



Afro-Carib party opens door to all

Humber Afro-Caribbean Students' Association wants Black History celebration to be diverse

Danielle La Valle
NEWS REPORTER

Music, art and fashion are coming to the Humber North campus LinX student pub this week to celebrate Black History Month.

Adedoyin Osholuwu, president of the Afro Caribbean

Students' Association, wanted to create an event that was both fun and educational.

"I felt like there was nothing really for the students that was not so formal... It's not just about the educational aspect, it's also about us in the community learning about the more contemporary part of it."

Osholuwu is encouraging Humber students of all backgrounds to come out to the Black History Month event.

"Humber is a multicultural school so we want to try as much as possible to get different people, different communities to come," he said.

Osholuwu said the event will feature live music, art-work and fashion shows representing the diverse cultures of Africa and the Caribbean.

"I'm a fashion designer... that will be my first fashion show," said Frank Mensah, 21, a second-year general arts and sciences student and vice president of the Afro Caribbean Students' Association.

Mensah's clothing line was inspired by his native land.

"My background is Ghanaian so basically being a Ghanaian Canadian and living in Toronto I love African print"

Mensah said he has no for-

mal sewing or fashion design training but with the help of his aunt he has been able to create his fashion line. Lewis Manyenya, 22, a second-year 3D arts and animation student at Humber, is one of the organisers of the event as well as a performer.

Manyenya said his rap music is influenced by his Zimbabwian home as well as a variety of musical genres he discovered when he moved

to Canada to attend Humber.

"I come from a really reserved background so my music is experimental," he said.

"When I came to Canada... I started trying a lot of things, so in my music you can hear the side that's reserved but you can also capture that side that's experimental because I'm in this new place and I'm seeing all these new things," he said.

The LinX event will take place this Thursday at 4 p.m.



COURTESY HUMBER FIRE AND EMERGENCY SERVICES

Students in Humber's fire and emergency services program prepare for a training session at the GTAA airport.

Firefighting students ready for extreme cold

Travis Pereira
CRIME REPORTER

Frozen hydrants, icicles hanging from helmets, and ice particles from mists of water linger in the air while a fire rages. This is one of the scenarios Humber's firefighting students face in their training.

Firefighting in frigid temperatures gained a national profile, with last month's blaze in Quebec's L'Isle Verte

seniors home tragedy, when freezing water from hoses created challenges for rescuers.

Mark Alderman, Humber's operation coordinator of the Fire and Emergency Services program, said students receive extensive training in dealing with freezing temperatures.

"Whether it's simulated calls, practicing the skills or responding to future emergencies, we ensure they have the skill sets in place," he said.

Training provided allows students to identify the hazards associated with extreme cold weather, to both their body and equipment.

"Our students actually do scenario-based and live-fire training at the GTAA airport. They practice how to ensure water keeps flowing and doesn't freeze and various safety measures," he said, adding they train how to work around frozen hydrants and roadways.

The extreme cold that has gripped southern Ontario for much of this winter poses major challenges to firefighting, said division commander chief Len Stadler of Toronto Fire.

"The scene is more treacherous. Often times you're dealing with ice and that brings a higher risk for injuries and when we're utilizing the water we compound that problem," he said.

Stadler said another major

issue with the disbursement of water is the mist it creates, freezing wherever it lands.

"If we're defensive, meaning fighting the fire from the outside, we apply water to the structure," he said. "Depending on how the wind is blowing it could land on our equipment such as ladders or the trucks and cause major logistical issues," he said.

See FIRE on page 4

Alliance targets violence against women

Katherine George
LIFE REPORTER

Women in college and university are more likely to be victims of gender-based violence.

Humber Students' Federation and Urban Alliance have been aligned as partners in tackling crime-related issues involving violence against females.

These two alliances have come together to create an awareness campaign, Making Noise running from today to Mar. 7.

The gender-based violence prevention project works toward making institutional changes to create a safer environment for women on campus.

Urban Alliance has completed a safety walk to discuss areas on campus where students feel unsafe and what improvements can be made, such as more lighting, said Ashley McFarlane, program development coordinator at Urban Alliance.

"I feel unsafe, even if I'm just going toward the bus. During the wintertime it is still dark, you are walking alone and no one is around."

See ALLIANCE on page 9

WORLD EVENTS THIS WEEK

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
Random Acts of Kindness Day It's exactly what it sounds like. Get out there and perform random acts of kindness.	Battery Day A reminder of the importance of batteries, and encourages us to recharge them	Chocolate Mint Day Celebrate this event by eating anything and everything that is chocolate mint flavored.	Love Your Pet Day This worldwide event raises issues regarding pets, like inappropriate feeding, which may produce clinical effects	Mother Language Day This day is held worldwide to promote awareness of linguistic and cultural diversity and multilingualism.	Walking the Dog Day This worldwide event promotes regular walks with your favourite four-legged creature	Tennis Day This day celebrates the sport that helped inspired gems like the game Pong

Public invited to engage in city electoral process

Ian Burns
NEWS REPORTER

Both the province and the City of Toronto are encouraging people to become more engaged in the electoral process.

With a municipal election on the horizon for Oct. 27, the municipality is holding a contest challenging potential voters to create a video and a poster to engage Torontonians to go to the polls.

The new Design Your Vote contest comes on the heels of contests held during the 2010 municipal election, when people between the ages of 13 and 24 were asked to make creative submissions on the electoral process.

"After seeing the results from the entrants four years ago, we wanted to explore more ways of engaging Toronto in the upcoming election, which is why we are holding these two new contests," said Toronto city clerk Ulli S. Watkiss.

The city administration also emphasizes that the process should be non-partisan and not endorse any candidate or issue.

Carole Boughannam, manager of elections and registry services for the City of Toronto, noted that the focus of this year's contests is city services and how voting can affect how they are delivered.

"The purpose of the contest is to get people to understand the municipal election," said Boughannam. "A lot of our city services, such as recreation, affect youth the most, so we want to build awareness of the election and get a

dialogue going."

Boughannam noted that the poster contest for the 2010 election became the "face of the campaign," and the current contest offers creative individuals a chance to get recognized while also addressing important issues.

The provincial Liberal government is trying to engage the public as well, this time in preparation for its 2014 budget, expected in spring.

The process includes in-person sessions, and telephone and online town halls.

The government said it wants to collect ideas from the public on growing the economy, creating jobs, and protecting public services, said Scott Blodgett with Ontario's Ministry of Finance.

"We encourage people to send us their written comments – as well as other material which might supplement what they told us," said Blodgett. "Everyone across the province can take part."

According to Blodgett, this is part of the government's efforts to better engage the public.

"By listening to the many presentations from citizens across the province and by reading what people send, the government can then take these into consideration when formulating the provincial budget," said Blodgett.

People can join the online discussion by sharing comments, thoughts and priorities on the government's Budget Talks website at www.ontario.ca/government/pre-budget-consultations-2014.



CELIA GRIMBLY

The Grenville Print Centre houses a large paper supply but Humber College aims to transition to using only recycled paper.

Humber to use recycled paper

Celia Grimbly
NEWS REPORTER

Some things at Humber College will always need to be printed – so don't hold your breath for a paperless world.

But this doesn't mean Humber isn't trying to reduce its carbon footprint: the college is making a push towards recycled paper, which in turn saves more trees, meaning more carbon dioxide can be converted into oxygen.

The college's Office of Sustainability finalizes Humber's 2013-2018 Sustainability Plan in two months, which includes commitments to reduce the use of paper overall and to use only sustainable, recycled paper, said Lindsay Walker, the manager of sustainability at Humber.

Emily Eyre, Humber's manager of purchasing services and sustainability, said the college is one step closer to meeting sustainable paper requirements.

"We've already made a corporate decision in conjunction with Lindsay and the sustainability committee to switch the paper at central receiving that gets shipped across campus to 30 percent post-consumer at this point, and it's also Forest Stewardship Council certified," said Eyre.

Humber spent more than \$1.5 million on paper last year, disclosed.

The cost of paper increased with the environmental standard, but Eyre said it's worth it for a better rating of Humber's ecological footprint.

"I'll be able to report that

eventually, some day in the future, all of our paper is printed on 100 per cent recycled paper and all of our paper is created through green energy," said Walker.

The technology of making recycled paper changed significantly over the past five years, according to Walker, blinding the average person to any differences between virgin paper, 30 percent recycled paper, and 100 percent recycled paper.

Designers, who more likely notice differences in paper quality, prioritize the look of the print projects over the use of sustainable paper, she said. In a few years however, sustainability may be given equal consideration.

Finding the balance between sustainability, cost, and quality is difficult because ev-

ery print job is unique, Eyre said.

Bernard Hellen, business development manager for Cascades Fine Paper, said the only difference between recycled paper and virgin paper is the environmental story.

"The benefits of using Cascades' paper, or any recycled paper, are the ability to walk the talk, to communicate sustainability, and do so in a sustainable way," he said.

"In the education market, it's sort of the thing to do, to make sustainable paper choices. It's one of the sectors that are furthest ahead in looking at their footprint," said Hellen.

"If we all of a sudden switch over to 100-per-cent-recycled paper, we can say as a college we haven't cut down a tree and that's huge," Walker said.

Training amid freezing temperatures

Continued from page 1

Also, the self-contained breathing apparatus masks worn tend to fog more intensely and can lead to potential malfunctions.

"In any extreme weather, we have to be aware that the crews are going to be taking a beating, so we have to think of rotating them through sooner than we normally would,"

Stadler explained Toronto Fire trains its staff on how to properly apply water to a burning building in cold weather without further compromising

the structural integrity.

"The water that we're applying to the building isn't going to run-off like it normally would. We have to be mindful that it will freeze and add weight to the structure."

Stadler said training for contending with freezing equipment isn't an easy task because it's hard to predict how it will occur. He said they train how to overcome challenges associated with freezing.

"It seems pretty obvious, but we train on how to apply salt on the scene early and effectively," he said.

Alderman said the various

training exercises include obtaining water supply in extreme weather conditions.

"They will know their water flow calculations, water flow abilities and what types of patterns to place on structures. It gives the students a heads up on challenges by doing winter suppression activities," he said.

Alderman said the program no longer offers opportunities for firefighting placements where students ride along with a fire crew, but students do have several placements aimed at teaching them all the major facets of

firefighting.

"We have a communications placement with the Toronto Fire communications division so that they're able to see the various activities and calls," he said.

"They also have a one day medical placement in an emergency room as well as participating in a two day fire prevention placement where they're assigned to shadow a fire prevention officer."

He also noted all students participate in written and practical exams, which are evaluated by representatives from the Fire Marshal's office.

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Sexologist coaxes students to talk about sex

Kathleen Jolly
NEWS REPORTER

Howls and giggles resonated around LinX Pub last Tuesday as students enjoyed some sex talk with their drinks.

Dr. Jess O'Reilly, a popular sexologist and author, came to Humber's North campus on Feb. 11 to talk frankly with college students about sex.

The Humber Students' Federation-hosted event provided a venue for students to ask sensitive questions in a friendly environment.

"I think even though we're in college, a lot of people still have questions, and they're too afraid to ask them," said HSF event assistant Brittany Carovillano. "An event like this puts them in a more comfortable setting to do so."

O'Reilly took a break from hosting PlayboyTV's SWING, a reality series about swingers, to hold this talk.

Students were invited before the start of her talk to submit questions for O'Reilly to answer.

Evidently, some students took liberties.



KATHLEEN JOLLY

Sexologist Jess O'Reilly speaks to Humber students at the LinX Pub, discussing technicalities and seeking to debunk myths.

"Are you the one who gave me your phone number 10 times?" she asked a student who rushed to a front row seat.

"No, but I can be," he said amid guffaws.

O'Reilly was not thrown off by any of the sillier questions as the topics at times

became racy. She also didn't hesitate to lay down the law in terms of what couples can and can't do together.

"Well, you can't make anybody do anything," she said.

Throughout the interactive discussion, O'Reilly covered the technicalities of sex, ex-

plaining erogenous zones – which are areas of the body responsive to sexual stimulation – and sex toys.

She also debunked some sex myths common among college students, and gave anecdotes of lessons she learned from actors she works with on PlayboyTV.

O'Reilly remained at LinX after the presentation to talk to students and sign autographs.

"Really, I'm just trying to start a dialogue," she said after the talk.

O'Reilly said it's important to get more people talking about sex despite how un-

comfortable it can be at times (and even when the topic gets humorous) because it gets people thinking.

Even though we're in college, a lot of people still have questions, and they're too afraid to ask them. An event like this puts them in a more comfortable setting to do so.

Brittany Carovillano
HSF EVENT ASSISTANT

Many students enjoyed the event and her manner of speaking to students.

"She was open, and she was really confident, that's what I like...(she) actually broke some of my myths," said Viru Chauhan, a second-year event planning student.

"I thought it was really informative, it was fun without being intimidating, which I liked," said Kaylin Skrizewski a second-year culinary apprentice student.

TTC 2014 budget increase approved by city council

Gerard Di Trolio
NEWS REPORTER

The 2014 TTC budget recently approved by Toronto city council aims to address growing ridership while dealing with the long-term challenges the transit agency faces.

Though the budget includes a fare increase, there is an improvement in services.

"We're proud of this budget and we've been spending a lot of time publicizing it," said TTC spokesperson Danny Nicholson.

"The TTC received \$3 million more from council than it requested for its operating subsidy," Nicholson said.

The City's 2014 operating subsidy for the TTC is \$431-million, up from \$411-million in 2013.

Despite increase in fares and the subsidy, the TTC estimates there will be a \$6 million gap in its actual costs, which will be made up throughout the year with efficiencies that are found, said Nicholson.

The TTC will continue to add service and maintain cleanliness on vehicles and stations, Nicholson said.

To meet provincial legislation requiring the TTC's Wheel-Trans service for disabled persons to be run 24 hours a day, the TTC is receiving an additional \$10 million, he said.

The TTC received \$3 million more from council than it requested for its operating subsidy

Danny Nicholson
TTC SPOKESPERSON

While the TTC board was happy with the budget, not all councillors were.

"For the fourth year in a row, quality will decline because of this budget proposal," said Ward 14 councillor, Gord Perks.

"They don't know where the efficiencies will be found," Perks said. "If they know, they should tell us. The budget will be balanced by quietly dropping the number of vehicles on a bus or streetcar

route here or there,"

"And for the second year in a row, capital infrastructure has been ignored. As the new streetcars are rolled out, there are fewer of them than the older models. I, and other councillors with streetcars in their wards, have asked to either increase the order of new streetcars or extend the life of the existing fleet," he said.

Humber College students have mixed feelings towards the TTC.

"I like it because it comes on time for me. That's all I can ask for," said first-year computer networking student Rupinderjip, 18.

Others were not as satisfied. "The TTC doesn't use PRESTO cards. Every other transit line in the GTA does," said second-year business student Andrew Joseph, 24.

"The TTC doesn't accept PRESTO transfers either. This messes you up if you are traveling across the GTA," he added.

"The TTC is too crowded," said second-year fashion student Megan Stutz, 24. "It could also stand to be a lot cleaner, which would really help the experience of riding it."



CELIA GRIMBLY

Students are increasingly using food banks. Yulia Gavrilteva is seen browsing the food bank selection at Humber North.

Post-secondary student use of food banks rises

Adriana Zhang
NEWS REPORTER

The newest report released by the Ontario Association of Food Banks reports more and more post-secondary students may be turning to food banks.

"Forty-five per cent of all people who use food banks in Canada live in Ontario," said Bill Laidlaw, executive director of the Ontario Association of Food Banks.

The report also reveals that more than 370,000 Ontario residents visit food banks monthly.

Among the fastest growing groups of food bank users are post-secondary students, particularly in rural areas, said Laidlaw.

This population only makes up 3.7 per cent of total food bank users in Ontario, but they deserve a special mention, the report stated. The number of students in rural communities indicating loans or scholarships as their primary income has increased up to 1.2 per cent from 0.2 per cent in the last year.

According to the Hunger Report 2013, most post-sec-

ondary institutions in Ontario have a food bank or some sort of hunger relief program.

Kay Tracey, vice president of Student Affairs at Humber College, said the Humber Students' Federation (HSF) food bank is open to all Humber students.

"All they need to do is fill out an online application, and then we'll meet to figure out their needs," said Tracey.

Tracey said the food provided by the HSF is only meant to supplement students' own purchased grocery items.

"A lot of students find it hard to even buy textbooks," she said. "Having the food bank here relieves some of that stress."

Students with infants under the age of two may also be able to receive baby formula, food, and diapers, she added.

Tracey said the food bank has been operating many years but many students were unaware.

Last year the HSF began promoting the food bank through social media, promo staff, and at student orientations. Since, Tracey said more students are applying to the HSF food bank due to increased awareness.

Students who want to donate to the HSF food bank can drop off non-perishable food items at the HSF office at North campus.

Paramedic writers score scholarships

Cristina Pietrantonio
NEWS REPORTER

Humber has scored a double-win for an Ontario charity's annual provincial scholarship.

The Tema Conter Memorial Trust announced second-year Humber College paramedic students Rachael Butler and Marc Dollois as the winners of its Ontario scholarships.

The charity offers one \$2,500 scholarship per province, with Ontario receiving two scholarships due to its high number of colleges.

The winners are chosen based on research essays about post-traumatic stress disorder (PTSD). Butler and Dollois are two of Ontario's 10 applicants for the 2013 scholarship.

Most students in Humber's paramedic program are informed about the scholarship during first year and encouraged to start writing early as the task becomes nearly impossible by third semester.

"I chose to write mine over the summer because I knew I'd be able to devote more time and make an actual decent effort," said 27-year-old Butler.

Dollois, 23, said he found the time to write last semester since his class was given an essay assignment to hand in, with the Tema Conter Memorial Scholarship research paper as an option.

"I never really applied for a scholarship like this or really took the initiative to do all this research on my own in anything before," said Dollois. "It was a very new experience – a lot of learning involved, a lot of trial and error – and I feel like it was definitely a big part of my growth as a student and becoming a paramedic."

The purpose of the essay is to raise awareness and educate students seeking a career in emergency services because PTSD is a possible hazard of any job within the field.

"If people don't know about it, they don't know about the options. They don't know how to get help or what to look for," Dollois said.

"Before I wrote (the essay), I heard about PTSD but I didn't entirely know a lot of information about it. I didn't know how prevalent it is so I thought it was just a one-off kind of thing, but it's a



CRISTINA PIETRANTONIO

Humber's Tema Conter Memorial Scholarship winners Rachael Butler, 27, and Marc Dollois, 23.

lot more prevalent than you actually realize," said Butler.

Humber graduate Vince Savoia, executive director of the Tema Conter Memorial Trust, created the charity during his personal struggle with PTSD after attending a homicide while working as a paramedic. He lectures Humber's paramedic students every year on signs, symptoms and when to seek help.

Savoia said the winner of the national scholarship, who

will receive an additional \$2,500, is to be announced on Feb. 22 at the thirteenth Annual Heroes Tribute Gala.

"The evening is designed to be a lot of fun and to celebrate," said Savoia.

He said well-known figures such as Chief Blair of Toronto Police, the trust's national spokesperson Enrico Colanti, and several of the actors from the Canadian television series Flashpoint are expected to be in attendance.

Jailing of transgendered flier spurs rights debate

Brian O'Neill
SENIOR REPORTER

Canada's progress in relation to transgendered rights might not be as advanced as we think, said Andrew Tibbetts, a Humber College counselor who works with Humber's Gender and Sexual Diversity Committee.

His remarks came in the wake of English transgendered comedian Avery Edison being detained and held in an Ontario male prison, despite her passport stating she was female.

"We don't as a society all move forward on things," Tibbetts said. "It's just shocking to me that the policies of an institution like a prison or a detention centre haven't caught up with basic human rights here in Ontario."

Edison, formerly a student in Humber's comedy program, was detained by the Canadian Border Services Agency for having previously overstayed her student visa upon landing at Pearson airport on Feb. 10. Edison tweeted she was sent to a male facility because she had male genitalia.

The Ontario Human Rights Commission has declared on its website that unless someone has undergone full sex reassignment surgery, they are placed in a facility based on their birth gender.

Tibbetts said gender is not something that is either/or, but is mental, physical and emotional.

"Gender is something that a person understands from the inside out," Tibbetts said. "I guess there are people that are still tied to a biological model and for them it's really hard to make that leap and be understanding about it."

Edison tweeted about her situation, eventually causing an uproar on the social-media site with people using the hash tag, #freeavery. She was moved to Vanier


Centre for Women the following day. Tibbetts said Twitter helped Canadians think about transgendered issues as well as get an inside view of what goes on behind-border detentions.

Edison was able to return to London on Feb. 13. She is under no travel restrictions that prevent her from returning to Canada.

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New domain names looking for next internet bonanza

Vick Karunakaran
BIZ/TECH REPORTER

The internet is casting a wider web beyond the familiar .com domain names, and 2014 will bring about radical changes to virtual addresses.

Web domain name registering companies like GoDaddy have started offering web names ending such as .email, .play, and .music.

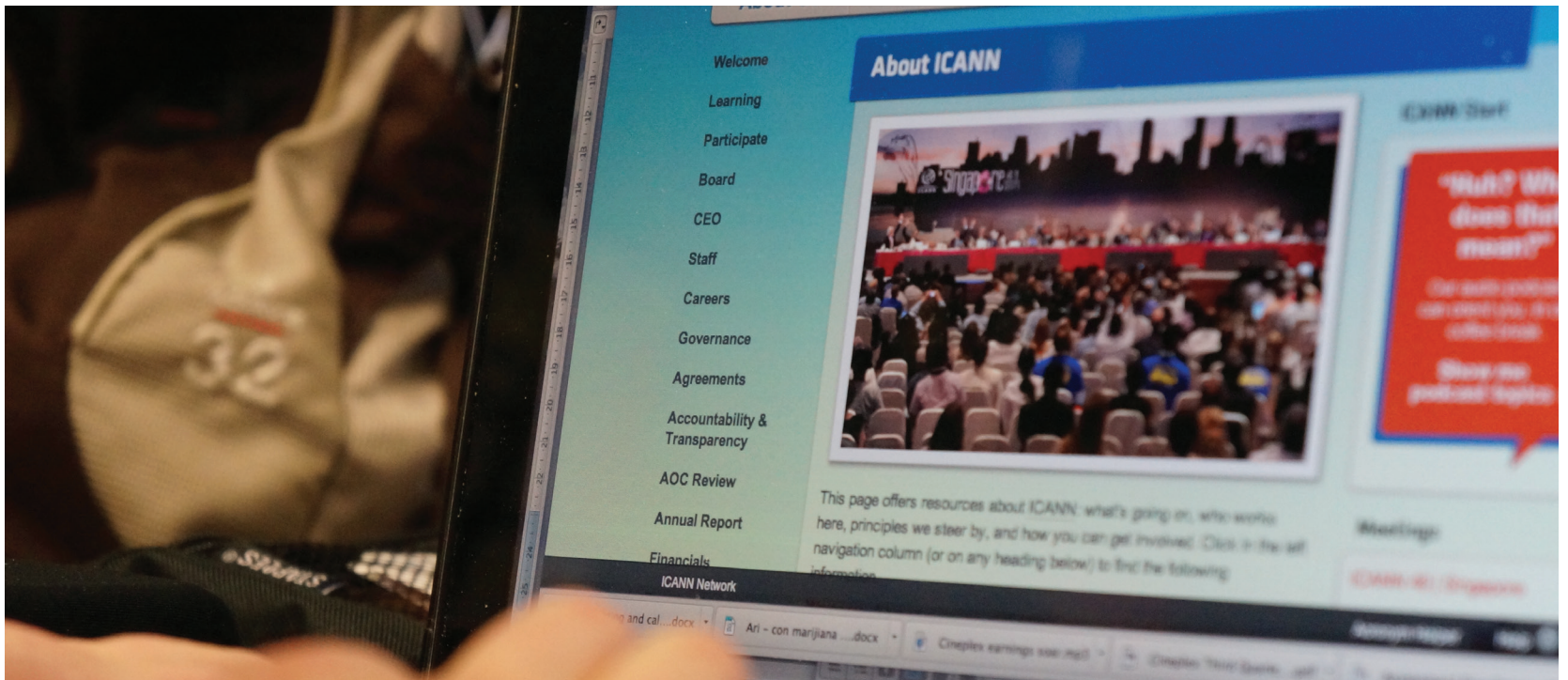
The idea of new, generic Top-Level Domain (gTLD) was introduced by the Internet Corporation for Assigned Names and Numbers.

According to ICANN, which governs the use of extensions on the Internet, the concept was developed to “increase competition and choice in the domain name space.”

ICANN charges a fee of US \$185,000 for a new gTLD and keeps an online registry of all the domain suffixes assigned on their website.

“People who want them are going to be fairly rich organizations,” said Rob Robson, Computer and Gaming program coordinator at Humber, adding ICANN is charging a “fairly high price for them.”

It made sense for brands



VICK KARUNAKARAN

ICANN is a non-profit organisation based in California that oversees the assigning of Top-Level Domain names online, currently going for US\$185,000.

to buy their dot names, said Ishan Brown, media foundation student at Humber College.

“You have to spend money to make money,” he said.

Humber student André Marcujo however, thinks the new idea is stupid.

“You can Google anything, and nobody looks at the web

address,” he said.

Cyber-squatting was a real possibility here, said Robson. Big-brand suffixes are snatched up and “somebody is holding it for ransom and charging \$10-million for it. It’s a very profitable business,” he said, but questioned the necessity behind the decision.

“Whether you are sony.com or sony.sony...what’s the difference?” said Robson.

He also said this concept has been going on for a long time.

“You get there first and buy them up,” said Robson as there is a real threat of cyber-squatters sitting on the domain names and demand-

ing money.

Google grabbed its product suffixes and some other interesting ones like .earth, .lol, and .dot, the ICANN registry showed. Amazon purchased .author, .shop and .save among other names, while Apple expectedly picked .apple, the registry showed.

Once ICANN transferred new domain extension over to buyers, they in turn could offer customers websites ending with those extensions.

These new web names are not limited to the English language. Chinese and Arabic gTLDs became operational this month, according to the ICANN registry.

Monette’s eye-tracking data to help gauge site usability

User viewing patterns can generate input in design of web sites

Casey Taylor
BIZ/TECH REPORTER

A Humber teacher is looking to use the funding he won in the most recent round Staff Initiated Research Fund awards to research the way you look at a computer screen.

Bernie Monette, a program coordinator from Humber’s School of Media Studies and Information Technology, will collect data on the way people gaze around a web page in order to help determine the usability of a site.

His idea was one of 12 funding recipients from the 2013 round of Humber’s Staff-Initiated Research Fund. SIRF is a competition meant to promote and nurture original externally focused research.

Laura Keating, research facilitator with Humber Research, said the program is looking to fund projects with use outside of the classroom. “Our ultimate goal is some-

thing that can be pointed to as an economic development,” she said.

Nicholas Wiktorczyk, a former Humber business student and co-founder of Spently, a company that lets retailers fully customize e-receipts and track which links are clicked on and by whom, described how essential seed funding can be.

“It was crucial (for us), it really gave us what we needed to take the next step,” said Wiktorczyk. “Winning that \$8,000 from Humber and getting the support behind us gave us the confidence and the funding to take the next step. It was sort of like the carrot dangling in front of our nose.”

Monette said his research data will be collected with the help of students as part of course work. He said Humber is nearly unique in this sort of curriculum.

“We’re probably one of the few colleges that teach web development who actually have a usability course built into the program,” said Monette.

The problem with typical usability tests according to Monette is that the person

running them will have an impact on the results. Monette’s idea is to negate this factor through the use of state of the art eye-tracking technology.

“Do people look before they leap...do people look at something and then click on it?” said Monette. “If they do that, can we show that through eye-tracking?”

A major hitch in the research is the cost. Monette said he is currently limited to only one tracker as it came at a cost of \$44,000.

He said even if the user is wearing glasses, the tracker is able to see eye movement and output its data in the form of a heat map.

“Wherever the eye rests longest, it goes redder,” said Monette

Monette’s research is expected to identify patterns in the way people’s eyes dart around the screen and expose what things draw attention more than others.

“One of the most usable things with a car is the turn signal, it tells us that the person in front of us is intending to turn,” said Monette. “Are there similar things to a turn



CASEY TAYLOR

Monette won a Humber research grant to study web site usability by tracking eye moves.

signal that shows us the user’s intent that we can use to our advantage in redesigning a site?”

Through gaining a better understanding of these things, website developers will be able to make better

sites for those who use them.

“One of the parts of best practices is to balance the impact of the client with the impact of the developer and the impact of the user,” said Monette. “But the funny thing is the user has almost no impact

on the design, but they’re the ones stuck using it.

“That’s sort of the irony of it, you have to suffer through somebody else’s design,” he concluded. “The developers don’t use it, the clients don’t use it, but they have to use it.”

NDP's ATM fee cap defeated in Parliament

Aabida Dhanji
BIZ/TECH REPORTER

The motion to cap automated teller machine fees at 50 cents per transaction was defeated earlier this month by the ruling Conservatives.

"The NDP is always looking for ways to make life better for all Canadians," said Etobicoke-Lakeshore NDP secretary Tim Ellis about the motion.

"Putting more money in the pockets of the average

Canadian is a net boon for all involved," said Ellis.

Two or three dollars isn't much to a bank, but to an individual, especially those on a fixed income, it would mean a lot to lose the fees, he said.

Banks decided they will allow non-customers to obtain funds from their machines by charging a fee, but it is done as a convenience, said Maura Drew-Lytle, director of media relations and communications for the Canadian Bankers Association.

"There's huge costs to putting these machines in place," said Drew-Lytle in an interview with Humber News' Joshua Sherman.

"You've got to buy the machine, install it, service it, keep the software updated, make sure its got cash, so there's big expenses around running an ABM network," she said.

She explained that the NDP's proposal would seemingly only apply to ATM's owned by banks, which ac-

count for only about a third of ATM's in the country.

"The convenience fee is clearly displayed on the ATM screen during a transaction and the individual has the opportunity to either accept the fee or cancel the transactions and use one of their own bank's ATM's," said Drew-Lytle.

At Humber North campus, there are only two banks that have installed ATM machines, RBC and the Bank of Montreal. Students have no

choice but to use one or the other.

"I don't usually use ATM machines that are not from my bank, but when I do it would be more convenient to not have to pay the fee," said 21-year-old Honours Bachelor of Business Administration student Dilrajpreet Singh.

"It would be an advantage for Humber students to have the ATM fees lowered because we only have RBC and BMO," said Melissa Jones,

21, a student in the business program at University of Guelph-Humber.

Jones said she always tries to avoid using ATM machines because of the high fees. She said that the motion should be resubmitted, and that it would help out students who are already in debt.

"We feel that it's important to make life affordable for all Canadians, not just those who happen to run major financial institutions," said Ellis.

Canadians confused on their web plans

Marlon Gomez
BIZ/TECH REPORTER

A recent survey revealed most Canadians have difficulty understanding their monthly internet plans.

The study, conducted last fall showed 32 per cent of Canadians didn't know how much bandwidth they needed for their monthly usage.

The survey of 1,500 Canadians over the age of 18 revealed only 24 per cent made an effort to keep track of their monthly bandwidth usage.

International Data Corporation and TekSavvy Solutions took the initiative to conduct this survey.

"We just wanted to find out in actuality how much Canadians actually know and how they felt about their Internet plans," said Tina Furlan the director of marketing and media relations at TekSavvy.

The results show 32 per cent of men kept track of their monthly internet usage, compared to 17 per cent of women.

"These survey results highlight that many Canadians don't have a clear understanding of their internet plans, or which plan is right for them," said Pierre Aube, COO of TekSavvy in a news-wire media release.

Despite having issues understanding internet plans, Canadians use the web eagerly. The 2013 CIRA World Factbook found Canadians spend more time on the internet than anyone else in the world. On average Canadians spend 45 hours a month browsing the web, according to CIRA's website.

The survey revealed pricing was a concern for participants, with 60 per cent stating price as their main reason for switching providers.

Part of the confusion occurs when trying to match personal monthly usage with internet packages.

Among the main factors that should be considered are speed, capacity, privacy and overage rates, said Ryan Burton, director for I.T. Planning and Client services at Humber College.

"The difficulty is capturing all this information from the various service providers and being able to compare apples to apples, and make that informed decision. Like anything else it requires work," said Burton.

Providers typically display Mbps (megabytes per second) for downloading and uploading, and the amount of usage allowed (e.g., 100 GB.)

Rogers offers six separate internet packages starting at \$44.99/month for 20 GB and up to 6 Mbps for downloading and up to 256 kbps (kilobytes per second) for uploading. The highest package is priced at \$225.99/month for 2 TB (terabytes) and up to 350 Mbps for downloading and uploading.

Bell on the other hand offers five separate Internet packages starting at \$34.95/month for 20 GB and up to 5 Mbps for downloading and up to 1 Mbps for uploading. The most expensive package costs \$152.95/month and comes with 300 GB and up to 175 Mbps for downloading and uploading.

"What a lot of people should do and probably don't, is create a matrix of how each provider performs in all those areas and see which of the elements ranks higher among providers," said Burton.

To figure out data usage in the home, TekSavvy created a 'find your plan' form, available on their website.

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Dans la célébration de la Journée internationale de la femme

March 1, 9 AM - 4:30 PM

Humber College, Lakeshore Campus
Center for Justice Leadership
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TORONTO EVENTS THIS WEEK

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 1	SUNDAY 2
White Demin @ The Horseshoe Tavern Rockers from Austin, TX will be performing at the Queen Street West venue.	Art battle 100 Live competitive painting event hosted by Art Battle Canada in The Great Hall in Toronto. Time: 7:30p.m.	Aboard The Orient Express CBC host Tom Allen narrates a story. 50 Tank House Lane, starts at 1:30p.m.	Isaiah Rashad & Tre Mission live concert Isaiah Rashad teams up with Toronto's Tre Mission at Tattoo Rock Parlour. Time: 8 p.m..	Winter Palace Ball Charity event for Ruskoka Camp features champagne reception, art gallery. At Palais Royale. Time: 6:30 p.m.	Best of the West Food Tour A walking tour of dining places along Dundas Street West around Ossington. Time: 12:30 to 4:30 p.m.	War of Ages Metal band from Erie, PA will be performing at The El Mocambo - 464 Spadina Ave at College. Time: 7:00 p.m.

Young directors produce shorts in 24 hours

Humber teams among contestants in short film contest

By Adam Stroud
A&E REPORTER

Eight groups of young filmmakers, including some from Humber College, had their films screened as part of the 6th annual Toronto Youth Short Film Festival.

The films were all made as part of the T24 project, where young filmmakers are challenged to make a short film between six and nine minutes long over a 24-hour period.

The films also all had to be based around a theme. This year's theme was *ApocalypT.O.*

Henry Wong, director of TYSFE, said basing the films around a theme allows the filmmakers to be more creative and to showcase their films in other venues outside of T24.

"The idea stems from the fact that many of these film based challenges you can't really watch them as a standalone. We wanted the films to be something that will outlive the challenge itself," he said.

Anne Phitsanoukanh, a media studies student at University of Guelph-Humber, directed the film *Stifilis* about an internet meme that brings on the apocalypse.

"It's a great way to get your cre-

ative reflexes going. That's the main reason why I participate, never to win," she said.

During a Q&A, Phitsanoukanh emphasized the importance of collaboration and lamented a lack of communication in her group had an effect on the final product.

Chelsea Chen, 24, a post-grad Television Producing and Writing student at Humber, also participated in the film. Her film *Apocalypse Now?* is a silent film set during the Toronto blackout of Dec. 2013.

"We only had 24 hours. This was the first thing that I came up with," she said.

Chen said she found out about T24 from a friend while she was volunteering at Toronto's Reel Asian Film Festival.

The films were judged by a panel of industry professionals and by the audience members. Winners were awarded such things as a Hot Docs screening package, passes to the Canadian Film Festival and having their film screened at the Toronto Student Film Festival.

Neither Phitsanoukanh nor Chen's films won an award.

The winning films were *Gag* for the Audience Award and *Peaches* for the Visual Thesis award.



ADAM STROUD

Anne Phitsanoukanh's film *Stifilis* was part of the T24 Project, where young filmmakers had to make a film of six to nine minutes running time within 24-hours. The works were screened at the Toronto Youth Short Film Festival.



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Nurses of Ubuntu: Images of caring

By Kate Richards
A&E REPORTER

Ubuntu is an ancient African philosophy of human interconnectedness and has been described as the art of being human.

L Space Gallery at Humber's Lakeshore campus is hosting *Nurses of Ubuntu*. The photography exhibit opens today and showcases the nursing students in the School of Health Sciences at Humber who have traveled to Tanzania and Jamaica to work with local communities.

"We want to showcase creativity in as many ways as possible," said Ashley Watson, Curator at L Space. Not only will the *Nurses of Ubuntu* exhibit show what the nurses are doing, it will also show how they wish to express it creatively, she said.

The International Community Development project, led by Sylwia Wojtalik and Janet Jeffery, began in 2009. The exhibit includes photos

by nursing students who took part in the project, and Wojtalik, who is also a nursing professor at Humber's School of Health Sciences.

Nursing is a very diverse occupation and not many people think about it in that way, said Wojtalik.

"(Nurses) work so hard and are amazing people, but nobody really knows much about us. And photography is such a nice platform for letting the world know the many faces of nursing," she said.

Pointing to one of the photos that will be showcased at *Nurses of Ubuntu* of a mother carrying her baby on her back, Wojtalik described how the photo "speaks a volume about human-ness and how we are all connected."

Denise Pinnock graduated from the practical nursing program in 2012 and currently attends the bachelor of nursing program at Humber. She volunteered at Cornwall Regional Hospital in Montego

Bay, Jamaica from May to June 2012 as part of the community development program.

"The amount I learned in that span of two months was absolutely spectacular," Pinnock said.

When people think nursing, they think women, caring, and changing diapers, she said, expressing the many stereotypes she believes are attached to the profession of nursing.

Nursing is not only about this idea of caring. There is so much more to it that she feels many people don't realize.

Wojtalik expressed serious passion about the idea of global togetherness. *Nurses of Ubuntu* brings to Humber a snapshot of what its students can do overseas. She hopes to expand the International Community Development project to all programs within the Health Sciences Department in the future.

"This exhibit will shine a new light on nursing in a way," said Pinnock.

Degrassi director breaks down barriers

Past Humber film prof Dawn Wilkinson seeks more roles for minority women

Shoyne Morrison
A&E REPORTER

African-Canadian filmmaker Dawn Wilkinson speaks candidly about her passionate journey into the world of filmmaking.

Wilkinson used to teach independent production coordination at Humber's Film and Production program in the 2009-2010 academic year, where she mentored students as they shot their short film projects.

It was while teaching that she directed her first television episode for Vision TV's *She's the Mayor*. "I've been directing TV ever since," she said.

Wilkinson has recently directed four episodes of the hit television show *Degrassi*.

She also is a guest director for the prime-time drama

Murdoch Mysteries, she said.

Wilkinson started her career majoring in Women and African Studies at the University of Toronto, she said. After watching films directed by Maya Deren in a Woman and Films course she was inspired to create her first film *Dandelions*, she said.

"I was the person who took the family photos, I made home videos, so documenting through film and video was something I've been doing," Wilkinson said.

While attending a workshop she became determined to be a filmmaker, she said.

"It was difficult to become established in the film industry.

"It has taken me a long time to gain that experience of directing a crew. I had to gain the confidence that I can do it and had to build the confidence to show others I can as well," she said.

According to Wilkinson, there is a demand for minority directors within the film industry. She said the obsta-

cle is finding recognizable experience that is trusted within the industry.

"The challenge is proving marketability," Wilkinson said.

Breaking barriers is also an obstacle that must be conquered for an African-Canadian to have a successful career as a filmmaker.

"The challenge is essentially not looking the part - and having to change people's perception of what a director can look like and what a director can be," she said.

Wilkinson advises aspiring African-Canadian filmmakers to "gain experience because in a city like Toronto you have access to shows, films and student films. Gain the experience, it's available."

The film and television program at Humber has African-Canadian film students acting on this piece of advice.

"I have learned a great deal from our Personal Media Project we completed in



PHOTO COURTESY OF STEPHEN SCOTT FOR EPITOME PICTURES INC.

Dawn Wilkinson, seen on the set of *Degrassi*, formerly taught in Humber's film program.

year one," said second-year Film and Television Production student Rena Sampler.

"I spent a lot of time in school pursuing careers that I wasn't really passionate about. I decided one day that I wanted to do something that didn't just bring me financial satisfaction, but something I actually found joy in doing," she said.

Sampler said she enjoys writing comedy pieces.

"I share my own life ex-

periences in a comedic way with my family and friends. I find humour in most things.

Sampler said her ultimate goal is to be the creator of her own sitcom.

Wilkinson advises those interested in a filmmaking career to find their voice.

"I have created a number of projects thus far in my enrollment," said second-year Film and Television Production student Adrian Wallace. Wallace has recently writ-

ten and directed a comedic documentary called *Pull Up Your Pants*, about a mother and son who disagree on the street fashion of saggy pants, he said.

Most importantly, Wilkinson urges filmmakers to "have something to say. There is an onslaught between YouTube, Netflix, Vimeo and cable - it's endless. So if you're going to contribute to that, have something to say."

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The Medicine Hat a Humber folk rocking unity of five

Nick Jean
A&E REPORTER

One could easily say that The Medicine Hat would not be the band they are today if not for Humber College.

Three members of the five-piece alternative folk-rock band - keyboardist Aaron Hoffman (fourth year), bassist Elliott Gwynne (third year) and drummer Mike Boyd (fourth year) - are currently attending the Bachelor of Music program at Lakeshore campus. Hoffman, 21, was brought into the group because he was living with Boyd, 23, when their key-

boardist at the time left to pursue her own project. Their very sound is strongly influenced by the education Hoffman, Boyd and bassist Elliott Gwynne are receiving and bringing back to Tyler and Nabi Bersche (guitar and vocals, respectively).

"We've broadened our musical knowledge and repertoire and overall understanding of different musical styles," Boyd said. Gwynne agreed, adding, "lately, even on the last record we just made (*Old Bones*), there's chord changes I wouldn't even know of if I didn't go to Humber."

While that difference in ed-

ucation may cause a strain for some groups, The Medicine Hat is thriving on it.

"We all kind of stem from the same place and we're still united by the thing that we started out in," Boyd said.

That thing is a depth of understanding for the feeling and emotion behind the music and it hasn't gone unnoticed.

Will Jarvis, one of Gwynne's instructors at Humber, described his student as being dedicated to the feel and into the emotion of the music.

The band is looking forward to business picking up this summer for The Medicine Hat when Boyd and Hoffman graduate.

"Everyone in (The Medicine Hat) is passionate about this band and if you see us live you can see that... We're having way too much fun," Gwynne said.

Old Bones, the group's first full-length recording, is the culmination of their disparate influences, education and inspirations. "No one person wrote one song," Gwynne said. The album is available to stream or purchase at www.themedicinehat.com. Readers can also download the title track for free.



NICK JEAN

Mike Boyd (left), Elliott Gwynne (right) and Aaron Hoffman (not pictured) blend knowledge they're gaining at Humber with natural talents in the five-piece band The Medicine Hat.

Urban Alliance aims to end gender violence

Continued from page 1

There are a lot of dark corners on this campus that we assessed," said Darlene Naranjo, 28, second year practical nursing student at Humber College.

The overall goal of the project is to make students more aware of gender-based violence and provide a tool kit of information on what to do when it occurs, said McFarlane.

The tool kit will inform students of their rights and how to act upon them, said Jason Merai, project coordinator at Urban Alliance on Race Relations.

"The age of post-secondary students is the main age for violence against women. Violence against women is heightened between ages of 15 and 23. One in four women will say they have been assaulted and two in three women have said they experienced sexual assault," McFarlane said.

According to a report by Status of Women Canada, 173,600 women over the age of 15 were victims of violent crimes in 2011.

This means for every 100,000 women in Canada, 1,207 are victims of violent crime.

"Gender-based violence has a lot to do with power control over the woman's body and at that age women are just coming into their own. This is a time when women are more likely to be around men their own age and a lot of times alcohol is involved," McFarlane said.

Urban Alliance and Humber College students have begun and maintained a discussion on what can be done on campus to prevent gender-based violence from occurring in the future.

"There should be an orientation displaying all the services. If you are unsafe on the campus, where can you go and what resources are available. They should display all of that," said Harpal Kaur Bajwa, 30, final year practical nursing student at Humber.

It is important to raise awareness on this topic and to have Humber continue on with the implementations



KATHERINE GEORGE

Jason Merai (centre), coordinator of Urban Alliance, with student participants from Humber and Guelph-Humber.

Humber students initiate through the campaign, said McFarlane.

The institutional changes include adaptations to student conduct and policy.

"We have been learning about the language we use and being more mindful. Hopefully implementing that into the future of Humber's policies. Just have a more inclusive

vocabulary," said Hiroko Nakata, 30, a second year practical nursing student at Humber.

Gender-based violence is affected by society and individual's expectations and norms, said McFarlane.

"A way to combat the physical occurrence of gender-based violence is to change peoples attitudes and minds around it, teach men about

consent, healthy relationships and alternate forms of masculinity that don't include aggression," she said.

When asked what students can do to prevent gender-based violence on campus, Nakata said, "get to know what services we have right now. The main Humber page has a security section and get to know what resources are on the campus."

Viral video dares can prove fatal

NekNomination drinking game from Australia spreads risk on Facebook

Janie Ginsberg
LIFE REPORTER

Swallowing goldfish, biting heads off baby chickens, and chugging pints of liquor are all part of a new outrageous Australian drinking craze called NekNomination.

But it's also a deadly trend that has killed at least four people in the U.K. and Ireland.

The online trend originated in Australia, spread to Europe, and now has invaded the Facebook newsfeeds of Canadian youth.

Grant Nych, a 22-year-old Humber advertising student, said he recently started seeing homemade videos pop up on his Facebook.

"Different people I had as friends were drinking booze in some intense way. Personally, I didn't really care for it," he said.

The viral videos spread mainly through Facebook where people are able to nominate (tag) friends.

The goal? Try to outdo each other.

Petra Alexis, a registered nurse who works at the Humber Health Centre, said alcohol poisoning is a serious issue.

"When you're drinking too much alcohol your liver doesn't have a chance to process everything," she said. "It goes into your blood and



JANIE GINSBERG

Peer pressure is one of the primary factors in the NekNomination trend.

then levels start to become toxic."

The consumption of alcohol is not illegal if drinkers are of age, but a surplus of booze creates potential dangers.

"The concern comes in when it becomes excessive, the concern comes in when you're putting yourself into a high risk of having consequences," said Alexis.

Emma Ferguson, a 20-year-old Kinesiology student at York University, took on a NekNomination challenge.

"It's terrible that deaths are occurring from something that could just be so simple and fun," she said. "People are taking it too far, you have to remain within your limits."

Nych said the dangers paint a sad picture of our society.

Andrew Tibbetts, a Humber counselor, said NekNomination is a challenge to character development.

"From what we know of the adolescent brain, the dopamine system is a bit out of whack, so in that particular time of human life you aren't

the greatest decision maker," he said.

NekNomination primarily targets youths and a post-secondary school audience, which could explain why



(Alcohol) goes into your blood and then levels start to become toxic.

Petra Alexis,
NURSE, HUMBER HEALTH CENTRE

people are making the videos.

"You get a lot of interest in the potential thrills of things...and you can't think of the risks. The pros of situations get really rewarded and the cons get kind of ignored," said Tibbetts.

"I'm not saying don't have fun... you're designed to socialize and enjoy yourself in that area of your life, but be smart about it so you can live to have fun tomorrow as well," Tibbetts said.

Phones unprotected despite racy content

Sarah MacNeil
LIFE REPORTER

Students should think twice before sending racy text messages and photos to lovers and friends.

A new study by McAfee security revealed 60 per cent of young people receive sexually suggestive information via smartphone.

Hassan Shoaiy, a community integration student at Humber said his phone is not password protected so he does not worry about sharing.

Other students approach smartphone security differently.

"My phone has password-protect and fingerprint identification, so I'm not worried about sharing photos," said Anita Zych, a Bachelor of Nursing student at Humber College.

The survey, which is called Love, Relationships and Technology, showed although 65 per cent of young people use a password to protect their phone, 40 per cent of this group shares this password with significant others.

"Passwords should not be shared with anyone. It does not matter if they are your boyfriend or your best friend," said Rob Kilfoyle, director of Public Safety and Emergency Management at Humber North.

When a relationship ends negatively, people find themselves scrambling to make sure their ex does not expose any personal information, said Robert Siciliano, a spokesperson for McAfee.

Siciliano said students need to treat their password like banking information and keep it to themselves although it may seem harmless.

"Sharing intimate details puts a person at risk of being victimized by someone threatening to expose this content online," said Siciliano.

Intimate photographs and text messages can be used for revenge or to exert control by a cyber-stalker or an ex, Siciliano said. One in four young people admit to stalking others on social media, the survey said.

The survey was conducted online and targeted Canadians between 18 to 24 years old from Dec. 3 to 16, 2013.

"A good rule of thumb is if it's not something you want your future boss or grandmother to see, it's better not to share it at all," said Siciliano.

Students should change their password as often as possible especially if they are sharing intimate information, Kilfoyle said.

Passwords should be a combination of uppercase and lowercase letters, numbers and symbols, said Siciliano.

"If a person has to guess your password, it makes the process more difficult and time consuming," he said.

Students can report smartphone security concerns to Public Safety on Humber North campus.

Kilfoyle encourages students to follow up with the Toronto Police if the issue escalates.

Hidden sugar is cause for concern

Kendra Hamilton
LIFE REPORTER

Hiding in processed food by using a number of aliases, sugar is sneaking into the Canadian diet and it's causing bitter health repercussions.

On average, Canadians consume almost four times the daily recommended amount of sugar, which can lead to major health consequences such as a suppressed immune system, diabetes, various types of cancer, obesity and cardiovascular disease, according to registered dietician, Andrea D'Ambrosio, and the most recent report from Statis-

tics Canada.

Much of the problem is that people don't realize how much sugar they are consuming because they can't identify it, said Cindy Neville, a registered holistic nutritionist working at Good Health Mart in Burlington.

"Some people don't know what sugar is," she said. "They see maltodextrin on a label but don't think, 'Oh, that's sugar.'"

Sugar appears on nutrition fact tables under a variety of guises such as glucose, fructose, galactose, dextrose, corn syrup, maltose, levulose and turbinado, said Maria Pelliccia, Humber professor and registered

dietician.

Things like juice, granola bars and protein bars often have a healthy label on them, but in fact are quite unhealthy because they contain such high amounts of sugar, she said.

"Juice is the culprit of a lot of people's weight gain," said Pelliccia. "When the sugar is stripped out of the fruit and vegetables you're taking out all that fiber, so you're taking away the body's way of processing it and so you get a sudden rise in blood sugar levels and you may get a sudden dip as well."

"People should be eating things without food labels, that's the

goal," said Pelliccia. "Fruits and vegetables, fresh fish, fresh meat and whole grains."

Natural sources of sugar such as raw honey, dates, maple syrup, Sucanat and molasses are better to use than refined processed sugar because they have some vitamins and minerals, said Neville.

Still, "sugar is sugar," she said. Sweeteners are also an option for those looking to decrease their sugar intake, said Pelliccia.

"A lot of them are safe, and they have no calories and do not impact your blood sugar levels," she said.

When it comes to things like artificial sweeteners people still



KENDRA B. HAMILTON

Some Canadians consume four times recommended daily sugar intake, leading to major issues.

need to exercise caution, however, because all substances are toxic in high enough doses, said Pelliccia.

Sanitizer could spur antibiotic resistance

Karina Nowysz
LIFE REPORTER

A compound in hand sanitizers may contribute to antibiotic resistance, says the Canadian Medical Association.

The association is encouraging the federal government to restrict the sale of triclosan in consumer products for general use.

Triclosan is an ingredient found in many consumer products such as, hand sanitizers, cosmetics and toothpaste.

The extensive use of triclosan in a non-therapeutic way (not to treat a disease), is a public health threat, reveals Dr. Gerry Wright, director of the Michael G. DeGroote Institute for Infectious Disease Research at McMaster University.

"Triclosan blocks a bacteria's ability to make fatty acids," said Wright. "It has a specific effect, which makes it relatively easy to get resistance and become a superbug."

Alcohol-based hand sanitizers are just as effective as triclosan, he said.

"They don't have a specific molecular target so it's hard to get resistance," said Wright.

Although alcohol based hand

sanitizers are effective it is better to use them in conjunction with washing hands.

A major problem with hand sanitizers is not all bacteria can be killed, such as C. difficile, said Dr. Ronald Stewart, a bioscience professor at Humber.

"This is one case where washing your hands is better," said Stewart.

The overall resistance to antibiotics is a growing problem.

When bacteria get exposed to antibiotics, it creates this evolutionary process to adapt or die, said Wright.

Using antibiotics to treat viral infections like a cold or flu only contributes to the problem.

"Great majority of upper respiratory tract infections this time of year are viral so antibiotics don't do anything against that," said Stewart.

"An antibiotic might have a placebo effect where you think it is working and you may feel better but in reality it does not decrease the duration of the infection at all," said Stewart.

The bottom line is that antibiotics do nothing to help viral infections and it only creates antibiotic resistance, he said.

"If you do not obliterate the colony then you simply leave the strong ones alive and then they will flourish after you stop taking the antibiotic," said Stewart.

The misuse of prescribed antibiotics contributes to the growing problem of resistance.

"As far as prescription medication, I can tell you that we have strict guidelines in regards to who receives the antibiotics," said Catherine McKee, a registered co-ordinating nurse at Humber. "Clients often come to the Health Centre asking for antibiotics when it is not necessary."

Antibiotic resistance is not a campus but a global issue, said McKee.

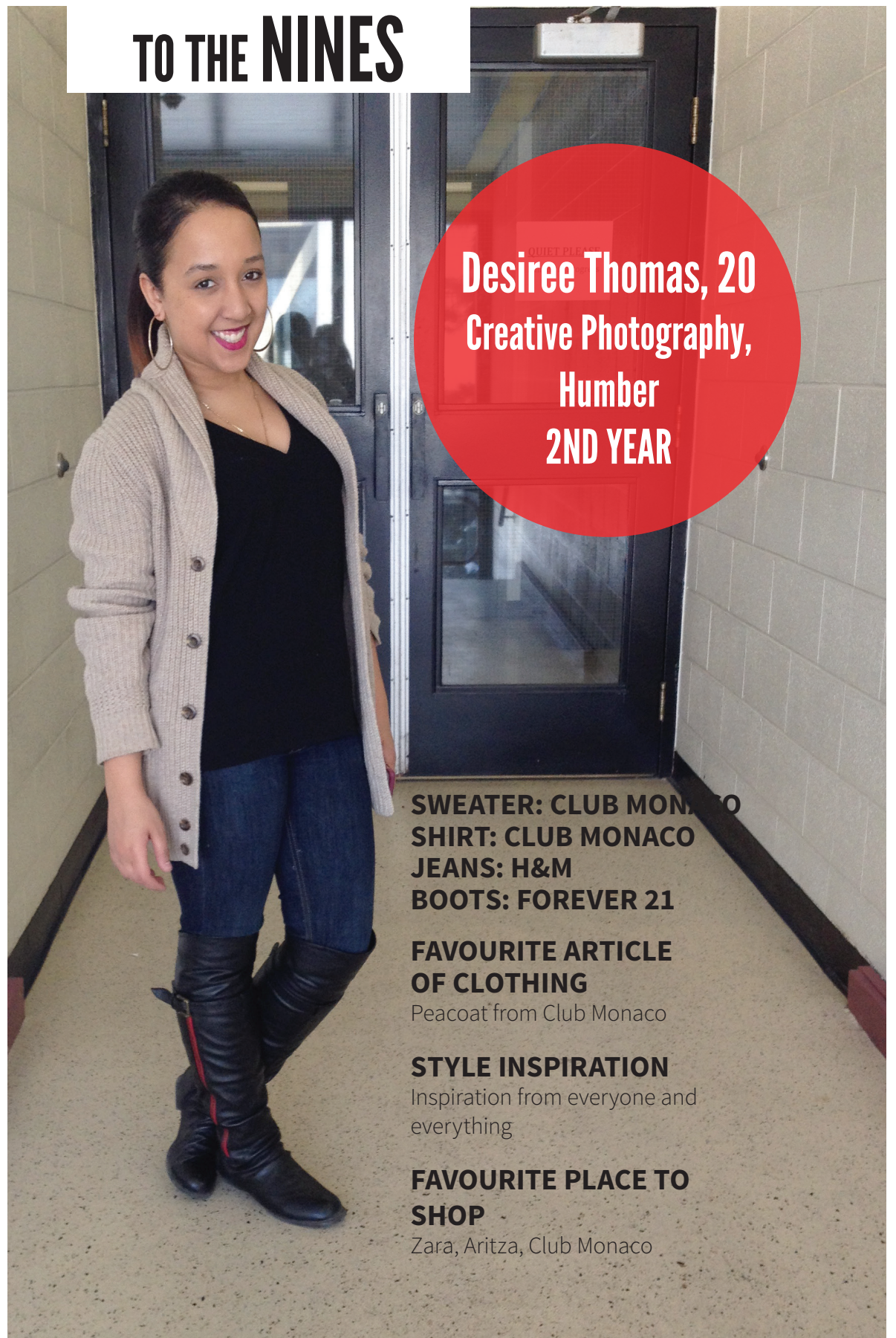
their products with only alcohol instead of tricolsan because of the health risks.



KARINA NOWYSZ

Sanitizer may not be the best defence against illness.

TO THE NINES



Desiree Thomas, 20
Creative Photography,
Humber
2ND YEAR

SWEATER: CLUB MONACO
SHIRT: CLUB MONACO
JEANS: H&M
BOOTS: FOREVER 21

FAVOURITE ARTICLE OF CLOTHING
Peacoat from Club Monaco

STYLE INSPIRATION
Inspiration from everyone and everything

FAVOURITE PLACE TO SHOP
Zara, Aritzia, Club Monaco

HOROSCOPES by BRIAN O'NEILL



JAN. 20 – FEB. 19
You will be influenced by a full moon. As my grandfather used to say, "Why are people calling me late at night? Don't they sleep?"



FEB. 20 – MAR. 20
Horoscope Daily Double: You can pick any other horoscope than your own for this week.



MAR. 21 – APR. 20
Uh oh! It's tax season! The finger thing means the taxes! Or that you should wash your hands! Do both!



APR. 21 – MAY 20
Put on a positive face to the public, it's your only one. No matter how much you may wish, you're not Nicolas Cage from *Face/Off*.



MAY 21 – JUN. 20
Thirty Helens agree: Quit your whining.



JUN. 21 – JUL. 22
Mercury has moved into your sign. Lay off the canned tuna.



JUL. 23 – AUG. 22
Here is something to ponder: What do you get when you cross a joke with a rhetorical question?



AUG. 23 – SEPT. 21
You covet some highly sensitive information. Oh, God! I already know too much! Back to witness protection for me.



SEPT. 22 – OCT. 22
You will read during Reading Week, which will surprise even you.



OCT. 23 – NOV. 21
Sometimes things you think are good at the time aren't later. Like holding a grudge, a costly purchase or the Macarena.

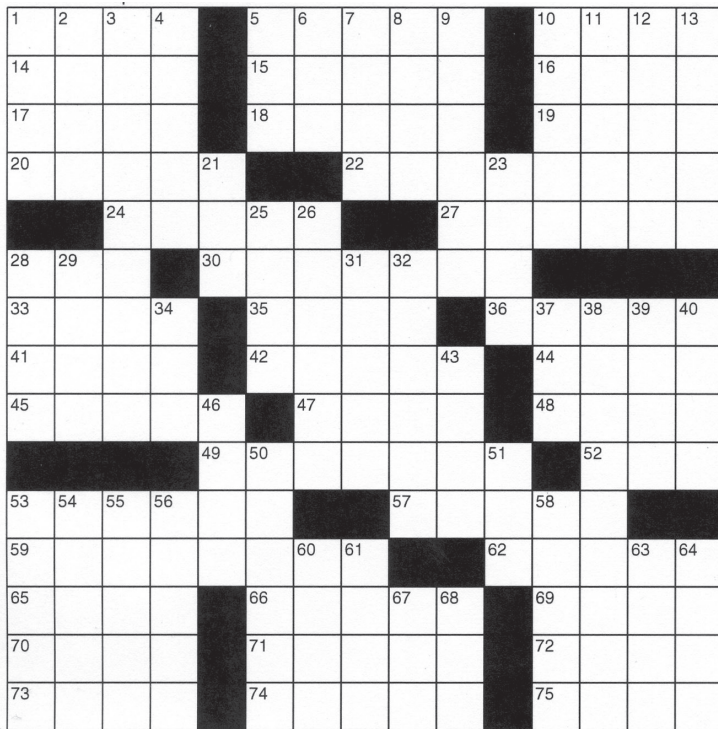


NOV. 22 – DEC. 20
You will start off hot and end the week cold. Just like one of those towels at a Chinese restaurant.



DEC. 21 – JAN. 19
Now is a time to be philosophical. If a tree falls in the forest and no one is there to hear it, who was the deaf lumberjack who cut it down?

CROSSWORD BY BOATLOADPUZZLES.COM



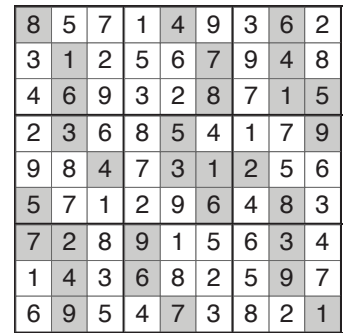
DOWN

1. Not this
2. Eastern garment
3. Too early
4. Madrid's country
5. Gore and Roker
6. Agent Smith's nemesis
7. Canvas cover
8. At all times
9. Continuing story
10. Melees
11. Blacksmith's tool
12. Spectacle
13. Rabbits' kin
21. Ike's inits.
23. Faction
25. Give forth
26. Peaceful
28. Verse maker
29. Foot part
31. More unusual
32. Desirable qualities
34. Addition result
37. ___ Francisco
38. "Oz" character
39. Operatic melody
40. Sharp bark
43. Adam's abode
46. James ___ Jones
50. Make less tight
51. Poorly lit
53. Southern beauty
54. More frosty
55. Clip
56. Cares for
58. Doctrine
60. Bossa ___
61. Bang shut
63. Busy place
64. Impersonated
67. Refreshing drink
68. Scarlet

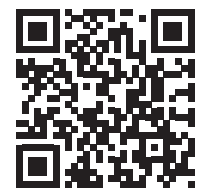
ACROSS

1. Chef's units (abbr.)
5. Stakes
10. Foolhardy
14. Angelic instrument
15. Take off
16. Machu Picchu native
17. Vicinity
18. More angry
19. Completed
20. Shy
22. Unspoiled
24. Peruvian range
27. Theater passages
28. Cherry center
30. Green gem
33. Burden
35. Levin and Gershwin
36. Composition
41. Light tan
42. To the point
44. Land unit
45. Motif
47. Destitution
48. Metal fastener
49. Warned
52. Knock
53. Small restaurant
57. Insulting
59. Levels of authority
62. Coffee flavor
65. Legal claim
66. Of the sun
69. Hold tightly
70. Conduct
71. Escape
72. Relocate
73. Blunders
74. Designated
75. Dazzled

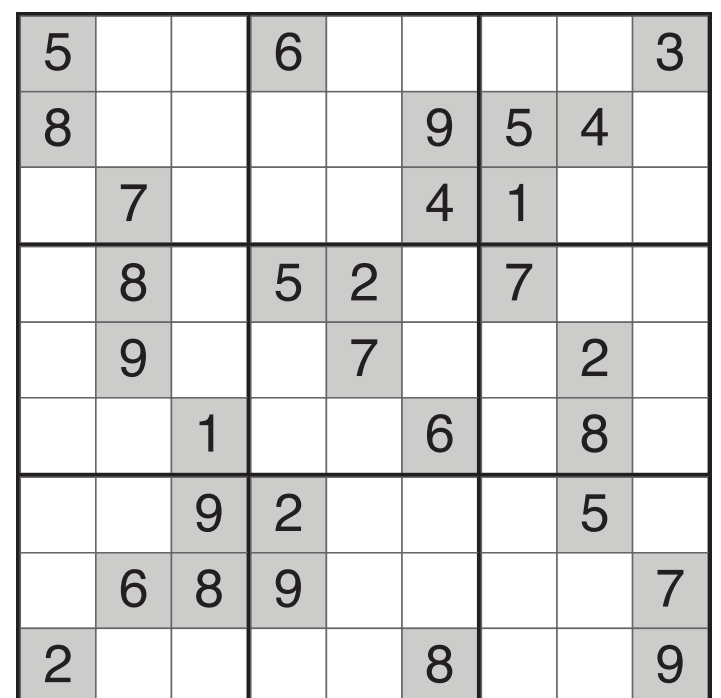
ANSWERS



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



Proposed ATM fee cap is an empty political move



The recent NDP push for a 50-cent limit on ATM fees is sheer politicking.

Canadians are getting gouged when accessing their own cash from certain automated tellers, but imposing a limit on the amount banks can charge won't really lead to savings. And it's conceivable the NDP is aware of this.

Putting forward a motion, as the party did on Feb. 3, which has strong public support – all the while fully knowing it will be defeated – is a savvy political move. It's a matter of toeing the party line, really.

The motion, which was defeated the very next day, appeals to the strong sense of injustice many Canadians share concerning the fees. Therefore, any party taking a firm stance against the banks is likely to be seen as standing up for the little guy – and some did see it this way.

Unfortunately, when examined practically, the motion comes across as rather hackneyed, regardless of the intentions behind it.

Banks have myriad tools at their disposal to recoup losses incurred from having to reduce ATM service charges. For instance, they could merely increase the cost of opening an account, raise monthly fees, or even bump up interest rates on loans.

If this happens, not only will users end up paying the same amount (or more) in the long run, but it will result in even less transparency. Rather than having the amount displayed on a screen at the time of a transaction (however outrageous it may be), the fees would be buried or lumped in as part of larger charges.

This way a bank's customers would end up subsidizing the cost of running its ATMs for all.

Non-clients and clients alike would pay 50 cents per transaction, while the rest of the money would be gathered solely from clients through the previously mentioned methods.

It should also be noted that most ATMs across the country aren't actually operated by banks. According to the Canadian Bankers Association (CBA), of the about 60,000 machines across the country, only 18,000 of them are owned by banks; independent operators and credit unions account for the others.

This is an important distinction. If the NDP motion had been adopted it wouldn't have affected the latter – they're provincially regulated, according to both the CBA and CBC News.

Yet it's precisely these private "white label" ATMs commonly found in convenience stores that often end up charging users the most.

According to the Financial Consumer Agency of Canada, convenience fees at privately operated ATMs can run as high as \$5 per transaction. Meanwhile, someone getting quick cash from a bank that he or she isn't a customer of, will pay up to \$3. If he or she is a customer, the high-end fee sits at \$1.

It would seem the NDP's proposal would be completely ineffective in dealing with the worst offenders and also unable to guarantee there would really be any savings at all.

The NDP would better serve Canadians addressing issues where the stakes are decidedly higher than a couple of bucks. Think the big three: unemployment, the healthcare system, and the environment.

Ultimately, it's a matter of Thomas Mulcair's party needing to learn when to pick its battles.

Toronto citizens need a place to vocalize concerns



Alex Coop
EDITOR IN CHIEF

As the unfortunate rift between Toronto's suburbs and downtown core expands - for which we could credit our mayor and his brother - the city's multicultural identity slowly diminishes. Certainly with the help of online networks, conversation among citizens flourishes, and though it may not always result in a meaningful movement, it remains a powerful tool for the people who care about this city.

But what if we could replace our #TOpoli hashtags, with two-minute windows for people to thoroughly share their ideas, later broadcasted across the city?

Whether you remember it or not,

this brilliant concept existed in the form of a regular television series called Speakers Corner.

Established in 1989, the premise was simple; you inserted a dollar, ranted or sang for two minutes, and the show's behind the scenes crew would compile the most fascinating - and often informative - segments of the day into a 30 minute masterpiece. When Rogers pulled the plug on the CityTV show in 2008, the process of donating a loonie to the Chum Charitable Foundation, and the booth's 24/7 access, abruptly came to an end.

The diversity of the people who used Speakers Corner was arguably its most interesting aspect. Business workers, the homeless, even newcomers to the city shared their sentiments. Let's also not forget the multiple celebrity appearances, including Scarborough native Mike Myers, who frequented the booth. It was an incredible way to absorb

Toronto's voice.

Today a show like Speakers Corner might lose effectiveness slightly because of social media. Yet, it would provide those who aren't connected to the Twitterverse a way to express themselves in a meaningful way. In fact, those already tweeting could potentially submit their Twitter handles through their mobile devices before entering the booth, which would then appear at the bottom of the screen when their performance aired.

As mentioned before, in the midst of the existing separation between the city's suburbs and downtown area, words could heavily influence extended conversations between residents from both ends of the Toronto. Keeping in mind how Speaker's Corner cleverly divided its half-hour episodes into different themes, successfully diversifying the discussion among us, the show could be much more

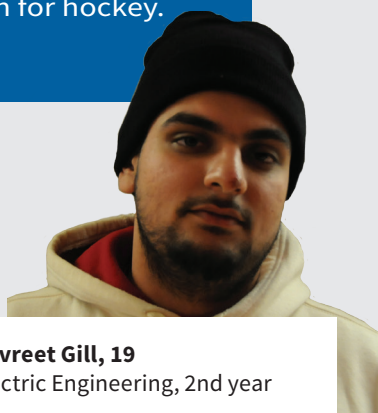
than an anti-Ford Nation rant. Concerns that first arise on a community level would quickly come to light, and people would have another dynamic networking tool at their disposal.

Though the likelihood of Speaker's Corner returning isn't high, the show should remind us of what Toronto is about: Absolute, pure, outright, sheer unadulterated diversity.

If you've never watched the show before, I suggest you check it out. Random streams still exist on YouTube, and to this day, you still get a sense of what Toronto's voice sounded like. When the city's identity gets tarnished by certain individuals doing things like asking for a Pride flag to be taken down at City Hall, it's nice to know that the people of this city share such unique, and accepting views, that completely oppose our current leader's alarmingly narrow perspective.

QUOTED: If Canada could win one gold medal, in one event, what would it be?

I'd probably say hockey. Hockey is our sport, it's Canada's sport. Canada is known for hockey.



Navreet Gill, 19
Electric Engineering, 2nd year

I would want it to be figure skating because I like skating. I just think their twirls look cool



Audrey Deear, 24
Food and Nutrition, 2nd year

Hockey. It's Canada's sport. We should always dominate.



Adam Damree, 28
Computer Support, 2nd year

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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Summer camp, waterparks and accessibility should be reality for all



Kara Matthews
ART DIRECTOR

My first personal, and recurring experience with a person in a wheelchair was in the summer of 2013. I was promoted to a special needs counselor at the camp I'd worked at for three summers. To say it was an eye-opening experience is a serious understatement. As a healthy twenty-something with two functioning feet, I could never have grasped the difficulties those confined to a wheelchair face. Though I couldn't empathize, I sympathized when I became the person pushing the chair.

Over grass, gravel, sidewalk cracks and curbs, a trip to the library on a hot summer day was a test to my fitness. Despite my discomfort, it was like off-roading to the boy in my care. With every bump came a high-pitched laugh. As the summer progressed my

coworkers and I wondered, how does anyone in a wheelchair, or with a mobility impairment, maneuver these sidewalks alone?

Unfortunately cracks in the sidewalk were merely a bump in the road when it came to dealing with inaccessibility that summer. Problems developed we couldn't solve during multiple trips to the waterpark, and a local campsite for canoeing. Buses became impossible for kids confined to wheelchairs. Still, the most difficult pill to swallow was that nobody cared.

The camp emphasized inclusion but the mere suggestion to those in charge that we spend \$200 on a wheelchair accessible bus seemed outrageous, laughable even. When we asked how our kids would get there, the answer was always, "they won't."

Having formed bonds with these incredible children, it was nothing short of infuriating. Overall, it was simply unfair. Unfair to the parents who paid for this service, unfair to counselors who had to pretend these trips didn't exist, and unfair to the kids who were promised

inclusion.

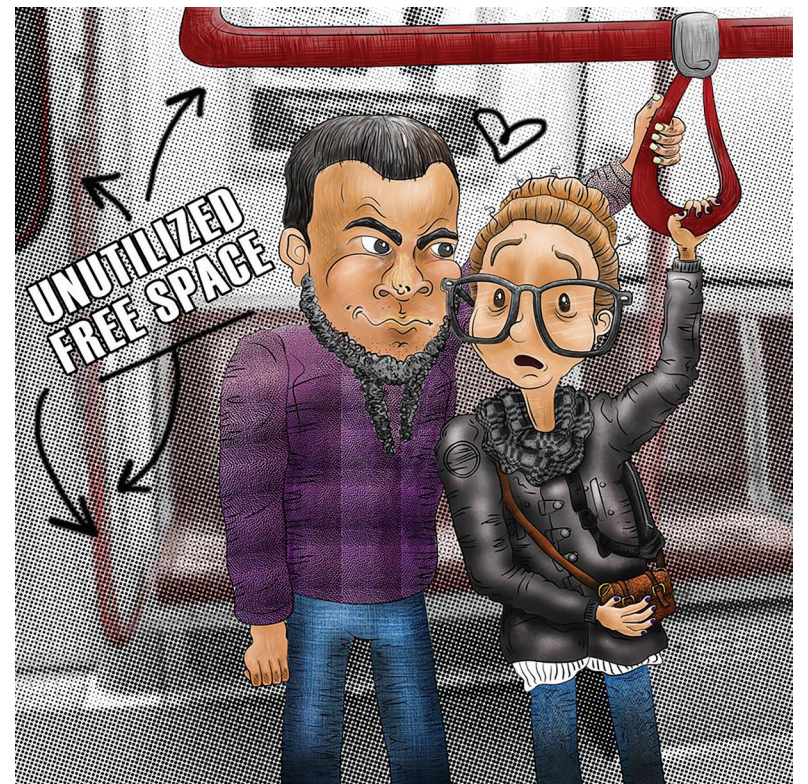
In the last week of camp, my program coordinator had finally been given permission to plan a trip specifically for the kids with special needs. After over a month of fighting to fund an appropriate bus we were refused the extra money required and had to settle for something inaccessible. It took three of us to lift a 100 lb. boy up the stairs and to get him buckled in to the safest seat.

It was unsafe for everyone involved, but after the intolerance the boy had faced over the summer, there was no way we were leaving him behind.

Recently Greyhound passenger Chantal Huinik had to deal with broken wheelchair straps aboard the bus, culminating in her becoming stuck and being removed by firefighters. This occurred on the second bus she boarded after the first was entirely unequipped.

The incident caused Greyhound to reevaluate their wheelchair policies. They've vowed to inspect, and replace non-functioning equipment, and

ET CETERA CARTOON



JESSICA STEIN

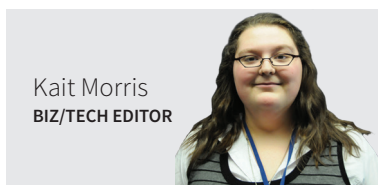
require their drivers to undergo accessibility training. It's a step in the right direction, but only a small step in a long line of issues that needs to be addressed.

Now in the winter, on some sidewalks the only paths are those created by foot traffic, with nowhere near enough room for

wheels or a walker.

Remaining sympathetic towards those with less mobility is essential in creating solutions. Changes won't happen overnight, but in a city like Toronto where less than half of our subway stations offer elevator access, they are essential.

Turmoil abroad: Old news shouldn't necessarily mean no news



Kait Morris
BIZ/TECH EDITOR

It feels like only weeks ago that we were seeing photos of mangled bodies, starving children and burning buildings on the news. These types of images are shocking and affecting. They make both an impression and a statement. They are, in a way, articles on their own; the words write themselves.

In the last three years, the crisis in Syria has grabbed headlines and been the subject of many news pieces and op-eds.

In April 2013, evidence of a chemical weapons attack in Syria took the international community by storm. By December, a United Nations report confirmed that chemical weapons had been employed in the conflict. More recently, a ceasefire agreement was violated and evacuees were harmed. And the misappropriation of international aid has also made news.

Similarly, violence and upheaval in Ukraine took centre stage after President Viktor Yanukovich abandoned an agreement that would have strengthened ties with the European Union, instead opting to strengthen ties with Russia. There were photos, videos and live streams of barricades on fire, police



PHOTO COURTESY JORDI BERNABEU FARRÚS

Ukrainian protesters try to break through police lines. Dec. 1, 2013.

assaulting protesters and protesters assaulting police. Demonstrations broke out in support in cities all over the world, including several Canadian cities, like Toronto.

Despite the magnitude of these crises, however, recent events like the Olympics seem to have pushed them out of the headlines.

True, there are only so many resources that any media agency can

dedicate to any one story. When crises persist over 1,080 days, as the one in Syria has, day-to-day coverage becomes a nearly an impossibility for any but the largest news agencies.

Because of both costs and commercial considerations, news is prioritized. It also needs to be new. Old news is, seemingly by definition, not news at all.

Peace talks in Syria are, in a fashion, old news. The coverage is still there, but where on the page will it appear? Will it be front page news? Will it be in today's select feature articles? It depends on a number of factors; including whatever the target audience will most want to see and the nature of the spectacle.

Reporting is a business. The information dispersed by the media

is for an audience. That information is often prioritized based on that audience.

I doubt that eTalk, a celebrity and gossip news show, is going to focus on the release of Canada's 2014 federal budget, but I am equally sure that the *Financial Post* must run a piece on it.

While the daily struggle of people living in violence can make for heady feature articles and fascinating op-eds, unless there is something to advance the story, or show a glimpse into or a new side of the conflict, it will unfortunately not be enough to bump something as nationally important as Olympic coverage. Or even the local Rob Ford watch.

Timeliness, local interest, violence and proximity are only some of the factors considered when prioritizing news. Often-times reporting on the nth day of the siege of Homs may not make for particularly sexy news, until dramatic footage and a hook materialize. At least, not when you have shiny new footage of Justin Bieber turning himself into a police station or the latest in a series of a string of blunders from Canada's most entertaining mayor.

I wish it were otherwise, that international humanitarian crises like the disaster in Syria and the turmoil in Ukraine would be given the kind of coverage they deserve and do not receive.

Women's basketball rolling into playoffs

Kheon Clarke
SPORTS REPORTER

Humber women's basketball team is soaring high as of late, winning three of their last four games and are now looking to prey on their first playoff victim.

The Hawks are poised to maintain their first place supremacy in the Western Division despite some hardships they faced this season.

Injuries hampered the team during the season, including a devastating knee injury to promising second-year guard Cassandra Nofuente.

She continues to undergo rehab but participates in team practices when she can, and maintains a positive attitude towards the team's success.

Nofuente says the Hawks are hoping to play an easy game against a fourth seed and advance to the semi finals.

Hawks power forward Aleena Domingo says they are continuing their championship preparation habits coach Ajay Sharma has taught them.

"We are continuing to work hard and we've been practicing more every week and it shows in how we've been playing lately," Domingo said.

During the last few weeks, Sharma has been stressing that the team needs to maintain a high intensity on both sides of the ball for four quarters.

"With our team the problem is when a team presses us successfully on defense or one or two of their players

get hot shooting the ball, it affects the way we play a bit," Sharma said.

His players echo Sharma's sentiments about the team's effort at times.

Alyssa Carey, power forward for the Hawks, says there can be self-doubt.

"When we make mistakes on the court, sometimes our confidence gets down but we try and keep each other hyped up and those mistakes tend to go away," Carey said.

Domingo says when they practice it's easy to keep the intensity up, but for some reason in games it's a different story.

"I think as a team we sort of panic when somebody makes a mistake but instead of letting the mistake go we dwell on it, and if one person



KHEON CLARKE

Hawks' Chioma Oriuwa (53) tips off against Royals' Esther Weima in Humber's 82-72 win.

is off, the whole team is off," Domingo said.

The Hawks have done an impressive job maintaining toughness and intensity for at least two out of the last four games and are looking to continue that trend moving

forward.

The Hawks next scheduled matchups at press time were with Niagara College in Welland on Feb. 14 and then a chance to exact revenge for an early season loss at home against Sheridan College on

Feb. 19.

Humber still sits atop the Western Division with a 14-2 record, and wants to maintain that ranking as they slide into the playoffs Feb. 27, with the tip-off time still to be determined.



CHRISTINA SUCCI

Andre Brown gets ready for a serve. Brown is gearing up for his final OCAA tournament of his college career.

Hawks set focus on upcoming OCAA tournament

Christina Succi
SPORTS REPORTER

With a straight sets victory over the Mohawk Mountaineers, the Humber Hawks men's volleyball team closed out their 2013-14 regular season on a high note.

The two teams hadn't squared off since a meeting at a December tournament held in Florida, where the Mountaineers walked away with a win.

Head coach Wayne Wilkins said a couple tweaks to their game was crucial in shutting down the Mountaineers attack.

"First thing, they got a couple big guys so we wanted to make sure we took away their offence, so we did that," said Wilkins. "Then we had some great digs tonight, so I think trying to cut down the errors on our side, and allow them to

make mistakes, made the difference."

Mohawk assistant coach Jon Hillis said it's nearly impossible for his team to get points on the board when Humber fifth-year star, Andre Brown, who is set to graduate this year, is at the net.

"They were really effective out of the middle," he said. "Andre did very well blocking-wise and that just made it difficult for our outside hitters to get some things going."

With the regular season finished, and the OCAA championships just around the corner, a final win helps the Hawks enter the playoffs on three game-winning streak after dropping a heartbreaking loss to Fanshawe earlier this month.

"In practice we're a lot more focused, and we're using

that loss as motivation," said Hawks hitter Terrel Bramwell, who also leads the team in points. "We also dropped in our national ranking to third, from second, so that just fuels us to move back up to where we should be."

After having missed last year's playoffs, the Hawks are prepared to battle it out for this year's provincial title. Head Coach Wayne Wilkins said the timing couldn't be better.

"I honestly think we're peaking at the right time," said Brown. "I think we have a great shot at winning."

At press time, the Hawks had yet to head to the OCAA Championship tournament scheduled to take place beginning Feb. 20. But for veteran Humber leader Andre Brown, it will be the last OCAA tournament of his career.

"It's bitter sweet," said Brown. "It's sad. I've been with these guys for a while."

Teammate Bramwell said things won't be the same without Brown.

"Andre's had a huge impact on our teams success over the last five years," said Bramwell. "He's been recognized as an all-star and one of the best middles in all of CCAA."

Both Brown and Bramwell, have experienced what it's like to compete at a provincial level, and are both confident that the Hawks will have a favourable outcome at the provincial tournament.

"Maintaining our intensity, coming out hard and focused, and playing the way we can play will be key," said Brown. "If we can do that, then we should come out with a gold medal."

Lakeshore fitness centre readies for construction

South campus finally to get major facility

Ari Salas
SPORTS REPORTER

A massive construction project for a Lakeshore campus fitness centre is set to begin this spring.

The 24,000-square-foot facility aims to meet the demand of a rapidly expanding student population at the Lakeshore campus, said Athletic Director Ray Chateau.

The facility will not have any varsity installments but will provide cardio and weight rooms, group exercise space, change rooms and showers, and washing and drying facilities for towels.

According to Chateau, the centre is scheduled to open in August 2015, providing a place for those "doing sit ups in the hallways" a proper space for their routines.

Wanda Buote, Lakeshore campus principal, said the project would be one of the first completed components of the Lakeshore Long-term Capital Development Plan. It will be built on the north side of Lakeshore Blvd. just east of Twenty-Fourth St., replacing a motorcycle dealership.

Second-year business and administration student Colin Smithers says the current facility is lacking.

"At some gyms you can go first thing in the morning

and it's not busy," said Smithers. "Here it's busy around the clock. It has everything you need in equipment but in terms of room there's not a lot."

David Fanny, a second-year general arts and science student at Lakeshore, said the amount of machinery and free-weights need to be increased.

Fanny said the lack of space caused safety concerns.

"I've come close to bumping into a dude when he's on the bench press," said Fanny. "There's an element of safety. You have to be careful when you're lugging around 100 pound dumbbells."

Both Smithers and Fanny said that the new gym should also incorporate extended hours.

"We're students, we're pretty busy during the weeks," Fanny said. "There's not enough time on weekends when the gym closes at four o'clock. You'd think the gym would open later to encourage students in residence to be healthy."

However, Fanny praised the classes offered at the current facility.

"The classes are really good, allow you to meet people. If they could possibly have more of that in the new facility I think it would be great."

Chateau said the facility's final design plans should be completed in the coming weeks.

Hawks stay perfect in '14 on road to playoffs

Men's basketball downs Redeemer, secures spot in 2014 OCAA Championships

Jeff Sehl
SPORTS REPORTER

A road romp of the Redeemer Royals has given the Humber Hawks men's basketball team a clear path to the playoffs.

The Hawks secured a spot in the OCAA championship tournament after a 74-53 win over Redeemer University College on Feb. 7. The win was Humber's eighth in a row and brought their record to 13-3 on the season. They are undefeated in 2014 season play.

The win also kept the Hawks amongst the leaders in the competitive West division tying them for second place, two points behind the division leading Sheridan Bruins.

The Hawks can now start to look forward to the playoffs, which will take place at Sheridan College in Oakville, Ont., from Feb. 26 to March 1. Humber head coach Shawn Collins was quick to point out there's still work to be done before they head to Sheridan.

"We're not even looking (at the playoffs)," said Collins. "Every game is a prep leading forward and the end-goal is the playoffs. We're just trying to get better each and every game."



We're running a lot harder, getting conditioned for playoffs, and we're just ready to make a run in the (OCAA tournament).

RJ Ramirez
HUMBER MEN'S BASKETBALL

Collins is careful to make sure the members of his team are focused on closing out the season first.

"We're looking to not lose a game in the second half to put us in a good spot for the playoffs," said second-year power forward Mathew Marshall. "Right now (Collins) is just pushing, making sure we're ready for each game, our prep is done well and everything else just adds up in the end."

"(Collins) is just letting us know that we're in a good spot in the playoffs," said rookie point guard RJ Ramirez. "We need to keep going because all of this momentum will lead us to victory in the playoffs."

With the intensity ramping up as the regular season comes to a close, Ramirez, who has emerged as one of Humber's top players, says he believes he and his team are ready for the pressure of playoff basketball.

"Our intensity has picked up in practices. We're running a lot harder, getting conditioned for playoffs

and we're just ready to make a run in the (OCAA tournament)," he said.

With a young team, preparation is important moving forward for the Hawks. Five members of the team are in their first year of OCAA eligibility and they have played an integral role for the team this season.

Specifically, rookie guards Ramirez and Junior Davis have impressed, and they continue to improve as the year progresses.

"There's always growth with kids coming in and going to the next level and I feel that we've given them an opportunity to grow," said

Collins. "(Ramirez and Davis) are starting to play basketball within the offense, they're understanding of what we're trying to do at both ends of the floor is definitely higher, and because of that they're executing better and playing more."

Moving forward, the Hawks will need to rely on their young players in order to be successful.

"They really improved their game in the second half already," said Marshall. "We're hoping for them to make big defensive stops and going forward we need them because they're some of our key guys now."



JEFF SEHL

Humber's Mat Marshall defends a Redeemer player in a 74-53 Hawks win.



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Sheridan

Coach Bishop puts the Hawks' curling competitors on ice

Willy Phan
SPORTS REPORTER

After three seasons at Humber College, head coach Cindy Bishop has used her vast experience to build one of the top curling programs in Ontario.

Before arriving at Humber, Bishop possessed an impressive coaching résumé with experience at the national and international levels.

Bishop said she turned to coaching curling when her oldest daughter was learning the game for the first time at the age of 12. From that point, she embarked on an extensive coaching career that has led her to Humber.

In Canada, Bishop served as the high-performance coach for the women's teams in Ontario and New Brunswick. She also served as the national coach for Team Austria Ladies for two years and spent one year coaching Team Netherlands Ladies.

Before Humber's curling program was revived in 2011, many of the Hawks' inaugural curlers played privately at the Weston Country & Golf Club. As the club's curling manager, Bishop used her familiarity with the players as an advantage to building the curling teams at Humber.

Sarah Jagger was one of the many players at the club who already knew Bishop prior to joining the Humber Hawks.

"I've known her for a long time. She's great, she's really helpful and she's even helped me improve my game in the past few months," said Jagger, lead for the women's team.

Out of the 18 athletes on the men's, women's, and mixed rosters, only four curlers play on the ice for their respective team at provincials while the remaining players are listed as

reserves.

Bishop emphasized attitude, participation and attendance at practice as major factors for receiving playing time in provincial and national championships.

"Just because you're good on the ice doesn't mean you get to play (at provincial and national games)," said Bishop.

The reserves still get to play in team practice and against private teams at the Weston club every week in order to stay sharp in case of an injury.

Unlike most other sports where coaches discuss strategies with their players during a game, curling coaches like Bishop can only address their players before and after games.

"During the game, I can't do anything. It's after the game where all the learning happens. We take whatever we see in games and then (we) put it into practice," said Bishop.

After discussing expectations and strategies with the players in practice, Bishop said the rest is up to the players to execute on the ice.

"We went over what time we should arrive, etiquette, coordination, what time we should eat, what we should eat," said Désirée Davis, a third-year member of the Hawks from Montreal.

The Hawks have come a long way from their inaugural season when there were learning curves, but Bishop's effective coaching style still hasn't changed, said Davis.

Bishop's preparation of the Hawks will be on display against the best men's and women's college teams from across the country. The CCAA Championships will be hosted at the Soo Curlers Club in Sault Ste. Marie, Ont. from March 18 to 22.



PJ VALOIS

Kelly Nyhof (center in white) is honoured for outstanding play on Hawks women's volleyball team over the past five seasons.

Nyhof honoured by Hawks volleyball for five great years

P.J. Valois
SPORTS REPORTER

Five years of outstanding performance culminated in an afternoon of accolades for women's volleyball middle Kelly Nyhof.

Nyhof's career was celebrated in a post-game ceremony after a commanding three-set win over St. Clair in her last regular season home game.

The ceremony included the presentation of a banner dedicated to Nyhof that will adorn the gym rafters among Humber's greatest athletes.

"It's always something that I've wanted," Nyhof said of having a banner dedicated to her in the Humber gym. "I look up at those banners up there and it's a huge accomplishment."

The four time all-star has enjoyed a career full of

awards and championships including a rookie of the year title, two player of the year titles and four OCAA championships.



I look up at those banners up there and it's a huge accomplishment.

Kelly Nyhof
HAWKS WOMEN'S VOLLEYBALL

"She hasn't let that stop her work ethic," said Wayne Wilkins, head coach of the women's volleyball team in a speech.

"Her stability and just her fun-loving nature really puts a lot of people at ease. Obviously her talent is there, but it's everything else that she

brings to the team," he said.

"Her making the national team is one of my favorite moments."

Nyhof thanked her coaches, teammates, family and the Humber staff in a speech to a packed crowd in the North campus Athletic Centre.

"He put a lot of faith in me from the beginning," Nyhof said of Wilkins. "It was either sink or swim for me."

Nyhof cites making the honour roll this year as one of her proudest moments at Humber. Balancing school work and a varsity athlete's schedule is a challenge, she said.

"It's very important to honor players who have committed five years to the program, to our college and that stood out," said Humber athletic director Ray Chateau.

"(It is) a big part about

letting them know that we care about them and that we want them to continue their involvement with athletics," said Chateau. "With athletics, it just doesn't end when they leave as a player."

Despite all of her accomplishments, Nyhof has one more goal left.

"I'm hoping my favorite moment is coming," said Chateau of his favorite Nyhof moments. "I really want to see her win a national medal, lead her team to a national medal."

KELLY NYHOF 2013-14 SEASON

Matches	17
Kills/Set	3.53
Hit%	.568
Assists/Set	.19
Blocks/Set	.74
Aces/Set	.58
Digs/Set	1.34



WILLY PHAN

Curling coach Cindy Bishop (centre left) turned Humber's curling program into one of the best in Ontario.

HAWKS SCOREBOARD

MEN'S BASKETBALL					WOMEN'S BASKETBALL					MEN'S VOLLEYBALL					WOMEN'S VOLLEYBALL				
West Division					West Division					West Division					West Division				
	GP	W	L	Pts		GP	W	L	Pts		GP	W	L	Pts		GP	W	L	Pts
Sheridan	17	15	2	28	Humber	16	14	2	28	Humber	18	16	2	32	Humber	18	18	0	36
Humber	16	13	3	26	Fanshawe	16	12	4	24	Fanshawe	18	14	4	28	Fanshawe	18	16	2	32
Mohawk	16	13	3	26	St. Clair	16	12	4	24	Niagara	18	14	4	28	Redeemer	18	13	5	26
Fanshawe	17	11	6	22	Mohawk	16	11	5	22	Mohawk	18	12	6	24	Conestoga	18	10	8	20
St. Clair	16	9	7	18	Sheridan	16	11	5	22	Redeemer	18	10	8	20	St. Clair	18	9	9	18
Redeemer	17	7	10	14	Niagara	17	11	6	22	St. Clair	18	10	8	20	Niagara	18	8	10	16
Lambton	16	5	11	10	Redeemer	17	6	11	12	Sheridan	18	7	11	14	Mohawk	18	7	11	14
Sault	16	4	12	8	Lambton	16	2	14	4	Conestoga	18	4	14	8	Cambrian	18	6	12	12
Niagara	17	3	14	6	Cambrian	16	1	15	2	Cambrian	18	3	15	6	Sheridan	18	3	15	6
Cambrian	16	2	14	4	Sault	16	1	15	2	Boreal	18	0	18	0	Boreal	18	0	18	0