



Humber isn't doing enough to support students who require mental health assistance. It's time that stops. See the full story on page 7.

Cab drivers demanding action on Uber regulations

Serge Halytsky
SENIOR REPORTER

Taxi drivers erupted in protest against UberX throughout Toronto Wednesday, freezing traffic in the downtown core.

The protestors were joined by Councillors Jim Karygiannis and Giorgio Mamolitti, city hall's staunchest advocates of the cabbie cause.

Representatives of the taxi industry were promised a meeting with police Chief Mark Saunders as a result of the disruption.

A tweet from the protests showing a cabbie being dragged through a busy intersection while trying to confront a driver he thought was working for Uber went viral.

The cabbie, Suntharesan Kanagasabi, told the CBC that he worked for Uber as recently as last week.

"Taxi Workers Association said the group of protesters was attempting to contact the driver and to speak with him, and that the accident 'illustrates the frustration of our drivers.'

Uber was alarmed "to see this act of taxi aggression against Toronto Uber drivers, rather than blocking roads and causing fear and frustration," Uber said in a statement.

The company thinks that open collaboration is the best way forward.

Several dramatic incidents were captured on video that day. Toronto Mayor John Tory called for the end of these kinds of "dangerous and destructive activities."

UberX is the paid service that came to Toronto little more than a year ago. They offer a ride share service that's lower than the taxi cost.

Uber customers are using a cellphone app to book the ride. Some cab drivers claim they've lost half of their income due to that, but most estimates of Uber impact don't see it being that big, Huffington Post Canada reports.

"I am specifically requesting cab drivers stand down," Tory said.



NICK WESTOLL

Protesters blocked Queen and Bay streets outside city hall to demand Uber regulations. Gathering turned unruly, with heated confrontations.

Sugar tax sought by Canadian Diabetes Assoc. to fight obesity

Delia MacTaggart
LIFE REPORTER

Many Western industrialized countries, including Canada, are tasked with combatting high rates of obesity with fragile health-care systems.

To combat the disease and its associated ailments the Canadian Diabetes Association is proposing a tax on sugary drinks.

"We recommend a tax on sugar sweetened beverages as a means to decrease excessive consumption and raise awareness about the health risks associated with excessive consumption," said Seema Nagpal, Director of Public Policy at the Canadian Diabetes Association.

"Sugar sweetened beverages

include soft drinks along with other sugar-sweetened beverages such as sports drinks, fruit drinks, blended coffee drinks, and iced tea." Nagpal said that when Mexico applied a 10 per cent tax to sugar sweetened drinks last year, 9 per cent of low-income communities stopped drinking them.

"The number of Canadians living with diabetes has doubled in the last 12 years," said Nagpal.

She believes that to reduce the number of Canadians with diabetes, there needs to be more public education, more blood screenings, clearer food labels, and more physical activity, too.

"There's a concern about increase in obesity and [peo-

ple are] looking for easy answers, and when certain trends in research appear the media amplifies the significance of it," said Laura Pasaut a registered dietitian.

For now, there's no proposed provincial or federal legislation for taxing high sugar foods or drinks. However, the Canadian Diabetes Association recommended a tax on sugar sweetened beverages in September.

Pasaut, a dietitian from the Canadian Sugar Institute, says there's no recommended daily intake of added sugar, according to the Canadian Healthy Living Food Guide.

She says that regardless of whether sugar naturally occurs or is added, the human body metabolizes it the same.

"It's hard to determine what might be effective," Pasaut said in regards to applying a tax to foods with high levels of added sugars.

She thinks it would be better to take on a more holistic approach of maintaining a balanced diet and active lifestyle.

"I think any time there's a policy related to money, it may have a greater impact on those who are poor," said Pasaut.

Overall, she thinks in regards to diet choices that reducing the amount of caloric and fat intake should be the main focus.

A quarter of Canadian adults are obese and 37 per cent are overweight, Statistics Canada says.

The cost of high sugar, high calorie, and low nutrient meals are cheaper and more accessible for working class people.

The Journal of the American Medical Association

published a paper stating that taxing high sugar foods should be combined with subsidies for healthier choices. They suggested a 10 to 30 per cent tax on high sugar foods.

In an extensive Public Health England document, arguing for sugar taxation, it said only 5 per cent of one's dietary energy should come from sugar.

In the U.K. sugar accounts for over 12 per cent of adult diets and 14 per cent of diets for those under 18 years old. It also says soft drinks are the largest single source of sugar for children 11 to 18 years olds.

The same document said "we are eating too much sugar and it is bad for our health. Consuming too many foods and drinks high in sugar can lead to weight gain and related problems as well as tooth decay."

Toll lanes to come to Ontario in summer of 2016

Evan Presement

SENIOR REPORTER

Transportation Minister Steven Del Duca announced Monday that the province of Ontario will be introducing the first HOT (high occupancy toll) lanes in the summer of 2016.

“We will be launching a HOT pilot project on the QEW between Trafalgar Rd and Guelph Line that will become operational in summer 2016,” Del Duca said, adding that roughly 1000 permits will be issued to drivers in the research stage of the program.

The drivers will pay a toll to travel in existing HOV lanes to account for

the fact that there’s only one person in the car.

HOV lanes converted into HOT lanes will remain free for those with two or more people in the car and for those who have ‘green license plates.’

No existing general-purpose lanes will be removed from the highways, and single occupant drivers will have to pay a monthly fee to use the service, he said.

The minister said that there are 13 jurisdictions that currently use the HOT lanes. He mentioned Israel, Atlanta, Minneapolis and Seattle as places that have found them to be successful.

“[HOT lanes] have been ef-

fective at managing congestion by giving people options and incentives to change the way that they commute,” he said. “This is another weapon in the arsenal that we have with respect to being creative to fight congestion in this region.”

The transportation minister mentioned Utah as the jurisdiction that best exemplifies how the province is going to use the lanes. Del Duca said Utah’s system uses a monthly charge of around \$50, and said he will announce pricing in the spring.

The first long-term HOT lanes will come in 2021 on Highway 427 from south of Highway 409 to Ruth-

erford Rd in York Region.

“Well-managed HOT lanes can improve congestion for all drivers on the highway, which will improve travel times for everyone,” Del Duca said. “By providing more options, we are helping to manage congestion, which will help keep this region moving.”

While Del Duca paints an extremely optimistic picture, many have raised concerns regarding the lanes.

During the question period after the announcement, reporters asked if allowing single-person vehicles in the lanes was contradictory to the message being delivered by the Liberal government

regarding climate change. Many also asked if this was going to discourage carpooling in the province.

The NDP has already spoken out against the idea, calling the HOT lanes ‘Lexus lanes,’ insinuating that only the wealthy will be able to use them.

PC leader Patrick Brown has said that Ontario shouldn’t be taxing existing roadways.

Despite the concerns, Del Duca insists that HOT lanes are the right choice.

“Anything that we can do to be creative, to alleviate congestion on our highways, helps,” he said. “It helps improve quality of life.”

Toronto named top city for students despite inaffordability

Shannon MacDonald

SENIOR REPORTER

Toronto is one of the most desirable places in the world for students, despite challenges like affordability and transportation.

A yearly survey published by TopUniversities.com compiled a list of the best cities in the world for university students. The survey is complicated, basing lists and scores from multiple sources and angles.

Canada often has at least three cities in the top 20 overall rankings, out of the 116 cities worldwide that make the list.

Toronto and Vancouver tied for 13th place in the overall ranking. But there is another Canadian city that breached the top ten in overall satisfaction: Montreal is seventh.

Toronto did crack the top five in the desirability list. Right behind Sydney, Australia, Toronto is the second most popular place for people to go internationally for school.

Other categories in which Toronto places lower included affordability, employer activity and student mix.

Claudia De Bourg, a second year visual arts student at Humber College, said one of the main reasons students aren’t as happy as they could be is transportation.

“I live outside the main city so I don’t just take the TTC and the schedules for the different bus lines rarely add up, so you have to wait for who knows how long.”

De Bourg isn’t the only one who immediately thought of transit problems hindering students. Humber marketing student Chris Williams knows it will take time, but wants more options.

“There are several things the TTC could do to make our lives easier. There needs to be more lines on the subway. They should also finish integrating the Presto pass system with the entirety of the TTC. It just doesn’t make sense to not use it.”

Billie Peterson, a second year design student, said transit isn’t the

only thing this city needs to work on to be more comfortable for students.

“This city is so expensive,” Peterson said. “I come from a smaller city and rent here is ridiculous. You can’t survive on OSAP here at all, and it’s so hard to get a job here when you are juggling a full class load and you don’t know anyone.”

Risa Handler, a counselor at Humber, said things are always more difficult when you cannot concentrate.

“It would be hard to get anything done when you are struggling to pay rent and buy food,” she said.

“If you have to get OSAP to get an education then by all means, do what you need to,” she said. “But we do want students to know that OSAP is not a bountiful amount of money and (they will) often need to seek part time employment, though that’s not always the easiest thing to do.”



CREATIVE COMMONS/OPEN GRID SCHEDULER / GRID ENGINE

Toronto landed in top five cities for students for desirability.

Humber offers virtual guardian for students

Chris Besik

NEWS REPORTER

The latest addition to Humber’s Public Safety efforts to provide security on campus is the Humber Guardian app.

The app is a digital watchdog designed to provide help and information for members of the Humber community.

“The more information people have readily available to them, the better off people are,” said Keith Pua, Public Safety Coordinator at Lakeshore campus and creator of the app. “It’s a new method we can use to communicate with the Humber community.”

The app was developed to provide the campus community with a reliable emergency contact information database and tools to ensure personal security. Toronto Distress Centre, the Centre for Addiction and Mental Health (CAMH) and Crime Stoppers can all be contacted via the app.

Students and faculty can also connect directly with security if they’re in a compromising situation. But many students seem unaware of the app and its benefits.

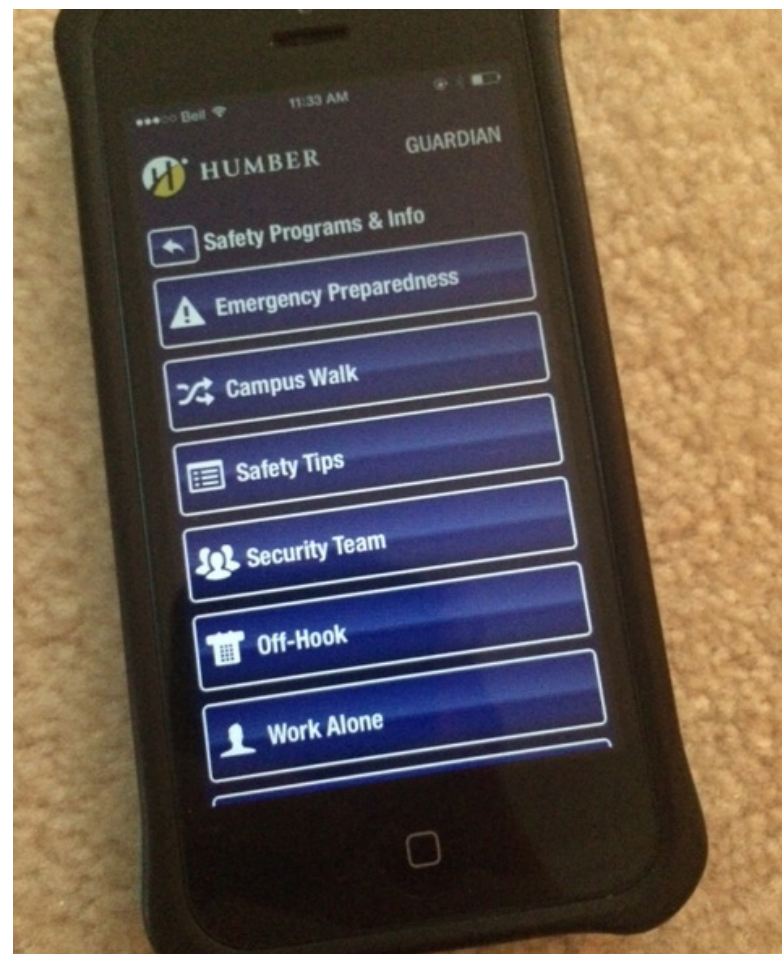
Zack McLean, a 20-year-old second year marketing student, believes the school is safe enough.

“There would have to be a seriously known threat, 911 is pretty fast for me,” he said.

According to Humber Public Safety, the app also offers campus maps, emergency preparedness guidelines and contact info for transit associated with Humber College.

Suzanne Chenarb, a 45-year-old first-year Design Foundation student, also believes the school is safe enough during the time of day she is there. However, she feels it would be beneficial in the later hours when there are fewer people and security personnel.

“I would use it if I was at school later. The latest I leave school is at six,” said Chenarb. “They still have security in the lot when I am on my way to my car.”



CHRIS BESIK

Humber’s Guardian app helps students ensure they get home safe.

With the recent violence around the campus, the app is being presented as a viable tool that can be applied to many unsettling situations.



It’s a new method we can use to communicate with the Humber community

Keith Pua

PUBLIC SAFETY CO-ORDINATOR, LAKESHORE CAMPUS

With the most recent homicide on Alba Place near North campus last November, security tensions have heightened.

In a tweeted statement, Humber

President and CEO Chris Whitaker reported two hate-related incidents on campus last week: a Muslim student was attacked and racist graffiti was discovered on the campus.

Pua said the app’s main goal is to make the students and community aware of “the resources that they ... have available to them on campus,” he said.

Other colleges and universities offer similar apps. York University offers an app called York U Safety, while University of Guelph offers the SAFEGRYPHON security app.

The Guardian app is frequently updated and improved.

“We are constantly working on improvements, we actually have an update coming up in the near future, but we are working on some things,” said Pua.

Culinary assignment: Christmas dinner

Sveta Soloveva
NEWS REPORTER

Second year culinary students whipped up a turkey dinner for the first Christmas party of the season at The Humber Room this week.

The Christmas rush was evident, with dishes clattering and cooks bustling around in the Humber kitchen on Dec. 9, when culinary management students prepared for the feast. Chef Francisco Rivera said the event for 86 guests opens the season of Christmas parties at the college restaurant.

“Every day we have a Christmas party [from Wednesday]. It is a good experience for the students because when they go into the real world, it is the same Christmas rush,” Rivera said.

Students worked in small groups on the traditional turkey Christmas dinner. It included an appetizer - beet salad with goat cheese, red grapes and blueberries and dessert - a flourless chocolate torte.

Diners were given the option of turkey or ham with vegetables or a meatless option of risotto

The cost of the three course meal is \$34, which is a great price for the quality of food and service at the Room, culinary instructor Trevor



SVETA SOLOVEVA

Second year culinary students James Wood and Shanika Perera prepare for the first Christmas party at Humber Room on Dec. 9

Meynert said.

“If you go out to a fancy restaurant, it’s double the price. But everything you see [at the Humber Room kitchen] is done today, so we can

guarantee that the product is really fantastic,” said Meynert.

He is proud of his students who are graduating in just a week adding that they are pretty independent in

the cooking and managing process. Every day they have a chef who looks after the entire operation.

“Humber College was able to put some really fantastic students there.

They are handling the pressure very well. After the holidays they are doing their internships, and then they are ready for the outside world,” said Meynert.

Shanika Perera, a second year culinary management student, who was rolling up turkey legs in foil, is excited for Christmas. She is very busy with school right now, but she will be planning the menu for her family’s party in just a week.

“I love cooking. Especially, I want to do a Royal Fondant Cake that we made yesterday in our class. I’m going to make something really special, but I have no idea right now,” Perera said.

James Wood, another second year culinary management student, was baking the stuffing for turkey, which is a potato mash with vegetables and fine peas. Unfortunately, he’ll be working at a restaurant on Christmas and won’t have a chance to surprise his family with festive dishes. Nevertheless, he appreciates the experience he will get working during such a busy period of time.

“For the last 10 years I’ve been cooking something for my family’s Christmas, but this year I can’t. That sucks. Hopefully, I’ll prepare something for the New Year,” Wood said.

Shootings shock students

Chris Besik
NEWS REPORTER

The shock of the recent shootings near Humber College North campus has resonated with the school community.

According to Toronto Police there have been two gun related homicides that occurred within the last month. The homicides happened close to Humber College North campus.

“We’re obviously shocked, I think it’s probably the initial reaction, having anything like that happen in close proximity to the college is a little disconcerting,” said Rob Kilfoyle, director of public safety and emergency management.

“We were also confident in our relationship with Toronto Police in terms of communicating any potential impacts,” he said.

Police say two vehicles were travelling westbound on Finch Avenue when an altercation took place on October 26 and shots were fired into the passenger side window. The barrage of shots killed Jamahl Darling, 27, of Toronto.

Another incident, on November 17, saw 26-year-old Narendra Ramdharry gunned down on Alba Place Court. Police said he was shot twice in the back.

“It’s actually had an impact, particularly students that live in the neighbourhood, there is a strong contingent of off campus housing in the area,” said Kilfoyle.

Kyle Heyworth, a first-year Lead-

ership and Supply Management student who works in the area, believes security has the ability to prevent these incidents.

“The shooting didn’t happen on campus, but I’m concerned because this area is kind of sketchy,” said Heyworth.

Researcher Jeffrey Grogger of the Harris School of Public Policy in Chicago concluded in his study Local Violence and Educational Attainment in the Journal of Human Resources that violence in schools along with neighbourhood violence has a large effect on “educational attainment.”

“Yes, I’d say it’s affected my security, not in a large way but very small factors,” said Julian Paron, an 18-year-old first year Food and Nutrition student. “This area has a history of stabbings and shootings.”

“They start to question whether the neighbourhood is a good place, it’s not something that happens every day, which is a good thing,” said Kilfoyle.

Toronto Police crime statistics up to Dec. 7 show there have been 234 shootings in the city, up from the same date in 2014, where there were 170 shooting incidents. The number of victims, including the injured, has also increased by 131 with 350 to date in 2015 from 219 in the same time period in 2014.

“The message to stress there, is to actually talk to someone, debrief about it, get your fears on the table, and talk them through with somebody,” said Kilfoyle. “Otherwise, if you let them to fester or remain unchecked they become worse.”

ECE: Trudeau nannies a positive

Aron Anthonymuttu
NEWS REPORTER

Taxes paid by citizens to the government are used to push Canada forward. Taxpayers money supports the Canadian health care system, public safety, the Canadian Revenue Agency as well as the military, to name a few.

But whether the caretakers for Prime Minister Justin Trudeau’s children qualify to be covered by the public purse appears debatable.

Trudeau and the Liberal government are being heavily criticized for authorizing two nannies of his three children as “special assistants” at the prime minister’s residence. The caretakers will be earning \$15 to \$20 per hour during the day and \$11 to \$15 for night shifts.

Jacqueline, is a second-year Early Childcare Education Program student at Humber who declined to give her surname, says she disagrees with the public’s criticism.

“We barely make just above minimum wage and we do so much for the children,” she said.

Simran Virdi, a second-year student in Humber’s Early Childcare Education program, agrees with Jacqueline’s sentiment. She believes it’s perfectly fine.

“People don’t believe in what we’re doing. They think we babysit all day, which really isn’t the case,” says Virdi, “We’re actually teaching them, a lot of work goes into this. It’s like starting school since they’re babies.”



CHRIS BESIK

With three young children the Trudeau-Gregoire family is certainly in Toddertown

But Trudeau may also have the law supporting him.

Section 7.1 of the Official Residence Act says the “Governor in Council may appoint a steward or housekeeper and such other employees as the Governor in Council deems necessary for the management of the Prime Minister’s residence, and may fix their rate of remuneration and conditions of employment.”

For some in the Early Childhood Education program, using public funding for the Prime Minister’s children is a step forward for the career path.

Neha Arora, a second-year student in the ECE program, says there aren’t a lot of jobs in this field that secured for the future.

Although Jacqueline agrees with Arora, she says people are starting to see this as a program and career path that should be taken as seriously as any other career choice.

The criticism hurled at Trudeau happened after he consistently attacked the Conservatives over the enhanced universal childcare benefit. He said wealthier families, such as his own and Harper’s, didn’t need the help of taxpayers dollars.

Trudeau addressed using tax dollars to pay for his two nannies at a news conference on Wednesday. He said he will still be using the same household budget as previous prime ministers but will “shuffle it around so it better fits” his family’s priorities.

Online job postings declining across Canada by 20 per cent: Workopolis

Jelani Grant
SENIOR REPORTER

Despite the importance of the Internet and social media, potential employees looking for job postings online, should expect a lower volume of job opportunities online.

Workopolis released a labour report for 2015, and found that job positions posted online have declined across the nation by 20%, compared to 2014. The lack of job postings can be attributed to Canada's declining economy this year, but the report says employment should increase by the first quarter of 2016.

Workopolis Editor in Chief, Peter Harris, says the lower rate of online job postings are mainly due to Canada's current economy. Harris said, "a general weakness in the Canadian job market," is the primary reason for this national decrease in online work ads.

Hiring was a little slower across the board this year, but the most surprising industry facing job-posting declines this year, was health. Despite the significant demand for doctors and nurses, entry-level job postings in the health industry have declined by 32 per cent.

However, the decrease in online job postings does not mean anyone searching for employment should lose hope on online employment ads.

"When a company advertises a job online it's because they need that position filled, so there really is an opportunity there," said Harris.

Changes in
online job
postings
year-over-year:



PHOTO COURTESY WORKOPOLIS

Year-over-year changes in online job postings from 2014 regionally.

The Western region was affected the greatest in 2015, due to the decline of jobs in the oil patch industry. Quebec, on the other hand had a generally flat rate compared to 2014 because of their employment rate from the past couple years. "Quebec had a pretty good year, on the job market." This may appear to be a good year for Quebec but due to their high unemployment over the past couple years, the increase in job postings is not reflective of Quebec's employed.

"That province had a head higher than the national average unemployment rate for the last few years, and they've kind of leveled out," said Harris.

With the change in job postings and economic status, employers are changing their most-wanted work skills. The Workopolis report lists the most in-demand skills and most of them require computer skills such as Microsoft Office, Microsoft Works, reports and documentation.

"People are staying in jobs for a short period of time now, they average

about two and a half years," said Harris.

Because the average duration of employment is shorter, Harris suggests meeting new people and establishing connections with every job experience.

"It's the experience and accomplishments you can rack up that will look good on your resume, the connections you make, the professional network you build, and the skills that you learn."

According to the report, Ontario and Central Canada are projected to improve next year. For this year though, younger workers will be happy to know that the words "Entry-Level" turned up in 208% more online job postings in 2015 than in 2014.

The Canadian job finder has been publishing thousands of employment opportunities for citizens since 2000. The full report, providing information about high-demand jobs, in-demand skills and trending job titles can be found on the Workopolis website on their research page.

Growing coding trend may not involve more women if past problems persist

Hailey DeWitt Williams

BIZ/TECH REPORTER

Coding is deemed the must-have job skill of the future, although the question remains if women will be a significant part of that wave.

Writing code makes it possible to create computer software, apps, websites, video games, and much more. It is a useful skill for programmers, developers, computer scientists, engineers, and many other technology-driven professions, including hackers.

"Coding is becoming a skill similar to writing," said David Neumann, program coordinator of Web Design and Interactive Media.

"Everyone should know how to do it, but not everyone will become a professional writer."

Technology moves society forward in more ways than one, yet it still remains a male-dominated industry.

The question isn't simply why women aren't as involved in tech as they used to be, but how can the tech industry make itself more fair and open to women.

A study done by the American Association of University Women projected that by 2018, science, engineering and computer-related jobs will grow faster than the average

rate for all occupations. It showed that these are fields in which women hold one-quarter or fewer of the total positions.

The study showed 26 per cent of computing jobs in the U.S. are held by women, down from 35 per cent in 1990.

Girls Who Code offers programs that teach computer science education to girls in Grades 6 and 12. The programs work to close the gender gap in technology and engineering sectors by providing girls with the skills to pursue 21st Century opportunities.

The programs aim to prepare kids for life and work in a world shaped by digital technologies.

"Having the ability to understand code is a literacy that will be required as we continue to incorporate technology into our lives," said Neumann.

Ladies Learning Code and Girls Who Code are working to demolish the stereotype that technology based professions are just for boys.

They are trying to increase the number of women in tech by creating a space that is inclusive for females.

"It is always important to reach out to groups who may be marginalized for any reason. Technology, similar to all other areas needs a diversity to help develop solutions for a diverse society," said Neumann.

"Having a place like LLC or GWC is a great way to introduce coding to a group that might not feel comfortable," he said.

Breakfast battle at Humber

Neha Lobana
BIZ/TECH REPORTER

Fast-food breakfast giants Tim Hortons, Starbucks and McDonald's are all battling it out across Canada to see whose breakfast menu will come out on top.

There's a lot at stake. According to research firm NDP group, breakfast accounts for 35 per cent of fast food traffic compared to the 25 per cent of lunch traffic.

Three of the huge café corporations— Tim Hortons, Starbucks and Second Cup— are competing at Humber College. Hundreds of Humber students are faced with several options every day, when it comes to breakfast.

"These fast food companies have been competing against each other vigorously over the past year," said David Soberman, a marketing professor at University of Toronto's Rotman School of Management.

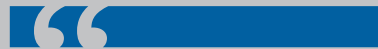
Price and quality are some of the key factors that draw the average student towards their desired breakfast place.

"Tim Hortons is what I've got since day one. It's cheap and good," said Samantha Dalipi, an early childhood education student at

Humber College.

"I always go to Starbucks now that it's opened at Humber," said Celine Anderson a second year fashion arts student, referring to the outlet which launched with the North campus Learning Resource Commons. "They have a better variety of food and drinks including a few healthy options, you pay a bit more but the quality makes up for that."

Fast food titans are making con-



These fast food companies have been competing against each other vigorously over the past year.

David Soberman
MARKETING PROFESSOR AT UNIVERSITY OF TORONTO'S ROTMAN SCHOOL OF MANAGEMENT

tinuous changes to their menu to accommodate both spectrums of the market. Menus now range from high calorie breakfast meals to so called healthier options.

"Starbucks came out with their app which allows you to skip the line and pre-order your drink, Tim Hortons has a new and improved breakfast menu and McDonald's is making their breakfast available all day long," said Soberman.

Parental leave rights strong in Canada

Hailey DeWitt Williams

BIZ/TECH REPORTER

Protection legislation is important when it comes to maternal and parental leave, according to proponents.

These kinds of policies are needed to combat discrimination against women in the workplace, advocates say. They are also needed to promote equal opportunities to same-sex couples and the growing number of fathers who are primary caregivers.

Audrey Taves, president of Humber Faculty Union, said research shows an infant having their primary caregiver with them in that first year is critical for psychological and physiological development.

In Canada, the Employment Standards Act provides up to 52 weeks of leave, almost all paid. Employees get up to 17 weeks of unpaid pregnancy leave prior to birth and 35 weeks parental leave afterwards.

New parents are also entitled to 37 weeks of paid parental leave after a baby is born to another person or adopted. The employee must have worked for an employer for at least 13 weeks to be covered by the ESA.

Employment Standards Information Centre (ESIC) representative, Michelle Wright said a claim can be

filed if an employer does not provide the minimum allotted time to eligible employees.

If an employee who gave birth felt they needed more time off, they can request it but there are strict conditions.

"Only some sort of medical concern with the child or mother could allow for extra time off," said Wright.

Benefits are provided by provincial employment insurance plans. If eligible the parent will receive 55 per cent of their salary with a maximum of \$485 per week. If employers don't offer benefits, the parent can apply for employment insurance if they are eligible.

"It's very generous compared to what they have in the U.S." said Taves. "But it's not so generous compared to what they have in Europe, so we're kind of middle of the road."

In the United States, the Family and Medical Leave Act provides up to 12 weeks of unpaid leave. That is the combined total offered to eligible spouses after a baby is born or adopted. The employee must have worked for at least 12 months at a company with 50 or more employees.

A study on the FMLA by Christopher J. Ruhm in the Journal of Economic Perspectives estimated that "between 60 and 66 per cent of

employees work for covered employers while 83 percent of persons at these establishments worked at least 1,250 hours during the previous 12 months. Some of these individuals will not meet the one-year job tenure requirement and so will not be eligible... Thus, a maximum of 55 per cent of employed individuals are covered under the FMLA."

The study also estimated that just 19 per cent of new mothers are eligible for FMLA.

"A lot of women in the States just take two to four weeks off, and some don't even take that, because they don't get any pay," said Taves.

According to a study released by the United Nation's labor agency, the U.S. is the only developed country without paid maternity leave laws. The study collected data on 185 countries and all but three (United States, Oman, and Papua New Guinea) provided some sort of paid maternity leave to workers.

"Canadians have a much more interventionist government in terms of social programs, the U.S. does not," said Taves. "I think it's really important for people to understand that we pay so much for Canadian taxes because we have a lot of social systems supports that they don't have in the U.S."

Beedawbun exhibit showcases indigenous artwork

Aboriginal Resource Centre launches exhibit

Shannon MacDonald

A&E REPORTER

Artwork can do many things, and uniting people of different walks of life is one of them.

Beedawbun is an Anishinaabeg word that means “the point at which the light touches the Earth at the break of dawn” or simply, a new dawn.

That’s the title of Humber College’s Aboriginal Resource Centre (ARC) at North campus gave to a multi-media gallery of indigenous artwork that blurs the lines between Aboriginal tradition and finding a place within modern society.

The Beedawbun Art Exhibition, which opened at the North campus LRC Nov. 24, comes as the federal government has promised to look into the missing First Nations women and help lift reservations and indigenous populations out of poverty.

Ashley Watson, the curator of the gallery, said the exhibition was a collaboration between Humber North students and the centre.

“So this is a bit of a mix exhibition, it’s put on by the ARC, it’s a mixture of pieces of their collection, but also work by students here at



SHANNON MACDONALD

Charles Kegdonce Jones, a 2002 painting by Derek Kenny, is one of many indigenous works on display at the LRC.

Humber, [and] artists in the greater Toronto area,” she said.

The gallery features pieces from artists like Simone McLeod and Humber’s own Phoenix Gull, with paintings, videos and photography.

Ivan Feng, a first year Design Foundations student responsible for the events, said his favourite piece combines old photography with vibrant paint.

“The painting of the Aboriginal

chief by Derek Kenny, that’s my favourite piece,” he said. “It incorporates colours which represents values from the photograph he’s painting from, I find very interesting.”

The ARC collaborated with

Humber Galleries to create the exhibition. Casey Norris, the collections and program assistant at Humber Galleries, explained the gallery always tries to have an even mix of different sources of artwork, but also wants to ensure the artwork relates to Humber students.

“[The gallery] tries to focus on more stuff that affects Humber and has ties to the school and certain programs, like this one with the Aboriginal Resource Centre,” he said.

His favourite work is a series of about 12 photographs.

“Some of them are done on iPhones some of them are done on actual cameras but it’s all the same person and you can kind of tell it’s all the same person no matter what they’re using,” he said.

Julian Lum-Smith, a second year architectural technology student at Humber in charge of the multi-media at the gallery, said there are approximately 40 pieces of art work.

“There’s acrylic on wood, acrylic on canvas and canvas shoes. Some sculptures, photograph sets, some graphic design work, and then we have a film running on the TVs here,” he said.

The gallery is available until Jan. 22, and is free to students and faculty. Hours of operation are from 10 a.m. to 5 p.m., Monday to Friday.

Humber Galleries take applications

Ken Kellar

A&E REPORTER

Students strolling through the Learning Resource Commons (LRC) at Humber North or L Space at Humber Lakeshore have likely passed by their colourful galleries.

Both spaces are dedicated to artwork specially collected and displayed by Humber Galleries Curator Ashley Watson. Attentive students might also notice that the gallery spaces change from time to time, displaying different exhibitions and sets of art.

Applications for exhibits for the 2016-2017 school year opened last week, but for artists hoping to submit a collection of their own art for display, hold the painted papier-mâché horses.

“It’s not really kind of Humber’s thing,” said Watson, who handles student submissions to the galleries.

“We’re differentiated from that. It’s all about student learning. It’s classes, programs or departments that want to bring in things for the students. Or it’s student groups,” she said.

The application form, which is only available on the Humber faculty and staff site Communiqué, specifies applications are limited to “Humber classes, programs, departments, and student groups that have an academic advisor.” Applicants are notified by the Gallery Committee on the outcome of their submission by Feb. 29, 2016.

Part of the reason individual stu-



ALI AMAD

Philip Cote’s River Wolf and the Intellect is now being exhibited at the LRC.

dent submissions are not accepted is a matter of accountability, as well as the fact that other avenues for students wanting to display their work are already established.

“We already have things for that. Humber Art Show is already there for students who want to showcase their individual art, so there’s no reason for us to be doing the same thing as them,” she said.

Watson said the recent Aging and Diversity gallery at Humber Lakeshore is a prime example of the galleries being used by a department for the benefit of students. The gallery was brought in through the Social Services Worker program and program coordinator Linda Hill did a good deal of organization for the exhibit. Watson says the exhibit was a success.

“We’ve had almost 400 students through different social service pro-

grams through that exhibition,” said Watson.

Watson invites students who really want to use the space to approach their program’s faculty and coordinators to work together to find a way to best utilize the space that will benefit their program as well as Humber students at large.

She said there are some big changes on the horizon for the Humber North gallery, such as a move towards a more digital space for displaying art in innovative and immersive ways.

In any case, the Humber galleries are for the students, and as the exhibits are set to change every three to five weeks for the next school year, students will have more time than ever to catch a piece of art that will hopefully change the way they look at art.

Or perhaps just change the way they look at the world.

Jager brings beatbox freestylings to Humber

Jefferson Marshall

A&E REPORTER

Adam Dimla is like most students on residence at Humber College, but he possesses a talent not many people can duplicate.

The 20-year-old London, Ont., native is an avid beatboxer. Under the stage name Jager, he has showcased his talent at a plethora of events at Humber, including Humber’s Got Talent.

“You can just tell beatboxing is his passion, he works hard at it,” said Josh Daly, a second-year business student at the University of Guelph-Humber.

“Every time I hang out with him he’s practicing and working on his technique, he’s just committed,” Daly said.

Beatboxing is a musical style or technique, used particularly in hip-hop, in which the sounds and rhythms of percussion instruments or a drum machine are simulated by the mouth and voice. Beatboxing has been around since the genesis of the hip-hop genre and has stuck around ever since then.

Dimla began practicing beatboxing in his mid-teens, but didn’t take it very seriously at first.

“I started about four years ago after watching people on YouTube beatboxing thinking that it was pretty cool,” said the second-year

Industrial Design student at Guelph-Humber.

“It started as a joke, but it grew on me as I went on,” Dimla said. “I became addicted.”

“It was definitely an indicator of how much I’ve progressed as a beatboxer,” Dimla said.

Many people began recognizing Dimla as “the beatboxing guy” around North campus. Dimla described it as a weird experience for him, because he wasn’t used to being noticed and congratulated everywhere he went.

“He’s really good at what he does, and people really seem to like his performances,” said Jaysen Pious, a second-year Guelph-Humber Business student.

Dimla is now known as one the best beatboxers nationally after his participation in the Canadian Beatbox Championship.

“This year was fun even though I didn’t win,” he said. “I became more comfortable with the other beatboxers and my stage presence got much better than previous years, because I knew we [beatboxer contestants] were just there for a good time.”

Dimla confirmed he will be a contestant again for Humber’s Got Talent next spring, and is certain he can be one of the top performers once more.

“I’m confident that I could make it to at least the semi-finals.”

Shahi Mahal a tasty alternative



ALI AMAD

Shahi Mahal is located close to Humber College North campus and serves delicious Indian cuisine.

Ali Amad
SENIOR REPORTER

Anyone who lives close to Humber North campus knows how tough it is to find new places to eat. Options are limited at school and in the nearby area you can only really pick between fast food chains, a pricey

Mandarin or the Woodbine Mall food court.

But just a short walk north of campus is the cure for all your culinary woes.

Indian restaurant Shahi Mahal doesn't make the best first impression nestled in a quiet corner at the Finch and Highway 27 intersection.

When I visited around noon on a weekday I wasn't entirely sure if it was even open or not. There were no visible lights and only a solitary car parked out front.

But once you step inside the spacious and slightly sparse restaurant is oddly inviting. Soothing Indian music and dimmed lighting conveys an in-

timid yet casual setting. Fish aquariums add a touch of unusual style. If you've reached your limit with the overcrowded campus eateries and cafeterias, this is the place to go.

The menu has all the Indian cuisine classics, from samosas to butter chicken to a wide array of Tandoori dishes. Prices are affordable, with the majority of the entrees falling within the \$9-\$14 range.

Although Shahi Mahal no longer offers a lunch buffet, it more than makes up for it by serving quality over quantity. Everything I sampled was fresh and aromatically invigorating. Shahi Mahal also offers deliciously filling complimentary naan bread during lunch service.

To start, samosas are a crispy treat served with a small side of chickpea Chana masala, as well as a tangy tamarind sauce for dipping. The caraway seed-speckled basmati rice was slightly pricey at \$4.25 a serving, but splitting with a friend will give each of you more than satisfying portions.

Vegetarians will enjoy the sumptuously creamy (and surprisingly light) matter paneer, a rich combination of green pea, cottage cheese and spinach. Alongside the paneer, lentil-based dhal and countless other vegetarian dishes is a selection of

spicy and savory meat curries that will please any carnivore in your group.

Beef, chicken, shrimp, fish and goat are all available in various flavours and sauces. My lunch companion attempted a goat curry with a sweet vindaloo sauce. Glowing praise abounded for what is traditionally a "tough" meat to get right.

For beer connoisseurs willing to try something a little different, Shahi Mahal provides Cheetah beer, an Ontario brew specifically designed for spicy cuisines, on tap, as well as Kingfisher, an Indian lager.

The dessert options will sate diners who want a sugary change-up from the spicy entrees and appetizers. Gulab jamun, a dish of fried milk cheese balls soaked in a sweet syrup, is lighter and more flavourful than the description suggests. Ras malai, a pistachio-infused pudding, and conventional ice cream flavours are also available.

If you're intrigued and want to give it a try, Shahi Mahal is located at 25 Woodbine Downs Blvd. The restaurant offers catering services and hosts private functions. You can order online and find their hours of operation at www.shahimahal.ca. Closed Tuesdays.

HSF Family Holiday Party for students with children

Sargon Jajjo
NEWS REPORTER

The Family Holiday Party, held last Sunday at Humber's North campus, provided holiday cheer for students and their children.

Ammar Abdul-Raheem, the Humber Students' Federation



"We just wanted to give appreciation to those who have the student cap on, and the parents' cap on, at all times.

Abdul-Raheem
HSF VICE PRESIDENT OF STUDENT LIFE

vice-president of Student Life, said the event provided an opportunity to acknowledge students who have children, while pursuing their studies at Humber.

"We just wanted to give appreciation to those who have the student cap on, and the parents' cap on, at all times," said Abdul-Raheem.

He said, when planning for the event with his staff, it quickly became a favorite in the room and brought excitement within HSF.

"A lot of times in meetings, our staff are always saying this is one of their favourite events," said Abdul-Raheem.

The event is held annually, with

this year's occasion including a bouncy castle, a video game station, a face-paint station and workshop area for children to work on their festive ornaments.

The event is not only centered on the children, however. In addition to having massage chairs for parents to relax, raffle prizes were also given away, which included Raptors tickets, multiple gift-cards and a toy car. All gifts were sponsored by HSF.

Tiffany Wilson, 416-209-8588, a criminal justice student at Humber College said the event was well organized and enjoyed by her son.

"It's been extremely thrilling for him, and very well-organized," said Wilson. "I like the variety in events and activities."

Wilson says it's nice for HSF to host this type of event, and provides for students to get together inside the campus and focus on things that are not school-related.

Also at the party was the kid's favourite figure during Christmas, Santa Claus, who was available for photos throughout the event.

Jennifer Hunter, a second year Early Childhood Education student, says the event provides an opportunity for her to give back to her child, something she hasn't had the time to do, because of her studies at Humber.

"Very important (event) because I've been busy with exams, preparing for exams," said Hunter. "I haven't had time to plan stuff like this for her."



SARAH WICKETT

Fitness and health students planned sixth annual Spination at Humber College.

Spination raises money for United Way

Sarah Wickett and Branden Liezert

SENIOR REPORTERS

Humber's sixth annual Spination welcomed nearly 100 participants to raise money for United Way by spinning their feet on stationary exercise bikes.

Fitness and health students help market and run the event.

"Basically we run Spination so there are going to be 26 spinbikes and people coming in teams. They are going to spin for three hours and that is going to be awesome and so much fun," said Michka Lee, Humber Fitness and Health student.

Ten teams competed for three hours and 15 minutes in 15-minute

rotations. Altogether, about 100 riders participated including students and staff.

Johannah Jackson, spin instructor, said "I was invited by Deborah Basch to come along and help instruct this wonderful ride, which I understand for the United way. I like the idea of giving back to the community, which, you know, is the essence of the United Way."

Fitness and Health Promotion professor Debra Basch said, "I'm here overseeing students and I am also evaluating them today to see how well they set bikes in the studio, how well sponsorship has done with collecting all the prizes and how they handle a raffle."

Johannah Jackson said, "The

idea is that we're having fun and it is for a great cause. So even though we put in a lot of effort, our time is valuable and this value then turns into something even greater... Giving back and showing people what could happen when group comes together."

The students took to the recumbent bikes, which are slightly reclined, for three hours, splitting time between teammates in 15-minute segments.

Basch brought in four spin instructors to split up the three-hour event.

At the time of registration, Humber College had raised \$44,780 through the Spination for United Way.

Humber mental health aid inadequate

Brianne Cail
SENIOR REPORTER

When it comes to the mental health, Humber needs to change the way it handles its services if the object is to provide the support their students need.

“I think that Humber’s intentions are good with its existing [counselling] services, but I don’t believe the school is doing enough for its students.”

This comes from Rebecca Kennedy, 25 and in her second year of the public relations advanced diploma program at Humber’s Lakeshore campus.

Kennedy started off this school year in a bad place with depressive episodes coming and going, questions of dropping out of school and not being able to physically leave her home. She missed classes and her work suffered as a result.

“When I could make it to campus it was difficult to pay attention during lectures. I could feel a disconnect, and I had no idea how to fix it,” said Kennedy. “One morning, after missing another class, I called counselling services because I had reached a point where I knew I needed to speak to someone.”

When she approached counseling services, they were booked and Kennedy was turned away.

“When I asked to be scheduled in for the following day I was told that they only accepted walk-ins or same-day appointments.”

Kennedy was forced to go outside of school services to receive help, which as she pointed out, isn’t an option for some students. There can be multiple reasons for this but transportation and the finances involved can add to the difficulty.

“It felt like a door had been shut in my face. I was at a really low point, I needed to talk to someone outside of family and friends, and to be told that I would have to go to the office or call the next day for a chance to get an appointment only increased the overwhelming feeling of defeat I was battling,” said Kennedy.

This is why Kennedy thinks that the existing policy is flawed and that Humber should change the way its counselling services operated.

“I live in a town with 2 per cent of Toronto’s population and I can’t afford counselling services, which is why Humber’s services are a crucial resource for me. If there’s concern of no-shows for appointments, a fee would suffice. It’s far better than the prospect of students in need being turned away.”

Meg Houghton, the director of the Student Access and Wellness Centre, said that same day appointments were introduced to reduce no-show rates, which were very high.

“We need to ensure that appointments are available for students who most need them.”

Yet when Kennedy was turned away, before the urgency of her situation was known.

“It made me wonder what someone requiring emergency counselling would have felt if they’d received the same message: ‘Sorry, try again.’ It made me resentful that I hadn’t expressed the urgency of my situation, and then I realized that I shouldn’t have to disclose that information just to get my foot in the door,” said Kennedy.

Houghton gave the assurance that even when services are booked students who are in urgent need of support would still be seen by a nurse for rapid mental health assessment.

“The system needs to be fixed before worst-case hypotheticals become realities,” added Kennedy.

As far as what more Humber can offer, it’s easier said than done and there are a lot of



PHOTO PROVIDED BY REBECCA KENNEDY

Rebecca Kennedy is a member of the Young Canadians Roundtable on Health which works on programs and initiatives for Canadian youth including mental health. Kennedy, who battles depression, found it unreasonably difficult to get Humber counselling assistance.

other factors to consider, but Kennedy thinks that a fall reading week could help students adjust to college life. A number of post-secondary schools across Canada, 55 per cent as of 2014, offer a full week break in the fall as well as the February break offered at Humber.

“Fall reading week would be a good start to alleviate some pressure for students,” said Kennedy.

Her reasoning is that the fall semester can be a hard adjustment for new students, and holds stress-inducing holidays, with Thanksgiving and Christmas, as well as the beginning of less daylight, which can leave some people feeling the effects of seasonal depression, known as seasonal affective disorder.

“A break of some sort — be it a full week or even a few days — would give students the chance to catch up on work, relax, recalibrate and get back on track for the rest of the semester,” Kennedy said.

Humber sometimes holds events to help relieve stress for students around this time of the semester. Earlier this month, North campus held a Resiliency (Stress) Map Assessment & Workshop that was meant to help students improve their self-awareness, which could help with personal health, work performance and managing stress. On Tuesday, also at North, LinX helped students take their mind off school by hosting a puppy room in the afternoon.

Another benefit for students, Kennedy suggested, was a memo or sensitivity training of sorts for teachers regarding mental health concerns within their classrooms.

In 2014, all full-time School of Media Studies faculty had to participate in a two-day workshop entitled “Mental Health First Aid” at North campus.

“In my experience, the typical response to class concern regarding an overly stressful/heavy workload is, essentially, for us to ‘deal with it.’”

Kennedy understands and thinks most students are aware that after college you don’t have the option of not going to work and won’t have as flexible deadlines as in school but notes that the stress can affect education.

“Forcing students to confront overwhelming stress and anxiety when we may not be equipped to do so completely undercuts our education. It becomes more an issue of learn-

ing how to pass a class and not actually learning the material.”

In the fall Humber did offer a Mental Health First Aid workshop for staff at both campuses. The eight hour day provided information about common mental health problems as well as specific disorders. Besides teaching faculty, support staff and administrators to recognize signs of an issue, the workshop had the purpose of minimizing the fear and hesitation to become involved when a person thinks someone is experiencing a mental health concern. These workshops would be helpful but are not mandatory for staff to participate in as part of training.

The experience can change for the student from teacher to teacher. Kennedy had a professor last year that brought balls and balloons into the classroom for the students to play with before they had their final exam. Just ten minutes of playing around with her classmates helped Kennedy relax before starting the exam.

“When I sat down to write I didn’t feel as anxious as I had moments before. It’s something as simple as that that improves a situation.”

This year Humber launched a Student Lifeline, which offers free legal advice and free financial advice on top of mental health and counselling help.

“Student Lifeline is a 24/7 service that students can access either by calling a number or visiting the website,” said Ahmed Tahir the president of Humber Students’ Federation.

The lifeline is meant to provide short-term counselling, different resources online and on campus, even just on everyday issues. The service can be used by any student, like those in immediate crisis or those who don’t feel comfortable booking an in-person appointment. Tahir said that the service is already benefiting students greatly, and he thinks it will continue to do so in a big way.

“Access to counselling can be difficult to come by, and sometimes students do not feel comfortable taking that step of physically walking into a counselling office. This is a great service that supplements the great counselling that Humber offers.”

Kennedy, being a student who struggles with mental health issues knows the impor-

ance of being able to illuminate the strengths, weaknesses and areas of improvement for services at Humber.

“There is no ‘one size fits all’ approach to managing mental health, and I think opening up a two-way channel of communication is essential to field questions and get suggestions from students to create a healthier and more positive experience for all.”

Mental Health: The Facts

- One in five Canadians experiences a mental health or addiction problem
- People aged 15-25 are more likely to experience mental illness
- Teens and young adults are least likely to use mental health resources despite higher prevalence
- As of 2015, 50 per cent of Canadians would tell friends or co-workers that they have a family member with a mental illness
- But 57 per cent believe that the stigma associated with mental illness has been reduced compared to five years ago.

Source: Centre for Addiction and Mental Health, and Statistics Canada

For more information about what services Humber has to offer, including the student lifeline see humberlife.com/lifeline and www.humber.ca/student-life/swac/health-counselling.

Finding holiday spirit in tough times

HUMBER
Et Cetera

Ready or not, another holiday season is upon us.

Whether you prefer a snowy wonderland on your Starbucks cup to the solid red, if you light a menorah or trim a tree, if you observe Eid or if you choose to not celebrate any holiday whatsoever, there's no denying the onslaught of the season and the message it brings with it: joy, love, togetherness, harmony.

If you feel these prescribed feelings of merriment seem trite given the state of our world, you're not alone.

There have been 353 mass shootings in the United States in 2015. That's more than one a day.

There are mothers kissing their six-month-old babies in the morning and then massacring their husband's coworkers, all in the name of a cause.

Elsewhere in the world, there are people being executed at rock concerts and on restaurant patios.

There are Doctors Without Borders hospitals being leveled.

There are millions of refugees

seeking asylum and imbeciles proclaiming that we need to keep them out.

There are wars being fought that were created to line the pockets of a few individuals. But we'll save that for another time.

Many of you will remember the sheer horror and disbelief you felt when the 1999 Columbine shooting happened.

Others will recall or at least have some knowledge of the École Polytechnique slaughter of 1989, a deliberate slaughter of 14 women.

Sadly, terrifyingly, school shootings are now commonplace in our neighbouring nation to the south.

It's argued that gun control is the problem. We wouldn't disagree that gun control is tremendously important. It's startlingly easy to get a gun legally in the United States and just as easy to buy one illegally.

But for every 50 senseless mass murders in the US of A, there's one in a peaceful place like Norway where few people own guns and a couple of years ago a man methodi-

cally stalked and killed 77 people on an island for a youth workers retreat.

The argument that disturbed individuals, radicalized extremists, lunatics with violent tendencies who want weapons will find a way to procure them is also a valid one. So what's to be done?

How do we fix the very broken people who want to shoot dozens, murder en masse, and leave a trail of destruction?

And how do we soldier on living in a world that can feel like it's spinning out of control at an alarming rate?

We approached this editorial hoping to talk about finding a way to write about the holiday season from a place of hope even given the state of our planet. We admit that is a daunting task.

Instead of a half-hearted message of holiday hope, we ask that you think of how you can channel your holiday spirit into helping someone in need.

We urge you to think of how you can transfer the worry and fear you

may be feeling into action. If you wish for tighter gun controls, write letters to politicians.

If you want to help the cause of refugees, find out how you can volunteer, where you can donate time, money, clothing, and how you can advance the resettlement of those displaced.

If you're afraid – and you probably are – find ways to redirect the fear into action and the holidays won't risk feeling so...pointless.

Spend time with loved ones, if that's what warms your heart. Offer your time to a shelter, if that will feed your soul.

Go to church, walk in the snow, cuddle your dog, and just approach this holiday season from a place of love and not blind consumerism. Nourish your soul instead of emptying your bank account. Offer time instead of things.

Above all, don't forget to act from a place of humanity and kindness.

Wishing you all a safe and happy holiday season from all of us at Humber *Et Cetera*

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

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Spotlight film won't reach mainstream



Ali Amad
ARTS & ENTERTAINMENT EDITOR

As a journalism student, I was excited to find out a film about the misrepresented subject of the media was coming out.

The critical buzz for recently released Oscar contender *Spotlight* was overwhelmingly positive. I sat down in the theatre, enthused about the prospect of seeing something grounded in the real world, away from galactic battles and caped superheroes.

I left two hours later, feeling completely underwhelmed.

It's no easy feat to make an irrelevant film about a global child abuse cover-up, but *Spotlight* somehow manages to do it.

The film is based on the real-life investigation of a team of reporters working for the Boston Globe in 2001. Their work in exposing the Catholic Church's concealment of widespread sexual abuse of children in the Boston area finally gave long-silenced victims a voice. The actual "Spotlight" team also went on to win a Pulitzer Prize for Public

Service in 2003.

Anyone watching this movie can't deny it is a timely reminder of the power of investigative journalism. *Spotlight* is involved in the kinds of long-term journalistic endeavors that are becoming increasingly anachronistic in 2015.

Media consumption is irresistibly gravitating towards the ephemeral, to the quickly disposable story of the moment. Our unquenchable thirst for fresh content has ramped up the news cycle, making the *Spotlight* style of journalism an expensive and impractical luxury.

But this brand of journalism provides a valuable service to society. It sheds light on stories that otherwise remain untold, from the 1970s Watergate scandal that deposed an American president, to The Washington Post and The Guardian revealing the scope of NSA surveillance on ordinary citizens.

Its loss is a danger we should all be alarmed about. It's a shame the film fails to sell this point.

Spotlight has received universal critical acclaim and is one of the best films I've seen all year (which isn't really saying much), but its impact is questionable. A journalism film was never going to contend with the comic-book franchises for box office dominance, but *Spotlight* is undercut by its stale subject matter.

Catholic priests molesting children is no longer shocking or breaking news in 2015. It undoubtedly deserves to get attention as a continually endemic disgrace, but it's ironic that a film aimed at safeguarding good old-fashioned jour-

nalism chooses a dated topic as its focus point.

The film's style and presentation doesn't help matters. *Spotlight* lacks dramatic heft and suffers mightily for it.

Making a compelling film about the mundane, tedious and repetitive nature of investigative journalism was always going to be a challenge. Director Thomas McCarthy, who you may recognize from his role as a corrupt journalist on *The Wire*, is a talented and assured filmmaker, but he doesn't give the audience much to connect with.

Spotlight's central characters are threadbare throwaways, from the reporters played by Rachel McAdams and Mark Ruffalo to the editors played by Liev Schreiber and Mad Men's John Slattery.

The only cast member who acquits himself well is Michael Keaton as *Spotlight* editor Walter "Robby" Robinson, but we never get the chance to fully understand him. Characters jockey for limited screen time and are inevitably left with sparse subplots and unsatisfying resolutions. The faces that are our conduit into this film's world are sidelined for the real star of the show.

The true protagonist of *Spotlight* is Boston itself, and the film weaves through the complex fabric of a city to explore how every aspect of society is implicated in something as pervasive as the Catholic Church cover-up.

We also get a feel for the important place the Catholic faith has in Boston's identity. The film also makes worthy points on the roles

the different guardians of society have, from the church to the law to the media itself.

But will this film inspire an audience?

Spotlight is neither sensationalized melodrama, nor is it inspirational.

The moments that stick with you are too few and far between, with one outstanding scene involving an abused victim, now an adult, detailing the graphic extent of the damage done to him and countless others to the *Spotlight* team.

It's a rare show-stopping moment in a film that is otherwise subtle to a fault.

I was engaged with the film, and yet watched it with detached interest. It's entertaining enough in the moment, but too easily forgettable.

A small group in my theatre applauded the film during the end credits, but the majority of the crowd waded out in silence, more relieved than moved.

At time of going to print, *Spotlight* has earned a total of \$16 million in the U.S. since its limited release a month ago, a pittance compared to the \$100 million opening weekend for *Hunger Games: Mockingjay Part 2* during the same time period.

The answer to which film has a worthier message is obvious, but in a day and age where presentation is everything, eyes and ears will be turned towards the flashy and compelling.

Spotlight has the substance, but fails to flash or compel, making it yet another critical darling that fails to connect with mainstream audiences.

Sensitivity to trauma of sexual assault still lacking



Brianne Cail
LIFE EDITOR

lated to a past trauma, experience, or memory.

There's a debate about the necessity of these warnings. Do they help those who are sensitive about certain topics or do they shelter people who are trying to grow from something that happened to them? Whether or not you agree that trigger warnings need to exist, I feel strongly that this piece needs one.

When we report on sexual assaults, as we have done this year at *Humber Et Cetera*, the story tends to focus on the crime, and there is nothing wrong with this. As journalists reporting news, we are taught to report on the facts and more often than not, we have more information on the attack than the victim. It can be challenging to strike a balance and tell both sides. This can be for many reasons; sometimes the victim doesn't want to be revealed and sometimes they don't

step forward at all. Whatever the personal reasons, they are valid and understandable.

As news reporters, we focus on the crime itself, the charges that could be brought, the reaction of the community. And it's not that we deliberately forget about the victim, it's that including the victim's voice is not always possible.

I was sexually assaulted when I was in university. I say "sexually assaulted" and not "raped" because while the Merriam-Webster dictionary defines rape as "unlawful sexual activity and usually sexual intercourse carried out forcibly or under threat of injury against the will," I feel that "rape" connotes penetrative intercourse and that was not the case for me.

It was after my assault that I was introduced to the terms slut-shaming and victim blaming. After sharing what had happened with a close

friend, he immediately attributed the assault to my dress having been too short or the amount of alcohol I'd consumed. The male who assaulted me was not called into question about his actions and I was told what I should have done differently.

Awareness regarding rape, victim blaming, and slut-shaming has been growing. In this city alone, there is an annual event called the Slut-WalkTO that focuses on awareness and education about sexual assault and condemns victim blaming. On a much wider scale, a recent Netflix original series received a lot of praise because of the way it portrays a female character's history with assault. Jessica Jones, based on a Marvel character, is a story about the aftermath of sexual violence that doesn't include graphic rape scenes, and depicts sexual violence and emotional abuse without perpetuating harmful clichés. And this is

good, a first for a series.

But I've noticed in my everyday life, even people who say they understand the seriousness of rape and ostensibly make efforts to be sensitive about it, can at times treat it as a joke. I've had friends, even those who know I'm a victim of sexual assault, treat rape as a laughing matter. I've had people consistently tell me that it's okay to make rape jokes. I know I can't speak for everyone when I say it's unacceptable, but I cannot make light of a traumatic personal experience that made me question if I had done anything wrong that could have changed the outcome of that night, and continues to make me consider the intentions of men at bars and what clothing I decide to wear on a night out.

Respecting sexual assault victims and having sensitivity to their experiences is not something you can do part-time.

Merry Christmas, Happy Hanukkah, anything that's positive is okay



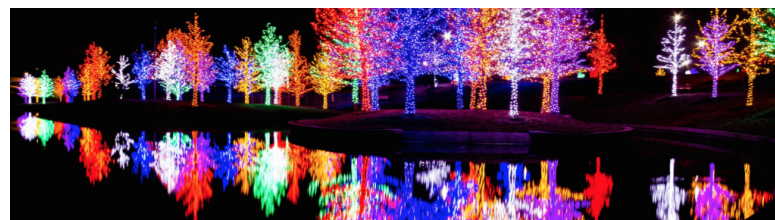
Krysten McCumber
MANAGING EDITOR

of year? Although I understand the irritation and frustration it causes I'll still be saying it while shopping, eating out and working.

This isn't some big demonstration of defiance to the holiday season and the sensitivity that has been raised around it over the past few years; it's merely my personal way of wishing people a happy season of whatever they are or aren't celebrating. There is no religious meaning behind it, no sinister backhanded promo for the holiday I celebrate, it's purely how I know and feel comfortable wishing for a happy season.

I understand we should say "season's greetings" as one of the more neutral well wishings, but having worked in customer service for the past five years I'll admit it's awkward and feels like an empty greeting.

I do celebrate Christmas, not for any religious reasons, and so I've grown up hearing, knowing and ex-



FLICKR COMMONS: REDCHILLIES

This is a time to present each other meaningful and positive sentiments.

pecting a "Merry Christmas" from friends, family and strangers. If someone today wished me a "Happy Hanukkah" I'd wish them one back. Sometimes people aren't shoving their religious beliefs at you. Sometimes they have just known to say one thing for so long it sticks.

I love the Christmas season. I love the lights, trees, music, shopping, all of it. It is a stressful time of year, of course, but there's something magical and exciting everywhere you go that I just love. That's why I wish a

"Merry Christmas" – because I want others to feel that special feeling I get when I'm at the mall and hear "Santa Claus is Coming to Town" or see *Elf* on TV. I don't care if you go to church, light a menorah or hate the whole season. Whatever you're doing this time of year I just want people to feel the joy and happiness I do when I'm celebrating Christmas. I don't consider that a bad thing.

Maybe that seems crazy and childish, but to me it's right. I think that's why people started giving well wish-

ings to begin with isn't it? If someone says "feel better" it's because they want you to feel as well as they do. Wish anything positive and those positive feelings will fall onto others.

Naturally there are people who will scoff and be offended, but I'm not sure you could wish anything that wouldn't be considered offensive to someone, so I'm going to continue wishing a "Merry Christmas." I'm not saying everyone must, or every store should broadcast the message. I agree there should be some neutrality to the season. But the next time someone wishes you a happy, merry, joyful whatever, just take the positivity coming from their intentions and message and pass it along in whatever way feels right to you.

'Tis the season to be happy, helpful and hopeful. Merry Christmas, Humber!

Will we have an Uber city or a great one? Uber-taxi war a mess



Malcolm Campbell
NEWS EDITOR

There were numerous hotspots, reports of confrontations between taxi drivers and their Uber equivalents and unending gridlock, a small wrinkle in the taxi union's public relations campaign.

While the protest did its job, as everyone is talking about this issue now, public opinion has definitely shifted in favour of the ride-share app. It may have been better for the drivers to strike without blocking city streets, showing what would happen in the city with no taxis available, without creating animosity with the citizenry.

We live in a time when whatever works best for the consumer is the best option, no matter the consequences. It seems we forget that consumers are also workers, and with lower prices come lower wages.

In some cases we fight developers and multi-national corporations trying to affect large, destructive

change in our backyards.

Last winter, developer RioCan gave up on its proposal to build a Wal-Mart in the Kensington Market neighbourhood after a sustained push by the community to stop the big-box store from moving in.

One of the principle concerns was the plight of mom and pop shops that would be harshly affected. The city's car wars can be looked at in the same vein.

Uber has come into the city, taken millions of fares from cab drivers, and laughed in the face of regulators as the company offered to pay for tickets their drivers received from Toronto Police.

The company's drivers also consistently violate commercial auto insurance rules.

Having options in a market is a good thing, but this goes beyond competitive advantage. The average Uber driver made just over \$3,000

in the first year of its existence in Toronto, largely because few of their drivers are professional, full-time workers.

This puts city council, and the citizens of Toronto in a moral quandary.

Do we stand up to the big, multi-national corporation trying to take advantage of an archaic vehicle licensing system, or just accept that professional drivers will no longer exist, and take cheaper rides with more risk.

A final option is to overhaul the antiquated taxi plate system that has created much of the mess we're dealing with today.

Until Uber arrived, standard taxi plates in Toronto had been steadily increasing in cost, fetching as much as \$360,000.

This had essentially turned the city's taxi industry into a feudalistic system where drivers were forced to

pay permit-holders for the right to use their plate.

Permit-holders have also historically been opposed to reform, as they hold a position of power in the system.

They are now the silent backers of the battle against Uber; lucky for them a frontline of drivers is here to lead the charge.

Taxi drivers must realize Uber is not the enemy, but the public needs to realize Uber is not the solution.

If the city got serious about reforming the limousine and taxi by-laws, making it easier for people to enter the industry, and forcing the ride-share app to bend to regulators' demands, there could be a solution.

However reform takes time and effort, and Uber has the resources, and public support to slow, or stop any possible changes.

In short it's up to us. We can have an Uber city, or a great one.

People love an underdog story, a David versus Goliath fight, and at first this seemed like just that, but now it's just confusing.

The ongoing conflict between Toronto's taxi drivers and Uber, came to a head Wednesday with a twelve hour protest in the heart of the city.

HOROSCOPES



JAN. 20 – FEB. 19
 Things in your life are ending, but it's for good reason. You'll be happier without them— they caused you misery. You're finally free.



FEB. 20 – MAR. 20
 You made fitness goals, but life became busy and those workouts didn't quite fit in your schedule. Buy a journal and create a fitness schedule—you'll be better prepared and motivated.



MAR. 21 – APR. 20
 All your efforts this year have been rewarded. Work, health and relationships take a lot of effort to perfect— your energy is being recognized. Continue this into the new year and good things will come your way.



APR. 21 – MAY 20
 When is the last time you tried something new? Get in touch with your creative side and don't get distracted by things that won't make you feel artistically fulfilled.



MAY 21 – JUN. 20
 Don't feel foolish for falling in love so quickly—it's natural. But there's a chance someone is taking advantage, since they know you're vulnerable. Keep a close eye out and make sure you're being treated right.



JUN. 21 – JUL. 22
 The holidays are wonderful, but it's overwhelming buying gifts and preparing parties. Shift your focus to minor things and give yourself a break from all the planning. Let someone else take charge.



JUL. 23 – AUG. 22
 Take a chance over the holidays and the odds will work in your favour. Believing in fate is your best bet— leave things up to nature to work it's magic.



AUG. 23 – SEPT. 21
 December is a festive month for romance, family and gift giving. Cuddle up with your love, spend time with your family, and be kind this Christmas.



SEPT. 22 – OCT. 22
 Focus on yourself this week, instead of trying to please others. Don't let people's opinions consume you.



OCT. 23 – NOV. 21
 You've been looking for that special someone to spend the holidays with. Good things will start happening when you stop looking.



NOV. 22 – DEC. 20
 Good karma will come your way when you have good intentions this Christmas. Do something kind for the less fortunate.



DEC. 21 – JAN. 19
 Your health may be at risk of disease. Consider joining a group fitness class and cutting down on those tempting desserts.

QUOTED

Why holiday greeting do you prefer?

Happy holidays —it's neutral and it won't offend. It accommodates people's various faiths that may or may not celebrate Christmas or Hanukah.



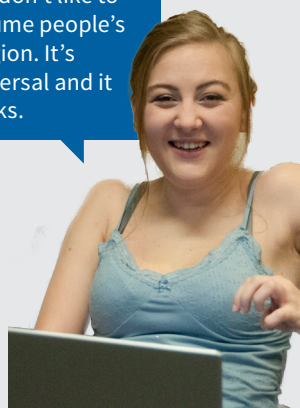
June Chow, 21
 GENERAL ARTS AND SCIENCE, 1ST YEAR

I say happy holidays because you can say it to anyone. It doesn't matter what religion they are and it's not offensive.



Natasha Cantera, 20
 MEDIA STUDIES, 3RD YEAR

I say happy holidays because you don't like to assume people's religion. It's universal and it works.



Pamela Wise, 21
 FILM AND TELEVISION, 2ND YEAR

TO THE NINES

JOANN HULIGANGA

20 YEARS OLD

SECOND-YEAR FASHION ARTS



Sweater: Tommy Hilfiger
 Skirt: BCBG
 Shoes: Browns
 Socks: Forever 21

My style is simple but it has an edge so it brings out my beauty.

a collection of adorable collective nouns

BY HUMBER ETCETERA

A ROLL OF ARMADILLOS

A FLOAT OF CROCODILES

A FLUTTER OF BUTTERFLIES

A BUSINESS OF FERRETS

A POUNCE OF CATS

A SMACK OF JELLYFISH

A CHATTERING OF CHICKS

A CHARM OF FINCHES

AN INTRUSION OF COCKROACHES

A FLAMBOYANCE OF FLAMINGOS

A QUIVER OF COBRAS

A ROMP OF OTTERS



JESSE BONELLO

Humber Hawks, undefeated at home and seen here against Bruins, face division leader Mountaineers on Jan. 13.

Hawks basketball on win streak

The Humber men's basketball team are on a last three-game winning streak and they want to stay in the win column when the season resumes.

The Hawks take on the red-hot Mohawk Mountaineers at home on Wednesday, Jan. 13.

The Mountaineers are undefeated this season with a 9-0 record, and own the top spot in the West Division.

They face a Humber team with an undefeated record at home this season, winning all four games at the North campus.

"Playing at home, and knowing that we perform better at home gives us that edge," said second-year power forward Kenny Ejim. "You're more comfortable, and it allows us

to be more relaxed to make more conscious decisions down the floor."

Fans feel the same way.

"I love supporting the team, and making it a living hell for the visiting teams," said third-year Humber culinary student Anthony Welcome.

The basketball team only has about a week off, despite the long academic break. During the holiday period, the team practices regularly. Humber is also playing some exhibition games including a tournament at Sheridan College on Dec. 29 and 30.

"In the Sheridan tournament we get to play some teams in the East Division," said Ejim. "It will be good to get a taste of how the competition is in the East."

Coming into this match-up, the Mountaineers have the highest scoring offense in the West Division with 842 points scored, but Humber has allowed the second fewest points in the division with 642 points against.

Humber has allowed the fifth fewest points in the OCAA while Mohawk has scored the most points in the OCAA.

"We want to play a bit slower against a fast paced offense like Mohawk's," said head coach Shawn Collins. "We'll try to lessen the possessions, and the better we execute then we'll be able to control the tempo."

Humber will play two games in four days at home when they take on Mohawk on Jan. 13 and Fanshawe on Jan. 16

Athletes require right mind frame

Victoria Sheba
SPORTS REPORTER

An athlete has got to be in the right frame of mind to win and to influence teammates.

Positivity is the key to good sportsmanship and teammates could benefit from the mood created by being optimistic.

Rafael Galdamez, 21, in the fitness and health program at Humber College, doesn't agree this is always the case.

"Not everyone you play against is going to have the attitude," said Galdamez.

Galdamez is not one to bring his personal problems out on the court. "Some people just like to get into your head and mess with you," he said.

A bad attitude can affect a game in many ways. It can bring down a player's level of performance, because they are no longer focused due to having too many emotions running through their mind.

"If a single person has a bad attitude it affects the whole team because now the whole team is going to be negative or not want to play with this person who has the bad attitude," said Galdamez.

Often with personal problems, a player can be going through a hard time. "We usually give a teammate who's struggling time to let him figure it out on his own," said Galdamez.

When a player is struggling, that's when they need their teammates to have their backs.

"Always let the player know that you are there when they are ready to talk," he said.

As a player and teammate, you are required to be there for your fellow teammates while they are having a rough patch, how you would comfort them.

"I would let them know that I am here for them and willing to do what I can to help, but would also remind them that being on the court and off requires different types of focus, so try to separate the playing from the situation," Michael Majcen said.

"I've had coaches that were focused on winning more than any-



If a single person has a bad attitude it affects the whole team because now the whole team is going to be negative"

Rafael Galdamez
FITNESS AND HEALTH STUDENT

thing else and were encouraged to do whatever it took within the rules or without getting caught," said Majcen.

Often with sports, players can be going through tough times and can bring their issues out of the court.

"It can act as a distraction and change the amount of stimulus needed to perform at your best, but there are also times where personal problems can be a fuel for an athlete rage or other tools they use to play hard and or better," said Majcen.

Pedro Tula, a coach of a women's soccer team in Etobicoke, said time and space is often all there is to know about how to be a good teammate to those through tough times.

"I tend to give players space, let them sit out a game if that is what they want," he said.

"Players often tend to bring their personal issues out during a game and don't play with their best," said Tula.

Humber helps athletes balance school and sports

Lindsey Wadden
SPORTS REPORTER

Any student knows it can be hard balancing schoolwork and having a social life. For Humber's varsity athletes, it can be even harder balancing sports and assignments.

Each sports team at Humber College can have up to four practices a week, including one or two games in that same week. Each student has to be enrolled in a full-time program and maintain at least 66 per cent of their course load to be able to play on any of the 11 varsity teams.

Humber provides academic assistance through the Varsity Academic Centre (VAC) where athletes can get extra help if needed. VAC provides tutors to help students with homework and studying.

Student athletes attend a session called "Make Your Mark" with Humber's varsity academic advisor, who offers advice on balancing both athletics and schoolwork, and provide them with the right tools to stay on track.

Dale Essue, assistant coach for the women's rugby team, knows that sometimes it can be hard to balance everything during the school year.

"I understand that athletes are students first and need to be successful in their studies, so I will allow them to miss practice if they have a big test or exam that they need to study for," he said.

Essue said he could see some of the athletes on the women's rugby team feeling swamped with sports and homework.

"Some players can become over-

whelmed and struggle. It is usually first year students that struggle the most," he said.

Both the men's and women's rugby teams were suspended in October due to violation of the school's code of expectation. The women's team was re-instated with a number of its members suspended for the season, while the men's team was suspended for three years.

This situation can put a lot of stress on the athletes but Essue said although it was tough the women's rugby team was able to get through it.

"The girls coped really well. They were just a little anxious awaiting the decision whether or not we would continue our season," he said.

"All students can struggle with doing well, whether a student-athlete or not, but we understand that being on a varsity team is a huge

commitment, so we provide the resources for them to not only be successful on the field but also in the classroom," Essue said.

Many students, even those not varsity teams, need to find the proper balance or they can put a lot of stress on themselves.

"The hardest part about being a student athlete is balancing life to be able to study, workout, practice, play games and work without reaching a stressing point," said David Milan, a soccer player for the Humber Hawks.

He has some advice for students who are considering coming to Humber to play on a varsity team.

"Make sure to be in top shape and know the coaches to have a chance. Look into the program you're going for and make sure it's the right one," said Milan. "Search what the pro-

gram is about and have a good background knowledge of things you'll be learning to make the schoolwork easier."

Rafael Galdamez, a setter for Hawks men's volleyball team, said juggling schoolwork and athletics is the biggest struggle for him.

"Time management is the hardest thing about being a student athlete. You always have to be putting in the time to better yourself," said Galdamez.

Galdamez said it's extremely hard balancing both homework and volleyball because it's like having a full time job.

"Some people are better at time management, and balancing their sport and school," said Galdamez. "Regardless, it's still difficult because both volleyball and school take up so much time every day."