



# Black History Month is a time of reflection



PHOTO BY JUSTIN VASKO  
Evelyn Kissi of Humber's Afro-Caribbean Student Association, urges appreciation of African roots.

## Justin Vasko

Queens Park/City Hall Reporter

Dr. Francis Jeffers, curator of the Toronto-based International African Inventors Museum, recently brought his museum's travelling exhibit to Humber's Lakeshore campus as a prelude to Black History Month.

For Jeffers, the February marking of African heritage is about affecting change in the way we think and interact with different people and cultures.

"I look forward to the time when we don't have Black History Month, when it just becomes normal. The day is hopefully coming when we don't need to do that, but right now we need to," said Jeffers.

"We need to create the opportunity to kick start a change in how people think and how we see people and how we work together."

Evelyn Kissi, president of Humber's Afro-Caribbean Student Association, considers Black History Month to be a time of discovery.

"It's about 'what does this culture have that we never heard of?' We always see the negative part of what Africa has to offer, but my goal is to show

the people of Humber that it's not all bad," said Kissi.

Black History Month is a time of reflection, a time to look ahead and consider how all communities have made contributions that advance humanity, said Jodie Glean, human rights and diversity coordinator for Humber College.

"When we look at the strengths of the past, we're looking at the tools and the mechanisms that have been put in place throughout time which are allowing our black students and all black individuals to be able to achieve and go forward," said Glean.

The Human Rights and Diversity office is bringing noted academic Dr. Njoki Nathani Wane to Humber North campus as part of a Feb. 4 event titled Building on the Strengths of the Past.

Dr. Wane, a University of Toronto academic specializing in anti-racist feminism theory, will be speaking on the role of educators in enhancing academic achievement, focusing on students of African descent.

Building on the Strengths of the Past will be held in the North Campus Student Centre, room KX101 on Feb. 4, at 11:30 a.m.

# Rob Ford stays as T.O. mayor

## Graeme McNaughton

Senior Reporter

Rob Ford is still the mayor of Toronto after winning an appeal and says he is "very thankful" for the court's decision.

The Divisional Court announced on Friday morning the initial judgement made by Justice Charles Hackland against Ford for violating the Municipal Conflict of Interest Act (MCIA) was made in error, and the mayor was not in violation of the law.

"This has been a very challenging time for all of us," said the mayor, joined by his brother and fellow councillor Doug Ford, deputy mayor Doug Holyday and council speaker Frances Nunziata. "I plan to spend the next six years getting the job done."

Councillors, both for and against Ford, said they were relieved that the matter is closed for now.

"I think the mayor needs to take a good look at himself," said Joe Mihevc, councillor for Ward 21.

"He needs to ask whether his conduct as mayor, where he gives the sensibility that he is above the law, that he doesn't need to consult with other councillors, that he doesn't need to work in a more consensual manner, whether that

needs to change."

"I've said to [Ford] that you've got to start acting like a mayor, the side shows have to finish," said Giorgio Mammoliti, councillor for Ward 7 and a former member of Ford's executive committee.

"I say to him, you've made a mistake by cutting your internal budget. Get yourself a good lawyer in there that gives you the right advice before you vote."

Ford was taken to court by Paul Madger, a private citizen, for violating the MCIA by voting in a Feb 2012 council session that saw him reprieved of having to pay back donations made by lobbyists to his football charity.

Ford had been found guilty in the initial trial, and was ordered to vacate his position within two weeks.

Clayton Ruby, the lawyer for Madger, said in a statement he will be asking for a leave of the courts decision in order to file an appeal with the Supreme Court of Canada.

Josh Matlow, a councillor who has butted heads with the mayor in the past, said Ford needs to turn his focus away from the courts and back to issues facing the city.

"This is not a football game. We need to be making decisions that are important to our city," said Matlow.



PHOTO BY GRAEME MCNAUGHTON  
Mayor Rob Ford rushes to his City Hall office after learning he had won his appeal, keeping his job.



IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>28</b> International Data Privacy Day</p> <p>This annual event, which began in 2008, aims to educate people on protecting their privacy and managing their digital footprint.</p>	<p><b>29</b> Constitution of Gibraltar Day</p> <p>Gibraltar celebrates its constitution, which came to effect on this day in 2006.</p>	<p><b>30</b> Martyr Day India</p> <p>There are many days that commemorate martyrs in India, but Jan. 30 is observed at the national level. It marks the 65th anniversary of the assassination of Gandhi.</p>	<p><b>31</b> Nauru Independence Day</p> <p>Nauru, the world's smallest republic, gained its independence from Australia in 1968.</p>	<p><b>1</b> Black History Month and LGBT Month</p> <p>This day marks the beginning of Black History Month in Canada, the U.S., and the UK. It is also the beginning of LGBT month in the UK.</p>	<p><b>2</b> Groundhog Day</p> <p>The furry creature gets his moment to shine when he comes out to predict if spring will come early or if it will be a long winter.</p>	<p><b>3</b> Super Bowl Sunday</p> <p>New Orleans will host the Super Bowl XLVII with Beyoncé slated to perform during the half-time show.</p>

# Outdoor skills for youth workers

Kelly Townsend  
Child/Youth Reporter

Humber students have a chance to brave the cold this Reading Week in an outdoor adventure-based workshop hosted by the college and Wendigo Lake.

The four-day optional program, located near Algonquin Park, is designed as a therapeutic workshop for students in the child and youth worker diploma and child and youth care degree programs.

Tina Lackner, a child and youth care professor at Humber who participated in the workshop while she was a student, currently organizes the program.

"[The workshop] is one of the highlights of my seven and a half year academic career," said Lackner, who runs the workshop, which focuses on teamwork. "It impacted me as a student."

Paul Logan, a professor in Humber's child and youth care program, worked at the Wendigo site for one summer in 1979. He said the program is a great learning opportunity for students who will work with at-risk youth.

"They absolutely love it," Logan said. "[Participants] do everything as a group. The emphasis is how to support a group... and give positive reinforcement."

The program includes a skills training course that involves activities like high wire climbing and obstacle courses, as well as teamwork and trust-building exercises.

"There's an element of risk," Lackner said. "It's exciting to see when (the



PHOTO BY VANESSA DI ROLLO  
Child and youth care students are met with several challenges that test their physical abilities.

students) push themselves."

Vanessa Di Rollo, a Humber graduate who attended the workshop last year, describes her experience as life-changing.

"It was a really powerful experience," she said. "I walked away a different person."

Registration for the workshop is open until the first week of February. Spots may be available for students in police foundations if spaces are not filled.

The workshop costs \$412, which includes accommodation, food and instruction.

Di Rollo said students on the fence

should "just do it."

"Give yourself the experience, because you have nothing to lose and everything to gain."

Child youth worker and child youth care students that are interested can find more information and register at [www.wendigolake.com](http://www.wendigolake.com).

## HSF ramps up on events, elections

Espe Currie  
Student Gov't Reporter

The Humber Students' Federation held its first board of directors meeting of the year on Jan. 16, looking ahead to events planned throughout the remainder of the academic year.

The group voted on initiatives Humber students can expect to see over the coming term, including Mental Health Awareness month and the student elections in mid-March.

Delegates from the Hawk Nest, Humber's student entrepreneurial club, briefed the HSF on plans for the club's Start Up Weekend.

The event, scheduled to take place Feb. 1 to Feb. 3 at North campus, will see 60 Humber students bring their ideas to reality, working with other student entrepreneurs to develop business plans and prototypes.

Registration for the free event ends Feb. 1.

Sharon Kinasz, Humber's registrar, held a presentation for HSF to explain coming changes to the college's transcript, course numbering and credit systems.

"The new system will be more focused on students," said Kinasz, adding the changes will conform to international grade standards, making transfers between Humber and other institutions easier.

After receiving HSF feedback on the plan, Kinasz said the Office of the Registrar would be diligent in communicating the system change's effects to students.

Natalie Quinlan, the HSF's chief returning officer, updated the board on developments on the upcoming HSF election.

Nominations are open until Feb. 8 to all full-time Humber students. The nomination package is available at the HSF's offices, or for download at [humberlife.com](http://humberlife.com).

The HSF board of directors meets every three weeks, with the next meeting Feb. 6 at North campus. All Humber students are welcome to attend, and meeting minutes are available at [humberlife.com](http://humberlife.com).

# Crime drop hits police budgets

Jake Kigar  
Police/Fire Reporter

Humber College students looking to join the police services sector are now worried about potential budget cuts in the field.

At a recent national summit on policing in Ottawa, Public Safety Minister Vic Toews put pressure on police forces across the country to make changes in spending or risk future restrictions.

Shelby Robblee, 20, a third-year Criminal Justice student, fears this will affect her job prospects after she graduates in 2014. With an ambition to work for the Ontario Provincial Police when done school, she's not in favour of any potential cuts.

"I hope to one day have a job and if you cut back on policing now, then my job in the criminal justice field might be gone," Robblee said.

Humber Students' Federation police foundations representative Blain Tattersall said he has mixed feelings, knowing

other struggling private and public sectors are also in desperate need of funding.

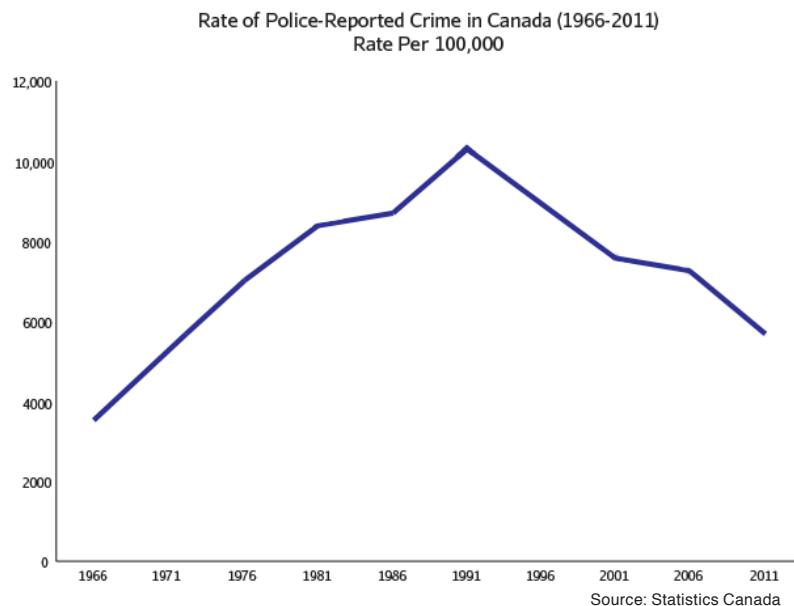
"As a Police Foundations student, I'm worried about employment, but money's tight in all sectors right now, so it's hard to say one needs it more than the other," Tattersall said.

The reasoning behind the proposed cuts is a steady drop in crime. Police-reported crime rates dropped again in 2011, marking the eighth consecutive year to drop since they peaked in 1991, according to Statistics Canada.

Henri Berube, coordinator for the Police Foundations program, said the drop is allotted only to police-reported crime, but not crime overall.

"One thing Canada does not do exceedingly well is measure our unreported crime rates," Berube said. "Crime rates have not been dropping, only reported crime rates have."

With discussion about police funding at the forefront in today's media, Berube said he understands student con-



cerns, but emphasizes that there are jobs in policing available across the country.

"Budget restrictions that Toronto is facing are not common to all police ser-

vices," Berube said. "Over time, budget crunches will resolve themselves...and will allow for continued hiring for attrition and, again, expansion."



# Lack of Toronto bike paths a safety issue

**Rebecca Vettese**  
General Assignment Reporter

The Humber Sustainability Committee would endorse biking to school on safe, designated pathways, but to the frustration of cycling advocates, Toronto isn't building them.

"If the city decided to build more paths, we would promote them more for sure," said Lindsay Walker, sustainability manager at Humber.

Experienced cyclist Tony Chen saw new bike lanes built in the city, but only after others – like the lanes on Jarvis – were removed.

"We need more bike lanes all over Toronto, not just shuffled around," Chen said.

City councillor Mike Layton agrees with Chen.

"We're not giving people in places like Scarborough and Etobicoke the opportunity to bike downtown with some level of safety," said Layton.

Dr. Tomislav Svoboda, a physician at St. Michael's Hospital, said evidence shows improving safety is necessary.

Svoboda was arrested in November for blocking the removal of the Jarvis Street bike lanes. He has since spearheaded a campaign for a cycling-safe city and released an open letter to Toronto city council on Jan. 16 signed by 23 fellow physicians.

"There is a clear medical responsibility to stand up for this," said Svoboda.

More than 1000 people were injured and six were killed bicycling in Toronto last year, according to the physician's open letter.

Poor or non-existent bike infrastructure is to blame, according to a 2012 study published in the American Journal of Public Health.

The study shows that cycle tracks – bike paths that are physically separated from the street – pose the lowest security risk while major streets with parked cars and no bike infrastructure are the most dangerous for cyclists. Creating bike lanes on major streets in addition to off-street bike paths would reduce the risk of injury by half, according to the research.

"There's nothing in medicine like this, no vaccine, that reduces a health risk by 50 per cent," Svoboda said.

"I commute regularly to work. It's a really nice way to start your day," said Layton. "But to enjoy the benefits, we have to make it safer."

As a lifelong cyclist, Layton didn't realize how frightening riding in Toronto can be for beginners until he went biking with his wife.

"We have to create that atmosphere that makes you want to get on your bike for the second time. That's municipality's job," said Layton.



COURTESY JIM HENDERSON WIKIMEDIA COMMONS  
A recent study by the American Journal of Public Health found poor bike infrastructure is responsible for the majority of cycling accidents.

## Reimagining the pillow for Textile Museum of Canada

Humber interior design students given unique opportunity to display stitch work and visual concepts for hands-on exhibit

**Peter Davey**  
Applied Technology Reporter

Humber's interior design students are showing off their soft sides and stitch work at a hands-on exhibit at the Textile Museum of Canada.

Drawing inspiration from the museum's current exhibit on recycled textile art, students were given two weeks to design and construct a unique pillow using recycled and renewable materials for the Toronto museum's Fibre Space exhibit.

The exhibit opened on Jan. 16, and is titled "Re-decorate, Re-think, Re-create: The Art Form of the Pillow."

According to the museum's educational coordinator Susan Fohr, students were assigned to make pillows so they could be displayed easily and be a part of the hands-on experience of the exhibit. Fibre Space features working looms and encourages visitors to get a closer feel of textiles.

Susan Schwartz, a Humber professor in the interior design program, said she was pleased with the variety of pillows presented and the student's energy, considering the limited time they were given.

"No two were alike," said Schwartz. "The designs all had different sizes, shapes and textures."

Schwartz said it is important for interior design students to understand different materials and how they can be put together. She adds that the project was "kind of a break" from designing rooms for students, and encouraged them to "think what else is out there."

Lisa Worth, an interior designer, said such creative pillow designs may not be



PHOTO BY PETER DAVEY  
A pillow designed by Megan Grant of Humber's interior design program is among a number by program students in exhibit.

suitable for residential design where clients are more reserved. However, designs which juxtapose strong contrasts and uniqueness are increasingly popular in urban hotels and restaurants, said Worth, citing Toronto's Momofuku noodle bar and Café Boulud at the Four

Seasons Hotel as examples.

"It is good that students are pushing outside of the box," said Worth. "There is absolutely a place for this in retail and hospitality."

The exhibit runs until Feb. 28 at the Textile Museum of Canada.



PHOTO BY KERRISA WILSON  
Newly appointed Humber College president and CEO Chris Whitaker wants to involve the campus community in developments.

## Chris' Corner blog seeks wide input on planning

**Kerrisa Wilson**  
General Assignment Reporter

With the introduction of "Chris' Corner" you may not get edu-tainment but you will get informative conversation about Humber's future, said Humber president and CEO Chris Whitaker.

In his first blog post, Whitaker wrote, "I hope this will be a useful way to reach out to the Humber community providing information and perspective on college issues and activities."

"I'm a real believer in getting people involved and letting people have their voices heard in any process that you have," said Whitaker.

Appointed in July 2012, Whitaker is Humber's first chief executive officer to create a blog. He said he intends to write weekly for "Chris' Corner" and wants to focus on Humber's new five-year strategic planning process.

"What I would like to see for Humber over the next five years is that we do our best to make sure people feel that we've accommodated growth by providing the appropriate level of services for the growth we have. We need to focus

on the entire student experience," said Whitaker.

Whitaker was not alone in developing his new social media portal. Andrew Leopold, Humber's associate director of PR and communications, was Whitaker's right-hand man in creating the groundwork for the blog.

"The idea would be for the president to provide his commentary, his words, his writing. It's not scripted for him," said Leopold.

"We need a few days to get it up and running and to get the followers up, but I'm highly, highly positive that we'll get there. It's a great initiative overall," said Leopold.

Melissa Roissl, 18, a first-year recreation and leisure services student, said she did not know about the blog, but that it is a smart idea.

"It will be a good idea because they'll get their own communication across and it will be an easier and simpler way," said Roissl.

With hopes of cracking 200 followers on Twitter, Whitaker is making his mark in Humber's social media community.

"Maybe Chris' Corner, Facebook edition, is next," said Whitaker.





PHOTO BY HERMIONE WILSON  
Humber College students come together in a new mentorship program for first year international students.

## International students get paired with college buddies

**Hermione Wilson**  
Diversity Reporter

As a young university student, Denise Gardner spent a year in South India at PSG College of Arts and Science. She was one of two international students there.

"People were extremely friendly," said Gardner. "They were wanting to share as much as they could about their culture with me."

Now a professor at Humber's School of Hospitality, Recreation and Tourism, and a faculty consultant to the Centre for Teaching and Learning, Gardner is dedicated to making sure international students at Humber are shown the same hospitality she was.

In Oct 2011, Gardner approached Candace Brown, a student advisor

at the International Student Centre, with a proposal: a mentorship program for first-year international Humber students.

"For many students, they don't know anybody else here and when they come, they may find it difficult meeting friends," said Brown, who was an international student at Humber 10 years ago from Trinidad. "A lot of the students . . . really appreciated having someone there that first few weeks while they assimilate."

In January 2012, the Connect program was launched.

Before they arrive at Humber, international students are sent an email about Connect and a questionnaire in which they can declare a preference for the type of student mentor, or buddy, they are paired with.

When they get to Humber, they are

placed in a group of eight to 10 students and assigned a returning Humber student buddy and one faculty buddy. These buddies show the new students around, help them find anything from textbooks to bedding and provide them with someone to talk to.

Last year, Lamar Samuels had a buddy. This year, he is one.

Newly arrived from Jamaica, Samuels said his buddy made him feel at home.

"She just pretty much tried to show me the ropes," said Samuels. "She was there as a friend."

Now a second-year business accounting student, Samuels, 24, said he is volunteering with the Connect program because he wants to give back.

"I felt like I wanted to share that experience that I got to other new students."

## Humber in Indonesia to train small biz developers

**Caroline Brown**  
International News Reporter

Humber College and the Canadian International Development Agency (CIDA) have officially launched an international development project in Indonesia.

"This is a very large project, it's working with seven university partners in Sulawesi, Indonesia for a five-year, \$4.6 million initiative on small business and entrepreneurship development," said Diane Simpson, dean of international projects at Humber.

The project aims to stimulate small businesses in Indonesia to be more effective in creating employment and generating income among the local people. The universities will become centers where they can provide small businesses with business consulting, training opportunities, access to computers and other resources.

Earlier this month, Lisa Anketell, manager of the International Development Institute at Humber and two graduate students, Izabela Wlordaczyk and Graham Atkinson from the international development certificate program, embarked on a three-month long journey to Sulawesi, one of Indonesia's large Sunda Islands.

"These types of projects are important because they really allow people to take ownership and take part in creating their own community and sense of pride for their country. I wanted to be involved in something where people take part and I am encouraging and facilitating relationships and networks between them," Wlordaczyk said in a pre-departure interview available on YouTube.

Over the course of the next three months the interns are taking on the lead role in conducting research and collecting data by way of a formal needs assessment. The assessment will determine what each partner needs in terms of the gaps in their entrepreneurship curriculum and training. The results will enable the team to design individual projects and course outlines for each university.

"What's always really exciting about these opportunities is being a little bit surprised and out of your element. Getting to see that culture, it's new and exciting and interesting . . . maybe stumbling a bit but eventually finding your way," Atkinson said in a pre-departure interview available on YouTube.

The initial groundwork for the project was designed and developed by Kent Schroeder, director of International Development Projects. Schroeder travelled to Indonesia to assess the situation, find partners for the project and develop a proposal.

"The project that we are doing in Indonesia is very much a reflection of projects that we have done in the past and our experience has enabled us to get funding to do something similar with Indonesia," Schroeder said.

Humber has had numerous international development projects over the years but it was work in the reconstruction of small businesses in Indonesia after the 2004 tsunami that made Indonesia a good fit for a project as large as this one.

Humber is working with each of the seven universities to start business support centers. In the first of a two-step process, the project sends over Humber faculty to train workers at each of the universities. Their students will not only graduate with theoretical knowledge but they'll have hands-on entrepreneurship experience to start small businesses once they graduate.

"It's a train the trainer approach," Schroeder said.

"One of the benefits of doing this project is it will give us expertise that . . . will strengthen Humber's international development resume to then be able to expand this into other projects and other countries in the future."

  
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# Bathroom posters increase hand washing



PHOTO BY LIME BLAKE  
Michigan State University found posters increase hand washing.

**Jade Leung**  
Health Reporter

Men are more likely to wash their hands after viewing a poster related to hygiene in the bathroom, according to a study released earlier this month in the *Human Communication Research Journal*.

Scientists at Michigan State University (MSU) plastered the men's washroom with posters containing techniques on proper hand washing, and messages like, "Four out of five college students wash their hands every time they use the bathroom."

A study released by the American Society for Microbiology in 2010 found 77 per cent of men washed their hands after using the toilet. According to MSU's experiment, the number of men washing their hands

increased to 86 per cent when a poster was present.

"Hand washing is important because it offers a lot of bang for your buck. It can prevent many different kinds of illness and is a fairly simple behaviour for most people, particularly in places like the U.S. and Canada, where there is good access to facilities and sanitizers," said Dr. Maria Lapinski, one of the authors of the MSU study in an email response.

Researchers in the study followed a random selection of males into the washroom, where they waited by the sink, pretending to wash a stain on their shirts, to observe the subject's hand washing habits. Upon exiting, the men were intercepted by experimenters and asked to fill out a survey on washing hands.

The study's findings could be of

use to public institutions where large amounts of people interact daily – especially with the Norovirus hitting harder this year, according to researchers.

Kris Scheuer of Toronto Public Health said posters teaching proper hand washing methods are already placed throughout several public institutions.

"You'll see them in bathrooms a lot, you'll see them in hospitals a lot. We have posters like that already that indicate how to wash your hands," said Scheuer.

Others said the message should be self-evident.

"I think it is scary that people need to read a poster to remind themselves of their personal hygiene," said Ryan Beggs, 34, an apprentice in Humber's arborist program.

# Job options improve in applied tech and media

## Humber Career Centre says grads finding success in fields ranging from web design and communications to electronics

**Kiah Welsh**  
General Assignment Reporter

Humber graduates seeking employment in fields as varied as civil engineering and web design have recently been finding success, according to Karen Fast, manager at Humber's Career Centre and Career Advancement Service.

"A lot of job postings in the areas of media, especially graphic design, communications, web design and public relations have been really strong," said Fast. "Another area that's really strong is applied technology, which surprised me in areas such as electronics, engineering, civil and architectural."

In Humber's 2011-2012 annual report, the employment rate improved by 2.7 points over last year's 80.1 per cent.

Bill Angelakos, associate dean at the school of applied technology, said through work placements, students learn to network with contacts.

"Advisory meetings are our link to the industry. Through networking opportunities it helps students get jobs and contacts," said Angelakos. "We keep our content organized and up to date so when our students do graduate they are trained in the areas where the industry needs them."

Ashley Leach, 20, second-year culinary management student said hands-on experience is vital for getting a job after school.

"It will show that you have some experience and will help you get into the door," said Leach.

Fast added that Humber offers many support systems at Humber.

"We have a resume service that's extremely busy. Another thing we do is mock interviews and sometimes we'll do a series of those for someone who really needs the extra help and to get them to perfect their interview skills," she said.

Fast reinforced there are many reasons why Humber is successful with its students in terms of employment.

"I would say it's our reputation. As high as 40 per cent of our employers who post their job on our website for job postings are graduate students of the program," said Fast.

"We are also very strong on portfolios and e-portfolios. I think it gives the students an edge over another candidate to be able to sell their skills in a better format than someone from the other colleges."

# Disabled lack work when employers lack awareness

**Therese Jastrzebski**  
Nurse/Health Reporter

Nearly 800,000 disabled Canadians are not working despite their disability not keeping them from doing so, a report released by Human Resources and Skills Development Canada found.

The report, titled *Rethinking Disability in the Private Sector*, found that about half of these people have a post-secondary education.

One issue that's keeping people with disabilities from finding work is lack of knowledge on the part of employers, the report found.

"We have a huge job ahead of us to educate employers," said Karen Fast, manager of the Career Centre at Humber College North campus.

The Canadian Council on Rehabilitation and Work provides services for employers who require guidance for hiring people with disabilities.

"We connect with employers and provide support," said Nathalie Haché, a provincial coordinator for the CCRW.

The CCRW provides resources such as job accommodation solutions, awareness training, and management solutions. Although it is not an employment agency, council helps

connect employers to programs in the community so they can connect with talent.

"There is lots in place that the students don't know about, and that's the problem," said Fast.

Job Start, a Toronto not for profit agency, runs a program called Employment Accessibility for Students.

"Across the board, not limited to one disability," said Denyse Ramjit, job developer at Job Start in noting that students with any range of challenges are helped.

Whether it's a physical or invisible disability, Job Start will work with students and graduates up to five years after they graduate.

"We meet with students and work one on one to make sure they get what they want," said Ramjit, about how they find a job match for their clients.

Job Start works with their clients by helping prepare their resumes, cover letters and prepare for their interviews.

The agency also assists with maintaining employment by visiting clients at their workplace, Ramjit noted.

Students with disabilities can get more information about the program at Job Start by visiting [www.jobstart-works.org](http://www.jobstart-works.org).

# Healthier food bank meals

## Humber food and nutrition students improving meal packages

**Penny Munoz**  
Culinary/Hospitality Reporter

Students from Humber's food and nutrition management program are launching a project that aims to revolutionize the way many people use food banks in the GTA.

The initiative, still in early stages, will challenge students to create tasty and more nutritious meals with the foods included in client packages.

"[It] allows students to see how the professional skills they've learned in class are applicable in real life situations. It gives students the opportunity to practice what they've been taught theoretically to help others," said Peter Rick, the

instructor overseeing the project.

Many of the healthy items included in client packages such as lentils and chickpeas are traded in for less nutritious items like cookies and juice, said Susan Somerville, program co-ordinator.

Sommerville said she hopes the recipes students create will teach clients how to use these foods to make attractive and healthy dishes like hummus.

"I think this is a huge win-win for Humber students, because they're learning, they're gaining practical experience, they're making contacts in industry, and it's exposing them to new career opportunities that they might not have thought of. For the commu-

nity, it's educating people on nutrition and providing them with tools and skills they can use to eat more nutritious diets," said Somerville about the importance of combining education and community.

Upon completion of the project, students will print and bind the recipes and offer the cookbook to the Don Valley food bank.

"Even after we leave this year, it'll be ongoing and everybody will be able to use this recipe book that we, as graduating students put together... That's pretty exciting to us," said Jennifer Reva, a food and nutrition management student and aspiring menu developer.



PHOTO BY THERESE JASTRZEBSKI  
Employers of disabled need support and training, said CCRW.



# John Baker talks business

Self-made technology boss to meet would-be entrepreneurs in Better Practices lecture series at MaRS Discovery District

**Kaitlyn Morris**  
Biz/Tech Reporter

John Baker, who founded the education technology company Desire2Learn at age 22 while at the University of Waterloo, will impart his wisdom to young executives and budding entrepreneurs at the latest “MaRS Best Practices” lecture series.

Baker will be the keynote speaker on Jan. 30 at the MaRS Discovery District, offering advice on how to build an enduring company.

Since its creation in 1999, Baker’s company has grown to over 600 employees and more than 8 million users across the globe.

“We’re expanding really quickly,”

said Virginia Jamieson, head of corporate communications at Desire2Learn. She explained that Desire2Learn just opened a new Toronto office and that talks at the MaRS series are a great opportunity to recruit.

“John is a really personable and charismatic CEO, he likes connecting with new customers, clients and recruits,” said Jamieson, a Humber graduate of the public relations post-graduate program.

The MaRS lecture offers attendees the chance to network and share Baker’s experiences in the world of business. Jamieson said that as the company grows Baker has less and less time, so opportunities like the Best Practices Series are few and far between. The

talk offers would-be entrepreneurs a chance to connect with someone working in the industry with hands on experience, an opportunity that Peter Sirois, a Humber business professor, finds valuable. Sirois said these talks provided an excellent chance to network, and help students “to connect with people and cut through the textbook stuff.”

Chris Amyot, 44, began his business selling advertising for campus publications while a student at Western University, and knows the value of building a resilient company. Amyot explained that it is much harder now to find something that will stick when he began his own business in 1990.

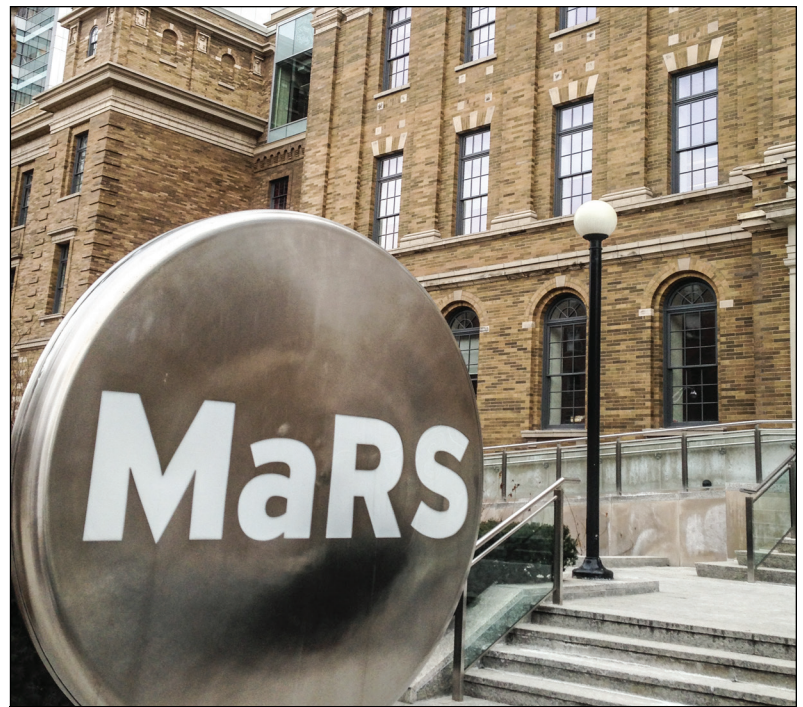


PHOTO BY KAITLYN MORRIS  
Baker will discuss how to build an enduring company on Jan. 30.



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## Facebook info sifting hits new level of access

**Kat Shermack**  
Biz/Tech Reporter

Facebook’s new search function gives users increased ease of access to their friends’ information on the social networking site.

Called Graph Search, the function allows users to search people, places, and interests on Facebook. For example, a user could search for “my friends in Toronto who like Coldplay.”

Graph Search is still in beta testing, and is available only to a small number of users who signed a wait list.

Humber students themselves are not convinced they will use the Graph Search.

“I like to use Facebook as a way to connect to people,” said Daniel Adam, 24, a second year game programming student. However, Adam said Graph Search is “taking creeping to the next level.”

Facebook has assured its users that privacy settings will not be changed with Graph Search, but it appears it will become much easier to sift through personal information posted on the website with the new function.

“People are supposed to be able to control information that is released about themselves,” said Humber media law expert Alan Shanoff.

“People are supposed to be able to control the information that is released.”

**Alan Shanoff**  
Media Lawyer

According to Shanoff, Facebook has the right to collect information, but does not have the right to release or use that information without consent. Although Facebook users agree to terms and conditions when they sign up, they may not be fully informed of what those terms and conditions entail.

“Consent is supposed to be informed,” said Shanoff.

Humber Students’ Federation already relies heavily on Facebook to connect with Humber students and Emily Genitti, HSF vice president of campus life, said the Graph Search function could be useful to help inform Humber students about HSF events and promotions.

The Ontario Privacy Commissioner’s website advises Facebook users to “think before they post” when it comes to any social networking site. The website also advises using the maximum privacy settings for any sensitive information.



# PRESTO card system to see full integration at Humber

GTA following public transit path of cities like Hong Kong by adopting smartcard to increase efficiency for ridership

**Xiaoli Li**  
Biz/Tech Reporter

The PRESTO card system is expected to see full integration at both Humber campuses by 2016, according to representatives from the Toronto Transit Commission and Metrolinx.

Part of Metrolinx's integrated province-wide transit plan, the PRESTO card launched in 2009, and is based on similar contactless smartcards successfully used in cities like London and Hong Kong. Riders can load the card with cash online or at any PRESTO station, and use the card to pay for fares anywhere on the PRESTO network.

"As of right now we already have 14 stations with PRESTO," said Jessica Martin, a TTC spokesperson. "If customers who attend Humber College enter at Finch or York Mills, or Kipling

(subway stations)... they can already use PRESTO," Martin said.

Transit is particularly important to Humber according to Humber president and CEO, Chris Whitaker, who said "upwards of 80 per cent" of the college's students use public transit. "Whether it's PRESTO or anything, we need to look for ways to make transit more efficient, and more cost efficient for students," said Whitaker.

As part of that cost efficiency, Metrolinx media relations specialist Mark Ostler said that while "transit agencies are responsible for setting their own fare structures... Metrolinx will initiate a dialogue with PRESTO participating systems to develop a fare integration plan," which is "considered for inclusion in the Metrolinx 2014 - 2015 business plan."

At Humber North, the TTC is the only service that does not have

PRESTO, while Humber Orangeville is serviced by GO Transit, which has full PRESTO integration. Lakeshore currently does not have any PRESTO routes, though this could soon change.

"We will have PRESTO on all of our new low-floor streetcars, and they'll be rolled out in 2014," said Martin. "As soon as those streetcars trickle down to Queen Street, then of course you can use those cars to reach your Lakeshore campus as well. Those will be fully covered by PRESTO as of 2014."

The card already covers York Region Transit, GO Transit, Mississauga's MiWay, and eight other transit networks across the GTA. Ottawa's OC Transpo began accepting PRESTO on Jan. 18.

According to Martin, "all buses and streetcars, and all TTC stations, will be equipped by 2016."



PHOTO BY XIAOLI LI  
The contactless smartcard is refillable and can be used anywhere on the the PRESTO transit network.



PHOTO BY JOSH McCONNELL  
Humber students trying to manage their finances have a number of options available on campuses. Financial aid counselors can help students weigh their options.

# Financial mismanagement of student loans a top concern

**Josh McConnell**  
Biz/Tech Reporter

Canadian students trying to balance their finances often fail to properly manage student loans.

OSAP loans are not always used for their intended purpose, said Holsee Sahid, manager of financial aid at Humber College.

"One of the problems is that students are using OSAP to pay off other debt," said Sahid. "The idea is to budget yourself, cut corners where you can and try to manage your expenses."

At Humber, students have resources available to help cut down their debt. Tuition grants, Humber Students' Federation bursaries and special circumstances funding are all available to Humber students, according to Sahid.

"OSAP is still the most beneficial

debt for students to hold because students do not have to make payments during their study period," said Sahid. "The interest rate is also much lower than credit cards and other loans."

Sunny Singh, 21, a Humber final year hospitality student, said he agrees that OSAP is a good option for students.

"Bank loans have lots of paper work and you may not even get the loan at the end," said Singh. "OSAP gives you lots of time to pay it back and there is no interest during school."

A survey released this school year by BMO said the top concern for students is paying for their post-secondary education. The study found the majority of students graduate with more than \$20,000 in debt and one in five owes more than \$40,000.

Thor Sokolyk, an economics profes-

or at Humber, has been considering the long-term effects of student debt on the economy. Sokolyk said as more potential students hear statistics about others graduating with high debt, combined with the perception there are few well-paying jobs after graduation, it is likely many may not attend post-secondary at all.

"The problem is that many students do not consider the economics and return on investment," said Sokolyk. "Today's job market demands specialized education as opposed to general liberal arts degrees. The key is to know what is needed beforehand, make an educated decision and let it play out."

The current market saturation of newly graduated students means specialized education in particular is worth the debt risk, according to Sokolyk.



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# Media sites a draw for racism

Hiding in the darkest corners of the Internet or underneath the bridges of Internet comment sections, Internet trolls have become a pervasive problem across the Internet.

And 2012 was undoubtedly the year of the troll.

For those unaware of this phenomena, a troll is someone who posts inflammatory or off-topic comments with the intention of inciting anger, emotional distress on the reader, and in some cases derailing otherwise strong public debate.

Over the last year there were dozens of instances of trolls making headlines in the mainstream press. Gawker's unmasking of 'Violentacres', one of Reddit's most notorious members who managed user forums titled 'Jailbait' and 'Creepshots,' provided the best analysis into the culture of trolling. But the Amanda Todd tragedy and even the Newtown massacres have drawn a special kind of Internet user cruelty, with people using the events to self-promote or engage in a baiting style of argument.

The Idle No More movement is again attracting trolls and outright racism in the comment sections of Canada's mainstream media sources. A place where there could be thoughtful and legitimate discussion has devolved into a forum of ignorance and openly racist statements.

With any important or sensitive issue there's a need for strong public debate. And Canada's media organizations should be taking a stronger stance to foster this kind of rhetoric.

On a Jan. 8 episode of CBC's *Metro Morning*, host Matt Galloway spoke out about the problem on his radio show.



COURTESY R.A. PATERSON, CREATIVE COMMONS  
Idle No More protesters marching along Government St. in Victoria on Dec. 21, 2012.

"Legitimate and informed criticism is important," he said. "Racism is something completely different. For people trying to understand what Idle No More is from a non-aboriginal perspective, those comments muddy the discussion. For First Nations people, it can be much more damaging than that."

The need for informed criticism is essential in any debate, especially on the topic of marginalized Canadians. And like any good debate, emotional and controversial responses will emerge. For Canada's major news companies, moderating discussions is essential in moving the conversation forward, rather than getting sidetracked by a posting that veers off-topic.

In a recent post on the topic of Metis receiving aboriginal status, the comment sections of Canada's largest online publications were riddled with the ominous phrase "this comment and related replies have been removed by the moderator." But there are also comments like this example on cbc.ca from a user named BlahSuzuki: "Let's all be off to Africa then, part of a global claim for some Aboriginal rights."

There will always be these kinds of ignorant comments that escape the public editor. Moderating comment sections can be an expensive and time-consuming endeavor, and for media organizations facing increasingly smaller budgets this can be an after-

thought. But it's something media organizations need to revisit.

Living in a democracy where free speech is touted as the most important of our personal freedoms, controversial comments are something we have to live with. Like Idle No More or Occupiers protesting in the streets, it's the price of democracy.

And in certain instances freedom of speech through anonymity is a necessity. Countries where a tweet, or comment against the tyrant du-jour can land you in jail or worse are an example. Anonymity in certain cases can also act as a service for whistleblowers, people working inside a company who want to expose corruption without fear of job loss.

But how many racist or comments of hatred are made specifically because of the cloak anonymity provides?

If media organizations want to move forward in the realm of curating public conversation, they should adopt a 'letter-to-the-editor' style of identifying readers' comments, where real names are used rather than mysterious usernames. Sun Media is leading the way in this format by forcing commenters to sign in through social media accounts before posting. By forcing readers to reveal more of their identity it can act as a deterrent against the racism or hate that's littered throughout comments and forums.

This is a fundamental part of freedom of speech that's often overlooked. You have the right to an opinion, but you have to stand behind it. Affording users the anonymity to pepper forums with acidic "comment drive-bys" is akin to promoting racism itself.

## QUOTED

### Should the NHL offer some compensation to its fans for putting them through another lockout?

"Yes, because every year, the fans keep coming back. The last lock-up, we came back. This lock-up we came back."

John Pereira, 22  
Fitness & Health Promotion, 2nd year



"I'm not from Toronto, but since I moved here, I love watching the Leafs. It would be really nice to help their fans who supported them."

Jessica Baer, 20  
Travel and Tourism, 2nd year



"They should be compensated. There should be a reduction of ticket prices, and there should be a lot of meet n' greets. I'm a die-hard Leafs' fan, always have, and always will be."

Jordan Resnick, 29  
Sport Management, 1st year



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# Hockey: resistance futile



**Chanelle Seguin**  
Managing Editor

When the National Hockey League ended their 133-day lockout on Jan. 6, the initial reaction was elation followed closely by stubbornness and greed.

Many fans said they would boycott the first games. Others demanded some kind of compensation for their beloved league's work stoppage.

On Jan. 19, the hockey world would be reminded of just how much they missed the game. The first games began at 3 p.m. and continued through until 10 p.m.

The next day I called my dad to talk hockey with him. He told me he didn't watch any of the games. Like many other fans who felt betrayed, he decided to boycott the NHL. However, I found it quite ironic that the first question my dad asked me was, "what were the scores?"

For those still out there waiting for a sincere, worthy apology, it's time to throw in the towel because no matter how hard you try there is no denying the pleasure hockey brings us.

There was supposed to be protests outside the Air Canada Centre. B.C. residents were going to reenact Vancouver 2011. Thousands of fans all over North America planned to shun the NHL until free season tickets were shot out of a t-shirt canon.

However, this was not the case.

The events played out like they usually would have on opening night.

Chicago topped the league with 21,455 fans at their home opener. They boasted an attendance of 108.8 per cent. Toronto sold out the ACC plus some with an attendance of 103 per cent. Record breaking attendance was achieved at Pittsburgh with 18,641 fans crammed into the Consol Energy Center.

In comparison to last season, these attendance statistics are almost exact. There was a fluctuation of maybe a

hundred fans, but nothing dramatic enough to send a you-know-who's-boss message to the league.

This most recent lockout was the second work stoppage in ten years for the NHL. At least this time fans got a 48-game season. The 2004-2005 season was completely cancelled with not even a sniff of NHL competition until the fall of 2005.

In 2005 the fans were compensated for the work stoppage by having Sidney Crosby and Alex Ovechkin, two of the best players in the world, enter the league at the same time. This was a fair apology.

This season fans were compensated with the end of the lockout. What more could a fan of a sport really want? Anyone who remembers the 2004-2005 season can recall a boring eight months of forcing ourselves to watch the National Football League.

Many people forget the NHL is a business. A business with a lot of different layers and contracts to ensure that all its members are protected. Just because fans view it as a game it doesn't excuse the fact that, at the end of the day, the players and NHL staff are getting paid.

So get off your high horse, grab a beer, and turn on Hockey Night in Canada.

Welcome back fans, we missed you.



COURTESY MICHAEL MILLER  
Detroit tourism estimated a potential loss of US\$50 million, according to a CBC report.

# Media institutions still don't meet their diversity goals



**Kollin Lore**  
A&E Editor

Ten years have passed since the Canadian Association of Broadcasters launched its Cultural Diversity Action Plan (CDAP) in 2002.

Its goal, to promote and represent the country's multicultural composition in radio and television news, has largely missed the mark when tuning in to broadcast news sources in Canada.

And newspapers have not fared much better.

Although the Canadian Newspaper Association vowed to include more diverse faces and voices among their staff, the facts and figures say otherwise.

Professor John Miller, the former director of newspaper at Ryerson University, conducted a 2004 survey and found there were 72 visible minorities out of 2,119 journalists in 37 daily newspapers across Canada.

In that same year, the Canadian Task Force for Cultural Diversity on Television discovered that visible minorities represented just above 12 per cent of anchors and fewer than nine per cent of reporters and interviewers in English-language news.

In 2010, CBC/Radio-Canada reported that minority groups – including Aboriginal people – made up eight per cent of their reporting staff.

In the Miller study, managing editors who were interviewed claimed they simply did not get many applications from visible minorities. But the root of the problem lies in the industry.

Having a written plan to promote diversity will not make much progress unless news agencies put their commitment to action.

An example they could follow is across the seas to the U.K.

BBC, which has a noticeably diverse staff on its broadcasting team is, not surprisingly, partnered with several groups to initiate "The Foundation Placement Scheme", which is a paid, 12-month positive action training program to assist minorities in finding opportunities and success in the media workforce of Yorkshire and Humber. According to a 2009 article in the

Guardian, 70 per cent of the recruits since 2003 had gone on to work in the broadcasting field.

The importance of a diverse media landscape cannot be emphasized enough.

Reporters pitch stories that interest them, and having diversity can increase the chances of finding stories that would otherwise be ignored by a less ethnically representative team.

Another benefit of making the newsroom an inclusive space is that different voices could help break down cultural stereotypes about racialized communities.

Granted, there are outlets around the country representing the news of various cultural communities. Ryerson Diversity Watch counted 31 ethnic media organizations in Canada, including the Filipino Journal, The First Nations Drum, Iran Star, and Ming Pao Daily News.

However, the mainstream news is what the majority of Canadians are exposed to, and despite the CDAP being enacted, Canadian journalism still has a long way to go to reflect the much-needed and valuable voices of minority news professionals in its reporting staff.



COURTESY CREATIVE COMMONS -- PARKWOOD  
Beyoncé does not call herself a feminist.

# Beyoncé has earned the right to decide



**Sharon Tindyebwa**  
News Editor

what's sexy appear in a gentleman's magazine lauding the conventional men's definition of exactly that? Yes. Is pointing to her contradictions as everything wrong with feminism the best way to advance women's equality? No.

Let's start with a factual inaccuracy that has been perpetuated. Beyoncé did not make the above comments to the GQ interviewer. They were taken from an HBO documentary on the singer set to debut next month. The film was shot in 2011, shortly after Beyoncé decided to end her business relationship with her father. In this context, her comments seem less out of place.

But still, Beyoncé made these comments, and then she poses nearly nude in GQ, and wants to call herself a feminist?

Actually she doesn't. Beyoncé has never self-identified as a feminist, so abhorring her for not doing a good job representing a club she's never offered to join doesn't do much to advance your club.

Feminism has become the big bad f-word, with pop starlets such as Katy Perry and Taylor Swift making headlines for their disavowal of it. Like Swift and Kerry, many young women say, "I'm not a feminist but..."

Feminism has become like many religions: a dogma that can be rigid and exclusionary. Women of colour have long considered it to be a white, upper middle-class movement. And for pop starlets and young women today, it can appear as all or nothing. If you like to wear lipstick and let a guy buy you dinner once in a while, you can't be part of the club.

I am a feminist, but in Beyoncé's GQ cover, I didn't see a woman eroding my cause. I saw a woman who has been working since the age of 15 and who has been an inspiration for many young black women everywhere for her independence, hard work and dedication.

Beyoncé's comments and the GQ cover are contradictory, but is she the embodiment of all that is wrong with feminism? No. But the backlash stemming from her cover is.

"Damn, she looks good."

That was my gut reaction when I first saw Beyoncé on the front cover of the February issue of GQ magazine.

The cover featuring the singer in leopard print underwear and a jersey cut off that reveals her toned stomach is not the first time a high-profile female singer has graced the cover of the men's magazine nor is it Beyoncé's first time wearing practically her birthday suit.

But if we're talking about firsts, it is the first time in a long time that the singer has been so exposed since giving birth to her daughter last year, but that alone was hardly any reason to attract the attention of feminists. Female celebrities have been posing scantily clad in men's magazines for decades. What makes Beyoncé's cover controversial is what she shared with GQ in the interview that accompanied the midriff baring spread.

"You know, equality is a myth, and for some reason, everyone accepts the fact that women don't make as much money as men do. I don't understand that. Why do we have to take a backseat?" Beyoncé is quoted as saying. "I truly believe that women should be financially independent from their men. And let's face it, money gives men the power to run the show. It gives men the power to define value. They define what's sexy. And men define what's feminine. It's ridiculous."

Some feminists have pointed out the incongruity between Beyoncé's comments and her GQ photos. Particularly scathing was Guardian columnist Hadley Freeman's critique in a column titled, "Beyoncé: being photographed in your underwear doesn't help feminism."

Is it ironic Beyoncé's comments about equality and men deciding



# Cuba a popular spring break choice for frugal students

Sandra De Grandis  
Life Reporter

For students looking for an affordable reading week escape, the tropical island of Cuba is a popular choice amongst penny-pinching students.

"Cuba is usually one of the cheapest places to go, especially for students if they want to incorporate all inclusive," said Josefine Oshunrinde, agency manager at the Humber Travel Centre.

Humber North's Travel Centre aids students in finding affordable vacation options.

"A cheaper option for students is definitely Cuba during reading week and some other places down south like Dominican Republic and Mexico," said Morgan Kroontje from Travel Cuts in Toronto.

Oshunrinde said the average cost for an all-inclusive four star hotel in Cuba during reading week is roughly \$1100 including airfare, food, and accommodations.

Reading week is a popular time for college and university travel and that can put students at a disadvantage.

"Reading week is prime time and usually travel companies put the prices up because they know that people want to go away for reading week," said Kroontje.

Saving for a trip can be a difficult task for students with other expenses to worry about.

"We encourage students to shop at thrift stores, use coupons and shop in bulk," said Holsee Sahid, manager of Humber's financial aid office.

"Bring your own lunch, it adds up. It can add up to \$7 to \$10 per day. Most importantly, if you can't afford a trip, don't use OSAP money to go away because you're going to come back short of money," she said.

Not all students are planning to spend their reading week on the beach.

"I'll probably stay home and study, my friends are staying home too. Mid-



PHOTO BY SANDRA DE GRANDIS  
Students looking to go away for reading week can plan a beach vacation with all-inclusive packages geared to tight budgets.

terms are usually the next week," said Stephanie Hsieh, 19, a first year justice studies student at the University of Guelph-Humber.



PHOTO BY GABBY MANN  
Humber College's food bank serves many students each semester.

## Food bank looking to receive funding instead of relying on donations

Gabby Mann  
Life Reporter

This year, Humber's food bank is trying to get funding instead of relying on donations from staff, students, and the North York Harvest Food Bank, according to the Humber Students' Federation.

Ashley Martin, HSF vice president of administration at the Lakeshore campus said 46 students at that campus were part of the program last semester, about half the numbers found at North campus.

The HSF accepts applications from Humber students on a daily basis.

"It's based on a numbers system to protect the confidentiality of the students," she said. "They have a client card with a number and simply show it to the front staff. It's very quick."

Martin said she deals with many students in need of the food bank. Students can go to the HSF website and fill out a form. Martin then sits with each student and goes over his or her finances and dietary needs.

"We take a direct and personal approach with our students," said Sieu Moi Ly, HSF services director at the north campus.

"It is a canned [food]-heavy program because they are non-perishable, but we do try to add nutritious snacks," said Martin. "Every once in a while, we do get a shipment of fruit like bananas or apples. During the holidays, we like to add a little extra, like chocolate, scarves, hats and mitts."

Navdeep Saini, a second year multimedia student, supports the food bank, especially for international students who are working long hours to support themselves.

"I would recommend it to lots of my friends who are international students because it can be hard to make food when you work night jobs," he said. "It's good for students to survive."

Students can pick up a package weekly at the Lakeshore campus and bi-weekly at the North campus. The Humber food bank is located in the HSF office.

# Canadian Blood Services to examine policy

## Current rules argued to be discriminatory against gay men

Paul Rocca  
Life Reporter

Canadian Blood Services has proposed to change its 30-year ban on gay blood donors and is seeking approval from Health Canada.

The CBS' current policy bans any man who has engaged in sexual activity with another man since 1977 from donating blood.

Proposed changes to the policy would allow men who have not engaged in same-sex contact for five years to donate.

"We see this change as a first and prudent step in incremental change on this policy," said a CBS spokesperson in a statement.

"It will be reviewed in the near future as additional data emerge and new technologies are implemented," said the statement.

Other nations, including Italy,

Mexico and Spain, permit anyone who practices safe sex to donate blood, regardless of sexual orientation.

According to the CBS statement, the decision to change the policy came after a meeting of the CBS' board of directors Sept. 2011 where a motion was passed to re-examine the ban and review new data and research of HIV/AIDS transmission.

A five-year deferral was the shortest restriction agreed upon by the board and is described as an effort to curb the risk of blood donations contaminated by HIV from reaching blood recipients.

"HIV does not discriminate against men, women, ages or demographics of any kind," said Catherine McKee, a registered nurse at Humber health services.

McKee called CBS' current policy "ridiculous."

"The question is, is there HIV in the blood? And the only way to tell that is to test it and not to stigmatize a group you suspect might have it," said An-

drew Tibbetts, a student success and engagement counsellor at Humber.

According to a 2010 report by the Public Health Agency of Canada, approximately 60 per cent of HIV-positive males in Canada were exposed to the virus through same-sex contact. Only 22.5 per cent were exposed through heterosexual contact.

"If Blood Services are doing their job of screening blood when it's taken for hepatitis and for HIV, why do they need to ask people personal questions when someone's trying to give the gift of life," said McKee.

"You can't really make assumptions," said Tibbetts. "They've created this policy which probably won't help and is also very insulting and contributes to the further stigmatization and oppression of a marginalized population."

Health Canada is expected to approve the changes as early as April. Following an approval, the changes may come into effect this summer.



PHOTO BY PAUL ROCCA  
Canadian Blood Services' board of directors agreed to allow men who haven't engaged in homosexual activity for a minimum of five years to donate blood.



# Student group hosts sexual encounter event

**Kate Paddison**  
Life Reporter

Hundreds of students lined up to attend the University of Toronto Sexual Education Centre's Sexual Awareness Week launch party at Oasis Aqua Lounge, a water-themed adult sex club, on Jan. 21.

Despite media controversy, Dylan Tower, event and outreach coordinator, said, "It's a social event to kick off Sexual Awareness Week and mainly to get people talking about sex in a safe environment."

The annual event has been going on for years, but this is the first year that the organization has received media attention for the party.

"I believe it's because of the post in the University of Waterloo's Reddit page calling the party a giant orgy," said Genevieve Grier, 23, a U of T graduate who is an executive for the Sex Education Centre, a student volunteer group.

"We've run this event for years; it's already a widely established event. We used to hold it at a bathhouse at Yonge

and Wellesley that closed down and now we've moved it to Oasis," said Tower.

Tower dispels all rumours of a "giant orgy."

"That is completely not true," he said. "This is a sex positive environment. If they want to have sex, they can, but it is about creating a safe environment for people to explore."

Sarah Siddiqui, a fifth year U of T student, celebrated her 22 birthday at the party. "Out of curiosity, I've always wanted to go, but I never have because I never wanted to go alone. I've gotten more open with my sexuality and I've signed up this year to volunteer at the event."

The party started at 11 a.m. to allow the less adventurous a chance to explore and ask questions. Clothes remained on until seven p.m. with only a few rules: no sex in the hot tub or on the main floor and absolutely no cameras.

"There is a zero tolerance policy," said Grier. "All sex must be consensual."

The cover charge was \$5 and each guest was allowed to bring a non-stu-



PHOTO BY KATE PADDISON  
The Oasis Aqua Lounge housed the University of Toronto Sexual Education Centre's Jan. 21 party.

dent guest to allow for significant others who didn't attend the University of Toronto. The age restriction was 19 to 35, as the club has a cap for student nights.

Bhalinder Bedi, president of the Humber Student's Federation, said he

doesn't see this kind of event happening any time soon at Humber.

"The fact that they are thinking outside the box and challenging societal norms is great," he said. "They've got the conversation started. [It's] not

something we would follow or support here without a lot of support from the Health and Wellness Centre, but the conversation [has] started to challenge people to think outside the box. Sexual education is important."

# New Year's fitness vows wane

**Natalie Stoberman**  
Life Reporter

Weight loss and exercise top the list of New Year's resolutions, said Dr. Mike Evans, associate professor of family medicine and public health at the University of Toronto, in a YouTube video, but it may be difficult to follow through.

Shanty Boodram, fitness advisor for Goodlife Fitness Club One in Mississauga, said a typical January brings in double the people in comparison to the other 11 months. Of the people who sign up for memberships in January, around 40 per cent walk out the door after three months.

"People get excited for the first week, but it takes 21 days to create or break a habit," said Boodram. "Some people get lazy or just weren't committed enough to follow through on their resolution" she added.

Leanne Henwood-Adam, fitness coordinator at Humber's North campus, said too many resolutions fall flat because of one thing - unrealistic goals.

"Make goals specific, measurable, attainable, realistic and timed. Break down your big goal into smaller goals. When you celebrate the little successes, you're more likely to stick with the ultimate goal," said Henwood-Adam.

Carley Emmons, 20, second year recreation and leisure student, said she doesn't believe in New Year's resolutions because most people don't follow through on them.

"I think most people find it hard

to motivate themselves," she said.

Emmons' classmate Erin Syrotuik, 19, second year recreation and leisure student, agreed.

"Sometimes life gets in the way and people use that as their way out

of their resolution," said Syrotuik.

Having no time is the biggest excuse, said Henwood-Adam.

"If you're still finding excuses, then you're not ready to make change," she said.

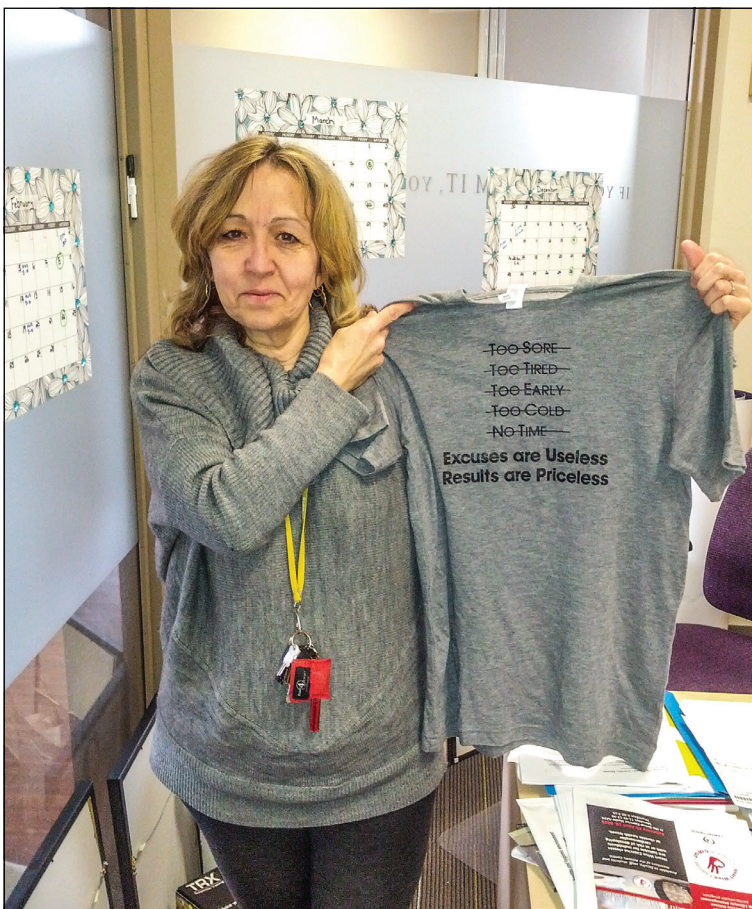


PHOTO BY NATALIE STOBERMAN  
Humber fitness coordinator Leanne Henwood-Adam said resolutions should be realistic goals in order to achieve success.

## TO THE NINES



**Where do you normally do your shopping?**

Thrift stores. Exclusively thrift stores. I can't afford anything else.

**Who are your style icons?**

Alexander McQueen, for sure.

**How much do you usually spend on an outfit?**

This [outfit] was probably \$30.

**Maria Bitonte, 17**  
General Arts and Science,  
1st year



# Prevention vital in fighting flu, experts say

Flu shot is proven to work despite ongoing questions about the vaccine's effectiveness

**Erinn Kenney**  
Life Reporter

More than 20 are dead and the flu season's only half done.

This year's flu season has hit hard in comparison to last year's, said Kris Scheuer of Toronto Public Health, confirming that of the 21 deceased in the city, four were between the ages of 45 and 64 and 17 were 65 and older.

Catherine McKee, Humber's registered nurse coordinator, said prevention is vital when it comes to fighting the virus.

"Start with good hand washing. Use hot water and soap for a full happy birthday song, not just rinse and go," she said.

McKee also advised students and staff to cover their mouths when sneezing and coughing, stay home when sick and visit a doctor if symptoms worsen.

The flu season is a 13-week period that starts in November. The Centre for Disease in Canada reports a significant increase in flu and flu-like symptoms among adults, seniors and children during this time.

"There's certainly a science and evidence behind the term 'flu season,'" said Jason Powell, Humber's dean of health sciences.

"In the winter months, there is more growth and exposure of virus. Not like in the summer where [fewer] viruses replicate and mutate. There are definitely environmental factors behind it," Powell said.

New to this year's flu season is a strain of the virus known as H3N2.

"We are seeing that with this strain, you're ill for a longer time period. The recovery stage is longer and the virus

is hanging onto the body. Therefore, you have a greater risk of exposing other people," said Powell.

Petra Alexis, a registered nurse at Humber, has been part of a team that has now immunized over 1,500 students with the flu shot at Humber.

"The success of the flu vaccine each year at Humber has stemmed from the opportunity and convenience of having the vaccine available to staff and students," Alexis said.

Those turned off by a needle or the flu shot should consider a few things, said Powell.

"It's important to stress that despite any myth and what they have heard, the flu shot is proven to work against the flu."

Powell said the flu shot reduces the chances of contracting the flu and keeps the virus from spreading.

**“It's important to stress that despite any myth and what they have heard, the flu shot is proven to work”**

**Jason Powell**  
Dean of Health Sciences



PHOTO BY PETRA ALEXIS  
Humber is part of a team that has immunized over 1,500 students with the flu shot at Humber.



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

## Black History Month Celebration 2013 “Building on the Strengths of the Past”

**February 4, 2013**

11:30am - 12:30pm • North Campus, Student Centre, KX 101  
Webcast live in room L1017, Lakeshore Campus

**Keynote Speaker:** Dr. Njoki Nathani Wane, Professor, University of Toronto



The objectives of the presentation are to:

1. Discuss education as a source of strength for the Black community.
2. Identify the current challenges and barriers Black students encounter in Postsecondary institutions.
3. Address the role of education providers in contributing to the academic success of Black students.

**Featuring:**

Beverly-Jean Daniel, Program Coordinator, Community and Justice Services Diploma Program  
Bhalinder Bedi, HSF President  
Live Band - Ritmo Bateria: Samba Latin Trio • Spoken Word Artist, Dwayne Morgan  
**Special presentation to Humber's Childcare Program**  
To register please email: jodie.glean@humber.ca

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This document is available in alternate format upon request



**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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## EVENTS IN TORONTO THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>28</b> <b>The GTA Swing Band monthly performance</b> Take a trip back in time to the swing era, and watch this band, at the Seven44 Lounge, perform Duke Ellington and Count Basie hits, among others.	<b>29</b> <b>Big Freedia bouncing into the city</b> The New Orleans rapper who popularized bounce music outside of his home town brings this unique urban sound to Lee's Palace. The doors open at 8pm.	<b>30</b> <b>Marilyn Manson haunts Hamilton</b> The industrial rocker stops at Hamilton Place Theatre during his two-week Canadian tour in support of his eighth studio album, <i>Born Villian</i> , released in 2012.	<b>31</b> <b>Jason Bonham Led Zeppelin Experience</b> The son of the late drummer keeps the music of his dad's legendary band alive complete with atmospheric videos, lights, and rare Led Zeppelin footage.	<b>1</b> <b>Canada's Pink Floyd cover band is here</b> In Toronto by popular demand, Comfortably Numb will be playing the first of three shows in a row at the Opera House. Doors open at 7:30.	<b>2</b> <b>Last night for Sound City at the Lightbox</b> This film, directed by David Grohl, tells the story of the recording studio that housed various rock legends including Nirvana and Metallica. Show begins at 7.	<b>3</b> <b>The 13th Annual Banjo Special</b> Take a journey with banjo players, Brian Taheny, Chris Coole, Arnie Naiman, and Chris Quinn at Hugh's Room as they explore the history of the unique instrument.

# The undead craze still very much alive

## Nicholas Hoult shares his thoughts on playing a zombie

**Jonathan Mace**  
A&E Reporter

The undead phenomenon keeps finding a way to survive, with the latest zombie flick, *Warm Bodies*, opening worldwide on Feb. 1.

"It was easy to play, I really liked the character," said lead actor Nicholas Hoult, who plays R., a brain eating, Gun N' Roses listening romantic with a conscience caught in a post-apocalyptic America. "The hardest part was not being able to talk."

The actor, most commonly known for his TV role as Tony Stonem in *Skins*, found playing a zombie in his comfort zone as he has bad posture and similar mannerisms.

The film, which is an adaptation of Isaac Marion's novel of the same name, spans various genres from thriller to comedy.

At the heart of the film is a romance that director Jonathan Levine describes in a press release as "a mash-up of *Romeo and Juliet* and *Frankenstein*."

"It's an unlikely romance," says

**"The hardest part was not being able to talk."**

**Nicholas Hoult**  
Actor

Hoult. "But there's still stuff in there for zombie fans."

So what are the fans seeking? Are zombie films a cheap outlet for blood and gore, or maybe something a little more like what *Warm Bodies* offers?

"A good zombie film must meet at a point where it's both entertaining

and full of social commentary," says Humber film student, Ben Bray, 21. "Zombie films are a comment on the over-consumption of North American societies, even if unintentional."

A film classmate, Alex MacDonald, 20, says that people also respect the production value behind a good zombie flick.

"You have to appreciate the meticulous detail put into wide shots in zombie films. Some wide shots can involve hundreds of extras with pounds of makeup, and all are completely in character."

Hoult says that there is a bit of social commentary behind it, but it is not the reason why people keep eating up these zombie flicks.

"Everyone likes to think about an apocalypse," Hoult says and it may reflect the dark outlook of movie goers, but most importantly he says "It's just fun to see a lot of brain eating."



COURTESY OF ENTERTAINMENT ONE  
Nicholas Hoult stars as R in Jonathan Levine's adaptation of *Warm Bodies*, a novel by Isaac Marion.

## Native regalia links to culture, family

### Workshops to create formal wear for powwows are a connection to heritage

**Kateryna Barnes**  
A&E Reporter

In anticipation for this summer's powwow season, the Native Canadian Centre of Toronto's powwow regalia-making workshops have started.

"All the participants that come here make their own outfits for powwows or for their kids," said instructor Deanne Hupfield, an Ojibway and former fashion student, who has taught the workshops since 2008.

In the workshops, students learn how to bead, sew, and design regalia, the formal wear used for powwows.

"Regalia is about expressing your nation, living in a good way, and trying to heal from the past," said Hupfield.

Michelle Bartlett, a Métis, attends the workshop to learn how to make regalia for her four-year-old daughter who takes powwow dancing classes at the centre on Saturdays.

"Doing this, and attending powwow class, is just our way of keeping her connected to her culture and knowing who she is," said Bartlett. "For some people, it is a lot more spiritual. For my daughter, it is fun. She gets to see all of her family and reconnect to her community and her land."

Every part of the outfit has some symbolism and representation of how they are connected to their culture."

Deanne's husband, John Hupfield, an Ojibway, has been making his own regalia and dancing for three years. While he beads, John listens to powwow music, getting himself mentally prepared for this summer's pow-wow season.

"It shows our strength because there is a lot of negativity towards Aboriginal people in Canada, and powwow is a positive expression," said John. "It shows our inner strength and our ability to adapt contemporary culture with our traditions, even just with the materials that we use."

While Humber College doesn't have workshops like the centre, the school's connection to indigenous cultural expression is strong through personal participation.

"Everyday I dress just like everyone else," said Aboriginal Student Circle president Allysha Wassegijig, 20. "When I go to a powwow and put on my regalia, I feel that connection to my culture and my family."

The centre, which also hosts language and beading classes for youth and adults, holds the workshops weekly on Wednesday nights at 6.

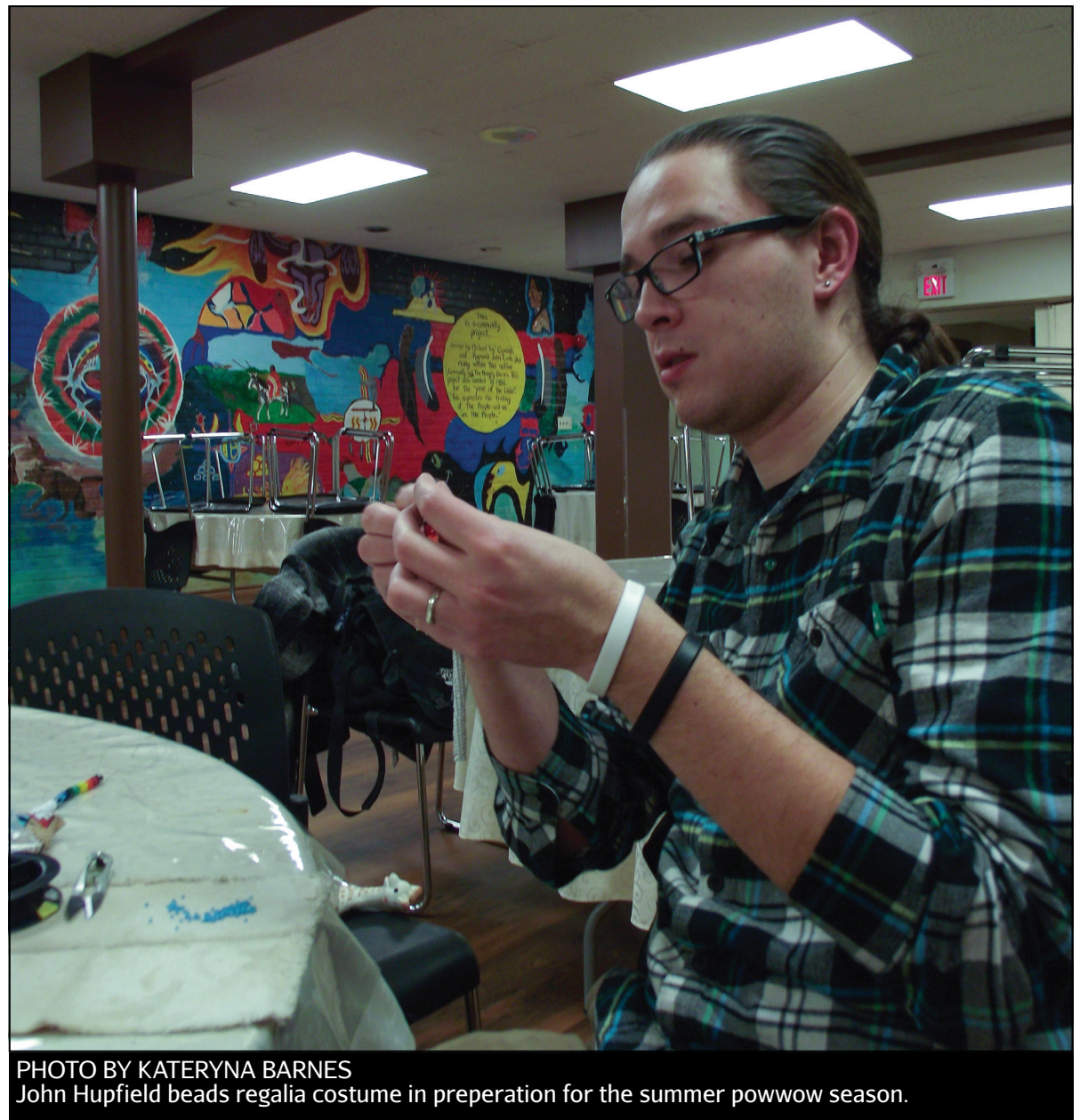


PHOTO BY KATERYNA BARNES  
John Hupfield beads regalia costume in preparation for the summer powwow season.





PHOTO BY AMY STUBBS  
Billboards like the ones lining Yonge and Dundas Square will be taxed to help fund the arts in 2016.

# Toronto arts funding gets added \$22 million in budget

## Goal of \$25 per capita by 2016 to put city in line with others

**Amy Stubbs**  
A&E Reporter

A budget vote by Toronto City Council on Jan. 16 approved an increase of \$22.5 million in direct arts funding.

Along with the support of Mayor Rob Ford, Toronto City Council vows to reach \$25 per capita by 2016, gradually increasing from the current \$18 per capita. The increase will put Toronto in line with other major cities across Canada, and provide much-sought aid for students and recent graduates in the city looking for support.

The announcement was a victory worth celebrating after 12 years of hard work for Beautiful City Alliance, which brought together over 60 organizations to push Toronto to create a tax on billboards, the proceeds of which would support arts and culture in the city.

Beautiful City founder and coordinator Devon Ostrom, said, "It's a funny feeling because it's been a long time in the making."

A Beautiful City press statement noted a great deal of support along the way without any results.

The \$25 per capita was approved first in 2003 by former mayor Mel Lastman, in 2010 by mayor David Miller, and again, in 2011 by Ford.

"It was a relief to finally have it done, with so many delays and false starts," Ostrom said.

Che Kothari, Executive Director of Manifesto and Lead of Mobilization for Beautiful City, had much to say on how the funding will support youth and emerging artists.

"When you have an emerging artist coming in to the city and coming out of university, where is the next avenue

for them to continue their exploration as an artist and figure out who they are as an artist?" said Kothari.

Humber College comedy student Patrick Cadegan, 23, is hopeful of similar programs in other cities across the country.

"I'm from Nova Scotia, and there's a theater that I grew up performing in and it's completely government funded. So I would like to see that money go towards government funded theaters," Cadegan said.

Kothari believes the city has many existing groups that he would like to see grow with the additional funding.

"A great space is arts organizations that a young person can join in to, grassroots organizations that they can become a part of, and art institutions. There is a need for young artists to be supported."

# Humber's Got Talent to hit both campuses

**Faiza Amin**  
A&E Reporter

Humber College students will get a chance to showcase their talents at the annual Humber's Got Talent competition, organized by Humber Students' Federation.

"It's to showcase the talent we have at the school," said Colin Edwards-Crewe, HSF vice-president of campus life for Lakeshore. "There are a lot of artistic people and a lot of artistic programs," he said.

This year's competition will feature three winners from each campus.

The grand prize is \$600, while second place receives \$300, and for third place, \$100.

Two separate shows will take place, one at the Lakeshore campus, and the other at Humber's North campus.

Emily Genitti, vice-president of campus life for Humber North, said this

is the first time the competition is being held separately on both campuses.

"It's always difficult for the Lakeshore students to have to come here, so we wanted to give them equal opportunity," said Genitti.

Those interested in participating will be required to attend preliminary try-outs on Jan. 30. Five contestants will then be selected from each campus and invited back to perform at the finals on Feb. 6.

They are encouraged to be creative and come show off their talent in front of the audience and a panel of judges.

"The judges will be looking for originality, performance quality, audience interaction, and if you're engaging," said Genitti.

Last year's winner, Adrian Smith, 22, a general arts and science major, agrees with Genitti. He said his drumming crew won because their talent was unusual, and because they were a crowd favourite.

"Crowd appeal is very good, but you have to win over the judges, too," said Smith. "You have to be able to give the judges what they're looking for, and at the same time please the crowd."

The competitions will take place in the Student Centre at the North campus, and the K-building at the Lakeshore campus.

Those selected to compete in the finals will be notified on Jan 31.



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**DESIGN EXCHANGE**  
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# Grad publishes children's book

**Julienne Bay**  
A&E Reporter

Raj Gill, a project management graduate of Humber College, has written a children's book, *A Monkey Ate My Pancakes*, illustrated by Humber faculty member John Stuart.

The book will be the first in a series and it revolves around an ordinary boy named Charlie who interacts with different characters in each book, the first being a monkey. It also includes review questions for parents and children.

The readers will "pick up hints along the way," said Gill.

Raj works at a U.S. bank in Toronto, but always wrote stories as a hobby.

"The writings were sitting in boxes at home," said Gill. "So I called a bunch of illustrators and when I met John, there was an instant connection."

John Stuart, an instructor in Humber's Visual and Digital Arts program, worked as an animator before becoming

ing a college teacher.

"It's not just a story. It's educational. So that's why I wanted to do it," said Stuart. "Kid's characters are what I like to do, anyways."

Humber students' reactions were positive when they were told that Gill is a graduate of the college.

"It makes me feel good, because it makes me feel like I'll be successful when I graduate," said Megan Grant, 20, of the Interior Decorating diploma program.

Alyssa Mallon, 19, of the Visual and Digital Arts program said that it "gives her hope" about her future.

"We're always looking towards grads and faculty members progressing in their professions," said Noni Kaur, the program coordinator of Visual and Digital Arts.

Gill said students interested in writing shouldn't be discouraged by

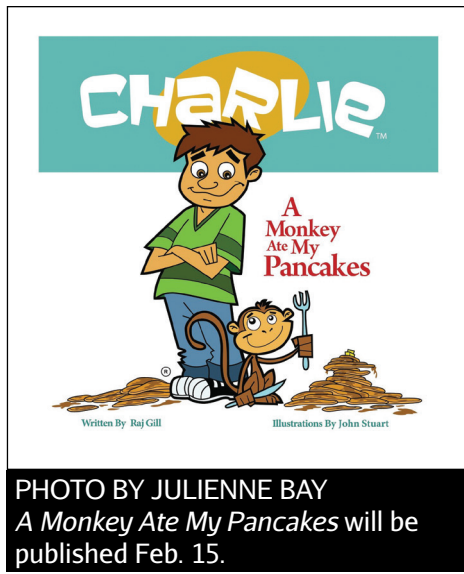


PHOTO BY JULIENNE BAY  
*A Monkey Ate My Pancakes* will be published Feb. 15.

rejection.

"I sent this to about 100 publishers before I got a response," said Gill.

To receive feedback for his work, Gill went to different libraries and asked parents to read his book to their children.

"I was pretty encouraged by their reaction, but it took a while," said Gill.

The book is published by Burman Books and will be released Feb. 15; it is available for pre-order.

# FunnyMan promoting comedy in Canada

**Andrea Fernandes**  
A&E Reporter

FunnyMan Inc., created by Humber comedy grad, Marc-Anthony Sinagoga, 22, is looking to raise awareness about the lack of a Canadian comedy market.

"There is a wide variety of local talent that should be showcased and respected around the world," said Sinagoga. "We shouldn't have to leave the country to seek the lime-light and gain exposure."

Sinagoga said he believes the comedy market in Canada should not rely solely on big franchises such as Yuk Yuk's or unpaid downtown Toronto gigs.

"My biggest goal is to have us be

paid enough so that we don't have to go to the States to become a big comedian," he said.

Agreeing with the comic is Shiraz Ali, a 21-year-old Humber Creative Photography student, who believes that "you have to travel to get your name out, to build an audience and to become successful."

Andrew Clark, the program coordinator for Comedy Writing and Performance at Humber, notes how the college has the only diploma program in all of North America.

It is no surprise then that it has created quite the reputation.

Sinagoga said the program really helped shape him into the man he is today and set him onto a path of success. The comedian admits that he would be nothing without it.

"They really threw me on the stage. I don't think I would have gone out on my own and booked my first set," said Sinagoga. "They really throw you into everything and you kind of find your own niche from there."

Despite the program's reputation, Clark believes "the more the merrier," and emphasizes how there is a need for more comedy in Canada.

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**Jan 28 - 29**

place  
**Student Centre**

hours  
**9-7**

last day  
**9-5**

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PHOTO BY ERICA VELLA  
Third-year Humber student Christopher Legacy, 34, (front row left) and the cast of *Till Eulenspiegel* in a vocal rehearsal.

# Kosinski life on stage with songs and puppets

**Erica Vella**  
A&E Reporter

Humber Theatre's third-year, graduating class has teamed up with director Varrick Grimes to launch the premier of *Till Eulenspiegel: in the afterlife of Jerzy Kosinski*.

The play revolves around a young boy living through the Second World War, and is loosely based on a popular German folklore character, Till the Trickster, along with peppering in elements of the personal life of writer Kosinski.

The Polish-Jewish author is known for his autobiographical novels – most notably *The Painted Bird* – however at the pinnacle of his career, it was revealed he fabricated most of the events in his writings.

"This play is about the consequence of life on death," said Grimes. "The material that Kosinski wrote often was presented

as what he called 'auto fiction'... but the novel (*The Painted Bird*) was taken to be a biography and he didn't dissuade people of believing that."

Kosinski's life story, however, is a tragic one, as he took his life after the accusations of him falsifying the events began to arise. The writer had also produced the novel *Being There*, made into a prominent film starring Peter Sellers.

Grimes collaborated with Humber theatre students to create a physical theatre production that incorporates different elements of ensemble work which audience members are not accustomed to.

"This work involves a lot of risk," said third-year student Julia Porter, 27.

"There is a lot of puppetry, singing and visual projections," said fellow cast member and Humber theatre student Meghan Chalmers, 20. "Audience members are being transported to a place where puppets exist and people can fly up ladders."

"This play challenges how stories are told," said theatre student, Christopher Legacy, 34. "There are a multitude of ways to communicate and we aim to tell the story at a visceral level."

"We go through an exploration and discover things through our rehearsal and we cannot wait to share it with the audience," Porter said.

*Till Eulenspiegel: in the afterlife of Jerzy Kosinski* opens on Feb. 22.

For ticket information contact humber.theatre@humber.ca.





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

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Mar. 21 – Apr. 20  
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**TAURUS**  
Apr. 21 – May 20  
Stubbornness will get you nowhere in life. You're still sexy, though, don't worry.

**GEMINI**  
May 21 – Jun 20  
Exercise less, think more.

**CANCER**  
Jun. 21 – Jul. 22  
You have enough cats. Seriously, don't make us call *Intervention*.

**LEO**  
Jul. 23 – Aug. 22  
Grow up.

**VIRGO**  
Aug. 23 – Sept. 21  
People are misjudging you. You're not as innocent as you seem. Cut it out.

**LIBRA**  
Sept. 22 – Oct. 22  
If you were a character from *Breaking Bad* you would be Marie.

**SCORPIO**  
Oct. 23 – Nov. 21  
You shouldn't be proud of your personality.

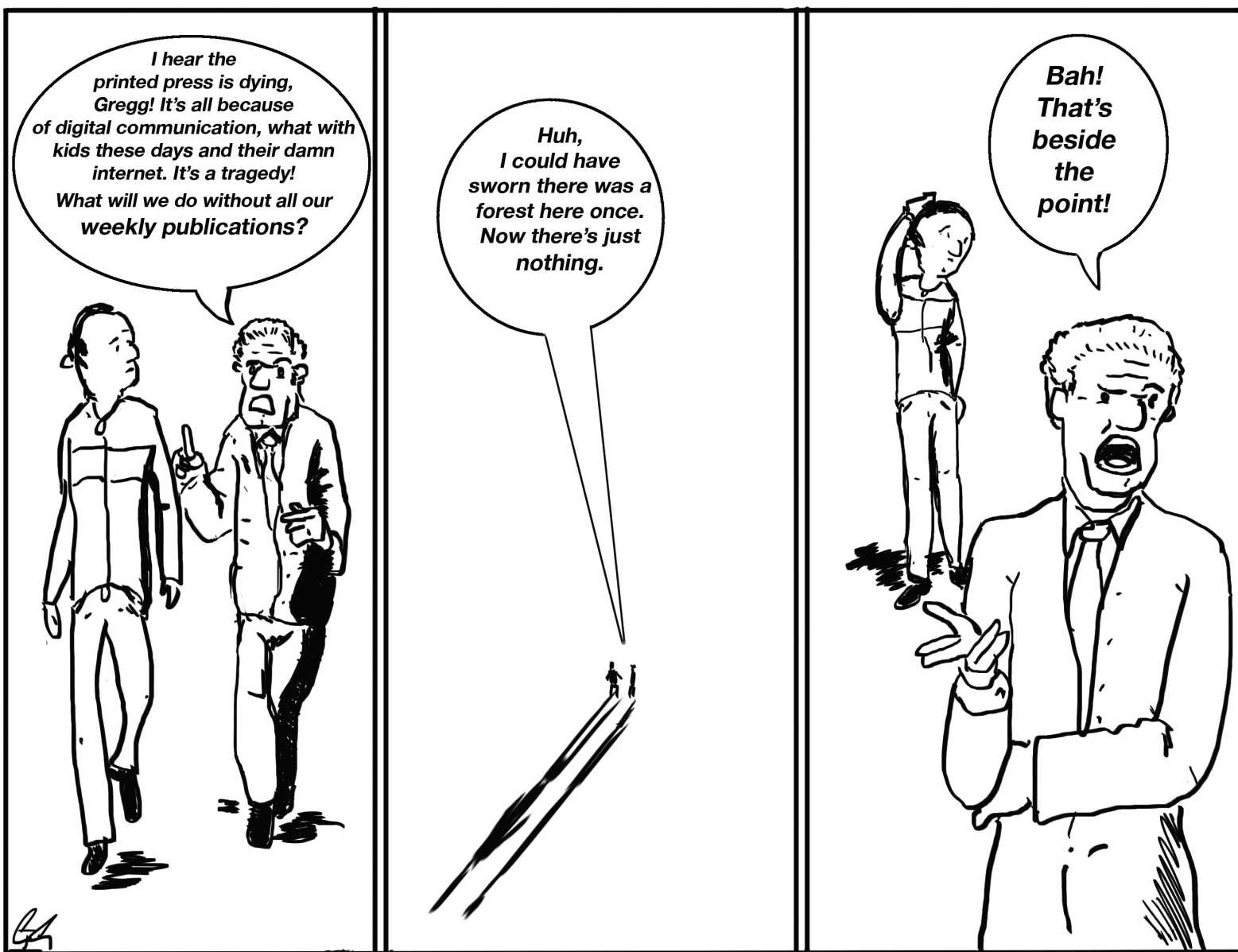
**SAGITTARIUS**  
Nov. 22 – Dec. 21  
Think twice before you snap at your boyfriend again.

**CAPRICORN**  
Dec. 21 – Jan. 19  
Reality check Cap, you're not the king of the world.

**AQUARIUS**  
Jan. 20 – Feb. 19  
Who do you think you are? Really.

**PISCES**  
Feb. 20 – Mar. 20  
I would be sick of being a push-over if I were you.

“Negative Space.”



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COURTESY OF HUMBER ATHLETICS  
Terrel Bramwell was a killer on the volleyball court for the Hawks. He currently holds the OCAA record for most kills in a single match (40).

## Humber legends are equals in all but one category

**Hugh Smith**  
Sports Reporter

Forty-four is just one of many numbers that hang from the rafters in the home of the Humber Hawks.

George McNeil has attained legendary status in Humber's basketball community as the first Humber athlete to have his number retired.

"He put Humber on the map as a basketball power," said Jim Bialek,

Humber's manager of athletics and sports information. "He was our first great player."

Doug Fox, Humber's athletic director, said that no criteria for retiring a player's number exists, aside from two qualifications. "They have to graduate [and] they have to have great athletic ability," said Fox.

McNeil's accomplishments while playing with the Hawks certainly seem to testify to the latter requirement: in 1987-1988, he led the OCAA in scoring with 342 points. Later that season, he led the Hawks to a silver medal in the OCAA Championship. The following year he added an OCAA gold medal and a silver medal in the national championship.

He was also an All-Canadian, the first of only two Humber basketball players to reach the 1,000 point club, and an OCAA Hall of Famer.

Yet the path to having a jersey retired is not always as clear as McNeil's.

One could compare McNeil to recent Humber volleyball all-star, Terrel Bramwell. A two time All-Canadian, Bramwell was named the 2012 CCAA

player of the year. He led the Hawks to a national gold medal in college volleyball last year, setting the all-time kills record in a three-round playoff with 98. He was the MVP of the championship tournament, led the CCAA in kills per set with 5.67, and has been credited by the CCAA with increasing Hawks attendance by 200 per cent.

And that's only his accomplishments from 2012.

With all these accolades, Bramwell's success at Humber is comparable to McNeil's. So why does McNeil's number grace the Humber athletic ceiling but Bramwell's does not?

According Humber's facility manager Dean Wylie, this was not a deliberate snub. Wylie said Bramwell still has two years left on his five year CCAA eligibility, which automatically disqualifies him for consideration of having his jersey number retired.

However, this could change. "Is it a possibility we'll retire his number eventually? It's quite possible," Wylie said, "You never say never in sports."

# Patriots player jumps on Div. 1 full ride

Kyle Dutra will attend Mercyhurst College, a Division One NCAA athletic program, on a full scholarship this coming fall

**Adam Kozak**  
Sports Reporter

Kyle Dutra likes where he's going.

His decision to take a year off after high school to pursue his dream of playing college hockey proved to be worth it.

Dutra, who is captain of the Etobicoke-based Toronto-Lakeshore Patriots of the Ontario Junior Hockey League, recently earned a full athletic scholarship to play hockey for Mercyhurst, an NCAA Division One school in the United States. Every NCAA team is limited to 18 scholarships per year to give out to 25 players, and each scholarship has to be renewed every year.

The 6-foot-2, 200 pound forward credits a lot of his success to head coach and GM Mike Tarantino. Dutra is unequivocal when he says Tarantino

is "the best coach I've ever had."

And he has earned lavish praise from his coach.

Tarantino couldn't hide his enthusiasm seeing the man he named captain move on.

"That was his goal when he signed here with us and I'm happy he's able to accomplish that. I mean, that's why I coach. Just to help kids move on," he said with a smile.

Brody Heleno, assistant captain on the Patriots, is happy for Dutra and said he's confident Dutra will do well at Mercyhurst.

"If he keeps working, and I know he will, he's got a bright future."

However, the decision to postpone his education in hopes of playing elite

hockey for a little bit longer was not the only tough choice Dutra had to make to achieve his dreams.

His friends in high school didn't play high-level hockey like him, so when they partied, or took part in other social engagements, he usually had a game.

"There was the temptation to play a lower level hockey and then get to do that with them. But I realized I've done hockey for the last 12 to 15 years and I can't just give it up now. And if I just keep working hard there's going to be a good outcome out of this," Dutra said.

**"If he keeps working, and I know he will, he's got a bright future."**

**Brody Heleno**  
Assistant Captain

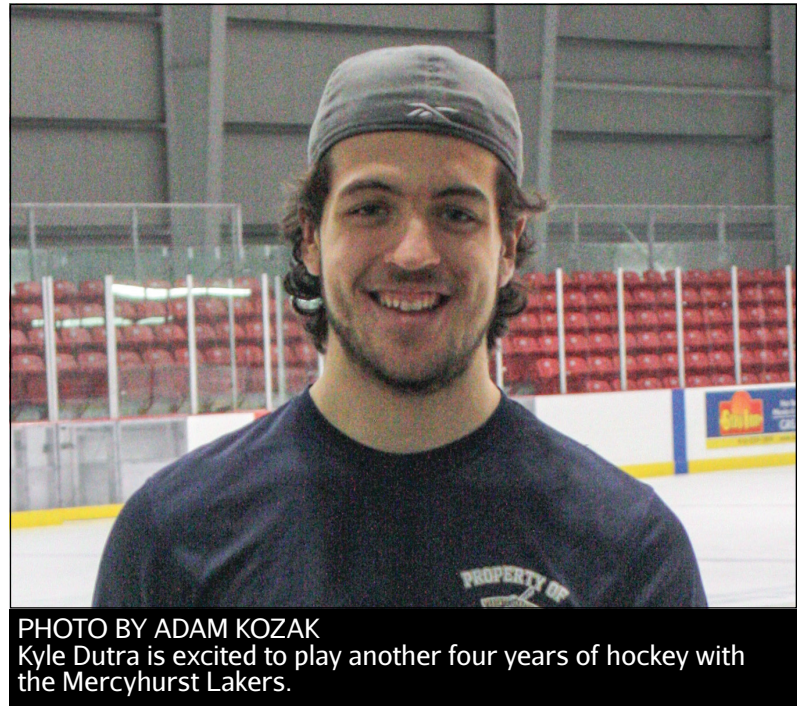


PHOTO BY ADAM KOZAK  
Kyle Dutra is excited to play another four years of hockey with the Mercyhurst Lakers.

## GAME OF THE WEEK



The Humber Hawks play host to the Canadore Panthers. After 20 years, the Panthers are back on the court and back at Humber.

VS.



**SATURDAY**  
**FEB. 4**  
**Tip off:**  
**4 p.m.**

## Humber's high-spirit hockey

Women's hockey coaches say fun comes first but they have concerns for commitment of players due to busy schedules

**Jonathan Rumley**  
Sports Reporter

In an effort to attract and keep players faithful to their program, coaches Emily Curcuruto and Alix Kole implement an easy-going atmosphere for the Humber women's hockey team.

"Our biggest issue is commitment," Curcuruto said. "We want to keep (the players) committed. It's important that we stay positive and do well."

The coaches agreed there are several reasons why commitment is a concern.

"I think there are a number of factors," said Kole. "School is definitely one of them."

Despite these concerns, Curcuruto

said the team had approximately 30 girls attend tryouts.

The players were upbeat and full of excitement before a high-energy practice at Westwood Arena, and Curcuruto and Kole spoke enthusiastically about this year's team.

"We try to have a lot of fun," said Kole, expressing how the coaches like to keep spirits high and the mood light.

Olivia Crossley, a 21-year-old third year justice studies and police foundations student at the University of Guelph-Humber and forward for Humber, admitted that she was initially reluctant to join the team. "I was nervous to try out because I didn't know anyone."

But now, Crossley is more than

happy with her decision.

"I love it, it's exciting. We have a lot of fun," she added.

Curcuruto has been coaching the Humber women's hockey team since 2008. She said the Humber squad always plays with a target on their back.

"When (opponents) see that Humber jersey, they want to beat you."

With their first tournament of 2013 coming up fast, Lyndsy Pellizzari, defenseman for the Hawks, is eager to get back into competition.

"Our team is unreal and we're going all the way," Pellizzari said.

The Hawks are expecting a strong performance in the upcoming University of Toronto, Scarborough tournament on Feb. 1.



# Humber looks for revenge against Fanshawe

Hawks lost a double overtime nailbiter in previous meeting with Falcons

**Madeline Fuchs**  
Sports Reporter

The Humber varsity men's basketball team will face off against the Fanshawe Falcons on Jan. 30.

The last time these two teams met was on Oct. 30, with Fanshawe taking the victory in double overtime, 97-94. The game was the first of the regular season and now the Hawks are gearing up for a strong rematch.

Humber head coach Shawn Collins is not worried about the matchup. He said the "overall confidence as a team is much better."

The Hawks started the season with a team primarily compiled of rookies, and only a handful of veterans returning. "Coming into January, I think we've grown as a team," he said.

Tyrone Dickson, 19, a first year recreation and leisure student, said the team has improved since the beginning of the season.

"Communication has been the number one priority and I think we've executed pretty good," Dickson said.

Facing Fanshawe means the Hawks will have to take on star point guard Boyd Vassell, who proved a

**"If we just play our game, we can beat anybody in this league"**

**Gibson Eduful**  
Broadcast Television

challenge in the first game, as he put up 30 points for the Falcons. Most of Vassell's points were found at the free throw line.

However, Vassell does not seem to be a point of concern for the Hawks.

Gibson Eduful, 24, a first year broadcast television student, is confident.

"We're not too worried about them. If we just play our game, we can beat anybody in this league."

With only six games remaining before the playoffs, the Humber-Fanshawe game will start off the final stretch of the men's regular season.

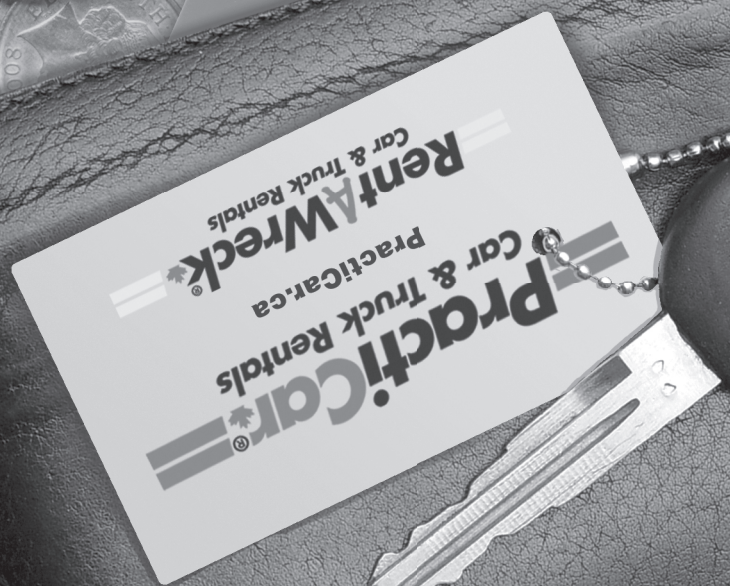
"There's a better sense of urgency, so we feel like we need to win these games and we're working very well right now," Eduful said.



COURTESY HUMBER ATHLETICS  
Hawks power forward Brett Neumann leaps high for tip off against a Fanshawe player.

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## Extramurals expand to eleven

Addition of European handball to offer time and financial flexibility for students

**Brian O'Neill**  
Sports Reporter

They may not have the prestige of varsity teams, but extramural sports provide students with unique options geared to getting them active without losing any of the competitiveness.

"What people consider non-traditional is traditional to us," said Jennifer Maclam, a North campus recreation coordinator.

"They are stuff you played through elementary and high school," Maclam said.

These are sports like dodgeball, ultimate frisbee, and this year's newest addition, European handball. There are 10 extramural sports in total, and over 1,000 students try-out for squads, Maclam said.

Athletic director Doug Fox said extramural sports exist in a middle ground for students. "We have recreational sports which are fun in nature, and varsity which is more competitive. Extramural is somewhere between," Fox said.

"They tend to be sports we don't have at varsity that people get excited about. We want to have people sweating and having fun."

Extramural sports work well because they provide students with the ability to play against other schools without the cost of a varsity program, Fox said.

They also work better with student's schedules, Maclam said, with games taking place on weeknights instead of weekends, and tournaments on Friday's.

European Handball joins the list of extramural "non-traditional" sports this semester.

"It combines the idea of ultimate frisbee with passing and moving forward, has the dribbling of basketball and a court like an indoor soccer field," said Ryan Kozak, coach of the co-ed European handball team.

So far almost 20 students have registered to try out for the team, Kozak said.

"I believe it is a stepping process. People see us playing in the gym, playing at Lakeshore, people hear from me and see it's a cool sport—there may be more people next year," he said.

The first tryout for the European handball team is Jan. 30 in Gymnasium A. Kozak encouraged students to visit the Athletic Centre to fill out a registration form, but said forms can be filled the day of the tryout.





HSF ELECTIONS 2013



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