-year Breanna Golding and fourth-year veteran Devan O'Conner, who are neck and neck for points this season, have figured out how to turn such rivalry into friendly competition.

Golding joked that they have mini games while competing against other teams.

"Competition is always healthy, that's the number one rule here," Golding said.

The Hawks are looking to stay undefeated when they take on the Fanshawe Falcons tomorrow.

# Basketball bounces back after CCAA loss

Dylan Perego  
SPORTS REPORTER

A National Championship loss isn't something any given team can simply bounce back from the following season.

The Humber Hawks men's basketball team is out to prove that they're not just any given team.

For the past two seasons, the Hawks have been no strangers to success. The team returned to the top of the mountain in the CCAA in 2014-15 by capturing its sixth-ever national title, and they were one win away from back-to-back championships last year.

After a crushing 79-74 defeat at the hands of the Northern Alberta Institute of Technology on Mar. 19 of last year, however, the Hawks were left with a stretch of nearly seven months to think about how their season ended. Only time was going to tell if this group, with a number of key graduating players, had one more title run left in them, or if a significant rebuild was on the horizon.

So far this season, the Hawks have shown everyone that they have no plans of going away.

First year head coach Patrick Au inherited an experienced group of players when he took over at the beginning of this season, and he credits a unified team approach to not just every game, but every day of the season.

"We talked about it at the beginning of the year and then that was it," Au said. "We have a saying, we try to be better than our best every

day and we take it one day at a time, one step at a time."

The mantra for the team has been simple, but it has made all the difference in the world.

With three games left to go in a 16-game regular season, the Hawks currently sit in second place behind their rivals – the undefeated Sheridan Bruins.

If the season were to end today, the Hawks would claim the second of two byes through the first round of the OCAA playoffs, where first and second place in each of the Eastern and Western divisions wait while third through sixth place play first-round crossover games.

In regards to how his team is preparing for a run through this year's playoffs, Au is confident in his team's focus and how his players are preparing for the postseason.

"We kind of know where we want to go and it's just a matter of every day we try to work on being the best version of ourselves we can be, individually and as a team," he said.

The Hawks have a plethora of veteran players on its roster, including fifth-year players Gibson Eduful, Tyrone Dickson and Ancil Martin. Their veterans have played a big role in setting the tone and anticipation for the season. Au believes that the wealth of experience in big games has played a huge part in integrating first-year players into the culture of the program.

"For guys who have been there before, they know what it takes to get to that point," Au said. "We have eight new first-year players and it's just a



BRANDON FERGUSON

Hawks men's basketball head coach Patrick Au huddles with team against Redeemer on Jan. 11.

matter of getting those guys up to speed with kind of how we do things"

Despite losing two of their first three games of the season, the Hawks were able to put together an eight-game winning streak before eventually losing to Niagara on Jan. 25. Au believes the team needs more stability in order to maintain the level of play that saw them go undefeated for over two months.

"I think we need to just find some consistency with our level of compete and with our level of execution. We've really been working hard on executing at a faster pace and it's just about getting that level of consistency

that we are performing at that level."

Part of the responsibility of being a head coach at the college level, in any sport, is keeping the future in mind as well as the present, Au says, noting that next year the main challenge will not necessarily be to replace a certain number of players, but more so the number of minutes per game.

"Really, I think we are losing probably four of our five starters," he said. "I don't think it's a big turnaround in the sense of numbers, but it's a big turnaround when you lose players like Tyrone [Dickson] and Gibson [Eduful] who are two of the best players to have ever played at

Humber, and Ancil [Martin] is our leading scorer this year, so replacing those three guys is a big hole. ...It's more like we have big holes to fill in sort of the presence and legacy that those guys leave behind."

With so many veteran players preparing for their last post-season wearing the blue and gold, the Hawks seek their third consecutive conference championship and then National Championship appearance.

The Hawks have three games remaining before the journey through the playoffs, with remaining road games against Sheridan (Feb. 4), St. Clair (Feb. 18) and Lambton (Feb. 19).