

\$1 billion Woodbine Live! project is dead

Graeme McNaughton
Senior Reporter

A project expected to bring thousands of jobs to the Humber community is now dead.

The Woodbine Live! development, a joint project between Woodbine Entertainment Group, owners of the Woodbine horserace track on Hwy 27 south of the North campus, and the Cordish Company was first announced in 2008.

Toronto news media have widely reported that Woodbine Entertainment group has ended the deal with its U.S.-based development partner.

Woodbine Live! would have brought as many as 9,400 jobs to the community and \$1 billion in construction and retail investments.

"There is obviously some disappointment there," said Frank Di Giorgio, councilor for Ward 12 and a member of the Etobicoke York Community Committee.

"We need to do two things. First of all, we need to make sure we reinforce and stabilize the existing situation [at the Woodbine Race Track and surrounding community]. In the longer term, we've got to have the economic development step up to see whether we can attract some businesses to generate jobs in that area."

The jobs created would have especially benefitted Humber College, as there would have been program-related employment, said Karen Fast, manager

of the Career Centre at North campus.

"We were looking at that as an opportunity for part-time employment for students," said Fast. "There was so much opportunity for related employment, and that's the secret to student success."

The programs that would have benefitted included tourism and hospitality, photography and security, said Fast.

The project was touted by the City of Toronto as part of its Community Improvement Plan to help stimulate economic development and growth in the city.

"Woodbine Live! is a substantial, vital and exciting project that provides us with an opportunity to do great things both in the local community and for the city as a whole," said David Miller, then the mayor of Toronto, in a press release at the time of the project's announcement.

"Not only will it revitalize the Woodbine Race Track, it will bring public spaces and amenities, and important jobs, training and prosperity to the area. It's an example of the kind of significant transformation we can bring about when we put good City policies to work in partnership with private sector investment."

The project, however, was launched in what became a year of the sharpest recessionary downturn in North America in decades.

Woodbine Entertainment Group and The Cordish Company did not return calls for comment.



COURTESY THE CORUS COMPANY

Artist rendering of what would have been the Woodbine Live! development. The project has now been turfed.



PHOTO BY PENNY MUNOZ

ARMED's Desiree Giralto, 23, showcases her new jewelry designs in her Dundas and Ossington store. She won a Humber College New Venture Seed Fund Award.

Seed grant winner taking her jewelry line to New York City

ARMED's Desiree Giralto, fashion management student, wants to use \$8,000 support towards expanding her business to U.S.

Penny Munoz
Fashion Reporter

One of Humber's New Venture Seed Award winners is using the \$8000 grant to extend her fashion jewelry brand to New York City.

Desiree Giralto, 23, a fourth-year student in the bachelor of commerce fashion management program, opened her first store location at Dundas Street West and Ossington Avenue last September and is determined to expand the brand to the Big Apple by the summer.

ARMED jewelry currently supplies one-of-a-kind, hand-made pieces to six retailers, and has already made a red carpet debut at the TIFF 2012 event, where Canadian actress Charlotte Sullivan wore one of Giralto's creations.

Giralto said that her designs reflect the people she's surrounded by.

"[ARMED is] not really about be-

ing on trend, but more so, creating well made, good quality pieces that have longevity in somebody's wardrobe," said Giralto.

Giralto travels frequently to New York and Arizona for inspiration. She recently returned from the latter, where she collected semi-precious stones and other unique resources for her upcoming spring/summer collection.

Recognizable by her common use of long or thick brass chains and semi-precious stones, horse hair and boar's tusks, Giralto said that she is grateful she can put the grant towards moving the brand forward.

Norma Ouellette, the fashion management program coordinator, said Giralto's success can be attributed to her creativity in design as much as her ambitious dedication to the brand.

"She's very focused, she knows

what she wants and has a clear idea of how she's going to get there," said Ouellette. "In five years, we're going to be reading about her as a local designer for celebrities."

Open to all eligible Humber students, the venture seed award receives applications from aspiring entrepreneurs from all programs. Applicants must provide outstanding business propositions complete with relevant experience.

"She's got a passion for jewelry and her idea of what's going to make a great business idea come to life. I think the passion is very important," said Michael Hatton, Humber's vice-president, academic. "The second thing that she does is that she works about 18 hours a day in school work and in her store and I don't think anything happens without that kind of dedication and hard work."

IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 2014 Olympic Tickets Go on Sale If you're hoping to go to Sochi, Russia for the 2014 Winter Olympics, individual event tickets go on sale today.	12 Mardi Gras Also known as Fat Tuesday, people traditionally eat rich fatty foods before the ritual fasting of Lent begins.	13 World Radio Day The UNESCO-sponsored day recognizes efforts to improve access to information and freedom of expression over the airwaves.	14 Valentine's Day Valentine's Day is a chance for couples to express their love towards each other. If you're in a relationship, buy something significant for your other. If not, carry on.	15 National Flag of Canada Day Today, Canadians celebrate the inauguration of the current flag in 1965. Flag Day is celebrated by, not surprisingly, waving and raising flags.	16 World Wheelchair Curling Championship Ten teams, including Canada, will compete in Sochi, Russia to see who is the best in the world. The Russian hosts are also the defending champions.	17 Ecuadorian General Election Ecuadorians take to the polls to decide if they will reelect current president Rafael Correa, or go for a change of pace.

Black history 'did not start in 1492 with slavery'



PHOTO BY HERMIONE WILSON

Njoki Nathani Wane spoke to an audience of Humber students and teachers on Feb. 4 about the importance of knowing our history.

Academic specialist in issues of race and class, Njoki Nathani Wane told Humber gathering black people must look to roots

Hermione Wilson
Diversity Reporter

Njoki Nathani Wane, a professor at University of Toronto, kicked off Black History Month at Humber with a keynote speech on "Building on the Strengths of the Past."

"As black people we need to understand our own history," said Wane. "Our history did not start in 1492 with slavery."

In her Feb. 4 talk at North campus, Wane emphasized how important it is for black people to build on their history, an idea that is the basis of the Sankofa philosophy. The word Sankofa is a verb in the Akan language of Ghana.

"Sankofa means to go back, look back and see what you have left behind and bring it forward," said Wane.

Wane also spoke about ensuring the success of black students by making sure that their history and cultural knowledge are incorporated in the classroom.

“As black people we need to understand our own history.”

Njoki Nathani Wane,
U of T professor

The event also featured performances by the samba band Ritmo Bateria, and spoken word artist Dwayne Morgan.

Bhalinder Bedi, president of the Humber Students' Federation, provided closing remarks.

Bedi, who sits on Humber College's diversity committee, thanked all the participants and organizers of the event.

"The saying, 'Black history is everybody's history' is a call to action," he said in conclusion.

Bedi, who was born in India and grew up in New York, said that many of

his role models are African-American and that he recognizes the significance of Black History Month.

"It celebrates the fact that you don't have to look a certain way, be a certain way to create a change in this world," said Bedi.

Children from the Humber day care centre were invited to the event.

"It's important for them to start young to celebrate their culture," said Bridget Woodcock, director of Humber College's child care centres.

"We try whenever possible to celebrate the events that all of our families celebrate so that we include a really diverse curriculum," she added.

Black History Month is relevant not just to black people but to all Canadians, said Wane.

"Let's say I'm having a conversation with you and you're telling me about yourself, it will be a half conversation," said Wane. "But if you tell me about yourself and I tell you about myself, we will have a meaningful conversation."

Humber Child Care Centre receives new cultural books

Kelly Townsend
Child and Youth Reporter

Children in the Humber day care now have new books to help them learn about their respective heritage and culture.

Humber's Centre for Human Rights, Equity and Diversity donated a wagonload of books about cultural diversity and history to children from the Child Care Centre at a Black History event Feb. 4.

"Over 40 books were donated to the Child Care Centre," said Jodie Glean, the coordinator of the Centre for Human Rights, Equity and Diversity. "They reflect ethnicities from Filipinos, Southeast Asians to Caribbean blacks and African blacks... a wide variety of diversities."

The books were donated from A Different Booklist, a Toronto bookstore that sells reading material written from the view of various cultural groups.

While the books are meant for the children in the Child Care Centre, early childhood education students, who work in the centre, are encouraged to read with the kids to get a better understanding of ethnic history.

"Many children at the age of two, three and four don't really have the opportunity to learn about their history in the form of children's books," said Deb McCarthy, associate vice president of human resources at Humber. "This is just one more way that we can contribute to their success."

The presentation, which has been going on since 2011, is a tradition of the Black History Month celebration.

"We've probably given the daycare centre about 150 different books," McCarthy said of the groups history of donating books.

Bridget Woodcock, director of the Child Care Centre, said, "It's [the human rights centre's] way of honouring and recognizing groups that know the value of Black History Month."

"Humber College is committed to ensuring a living, learning and working environment that promotes inclusivity and diversity," Glean said. "Humber's Child Care Centre is moulding our kids, and they will be the ones guiding our future."

"It's important that we play our part in ensuring the diversity reflected amongst the students is reflected within the program."

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HSF, Humber to spend \$250K on reno project

Espe Currie
Student Gov't Reporter

A joint venture between Humber Students' Federation and Humber College is aiming to make hangout spots on campus more appealing.

The project, Operation TLC, has identified up to 12 spots on North and Lakeshore campuses in need of sprucing up.

Bhalinder Bedi, president of HSF, has been working on the effort since August.

"It's been about six months in the making," he said, "We're gunning for the end of March, to be completed."

One spot up for rejuvenation at North campus is in the L building's first floor hallway. The student work area was noted as being dimly lit and furnished with concrete benches covered in carpeting.

Rosa Ongpin, a project co-ordinator for Humber Facilities, has been working with Bedi and Carol Anderson, the director of facilities management, on Operation TLC.

"I've been looking for different sources of furniture, carpets, and coordinating with the clients, too, to make sure that spaces are what [HSF] envisions for the students," said Ongpin.

"This is a 50-50 joint effort," said Anderson, whose role in the project

has centered on securing funding from the college.

Half of the approximately \$250,000 cost of Operation TLC will be covered by the college, the remainder by HSF.

"The upkeep is all within Humber and facilities," Bedi said. While HSF will cover the initial cost of materials for the renovations and redecorating, Humber will be maintaining the spaces over the long term.

Current plans include soft seating, carpeting, better lighting, televisions showing Humber content, and more electrical outlets.

"One of the things we're really proud of is we want to incorporate cellphone charging stations into these spaces, so if somebody is walking around and they're like 'Aaaargh, I left my charger at home!' they would stop in the space and they can just chill out and let their phone charge," said Bedi.

"I had to check the structural drawings for that one," Ongpin said with a laugh, adding the spot was originally constructed in 1972 and overdue for a facelift.

Sitting in the L building area up for renovation, Julia Graham, 21, an event planning student, notes "it's a nice space to people watch," adding, "it would be a lot busier if there was comfortable seating."



PHOTO BY LIME BLAKE

Students work and hang out in the first-floor L-Building study area, one of the areas up for renovation under Operation TLC.

Riots and protests threaten Egyptian stability

Caroline Brown
International Reporter

Political, economic and social unrest is a growing concern throughout Egypt since new constitutional laws were pushed through with the ousting of President Hosni Mubarak last year, believes Kent Schroeder, director of international development at Humber.

"The new president is a member of the Muslim Brotherhood, which was an organization that was outlawed for many years in Egypt because it represents a fundamentalist Muslim party, and the concern is that he is going to impose fundamentalist Muslim laws on Egypt," said Schroeder.

Riots and protests have broken out in many regions of Egypt over the last few weeks, sparked by a court sentencing 21 people to death over a soccer riot last year. Security sources said one man was shot and killed and at least 50 people have been injured since the riots broke out.

"It's a government that is unable to manage the country and maintain stability," said Chris Irwin, professor of liberal arts studies at Humber.

Protestors attacked Cairo's presidential palace on Feb. 2 demanding the overthrow of Mohamed Morsi, who last



CREATIVE COMMONS COURTESY JONATHAN RASHAD
Egyptian president Mohamed Morsi of the Muslim Brotherhood is facing large scale protests against his rule.

year won the first democratic presidential election, ending the 31-year rule of emergency laws under Mubarak.

Schroeder said he believes Mubarak's overthrow gave the people of Egypt hope in a time where secular opposition was prevalent.

"I think the success of the initial overthrow has given people that sense that they can take to the streets and they can have an impact," said Schroeder.

A Human Rights Watch report said human rights issues continue to be raised in the country, including abuse by police, restrictions on freedom of expression, association, and religion; and limits on the rights of women and workers.

"It's a situation that will be continuing to evolve in months to come," said Stewart Webb, a research fellow at the Rideau Institute. "The Muslim Brotherhood has been the pawn for Egyptian politics before."

Students advised to be wary of winter car thefts

Olivia Roger
Crime Reporter

Students tempted by a warm car on cold days should be advised it comes with a risk.

"We do see what are known as 'warm-up car thefts' to be quite common in the winter months of every year," said Const. Wendy Drummond of Toronto Police.

Warm-up car thefts occur when a person leaves their running car unattended before they are ready to leave for work or school in hopes the interior will be warm, said Drummond.

"They'll watch you go into your house and say, 'Okay, there's an opportunity with a 15-minute grace period,'" said Const. Ryan Willmer of 23 Division. "It usually will happen early in the morning, in someone's driveway, while they are getting ready for the day."

Keith Pua, the public safety coordinator at Humber's Lakeshore campus, posted a safety notice regarding the issue on the department's website. He said although none of these thefts have been reported at Humber this year, students still need to understand the risks of them occurring at their homes.

"We like to give tips to make sure the Humber community is not a victim of crime because everyone's safety starts with themselves," said Pua.



PHOTO BY OLIVIA ROGER

The cold winter temperatures are a prime time for 'warm-up car thefts' to occur.

Although frigid winter temperatures make it difficult to get moving in the morning, there are things that can be done to safely heat vehicles without leaving them at risk.

The department of public safety recommends remote starters or block heaters and said the best way to warm a car is to start it and let it run for 30 to 60 seconds before gently driving away.

"Remain with your vehicle whenever it's running or if you have to leave it, lock it with a spare key and maintain a view of the vehicle," said Pua.

Willmer agrees that precautions need to be taken.

"Don't leave your car unattended, even when it's cold out. By grabbing something from the store, even for a quick second, you're taking a chance," said Willmer.



PHOTO BY REBECCA VETTESE

The Royal Canadian Mint has stopped distributing the penny to businesses.

End of penny brings new policies

Rebecca Vettese
General Assignment Reporter

Canadian pennies will no longer be distributed to business and banks, leading each to establish their own policies on what to do with the one-cent coin.

The demise of the penny will save approximately \$11 million each year, ac-

ording to the Department of Finance. The Royal Canadian Mint ceased the distribution of the penny to commercial and financial institutions on Feb. 4 because it "has weak purchasing power and costs the Government 1.6 cents to produce," according to Canada's 2012 budget.

Retailers will use their discretion to round cash transactions up or down, ac-

ording to a report by the Department of Finance. Vendors may also continue to accept and distribute pennies in cash transactions until they run out.

Humber's North campus cafeteria, the Food Emporium, hasn't given up on the penny just yet.

"Right now, we're still doing the regular thing," said Monica Allen, a cashier at the Food Emporium. Allen said they'll start rounding once guidelines for the cafeteria have been established.

The Finance Canada report shows purchases that are one to two cents above or below the nearest five-cent integer are to be rounded to that number.

For example, \$1.03 and \$1.06 would both be rounded to \$1.05. All prices are rounded after taxes have been applied.

Tim Hortons, which has a location at Humber's North campus, is employing this policy, as is the bookstore.

"If it becomes an issue, then we'll round lower," said Debby Martin, manager of the Humber bookstore. "It's all about customer service and if that becomes a problem for a customer of ours, we'll gladly give them what they need."

Controversy associated with the end of the penny's circulation hadn't occurred to Sally Tea, a second-year photography student at Humber.

"It'll take time for me to adjust," said Tea. She said the new rounding guidelines aren't necessarily bad, just different, and she plans to keep her pennies for now.

Martin doesn't see the penny's end having a significant effect on bookstore business since most people pay with credit or debit cards. She said the benefit to the government is really what matters.

"I think the savings are going to be astronomical," said Martin.

Metis and non-status Indians get ruling for recognition

Thomas Rohner
Social Justice Reporter

The January decision by a federal court to grant Indian status to Metis and non-status Indians has left some aboriginal advocates seeing a double-edged sword.

Jonathon Araujo, Humber's aboriginal community liaison officer, said the funding now available to new groups will add strain to funding other programs.

"So now that more people have gained the right to Indian status, that's going to cause an even greater deficiency for education funding," Araujo said of the ruling, which grants Métis and non-status Indians the same funding as status Indians.

"Or [the federal government] increases the funding, which is rare," Araujo said.

The court's decision, released by Judge Michael Phelan on Jan. 8, concluded "Métis and non-status Indians are 'Indians' within the meaning of the Constitution Act, 1867."

The immediate effect of the ruling is negligible, said Betty Anne Lavallée, national chief of the Congress of Aboriginal Peoples, one of the plaintiffs.

"It's a clear victory because we got the ruling we were looking for," said Lavallée.

"However, because it's a lower court ruling, the Crown can appeal."

Lavallée said the Crown has employed many delay tactics throughout the past 13 years.

"The Crown knew from day one that if this ever went to court they were going to lose," Lavallée said. "They knew the truth would come out."

"The plaintiff's case was made much more difficult by the Defendant's refusal to admit numerous documents which came from its own archives and departments," Judge Phelan said in his ruling.

The ruling calls the Indian Act into question, Lavallée said.

"If you go back and read the historical documents surrounding the thought behind the Indian Act, the Indian Act was never meant to sustain the Aboriginal population," said Lavallée.

"It was meant to exterminate it, to get rid of the problem, the Indian problem."

Back on campus, Aboriginal students can only wait to find out what the ruling means for them.

It might actually mean less funding per student, Araujo said.

"If you're anticipating getting your treaty rights, your funding, and now that disappears or dilutes, you're going to have to start thinking of new options," Araujo said.

The federal government has not yet publically reacted to the ruling.

New cloud computing program an Ontario first

Peter Davey
Applied Technology Reporter

Next fall, Humber College will offer a new diploma for mobile device integration to meet the growing needs of employers.

The new program, which will focus on cloud infrastructures, is a first in the province.

"This is the first complete program of its kind in Ontario's college system," said Muhammad Khan, the program co-ordinator.

"Other schools and programs only offer elements of this curriculum in bits and pieces."

Khan defines the broad "cloud" term as a "secure remote IT infrastructure that can run, access and install applications and save and access client and personal data."

Examples of cloud environments include Dropbox, a file storage service, and Adobe's software subscription services.

The curriculum will cover tools that are used in the cloud environment; how to integrate mobile devices with a cloud environment, including saving and accessing data and applications; and working with the mobile platform itself.

The two-year program will be at the North Campus and open to high school graduates and IT technicians looking to broaden their skill set.

Khan said the goal of the program is, "how to integrate your network with the mobile applications, so that you can access your cloud environment."

The ability to gather field data, analyze it on-site and then securely save it offers companies huge increases in productivity and security, said Stephen Grant, Opus2 Mobile Solutions chief operating officer.

Opus2Mobile provides field data collection ap-

plications for mobile devices.

"There is a reasonable expectation [from employers] that employees will have some proficiency, particularly with iOS and Android platforms," Grant said.

Ryan Snow, an IT technician, said his company already expects employees to use smartphones and tablets and is looking to make greater use of them.

"We are looking to implement a solution very soon to merge our work portal with our phones," said Snow.

"Pretty much what we can do on our computer portal, we will be able to do on our phone."

Asked if people in industrial and construction fields were experienced with mobile devices, Grant said, "No. They don't know the potential their devices have."

Companies outside of the IT sector have been slow to adopt consumer level mobile devices mainly because of size and durability.

"A three inch screen isn't helpful when looking at a maintenance report," said Grant.

"Many guys don't yet know how to navigate mobile operating systems."

When working outside in inclement weather, he noted, using an iPhone over pen and paper seems pretty risky.

While Grant would like to see more rugged consumer mobile devices, he said interest in mobile device integration has grown since tablets became mainstream in 2010 with the release of the iPad.

"Tablets are a huge change in our business," said Grant. "They changed us from fairly unsuccessful, to getting some real pace."

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PHOTO BY KERRISA WILSON
Humber Student and SpeQtrum member, Megan Elliott is proud to be a part of a gay alliance club and supports the LGBTQ poster contest to spread awareness around campus.

Sexual diversity group seeks awareness through posters

LGBTQ community lacks visibility on campus, ready to risk homophobia

Kerrisa Wilson
Diversity Reporter

No matter how you identify yourself, Humber's Gender and Sexual Diversity Committee wants to see what poster you would create to represent the LGBTQ community.

The poster competition is open to all students at North, Lakeshore and Orangeville campuses until March 1.

"This is for students to submit work that they think sort of captures the experience of what LGBTQ issues mean at Humber," said Maureen Carnegie, disability consultant and co-chair on the committee.

First prize for the contest will be \$1000 towards tuition, second prize is \$500 towards tuition and third prize is a \$100 Humber bookstore gift card.

All posters will be displayed in a gallery at a yet to be determined location where anyone can go see them and cast a vote for their favourite.

Andrew Tibbetts, a committee member and Humber counselor, said there are not a lot of visual signs of gay culture here at Humber and that the committee is always looking

for student input to change this.

"We want to make sure that the physical space, the environment, has visible signs that it's cool to be gay, lesbian, bi or trans here. Its like queer people don't exist here for some reason, but, of course, they do," said Tibbetts.

There is little action and few voices representing queer community individuals at Humber and the committee wants to educate, spread awareness and broaden people's perception of this community on campus, said Carnegie.

"More often than not what students say is, 'I just feel invisible here,'" said Carnegie.

Carnegie said she is also excited to see what students will submit.

"I'm really hoping there are provocative messages, things that make people think," she said.

Megan Elliott, 19, a first-year media communications student and a member of Club SpeQtrum, a new gay straight alliance group at Humber north campus said the poster contest is a good idea to spread awareness around campus but that it could cause some controversy.

"It could be dangerous at the same time because there are people that are homopho-

bic or don't support that," said Elliott.

As Humber is trying to increase its gay promotion and awareness, Russia is making headlines for trying to pass legislation making it illegal to provide minors with information about lesbianism, bisexuality and transgenderism, according to the National Post.

Carnegie said the Russian situation is reflective of the hatred that still exists in many places for differently-oriented people.

"I think there is nothing about that kind of legislation or policy that is helpful," she said. "It doesn't solve a problem, it doesn't make the world better, in fact it does the exact opposite."

Elliott said she is shocked by the proposed Russian bill and does not understand where all this judgment is coming from.

"I don't think it needs to be a big deal. Let people do what they want, let them be who they want to be," she said.

With the election of Ontario's new, openly gay Premier, Kathleen Wynne, Carnegie said people are becoming more accepting of the queer community and that the gay rights issues in Russia has been shocking for most people.

Mandatory flu shots for health providers an issue

Lily Tran
General Assignment Reporter

A recent trend towards mandatory flu shots for health care staff could infringe on human rights, said the nursing program coordinator at Humber College.

Hospitals and other clinical setting can encourage such inoculations, "but I don't think [in terms of] human rights they can force people to get the flu shot," John Stone said.

Some health care facilities encourage students to get the flu shot, but those who don't may be turned away, he added.

"You won't get a lot of consideration if you don't have it done," Stone said about students who are not immunized. Stone said not all places would turn away students if they weren't immunized, but it's a factor.

Health care facilities are moving to push staff towards getting the vaccine during flu season.

Health Sciences North, a hospital in Sudbury, changed their immunization policy for all staff members. Dan Lessard, public relations officer, said via e-mail staff members of Health Sciences North who are not immunized must now wear a mask in patient care areas although the institution would not force their employees to get immunized.

Dr. Liane Macdonald, a physician



PHOTO BY PETRA ALEXIS
Obligatory flu shots could become a condition of employment.

in infectious diseases at Public Health Ontario, said the main focus of inoculations is to prevent the spread of infection for everyone.

Public Health Ontario recommends health care workers to be vaccinated as "a condition of employment," Dr. Macdonald said.

"It's important to note that this is a recommendation. If someone is not able to get vaccinated against influenza, there are other alternatives like wearing a mask," said Macdonald.

Jennifer Zerafa, 18, a first year Humber personal support worker student, said not being immunized affects her clinical placement at Revera's Humber Valley Terrace.

"You have to get the flu shot," said Zerafa of her clinical placement. "If you don't have it you can't come into

placement."

Dr. Macdonald said health care workers have more than just immunizations to help stop infections from spreading.

"If there is an outbreak, certainly we'd want to stop the spread of infection. For health care workers we can offer immunization and we can also look at anti-viral medication to control outbreak," said Dr. Macdonald about alternative options to immunization. "For healthcare workers, it's important to protect those around them. Thinking about yourself, your family, your colleagues and the people you are taking care of."

Stone observed that while the flu shot is not yet being made mandatory, the message that health care staff should get it has become very clear.

Nurses association calls on province to hire over 9,000 more workers

Justin Vasko
Queen's Park Reporter

The Registered Nurses' Association of Ontario is urging the Ontario government to hire 9,000 new, full-time-employed registered nurses by 2015.

During a press conference at Queen's Park on Jan. 30, the RNAO unveiled Why Your Health Matters, a new report that focuses on policy reform in the areas of poverty, the environment, nursing care, and medicare.

The group said health care in Ontario is in a precarious position as a declining number of registered nurses have adversely affected its RN-to-population ratio, making it among the lowest in Canada.

This declining work force negatively impacted nurses' workloads and the outcomes of patients, said RNAO CEO Doris Grinspun at the conference.

She highlighted that in the last year, Ontario lost over 1,000 RN positions, and that as Ontario's population ages, the need to reverse this decline will become increasingly vital.

"The most urgent thing is to put the focus on not attracting RNs, but employing RNs," she said.

Nursing and health care reform in Ontario requires a critical re-evaluation of the roles of RNs and particular attention to be paid to preventative care, said MPP France Gélinas, the NDP's critic for health and long-term care in Ontario.

Speaking to the NDP's priorities and perspectives, Gélinas said,

"I don't see an NDP government going out to make our hospitals bigger. An NDP government is a whole lot more committed in bringing forward a strong and robust health promotion and disease prevention strategy."

The office of Deb Matthews, the provincial minister of health and long-term care, was unavailable to comment.

One way the RNAO proposes changing the roles of RNs is by allowing them to prescribe medication and order medical testing, practices currently being considered by other provinces.

Looking at how these proposals could affect Humber's nursing students, Dr. Kathleen White-Williams said she welcomes what an increased number of available positions would mean for graduating students, but cautioned that a reexamination of the role of RNs would cause a fundamental shift in the way nurses are educated.

"For a new graduate to be able to do those types of things, then the scope of practice for registered nurses will have to change, and the educational component related to becoming a graduate will also have to really have a good look at it," she said.

Grinspun said acting decisively, effectively, and quickly is important.

Channeling former health minister George Smitherman, Grinspun said, "the time for pilots is over; we know what the health care system needs."

Hawk's Nest hosts Startup Weekend

'Life Logger' app takes top prize at event

Kat Shermack
Biz/Tech Reporter

Jaymin Raval, Nirav Upadhyay and Chintan Trivedi grabbed the top prize in Humber's first ever Hawk Nest Startup Weekend which took place Feb. 1 to 3.

The event was hosted by Hawk's Nest, an entrepreneurial club started by first-year web design and interactive media students, Ryan Ovas and Alfred Junco, and was designed to help young entrepreneurs shape their business ideas.

Raval, Upadhyay, and Trivedi, three enterprise software development students, won for their work on Life Logger, an app that logs users' past, present, and future activities.

"The app records your day to day activity in a way that will try to learn your daily routine based on your location, on the reminders you set, and your call information," Raval said.

"It's kind of your personal assistant," Trivedi added.

Ovas and Junco wanted to create a club where entrepreneurial-minded students at Humber could be connected to business professionals and get feedback on their startup ideas.

"It's good to go and talk to other people, and learn what they've done," Ovas said.

The goal of the event was to experience the first few months of working for a startup company in one weekend.

"People will learn how to pitch, how to work with a team, how to build a demo, all in three days," Junco said.

Kevin Court, a second-year multimedia production and design student, placed second with an app called "City Scope." Court and his team created the app to mark specific areas or buildings, so when a user enters that area, history and interesting facts about the location appear on their phone.

Court said that the feedback and criticism his team received over the weekend was invaluable.

"It's very hard for people who are new to the multimedia production industry to get out and get this experience," Court said.

A panel of five judges evaluated the participants based on teamwork, the viability of their product, and their business plan.

Upadhyay said he was not expecting his team to win.

"It was surprising that we won the event, but very exciting," Upadhyay said.

The team won a license from Kendo UI, framework software that will help develop their app, worth \$700. They also won two months of office space at HSF to continue development of their app.

"In these two months, we will work on building the plan," Upadhyay said.

The team hopes their product will be available to the public by the end of 2013.



PHOTO BY KAT SHERMACK
Hawk's Nest was founded by first-year web design and interactive media students Ryan Ovas and Alfred Junco.

Canadian youth face \$10.7B in lost wages: TD report

Josh McConnell
Biz/Tech Reporter

Young Canadians entering the labour force could lose more than \$10.7 billion in wages over the next three years due to rising unemployment, according to a new TD Economics report.

The report said people between 15- and 25-years-old who face rising levels of unemployment prior to starting their career will fall behind in wages. But youth pursuing post-secondary studies have an advantage over their less educated counterparts, even if they choose to stay unemployed to focus on grades, said Martin Schwerdtfeger, a senior economist at TD Economics and the author of the report.

"Those with higher grades mean they have higher intellectual potential and therefore are more appealing for employment," Schwerdtfeger said. "If your performance in school while working part-time is equivalent to a person who is not working during school, you will have an advantage."

But this advantage mainly exists if students work in a field related to their future career as more experience typically translates to a higher wage.

"If you are studying a masters degree but are still flipping burgers, then you may not have the advantage over the person who is focusing on schooling and earning high grades," Schwerdtfeger said.

Ihor Sokolyk, economics professor at Humber, said he does not think the report's findings are of major concern for graduating students.

"It's more of an academic issue than a student issue," Sokolyk said. "Salaries today are relatively flat, so it doesn't make a huge difference for students. If overall salaries were trending upward, then we would have more concern."

Sokolyk said this report is still good for research so the government can make appropriate economic policy decisions, but there are other variables that should be considered.

"As long as you are doing what you love, then it doesn't have too much of an effect," Sokolyk said. "Unlike other generations, this one is looking for more than just a pay cheque. They are looking for something creative, to do something more."

Schwerdtfeger said there are a few things students can do to try to hedge their bets to ensure they are better prepared to enter the workforce.

"If people search jobs faster because they are more capable, more active, and are more curious, if they put more intensity into the job research, then it all helps to improve the end wage."

Girls In Tech Toronto holds networking social

Kaitlyn Morris
Biz/Tech Reporter

Girls in Tech Toronto is hosting the Power Hour Social tomorrow, a networking opportunity for students enrolled in tech programs.

The social will focus on the role women play in the tech industry, which is traditionally dominated by men.

Ravinder-Pal Singh, program coordinator of the Information Technology Solutions program at Humber College, estimated the field to be about 30 per cent female.

This disparity is one of the reasons that Neha Khera and Lucia Mariani-Vena started the Toronto chapter of Girls in Tech.

"We need to get men involved and get men cheering on women in tech," said Khera, in order to change the perception of women in the tech industry.

Khera, whose background is engineering, was looking to get back into the tech industry after finishing her MBA, but found networking opportunities few and far between. Mariani-Vena encountered a similar problem, and both women approached Girls in Tech separately.

Despite the name, the social hour and events are not just for women and open to everyone.

The parent organization put them in touch with each other and the Toronto chapter was born.

The Power Hour Social aims to pro-



PHOTO COURTESY EDELMAN PR
Lindsay Rothman, a quantitative analyst at Influitive Marketing, spoke about the transition from HR to Tech at a past Girls in Tech conference.

vide women with an opportunity to present their ideas to a peer group in a setting where they feel comfortable.

While there are more men than women in tech, the talks aim to demonstrate that "there are lots of women in the tech industry and let's give them a place to present their ideas," Khera said.

The keynote speakers are Lindsey Goodchilde of Greengage Mobile, Lisa Delorme and Kristy Weiber of Rent Frock Repeat, an online dress rental business, and Christina Truong, web developer and part time instructor at Humber College.

"We're looking for women doing

"We need to get men involved and get men cheering on women in tech"

Neha Khera
Girls In Tech Toronto

interesting things in the city, ones who don't get a lot of publicity," Mariani-Vena said.

"[The gender ratio] was pretty much half and half in my first few jobs, there were actually a lot of female developers," said Truong, who is part of the new web design interactive program at Humber teaching HTML and CSS.

Now that she participates more in tech events and conferences she definitely notices the gender disparity.

"If I can do one more thing to help someone else, why not?" said Truong who chose to participate in the Power Hour Social.

She said that the social would be a good resource for both students and those within the tech industry, because they could receive advice, mentorship, and just meet other women and men doing the same thing.

The Power Hour Social takes place tomorrow at 6 p.m. at the Edelman, 150 Bloor St. W. Suite 300. Tickets are available online.

CRTC begins hearings for new cellphone guidelines

Xiaoli Li

Biz/Tech Reporter

The Canadian Radio-television and Telecommunications Commission begins hearings Feb. 11 about the drafting of a new Wireless Code of Conduct, which would clarify the terms of contracts between cellphone providers and customers in Canada.

A draft version of the code has been online since Jan. 28, and the CRTC is inviting Canadians to make suggestions for its improvement. The code, if approved, would carry penalties for providers who violate the code of up to \$5,000 in fines or penalties.

"The draft as it stands is a great start," said Catherine Hart, a communications coordinator with Open Media, a telecommunications advocacy group. "The CRTC made a list of 11 major problem areas they've tried to address, and they have done that in some respect."

Key points identified in the new

wireless code of conduct included: the early cancellation of contracts if terms are changed by the provider, and what constitutes acceptable early contract termination fees.

However, Alan Shanoff, a media lawyer who teaches at Humber, said the code "doesn't actually provide any significant new rights to consumers." Though several provinces, including Ontario, have laws in place, Shanoff said that as telecom regulation is federal, "it would be preferable to have federal laws or regulations through a federal entity like the CRTC."

Denis Carmel, director of external affairs for the CRTC, said that the commission took into consideration existing provincial laws. "We're trying to put together a national code that would apply to everybody, and would emulate the laws in specific jurisdictions that are the most stringent," Carmel said. "We're trying to be as severe as Quebec, which is right now the most stringent (province)."

Terms concerning the unlocking of phones bought with a contract have yet to be finalized. The code doesn't address the issues of contract lengths, but many comments on the CRTC's website are regarding three-year contracts.

"(Three years) is really long time to be in a contract," said Hart, but conceded it was "unlikely" for amendments addressing contract length to be added.

Carmel said the CRTC is not considering prohibiting three-year contracts. "For us, removing one option to consumers – because a lot of people choose three-year contracts for various reasons – we didn't want to go down that road."

The code could be finalized "by the end of spring," said Carmel. "I'm fairly confident it will be in place and fully operational by year end."

The CRTC begins meeting today, and will continue until Feb. 15. Consumers may comment on the proposed wireless code at <http://consultation.crtc.gc.ca/>



PHOTO BY XIAOLI LI

The proposed Wireless Code of Conduct for cellphone providers includes changes to contract lengths, termination fees, and unlocking phones.

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COURTESY STREETWISE CYCLE VIA WIKIMEDIA COMMONS

Plastic needs 'reinvention' to avoid harm: U.S. study

Jade Leung
Life Reporter

Plastic needs to be reinvented before it can inflict further harm, according to a study from Arizona State University.

While the controversial material has benefited society with its low production cost and versatility, the inadvertent side effects have proved toxic for both the environment and humans.

"We are in need of a second plastic revolution," said Professor Rolf Halden in an Arizona State University news release flagging ongoing study there on the environmental impact of plastics.

"By 'second plastic revolution', we mean to reconsider whether or not plastic should be used in the various applications today based

on the scale of the product," said Emily North, the co-author of the publication in an email interview. North said companies that create mass-produced goods but have quality alternatives to plastics should consider eliminating the material used in the product.

Patrick Burke, the program coordinator of the industrial design department at Humber College, said finding an alternative to plastic is feasible.

"If the government decides to place a ban on current plastics, it is possible to find alternatives," said Burke, who has a PhD in materials engineering.

Burke said the government should provide more guidance on dealing with the toxic nature of plastics and how to effectively recycle them.

One major drawback of plastic is that it cannot be properly disposed of. It accumulates in a landfill because decomposition is slow and harmful residual components may enter the water stream. It can't be incinerated because the burning of plastic contributes to green house gases.

Arturo Arredondo, 30, a second-year interior decorating student at Humber said his program consistently uses plastic for their designs. However, Arredondo said that plastic is a tricky product to dispose of.

"I think it's a solution as a material because it's easy to produce and easy to build for all kinds of things that we use daily, but for the environment I don't think it's the best option because it's difficult to recycle the material."



PHOTO BY PAUL ROCCA

The long-term health effects from smoking can be all but reversed if quit early enough, according to a recent study conducted at St. Michael's Hospital.

Smoking cessation before age 40 gains a decade of life: report

Paul Rocca
Life Reporter

Those who quit smoking before the age of 40 can add years to their life, according to a new study.

Smoking contributes to the increased risk of many diseases, including heart disease, lung cancer and emphysema, and can lower a smoker's life expectancy by at least 10 years for both men and women.

"That's all the bad news," said Dr. Prabhat Jha, director of the Centre for Global Health Research at St. Michael's Hospital and author of the study.

"The good news is that quitting is ridiculously effective and cessation before the age of 40 means you get almost all the decade that you lost from smoking back" he said.

Jha's research covered the health histories of over 200,000 Americans who had died since 1986 and determined a greater lifespan among ex-smokers when compared to smokers who failed to quit. His team found that smokers who quit between the ages of 35 and 44 regained close to nine years of their life expectancy.

But that doesn't mean smokers should leave quitting until their later years, said Jha.

"You don't get it all back. You get a big chunk of it back," he said. "Smoking kills. Quitting saves lives."

The study has found that smokers who quit between the ages of 55 and 64 regained four years of their life expectancy.

"You can have your future back," said Petra Alexis, a registered nurse and health professional liaison for Leave the Pack Behind at Humber's North campus.

Leave the Pack Behind is a student-organized, peer-to-peer support program for students looking to quit. Its goal is to promote a smoke-free campus and foster better health for students.

"Smoking kills. Quitting saves lives."

Dr. Prabhat Jha

"Smoking helps to decrease stress. It really is a stress-reducer," Alexis said. "It makes you feel better, but it's very short-term. It doesn't last long and we know the long-term health effects."

Alexis said students looking to quit smoking should consult their doctors. She also said the program's approach has seen successes in attitude and behavioural changes, and many students quitting the habit altogether.

"Don't give up. Even if you try quitting every day, don't ever stop," said Catherine McKee, a register nurse at Humber Health Services and former smoker.

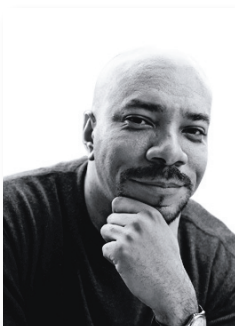
McKee and Alexis said students can consult Humber Health Services for support and strategies in quitting smoking.



Centre for Human Rights, Equity & Diversity | HR Services
2012/2013 Speaker Series Workshops

"I'm the Man!" Deconstructing the Concept of Masculinity in the African-Canadian Community

Dr. John Jennings, Associate Professor, University at Buffalo



To register e-mail: nancy.simms@humber.ca

February 26, 2013 • 1:00pm – 3:00pm
Governor's Boardroom
Webcast live in room B118, Lakeshore Campus
Lunch will be served at 12:30pm

The objectives of the presentation are to:

- Analyse the concept of masculinity as being anti-institutional, i.e., how does the male 'rebel' manifest in students' academic performance?
- Understand how gender-stereotypes impact the educational experiences of Black male students.
- Critically reflect on faculty's teaching practices and pedagogy.

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PHOTO BY KATE PADDISON

Singles can celebrate with anti-Valentine's Day events

Kate Paddison
Life Reporter

Not hit by Cupid's arrow? Hate filling out Valentine's cards? Think the whole day is a joke? Got someone special, but the idea of roses nauseates you?

Toronto hosts plenty of fun anti-Valentine's Day parties for the lovers and haters in all of us.

Perhaps the biggest of all was the annual Anti-Valentine's Day Party hosted by Meet Market Adventures at Maison Mercer last Saturday. With the possibility of 400 singles in one place, party-goers often find potential dates.

"It is a lot of fun, a great way to meet new singles and have a great time out

on the town. You meet someone special, great. If not, no big deal," said Rachel Schmucker, Meet Market Adventures event coordinator.

Thumbs Up Theatre Toronto and Mad About Movies are throwing their first-ever Anti-Valentine's Day Party at Seven44 Restaurant and Lounge on Feb. 14. The menu includes food not typically eaten on a date – chicken wings, garlic bread, and as many onions as possible. The restaurant also offers a drink called Kill Cupid Cognac.

The Backyard Axe Throwing League holds private events for parties of six and up. The venue allows people to bring their own bottle as long as there is no glass or hard liquor.

"I used to be a big Valentine's Day

hater," said Claire Hamilton, 20, a first-year design foundations student. "Last year, I worked, came home and just ate dinner. This year, my boyfriend and I are heading to an anti-Valentine's Day party. I'm looking forward to a Valentine's Day with others who hate the day, too."

Love or hate the day, even historians are unsure of where it originated.

"The day is associated with a Saint called Valentine, but the testimonies all conflict and most is made up," said Alison Keith, professor for the Department of Classics at University of Toronto.

"And Cupid isn't connected with Valentine's Day," she added. "Those are separate tales. We can trace Cupid back way further than St. Valentine."



PHOTO BY KATE PADDISON

Historians are unsure of where Valentine's Day originated.

Meal timing important

Sandra De Grandis
Life Reporter

Students need to consider not only when they eat, but what they eat when trying to maintain a healthy lifestyle.

A study by Spanish and American researchers suggests that people who eat earlier in the day tend to lose more weight than those who eat later in the day, but, according to Humber experts, what you eat is just as important as when you eat.

"The most important thing for people to remember is to have a variety of fruits and vegetables. You need to focus on nutrient-dense foods, not gluten and carbs... foods like lean meat, poultry, beans, lentils, whole foods and anything high in fiber," said Susan Somerville, a registered dietician and program coordinator for Humber's food and nutrition management program.

But Somerville said when you eat is also important. Breakfast, for example, kick starts metabolism.

"Not eating breakfast is like running a car on an empty tank," Somerville said. "You need nutrients in your body to start the day."

For those on the go, finding time to eat breakfast in the morning may be difficult. Quick alternatives such as fruits, granola bars and yogurt are healthier than skipping breakfast altogether.

There are ways to be healthy that don't involve extreme dieting, Somerville said. The most basic steps focus on the little things the average person can do on their own.

"Reading labels is important,



PHOTO BY SANDRA DE GRANDIS

According to a recent study, when you eat is as important as what you eat.

eating small meals throughout the day instead of huge meals and having the right amount of sleep," said Rudi Fischbacher, culinary coordinator.

"You don't have to have a gym membership to be active. You can do stuff at home, like squats, sit-ups and go for walks," said Kristan Lingard, a program coordinator for fitness and health promotion.

Eating healthy foods is not only important for esthetic reasons, but can prevent the onset of diseases such as diabetes, heart disease, car-

diovascular diseases and other illnesses that can be prevented just by adopting a healthy lifestyle.

Humber provides many services for students trying to develop healthy habits. Aside from the gym, there is the option of getting a student personal trainer to assist with fitness, eating and lifestyle changes.

"There are group exercises, spin classes, step classes and body pump. It's good for students to get social support," said Matt Koller, program coordinator for fitness and health promotion.

TO THE NINES



Where do you shop for clothes?

Usually downtown Toronto - Queen Street.

Who are your style icons?

Diddy, Akon, Trey Songz, and GQ Magazine. I read it a lot.

How much do you usually spend on an outfit?

\$900, on average. Usually \$600 to \$900.

Verone Rodrigues, 20
Business Administration, first year

Internet 'addiction' added to DSM-5

Erinn Kenney
Life Reporter

Smoking, drinking, sex, drugs, gambling... the Internet?

Internet addiction is expected to debut in The Diagnostic and Statistical Manual of Mental Disorders when the next edition, DSM-5, is released in May.

Larry Borins, a cognitive behavioural therapy psychotherapist and social worker, counsels Internet addicts and said he understands where the addiction stems from.

"We are a culture that likes immediacy. There's a reward centre in the brain that's activated whenever we get hits, likes, emails, phone calls and messages. That continuous feedback loop gives us a rush of dopamine," Borins said.

Sandra Lewis, a Toronto psychotherapist who works with addicts, said the Internet is about distraction - getting people away from something that bothers them.

"The availability of information and being connected is fantastic. It's great for young people, expands social community and keeps them engaged," Lewis said. "For many, however, the Internet can feed their obsession negatively."

"People with various disorders can spend a lot of time on the Internet reading and viewing things that are depressing, which increases their anxiety. This can be very damaging for someone who can't pull themselves away or seek help," she said.

Research about Internet and technology addiction is just beginning to make strides, said Borins.

"We're at the forefront of it," he said. "We don't have the research to backup the impact it has on the brain or body yet. The technology is so new and constant that people aren't thinking about the outcome it's having on us as humans."

Bridget Woodcock, director of Humber's Child Care Centres said it's vital we reach out and educate people at a young age to avoid long-term problems.

"As young people engage in technology, we have to help them understand how to use it and how to recognize when they are using it too often," she said. "Parents need to be strong advocates of their child's mental health."

All the experts agreed that education, seeking help, open communication and setting strict guidelines are just some ways people can avoid Internet addiction.

"Talk to someone," Borins said. "It's a great way to uncover some of the problems they are experiencing through a proper assessment, reducing it in a healthy, balanced way and replacing it with healthy, proactive social activities."



PHOTO BY GABBY MANN

Laura Blashfield and Don Handapangoda are engaged after 10 years of dating. Humber College has some 2,400 international students from over 80 nations.



PHOTO BY GABBY MANN

Laura Blashfield, architectural technology student, and Don Handapangoda, studying network technology, plan to incorporate both cultures in their wedding.

Interracial couples mark campus life

Gabby Mann
Life Reporter

Humber's North campus has about 2,400 international students from over 80 countries in the current term. With this much diversity and Valentine's Day soon approaching, interracial couples are found throughout Humber.

Allysha Wassegijig, 20, a third-year kinesiology student at the University of Guelph-Humber, said she feels comfortable at the school.

"Even looking around, you can't tell who is from where, but I think it's beautiful," she said. "I feel comfortable here, everyone is so accepting."

Wassegijig, of Ojibwe descent, has been dating her Caucasian boyfriend for seven months.

"When we first started dating, he would come to pow-wows with me. He's the kind of guy that asks questions and genuinely wants to know," said Wassegijig. "Once in a while, people will notice. If he shows my picture to his friends, they'll mention that I'm not white."

Racism is not tolerated, according to Nancy Simms, director at the Centre for Human Rights, Equity & Diversity.

"(Humber) has tremendous diversity of students. The college is highly committed to ensuring that all of its campuses are free of all forms of discrimination and harassment," said Simms.

Though racism has never been an issue for Wassegijig, other students said they feel differently.

Zoe Begopoulos, 21, a third-year public relations student at Guelph-Humber, is of Greek descent and met her Jamaican boyfriend through a friend. Begopoulos has never felt stigma at Humber because of her relationship, but she said she has felt it elsewhere.

"It might be me being paranoid, but I feel some of my peers are bothered by it. I get on the bus and people give me dirty looks," said Begopoulos. "I don't know if they're jealous because he's good looking or if it's because we're a black and white couple."

Don Handapangoda, 25, a second-year network support technician student, and Laura Blashfield, 25, a third-year architectural technology student, are recently engaged. Handapangoda's Buddhist Sri Lankan background and Blashfield's anglophone background have never been an issue for the couple.

"We've been dating for 10 years, so it's about time," said Handapangoda.

Blashfield said she wants to incorporate both cultures into the wedding.

"I go to the temple with him, so I want to do (the wedding) half and half," said Blashfield.

"You can't expect the other person to completely adopt your culture," said Wassegijig. "You both have to be supportive and understanding."

EVENTS IN TORONTO THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>11 Sculptures at Sherway Gardens</p> <p>Joie de Vivre debuts, featuring sculptures carved in stone by Toronto artist Sharon Labbett. The exhibit is on display in the corridor at door 3 and runs until Mar. 9</p>	<p>12 The Ladies Bring the Love Early</p> <p>Ladies In Waiting, perform their debut compilation CD, Lovesick, at the Lula Lounge. The show also features burlesque, spoken word, and dancing</p>	<p>13 The Wu Lives On</p> <p>Ghostface Killah featuring Sheek Louch comes to the Sound Academy as part of the next instalment in Legends: The Hip-Hop Series launched earlier in the year.</p>	<p>14 The Perfect Lover's Concert</p> <p>Tragically Hip and Arkells continues their Canadian tour arriving in Toronto at the ACC.</p>	<p>15 Take a Trip Back in Time</p> <p>Classic Albums Live bring Supertramp's multi-platinum, Breakfast in America, to the Richmond Hill Centre for the Performance Arts.</p>	<p>16 The Passion at the Kool Haus</p> <p>Cambridge, Massachusetts electro-pop band Passion Pit come to the Kool Haus in support of their new album, Gossamer.</p>	<p>17 Toro Y Moi comes to Toronto</p> <p>Chaz Bundick formerly known as Toro Y Moi will be at Lee's Palace. Wild Belle and Dogbite open the show.</p>



COURTESY LES COQUETTES

Kathryn Romanow, Humber theatre performance grad, is the lead choreographer and co-founder. Les Coquettes performing 'That Man'. Left to right are Charity Dawn, Georgie Gates, Gina Puttanesca.

Les Coquettes brings sexy Valentine's Day burlesque

Kateryna Barnes
A&E Reporter

Les Coquettes aren't your typical cabaret.

With aerial silk performances, fire juggling, and numbers set to songs like "Welcome to the Jungle", Les Coquettes, a cabaret-burlesque theatre company, are far more than scantily clad women strutting across the stage while stripping off clothes.

"It's boring to an audience to see someone strutting back and forth, taking off clothes," said Kathryn Romanow, Humber theatre performance graduate, lead choreographer and co-founder of Les Coquettes. "We're much more than that."

With their Valentine's Day show coming up, Les Coquettes made up of a mix of both female and male performers, intend on showing Toronto that the stereotypically sappy holi-

day can be a night of adventure. The Thursday evening show, Blush, has Les Coquettes performing their favourite numbers at Revival on College Street.

"This particular show is a 'best of show,'" said Catherine Skinner, fellow Humber theatre performance graduate. "So the troupe got together and we voted on our favourite numbers that we've done over the years and we've put them all together in one big, amazing array of Coquette ability and we've a couple of new spins on some of the classics."

Skinner, the artistic director and co-founder of the sensual theatre company, said she came up with the idea for Les Coquettes in 2003 when she was working as an event coordinator in Hamilton. At the time she was also an actress who found the audition process frustrating. Skinner immediately thought of Romanow as a business partner.

Romanow has been a dancer since she was three-years-old and much of her inspiration for the choreography of the numbers comes from the music.

"For me, it always comes from the music first," Romanow said. "Sometimes I'll have an idea, then I'll find the music, but usually it's the music first."

Humber theatre performance instructor, Catherine Marrion, remembers Skinner and Romanow when they were students.

"They have persisted in pursuing stuff that interests them," Marrion said. "They love living in their bodies. They are smart women who are re-owning the burlesque. 'We enjoy our sexy bodies and performing in our sexy bodies.' They aren't victims, like 1970s-1980s feminism would paint them."

Show tickets are available online for both the 7 p.m. and 10 p.m. shows on Feb. 14 at Revival at 738 College Street.

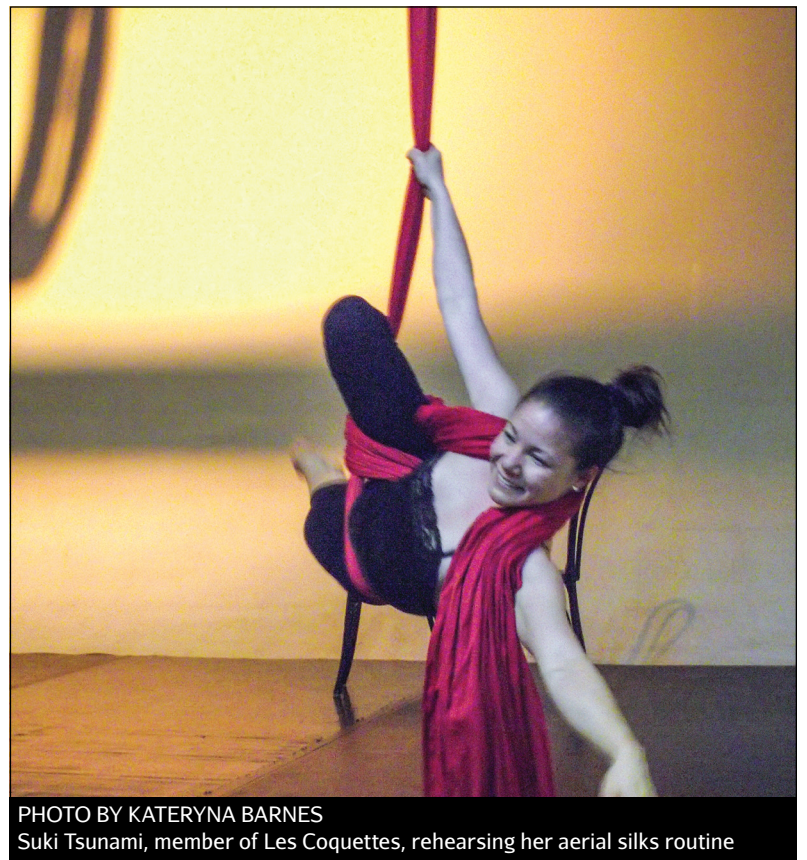


PHOTO BY KATERYNA BARNES
Suki Tsunami, member of Les Coquettes, rehearsing her aerial silks routine

Art teachers showcase work in Colloquium

Amy Stubbs
A&E Reporter

The visual and digital arts faculty at Humber College will be changing the dynamic between themselves and students with the presentation of Colloquium.

Now on display at the University of Guelph-Humber Art Gallery, Colloquium is the first opportunity for the diverse faculty of practicing and exhibiting artists to bring their craft directly to the campus.

Noni Kaur, visual and digital arts coordinator at Humber, discussed how the show changes the dynamics of the relationship between the teachers and their students.

"We are always in class and we are teaching and preaching. It's almost like we are on a stage," Kaur said. "We are telling them this is what it is, they never get to see what we really do."

The apt term, "colloquium" references the representation of the diverse selection of artists coming together allowing their works to be in discussion with one another.

The exhibition incorporates a number of works from various mediums, produced in both digital and analog processes by ten artists.

In advance of the show's installation, Kaur was excited to have her students see her in a different role.

"Delivering the curriculum is one thing, but being able to get the students to relate to artists, to the people who are practicing and preaching the same thing is just a whole different sphere," Kaur said.

Eric Collings, 28, a first-year general arts and science student, explained the importance of the role reversal from a student's perspective.

"It proves that they do know what they are talking about," Collings said.

"It is good to show an understanding by producing artwork for students."

Cole Swanson, instructor of portfolio development and mentorship at Humber, described the way the works feed off one another.

"A roundtable discussion is a good way of thinking about it," Swanson said. "Everyone is bringing something different."

Swanson played a curating role to ensure the exhibition appears cohesive. In advance of installation he discussed the process.

"I'll be shortlisting works on-site in the gallery," Swanson said. "The flexibility to weigh pieces against one another in person is a good method for bringing many different voices together in the same room."

The Guelph-Humber Art Gallery, open Monday to Friday at 11-4 p.m., will be displaying the exhibition until Feb. 19.

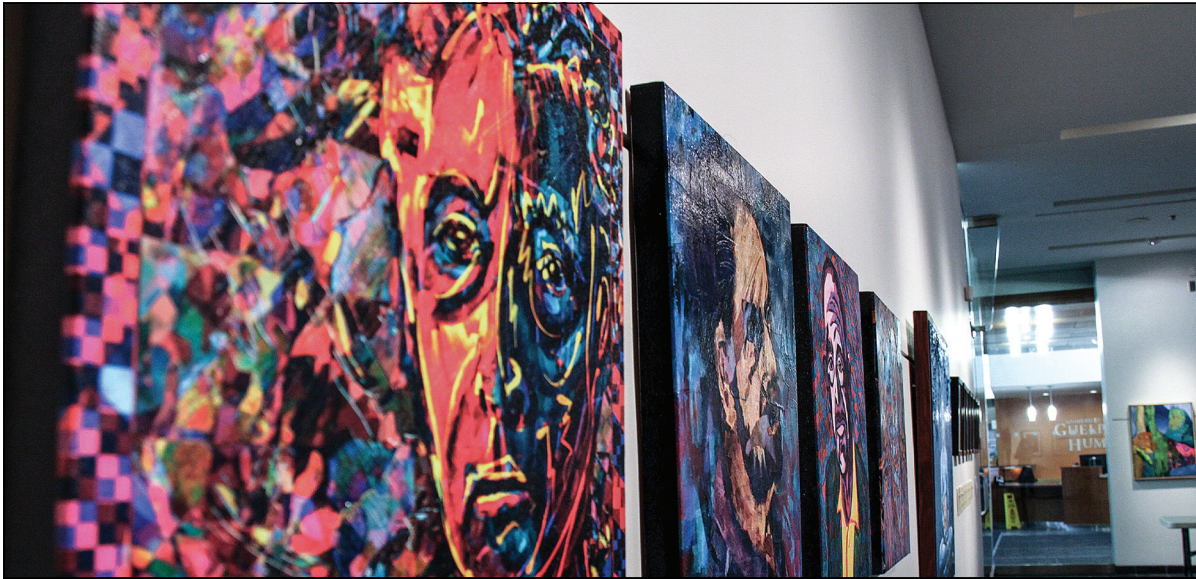


PHOTO BY AMY STUBBS
Work by Diana Meredith in mixed media, part of the Colloquium exhibit at University of Guelph-Humber Art Gallery.

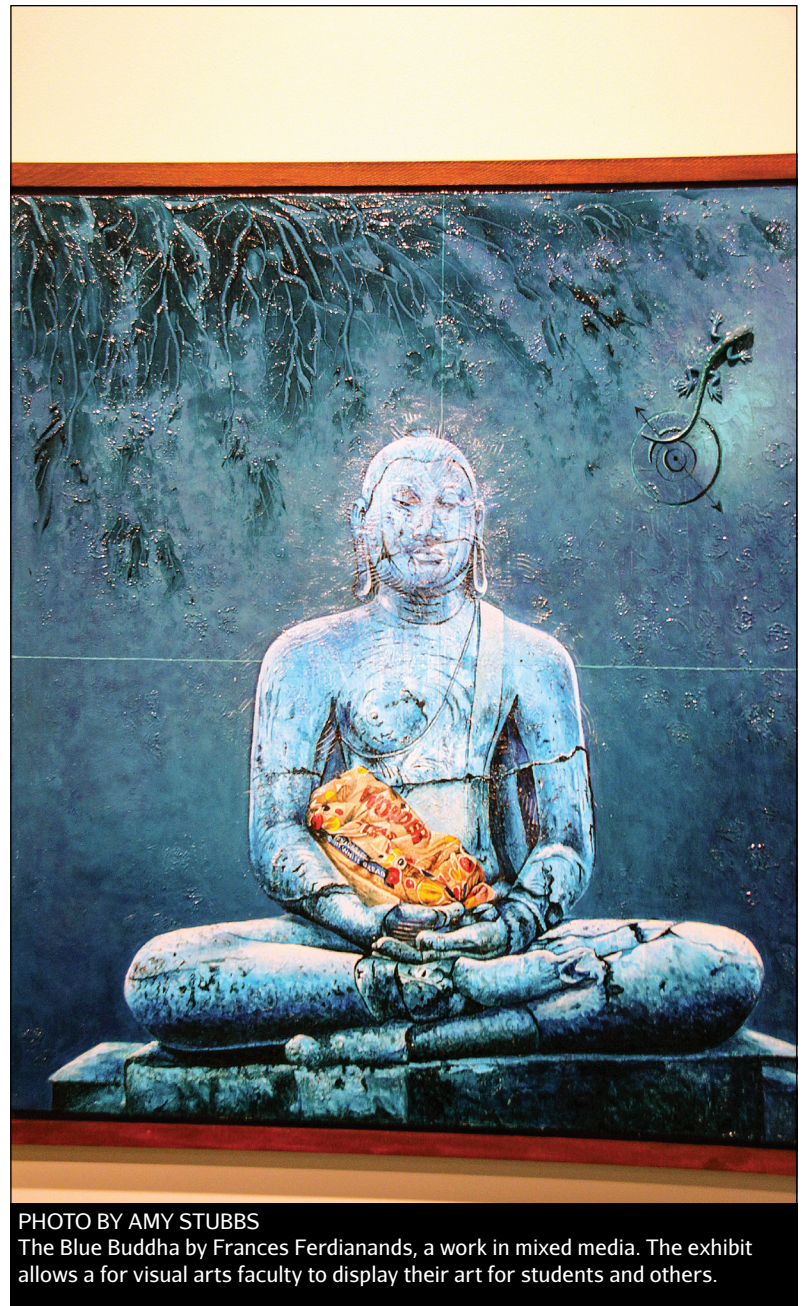


PHOTO BY AMY STUBBS
The Blue Buddha by Frances Ferdianands, a work in mixed media. The exhibit allows a for visual arts faculty to display their art for students and others.

Alumnus creates new Lakeshore Arts logo

Alan Josen contributes new look for Etobicoke non-profit marking 20 years

Andrea Fernandes
A&E Reporter

Humber graduate Alan Josen will create a new logo for Lakeshore Arts as it prepares to celebrate its 20th anniversary.

Lakeshore Arts, an Etobicoke based not-for-profit organization, has collaborated with Josen, 35, a graphic designer and photographer, to create the logo, which will represent the changes coming to the group.

"I think after 20 years of being in the community, their presence started to recede into the background," Josen said. "The updated logo brings it forward and makes it hard to miss."

Josen said he spent a lot of time researching the organization and collaborating with Susan Nagy, executive director of Lakeshore Arts, to create the perfect logo.

Nagy said she didn't want to deviate too much from the original logo

and wanted it to be "fresh, innovative, colorful and work in tandem with the existing logo."

"The colours were specifically chosen to compliment the original Lakeshore Arts logo and to add vibrancy and life without clashing with the overall feel," Josen said.

Now that Lakeshore Arts is approaching its 20th anniversary in April, they have much to celebrate.

"I feel the updated logo represents Lakeshore Arts history and its relevance in the community. It celebrates its past but is always looking towards the future," Josen said.

Roswita Busskamp, the only founder still with Lakeshore Arts, talked about the changes ahead and what the arts mean to the community.

"We started as a grass roots organization and nobody was paid then, no employees, no nothing," Busskamp said. "It has evolved by having and creating a real group with a bylaw and so



COURTESY ALAN JOSON
Lakeshore Arts newly designed logo in celebration of their 20 year anniversary.



COURTESY ALAN JOSON
Alan Josen, creator of new Lakeshore Arts logo.

artists in its exhibitions and storefront gallery.

Busskamp said the importance of art to any community cannot be emphasized enough.

"Arts have an influence on everybody's life," she said. "It fosters satisfaction, motivation, recreation, pleasure, and expression of people's feelings."

on. Now it's a recognized organization with two employees."

According to the *Etobicoke Guardian*, over the past two decades the arts group has held free creative events

and activities for over 15,000 local children, along with delivering more than 300 programs to all ages across the community. The organization has also featured works of more than 1,200

Downes' texturally challenging jazz focus of Lakeshore campus concert

Head of Humber music's bass department to perform with 11 piece band

Erica Vella
A&E Reporter

On Wednesday, Humber College's music department is hosting In the Current, a jazz concert featuring the work of music professor Mike Downes.

"This is a very large project ... I have spent a lot of time orchestrating and composing material," Downes said. "I am hoping it will inspire students that would want to do a similar project."

In The Current is one of a series of musical concerts hosted throughout the semester to give students the opportunity to speak to industry professionals.

Downes, the head of Humber's bass department, will perform material he has written over the years with an 11-piece jazz band consisting of industry professionals.

"[Downes's] music is very challenging, in a sense that texturally and musically his influences are very wide-ranging," said Sharintha Beddage, director of theory and harmony. "It's a real treat to be able to play his music because he comes from so many different places, musically."

After the concert, students will be invited to ask Downes, or any of the musicians, questions regarding music and the process of composition.

Ted Quinlan, head of the guitar department within the Humber mu-

sic program, said this is a great way for students to get a chance to listen to their professor's work.

"What's special about In The Current is that this is music that Downes has composed over the last several years and it's very beautiful and quite challenging to play," said Quinlan.

Downes' music has wide appeal to anybody who loves music, Quinlan said.

"It's really beautiful music. It's melodic and tuneful, this is a real 'don't miss it' kind of concert."

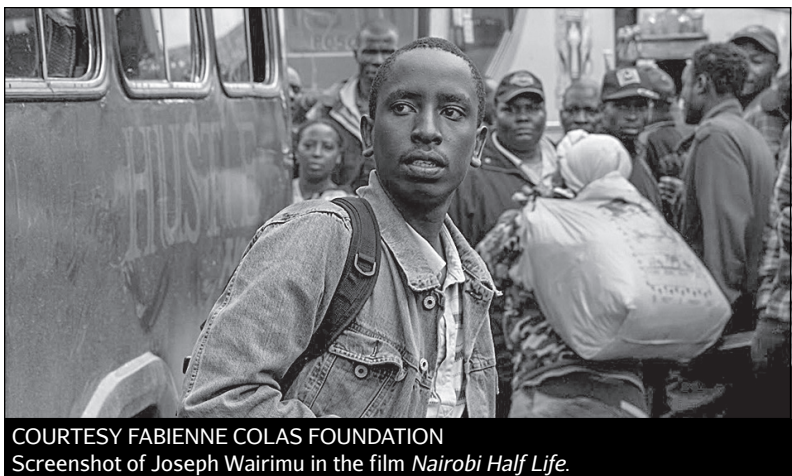
Downes and his 11-piece band will perform In the Current on Feb. 13 at noon in Humber Lakeshore's music auditorium.

"I am hoping it will inspire students that would want to do a similar project."

Mike Downes
Head of Bass Dept't



COURTESY MIKE DOWNES
Humber music head of the bass department has a number of compositions from the last several years.



COURTESY FABIENNE COLAS FOUNDATION
Screenshot of Joseph Wairimu in the film *Nairobi Half Life*.

Black Film Festival spotlights community

Julienne Bay
A&E Reporter

The Toronto Black Film Festival will be kicking off its inaugural event on Wednesday.

The Fabienne Colas Foundation, an organization that promotes Haitian cinema, arts and culture in Canada, created this festival, which has already had successful reception in Montreal for eight years.

Fabienne Colas, president and founder of the organization, said this is a good year to launch the festival, "because it's Martin Luther King Jr.'s 50th anniversary of the 'I Have a Dream' speech."

"We had over 100 films last year... we're seeing high-profile people," said Colas. "So we started with a good thing."

The festival will present a mixture of feature films, short films and documentaries.

"I want the viewers to think, while

being entertained," said Colas.

These films are not "just harsh reality, but also celebrations" of black culture.

"The black community is not painted with one brush," said Angie Burns, the director of press relations. "We're celebrating the diversity within the black community."

"I'd probably go," said Ryan Hans, 20, an electro-mechanical engineering student at Humber. "There are a lot of people here at Humber that'd benefit from that exposure, because they belong to that black group."


"We're located in Rexdale, where there are a lot of black people. The stereotype hasn't been a good image," said Agyei Morris-James, 26, a third-year film student at Humber. "Awareness is important."

The opening film, *Nairobi Half Life*, is about an aspiring actor in Kenya who moves to Nairobi, Kenya's capital. The film will screen at the TIFF Bell Lightbox (350 King St. W.).


The rest of the screenings will be held at the Royal Cinema (608 College St.) and the Carlton Cinema (20 Carlton St.).

Colas said she hopes to make Toronto Black Film Festival a "big event in Toronto" that "gets other Canadians to come to Toronto."

The festival will close on Feb. 17 with *Last Flight to Abuja*, about a group of Nigerian travellers on board while their plane is caught up in a mid-air emergency.



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Time to cut Catholic school funding

HUMBER
Et Cetera

When the Putting Students First Act, now the notorious Bill 115, received royal assent on Sept. 11, 2012, teachers across Ontario saw it as a slap in the face, and a government turning on its voting base that helped elect the Liberals to three consecutive terms.

What followed was months of cynical moves from the education minister and the unions (The Elementary Teachers Association of Ontario and Ontario Secondary School Teachers Federation) aimed at destroying the other in the court of public opinion, leaving public schools across Ontario without extra-curricular activities, possibly for years to come.

At the heart of this entire debacle are Ontario's deficit and the hallowed Drummond report, a deficit reduction strategy, released last February. Drummond outlined several cost-cutting measures aimed at reducing the province's ballooning debt. In response, former Premier Dalton McGuinty sat the teachers' unions down along with his carefully selected

group of bankruptcy lawyers and imposed a contract on them with a two-year wage freeze.

The resulting months of strikes and uncertainty that followed in Ontario's public schools is history.

Yet while the teachers' issue has received relentless media coverage, there are two unions who have quietly escaped both public and media scrutiny: those of Ontario's separate schools.

Ontario's separate school system has been the winner in the current chaos, despite a fiscal peril that former Finance Minister Dwight Duncan calls "a ticking time-bomb."

Despite all of the hand wringing over the provincial debt, to question the structure of the separate school system remains a political hot-potato, too scalding to even consider.

Ontario is the only province with four different school boards: French-public, French-Catholic, English Public and English Catholic. The result is a bureaucratic nightmare of duplicate costs in staffing and funding, such as

hiring four super-intendants to do the job of one or two people. The resulting additional cost to the province is an estimated \$500 million, according to the One School System.

The changing demographics of Ontario in 2013 begs the question; why are we funding Catholics but ignoring Muslims, Jews and Hindus? The popularity of Catholicism has waned dramatically in the last 40 years and is no longer as dominant as it once was. And despite these changes there seems to be a political inertia that exists when talking about religion and schools. Politicians have hesitated to discuss the issue since the 2007 Ontario general election when PC leader John Tory championed the idea of funding all faith-based schools. On election night, Tory was defeated in Don Valley West by the incumbent MPP, and then Ontario Liberal Education Minister Kathleen Wynne.

The question still remains a hot-topic, with even Don Drummond deftly omitting the subject in his report,

stating that the defunding of Catholic schools was a constitutional matter. Yet, the McGuinty government didn't seem to mind removing the constitutional right to strike when it imposed bill 115.

But the defunding of Catholic schools doesn't have to mean removing religion from schools all together. Instead, offer different religions as elective classes in Ontario's curriculum rather than promoting one religion over another. A compromise that would provide the cost-cutting measures Ontario needs a modern approach that reflects a more diverse student population.

Looking ahead to the incoming Wynne government and the possibility of a spring election, the teachers' issue will be revisited.

And while OSSTF and ETFO will continue to fight the government, Ontario's Catholic school system will quietly sit back from the foray unscathed and will continue to collect its money from Ontario taxpayers.

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

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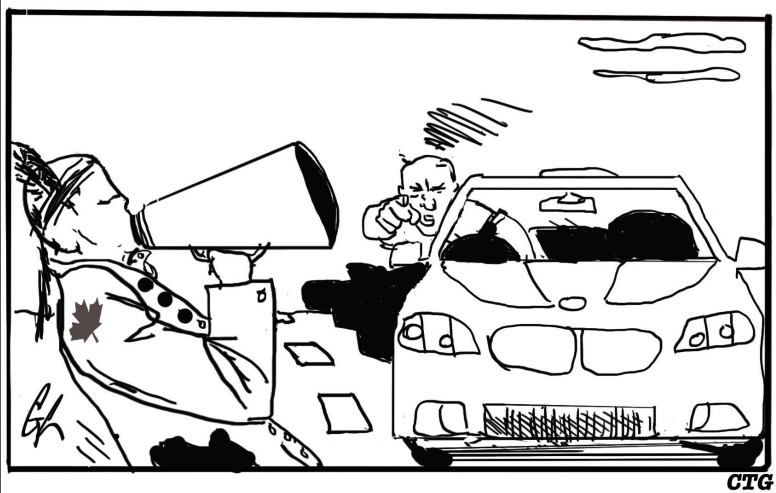
Andre Martelli

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EDITORIAL CARTOON



Meeting at the barriers
Editorial cartoon by Colton Gilson

QUOTED

Do you think Catholic schools should be publically funded?

"Catholic schools should be publicly funded because it gives [students] a better opportunity to know more about religion."

Pooja Dewett, 18
General Arts and Science,
1st year



"The public should fund them because it's education; whether it's public or Catholic, it's still education."

Joel Maza, 22
Business Accounting,
1st year



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"Through public funding, you can increase after-school activities, so it's always important to get the community involved in what's going on at these schools."



Jerry Fahal, 20
Computer Engineering,
3rd year

Transsexual community still misunderstood

Lime Blake
Photo Editor



The LGBT community is no stranger to insult, segregation, and stereotyping (even within the queer community spectrum, ironically). North American media and culture industries have always had an iffy reputation when it comes to the representation of anything that doesn't fall into the category of what is considered "normal". Because popular culture has such a strong grip of suggestion among both

the majority and the marginalized, it seems as though many people unconsciously conform to hurtful stereotypes that insult individuality.

Over the last 30 years, the entertainment industry has taken great strides to recognize gay men and women. In October 2012, the Gay & Lesbian Alliance Against Defamation released a report that estimated 4.4 per cent of characters on various scripted primetime shows

associated with the five major U.S. channels identified as LGBT.

However, in the majority of mainstream serials and motion pictures, I see very few characters within the LGBT umbrella that are presented in leading roles, let alone in advertisements.

People in the transgender/transsexual community especially bear the brunt of this exclusion. Many transitioned male-to-female characters are inaccurately portrayed as homosexual drag queens – or even worse, as sexual deviants who try to "trick" straight men into sleeping with them – sometimes for comedic effect.

There's a notorious scene in the 1994 Jim Carrey film *Ace Ventura: Pet Detective* where it is revealed that Ace's boss, Lois Einhorn, is a transsexual (formerly an NFL athlete named Ray

Finkle). Einhorn is then stripped of her uniform before the entire precinct by Ace while he screams, "She's a man!" It's a horrific scene, yet media's handling of trans characters has not changed all that much since 1994.

Often the focus on trans people is their transition, ignoring the fact that they are individuals who happen to be transgender or transsexual. Many times, trans folk are presented as characters with the sole purpose of attaining sexual reassignment surgery – upon reaching that goal, their story is over. But in reality, their story isn't over. In many senses, their story has just begun.

It's a stereotype that causes trans people to be reduced to "being trans," instead of being actual people. Normal, everyday Joes and Janes, struggling to make ends meet and live a happy and

fruitful life. Just like everybody else.

Where does this misrepresentation of the trans community stem from? While gay men and women have had active roles in the media since the 1960s, an idea of what it means to be a transgender/transsexual person is still a very new thing for a lot of people – especially those in the film and television industry.

Transgender celebrity Calpernia Addams has a great quote in regards to this. She says, "This ... focus is mostly due to the camera always being in the hands of cluelessly fascinated straight people, or gay/lesbian people who think they understand because they really liked *Priscilla, Queen of the Desert*."

Yeah. In the sad grand scheme of things, that sounds about right.

About love: everyone can find a soul mate

Alec Kennedy
CICE Student

About love: I believe that everyone has a soul mate in their life and love is sweet and wonderful. Love is a journey that has no end.

So I hear Valentine's Day is coming soon. This holiday is very popular and it is so romantic because you can buy nice flowers for your girlfriend or wife.

The meaning of love is to treat beautifully the person you very much

care about.

Don't rush into love because you still have time to be young and hang out with your friends.

Someone told me that to follow your heart to someone means you are in love.

Did you know that when Valentine's Day comes, it comes with flowers and chocolates, and gifts?

So on this Valentine's Day, love as your heart reaches out to your sweetheart.

U.S. sports recruitment hurts young athletes

Dion Caputi
Sports Editor



Canada's athletic scholarship format and budgeting limits how much illegal activity can occur on the recruiting trail, but we are not impervious to it. Unfortunately the problem is significantly worse in the United States, where funding amongst athletic programs is not an issue.

The U.S.'s National Collegiate Athletic Association must do a better job deterring selfish individuals armed with a cheque book and an agenda from derailing the promise of young kids.

Talented high school athletes who can offer college programs the ability to perform in a specific sport are given perhaps the greatest gift one could possibly be given in the western world: a free education.

It almost sounds like a broken record. Boosters from various schools prey on high school athletes – some coming from challenging social settings – showering them with gifts and promises. Cars, jewelry, housing, cash – the type of material items that many underprivileged, but gifted young athletes could only dream of. These high school kids are given a false sense of entitlement in exchange for a commitment to that program.

What these young individuals are not always told is that the acceptance of any gifts will instantaneously rule them ineligible for scholarship offers, shattering any chance they had of the aforementioned free education.

Making matters worse, these violations often go undiscovered until well after recruits are established at various athletic programs in various schools.

There may be no better cautionary tale than that of former Ohio State running back Maurice Clarett. A blue-chip prospect pegged for the pros before he even began his collegiate career, he was named *USA Today's* offensive high school player of the year. In 2001,

Clarett was holding full-scholarship rides from the likes of prominent academic and athletic programs like the University of Miami and Notre Dame, in addition to the Buckeyes.

He had the whole world in his hands.

Forward the clock to August of 2006. Clarett was arrested in Columbus, Ohio following a police chase. Officers found a loaded assault rifle, three loaded handguns, other weapons, and an open, half empty bottle of vodka. Clarett was sentenced to seven and a half years in prison.

He had hit rock bottom.

And his promising football career? The highly regarded high school running back spent one year with the Buckeyes in 2002 before a flurry of off-field incidents led to his dismissal from the school. Ohio State athletic director Andy Geiger stated that Clarett took approximately \$20,000 in benefits.

In an excerpt from the book *4th and Goal: One Man's Quest to Recapture His Dream*, written by Monte Burke, Clarett spoke of his time at Ohio State.

"I took golf, fishing, and softball as classes," Clarett says. "Away from class, anything you can think of I did in my 13 months at Ohio State." Drugs and women were two of the things. Cars were another – he owned three of them at a time, including a brand-new Cadillac and Lexus. "I was living the NFL life in college," he says. "I got paid more in college than I do now in the NFL."

Something many people can occasionally overlook is that this culture of enabling people from a young age can, in effect, start them down a path of neglecting what's really important.

The system let him down. This system lets many down, and it contributed to a well-documented waste of potential both on and off the field.

Aboriginal anguish: white silence, hate both deafening

Christian Quequish
News Editor



As a Saulteaux man and a band member of Weagamow Lake First Nation, I used to grumble that topics pertaining to Aboriginal communities rarely made the headlines, especially when I was covering those issues. But with Idle No More popping up in the news recently, my grumbling has been replaced with frustration over all the hate speech that is freely accessible to the public online.

Derogatory statements made by commentators have become a pervasive fixture on many online news websites and social media sites like Facebook. This is worrisome because movements like Idle No More have received a lot of flack from everyday Canadians who might not have a clear understanding of the issues involved.

Idle No More began in its physical form on Dec. 10, 2012 when protestors took a number from Occupy Wall Street and took up temporary residence in federal buildings throughout the country to fight Bill C-45, a controversial piece of legislation in an omnibus budget bill. As Idle No More

gained media attention, I began to notice a lot of white noise.

The latter was the deafening silence of the Harper government, stifled by the cacophony of hate speech being spread throughout social media in response to this movement.

It was actually pretty tense, as I saw one gentleman post a picture of a semi-automatic rifle, saying he was going to "see what the red man has to say about this!" on Twitter. He has since deleted the tweet and made his account private. What was the media's reaction?

Despite Idle No More advocates clearly stating on the web site and in interviews that the mandate of Idle No More to contest changes to the Indian Act and to protect territorial land, Sun News Network still managed to call those involved in the movement terrorists – but maybe Sun News is a bad example. I digress.

What has the response to Idle No More taught me? It has taught me that an indeterminate number of Canadians see me as a jobless, hopeless drunk who is dependent on the government

“I worry for Aboriginal youth who are more familiar with the Internet who read these messages about death threats to the founders of Idle No More, or the hateful comments left on stories about Idle No More.”

for social assistance to get by – I didn't know that, I thought I was doing just fine going to a leading community college to study journalism.

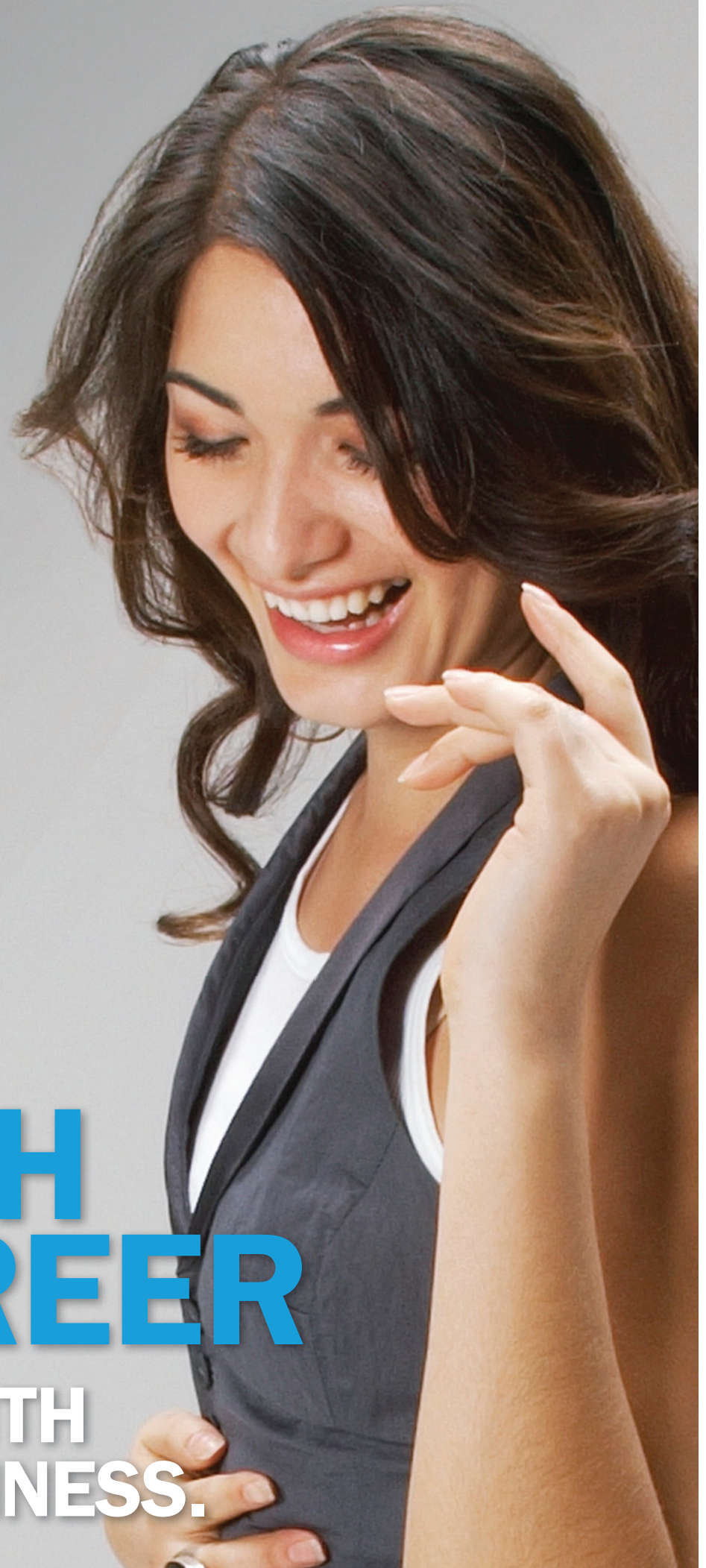
I worry for Aboriginal youth who are more familiar with the Internet who read these messages about death threats to the founders of Idle No More, or the hateful comments left on stories about Idle No More. The movement is a gamble, and not everyone is fully convinced that it will bring positive change. One thing for sure though, is that things must change.



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You're too crazy. Just calm down.



VIRGO
Aug. 23 – Sept. 21

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LIBRA
Sept. 22 – Oct. 22

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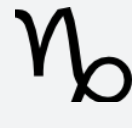
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PHOTO BY MADELINE FUCHS

Doug Fox has been a loyal follower of the OCAA scholarship program, and will continue to be one, but he fears that with more money being distributed to each athletes, less scholarships will be available.

New OCAA scholarship program: more to fewer

Increased tuition grants for 2013-2014 season aims to keep Ontario athletes playing at home and staying there

Madeline Fuchs
Sports Reporter

The Ontario Colleges Athletic Association is changing its scholarship system for the upcoming 2013-2014 school year. This change could have an affect on the overall number of athletic scholarships Humber can offer.

In the past, the OCAA scholarship program worked on a progressive system. First year athletes received \$500 per semester, second years received \$600, third years received \$750 and final years received \$1,000 per semester.

The new scholarship system will now offer student athletes up to \$1,250 per semester, regardless of their year standing.

Marlene Ford, the athletic coordinator at Conestoga College, is OCAA's vice president of finance, awards and athletic awards. She said the discussion to improve the scholarship system has been

"bouncing around over the last four or five years at our meetings."

"We need to adapt with what other provinces are doing. Some colleges in Ontario have a deep amount of scholarship dollars available to them, and they should be allowed to use that to assist with recruitment and retention," Ford said.

By increasing the budget, Humber might not be able to offer as many scholarships to student-athletes. In the past, Humber athletics has always followed the structure of the OCAA and never differentiated between athletes.

"We will have to be more selective," said Doug Fox, Humber's director of athletics. "We will probably have to offer less and really just make it for impact people."

Fox refers to the new system as a "stay-at-home scholarship program." Competing for student athletes with other provinces has been a challenge for Ontario colleges.

B.C. and Alberta tend to be On-

tario's toughest competitors because the colleges out west have more scholarship support from the provincial government.

"The Heritage Scholarship alone for athletes in Alberta – every single athlete gets \$2,500. Then they have their own athletic scholarships, on top of that. B.C. is much higher as well," Fox said.

James DePoe, Humber's athletic events and program coordinator, added that the quantity of scholarships available to athletes planning to go out west could be a reason why many local athletes choose to leave Ontario.

"There was a huge wave of athletes from this neighbourhood leaving and going to Alberta for a couple of years," DePoe said.

However, he said the success of these athletes was limited.

"There was a grossly alarming percentage of them who were returning home after one year," DePoe said. "Broken promises."

Academic support for athletes helps with transition

Jake Courtepatte
Sports Reporter

It is often difficult for those entering college to balance both schoolwork and personal life.

Varsity athletes have to manage both these lifestyles as well as the demands of playing for a competitive sports team.

"There's a much higher commitment when you get to the college level," said Doug Fox, athletic director at Humber. "So to be successful they have to have

very good time management skills to make sure everything is accomplished."

Athletes have no leeway in academic standards. At Humber, each athlete must maintain a minimum of 18 credits per year. But Athletics provides a number of resources to help the student athlete balance their busy schedules.

"We have a full-time academic coor-

dinator that helps them through tutoring and study habits," Fox said. "So we put a large focus on our athlete's grades."

"We realize our demands are fairly high, so we have to make sure that we provide support for that."

Chris Duggan, a Grade 12 volleyball player at Robert F. Hall Catholic Secondary, said his parents are concerned with him continuing athletics through college.

"My parents feel that I'm choosing volleyball over my schoolwork," Duggan said. "I'm sure it will take a lot of work to handle both, but I don't want to give up volleyball."

But varsity athletes face an even tougher challenge in also maintaining their performance athletically.

Alley Newman, a first-year women's varsity volleyball player at Humber and first-year Kinesiology student at Guelph-Humber, said there is much more exercising to do outside of practices and games, due to the higher level of competition.

"It's just a faster game. It's more consistent, and rallies last longer. You have to be able to keep up with it."

As far as juggling the extra workload, Newman said she has many late nights.

"Basically I study all night," Newman said. "I'm

either studying or working out every break I get."

When asked whether athletics or academics was more time-consuming, Newman was quick to say athletics but added that the team atmosphere makes everything a little bit easier to handle.

"The vets make it easy to become a team, so I've enjoyed that so far."

“There’s a much higher commitment when you get to the college level.”

Doug Fox
Director of Athletics



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High expectations for local eleven year old



PHOTO BY ADAM KOZAK
Carlo Lopez prepares for another or many dives at the Etobicoke Olympium.

Carlo Lopez is best Canadian diver in his age category, has his sights set on the Olympics. But no special treatment, says mom

Adam Kozak
Sports Reporter

"That's a rip," said Pamela Renard, president of the Etobicoke Diving Club.

In diving terms, a rip is when you hit the water and leave little to no splash. Carlo Lopez—at only 11 years old—has been doing a lot of those lately.

He is already training like an Olympian. Lopez dives six days a week for three hours at the Etobicoke Olympium, and doesn't seem to mind.

"It's a really fun sport, and sometimes I get tired, but not really," Lopez said.

Lopez collected two gold medals and a silver at the Canadian junior diving championships last June. He's considered the best in his age group in Canada, as he was competing against boys two years older than him.

His mom couldn't be more proud. "It was a surprise for everybody in the diving community. For us, for him it was amazing," said Rita Lopez, Carlo's mother. "After that it was a turned page... he said 'I really want to do this, I really want to go to the Olympics', so let's see how far he can go".

“He said ‘I really want to do this, I really want to go to the Olympics’...”

Rita Lopez
Carlo's mother

With a rigorous training schedule and a national status to live up to, Lopez tries his best to eat like a champion with the help of his mother.

"We try to balance his foods in every single way so he knows that he

needs to eat fruits, vegetables. Even if he doesn't like him he has to eat them," Rita Lopez said.

His sisters are an essential part of his success. They are also competitive divers, and help keep him mentally strong.

"They always keep me positive. Sometimes I'm really sad because I didn't get a dive but they always tell me, 'It's okay, you can do it next time, don't be sad,'" Lopez said.

Staying grounded in a sport that defies heights and bounds is an integral part of what has shaped the young champion thus far. After Lopez dominated junior nationals against all odds, he was awarded with nothing special.

"Usually he will get a prize. We're not into buying him a lot of stuff because this is part of life. He's doing well, he wants to win. But a big celebration? No," his mom said.

"Maybe after the Olympics."



PHOTO BY KELSEY MYLES
Sergio Marin seeks athletic therapy from Kaylyn Ardiel at Humber Athletics.

Physical therapy for college athletes is a necessity

Kelsey Myles
Sports Reporter

Humber Athletics is adamant about keeping the bodies of its athletes in good health. It provides funding for an athletic therapy program so that every team can have a personal student athletic therapist at practices and games to keep them healthy during the season.

Sergio Marin, who plays men's soccer, has been seeing the sports therapists once a week since September for "maintenance from a previous ligament tear in his leg."

Marin not only plays for the Varsity team but also for a men's league outside school, and said that the therapy

that Humber is providing him with is "really helping a lot."

The school offers a clinic with three certified sports therapists, including head athletic therapist Jennifer Bell.

They are there "to take care of the athletes' well-being" Bell said.

The student therapists work few hours in the clinic, but are assigned a team to work on during the seasons and to be at the disposal of the athletes.

The therapists also give the athletes exercises to work out at home so that they can prevent injury and to "keep them involved in their own healing" Bell said.

The clinic is used mostly for injury, but the athletes are able to book appointments for all sorts of health- and sports-related problems including nutrition and warm-up routines.

Therapy is available at the school "to help the athletes get back faster and to help them heal," Bell said.

Kaylyn Ardiel, a second-year sports therapy student at Sheridan College, is one of nine students doing their placement at Humber North. Ardiel is currently assigned to the women's basketball team, but still works on the athletes at the clinic as well.

"Their sports put demand on their bodies. The athletes need to maintain a healthy body because of the short seasons. They need a support system," Ardiel said.

Number two Niagara will be a hard test for the Hawks

Brian O'Neill
Sports Reporter

It's crunch time.

The reigning men's volleyball provincial and national champion Hawks close out their regular season against the top team in the west, the Niagara Knights, in Niagara on Wednesday.

In their only previous regular season match-up with Niagara, the Hawks lost in straight sets 3-0. Two days before, Humber suffered a tough 3-1 loss against rival Nipissing, which coach Wayne Wilkins said impacted their loss to the Knights.

"I classified the loss as sort of a hangover," Wilkins said. "We went to play Niagara in Niagara a couple nights later. We just weren't prepared, weren't motivated. They were really suffering from that loss hangover."

"We had a lack of focus, silly mistakes," said Matthew Isaacs, 21, a third-year middle.

With the new semester comes a new Humber squad. Wilkins said the additions of first-year right/left Trevor Wong and right side Jason Mascoll have provided a new look for the team. The Hawks have currently won six of their last seven games, and have only dropped two sets in that time.

"We're a different team," Wilkins said. "Our practices over the last couple weeks have been fantastic. Energy levels have been off the charts and I think the guys are more motivated and ready to play the big teams because now they know we are down to crunch time."

Trevor Wong, 25, a first-year general arts student, echoed his coach's sentiment.

"We definitely upped the intensity in practice. We look at it as a positive

so that our last three games of the season leading into the playoffs are our hardest ones," said the Hawks' right/left.

"[Niagara] has a good right side. They're scrappy; they know what they got to do to win."

While the Hawks are peaking at the right time, they face the pressure of being the reigning champs going into the playoffs.

"There is pressure because be-

ing the number one team you can go down, but no pressure in the sense that we have the experience. So the pressure is on the other teams," Isaacs said.

But Wilkins said he thinks there is a lack of pressure.

"I think it's the other way around, that there is not enough pressure. I think they believe they can win at any given time. I think that's been the issue—that they haven't felt enough of the pressure to perform."



PHOTO BY BRIAN O'NEILL
The Humber men's volleyball team play, number 2 ranked, Niagara on Feb. 13.

Curling team is confident heading to provincials

Hugh Smith
Sports Reporter

Both of Humber's curling teams are heading to the OCAA finals this week.

The men's and women's teams went undefeated at the Humber Bonspiel this year, leaving both squads confident heading into the tournament.

"It would be disappointing not to make it into the playoff round," said Shawn Watt, a second-year criminal justice student who was part of the men's team that made it to the OCAA finals last year, but faltered after losing their skip to injury.

"Last year was an experience, and now we're going to go all out this year. I think we'll be more hungry than we were last year to go on to nationals."

That confidence, however, is tempered by realism.

"As much as I feel confident in our skill, we can't go into it thinking that

any team will be a walk in the park," said Alex Kidd, a second-year massage therapy student and Humber lead.

Humber has experienced success at the OCAA finals in the past, as the women's team won silver in last year's tournament.

Maria Cristina De Rose, a second-year student in the Kinesiology program is the only returning player from that team. She says that concentration is key. "(The most important thing is) staying focused, and if a team has a bit of a lead on you, not to crack under pressure," said De Rose, the women's lead. "We've never been under pressure. Hopefully we can keep our cool and do our thing."

The women's team will, however, face its fair share of complications, since the team going into the tournament has never played together before.

Kate Tepylo, a first-year creative advertising student joined the women's team three weeks ago following its successful run in the Humber Bonspiel.

"I haven't competed with this team much," said Tepylo, the women's second. "I'm going to be working on figuring out how I fit into this team and how we play well together."

Women's skip Clancy Grandy, a third-year student in the exercise science program, agreed working on chemistry will be important heading into the tournament.

"The main thing (for us) will be getting to know each other before we go," Grandy said.

The OCAA finals will take place from Feb. 14-17, at Fanshawe College in London, ON.



PHOTO BY HUGH SMITH
The Humber men's curling team, left to right: second Shawn Watt, lead Alex Kidd, skip Bob Meijer, third Michael Checca are confident after a tournament victory at the Humber Bonspiel.



PHOTO BY JONATHAN RUMLEY
The women's volleyball team excited to keep their national ranking heading into crossovers on Saturday.

Crossovers will be a critical stepping stone for nationals

The Humber Hawks women's volleyball team is currently ranked third in the country. Team intends to keep it that way.

Jonathan Rumley
Sports Reporter

The Humber Hawks women's volleyball team clinched its division this month and the group confidently asserts that they are ready to come out on top during the upcoming inter-conference crossovers.

"We have so much to lose going into games because we haven't lost yet," said Laura Bye, a fifth-year sports management student and women's libero. "We're known to be good, right? But people don't realize that we work our asses off in practice, and we work our asses off in games, too."

Bye said the team must continue to work hard and take on tasks one at a time as their season enters its most critical stages.

"In order to get better, we need to work hard (for) every single point regardless of the score," said Bye.

The Hawks are currently ranked third in national rankings and have their sights set on rising during the

upcoming crossovers on Saturday. The crossovers are the team's final test before the OCAA Championships on Feb. 23-26 at Trent University.

Lianna Buch, Hawks middle and a

"I would say we work harder than any other team."

Laura Bye
Women's Volleyball Libero

first-year fund and volunteer management student, said the team is looking to use the crossovers as a stepping-stone to improve its ranking.

"I know that we don't want to go down in national rankings," said Buch. "If possible, we'd like to move up to number 2 to improve our standings when we go into nationals."

Buch said the team is continuously motivated to get better by head coach Chris Wilkins.

"We never get a break. We're just constantly pushed in practice. No one gives us a break just because we're the best team in Ontario. (Wilkins) doesn't care. He just wants us to be the best that we can be."

Wilkins' leadership has been working wonders in guiding the team along an upward climb towards success.

"I would say that we work harder than any other team," said Bye.

The squad's setter Carley Uden, a second-year kinesiology student, says the team is looking forward to crossovers.

"It's going to be new competition for us, which is always exciting because we play the same teams a lot... it pushes us to do something else and be different."

Nancy Joseph, left side and first-year general arts and science student said the mantra is simple: "Work hard, have fun; results will come."

GAME OF THE WEEK



The badminton team is second in the nation. Cheer them on at provincials in Scarborough as they journey to CCAA.



Games start:
Feb. 15 and 16