

Hawks go 5-3 in South Carolina

In a reading week trip to Columbia, South Carolina, Humber's fastball team turns heads

SPORTS PAGE 19



Federal budget impacts students

Marlon Gomez
BIZ/TECH REPORTER

Despite spending cuts quickly piling up in the latest federal budget, the Harper government plans to introduce funding that can affect Humber's apprenticeships.

The budget report shows about \$229 million will be used to fund apprenticeships

and internships across Canada. Specifically, \$100 million will go towards interest-free loans for apprentices registered in the Red Seal trades (which ensures that workers are qualified by industry standards) through a new Canada Apprentice Loan.

Robert Cinapri, the coordinator for the business program at Humber College,

said it's important for everybody, not just students, to know what's in the budget.

"It might be difficult for you to know what benefits have become available to you that may have not been there before," said Cinapri, adding the budget does outline a specific amount set out for apprenticeship programs.

"It is specific to Humber

students who are coming here for electrician, plumbing and other specialty training where there will be grants available, where there weren't any available before," he said.

The government is also planning on using \$40 million to fund 3,000 internships in high-demand fields.

In total the budget includes \$700 million in new

spending for this year. Flaherty plans to pay for this in new spending by increasing taxes on cigarettes by \$4, which puts the total cost of a carton at \$21.

Spending cuts have been a big topic of discussion since the 2010 when the austerity agenda began, and this budget will follow suit. The budget report shows spending

cuts for this year will total at about \$2 billion.

These cuts were originally introduced and implemented in the 2010 budget when the austerity agenda began, explained David McDonald, a senior economist at the Canadian Centre for Policy Alternatives.

See BUDGET on page 7

Fashion moves against body hair removal

Kendra Hamilton
LIFE REPORTER

Doctors, celebrities and the media are all getting vocal about women going all-natural below the belt.

Missing from the chorus in support of lush lady locks however, is an important demographic - men.

An unscientific survey of 30 Humber students aged 18 to 33, showed an even split between students in support of women sporting an unshaved pubic region, however, only 23 per cent of those in support were male.

The survey showed men hold themselves to a similar standard, with 93 per cent of male students stating they support "manscaping," or male grooming below the belt.

"If you maintain it, it shows class, that you maintain yourself," said Ethan Jones, 31, a second year Fitness and Health Promotion student.

The easy access to pornography has played a factor in training the male gaze to have certain (potentially unrealistic) expectations, said Dr. Jennifer Marotta, a Humber professor who teaches a course called, The Body, Beauty, Sex and Consumerism.

HUMBER'S NEW LITERARY JOURNAL



KATE RICHARDS

Kirsten McCrea is the *Humber Literary Review's* first featured artist. The review will be the school's first ever-literary journal, and is to be produced biannually by the English faculty within the School of Liberal Arts and Sciences, featuring visual art and writing. Read the full story on page 11.

WORLD EVENTS THIS WEEK

MONDAY 3 Peach Blossom Day The event refers to the Japanese Doll Festival, which takes place March on this day, and celebrates girls being girls.	TUESDAY 4 Mardi Gras French for "Fat Tuesday," referring to the practise of the last night of eating before the ritual fasting of the Lenten season.	WEDNESDAY 5 Lent A Christian observance, lasting for a period of about six weeks leading up to Easter Sunday.	THURSDAY 6 Dentist's Day They may not be the most popular people, but give one a high-five if you're scheduled for an appointment on this day	FRIDAY 7 Employee Appreciation Day The day honors all employees worldwide, and was celebrated first in 1995.	SATURDAY 8 International Women's Day It is a day to annually celebrate the respect, appreciation and love towards women.	SUNDAY 9 Daylight Saving Time Most of the US, Canada and Mexico's northern border cities will "spring forward" an hour to daylight time
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Wrenching Humber doc decries deportation

Travis Pereira
NEWS REPORTER

The traumatizing experience of deportation is something that hits close to home for second-year Film and Television Production student Kejd Kuqo.

"When we first started pitching ideas (for films), I knew I wanted to do something with deportation because that's very personal to me," said Kuqo.

"It's something that a lot of my family members have experienced, so I feel like it's a story I know very well and I wanted to share that with people," he said.

Directing the documentary *Building on Sand* is the way Kuqo has involved himself with the cause of trying to halt the imminent deportation of a family member's friend, Albanian national Naim Cekaj.

"When I came across Naim through a mutual friend, and he told me his story, I just knew I had to tell it," said Kuqo.

Cekaj was forced to flee his homeland for fear of being killed after he was unwillingly brought into a "blood feud" when a family member killed someone.

Cekaj explained the Kanun of Lek Dukagjini is an ancient code of retribution still practiced in Albania. The essence of this code follows the paradigm of "an eye for an eye."

"If a man kills another man, the code demands that retribution take form in the death of one of the killer's male family members," he said.

Cekaj said the imminent danger forced him to come to Canada illegally and apply for refugee status.

"I've been denied status twice and my appeals have been denied four times, so six times in total," he said.

"The definition of a refugee, which is also incorporated within the Canadian legislation, is a person outside their country of nationality who requires protection," said Charles Hawkins, communications advisor for the Immigration and Refugee



TRAVIS PEREIRA

The production crew of the documentary *Building on Sand*: From left are Kejd Kuqo, Naim Cekaj, Daniel Morrell, Mike Hofman, Lexie Curow, Brittany Sheahan.

Board of Canada.

He said the evidence in most refugee status claims is the oral evidence from the claimant. "The standard of evidence is lower than it would be in any regular court, but it is any relevant information that the decision maker needs to evaluate the evidence," Hawkins said, adding that the evidence is evaluated in the context of the particular claim.



When I came across Naim through a mutual friend, and he told me his story, I just knew I had to tell it

Kejd Kuqo
FILM AND TELEVISION STUDENT

Determining what weight to accord the evidence by considering documented issues about the person's country of origin is certainly taken into account, he added.

"In almost all of our refugee claims there is a lot of documentary material about the situations in the country or origin for persons making a particular type of claim," said Hawkins.

Cekaj said the nature of his story is hard to prove with concrete evidence.

"My status has been denied because there's a lack of tangible documents to prove this is real," he said.

Kuqo said when discussing how the project should be approached there was a consensus that there needed to be a universal theme that anyone could relate to.

"Everyone knows some form of family, and may know what it's like to not be with them. So that was the universal connection that a viewer could have with him and from that, feel the rest of his story in the way that someone who didn't experience it still could," he said.

Donna O'Brien-Sokic, the Humber Film and Television Production professor supervising the project, said she encourages students to "write

what they know."

As the production's management faculty, O'Brien-Sokic said it's her job to be involved and oversee the creation of a film from beginning to end.

She said although passion is a great asset, students have to illustrate they have access to the people involved in a subject to make a story materialize, and added the story Kuqo wanted to tell in a documentary format was really intriguing to all faculty members involved.

"When he pitched he had such passion and commitment about making this film, and he had great access to making it happen," O'Brien-Sokic said.

Second-year student and the producer for the project Brittany Sheahan said despite never encountering the subject matter, the message within the documentary resonated with her deeply.

"I've never had any personal experience with deportation," she said. "What really got me into it was the whole

family thing, with him not being able to be with his family because of something that isn't his fault."

Building on Sand premiered in early December 2013 at the Bloor Hot Docs Cinema alongside the other student projects produced in the program in fall semester.

"We're really hoping it has

a life beyond that," Kuqo said. "We're focusing on sending it to Canadian festivals, because I do want his story to get out, especially to a Canadian audience."

"I feel like in this day and age if enough people want change, there will be change. And, I'm hoping there is enough people want change."

CORRECTION

Former Humber student Bella Laboucan-McLean was in her twenties when she died last July. Her tragedy was featured in a front page story Feb. 10.

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Proposed bill may exclude voters

New Fair Election Act requirement for official voter ID could cut those lacking fixed address

Charles Tang
NEW REPORTER

A newly proposed bill might make voting more difficult for people without fixed addresses, potentially affecting certain populations such as students living away from home.

Students could be turned away from polls since the adoption of the Fair Election Act, introduced by the Conservative government on Feb. 4, and passed by the House of Commons on Feb. 10.

The law brings many changes to current election law, for example, banning unauthorized robocalls, allowing election results to be published before polling stations closed in Western Canada, and creating a new agency to conduct investigations into election irregularities and fraud.

“The Fair Election Act will ensure everyday citizens are in charge of democracy by

putting special interests on the sidelines and rule-breakers out of business,” said Minister of Democratic Reform Pierre Poilievre in a statement.

Opposition parties and independent groups, however, strongly criticize other changes to the election law proposed in the bill, particularly its voter identity requirements.

Under the new law, voters can no longer use the voter identity card they received by mail as proof of address.

“Students living away from home will be turned away because of the elimination of voter ID cards,” said Mussawar Ahmad, 23, a second-year sustainable energy student, and the president of Humber’s New Democratic Party Club.

Cuillan Schmid, 20, vice-president of the NDP club, doesn’t have a valid proof of address to vote in Toronto when he attends school at Humber since his driver’s li-

cense and bills all show his address in Sarnia, his hometown.

“For many students, seniors, and low income voters, getting or changing their driver licenses or the new health card with pictures on it may not be possible. Their ability to vote will be affected,” Schmid said.

The new laws will also eliminate vouching rules, which formerly enabled voters without proper identification to be vouched for by another person from the same polling division, if the latter could prove their identity and address after taking an oath.

In the 2011 federal election, more than 120,000 voters voted under this system, according to Election Canada’s statistics.

“The government claims that 25 per cent of the voters who voted by vouching contain irregularities, but they were mostly errors in paperwork, which were made by volunteer staffs at the polling stations,” Ahmad said.

“We should not make voting harder if people are not

already voting,” he said.

Leadnow, a grassroots advocacy group, has collected more than 50,000 signatures on its petition against the changes in voter identity requirement.



Studies in the U.S. show that when a state made it harder to vote, less people voted

Adam Shedletzky
CO-FOUNDER OF LEADNOW

“Studies in the U.S. show that when a state made it harder to vote, less people voted. It is estimated that turnout rate dropped by 1.6 per cent to 2.2 per cent after several states adopted similar laws (with more restrictive) voting requirements,” said Adam Shedletzky, a co-founder of Leadnow.

“In 2011, about 36 per cent to 73 per cent of students, seniors, aboriginals, and low

income voters used voter ID cards to vote since they are more likely without a permanent address, or they moved a lot,” he explained. “The Harper government wants to disallow these rules despite no evidence of even a single case of fraud.”

Cole Swanson teaches visual and digital arts at the University of Guelph-Humber. He thinks the changes might impact voter turnouts and tilt votes in favour of certain groups.

“Any effort to change the process that might impact the number of votes from a group of people who are sitting on the fence already, could impact the vote in a way where you have people who may have very strong ideological or political belief being over-represented,” Swanson said.

“Really, what we are trying to do is to get more people to vote, so anything that prevented us from doing that can be a bit of a problem,” he said. “I am not necessarily for or against, in the straightest

sense, I just think we need to get more people out.”

Neeta Totaram, 32, a second-year Humber nursing student agreed.

“It’s bad that people lose the right to vote because of the changes,” she said, adding that she is looking to sign a petition asking the government to reconsider.

Other changes on the proposed bill (such as restricting the roles of Election Canada, and increasing the personal donation limits) are also criticized as moves favourable to the Conservative party.

Recent efforts by the NDP in the House of Commons to set up public hearings across the country on the proposed bill have been defeated by the government.

“What we want to do is to scrap this bill and to have Election Canada involved to help create a new bill,” Ahmad said. “The government has not consulted them before the bill is passed, but they are the most qualified people to make this bill fairer.”

Student candidates kick off campaigns for executive roles

Humber Students’ Federation election polls open next week

Kathleen Jolly
NEWS REPORTER

The posters are lining the hallways of Humber campuses, and the Humber Games have kicked into high gear.

The day after reading week marked the start of campaigning for those running to be next year’s Humber Students’ Federation executives.

The candidates have until the week of March 10-14 to draw in votes.

“The campaigning stage is when candidates go up to students and let them know what their platform is and why they should vote for a particular student,” said HSF chief returning officer Natalia Toussaint.

Among the candidates are some familiar faces, including current HSF president Timothy Brillhante, who is running to be re-elected.

“I think it’s been a fantastic experience,” he said of his time as an executive, adding the student body has given

him “strong encouragement.”

“I’m proud to be in this role,” he said.

Three candidates, including vice-president of student affairs at North campus, Kay Tracey, are challenging Brillhante.

There are 14 candidates running for the various vice-presidential positions, including Candace Pellew, seeking re-election to her current position of VP student affairs Lakeshore.



This is technically my last semester, but if I get elected I’m willing to come back and do another diploma just so I can do this position

Inderjeet Kaur Sangha
VP OF STUDENT AFFAIRS

VP student affairs North candidate Inderjeet Kaur Sangha is willing to make special arrangements for this role.

“This is technically my last semester, but if I get elected I’m willing to come back and do



KATHLEEN JOLLY

Campaign posters line halls of Humber’s North campus with HSF president Tim Brillhante back in running and facing three challengers. Opponents include North vice-president Kay Tracey, Candace Pellew, and Inderjeet Kaur Sangha.

another diploma just so I can do this position,” said Sangha.

“I feel I have more to offer the students. Over the past five years I’ve volunteered, worked on campus, in terms of doing positions where I

help students,” she said.

Nine students are running to be elected to Board of Directors, including current Board of Director member Eric Collings, representing North campus.

Over the course of last week, students had a chance to talk to candidates through online forums set up on the HSF website. Three forums were set up, one for VP North candidates, one for VP Lake-

shore, and one for presidential candidates.

As the weeks progress, students will have the opportunity to learn about each candidate, and choose who they want to represent them.

Humber reaffirms accessibility

Sonya Kahlon
NEWS REPORTER

After the accessibility of Greyhound buses made Toronto Star headlines late January when a Wilfred Laurier University student was stuck on a bus wheelchair lift, Humber College has again affirmed it offers many accommodations for the disabled.

"Students who have disabilities, whether it's related to a learning disability, or ADHD, or mental disability or physical, we help accommodate them to give them a leveled playing field," said Lauren Longo, disability services officer at the Student Success and Engagement office.

"Accommodations may include things like extra time for tests and exams, or the use of the tech centre, or use of a computer," said Longo. "It really depends on the student and the disability, as well as the program they are in."

Because there are students with different disabilities, different methods to provide the help and support they need are called for.

"I used the disability services to create a letter to hand to my professors to explain to them what my disability was and what special services I can use at school," said Melissa Carter, a Criminal Justice student at the University of Guelph-Humber.

Some accommodations that Humber provides are note takers and American Sign Language interpreters.

The Disability Services Office provides accommodations for students within the classroom setting and in test situations.

Meanwhile, Humber students with physical disabilities have to cope with shortfalls in accessibility outside the campus.

Greyhound said it has taken measures to make sure their buses are accessible in the wake of the recent incident in which social work student Chantal Huinink was trapped for hours in a coach out of the Toronto terminal and finally had to be freed by firefighters.

"All wheelchair lift-equipped coaches in Canada have recently undergone inspection to ensure all facets of the equipment meets Greyhound's high standards," says Alexandra Pedrini, a spokesperson for Greyhound Lines, adding that all Greyhound buses since 2009 have wheel chair lifts.

Greyhound partnered with eSENTIAL Accessibility to help customers with disabilities by creating the Greyhound Disability Channel.

"This is a custom gateway to educate consumers about how the company accommodates customers with disabilities," said Pedrini.

Some of the accommodations include "wheelchair-accessible buses, boarding and rest stop assistance, and other pertinent information for customers and employees," said Pedrini.

Speech disorders 'low on totem pole' in school

Simon Leve
NEWS REPORTER

It's an issue that affects a significant number of Canadians and people all over the world, and yet it's seldom discussed in the public sphere.

Communication disabilities affect one in six Canadians, according to Judy Meintzer, president of Speech-Language and Audiology Canada.

This was the driving force behind the International Communications Project 2014, an initiative aimed at shedding light on communication disorders. The ICP was founded by six speech-language organizations of different countries, including SAC.

"We really wanted to look at doing something that was bringing more of a global awareness of the importance of communication as a human right and also the impact of communication disorders on people's lives," Meintzer told Humber *Et Cetera*.

On Feb. 20, ICP hosted an online panel with the intention of raising awareness of communication disorders as a global health issue. The conference featured the heads of the six speech-language organizations of the ICP.

At the panel, Meintzer said, "The most important outcome... is that people have a way to communicate effectively in order to participate in those important activities and roles in their lives."

According to SAC, the disorder includes issues such as stuttering, motor speech disorders, hearing impairments, neurological impairments, and social communications skills among others.

Dean Sutherland, panelist from the New Zealand Speech Language Therapists' Association said at the conference that one of the reasons the disorder is ranked so low on the global health radar is because the focus seems to be on the eradication of life and death diseases.

Communication disorders are "quite personal, quite idiosyncratic, and quite different," he said.

According to MaryJo Morris, Learning Disabilities Consultant/Learning Strategist, "In the school system, including here, speech prob-

lems are low on the totem pole because having a speech problem doesn't mean you can't learn. Nobody thinks it means you can't learn."

"You might have problems doing presentations, but that's not all there is to postsecondary (education)," she said.

Morris added that it seems there is a double standard at times, especially with regards to speech impediments.

"A speech impairment is not a sensory problem (like hearing impairments), it's a faculty problem," she said. "So they figure if you have problems speaking but you're okay with typing, then go ahead and type... It's not recognized the same way."



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CELIA GRIMBLY

Warm temperatures on Feb. 21 turned some of Humber's snow banks into large puddles. On-site maintenance moved some of the snow from a large snow bank in Lot 3 to redirect the flow of water out of the parking lot.

Contractors soak up high cost of winter blizzards

Celia Grimbly
NEWS REPORTER

This winter came with a price tag, but Humber's all-inclusive snow contracts accommodated the harsh winter weather.

Humber College signs

multiple-year snow-clearing contracts with off-site contractors prior to the winter season. In fact, they sign the contracts in the summer.

"We develop the specifications and the drawing of who's going to do what and

we go out to tender," said Spencer Wood, Humber associate director for Maintenance and Operations. "We get pricing from the various contractors, and we define what they're supposed to do."

The snow clearing con-

tracts account for \$500,000 of Maintenance and Operations' \$14-million annual budget, he said.

The responsibilities and resources for the contractor were already established when suddenly a blanket of ice, a holiday power outage,

burying blizzards and transit delays happened.

"They have to build that risk into their contract that, if it's a bad winter like we've had, they have a lot more labour and salt on site than they would the last winter," said Wood.

The deals made contractors responsible for any additional costs that pertained



On-site maintenance has spent about \$20,000 on salt this year...not including what the contractor has spent.

John Schroder,
MANAGER OF MAINTENANCE AND OPERATIONS.

to their duties as a result of this winter weather, said John Schroder, manager of Maintenance and Operations.

Lighter winters in the future may alleviate the contractors' costs, he said.

Humber's North campus is the only campus without an all-inclusive contract, said Wood, and the on-site maintenance staff spent more time and money battling this winter.

"I think we've had four to

six weekends that have required them to come in on the weekends and had them come in earlier," said Schroder.

Wayne Falls, coordinator for Site Maintenance is just one of four full-time staff in the department and said 48 skids of ice melter and salt have been used on campus this winter, twice as much as last year.

"On-site maintenance has spent about \$20,000 on salt this year, as a rough estimate, not including what the contractor has spent," said Schroder.

The on-site maintenance staff accrued approximately 100 overtime hours this winter, said Falls.

This spring – or once the snow melts – workers will repair curbs and sod damaged by snowplowing equipment and salt, he said.

Humber's preference is to use ice melter, but a shortage of it increased the use of salt – which is more corrosive – on campus this year, Falls said.

The repairs will cost between \$10,000 and \$20,000, Wood said, noting that it's "not a huge number in the grand scheme of things".

Maintenance and Operations plans to stock more ice melter earlier next fall and winter to avoid running out in the future and to achieve goals of minimizing salt on campus, said Wood.

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Ontario seeks pension plan

Provincial initiative snubbed by Ottawa but effort continues

Ian Burns
NEWS REPORTER

Ontario is currently developing a plan to create its own pension system.

The provincial government first brought up the idea in November 2013, when Finance Minister Charles Sousa made his Fall Economic Update.

At the time, the province said it would prefer to enhance the current Canadian Pension Plan. But in a meeting of federal and provincial finance ministers in December 2013, federal finance minister Jim Flaherty ruled out such a move.

"Ontario is very disappointed that the federal government is standing in the way of a CPP enhancement," said Scott Blodgett, spokesperson for Ontario finance minister Charles Sousa.

"We're moving forward with a 'Made-in-Ontario' solution to provide the province's hardworking people with the retirement security they deserve," he said.

However, it is not clear

what the plan would look like. Premier Kathleen Wynne said on Jan. 28 that she would reveal details in the spring, ahead of a widely anticipated provincial election.

Not everyone is onside with the province's plans. Federal junior finance minister Kevin Sorenson is calling the proposal a job killer.

"Premier Wynne will disadvantage Ontario's businesses with higher payroll taxes, killing jobs and deterring investment," Sorenson said in a statement.

The provincial Progressive Conservatives opposed the idea. PC finance critic Vic Fedeli echoed his party's federal cousins, arguing that any new mandatory pension system would hurt the province's bottom line.

"It's a job killer," he said. "The Ontario Pension Plan idea is exactly the wrong way to go when Ontario's economy is struggling."

Michael Prue, NDP critic for finance, said while his party initially floated the idea of an Ontario pension plan, this may not be the time to create a plan reducing people's take-home pay.

"My recommendation is to go slowly," he said. "Also make sure it's on a graduated scale so that it's based on in-

come, as CPP is."

Having everybody pay the same amount may actually do more harm than good, as those on the lower end of the income scale would have less money in their pockets, he noted.

Representatives of student groups are taking a cautious approach on the issue of the proposed pension plan.

"It's an interesting opportunity," said Allison Williams of the Ontario Undergraduate Student Alliance. "It merits a good look at the impact it may have on students and faculty."

Some advocate young people consider the issues raised by retirement, even if they are still in their twenties.

"The pensions of today will look very different in the future," said Williams. "Young people need to think about the scope of what will be offered."

Prue noted that it's hard for young people to think 40 years in advance, but said if done right, a pension plan will benefit them in the future.

"Think about when you won't be able to work," he said. "Also, make sure you do your financial planning right. If you can get an RRSP, buy it, if you can get a tax-free savings account, get one."



PETER DAVE

One of the gluten-free options for students at North campus.

Gluten-free food options easier to find on campus

Danielle La Valle
NEWS REPORTER

Food choices at Humber for those unable to consume gluten have improved as the college's catering service strives to accommodate various diets.

Jose Juardo, food service director for Chartwells catering firm at Humber, said campus staff are able to adapt to dietary needs.

"We provide the training necessary to all the front-of-house staff to have the knowledge to provide the service,"

Juardo says. "Anyone that has any kind of food allergy, we work on a one-on-one basis with them."

This was not always the case, and getting a meal on campus for those with celiac disease – an intolerance of the gluten found in wheat and other grains – used to be much more difficult.

Will Vincent, a 2008 alumnus of Humber's intermediate plumbing course, was diagnosed with celiac disease while attending college but was then unable to find glu-

ten-free options at Humber. Health Canada's website states celiac disease is also known as gluten intolerance and is often inherited. It is an autoimmune disease that causes the body's immune system to react to gluten, causing inflammation and possible damage to the small intestine.

To get by, Vincent said he had to seek alternative options.

"I would either bring snacks from home or drive along Highway 27 looking for something quick I could have," he said.

Despite ongoing challenges, Vincent said the trend for gluten-free living among non-sufferers of celiac disease has improved his quality of life.

"If it weren't for people taking an interest in gluten-free diets I wouldn't have even 10 per cent of the accommodations that are available to me today," he said. "I couldn't be more grateful."

Humber constantly strives to improve its food options, said Don Henriques, director of campus services.

"Over the past six months, we concentrated on improving overall staff knowledge of made-without-gluten offerings and successfully introduced a variety of made-without-gluten meal options for all students to choose from," Henriques said.

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Cellphone use in bed a serious health risk

Smartphones can disturb more than just one night's rest

Aabida Dhanji
BIZ/TECH REPORTER

Using a smartphone at night can lead to problems in sleep patterns and health issues for many people, according to health specialists.

Since smartphones have become more popular, people have been using their phones for games, texting, social networking, emailing and many other functions but experts believe various health issues can arise from such usage, especially at night.

"The bright light from the phone can cause chemical signals in the brain which results in feeling more awake, or essentially shifting your circadian rhythm forward," said James Sayegh, the technical director of the North Toronto Sleep Centre.

The interaction with whatever you are doing can cause mental stimulation that creates a similar effect to keep you awake, he said.

"The bed is supposed to be for sleep and sex, period," said Sayegh. "The bed is a place to turn off the worries of the day and rest. When your work emails are right there, it doesn't work."

Lack of sleep caused by smartphones often results in other health risks, including metabolic and cardiovascular risks, he added.

Many students at Humber concede they use their phone in bed at night before going to sleep.

"I've always had a smartphone since I was a teenager, I think my sleeping pattern has changed, and I think it might keep me up at night more than it should," said 21-year-old Anna Zaphf, a first year student in the Fitness and Health program at Humber College.

She uses her phone mostly for texting, Facebook and Instagram, she said.

"Less sleep, more time on the phone and it definitely affects sleep patterns," agreed 22-year-old Nicholas Delpavignano, a student in Humber's Business Marketing program.

He uses his phone for apps and texting, he said.

"It hurts and distracts the eyes," Delpavignano said.



COURTESY HUMBER'S CABINET MAKING PROGRAM

New funding in the 2014 federal budget will go towards Red Seal Trades apprenticeships that could help students in college programs for the skilled trades.

Federal budget announces new funds

continued from page 1

McDonald said since 2010 these cuts have accumulated over the years to about \$14 billion.

"We're cutting back jobs, we're cutting back services at exactly the wrong time. And that is one of the major pieces that isn't announced except for a table at the end," said McDonald.

Ontario residents will be heavily affected by these cuts. About \$641 million worth of spending cuts will

take place in Ontario with this budget.

During his press release in mid February, Finance Minister Jim Flaherty said he is holding back on "flashy spending" in order to create a surplus of about \$6 billion in next year's budget.

Flaherty said in reality Canada's deficit of \$2.9 billion could have been whipped out this year, leaving the books with a \$100 million surplus.

However, in a live CTV interview with Lisa LaFlamme, he said "I'm not going to bal-

ance a \$275 billion budget on a \$100 million surplus. It's just too close to the line. And things happen, we need that contingency fund."

He went on to say unforeseen tragedies occur in Canada that the federal government must participate in.

"We'll keep our contingency fund and it will balance next year," he continued in the CTV interview.

The government is also planning on introducing legislation that deals with price gaps between Canada and the U.S.

FEDERAL BUDGET HIGHLIGHTS

The 2014 Federal Budget includes:

\$100 million in interest free loans for apprentices registered with Red Seal Trades.

Red Seal Trades include apprenticeships in transportation, construction, hospitality, automotive and more.

\$40 million to help entrepreneurs with the Canada Accelerator and Incubator Program

\$1.5 billion to post-secondary institutions to foster research that could create economic advantages for Canada with the new Canada First Research Fund.

HSF to run tax clinic helping students to file their returns

Vick Karunakaran
BIZ/TECH REPORTER

There are few things as satisfying as a refund cheque from Canada Revenue Agency.

Every year a new generation approaches the tax filing process with emotions ranging from mild discomfort all the way to fear.

"It is very important for students to file (their taxes)," said Caroline Battista, Senior tax analyst at H&R Block, a leading tax service company.

Some students don't file their taxes thinking they don't have income, said Battista.

Apart from tuition credit, students can apply for the GST/HST credit and even claim the cost of their public transit pass, she said.

Scholarships and bursaries are not taxable if you are eligible for the Tuition and Education Tax Credit, said Laura Goldhaber, Humber Students' Federation accounting coordinator.

In many instances, student loans allow the filer to claim the interest as a tax credit following graduation, Goldhaber said.

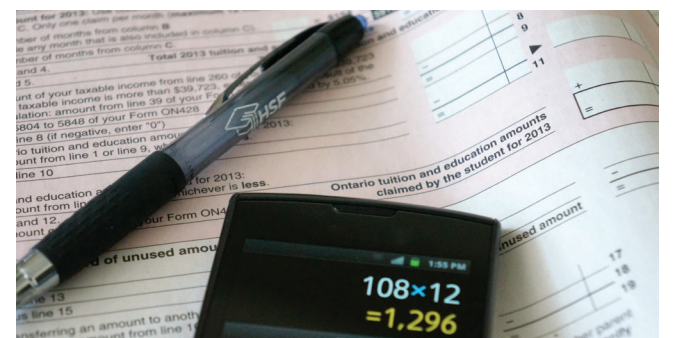
"I think, on average, doing taxes for the first time is ex-

tremely overwhelming."

Students filing tax for the first time "are very confused about what they need to do, what type of forms they need to get," she said.

HSF plans to help students file their tax by conducting a free tax clinic between March 24 and 28, she said. Goldhaber said she has volunteered for a similar program last year when she was at McMaster University.

Twenty-five-year-old Humber Creative Photography student Rebecca Roach said she files her taxes because she has to and to claim refunds. She's been filing her taxes since she



VICK KARUNAKARAN

Students filing their own taxes can seek help in many places.

was 18 and gets an accountant to do them for her.

"I usually get somebody to do it for me because... I don't know what I'm doing," she said.

Students filing tax returns can carry forward their tuition credits to be used when they start earning income, Battista said.

Humber students can

get their tuition certificate (T2202A) by logging on to their SRS account and clicking the link provided.

Generally CRA requires individuals to file tax returns on or before April 30th. Individuals can file returns directly on the CRA website or use one of the NETFILE-certified products when filing online.

Toronto need plans, not phrases from candidates

The mayoral election may be eight months away, but we already have a lot on our plates when it comes to candidates. From the current mayor - in name only - to former TTC Chair Karen Stintz, and now John Tory, piles of names are entering what will most likely be a grueling cage match that is bound to intensify as the months pass by.

Though the plan for most of these candidates is to find the holes in their opponents' platforms, voters must find out what these platforms and plans for the future actually entail. How exactly does Tory plan to create a "more livable, more affordable, and more functional" Toronto? What is Rob Ford planning on doing to earn back voters' trust? (Many feel it's beyond the mayor's ability to do at this point as each passing week a new

Ford blunder or breakdown fills our news feeds.)

Early on during the mayoral race we hear a lot of promises made by candidates, who presumably want to better our city, but up until the polling stations close in October, digging for details is imperative. Words can sound nice, but without a cohesive plan of action, they quickly lose meaning. Understandably, not everyone has his or her ears to the ground listening closely to every piece of developing news coming out of the mayoral race. Everyone however, can do minimal research, and listen closely to what candidates say. Numbers, facts, and plans of action are to be acknowledged. "More this and more that," and "stopping the gravy train," are phrases that alone have no real effect unless these phrases are backed up by a comprehensive strategy to

attain specific goals.

Unfortunately, aside from former Scarborough councilor David Soknacki's plan to scrap the current Scarborough subway plan and go with the more affordable LRT system - and even this raises the question on how exactly he'll cancel a plan that has garnered the support of City Council and the federal government - no one else has come forth with much when it comes to actual procedures.

Alongside policies and plans of action, another aspect of this race that deserves attention is the respective parties each candidate represents. Between Ford, Stintz, Tory and Soknacki, variety is not exactly a fair description of the options we have at this point in time. The right side of the political spectrum is heavily represented but the ideal range of ideas and priorities that

accurately represent the breadth of Toronto's diversity won't be fully realized until the other half enters the fray. NDP representative Olivia Chow is speculated to consider joining the race, and has hinted at a possible candidacy in March. This however does raise another question. Is someone who is up to this point reluctant to enter her name for mayor deserving of our votes down the road? One would think that if someone wanted to make an impact and better the city of Toronto, they would waste no time in entering the political marathon.

Many people may already have their pick for mayor, others perhaps aren't even aware of the upcoming election. Whatever the situation may be, do not let votes come down to whatever catchphrases sound best. Look where that got us last time



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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Hudak finally realizes right-to-work hurts workers



Joshua Sherman
MANAGING EDITOR

paying union dues in Ontario is to work for a non-unionized employer.

In light of this, right-to-work legislation might seem to be a positive measure, one that supports the individual rights of workers.

But it's not so simple.

According to a Canadian Foundation for Labour Rights report last year, in U.S. right-to-work states, workers' earnings are an average of \$1500 less per year.

It's also no surprise that right-to-work states had lower pension rates, too, according to the report.

And, perhaps most importantly, as the CFLR report also points out, there's actually solid logic behind ensuring everyone at a unionized workplace pays union dues. After all, every employee at a unionized workplace hypothetically reaps the benefits that their union fights for. It's only fair that all employees should have to pay their share.

By letting people opt out of paying their dues, the resulting scenario is one where some employees subsidize others, and where unions are considerably weakened due to

their having fewer employees to collect from.

Weakened unions have less bargaining power. Presumably one fundamental result of this is lower wages and, eventually, outright job loss, as the CFLR report found.

But in spite of the evidence that right-to-work legislation actually has a negative impact on the job market in places where it's adopted (and ironically hampers one's right to work), some still support it.

One argument is that unions in the province aren't relevant anymore, particularly due to the establishment of the Ontario Labour Relations Board.

However, while the Labour Board certainly defends workers' rights, it alone can't have the sort of day-to-day impact the presence of a union does.

At unionized workplaces there are representatives on site to lend an ear to employee complaints. As employees themselves, such representatives are familiar with the challenges facing others in their particular workplace environment

in the way that a large province-wide tribunal simply can't be.

There is still room for improvement in Ontario, though.

Indeed, for unionized minimum wage workers, it's understandable why there might be some desire to opt out of paying dues; after such deductions, these workers are left earning less than minimum wage.

Despite this, the answer isn't union busting.

If the minimum wage were raised, as the Humber Et Cetera called for last month, surely it would be less painful for those working at that level to fork over dues.

Another solution could be making exceptions to allow for minimum wage workers to opt out of paying dues. In this case, unions would have a vested interest in bargaining for more for their lowest-paid members, without being weakened to the extent they would be if all employees could opt out.

All in all, even though the present situation isn't ideal, it seems Hudak has -- at least on one issue -- come to his senses.

It seems miracles really do happen, as evidenced by the fact that provincial PC Leader Tim Hudak recently made a logical decision.

The decision was his choosing to finally stop pushing for right-to-work legislation in Ontario.

The Toronto Star reported on Feb. 21 Hudak said of the strategic policy move that, "You got to make the most impact on jobs and the economy. It didn't make the cut. We got a better plan."

Who knows, perhaps somebody finally informed him Ontario isn't a Republican state. But whatever the impetus for the decision, it's a good sign for all workers in the province.

For those unfamiliar with right-to-work law, it basically allows employees to opt out of paying union dues. Currently the only way to avoid

QUOTED: Can you see Rob Ford being re-elected this October?

No. He has too much of a bad rap now. I think people who don't usually vote will vote just to make sure he doesn't win.

Sheena Morris, 25
Tourism Management, 1st Year

No. Definitely not. Not after what happened this term.

Martin Vincec, 18
Business Management, 1st Year

No. I think he seems like a big ass.

Carrie Sauve, 19
Funeral Services, 1st Year

Harold Ramis, 1944-2014: Comedian, filmmaker, pioneer



Brian O'Neil
NEWS EDITOR



PHOTO COURTESY JUSTIN HOCH FOR THE HUDSON UNION SOCIETY

Harold Ramis at a Hudson Union event, Oct. 2009. His films included *Caddyshack* and *Groundhog Day*.

I was 15 years old, getting taller and my voice was changing when my dad sat me down for that seminal moment in the relationship between a father and a son.

We watched *Caddyshack*. I had reached that age where I was old enough to appreciate the classic comedies of my father's youth. It was a comedic rite of passage, a sign that I had moved past the PG-13 world I had inhabited up until that point, and into a vast unmined territory of comedic gold.

It was because of this that Harold Ramis' death on Feb. 24 affected me so deeply. Ramis passed away due to complications from autoimmune inflammatory vasculitis, a rare disease that causes swelling of the blood vessels. He was 69.

Until I saw *Caddyshack*, I only knew Ramis as the straight-laced Ghostbuster Egon Spengler. He was much more than that. He either wrote, directed or starred in many movies that influenced me: *Animal House*, *Stripes*, *Groundhog Day*, *Back to School*, *Meatballs* and *National Lampoon's Vacation*. That doesn't even touch on his stage work with the Second City

in Chicago, and his role in starting the cult television classic *SCTV* in 1976.

He was one of the world's greatest satirists. U.S. President Barack Obama said as much in a statement upon hearing about Ramis' death. Fittingly, Obama concluded his statement with a *Caddyshack* joke. Total consciousness, indeed.

He was an ordinary looking man with an extraordinary comedic mind. That's what has made his films so universal and capable of withstanding the test of time. There are elements within them

that speak to everyone. The times surrounding his films may be different, but the takeaway is the same. They're also just as side splitting.

Ramis' films ushered in a more mature take on the traditional comedy, filled with racy and explicit jokes once thought too risqué for the big screen. A genre line can be drawn from *Animal House* to *Knocked Up*. They contained an energy and contempt for authority that came out of post-Vietnam America.

More importantly, his movies taught us. They taught us about questioning authority, and rooting

for the underdog in all of us.

Here are thirteen other things Harold Ramis taught the world:

1. Broad comedy doesn't have to be dumb comedy. This was a motto he and *Animal House* co-writer Doug Kenney had while writing the film. A broad premise or concept is relatable to a larger audience, but always write to the top of your intelligence.
2. The Dalai Lama can hit the long ball off the tee when golfing. He is also a cheapskate when tipping his looper. (*Caddyshack*)
3. What a looper is (A caddy).

4. Never to look into the trap and don't cross the streams. (*Ghostbusters*)

5. TOGA! TOGA! TOGA! (*Animal House*)

6. Without *Caddyshack*, there would be no *Happy Gilmore*. Without *Animal House*, there would be no *Old School*. Without *Ghostbusters*, an entire generation would have grown up without knowing what a focused, non-terminal, repeating phantasm, or a Class Five full roaming vapor was.

7. When you try to be the ball, you can end up right in the lumber yard. Don't stop working on it. (*Caddyshack*)

8. That the mob needs therapy, too. (*Analyze This*)

9. A new philosophy: a \$100 shoe shine on a three dollar pair of shoes. (*Stripes*)

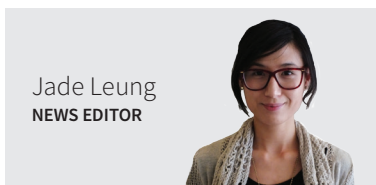
10. That everyone cried at the end of *Old Yeller*. (*Stripes*)

11. As important as laughs are in movies, *Groundhog Day* taught us heart is equally important.

12. A family vacation that ends up with the main attraction being closed and members of the family descending into madness is more realistic than you think. (*National Lampoon's Vacation*)

13. That Ramis' death was a blow to our collective funny bone. We lost a man who played an integral role in the creation of our cultural identity. He will be missed.

Texting is easy, but lacks results of in-person communication



Jade Leung
NEWS EDITOR

At the expense of sounding like an old geezer, I must admit I've never bought in to this whole texting trend.

Most of my old friends are fully aware I royally suck at replying to texts. My response times are whimsical and unreliable at best. Most of my friends would probably even vouch for the inevitability that if you incessantly text in my presence, I'd strike upon you with a mother's vehemence. It's not only rude and disrespectful, but why not enjoy what is tangibly in front of you? Social niceties aside, what astounds me most is the number of times I've witnessed people having an argument, or trying to elaborately explain something, over text. I genuinely question the validity of these so-called full-fledged "conversations."

A recent article by psychotherapist Michael Halyard highlights the problems of texting, in particular, to significant others. Halyard said, "For a lot of couples, texting is now the most common means of communication while apart – but it can also be a source of conflict.

Unlike telephone or face to face communication, it is nearly impossible to know how the other person is reacting emotionally to what is being communicated."

Halyard continues, "With telephone communication, you can tell



People are almost offended if you don't text or email them (before telephoning): it's like showing up at someone's doorstep unannounced.

how the person feels, through their tone, a pause, whether they are laughing or crying. With texting, you get none of that and it's impossible to know how your significant other is reacting to what you're saying on an emotional level."

An article in *Psychology Today* reinforces the notion that texting can't relay the real message. According to the piece, a study found that "58 per cent of communication is through body language, 35 per cent through vocal tone, pitch, and emphasis, and a mere 7 per cent through content of the message." I ask, why in the world would someone even want to use a mere 7

per cent of the potential to communicate? It's practically begging for trouble.

However, there are many exceptions and reasonable settings for texting: you're in an environment where talking on the phone isn't a viable option; you're checking in on your best friend throughout the day; or you're bored and mainly killing time.

And while researchers at Brigham Young University were quick to point out the downfalls of texting as the main means of communication, they also found that sweet texts throughout the day, indicating that you are thinking of a person, boosts satisfaction in relationships for both parties. It's like sending digital kisses.

People are so used to texting and emailing nowadays, that whenever I pick up the phone and call someone to see how they are, the recipient almost always sounds surprised to hear a human voice on the other end. I've had an acquaintance mention that people are almost offended if you don't text or email them beforehand: it's like showing up at someone's doorstep unannounced. What a travesty.

I've gotten into arguments over texting before. By the time I've typed up a lengthy rebuttal to some nasty comment, I'll have already received three more infuriating texts

to counteract with three or four more elaborate and angry messages. The time lag between thoughts, transcribed to texts, to eventually being received and read by the other party just doesn't bring about an effective and proper confrontation

– much less a resolution.

Texting is just one more medium that you have to overcome in order to get your point across. I'd much rather yell in person and then go straight to the good part: kissing and making up.

ET CETERA CARTOON



JESSICA STEIN

TORONTO EVENTS THIS WEEK

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
New Music 101 The Toronto Reference Library hosts an opportunity to explore new directions in contemporary music.	Pancake Tuesday Fresh Start Coffee Co. invites all to their 11th Annual Pancake Breakfast. At 655 Bay St. W. Time: 7 a.m.	Night Owl Comedy Toronto improv group, the Dandies, perform at the Black Swan Tavern. At 154 Danforth Ave. Time: 10 p.m.	Painting Unveiling Pamela Masik unveils her latest painting, the Caged Bird. At 102 Yorkville Avenue Time: 6 p.m.	Let it Drip! Workshop Come solo, for a girls' night out, or bring your date. At Paintlounge, 784 College St. Time: 7:30 p.m.	Streetcar Food Tour The tour will visit six neighbourhoods and six stops along Queen St. W. Time: 11 a.m.	A Huevo! Brunch A mexican brunch hosted by mixologist Alexander Stanojevic. It will take place at 1597 Dundas West.



COURTESY BRANDI DISTERHEFT

Upright bassist and Humber grad Brandi Disterheft's album *Gratitude* has one of nine Juno nominations for or involving Humber faculty and alumni.

Nine Juno nominations for Humber music alumni, faculty

By Nick Jean
A&E REPORTER

Humber College's relationship with the Juno Awards is a long and harmonic one.

"Five to 10 (nominated) records a year have Humber faculty, students or alumni involved," School of Creative and Performing Arts associate dean Steve Bellamy said.

So it comes as no surprise when the awards are presented Sunday, Mar. 20 in Winnipeg, Man., that nine of the contending records involve Humber faculty and alumni.

Two of the nominations this year are albums by Humber grads.

Brandi Disterheft, a 2003 Jazz Music Performance graduate, was nominated for Contemporary Jazz Album of the Year for her album *Gratitude*, while Joanna Borromeo's *Kaleidoscope* is up for R&B/Soul Recording of the Year.

Both Disterheft and 2004 graduate of Humber's Jazz program Borromeo were immersed in music from a very early age.

Disterheft said her playing the upright bass, the largest instrument in the violin family, was her father's idea.

"I think he thought it would be comical and ironic to see this small girl playing this massive instrument," Disterheft said. The joke backfired in the best way, however, as she took to the instrument right away.

Borromeo, on the other hand, came to music on her own accord. Her parents had an upright piano that she would "go up to and kind of plunk around," as soon as she learned how to walk. When Borromeo was about five years of age, a trip to Disneyland led her to the path of music. The ride *It's A Small World* caught her attention.

"That song played over and over for the entire ride... I was old enough to remember that song and I brought it back with me to Calgary and I walked up to the piano and worked it out," Borromeo said, adding it was at that point her parents recognized her talents and started her in music lessons.

Both musicians found themselves at Humber years later, albeit via very different paths.

Disterheft never expected music to be more than a hobby for her. Her father, she said, was always saying it's very tough in the

music industry. According to Disterheft, her father saw some of the greatest musicians struggling during his career at Yamaha and Canada Music. So when she received a scholarship from Humber she didn't think she'd be there for more than a year.

"What I realized at Humber was that music is ongoing and it's a journey. It's impossible to stop because you're always so close to discovering something," she said.

Borromeo perfectly juxtaposes Disterheft's hesitation to a career in music.

"I had been doing two years of classical studies - piano performance - at the University of Calgary," Borromeo said. "The classical program was really great but I couldn't picture myself sticking to that because, while I was deep into playing classical music, I never really actually listened to it."

So with the help of a friend she auditioned for and got into Humber's music program.

"I was such a beginner. As a jazz musician I was really intimidated by everybody there. But by the time I got out I had progressed so much," she said. Upon graduation she re-

ceived the prestigious President's Medal.

Neither performer is a stranger to prominent accolades. Borromeo's *Kaleidoscope*, in addition to the R&B/Soul Juno nomination, got the nod for Urban Recording of the Year at the Western Canadian Music Awards.

Disterheft will be returning to the Junos this year, albeit in a different category. She won Traditional Jazz Album of the Year two years ago for her appropriately titled debut, *Debut*.

"These nominations are proof in a way that we are preparing people for the real music industry in a way that is more than just learning how to play your instrument," Bellamy said.

He said students learn how to manage the complicated career of the independent musician, including marketing, promotion, music technology and production.

"The fact that so many Humber alumni and faculty are consistently recognized for the professional work that they do - as being the top in their field speaks to the success of the music programs we have at Humber," Bellamy said.

2014 JUNO NOMINEES FROM HUMBER MUSIC

FACULTY

Traditional Jazz Album of the Year

- Carn Davidson 9 - Nine
- John MacLeod & His Rex Hotel Orchestra - Our Second Set
- Mike Downes - Ripple Effect

Vocal Jazz Album of the Year

- Amy McConnell & William Sperandei - Stealing Genius
- Matt Dusk - My Funny Valentine - The Chet Baker Songbook

- Mike Rud - Notes On Montréal ft. Sienna Dahlen

World Music Album of the Year

- David Buchbinder & Odessa/Havana - Walk to the Sea

GRADUATES

Contemporary Jazz Album of the Year

- Brandi Disterheft - *Gratitude* - Contemporary Jazz Album of the Year

R&B/Soul Recording of the Year

- Joanna Borromeo - *Kaleidoscope* - R&B/Soul Recording of the Year

For more information visit humberetc.com/





KATE RICHARDS

Kirsten McCrea, featured in the upcoming issue of *The Humber Literary Review*, drawing in her home studio/office. Primarily a painter, McCrea initially wanted to be a writer as well.

McCrea art a Humber literary review debut

The Humber Literary Review debuts inaugural edition, featuring prominent artist, Kirsten McCrea.

Kate Richards
A&E REPORTER

Much like an ampersand, which connects two separate things, Humber's new literary journal connects creative writing and visual arts - and the first featured artist in the journal has a fascination with the ampersand symbol and its representation of connecting.

The Humber Literary Review will be the school's first ever-literary journal, and is being produced by the English faculty within the School of Liberal Arts and Sciences biannually.

While the print version of the journal's launch isn't until May 14, the online edition already has a preview of the first issue's featured artist, Toronto-based Kirsten McCrea.

In fact, McCrea's childhood dream was to become a writer.

She was 12 years old when she read that American writer Lois Lowry had her first written work published at the same age.

"I'm such a failure, oh no!" McCrea exclaimed, expressing her then-felt disappointment at being such an unaccomplished 12-year-old.

But she always had a simultaneous interest in art and began to focus her pursuit on that. McCrea graduated in 2008 from Concordia University in Montreal with a Bachelor of Fine Arts.

"As you get older you only have time to hone one craft, so I dropped writing by the wayside," she said.

The journal will feature a different artist for every issue.

Meaghan Strimas, managing editor of HLR, said featuring one artist per issue is engaging for the reader.

"It's neat to showcase one artist in particular," she said. "It gives the audience an overview of that person's work so they can get to know

that artist in particular."

It's difficult to ignore McCrea's illustrations: the vibrancy and level of minute detail forces the eye to look inside the image and get to know it both piece by piece and as a whole.

McCrea's illustrations have walked hand-in-hand with the written word before. Her work has been on the covers of other literary publications, including *Poetry Magazine*.

McCrea also runs Papirmass, an art subscription that sends a monthly print to each subscriber for an affordable price of \$5.75 per month, or \$69 per year. The print has art on the front and writing on the back, and has featured about 100 different artists since 2008.

"(The combination) seemed so obvious to me. I don't know why it works but it seemed like a really natural pairing," she said about the marriage of visual and written art that Papirmass presents.

There is no literal connection between McCrea's stunning illustrations and the content of the written

contributions that will grace the pages of the first issue of HLR. But a metaphorical connection might exist.

"Visually, (McCrea's) work is so dense and layered and I think, in many ways, the writing is the same, whether it be essays or poems," said Strimas.

Christian Leveille is the art and illustrations editor for the journal and chose newer work by McCrea that hasn't been largely available to an audience yet.

"I was really struck by a lot of the collisions that (McCrea) seems to engage with," he said. "There's a playfulness to (the chosen illustrations). There's not a strict ideological interpretation. They let the reader examine them and play around with what their meaning might be," Leveille said.

Kirsten McCrea's illustrations to be featured in *The Humber Literary Review* can be found at humberliteraryreview.com.

To find out more about Papirmass, other artwork and projects by McCrea go to hellokirsten.com.



COURTESY KIRSTEN MCCREA

Artist Kirsten McCrea reimagines the ampersand in her piece, part of her fascination with the symbolism of connection.

BELOW: COURTESY OF KIRSTEN MCCREA

McCrea blends eye-popping colours with intricate patterns to create visually dynamic pieces.





ADAM STROUD

The Humber Studio Jazz Ensemble, directed by Denny Christianson, performing the featured concert at the Next Generation Jazz Festival on Thursday Feb. 20, 2014.

Jazz festival builds music education in GTA

Adam Stroud
A&E REPORTER

For three days, dozens of middle and high school students packed themselves into the Humber Lakeshore auditorium competing in the seventh annual Next Generation Jazz Festival.

This year's festival was held from Feb. 19-21 and featured 33 bands from schools across the GTA, all vying for the top prize, an invitation to the MusicFest nationals, which will be held in Vancouver.

The festival is organized by Humber faculty Alex Dean and festival regional coordinator Marsha Duggan, and features other Humber music faculty as judges. Dean says festivals like this one build up a strong music community nationwide.

"It builds up music all across the country for everyone," he said. "I think it has a lot to do with keeping

the music departments pretty strong in high schools because if you don't have good feeder schools then you don't have good colleges."

The bands were separated into two categories, either big band or combo, and after each performance each band was either given an award of gold, silver or bronze. Each group was also given a 30-minute workshop with one of the judges, said Dean.

"They have to go up and work with them because you want them to sound better by the time they get to the nationals. And if they don't sound good you want to be able to make a change so if they come back next year they're going to sound better," he said.

For one hour each day the participants also got to watch a live performance from two of Humber College's jazz ensembles, as well as the Jazz FM91 Youth Big Band. Duggan said the purpose of these performances

was to inspire the young musicians.

"It gives them an opportunity to hear musicians that are playing at a higher level than them so that they have something they can aspire to," she said.

Mike Downes, a music professor at Humber, was one of four judges at this year's Next Generation Music Festival. He said music festivals such as this one are more important than ever with the constant threat of funding being cut for high school music programs across the country.

"I think music education is incredibly important and I think these festivals foster a learning environment for these people. I think it is educationally an amazing opportunity for them," Downes said.

The MusicFest nationals will be held May 12 to 17 in Vancouver. All bands who were awarded a gold at the Next Generation Music Festival were invited to attend.

Films a career building project for students

Adam Stroud
A&E REPORTER

Second-year film and television production students at Humber are in the midst of a month long project with career defining implications.

Film and television students are in the production of their studio dramas, short films between seven and 10 minutes all filmed on Humber's sound stage in the basement of North campus' L building.

Donna O'Brien-Sokic, film and

careers."

The students themselves write all the scripts in first semester, and after a lengthy process they whittle down the 20 selections to eight short films to produce, O'Brien-Sokic said. The reason the films are all shot in the studio is to provide ample experience to the students before they face the challenges of shooting on-location.

"You learn how to do it here then you take the knowledge that you gain from this project and you take that out on location," O'Brien-Sokic said.

Lindsay Roberts, 19, was first assistant camera, whose job was focus pulling for the camera operator. Additionally Roberts worked in set building and design, and said she enjoys working in the collaborative environment.

"Everybody gets to know each other better. I feel like I'm much closer with the people in my department," Roberts said.

Courtney Bell, 19, is another such student, who wrote the film, Vlad, a story about Count Dracula signing up for an online dating profile.

"I'm excited to see what this will look like on screen. To see if it actually turned out okay," she said.

Both Roberts and Bell described the experience as eye opening, and said it has made them aware of the career path they want to pursue.

All eight films from the second year studio dramas project will be screened at The Royal on College Street in Toronto on Apr. 23 at 7:30 p.m.



You learn how to do it here then you take the knowledge that you gain from this project and you take that out on location.

Donna O'Brien-Sokic
FILM AND TELEVISION PRODUCTION
PROFESSOR/FACULTY ADVISOR

television production professor and full time faculty supervisor, said the project, which happens every year, is an important building block in film production education.

"One of the things I find about this project in particular is that because they're having this experiential learning experience for the whole month of February," she said. "It really solidifies where they want to go in the film business with their

Live showcase a laughing matter

Shoynear Morrison
A&E REPORTER

Whether you're laughing at or along with them, Humber's Stand-up Comedy Showcase is designed to help student comedians deal with a tough crowd.

The Stand-up Showcase is an annual two-night event that assists amateur comedians to perform under pressure, said Larry Horowitz, professor in the comedy performance and writing program.

Horowitz is in charge of coordinating the event for second-year comedy students. He said this year's showcase will be held on Mar. 25 and Apr. 1 at Yuk Yuk's located at 225 Richmond St. W.

According to the event's website, the showcase costs \$4.00 and will begin at 7:30 p.m.

"We have evaluators come in to judge the performers. The evalua-

tors are all graduates of the program, teachers and professional comics," said Horowitz. "After the exercises, we take a look at all the evaluation results in class, so students can find out how well they did under the pressure of being evaluated."

Students have the opportunity to test their zingers at Yuk Yuk's every Tuesday until the comedy showcase, he said.

"Some are just first-year students learning the art. Some others are second-year students practicing for the showcase exercises," Horowitz said.

One of the many student comedians practicing her stand-up at Yuk Yuk's on Tuesday was first-year comedy performance and writing student Meg MacKay.

"If you're not laughing then nothing in the world makes sense," MacKay said.

Becoming nervous in front of a live audience is not an option for these

students. She said students eventually get past this feeling of doubt.

"Eating dirt in front of a bunch of people is just part of the game," said Mackay.

Following Mackay's comedy act was first-year comedy performance and writing student Mitchell Leblanc.

After being involved in improv for five years at the University of Toronto, Leblanc decided to divulge further into a career in comedy.

"My material comes from me just thinking really hard about things that I see in the world," said Leblanc.

If the audience does not respond positively to his act he does not get discouraged, Leblanc said.

"Generally I think it's a problem with my writing. It usually means I need to go back to drawing board and rework the idea," he said.

"I think if you come up with something funny in most circumstances the audience will be with you."

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Lean protein, whole grain called 'brain food'

Sarah MacNeil
LIFE REPORTER

Deciding between a chocolate bar or a handful of almonds for a study snack?

Students should opt for the latter during exam season in order to increase energy and enhance productivity.

Almonds are a great snack option while studying because they contain high levels of essential fatty acids that enhance neural function, said Karen Balko, a registered dietician at North York General Hospital.

Abby Langer, a registered dietician in Toronto, said students gravitate toward processed food because it is fast, cheap and widely available.

"French fries and sugary soda will actually do a disservice to your memory and cognitive function. Junk food slows us down," Langer said

Dr. Rahul Agrawal with the Society of Neuroscience wrote in a recent study that a high-sugar diet could impair brain function by depleting memory.

"Sugar has come down as being as harmful as fat for your body. It crashes energy and creates a temporary illusion of alertness," wrote Langer.

"Instead of sugar and fat, students should try to consume lean proteins rich in omega-3 fatty acid and whole grains to get a brain boost," said Langer. "Fruit dipped in nut butter is a great snack alternative."

Anything with a high concentration of omega-3 is super food for



SARAH MACNEIL

Students should try to consume proteins rich in omega-3 fatty acid and whole grains to get a brain boost.

your brain, said Sarah Coulson, a registered dietician and professor at Humber.

"Always look to food first before taking the corresponding supplement," Coulson said.

Balko agrees that more than supplements alone are needed to increase mental sharpness. Salm-

on, walnuts, flax seed, and eggs are examples of brain food students should incorporate in their diet to improve cognitive function.

"If you only take supplements, you are missing the energy component. When you consume brain food the body will break down the protein and convert it into energy,"

said Balko.

Exercise is also beneficial during exam period.

"Exercise increases endorphins and releases stress," said Balko. "It helps to calm and refocus the brain. Get blood flowing by doing a few yoga poses or jumping jacks, it is extremely valuable to the brain."



French fries and sugary soda will actually do a disservice to your memory and cognitive function

Abby Langer
TORONTO DIETICIAN

HEALTHY BRAIN FOODS

BLUEBERRIES
SALMON
NUTS AND SEEDS
AVOCADOS
BEANS
GREEN TEA
OLIVE OIL

ACCORDING TO WEB M.D

Coulson said students should also avoid having more than two cups of coffee per day as going beyond the recommended amount signals an imbalance.

The bottom line is that students need to start relying less on junk food and caffeine to wake up and more on health plans that enhance cognitive performance, said Langer.

"Really, it is all about balance. Energy-enriching foods, sleep and exercise are essential."

Young consuming twice as much caffeine from coffee as decade ago

Combined with caffeine from energy drinks, young adults could be damaging their health say experts

Janie Ginsberg
LIFE REPORTER

For most students, a hot cup of coffee – or several – is part of a daily energy boost routine.

The thought of health concerns? Out of sight, out of mind.

Young adults are getting nearly double the amount of caffeine from coffee than they were 10 years ago, according to a new report in the *Journal of Pediatrics*.

The study assessed trends of caffeine intake among 2 to 22-year-olds using 24-hour dietary recall data from the 1999 to 2010 National Health and Nutrition Examination Survey in the United States.

One day of dietary recall is exposed to random error, but these errors are likely to cancel each other

out when the entire population is considered, the study authors wrote.

Approximately 75 per cent of young adults consumed caffeine on a given day, according to the study.

Gone are the days where soda was the caffeine culprit – coffee culture has taken over.

The caffeine intake in total among youth has not increased,



When school is crazy or work would be crazy then that's when two to three cups a day starts happening,

Abi Berkley
STUDENT

but coffee and energy drinks now take up a larger proportion of caffeine consumption, the study said.

James Babington, 23, a Humber Marketing student, drinks four to five cups a week on average.

"I think I associate energy with caffeine. I didn't necessarily like the taste at first but I grew to like it because I associated drinking this cup with short bursts of energy," he said.

Caffeine is the most widely used stimulant drug in the world and a lot of young people succumb to social pressures when it comes to energy drinks, thinking it makes them smarter and more awake, said Dr. Martin Dobkin, a Mississauga family doctor.

"What is happening is that a lot of young people studying for exams are consuming multiple cans of these energy drinks and it can lead to brain damage and cardiac damage," he said.

Adolescents are recommended not to exceed 100 mg of caffeine a day, and nobody should ever have more than 500 mg a day, said Dobkin.

Energy drinks have from 180 to 200 mg of caffeine depending on brand and a Starbucks latte has 150 mg, said the *Journal of Pediatrics* study



JANIE GINSBERG

Youth are recommended not to exceed 100 mg of caffeine a day; a latte may have about 150mg

Abi Berkley, 23-year-old Humber Advertising Account Management student, drinks a cup of coffee per day on average.

On a regular day that is.

"When school is crazy or work would be crazy then that's when two to three cups a day starts happening," Berkley said.

There are other options to stay awake and alert, said Norwel Rigor, a registered nurse at Toronto General Hospital in the Cardiovascular Surgery Unit.

"I think just finding a healthy diet to keep you awake...definitely having a good breakfast in the morning will keep you going through the rest of the day," he said.

Dobkin said young people do not even need the extra energy. Bad sleep and study habits often cause students to feel the need for that extra morning boost.

His advice is, "exercise, regular sleep and don't stay up all night studying."

Caffeinated alcoholic beverages: dangerous mixture

Karina Nowysz
LIFE REPORTER

Energy drinks and alcohol may provide a quick buzz but together they can be a dangerous mixture compared to drinking alcohol alone.

According to the Canadian Centre on Substance Abuse and the Centre for Addictions Research of British Columbia, young adults drink caffeinated alcoholic beverages (CABs) at levels four times higher than the general public.

"It's not surprising why it's appealing to young people," said Cecile Marczynski, associate professor in the Department of Psychological Science at Northern Kentucky University, who runs an Alcohol and Energy Drink Research Lab.

"Generally people feel the experience of drinking alcohol as more awarding," said Marczynski. "They feel more stimulated and less sleepy."



It is known when you put stimulants into alcohol like caffeine you actually want to drink more and you feel less intoxicated.

Cecile Marczynskie
ASSOCIATE PROFESSOR



KARINA NOWYSZ

Young adults have been found to consume caffeinated alcoholic beverages at levels four times higher than average, according to institutional studies.

There are many health risks associated when combining energy drinks with alcohol, according to a range of experts.

"It is known when you put stimulants into alcohol like caffeine you actually want to drink more and you feel less intoxicated," said Marczynski.

The body does have defense mechanisms to signal that it has had enough, however. The main two are feeling fatigue and the awareness of being drunk, said Zorana Rose, a doctor of naturopathic medicine in Toronto.

The sleepy state that is experienced when consuming alcohol alone tells you to stop drinking but that gets disrupted when you mix a bunch of stimulants in your alcohol.

"The caffeine is counteracting the side effects of the alcohol," said Rose.

Young adults consume caffeinated alcoholic beverages (CABs) for a variety of reasons. According to the Canadian Centre on Substance Abuse (CCSA), some consume the mixture to get a quicker buzz.

"I don't feel the effect of alcohol

alone or energy drinks alone when I drink them, so as an experiment I combine them and then I get a tingly feeling," said Jevon Ellis, a Business Management student at Humber.

There are two major categories of CABs in Canada, pre-mixed drinks sold in liquor stores and those that are hand-mixed by consumers.

"There are no pre-mixed drinks in the U.S. since November 2010," said Marczynski. "I was really surprised to hear that Canada still has them on the market."

Health Canada in 2011 published its proposed ban of the sale of pre-mixed drinks but they are still available. Rockstar + vodka, which contains caffeine through natural ingredients, such as guarana or yerbe mate, are permitted.

Despite explicit warnings "do not consume with alcohol" printed on some energy drinks, CAB consumption appears to be common and a growing practice, according to CCSA.

"There needs to be public awareness, which works really well," said Rose.

Texted social plans create confusion on when it's a date

Katherine George
LIFE REPORTER

In a world of technology, dating has become a puzzle of decoding cryptic messages and virtual meet and greets.

A recent study suggests the increasing usage of technology in our daily lives causes confusion within relationships.

Online dating sites such as ChristianMingle.com and JDate.com (for Jewish clients) have co-commissioned their second annual State of Dating in America Report surveying more than 2,600 singles between the ages 18 and 59.

The survey was taken late last year between Sept.10-20 and has a three-percentage point margin of sampling error.

Twelve per cent of singles aged 18-24 are confused on a regular ba-

sis about whether an outing with another person is a date, according to the State of Dating Report.

In some cases, technology is a more common form of communication than a face-to-face conversation, changing the way individuals form relationships.

"The opportunity to find connection is no longer limited to face-to-face meetings, which creates endless opportunities. What you do with that technology likely has the greatest impact on the level of intimacy one would experience," said Derek Stockley, associate dean, Humber School of Social and Community Services.

Fifty-seven per cent of those surveyed admit conversation through text message contributes to confusion about whether their outing is a date.

It is common for students to talk through text message, said Rebecca Hepditch, 20, first year paralegal

student at Humber, but that doesn't make it any easier.

"It is harder to tell if the person does like you because you can't see their reaction and how the person is expressing what is being said as opposed to if they were talking to you face-to-face," she said.

"It is more difficult. It creates questions that we shouldn't have to bother asking, like should I have to text the girl? Little things like that. They shouldn't even exist. It makes dating more ambiguous," said Matt Herreman, 20, PROGRAM YEAR?? General Arts and Science student at Humber College.

The connection between two people is more appealing when it takes place on a more intimate and personal level, rather than just over an exchange of words through a screen, some students say.

"I think we are still in the early

days of creating the language and social cues that we associate with social media, and with this evolution will come the opportunity for creating intimacy and connection that might be lacking currently in a simple text and emoticon exchange," said Stockley.

Sixty-nine per cent of singles aged 18-24 prefer to be asked out on a date by phone call rather than text message said the report.

"I would prefer a phone call because you can hear the voice of the other person as opposed to a text message where you are just reading it," said Hepditch.

"Definitely phone call because it is more personal. I don't like how people hide behind phones and computers, it seems so phony and fake," said Herreman.

Yet in a digital age, say some experts, technology is continuously



The opportunity to find connection is no longer limited to face-to-face meetings which creates endless opportunities.

Derek Stockley
ASSOCIATE DEAN, HUMBER SCHOOL OF
SOCIAL AND COMMUNITY SERVICES.

evolving providing new forms of communication and individuals' relationships must adapt.

"The pace of this change tells me that it is impossible to know what the opportunities for connection will be in five years, with the only certainty being that there will be more avenues to connect and not less," said Stockley.

Fashion looks away from body hair removal

Continued from page 1

I worry that some may feel undue pressure to participate in certain beauty rituals, more to please others than to please themselves," Marotta said.

But pop culture has also played a role in making women raise their expectations concerning their own personal grooming, she said.

Increased access to Photo-shop-altered images and sexualized advertising has trained the eye to not only accept, but also expect

unrealistic beauty standards, said Marotta.

But those standards that come at risk to health, said Marianne Gullo, a laser technician at a Toronto dermatologist's office.

According to Gullo, hair is there for a reason and likely acts as protection from infection. Even when a strip of hair is left, the mucus membrane of the outer labia is being lasered and there's no filtering system, said Gullo.

Hair removal can cause skin irritation such as folliculitis, which

looks like an ingrown hair with pus, making it easier for bacteria or viruses to get in, said the Toronto Public Health unit in a report.

Laser hair removal is a permanent solution. Unlike waxing, laser hair removal requires multiple treatments, but once completed hair will grow back very fine, or in some cases, not at all.

"It's a fad right now for the Brazilian, a procedure that removes hair from the entire genital region, but I've been saying soon it's going to turn the other way around," Gullo said.

Media images and reports supporting bushy bounty have indeed been proliferating in the past weeks: the Winter 2013-14 Candy magazine cover showed Lady Gaga displaying a lavish garden, while Time was one of many news outlets that reported on the American Apparel mannequins decked out with public hair. The New York Times recently said pubic hair is back in feminine vogue, and The Guardian deemed 2014 the "Year of the Bush."

With celebrities like Cameron Diaz writing in her new book about

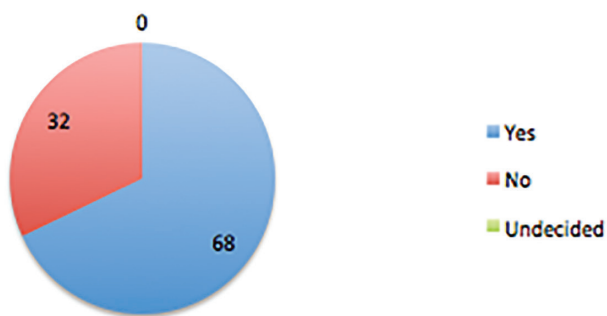
“ Hair removal can cause skin irritation such as folliculitis, which looks like an ingrown hair with pus.

TORONTO PUBLIC HEALTH UNIT

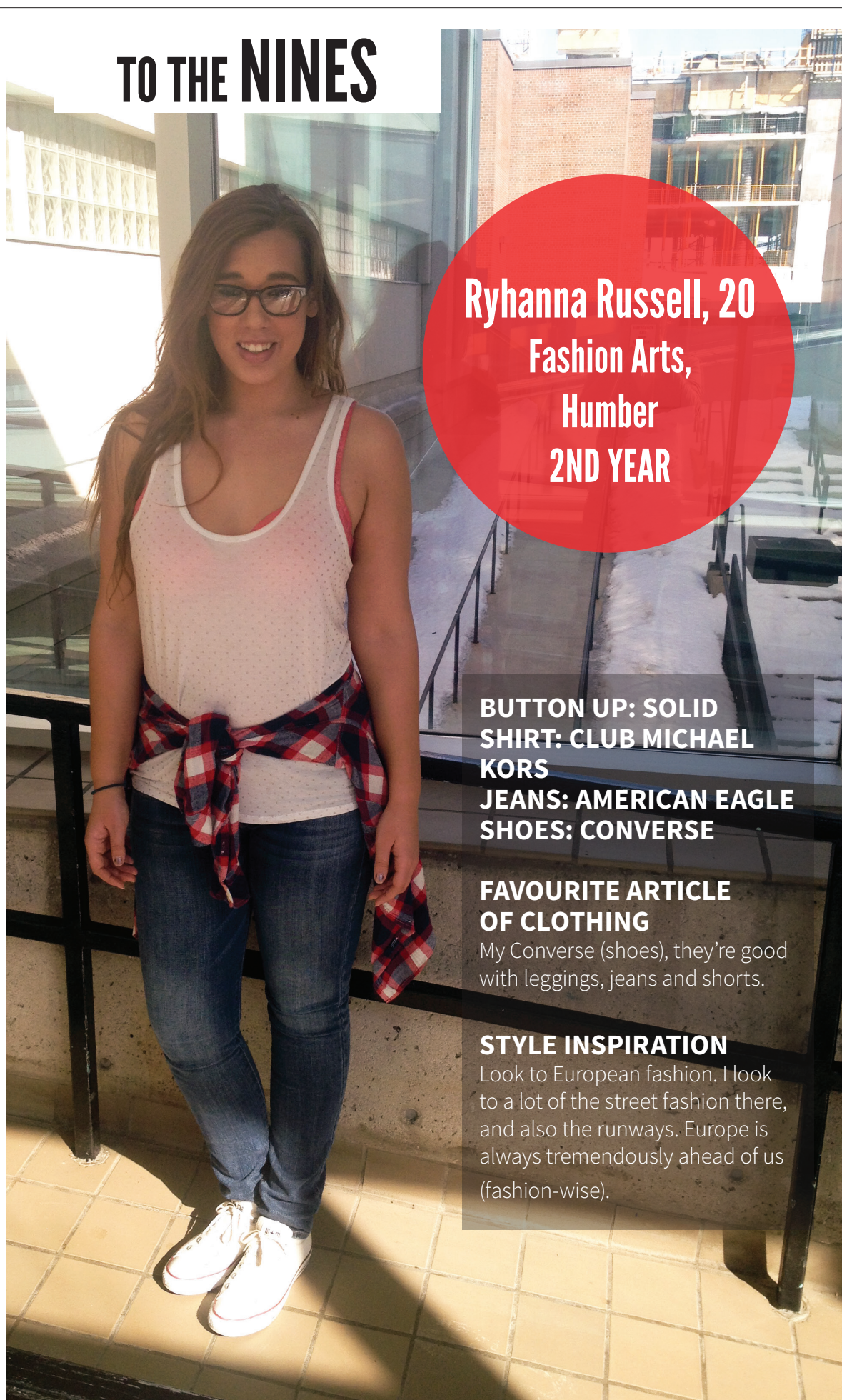
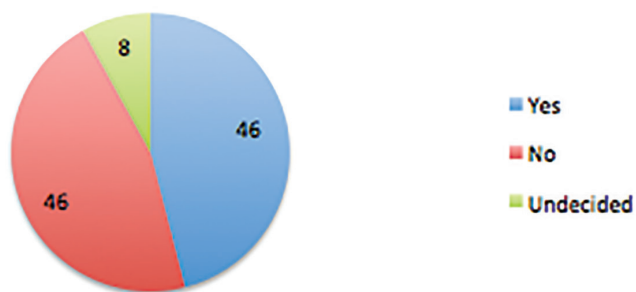
the importance of pubic hair, it's possible that in the next few years we see a backlash to this hairless trend, said Marotta.

15 MALE AND 15 FEMALE HUMBER STUDENTS WERE POLLED ON THEIR OPINIONS OF PELVIC-AREA HAIR

Do you think men should have to manscape?



Do you support women growing out their pelvic hair?



TO THE NINES

Ryhanna Russell, 20
Fashion Arts,
Humber
2ND YEAR

**BUTTON UP: SOLID SHIRT: CLUB MICHAEL KORS
JEANS: AMERICAN EAGLE
SHOES: CONVERSE**

FAVOURITE ARTICLE OF CLOTHING
My Converse (shoes), they're good with leggings, jeans and shorts.

STYLE INSPIRATION
Look to European fashion. I look to a lot of the street fashion there, and also the runways. Europe is always tremendously ahead of us (fashion-wise).



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HOROSCOPES by BRIAN O'NEILL



JAN. 20 – FEB. 19
This week you are very musical, so use that to your advantage. Do! Re! Egon!



FEB. 20 – MAR. 20
Words to follow: Don't cross the streams.



MAR. 21 – APR. 20
Gunga Galunga. On your deathbed you will receive total consciousness. So you got that going for you.



APR. 21 – MAY 20
If a Twinkie represents the normal amount of happiness you feel, this week it would be 35 feet long, weighing 600 pounds.



MAY 21 – JUN. 20
You're a pacifist. Never hit anyone in anger unless you are sure you can get away with it. That's the fact Jack!



JUN. 21 – JUL. 22
Having trouble writing your paper on Kurt Vonnegut? Call Robert Ludlum.



JUL. 23 – AUG. 22
You are currently single but a great catch. Tell people you collect spores, molds and fungus.



AUG. 23 – SEPT. 21
It's now March. There is about 455 yards left in the school year. You'll hit a 2-iron, I think.



SEPT. 22 – OCT. 22
You must learn to distinguish things. A flute without holes is not a flute, and a donut without a hole is a Danish.



OCT. 23 – NOV. 21
Saying goodbye is hard to do, but you can do it. In the immortal words of Jean-Paul Sartre, "Au revoir, gopher."

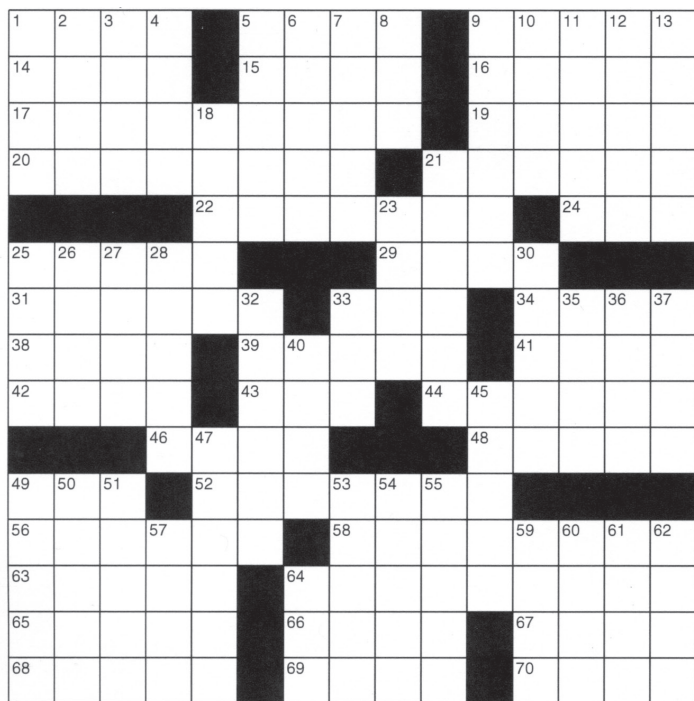


NOV. 22 – DEC. 20
You ever have déjà vu? I feel like I've asked you this before. Thankfully, tomorrow will bring a new day.



DEC. 21 – JAN. 19
Capricorn, when someone asks if you're a god, you say yes!

CROSSWORD BY BOATLOADPUZZLES.COM



2. ____-Hoop
3. House additions
4. Pub offerings
5. Cut bread
6. Zodiac sign
7. Actress ____ Burstyn
8. Coloring substance
9. Morally pure
10. Young men
11. Zodiac ram
12. Actress ____ Witherspoon
13. Entertain
18. Parties
21. Snoozing
23. Corn units
25. Papa's partner
26. Greedy
27. Tear apart
28. From Dublin
30. Desist
32. Gridiron number
33. Promissory note
35. Flat bread
36. 15th of March
37. Highland Scot
40. Prophecy
45. Comic Tim ____
47. Oak nuts
49. Mete out
50. ____ and quiet
51. 19th letters
53. Argentine dance
54. Carnival attractions
55. Ascended
57. ____ belt
59. School official
60. Korea's continent
61. Drooping
62. Relieve
64. Actor ____ McKellen

ACROSS

1. Mets' old stadium
5. Winter vehicle
9. Santa ____
14. Calm
15. Easter flower
16. Sheik's wives
17. Unreadable
19. Goodbye (Fr.)
20. "The Texas Chainsaw ____"
21. Evaluate
22. Thinnest
24. Witness
25. Newswoman ____ Shriver
29. Guinness of "Star Wars"
31. Reluctant
33. Fury
34. Long, narrative poem
38. Short skirt
39. Baggy

DOWN

41. Staff officer
42. Attaches
43. Outback bird
44. Pale color
46. Possess
48. Slightest
49. Large primate
52. In the middle
56. School assignment
58. Large terrier
63. ____ beam
64. Jakarta's country
65. Atlantic or Indian
66. Ripens
67. Intentions
68. Trials
69. Smelling organ
70. Neck region

DOWN

1. Svelte

LAST WEEK'S ANSWERS



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

Find the answers to this week's puzzles in the next issue or visit humberetc.com/games or scan the QR code!



SUDOKU BY SUDOKU.NAME

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

Personal Credits Notice



If you received a Common Experience Payment, you could get \$3,000 in Personal Credits for educational programs and services.

**The Indian Residential Schools Settlement Agreement.
The healing continues.**

Since 2007, almost 80,000 former students have received a Common Experience Payment (“CEP”) as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to \$3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, Indigenous Institutions of Higher Learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits? Adequate funds are available for each CEP recipient to receive up to \$3,000 in Personal Credits, depending on your approved educational expenses.

Which educational entities and groups are included? A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling,

as defined in the terms and conditions. Personal Credits of multiple CEP recipients can be combined to support a group learning activity.

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgement Form. If you do not receive an Acknowledgement Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgement Forms should be returned as soon as possible and must be postmarked no later than **October 31, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using

Personal Credits at each educational entity or group. Once the Form is received, provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014**.

What happens to unused Personal Credits?

The value of unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuvialuit Education Foundation for educational programs.

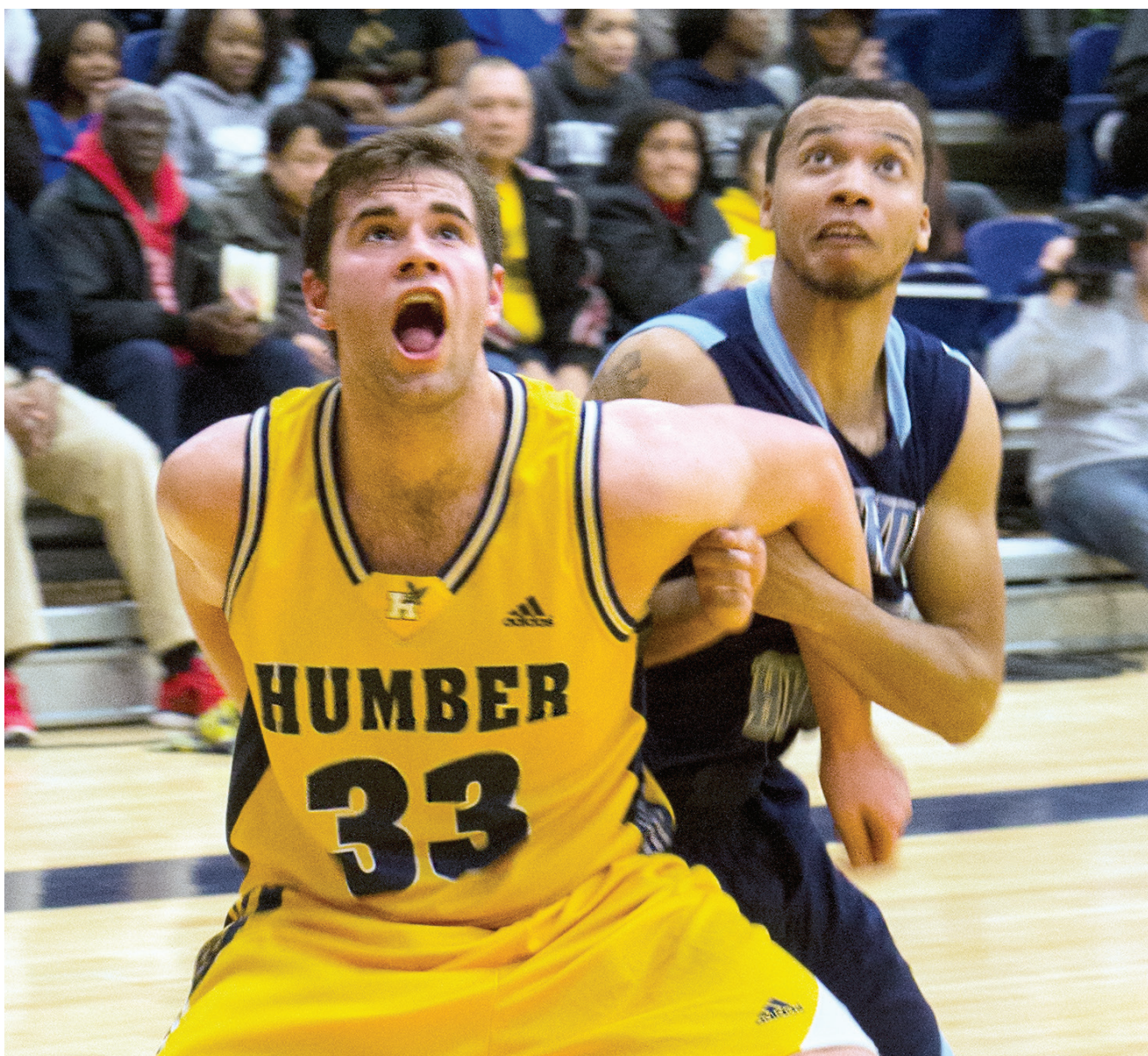
For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolsettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- Children
- Spouses
- Grandchildren
- Siblings

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JEFF SEHL

Centre Greg Edelsward (33) boxes out an opposing player during Humber's 86-84 victory over the visiting Sheridan Bruins.

Veteran centre Edelsward a force for Hawks basketball

Jeff Sehl
SPORTS REPORTER

Greg Edelsward might be in his first year with Humber's men's basketball team, but his presence has already been integral to the Hawks' success.

The six-foot-seven centre led the team in scoring this season, averaging 12.8 points per game, helping the Hawks earn an OCAA post-season berth. However, his contribution to the team far exceeds his point production.

"He's been kind of a quiet leader," said assistant coach Patrick Au. "He sets a good example and I know he talks a lot in the change room and gets guys going and keeps them focused."

"On the floor he's been a real stabilizing force in the middle. He's given us a good inside presence and solid rebounding and defending."

Second year power forward Tyrone Dickson said Edelsward brings a lot of energy to the team.

"He keeps us all up, he keeps us going with the offensive (rebounds) and offensive

points," he said.

"He always keeps us in the game," added Dickson. "He fills a big role on the court."

Edelsward also brings a wealth of experience. Prior to coming to Humber's market-

“

I haven't been around a winning team for a while, so if I can bring a championship back to Humber in my last year (of eligibility), no words could describe it.

Greg Edelsward
MENS BASKETBALL CENTRE

ing management program, Edelsward participated in the Ontario University Athletics (OUA) as a member of the Western University Mustangs from 2009 to 2011, before graduating in 2013.

His participation in the OUA helped him build good practice habits, improve his play on the court and his

leadership skills, all of which are important contributions to the Hawks, said Au.

Following his graduation from Western, Edelsward looked to continue building his academic resume. It was the school's academic reputation that initially drew him to Humber.

"I wasn't really decided on playing basketball immediately," Edelsward said. "I had to pick what I wanted to do for my post-grad. I wanted to get into marketing, and (Humber) has one of the best marketing programs in the country."

"I met with coach (Shawn) Collins and I got a good feel for the team and I got to play with them in the summer," said Edelsward. "It was great just being around them and it's a really good cohesive unit, so it just adds to the experience."

For Edelsward, the opportunity to play an important role for the Hawks has been an added bonus to the academic benefits.

"I'm loving it. It's been a dream come true," he said.

"During my time at Western I wasn't getting a lot of (playing time) and it was an uphill battle, but coming into this kind of program and having the coaches' support has been phenomenal."

"I'm just blessed to be playing here," said Edelsward.

With the season winding down, Edelsward is hoping to end his collegiate career with a national championship.

"That's been the goal since square one," he said. "I haven't been around a winning team for a while, so if I can bring a championship back to Humber in my last year, no words could describe it."

**GREG
EDELWARD
#33**

GP	16
PTS/G	12.8
FG%	50.7
3PT%	23.5
FT%	71.2
REB/G	5.4
A/G	1.3

On-court conduct can fray in heat of moment

Willy Phan
SPORTS REPORTER

Humber's athletes have endured the growing pains of sharpening their professional conduct in order to be successful in a school known for its decorated varsity programs.

The Hawks have been able to defend Humber's reputation as a dominant school in varsity sports by developing themselves as mature professionals in games where tensions have risen quite frequently.

Sometimes, however, staying cool under pressure is tough.

Jenn Bowers, who played for the Durham College women's volleyball team before becoming an OCAA volleyball referee, recalled her days as a varsity athlete for Durham, where opponents would get under her skin intentionally to throw her off.

"I would just ignore what they were doing, otherwise I would lose my focus," said Bowers.

The men's and women's basketball teams at Humber are no strangers to such situations. They've maintained a passionate rivalry for years against their Brampton counterparts, the Sheridan Bruins.

Humber's men's and women's teams defeated the Bruins 86-84 and 69-63 in their respective matchups.

The women's team victory was marred with a brief altercation near the end of the game, when Humber centre Brenda Carachure battled for a rebound against Sheridan's Haeven Durrant.

Both players were tied up with each other and Durrant responded by shoving Carachure after the referee already

stopped the play.

"There was a jump ball between me and the other player," said Carachure, a police foundations student. "She all of a sudden came really, really close to my face, and I really did not like that."

Carachure responded by pushing Durrant back before officials and teammates separated the two players.

"She had that intention and I didn't feel right, so we had a little confrontation there," said Carachure. "It was a 'get off me!' kind of thing."

Power forward Aleena Domingo sprinted from the Hawks' bench to hold back her teammate when the scuffle took place.

"I didn't rush in to fight, I rushed in because I have her (Carachure's) back," said Domingo. "I would help her come away from the situation."

In a recent volleyball game Bowers officiated, she recalled tensions escalated at the end.

"The thing they always forget is the game isn't over until I sign the scoresheet," said Bowers. "I still handed out red cards for the misconduct. The coach got a little out of hand and threw a chair."

Players and coaches may get frustrated sometimes because they don't necessarily understand the rules the same way as referees do. Bowers recommended players and coaches to become a referee so they can have a better interpretation of rules.

"It can cause you (the player or coach) to get a little more upset because you interpret it a certain way and then you're wrong about it," said Bowers. "You think the referee is an idiot, basically, when in fact you're the one who doesn't understand the rules."

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Men's volleyball misses OCAA gold

Coach Wilkins looking ahead to Nationals after Hawks go distance in OCAA Championship loss

Christina Succi
SPORTS REPORTER

For Humber's men's volleyball coach Wayne Wilkins, it's the tournament at the end that matters most.

Despite finishing second in the OCAA championships after a heartbreaking five set loss to the Mohawk Mountaineers on Feb. 22, the Hawks still qualified for the CCAA national championships in Moose Jaw, Sask. The championship will run from March 5-8.

"Our goal has been the same right from day one: get to nationals and win a national medal," said Wilkins. "The guys are going to be prepared to work for a gold medal from nationals."

Mohawk took the first set of the provincial championship 25-22 but failed to maintain their drive, as Humber won the next two sets 25-16 and 25-22.

The Hawks looked like they were on their way to a four set win, until a game changing play from the Mountaineers stole the momentum back. Mohawk held off multiple match points to win the fourth set 30-28, forcing a tie breaking fifth.

Mohawk seized an early

lead in the final set, eventually winning it 15-8 and the championship. It was their first OCAA gold medal since 2007-08.

Fourth year Humber left side Terrel Bramwell, who Mountaineers head coach Matthew Schnar said is arguably the best player in the nation, gave an outstanding performance throughout the tournament. Bramwell racked up 27 kills in the finals and was named the tournament's Most Valuable Player.

The award was little consolation for Bramwell who said the loss was a hard pill to swallow.

"I haven't stopped thinking about it since we left the gym," Bramwell said. "We had the game in our hands late, being up 19-14 in the fourth, and let it slip. It hurts."

"I thought we had time where we played at the level we know we're at, and it showed in some of our scores, but at others we struggled," said Bramwell. "We couldn't push hard enough to close out games when we needed to."

Andre Brown, a fifth year middle for Humber, said momentum was the difference maker against Mohawk.

"In the fourth set, we had a



CHRISTINA SUCCI

Humber's Cam Fletcher (left) spikes the ball during the Hawks five set loss to the Mohawk Mountaineers during OCAA final.

solid lead, and instead of running with it and getting the win, we let them back into the game," Brown said. "We gave them all the momentum."

Wilkins said that volleyball is often dictated by energy

created from play to play.

"Swings are enormous, and we allowed a team that we were beating pretty handily change the momentum on us," Wilkins said.

That, in addition to at-

titude, is what Schnar said made the difference in propelling the Mountaineers to victory over the Hawks.

"Just pure will to win," said Schnar. "We got some key defensive plays on Terrel, and

from there we found a way to score points off those defensive plays which gave us momentum."

"Humber played very, very well, but we just wanted it more."



COURTESY HUMBER ATHLETICS

Hawks fastball hurler Jessie Ulens gets set to throw a pitch during the Humber women's team trip to South Carolina.

Hawks fastball shocks opponents in Carolina exhibition matches

Underdogs to come away with any victories, women's team wins five of eight match-ups

PJ Valois
SPORTS REPORTER

In a reading week trip to Columbia, South Carolina, Humber's fastball team shocked some onlookers with an outstanding performance.

"We were going down there to do something special, and I think this team did something really special," said assistant coach Duaine Bowles.

A week in Columbia, South Carolina resulted in a five and three record for the Hawks who won five of their last six games including a two game sweep of University of South Carolina - Sumter.

The week featured games against teams from several leagues including the Na-

tional Association of Intercollegiate Athletics, Junior College teams and teams from the NCAA.

Going into the week, the big game circled on the schedule for the Hawks women was the doubleheader scheduled against NCAA division I team South Carolina State University. Unfortunately, the set was cancelled due to inclement weather.

"It was one of those games that we were really looking forward to," said Bowles. "We really wanted to play them, they really wanted to play us."

Despite not playing South Carolina State, the games did not lack intensity. NAIA team Southern Wesleyan put the pressure on quick by laying

down bunts right from the get-go, according to Bowles.

"It looked like it was going to be a couple of scrimmages," said Bowles. "But once the games started, they were very competitive."

Playing like a team was



We were going in as underdogs and we pulled through

Jess Crudo
HUMBER HAWKS FASTBALL

the reason the Hawks took five of eight games from the favoured-to-win American squads, according to first-year utility player Jess Crudo, who is enrolled in Humber's business administration program.

"We were going in as the underdogs and we pulled through, actually being on top of them," said Crudo. "Everybody thought that we were going to lose all 10 games but we didn't."

"It felt like we were back at the OCAA (Championships)," said Crudo, referring to the competitive nature and excitement surrounding the games.

A lot of credit was given to the new coaching staff headed by Lauren Spohn. Spohn helped the team gel, said Jim Bialek, manager of athletics and sports information.

"This whole trip was about establishing all around coaching and athlete relationships, expectations and moving forward as far as the needs to win another championship," said Bialek.

Humber students get active for swag

Ari Salas
SPORTS REPORTER

Humber students are flocking to the gym to achieve their fitness goals through the incentive program at the Lakeshore and North campuses.

Humber Lakeshore Recreation and Fitness Coordinator Nathania Bron said she started the program last year, offering “swag” – t-shirts, lanyards, and other hard goods – to help encourage students to get more active.

The incentive program has students record their names on a giant whiteboard to publicly record when they make it to the gym. Those who achieve the monthly challenge are put into a raffle to win prizes, Bron said.

But Bron said the swag isn't the biggest draw.

“People are buying into that incentive as well as just buying into the fact that they visually see [the benefit of staying fit]. When you see your friends and they're hitting the gym more than you there's an element of competitiveness that motivates them.”

Early challenges were set targets like running the distance of a half marathon within a month. However, the program has taken a new approach, one in which students set personal, achievable goals geared to their fitness level, Bron said.

“Success to some people is (they) came to the gym once, and that's awesome. For other people that's just one workout and they come five times a week. I would rather them set their own standard of success.”

Bron said she wants to keep encouraging athletes to come but to also motivate new people in different ways. The program is thriving and consistently drawing between 40 and 80 participants each month.

A public goal in a public space is harder to blow off than the idea of going to the gym today, Bron said.

Part-time Lakeshore gym worker and music program student Ilsa Gurtins agrees.

“It helps with dedication and keeps you on track and consistent with your workouts to see the long-term results. Having a consistent check in is almost like clocking out, to give yourself a reminder to come back.”

Gurtins said the biggest conflict for her is fitting the gym in. It's hard to find the time or energy between rehearsals in her case.

Bron said that students definitely struggle to find the time but it's essential.

“One of the biggest thing to say to students is that there's so much benefit to being healthy and active. Your body is kind of an important thing.”



KHEON CLARKE

Humber Hawks point guard Deirdre Beaumont, who has been openly gay for four years, said she's received tremendous support from the Hawk family.

Gay athletes break walls

Despite positive steps in pro and varsity sports, challenges remain

Kheon Clarke
SPORTS REPORTER

The Lesbian, Gay, Bisexual, Transgendered and Queer community has new representation in the sports world.

With the Brooklyn Nets signing Jason Collins to a 10-day contract, the first openly gay athlete in NBA history took the floor. He wasn't professional sports' first openly gay athlete; that was Major League Baseball's Glenn Burke in the late 1970's.

Burke came out about his sexuality to friends, family and teammates in 1976, but the media wasn't ready for an openly gay pro-athlete and his status wasn't public until 1982.

Now, with Michael Sam, the first openly gay NFL prospect, moving ever closer to draft day, the conversation about homosexual athletes in the locker room has reopened.

Manager of athletics and sports information at Humber College Jim Bialek said Sam's sexuality shouldn't matter. What should is if he can contribute to a team.

“Within his team unit the acceptance should be readily available,” Bialek said. “Within the team con-

cept, if this guy can play and help the team, I think that gay barrier is slim.”

Pro-athletes and regular Joes have taken to social media to voice their opinions on the subject, and it ranges from positive to negative to impartial sentiment.

“The fans will look for the Jackie Robinson of the gay community and will be critical of his play rather than his sexuality,” Bialek said.

It should be said that Sam is one of the top defensive players in college football, and that his size, speed and intangibles seem to be the main focus for NFL franchises.



You should know the person all around, you shouldn't judge them solely based on if they can play sports or not because that's only one factor of that person's life.

Deirdre Beaumont
HUMBER HAWKS POINT GUARD

In a smaller sporting world, like Canadian college athletics, the emergence of openly gay and lesbian athletes is not new.

A few years ago, Humber Hawk's star volleyball player Laura Bye

came out to her teammates.

While Bye's coaches and teammates continued their support for LGBTQ student athletes, it didn't stop opposing teams from taunting Bye about her sexual preference during play.

Athletic events coordinator James Depoe said Humber has been open to any student that has the opportunity to be a varsity athlete.

“If you can play, you're a part of the family,” Depoe said. “You're on the team and the only discrimination is whether or not you can play the sport you are trying out for.”

When it came to Bye being taunted, Depoe said other teams would try to throw Bye off of her game but she wouldn't crack.

“She performed well. Sometimes it did stress her out and she would feel it off the court, but it never affected her on the court.”

Depoe said for other schools to taunt her, or any athlete, for being part of the LGBTQ community was shameful, adding his hope those schools have had a chance to educate their fans.

Humber Hawks' women's basketball point guard and first year police foundations student Deirdre Beaumont is a proud, openly lesbian student athlete and said what Michael Sam is doing is admirable.

“I'm so proud of him,” said Beaumont. “It takes courage to come out,

especially in a sport like football that isn't typically accepting of gays. I have to give him props.”

Beaumont said she came out four years ago, and has been blessed to have a very accepting family along with being in a generation where gays are more accepted.

“It wasn't really too hard to come out in today's society because I have a good foundation and support system,” Beaumont said.

In high school, Beaumont said other students wrote things in the washroom stalls about her sexuality.

“There were a lot of harsh remarks,” she said. “Not only from the people in high school but also by people in the street because of the way I dress or if I was in public with another female.”

Beaumont said she deals with discrimination by walking away and ignoring the hateful remarks. Luckily, she said, she's gotten great support from the Hawks family.

An athlete's ability on the playing surface, while important, shouldn't be all that matters, said Beaumont, adding Sam, Collins, Burke, and Bye's strength of character should be valued just as much.

“You should know the person all around, you shouldn't judge them solely based on if they can play sports or not because that's only one factor of that person's life.”