



Hawks men's and women's volleyball teams faced Redeemer in back-to-back games. Only one Humber squad emerged victorious. See Sports, Page 15

Online gambling a hazard for students

Ontario Lottery and Gaming Corporation's move to online will draw tech-savvy young

Malcolm Campbell

NEWS REPORTER

The betting environment in Ontario is in the midst of a change, and a casino isn't involved – at least not one anyone can see.

The online gambling landscape has long been dominated

ed by websites that fall within the grey market, technically legal but not accountable to customers or governments.

Enter the Ontario Lottery and Gaming Corporation. The OLG launched its online casino several weeks ago and professionals who follow gam-

bling say the move is going to affect all of Ontario, especially students, part of the tech-savvy target demographic.

Ryan Bissonnette, Senior Manager of iGaming Communications, said the OLG is already the largest source of non-tax revenue to the province, providing \$2 billion every year.

But the OLG's move into online gambling worries Robert Murray, manager of

Education and Community Resources at the Centre for Addiction and Mental Health's Problem Gambling Institute of Ontario.

"A lot of people have been reluctant to gamble online because they are grey market, there is this notion they might not pay out, might not provide an honest game," he said. "But when it becomes government sponsored there's this idea,

'Maybe I'll try this!'"

The OLG has fashioned a system that works to prevent and highlight excessive gambling, he said. The online casino has a number of safety features including loss limits, game and time limits, as well as lottery ticket purchase limits.

Murray, who was involved in the website's design, said he was glad to see these safety features in use at playolg.ca.

However the loss, game and time limits on the site are all self-imposed, something he said he finds troubling.

"They talk about safety belts and airbags in their site," he said. "But even with that technology, people still get hurt in car accidents, and a seat belt is only good if you use it."

See OLG on Pg. 3

'Text neck' from cell phone use is latest ill

Texting can lead to spinal damage: study

Nadia Monaco

LIFE REPORTER

Life for Luciana Di Paolo can be a pain in the neck.

The 23-year-old Humber paramedic student suffers from "text neck" like so many other young people.

An almost inevitable problem young people face today and may not even realize is text neck, the term coined to define how the weight felt by the spine dramatically increases when tilting the head forward to use mobile devices.

"We don't really look around us anymore, we kind of just walk and have our head down and it's causing a lot of detriments to our neck and our spine because of it," said Di Paolo.

A recent study reviewed by the National Library of Medicine examines how the use of mobile devices is causing people to tilt their head forward for longer periods of time causing spine injury.

"I feel like it's already become a problem and with social media and technology... it's just been exacerbating it," said Di Paolo.

See SPINE on Pg.#

EMERGENCY SERVICE WOMEN FIGHT HARD TO GET TO TOP OF LADDER



KATIE PEDERSON

Mikheylya Lue-Kim, one of four female students in this year's Fire and Emergency Service class at Humber College, suits up with classmate Aaron Carosi.

Firefighting not gender specific

Katie Pedersen

NEWS REPORTER

Heads turned as a pack of tall, athletically-built men walked into the Humber North cafeteria wearing matching navy T-shirts with "Humber Firefighting" branded on the back. About 20 of them sat down, easily

taking over an entire row in the cafeteria.

One slender woman sat among them with a nose piercing and a hot pink streak in her hair.

Mikheylya Lue-Kim, 21, is one of four female students in this year's Fire and Emergency Service class at Humber. With 35 students in the pro-

gram, the men outnumber her ten to one.

It's no surprise that women shy away from the field, with their lack of testosterone making it more difficult to gain muscle mass. A 2013 study published in the Journal of Clinical Endocrinology and Metabolism concluded that a testosterone transder-

mal (cream) could even reverse muscle degradation in frail older men.

Lue-Kim's confidence, however, overrides what she lacks in testosterone

"We all worked really hard to get into the program and academically we're all equal," she said.

In order to proceed to second semester, each student must pass the York University Firefighter Fitness test which involves dragging a 91-kg

dummy 15 metres while weaving through pylons.

Ian Sim, retired Fire Chief and the Fire and Emergency program co-ordinator at Humber, said that only two of his stations had women in them when he retired 18 years ago.

Women are expected to perform the same test as the men to advance in the program.

See FIRE on Pg. 2

Firefighters offer a supportive environment

continued from cover

“They do the same thing, but they might accomplish it differently,” Sim said. “It doesn’t matter as long as the outcome in the end is the same.”

Lue-Kim tends to use more of her lower body strength to support lifts.

“I had to use more of my legs to lift the ladder where as someone who is a little bit taller or is just better at lifting would use their upper body,” she said.

Lue-Kim’s classmate Aaron Carosi, 19, said that tweaking your technique to work with your body type is something the men also do.

“There could be bigger guys and smaller guys,” he said. “Some people find it easier to do it one way and some people find it easier to do it the other way.”

“In the end, it just gets done.”

Lue-Kim said there is a lot more to being a firefighter than physical strength. She said candidates are picked for their initiative, your attitude, your work ethic, your determination and your commitment.

Carosi agrees that firefighting is atmosphere heavily relies on team building.

“We don’t really look at it as individuals doing specific tasks...we’re all trying to achieve the same goal,” he said.

Students find support not only in each other, but in their school. “There’s no shame in asking for help – we’re all there to help each other,” Lue-Kim said. “We’re a team and we’re a big family.”

A GROUNDBREAKING MOMENT



CHRISTY FARR

HSF President Tom Walton, Lakeshore Principal Wanda Buote, Humber President Chris Whitaker, PCL manager Mike Wieninger, and Senior Vice President of corporate services Rani Dhaliwal take part in the ceremonial sod turning to commemorate the first day of construction on the two new buildings.

Breaking new ground at Lakeshore

New Athletics Facility and Welcome Centre expected to open its doors next January

Christy Farr
NEWS REPORTER

Construction has officially begun on Humber College Lakeshore campus’ Athletics Facility and Welcome Centre.

Surrounded by curious students working away on projects in the L-1000 computer lab, Humber dignitaries took up a shovel and

made the first digs into the ground to mark the beginning of construction for the two new buildings on Jan. 23.

“I’d be remiss to say I’m not impressed with the innovation that we are actually taking the outdoor sod inside, keeping us nice and warm and comfortable, thank you very much for

that,” said Mike Wieninger, Toronto District Manager from PCL Constructors Canada Inc.

It has been exactly six years and five months since Humber acquired the lands to start construction on the new Welcome Centre and Athletics Facility, said Rani Dhaliwal, senior vice president of planning and corporate services for Humber.

For some students the groundbreaking ceremony was the first time they heard

about the new buildings.

Human Resources Management student April Bosworth was thrilled to hear what the ceremony was all about.

“I think it’s really great because I feel like this campus doesn’t have as much as the North campus does,” said Bosworth. “It’s convenient if there is somewhere to work out right on campus.”

It is expected the Athletic Centre will be completed in fall 2015, while the Welcome

“The Welcome Centre will give students that first stop, first look as they come into campus.”

Chris Whitaker
HUMBER PRESIDENT

Centre is slated to open next January.

The three-story, 24,000 square foot Athletics Centre will include cardio, fitness, aerobics facilities, and more, said Humber president and CEO Chris Whitaker, who joined Humber Students’ Federation president Tom Walton and Lakeshore campus principal Wanda Buote at the ceremony.

“The Welcome Centre will give students that first stop, first look as they come into campus,” he said. “The Welcome Centre and athletics facility are physical examples of our commitment to our students.”

Whitaker said the new centre will be home to a number of student services that will be relocated from different parts of the campus.

It will also include an Interpretive Centre that will chronicle the history of the grounds of the campus as well as the Aboriginal heritage of the area.

“It will be great to watch these new spaces take shape and support our diverse, vibrant and engaged campus,” said Walton.

Wieninger said the success of other projects, such as the North campus’ Learning Resource Commons, has fostered a good relationship between PCL and Humber.

“We have a cracker-jack team ready to rock and roll and we’re super pumped and ready to go on this thing. We wish we were out there building already,” he said.

Paving a path in Rexdale

Eric Wickham
REXDALE/NORTH ETOBICOKE REPORTER

Pathways to Education is an organization in the Rexdale area focused on community development through promoting academic success in secondary schools.

In 2005, the City of Toronto designated Rexdale as one of 13 priority neighbourhoods in Toronto requiring infrastructure investment.

“They analyzed the issues of

youth disengagement. In that, one of the concerns was the rate of high school dropouts in certain neighbourhoods,” said Sabra Desai, manager of the Humber Community Partnership Development

According to the Pathways website, the high school dropout rate in Rexdale before Pathways opened was 55 per cent.

It opened its Rexdale chapter in 2007 and now has 15 branches across the country from Winnipeg to Halifax.

“That speaks in itself to one, the success of their model, and two, the continued need for such programs,” said Desai.

Pathways program coordinator Lenore Simbulan said they provide a supportive system to support the transition to post-secondary education.

“We don’t provide courses, but we do connect with the schools heavily,” she said. “We check their attendance, connect with teachers to see if they’re on track to complete

the course, attending parent/teacher night and any other referrals if needed.”

In its first years in Rexdale, Pathways had a very strong relationship with Humber College.

Geraldine Babcock, director of Humber’s Community Outreach and Workforce Development, said former Humber president John Davies was very vocal in bringing Pathways to the Rexdale community.

In its eight years in Rexdale, Pathways said it has dramatically lowered the dropout rate. Their website states that high school graduation

rates among program participants have more than doubled since the program came into existence.

“It’s so important for every child to have access to education. Education is about imagination, vision, and learning to be critically engaged citizens,” said Desai.

Pathways is just one of several community building initiatives in Rexdale. Its parent organization, Rexdale Community Health Centre is involved in several other community projects along with Humber College.

“The connection to Hum-

ber is there, we do a lot of collaboration, with volunteers, placement students. We’re very heavily involved with Sabra (Desai),” said Simbulan.

Desai said Pathways and Humber share opportunities and resources with each other.

“We share resources whenever we can,” said Desai.

In terms of planning for the future, Pathways to Education intends to continue building a graduation nation and trying to ensure as many youth continue towards post-secondary education.

“That’s the ultimate goal,” said Simbulan.

Daycare workers to receive hourly raise



JEREMY APPEL

Sally Kotsopoulos, Humber ECE prof, says national daycare program needed.

Jeremy Appel

CITY HALL/QUEEN'S PARK REPORTER

Graduates of Humber College's Early Childhood Education program can look forward to a pay raise once they graduate.

The provincial government announced a \$1 per hour wage increase for licensed child care providers last week.

The raise goes into effect later this year, with another \$1 increase in 2016.

A statement from Premier Wynne's office says the raise

is intended to bridge the pay gap between daycare and kindergarten workers.

"Ontario's investment to increase wages also supports efforts to recruit and retain highly qualified and talented educators, and supports parents in accessing safe and reliable care for their children," the release reads.

The average ECE worker makes \$22,399 per year, with 82 per cent employed in registered daycares, according to statistics from Services Canada.

The average full-time worker works 40 hours per

week and is paid for 52 weeks each year, suggesting a \$2,080 pay increase, a modest but significant raise.

The average ECE worker will make \$26,500 in two years.

Sally Kotsopoulos, who teaches ECE at Humber, is pleased the premier kept her election promise but sees the raise as a temporary solution. There is still much disparity in wages.

"Any effort on the government's part to diminish the gap is very welcome," she said. "It's a stop-gap measure though."

Kotsopoulos said the long-term solution is to establish a federally subsidized daycare program, similar to what Paul Martin proposed in his 2005 budget. A similar proposal is currently touted by federal NDP leader Thomas Mulcair.

"Money is not the only issue here. It needs to be a regulated, thoughtful process (on how the system can be improved)," she said.

Kotsopoulos said only 15 per cent of children in Ontario are in daycares, and that is due to lack of space.

Garfield Dunlop, the PC

party's education critic, said Ontarians cannot afford to raise daycare workers' wages.

Dunlop criticizes the premier's decision to "butter everybody up," offering money for services she knows the province cannot afford.

"It might be good for some people for a couple of bucks an hour, but it is not good for the province's overall finances," he said.

Instead of giving more money to licensed daycare workers, Dunlop said the province should open up licensing to more private daycares.

Teachers face more personal jibes online from students

Workplace harassment issues discussed by lawyer Cory Boyd at Humber campus talk

Laura DaSilva

NEWS REPORTER

The first site that pops up when googling Audrey Taves is RateMyProfessors.com. A comment boldly states she is not interested in teaching her students.

Taves has been a teacher in the Health and Sciences Department at Humber for more than 30 years and is currently President of the Humber College Faculty Union.

"When I read it, I was concerned someone felt that way," she said. "I never had any feedback like that. It made me sad that I wasn't able to reach out to that student."

She said she works day in and day out trying to make improvements that will benefit the staff and students, and that one little anonymous comment lurks online, waiting to create a

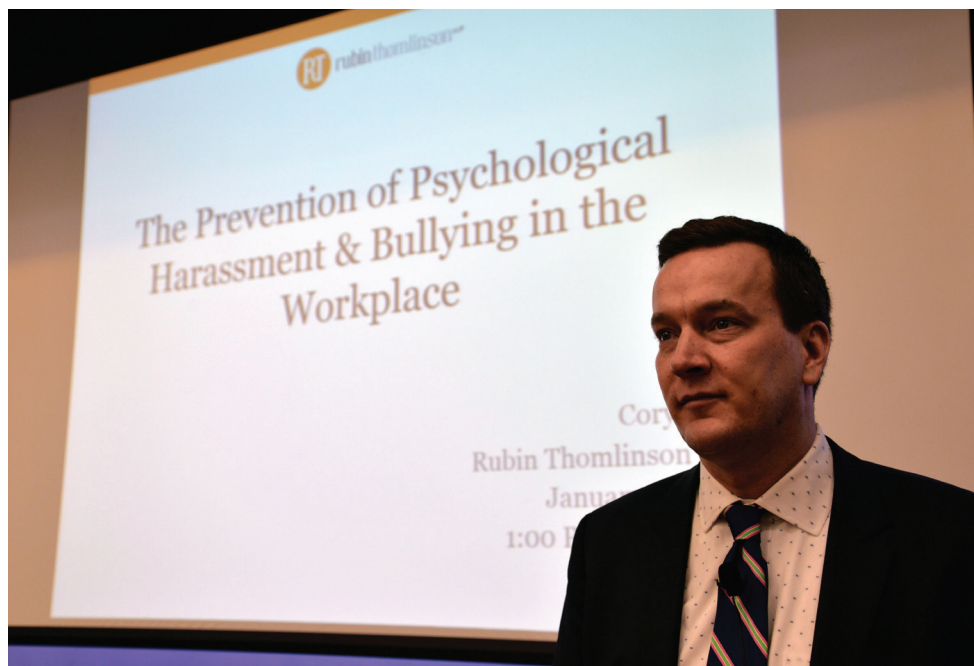
false first impression.

Students need to rate the impact comments could have on teachers before they take to the Internet to vent.

Though she tries to look as if as someone expressing their opinion, she sees potential for bullying and harassment in sites like RateMyProfessor, a site that allows students share positive and negative feedback on their teachers.

"People tend to post things when they're either thrilled, or very upset for a particular reason and aren't always thinking clearly," Taves said.

The recent Dalhousie University dentistry case where 13 male students have been accused of posting misogynistic comments about female classmates is causing students to think twice before posting comments online.



LAURA DASILVA

Human rights lawyer Cory Boyd spoke to Humber students and faculty on preventing workplace bullying on Jan. 26.

"People have to realize when something's on the web, everyone can see it. It's not the same as mumbling something at the lunch table with another student," said Taves.

Cory Boyd, a human rights lawyer at Rubin Thomlinson, visited Humber Jan. 26 and gave a lecture entitled "The Prevention of Psychological Harassment and Bullying in the Workplace."

"If you are engaging in cer-

tain behaviour and think it will be treated differently because it's online, that may not be the case. Online is an extension of our day to day in-person interactions," Boyd said.

He thinks sites like RateMyProfessor can be valuable, but there is a potential for misuse.

Many students post defamatory comments about their teachers after receiving poor grades, or getting into

personal disputes with their instructors.

"Some students don't put effort into their work and blame it on the teacher. They post stuff because they want to take their anger out on someone," said first-year Sports Management student T.C. Vardolos.

Taves attributes the low incidence of bullying at Humber to small class sizes, where students form personal relationships with their teachers.

Humber lacks specific online gambling policy

continued from cover

Murray's fear is that people susceptible to gambling addiction will not set their limits low enough, or will increase them too often.

The proliferation of online gambling also affects the Humber College student community. The college does not ban or block websites and works on an honour system.

The Acceptable Use Policy at Humber prohibits users on the network from doing a laundry list of activities from computer crime to wasting bandwidth. However, the college is only notified of a break in the terms of use when a complaint is filed.

This system works well with images and videos that are likely to offend others such as graphic violence or pornography, but observers remark that few find gambling offensive.

Steve Camacho, director of Technology Services at Humber, said blocking and banning websites is not in the college's mandate, and for an educational institute to use censorship would not be in the interest of students or faculty.

"This isn't a black and white deal," Murray said. "When it comes to online gambling, people already have access to sites, and most of those have no responsible gambling features whatsoever."

He said if people are going to gamble, it is better if they do it on a site that has those features.

Delayed semester end date creates problems for some

Christina Romualdo

NEWS REPORTER

On the day much of the world celebrates the labour movement, Humber College students will instead be celebrating May Day as their final day of classes for Winter 2015.

It should be a joyous occasion, but the later date presents problems for some graduating students.

In an email sent out from

the Registrar in mid-November, students were informed the dates for the Winter 2015 semester had been changed. Instead of beginning on Jan. 7, the term would start on Jan. 12 and end on May 1.

While the majority of students relished the month-long break between semesters, many did not realize a later start date would mean a later end date as well.

When asked in an informal

poll, most students said that they thought classes would end sometime in mid- to late-April.

For some, the change is minimally disruptive. For others, like Computer and Network Support student Manushi Patel, the change has had a significant impact.

Patel, a graduating student currently in the process of finding full-time employment, said the later end-date meant a later potential start

date for her new job.

She said that when applying to jobs, telling employers that you were able to start earlier could be an influencing factor.

An announcement sent to college employees said Humber is committed to ensuring that accommodations are made for any students impacted by the change to the end-of-term date.

Jason Hunter, Humber's

Vice-President of Student and Community Engagement, reiterated this sentiment.

"The expectation is that, as much as possible, there will be efforts to make sure there isn't an impact," he said.

Hunter advised if students were running into issues of conflict with the new end date, they should be getting in touch with their program coordinators to discuss possible accommodations.

Food bank starts gift card policy

Aresell Joseph
NEWS REPORTER

The Humber Students' Federation Emergency Food Bank has added a new policy allowing students to receive bi-weekly gift cards at its front desk.

"The service staff only identify students by their client number, and not by their personal information," said Candace Pellew, the vice-president of Student Affairs at Lakeshore campus.

Pellew noted the food bank hands eligible students gift cards, supplying them with food for 90 days.

"The HSF provides a food bank service that is universal to our students," Pellew said. "We do it in a very discreet way, where their privacy and their personal information is confidential."

Amanda Finley King of the Ontario Association of Food Banks said that she thinks the emergency food bank is doing a great job helping people make ends meet.

The OAFB's Annual Hunger Report in 2014 showed four per cent of post-secondary students across Ontario visit food banks every month.

"I know it sounds like a small number, but that's approximately over 18,000 students in Ontario accessing food banks," King said.

She said the OAFB uses the annual report as a tool to lobby government officials in Queen's Park and Ottawa, and hopes they will review and increase social assistance payments to cover the growing cost of food and rent in Ontario.

Melissa Theodore, vice president of Equity at the University of Toronto's student union in Mississauga, said gift cards are an impersonal method.

"I think if you just hand out a gift card, it does not build community," she said.

But Pellew disagreed with this assessment.

"Our students pay their student activity fees, [then] we have a specific budget that we can allocate to that service," she said.

Pellew said the emergency food bank is only equipped to assist students who need to take time off work, had a death in the family, or have no funds for food.

"People don't look at the bigger picture, they just think you're poor, and lazy and can't you get a job," said Theodore.



TRAVIS KINGDON

The cost to ride the TTC will rise by 10 cents per ride on March 1, with adult Metro Passes going up to \$141.50 per month.

Dig deep for more change

Mayor announces price of individual ride on TTC up 10 cents if budget passes on Feb. 2

Travis Kingdon
TRANSPORTATION REPORTER

Students may have to reach a little deeper into their pockets at the bus stop come early March.

Despite his campaign promise, Toronto Mayor John Tory announced last week the cost to ride the TTC would rise by 10 cents per ride on March 1.

The hike would apply to the cost of tokens and all Metro Passes. The cash fare will remain the same.

This means the cost of one token would rise to \$2.80 from \$2.70.

Metro Passes will receive a proportional increase relative to the 10 cent hike. The monthly cost of an adult Metro Pass will rise to \$141.50

from \$133.75 if the budget is approved Monday.

If approved, the increase is expected to generate \$48 million in revenue, which would be put towards improving the service on the TTC. New vehicles, maintenance on the TTC's deteriorating infrastructure and increasing service on key routes is where the money will be spent, said Tory.

Students will also feel the effects of the increase. The cost of the post-secondary Metro Pass would rise to \$112 from \$108.

The advocacy group TTC Riders is disappointed about the fare hike, said executive director Jessica Bell.

Bell said students are already strapped for cash and this fare hike doesn't help the situation.

"This is why I voted for Doug Ford," said Erik Virkus, an HVAC student at Humber College.

Some students are beginning to re-think their commute to school.

"I'm going to carpool as

"I'm going to carpool as much I can. The TTC isn't even worth it anymore."

David Barale
1ST-YEAR HVAC STUDENT

much as I can," said David Barale, a first-year HVAC student. "The TTC isn't even worth it anymore."

Virkus said that low gas prices has made it easier to drive

Students who are reliant on the TTC are willing to take the hit so long as they see increased service.

Although shocked at first, Film and TV Production student Tasja Graf reluctantly accepted the fare increase.

"If the money's going to go to making the ride smoother and the service working better then I'm okay with paying four dollars more a month," said Graf.

Transit riders should not have to choose between fares and service, said Bell.

"We believe we shouldn't have this false choice between increasing fares to get better service," she said, suggesting reversing the corporate tax rates instead of putting the burden on riders.

"Riders pay a greater percentage of the TTC's costs compared to other transit systems across North America.

"We have already paid our fair share," said Bell.

The fare hike will begin March 1, provided the budget passes. The vote on the budget will take place on Feb. 2.

Depressed comic Breel takes dysfunctional past to stage

Jessica Tedesco
NEWS REPORTER

Confessions of a Depressed Comic isn't your typical comedy act.

Kevin Breel, a 21-year-old writer, stand up comic and mental health activist received applause as he took the stage at Humber College.

Dressed in a black bomber jacket, grey t-shirt and jeans, he blended in with any other student on campus.

Breel didn't begin by cracking jokes. Instead, he spoke openly of his experience with depression.

As a young kid, Breel said he was familiar with feeling helpless.

"I felt like I didn't have a reason, or a purpose, or a why to wake up and face the world," he said.

Saying he was born into a dysfunctional home plagued with alcoholism, addiction and mental health issues, Breel recounted he retreated into a shell and felt trapped.

"I can't quit on myself if I never tried to help myself," he said.

This was the conclusion he came to after writing his suicide note at 17. This thought stuck with him as he considered all the things he felt were overpowering his life.

After writing them down on a piece of paper, he felt a sense of freedom that prevented him from following through.

It led him to getting help from a counselor who first suggested to him to share his story.

But it wasn't until British Columbia teen Amanda

Todd took her own life that Breel reached a turning point. He said it was an eye-opening experience that led him to a series of decisions that have now placed him at North campus, sharing his story with Humber students.

"We never had someone come and talk to us in school," said Breel. "Mental health wasn't really ever a topic that was on our campus."

Through Confessions of a Depressed Comic, Breel is now part of Humber's initiative to change this.

Students can expect more events and activities for Mental Health Awareness Month throughout February, including an Instagram contest and Bounce Forward, which encourages students to share their experiences with men-

"I can't quit on myself if I never tried to help myself."

Kevin Breel
STANDUP COMIC

tal health issues and how they were able to overcome them.

All these initiatives are an effort to encourage an open dialogue and lose the stigmas associated with mental health.

"I feel that every student to some capacity has experienced mental health issues," said Candace Pellew, vice-president of Student Affairs at Lakeshore. "It's good because it helps get the word out there, helps them

feel more comfortable talking about this subject."

For students struggling with mental health issues, Counselling Services is an option open to all full-time current students at both Humber and Guelph-Humber, said Student Engagement and Success Representative Keith Manalo in an email.

"It is completely free and confidential," he wrote. "Students who may be experiencing issues with mental health may also tap into Accessible Learning Services and the Health Centre."

Students are also recommended to take advantage of Good2Talk, an external resource that offers free, confidential and 24/7 over-the-phone personal counseling.

LGBTQ@Humber brings out support

Jennifer Berry

NEWS REPORTER

First-year Humber student Leor Dulnuan's eyes sparkle with excitement as he talks about his newfound confidence in identifying as a gay male.

In less than a year, the 18-year-old has gone from a shy Catholic high school student to a young self-assured man on the path to being out within the LGBTQ+ community.

And he credits Humber's LGBTQ+@Humber Student Support Group and Gender and Sexual Diversity Committee discussion groups for much of this positive change.

"It's an amazing safe

space," said Dulnuan, who points to his increased confidence for also giving him the courage to seek help for personal problems and speak out at support groups.

"Having the confidence to reveal your true nature to strangers is a huge stepping stone," he said.

Deborah Mandell, a counselor in Humber's Student Success and Engagement office and co-facilitator of the support group, said the group works in conjunction with the Gender and Sexual Diversity Committee and Counseling Services to encourage and strengthen education around LGBTQ+ issues in an effort

to make Humber a more LGBTQ+-positive space.

"We're just trying to LGBTQ-up the campus," Mandell said enthusiastically.

The discussion groups run for eight weeks each semester, focusing on a different topic each week. Students who are LGBTQ+-identified or questioning their gender or sexual orientation are welcome to attend and can join as many or as few weeks as they want.

Mandell stressed that students don't need to sign up in advance and can simply show up when they wish to.

She also explained the committee works hard to create a supportive environment

where students can feel accepted no matter where they are in their gender or sexuality exploration process.

"We really welcome students wherever they're at," Mandell said.

Guelph-Humber Family and Community Social Services student Stephanie Finelli has been attending the weekly discussion groups regularly since her first semester at Humber. She's now in her third year and continues to find the sessions educational.

Finelli said she had questions about her own sexuality when she accompanied a queer-identified friend to her

first support group sessions and didn't expect to take as much out of the experience as she did.

"I didn't think I was really going to learn anything besides what I already knew... which was that I didn't know," she said. "I ended up exploring that aspect of myself and with the outlets that they offered, it made me more confident in who I was and who I felt more close to."

Finelli's increased confidence and self-awareness has inspired her to look for social outlets for LGBTQ+-identified students, something she said Humber is lacking in, despite its strength in the arena of sup-

port and self-discovery.

When asked for his own suggestions for improving LGBTQ+ support awareness at Humber, Dulnuan said the group would benefit from having more advertising on campus and the web.

LGBTQ+@Humber Student Group discussions kicked off on Jan. 27 and continue next week with a discussion on Exploring our Gender and Sexuality. Discussion groups are held Tuesdays from 11:40 a.m. to 12:30 p.m. in room GH 101 at the North Campus and Wednesdays from 11:45 a.m. to 12:35 p.m. in room A116A at the Lakeshore Campus.

ENVIRONMENT

Canada Goose coats draw fire for use of coyote fur collars

Kaeleigh Phillips

ENVIRONMENTAL REPORTER

Canada Goose coats have taken over Toronto winter fashion, and the popularity of fur trim collars has erupted as a result.

These collars tend to be made of coyote fur, and Canada Goose continues to be the number-one purchaser of coyote fur for their collars.

Adrian Nelson from the advocacy group Furbear Defenders said that coyotes can be shot and hunted, but for the fur trade they are not. He said the coyotes are trapped in a leg hold trap or possibly a snare.

He said that the animals are snared by their paws, it could be upwards to a cou-

ple of days before they are killed.

"The trap itself breaks bones," said Nelson. "The animal struggles in the trap which causes injuries. If you leave a wild animal out there for days on end, it will fight for its life. The animal can chew off its paw to try and survive."

The Canada Goose website states the company is committed to "the humane treatment of animals."

Ontario Fur Managers Federation (OFMF) licenses and regulates the fur trapping industry in the province. There are currently 8,000 fur trappers in the province and southwestern Ontario traps the most wildlife out of any region in Canada.



PHOTO COURTESY OF FURBEARER DEFENDERS

Adrian Nelson from Furbear Defenders said that coyotes can be shot and hunted, but for fur trade they are not, with the animals dying painfully in a leg hold trap or possibly a snare.

"In Southern Ontario, there is no closed hunting season for coyotes," said OFMF manager Robin Horwath.

Humber College students

wearing Canada Goose jackets didn't know they were wearing real fur or that it was coyote fur.

"I like it without the fur," said Electrical Engineering

student Jay Kim, 22. "It is getting thinner every year and it is unnecessary."

Humber Tourism student Xiao Gao, 20, said he was surprised to find out he was

wearing real fur.

"Before I bought it, I didn't expect it to be real fur," he said. "The fur isn't very functional."

Humber College tourism management student Anita Zhag, 18, said she asked questions before she purchased her \$350 TNA jacket, \$500 cheaper than Canada Goose.

Zhag said she purposely avoided Canada Goose because it uses real fur.

"I don't wish it was real fur. I don't want it to be real fur because I feel like I would be wearing a dead animal body around my head," she said.

Nelson said that labeling fur products is not required. "It is how the industry is duping people into wearing fur," he said. "It isn't classified as a textile, which leads people to buy a coat and not realize it is real fur."

Nelson emphasized that access to labeling information on real fur products is the first step to educating consumers to buy responsibly and ethically.

Police to change carding policy

Done in response to complaints, was called racial profiling

Veronica Appia

NEWS REPORTER

With changes coming to the Toronto Police Service's carding policy, Toronto citizens may not be the only ones feeling anxious.

Chief Bill Blair will be announcing changes to the policy on Feb. 19, which involves police officers stopping in-

dividuals on the street and taking down their personal information.

The practice is controversial, with opponents saying it is a form of racial profiling. Last year the Toronto Police Services Board announced changes to the policy.

Performance pressure among Toronto Police officers may be at the root of the police carding issue, said Stephen Duggan, program co-ordinator of Humber College's Police Foundations

program.

Contact cards were initially used to gather crime data in the 1960s, but began to be used as one of the criteria by which officers were appraised at the end of every month in the early 1970s, he said. This process still remains today.

"Here are officers who have all of a sudden said, 'If I want to get promoted, I've got to get these indices high,'" the former street gang investigator said. "They either go to a cemetery and start writing on

tombstones, or (they speak to) anybody (they) stop."

Police conduct surveys to determine what the public thinks about the carding procedure, said Mark Pugash, director of Toronto Police Corporate Communications.

"We speak to people who have a wide range of views and we try to incorporate those views in our procedures," said Pugash. "It's a vital part of what we do."

Feelings towards the service's carding policy are mixed, with some members of Humber's community

saying the procedure is necessary to keep Torontonians safe and some saying that without a justifiable reason, the carding has no merit.

"I feel like (police carding) does help," said Humber College student Vanessa Popoli. "If no one is doing anything, it kind of takes away from their day and time to be carded, but it's understandable."

The way in which officers treat the public while under pressure is a determining factor as to whether or not people have negative experiences or disagree with the carding procedures, said Duggan.

He said that in Police Foundations at Humber, they rely heavily on conflict management when training students.

A learning laboratory was launched a year ago, which allows students to walk through certain scenarios and react to incidents presented to them through virtual reality. The students are graded both by their peers and instructors on their physical and verbal reaction to the scenarios.

"Your greatest asset as an officer is your mouth," said Duggan. "Officers have to treat everyone with civility."

Interest cuts good now, could hurt later

HUMBER
Et Cetera

There was a collective jaw dropping across Canada last week when Bank of Canada Governor Stephen Poloz announced that he was cutting interest rates to 0.75 per cent, as “insurance” to soften the impact that collapsing oil prices will have on the Canadian economy.

The banks followed suit a week later, reducing their lending rates, which influences borrowing costs on such things as mortgages and student loans.

This, in conjunction with a low Canadian dollar, has been seen by many as a boon to Ontario’s manufacturing-heavy economy, which traditionally benefits when the

loonie falls below the greenback.

But there are also worries that lower interest rates will prompt already heavily-indebted consumers to borrow more, and send a surge through the nation’s real-estate markets, in particular the booming GTA.

The average Humber student may be asking — what does this mean for me?

It is a mixed bag. The lower interest rates will benefit those of us who have lines of credit from banks, as interest payments will go down – albeit by a very small rate, but every little thing counts.

But look out for those credit card balances – you may want to run them

up now, but making those minimums will be a problem in the future. The inevitable heart attacks that arise from opening fat credit card bills is also a drain on our health care system.

If you’re learning technology or a trade, it’s good news. But hold off on the dancing in the streets, because the economists’ predictions of increased manufacturing investment need to come true.

Still, if there are more jobs in the offing, once you have your sheepskin in hand you may be walking into a job sooner than usual.

And many economists also say that the housing market is about to have a big collapse. Bad for some, cer-

tainly, but beneficial for those who, in a few years, may be searching for their first home — provided interest rates don’t skyrocket in the interim, in which case getting a mortgage will be really, really expensive. Basically, it would mean you’re working for your house for the rest of your life.

So while we applaud Poloz’s efforts to try to stabilize Canada’s economy, we wonder what impact this will have on young people trying to get their start on the future. Will economists’ rosy predictions of lots and lots of new manufacturing jobs come true? Or will nobody be able to afford a house?

Only time will tell.

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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Captivity is often tragic for our marine animals



Katherine George
A&E EDITOR

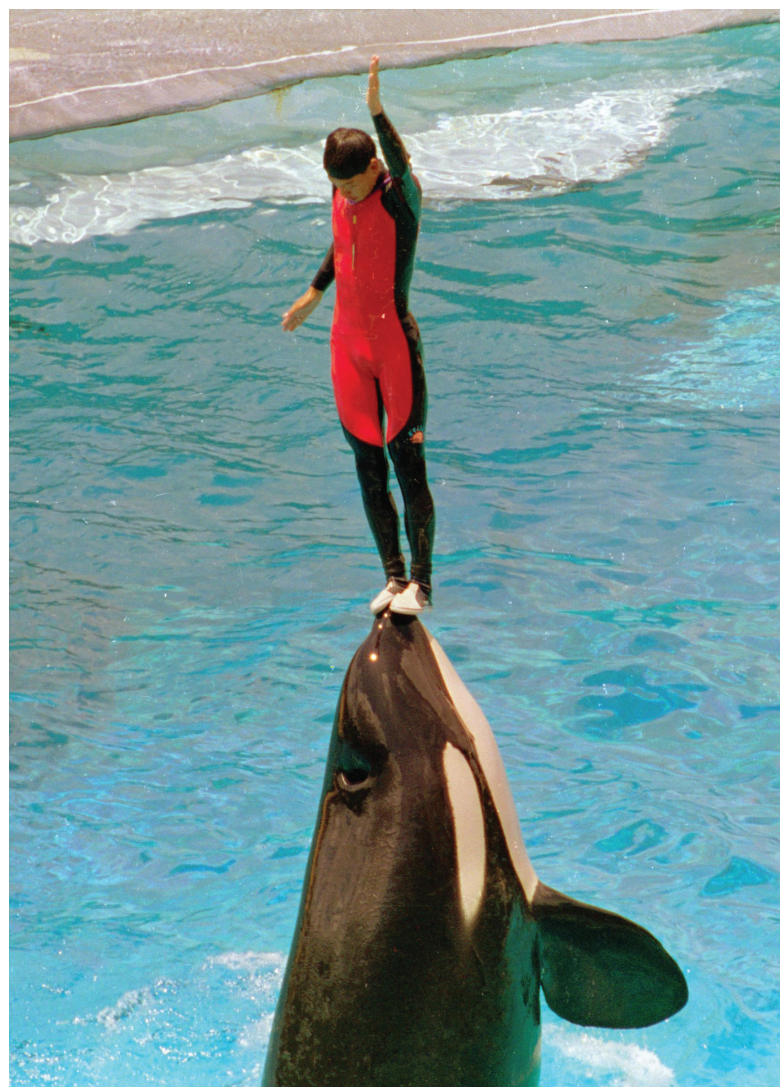
It might seem odd that as a close resident to Niagara Falls’ Marineland, I’ve never been a visitor. The friendly and welcoming atmosphere is enticing to children and even adults, but looking past their catchy commercialized tune and the smiling faces of soaked audience members, I can honestly say that everybody in fact does not love Marineland.

Ontario has finally raised a voice against the current standards of handling and publicly displaying marine mammals in captivity. Yasir Naqvi, the minister in charge, announced a plan to develop new regulations of care for marine mammals in captivity, specifically banning the further acquisition and sale of killer whales.

This decision is long overdue. The current animal protection legislation in Ontario provides little protection for marine mammals in captivity. Their standard of care is the same that applies to all animals under the Ontario Society for the Prevention of Cruelty to Animals Act.

The biggest predator in Canada is Ontario, which houses the highest number of aquariums and zoos in the country, totaling 62. As such, it blazes the path for other provinces by becoming the first to set specific standards of care for marine mammals.

The upcoming regulations will be based on a report from University of British Columbia, marine



MICHAEL JEFFRIES / FLICKR

When in the wild, orcas can swim up to 100 miles per day, which makes their captive water tank seem like a bathtub.

biologist Dr. David Rosen and his team of scientists, which said, “the present standards of care that apply to marine mammals in public display facilities are insufficient.”

Killer whales can reach up to 32 feet and 22,000 pounds. When in the wild, orcas can swim up to 100 miles per day, which makes their captive water tank seem like a bathtub.

Aquariums and zoos are kept open for educational purposes. However, most of these institutions are corporations that operate in order to generate profit. The basis of their business is to provide entertainment and amusement to the

general public. Trainers dangle food to promote circus-like behaviour that is routine and unnatural to their wild tendencies. This form of education provides a misconstrued hierarchy between marine mammals and humans.

Supporters of captivity argue that as our population grows, it will become increasingly difficult for humans to interact with nature. The less contact people have with wild animals the more they will become desensitized to their existence. If zoos and aquariums are demolished, future generations will not learn to feel empathy for a creature until they

see and feel their presence.

Yet, the question must be raised as to whether the act of jumping through hoops and creating a big splash is truly a moving experience or simply another form of entertainment. Captivity is the result of a lack of empathy; it does not promote empathy.

Orcas are highly intelligent and social animals, which increases their level of suffering. They are creatures of companionship that travel in pods. Each pod communicates through a distinct dialect. Marineland in Niagara Falls is the only park in Ontario with a captive orca, Kiska. Kiska is a naturally social mammal that lives in solitary confinement.

Aquariums and zoos ensure scientists ability to monitor species and save them from extinction. Orcas are not an endangered species so there is no need to pluck them from their natural habitat.

Scientists use tagging and tracking devices to monitor and study marine mammals; observing their behavior in captivity does not provide an accurate representation of their species because their wild instincts have been obstructed.

Worse, captivity encourages extinction by causing harmful stress to the animal. When wild animals are in captivity, they can become more aggressive as a result of stress. Orcas are often forced into ‘artificial’ social groupings with the inability to escape unlike in the wild.

Captive orcas and dolphins have a shorter life span than their wild counterparts. This would not be true if life in captivity was healthy and sustainable, especially when captive marine mammals don’t suffer the same daunting risks as predators or ocean pollution.

According to an article in the Journal of Zoo and Aquarium Research, marine mammals will often pick up objects that fall into their pools and ingest them. Although Ontario’s new regulations are a step in the right direction, they will not change my decision not to visit zoos and aquariums.

When will we legally light up?



Lucy Sky
ART DIRECTOR

Marijuana lit up the 70s, stayed true through the 80s, is still smoked today, and is probably always going to be around, whether we like it or not. So why is Canada waiting to legalize it?

There has always been a big stink around marijuana being a 'gateway drug.' People say its users will be more likely to turn to meth, crack, heroin and all those other life-altering drugs - but that's never been proven while there are many benefits to cannabis that have.

If two countries that have been through more turmoil than our peaceful nation can legally light

up, why can't we? North Korea grows pot along their railways and Uruguay was the first country to fully legalize the plant, but Canada's two attempts at simply decriminalizing possession have been just depressing.

In the end, what really gets me going, is it's not hurting anyone and it's not going anywhere. Someone who suffers side effects of chemotherapy, someone with glaucoma or PTSD can benefit from weed. So could our country's revenues. Many regions that have legalized the drug saw a reduction in crime, helping with over-crowded jails. Yet we're still stuttering at the idea of making it legal, like alcohol, which by the way caused almost six per cent of all global deaths in 2012, according to a global status report on alcohol and health (2014), put out by the World Health Organization.

Canada may not be on board yet, but the smokey path to a weed-friendly world is being paved longer and longer in the United States, with four states having fully legalized the plant. As of now, marijuana is legal in Washington, Oregon, Alaska, as well as Colorado and there's a lot of buzz about who will be next, many predicting most of the country.

The fact is that any Tom, Dick, or Harry can walk into a pharmacy and pick up synthetic heroin to ease

their pain legally, form an addiction and become an addict tomorrow - but in most places, we've completely banned a drug that can prolong life.

People love to say that if we had the cure for cancer tomorrow, the world would be a better place, but most places have shunned the very idea of something that decreases suffering in cancer patients and can in some views extend their lives. On the other hand, there's an entire industry around alcohol, which, according to the Autumn 2014 Canadian Drug Summary by the Canadian Centre on Substance Abuse, leaves you with an "increased risk of several types of cancer (e.g., cancers of the mouth, throat, liver, breast and digestive track), diabetes, cirrhosis, pancreatitis," and those are just a few of the long-term effects it can have.

Aside from that and the many other health-related benefits the plant has, since the legalization bill passed in Colorado, more and more benefits are becoming clear. According to a six-month status report released by the New York Drug Policy Alliance, after six months of legality, there was a 10 per cent decrease in overall crime in 2013 and a five per cent drop in violent crime. The report also said, "according to the state's department of revenue, the first four months of

legal marijuana sales have resulted in \$10.8 million in taxes."

According to the Colorado Center on Law and Policy, the state could save US\$12- to 40-million over the span of a year by reducing criminal penalties. "Over the last decade, the state averaged more than 10,000 arrests and citations every year for minor marijuana possession at the levels now legal in the state," according to the Center. Lastly, Governor Hickenlooper put \$10 million into furthering the research on medical marijuana, looking into proper dosing, potency, conducting trials, etc.

If just a short six months can bring forth this much positive advancement for a state whose own governor was originally against the idea of legalization, imagine what a country-wide, or even legalized world could open the doors to. Many people say if enough time is put into researching marijuana, it could be a cure for cancer - who knows until we give it a shot?

It does of course have some negative aspects. I'm not denying that Every drug has its side effects - some people experience minor side effects even from things like Advil, or anything else you get over the counter to ease pain. Many pills can cause nausea, dizziness or loss of appetite.

Much like these things, pot can

cause short-term memory loss when you're high, affect your concentration, trigger anxiety in some users and reduced lung capacity. But that simply brings us to the human rights aspect. It should be within our rights to choose whether we are okay with taking that risk or not. Even so, in comparison to cigarettes and alcohol, the negative aspects of cannabis seem insignificant to me.

So many people drink alcohol and smoke cigarettes, two things that do more harm than good and end and destroy lives daily. But smoking a joint at the end of a long day is illegal? If it's their choice to smoke cigarettes, which the National Cancer Institute website says causes an estimated 443,000 deaths in the United States each year, including approximately 49,000 deaths due to exposure to second hand smoke, or drink alcohol, which according to the World Health Organization is the world's third largest risk factor for premature mortality, disability and loss of health and results in 2.5 million global deaths each year, then why are we so staunchly against smoking something that you would have to consume a substance that virtually cannot be taken in a lethal dose?

We live in a country that is beloved by all for our vast amounts of freedom to do as we wish, within reason.

So let's move forward on something that has been tested and proven to be relatively harmless and can help in so many ways.

Bouchard's twirl inspired my feminist epiphany



Comfort Obeng
A&E EDITOR

I've never really considered myself a feminist, but after watching a video of tennis player Eugenie Bouchard being asked to "give us a twirl" by a journalist at the Australian Open this week to show off her outfit, I lost my shit.

My reaction was primed by having previously watched a clip on a trending topic called #askhermore. It shed light on the fact that at red carpet events, females are always asked about their looks. More specifically, which designer they're

wearing, while men are asked about their aspirations and careers.

These things made me realize that women are still not viewed or treated the same way men are in the media.

Along with my epiphany came a flood of memories. Fragments of media reports, Boko Haram kidnapping hundreds of Nigerian school girls, Malala Yousafzai shot by terrorists for wanting all girls to be able to get an education and the use of women's bodies to sell products in advertising. Meanwhile, some find it absolutely unacceptable to breast feed in public.

I recalled a time I went on a class trip in grade 11 to a Hindu temple. I was enrolled in an all girls' Catholic high school at the time. There was a line drawn on the floor for the sake of separating men and women in the temple, so we had to sit behind our male teachers. This practice in segregation made me feel lesser. It made me feel mad. I felt the lesson of the field trip was that a woman should aspire to be a man in her next life, and that everyone knows to accept their seat in the back row.

There are so many double standards that still stand in our society today.

Men are allowed to be promiscuous while women are shamed; men are expected to value their friendships (bros before hoes), while women find themselves competing with one another for male attention; the number of times women walk down the street and get cat-called by men is astronomical.

I know some people out there actually think it's a horrible idea for women to be treated the same as men. My mother and father grew up understanding traditional difference as the norm. They're both under the impression that the woman should always keep the home: cook, clean and cater to the man of the house. I've always been frustrated with that notion. I want a husband -- not a baby. Everyone knows that babies are hard work. Can you imagine taking care of a man-child? I feel like I'd never be ready for one let alone the other.

I remember being in the kitchen with my mother a few months ago when my dad said I'd never get a husband if I couldn't cook for him. I think until this day I've got puncture scars on my heart. This was coming from the man who didn't want me to date until I was his age and already married. The fact that this was coming from him, of all people, scared me but at the time I said I didn't plan on marrying a lazy man who would expect me to cater to him or worship him I told my African father that

I would marry a man who could cook. Even my parents whom I told nothing to knew I couldn't get a man. You can't hide anything these days. But then again I'd still rather sleep in on the weekends than dress up to go out and meet people - which, by the way, is what most of my arguments with my mother are about.

I played it off, but my father's words got to me. It wasn't the idea of not marrying, having kids and dying alone that scared me. I don't mind that at all. I was born on my own and I can die that way too. Yes, it would be sweet to have someone hold your hand while you wither away. Someone to tell friends and family your famous last words, mine most likely being "I'm melting, I'm melting." But I could do without it I think. I have it all planned out: become a badass nun called sister C, win the lottery and adopt a bunch of children and change their lives.

Nonetheless I found myself on dating sites. A word of advice: just don't.

One guy who started talking to me on this app asked for my number. I'm not someone particularly comfortable with giving out my number at random, so I asked him why. His reply wasn't what I was expecting. He claimed I had a c*** attitude. Bye Felicia.

The day before my birthday I was talking to another guy who was in Toronto for work. He wanted to

meet up right away. For all he knew, I could be crazy as hell (which I am). I didn't want to be mean and say no, but didn't want to ignore him either. I told him we weren't looking for the same things. At the time, he accepted it graciously. Little did I know, I didn't let him finish. The next morning I had a message from him saying I needed to get over myself because I wasn't "no oil painting to say the least." Happy birthday to me.

Being a feminist has become a sort of viral phenomenon in the last few years. Beyoncé is an example of an artist whose music has strong feminist messages. She recently sampled African feminist speaker Chimamanda Ngozi Adichie in the beginning of her song "Flawless". I love Chimamanda. Not only is she funny but I can personally relate to what she says. Another artist I respect is Meghan Trainor. Her message to women is to love yourself and don't get tied down by society's expectations.

After a classmate hosted the video of Eugenie Bouchard being asked to give us a twirl, it was no surprise that I snapped. It really opened my eyes as to how women are still being treated in the media and all of the gender and inequality that happens all around me as well.

If someone were to ask if I was feminist now, I'd say yes. Who else is going to take our side!?



ALEX DROBIN

Shupeng William Wang, whose English improved 'a lot' in class, shows photos from Humber-China Partnership program.

Chinese students thrive at Humber

Alex Drobin
BIZ-TECH REPORTER

Shupeng William Wang learned how to do business in Canada the Humber way.

The Humber-China Partnership continues to prepare graduates like Shupeng, a Chinese citizen, for business careers in their fields through specialized teaching techniques and business English prep classes. This is the college's longest standing partnership. The goal is to provide Chinese students with an opportunity to attain an International business degree, which allows them to have overseas experience when applying for jobs in China.

Humber College joined with Ningbo University in Zhejiang Province and Jimei Universi-

ty in Fujian Province to create this unique, focused, international business program.

During the first two years, students are taught in China by Humber instructors. The final year is taught at Humber College in Toronto, where students integrate into Canadian society with assistance from Humber faculty and staff.

"We have a special customized summer orientation session with them, where they're doing four weeks in class," said Michelle Krivacic, the International Program Manager.

"They're taking business English classes, they're learning about Toronto, learning about Humber, working on their writing skills, their presentation skills, so really just getting them up to Western

teaching styles," she said.

Since the program's inception in 1996, the Humber-China partnership has graduated more than 1000 students, many of which have gone on to excel in their respective fields.

"These students are regional directors of HR, whose territory is China and Hong Kong, we had wine and art importers," said Krivacic. "One student did his degree here at Humber, then went to do his Masters and now he's working for a large bank in Hong Kong, so it's quite exciting to see what happens with the students after they leave."

With English being such a dominant international language, students benefit a tremendous amount from the various business classes taught

throughout this program.

"My English wasn't as good when I came here, but throughout the year, the classes helped with all of our professors teaching in English and I improved a lot," said Wang.

Wang added that after being taught so many different business courses, he wants to start up his own company.

Faculty at the Humber Business School are always attempting to provide their students with anything they need to be successful in their schooling, and in turn, their career.

"They (teachers) are really good. If you have problems they are the first to help you," says Rahat Sharma, a First Year Business Accounting student.

Digital security grows as concern after hacks

Brendan Beckett
BIZ-TECH REPORTER

Software developer Ryan Weir knows first-hand how important cyber-security is for businesses.

His company, SharpSchool, spends more than half its IT department's resources on protection from the DDoS attacks they routinely get from unknown sources. DDoS, or distributed denial of service, happens when multiple systems attempt to flood a target system's bandwidth, disrupting its function.

In his business, the resulting reputation loss can be devastating.

"Our largest source of customers is referrals," said Weir, explaining it's not just about the customers directly lost due to an attack. "Losing a referral has the snowball effect of losing more customers," he said.

The issue of cyber-security has risen in the public consciousness recently, in the wake of highly publicized data breaches of Sony Pictures and the retail chain Target. U.S. President Barack Obama even spoke about the concern in his State of the Union address earlier this month.

The impact on these companies has been severe.

James Cullin, associate dean of The Business School at Humber Lakeshore campus, explained the Target breach involved customers' private data they had given over when signing up for a discount card, and that the resulting loss of confidence in their system had compounding effects.

"There's a real cost to Target

beyond the loss in customer sales," he said.

Target intended to lock in a set of customers in Canada by putting them in that informational ecosystem, he said, and customers became reluctant to sign up when their private information was thought to be at risk.

"There's an entire infrastructure around the Target discount card, and it scales," said Cullin. "It costs X amount of dollars to get it up and running, and you want to amortize that over as many people as possible."

That fixed cost goes unchanged "whether you have one card-holder or a million," he said.

Cullin doesn't think the breach had a major role to play in Target failing in Canada, since it was an American issue and in the news only briefly.

Victor Beitner of Cyber Security Canada has seen the effect that the breaches have had on the market.

"They definitely bring awareness (of the need for security)," he said. "I've seen a lot of new interest."

His company is introducing a new technology next month in response to the attacks.

It's only going to be a more pressing issue for companies going forward, because there's widespread vulnerability in systems around the world, Beitner said.

"We're going to probably hear about a lot of this happening," he said. "The FBI (is) telling us that 50 per cent of organizations are compromised, the other 50 per cent don't know it yet."

Digital communications degree launches this fall

Marino Greco
BIZ-TECH REPORTER

Social media sites like Facebook and Twitter have become an important tool in the public relations arsenal of businesses large and small and companies are seeking graduates with the ability to communicate effectively online through the use of multimedia.

That's the rationale by which Humber College Lakeshore is offering a new Bachelor of Digital Communications starting in September 2015. The new program provides students the opportunity to try a variety of

media production classes, including photography, video editing, and website design.

Program coordinator Gemma Richardson said the program was developed to offer a uniquely comprehensive education experience.

"They don't have just the practical skills, but also the high level critical thinking skills that you get with a degree level education. It's a hybrid of theory and practice," said Richardson.

The program was developed with input from industry and academics, according to Basil Guinane, associate dean



MARINO GRECO

Humber Lakeshore campus will host a Bachelor of Digital Communications program to train in multimedia literacy.

in the School of Media Studies & Information Technology.

"Increasingly, what we're hearing from employers is that digital literacy is extremely important in terms of employable

skills," said Guinane. "Every organization is in fact a publisher nowadays. They have to reach an audience and their audience is their customers."

Humber graduates who

have worked in industry identify the need for effective communicators with digital media skills mixed with theory. Marc Varone is Humber graduate who has a similarly broad degree, a Bachelor of Industrial Design.

"That's your first impression, you have to show your aesthetics and what you can give to the client. It's the difference of having three or four clients, or 10," Varone said.

Varone has worked for companies like Design Plastics International and Veritime. He remembers one client that improved their digital profile.

"There was no web presence, they just had a website that had probably not been updated since 2005," Varone said. "Recently, they have up-

graded it, started a Facebook page and put themselves on the map and I know for a fact that they've received more clients since then."

He does concede self-learners have plenty of great resources outside of postsecondary institutions.

"There's tons of tutorials and sites, and just by right clicking on sites you like you can inspect elements and get ideas," said Varone.

But according to educators like Richardson, postsecondary education is still the best way to develop a certain comfort level with a variety of technology.

"Instead of learning as you go, employers want to see people who come out with the skills to manage digital communications," said Richardson.



NICOLE WILLIAMS

U.S. retail giant Target will close in Canada in May 2015. Humber business professor Steve Bang says firm made major errors.

Target to axe Canadian locations after poor sales

Nicole Williams
BIZ-TECH REPORTER

The shelves were stocked, the floor was gleaming, and people donning red stood at attention in every department.

Target was picture perfect for success.

After moving into former Zellers' locations, once considered Canada's department store sweethearts, it seemed Target was destined to meet the same fate only two years after its expansion into Canada.

"Arrogance is one of the primary reasons for Target's failure," said Steve Bang, Business and Economics professor at Humber College Lakeshore.

Zeller's failure was in part due to poor location, said Bang. When Target decided to move into these locations, they did not consider why their Canadian predecessors had failed.

There was also a failed attempt at loyalty, said Bang.

"When Zeller's closed up shop, Target had the opportunity to hire those employees, but instead chose to hire their own staff, which completely started them off on the wrong foot," said Bang.

But now *deja vu* strikes, and a new generation of employees are left without jobs.

Adam Rouselle works at a

Target location in Newmarket, and will be one of many employees looking for somewhere else to work when his store closes in May.

For Rouselle and everyone else, the news of Target closing came without warning.

"I wasn't working the day it was announced on the news," he said. "I had actually woken up and just come down the stairs when my parents told me about it"

Mismanagement was a crucial misstep by Target, not to mention charging Canadians higher prices, said Bang.

"What Target should have done is open up distribution to Canada suppliers, but in insisting the product should be shipped in from the U.S. you drive up shipping costs, meaning you have to charge more for what you want to sell," he said.

With its reputation for good deals in the U.S., higher prices came as a shock to many Canadians.

Humber Interior Decorating students Elizabeth Panza and Jimena Padilla have both shopped at Target locations in the U.S. and were disappointed at the lack of deals to be found at Canadian locations.

"I liked Target being in Canada," said Padilla. "Usually

their products are really nice and not too expensive, but I found the shelves of the Canadian Target locations much emptier than in America.

"The experience wasn't as good," she said.

Panza said she felt she wasn't able to find what she wanted as easily at Canadian Target locations, and what she could find was pricey.



Arrogance is one of the primary reasons for Target's failure.

Steve Bang
HUMBER PROFESSOR
BUSINESS AND ECONOMICS

"I was just expecting to find as much as I could in the States at the same price," said Panza.

"The Canadian and U.S. markets are so different," said Bang.

"We like the same things but the Canadian market is so much smaller. You can't bring in small amounts of product and sell at a low price. It just doesn't work," he said.

This is what makes competitors like Walmart, who are not afraid to undercut prices, safe from harm, said Bang.

"Walmart is so efficiently

run," he said. "They buy things in bulk, and are therefore able to sell product at much lower prices than Target.

In the meantime, for employees like Rouselle, who are still at Target locations until the final closing date, it's business as usual.

And what happens to the Target employees once May rolls around?

"I guess I'll be looking for different work. I might this take as an opportunity to explore my options," said Rouselle.

Many employees however, might not be able to take such a casual approach.

"There's always the possibility that whoever moves into those locations next will take on Target employees, but unless that happens, their futures are uncertain," said Bang.

For those who work at Target locations in Etobicoke and the rest of the GTA, there is comfort in the knowledge that the Toronto job market always seems to be plentiful, but could mean a greater commute to the downtown core, said Bang.

For now, it seems Canada is remaining optimistic for what will move in next.

"I see it as both a closed, and open door," said Rouselle.

New prototype lab to make circuit boards, feature 3D printing

Ryan Durgy
BIZ-TECH REPORTER

Laughter filled the room at the Prototype Lab launch event as Vincent Shaikh, Associate Dean of Engineering Programs, suggested the black box with a key pad and large red button at the front of the room resembles a missile launcher.

The device is connected to the Humber network, and its actual purpose was to launch the Prototype Lab website while symbolically opening the doors to the new lab.

The lab, located at Humber's North campus main focus is to make prototypes such as circuit boards and laser cutting of materials such as plastics. There is also an industrial 3D printer, which because of spacing issues is housed in a separate room.

"Over the last year we have put together quite a considerable dollar value in equipment and we are opening it up to students, so today is the grand opening, if you will," electronics engineering faculty member Randy Gallant said.

Shaikh told Et Cetera the construction of the lab cost around \$350,000 and was a year-long process. The ProtoLaser S, which etches printed circuit boards by cutting the unwanted copper off the board using lasers, cost around \$100,000.

Gallant said the lab is designated for sixth semester project students, with Electronic Engineering and Computer Engineering students getting priority to use the equipment.

"It will be open extended hours. From regular 8 till 5 it's designated for Humber students. From 5 till 9, five

days a week, plus Saturday I think, they will have it staffed for anyone else who wants to use it," Gallant said.

Shaikh said that community members looking to use the lab will have to submit an application that will be reviewed to decide whether they have access to the lab.

One of the students with works displayed at the event was 23-year-old Cody Robson, who is in his second year of Electronic Engineering Technology at Humber College.

He designed and produced the "TweetCam," which he made using mostly the new equipment in the prototype lab.

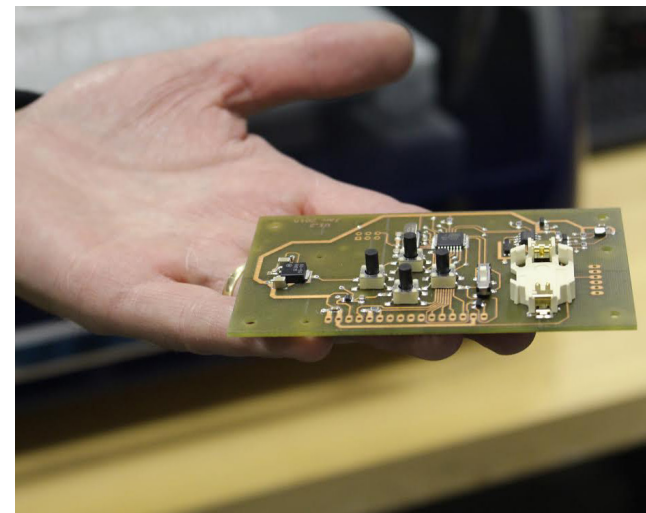
"It posts pictures instantly to Twitter, complete with an extra little Tweety Bird sound effect," Robson said.

The TweetCam was designed using the Raspberry Pi microcontroller, which he describes as a "little tiny computer that can handle some simple input and give some simple output based on programming."

Humber President Chris Whitaker said the lab's focus is on maximizing students' theory, practical and applied learning.

"Especially in technology programs, it's very important to see what you're producing and to test it and to see if it's useful in actually doing what you want," Whitaker told Et Cetera.

"We are talking about innovation and creativity, new things that haven't actually been developed before. So I think (the prototype lab is) helping us move that learning environment to a level that our students really need to have to be successful," Whitaker said.



RYAN DURGY

A Humber student shows off circuit board created in new Prototype Lab at Humber North campus.w

HEALTH

Juice cleansing ‘sexy, dramatic’ but unsuited to fast weight loss

Cleanses potentially harmful without proper care and knowledge, dieticians say

Christina McAllister

LIFE REPORTER

A few words people are sure to see after the holidays: fast, cleanse and detox.

These buzz words come with the promise of losing 10 pounds in one week, improving your health and boosting your energy. The juice cleanse in particular has been gaining traction.

Sarah Power, a registered dietitian and acting program coordinator for Humber’s Food and Nutrition Management program, said juice cleanses are very timely and prevalent after the holidays.

“They are sexy,” she said. “Dramatic.”

Power recommends a juice cleanse to clients who are highly motivated but are unsure of where to start, but said cleanses should not be used as a quick fix.

“Juice cleanses are not a sustainable way of losing weight” she said.

Frances Michaelson, a holistic naturopath and personal trainer, is a supporter of the juice cleanse but also warns they should not be used



CHRISTINA MCALLISTER

Juicing cleansing can be helpful but should be approached prudently, nutritionists say.



Some people need something to get momentum. (A juice cleanse) resets and reboots.

Sarah Power

REGISTERED DIETITIAN

as a quick weight loss method.

She said the problem with cleanses being so popular right now is that people tend to follow guidelines they find in a magazine rather than contact a nutritionist or dietitian.

Mainstream health researchers have said there is no measurable evidence that juice cleanses have any health benefits, partly because such

approaches have been little studied to date. Beyond such questions, misunderstanding the correct objective of a juice cleanse could potentially be harmful.

Humber student Michelle Lofranco recalled a friend getting sick from a juice cleanse.

“She was just juicing for two weeks straight with no solid foods,” she said.

Despite that incident, Lofranco said she would still try a juice cleanse.

“I would do it to lose weight and to cleanse my body, since I sometimes eat a lot of junk food,” she said.

There are, however, benefits to juice cleanses. Power recommends using a juice cleanse to kick start a healthier lifestyle.

“Some people need something to get momentum,” she said. “It resets and reboots and if that’s what it takes to get momentum, then that’s great.”

Michaelson said juice cleanses give the digestive system a break while allowing the body to absorb more nutrients at one time. If done properly, they can be beneficial.

“It’s easy to get drawn in by fads and promises of weight loss, but it is important to remember what works for one person does not necessarily work for another,” said Power. “At the end of the day, the three or four days of juicing is not going to hurt anybody.”



CHRISTINE TIPPETT

New medical journal review finds long periods of sitting can be harmful. Regular movement breaks for students and others are recommended.

Extended sitting found harmful despite regular exercise: study

Christine Tippet

LIFE REPORTER

It may be wise to go for a quick walk during your next class to avoid certain long-term health risks, according to a new study.

A review published in the *Annals of Internal Medicine* found sitting for an extended period of time is associated with a higher risk of heart disease, cancer and death, regardless of regular exercise.

People who sit for long periods of time could be exposing themselves to potential health problems in the future, according to the journal’s review.

Human Resources Management student Meredith Neufeld has around five hours of class a day and feels very stiff afterwards.

“During exam week when I was sitting a lot for studying, I tweaked something in my back,” said Neufeld. “That stayed for a couple of days and my back was all messed up.”

There are short-term risks for being sedentary too long, said Adrian Strupp, a registered massage therapist at Goodlife Fitness. These include depression, anxiety, stress and physical pain.

Strupp recommended taking breaks during class to walk around and stretch. Also at least once an hour would be beneficial.

“There’s a big difference biome-

chanically between sitting for four hours and sitting for 30 minutes eight times,” said Strupp. “A lot of the pressure gets taken off and you usually sit up straighter when you sit back down.”

Michele Choma, a professor of social work at Humber, thinks it is imperative to give students a break during class but understands why some instructors find it difficult.

Many students would rather leave early than take a break and the majority rules, she said.

“There’s so much pressure to get the content covered but I think you can cover it with breaks,” Choma said. “In fact, I think it can be even more effective because people come back refreshed.”

Choma said she doesn’t think that classes should be made shorter but thinks that all Humber instructors should be made to give student breaks during class.

“If you don’t give students a break you’re putting them at a disadvantage,” said Choma.

After being involved in a workplace accident, Choma said she now appreciates how important it is to keep moving for mind, well-being and the body.

She said instructors should look into ways to keep the students engaged and active by implementing other types of work in the classroom that involve moving around.

Take care of your neck, chiropractors say

Cont’d from page 1

The head weighs between 10 to 12 pounds in proper alignment. The study shows how the further a person leans their head forward the more weight is being put on the spine. At a 60-degree angle, a person is putting the equivalent of 60 pounds of weight on their spine.

Chiropractor Kevin Bar said when the head is aligned properly, it’s hanging on its ligaments but the more a person bends forward, the neck mus-

cles have to work much harder and this can lead to chronic strain.

The study reveals how people are spending two to four hours a day with their heads down while reading, using smartphones and other handheld devices.

People need to think about the long-term consequences of text neck, said chiropractor Heather McDowell. When looking at X-rays of her patients she looks for the loss of curvature in the spine.

“Sometimes that can be irreversible

when it gets to certain stages and when left untreated for so long,” she said.

McDowell said the increasing number of people showing signs of spine injury is quite telling to how our society is not only becoming physically injured by the use of technology, but socially as well.

“We’re becoming more inward. Not only our posture, we’re sloping forward, our necks are coming down...but also we’re becoming inward in our social abilities and communicating with people,” she said.

Sustaining relationships in school residence can be difficult

Shaun Fitl

LIFE REPORTER

Finding a romantic partner isn’t always easy, but living in residence gives people a unique opportunity to interact on a personal level.

Residence can be a challenging place to build lasting relationships. People are in constant contact with each other and that leaves little room for privacy and time alone.

“You have to work on some kind

of system whereby you can talk about when you feel too invaded or you need a bit of space,” said Daniel Andreae, a professor of psychology at the University of Guelph-Humber. “Being in the same place doesn’t necessarily mean you have to be with them all the time.”

There could be issues in developing a relationship with somebody you’re living with, he said.

“The problem comes along if it doesn’t work out,” Andreae said.

“You’re with somebody in residence and then you part ways or something happens and you have to face them every day and that causes stress for the individuals involved.”

Privacy is very important for a person’s mental health, he said.

“We’re all like prisms in a sense with light shining off different parts of us,” Andreae said. “There are times when we want to be social and times when we want to be private and reflect on ourselves... we must

strive for a balance in that.”

When the relationship fails, it could be up to the residence assistants to handle the situation.

“Every situation is different and it depends on how we get this information,” said Jeck Baconga, a residence life coordinator at Humber College. “If a student approaches an RA saying they are in an abusive relationship, we would probably call public safety or the police because it is out of our scope.”

“But if it is just a breakup between

two students who met in residence, they would manage it as adults like anywhere else,” said Baconga.

“Relationships generally fall under personal counselling,” said Liz Sokol, a counsellor at Humber North campus Counselling Services, which helps with a range of personal issues.

“There is no particular method for dealing with relationship issues. It depends what the person was presented with and how they’ve been impacted,” said Sokol.



DOMINIQUE TAYLOR

Elaine Giang (right), first year Humber Early Childhood student, with Stephanie Collens (left), University of Toronto MSW student, and Roseanna Wirt, Coordinator of Volunteers at VHA Home Healthcare, speak at GH fair.

First psychology fair a hit at Guelph-Humber

Dominique Taylor

LIFE REPORTER

Psychology students didn't have to look far to find ideas for careers, volunteer positions, job-shadows or student placements this year.

The Guelph-Humber Psychology Society hosted the school's first Psychology Networking Fair yesterday afternoon in the North Atrium of the University of Guelph-Humber.

"I'm hoping that (the students) will want practical experience to go with their studies," said Roseanna Wirt, coordinator of volunteers at Visiting Homemakers Association Home Healthcare. "The opportunity to recruit volunteers is what brought me here and to give exposure to our programs."

The fair provided a unique opportunity for students to meet with local mental health, disability and psychology organizations to learn about real world applications of

their academic studies.

The Psychology Foundation of Canada, Oakwood Academy, Spectra Community Support and the National Eating Disorder Information Centre were just a few of the agencies who attended.

Last summer, a small idea blossomed into a large event with over a dozen mental health organizations and over 100 students attended.

"We've been thinking of this for a while," said Tasmie Sarker, 20, third year psychology student and vice-president of activities of the Guelph Humber Psych Society. "We realized that there is a fair for business students, media students and for all other programs."

Sarker said psychology students don't really get a chance to network with other programs outside of school, so they decided to bring these organizations to Guelph-Humber.

"Collaborations like this are a real

great benefit to both our partners in the community, the university and to our students," said David Dantos, program head of psychology. "Everybody benefits when there is an exchange of ideas and exchange of information."

He said that organizations that have taken on placement students have been very satisfied.

"I love them. I've had many of them in the past and in other organizations that I've worked for," said Jey-son Edwards, communications representative from the Learning Disabilities Association of Peel Region. "This environment gives me an opportunity to meet them face to face and let them know exactly what we do, how we do it, when we do it and how they can help."

Fifteen volunteers from the Guelph-Humber Psych Society worked on planning the event with the support of Guelph-Humber staff.

Reality of resolutions on weight loss, health

Sarah Trumbley

LIFE REPORTER

January is coming to an end and the reality of New Year's resolutions are starting to kick in.

"Sometimes people don't think through their resolutions and maybe they aren't realistic," Humber counsellor Liz Sokol said. People's resolutions resemble wishes rather than realistic goals, which makes them less likely to be successful, she

said.

The most common New Year's resolutions among students concern exercise and weight loss, said Sokol, adding that it's worrisome that such resolutions can be misguided.

"I'd like to say students are thinking about their health but I am not so sure about that. I wonder, is it just about how they look?"

Sokol said a lot of students go to the gym with concerns about their appearance, as opposed to being

tired or not having enough energy.

"They make goals to lose 30 pounds right away instead of trying to make their bodies healthier."

Sandy Spiro, a Goodlife-certified fitness instructor, said that New Year's resolutions are great, but only if you go pursue them for the right reason. Each year she notices a lot of beginners in her January classes trying to fulfill resolutions that are sometimes unrealistic.

"They try to do as much as the

LinX blocks smoking on patio, near doors

Allie Langhor

LIFE REPORTER

If the snow isn't keeping smokers inside this winter, perhaps new smoking laws will.

As of Jan. 1, 2015, the latest additions to the Smoke-Free Ontario Act make it illegal to smoke on or near children's playgrounds and sports fields, within nine metres of bar and restaurant patios, and to sell tobacco on university and college campuses.

LinX has implemented procedural changes to enforce these new laws. In addition to stickers posted on doors nearest to the pub to ward off smokers, manager Daniela Trozzolo said they are not allowing students on the patio.

She said if a student wishes to smoke, they are given a wristband and led to a secure area at least nine metres from the entrance. The student is then able to bypass the line back inside.

Trozzolo said this has not affected business at LinX this semester.

"If anything our business has increased. I don't really think it's going to impact our business. We have a patio but we don't really rely on it as much as other businesses do," she said.

Despite the larger number of students attending the pub, the crowds outside the doors are dwindling.

"Essentially, no one smokes at LinX anymore. Period," said Trozzolo. "There are strict fines and penalties for businesses who don't fol-

low the legislation. It's much steeper than the individual penalties."

Individuals can be fined \$1,000 for their first offense and \$5,000 for every subsequent offense. For corporations that don't enforce the laws, these numbers are \$100,000 and \$300,000 respectively.

Trozzolo said the staff at LinX have not had problems with people disrespecting the laws so far.

"If we do find anyone smoking on our patio, we simply ask them at this point to put out their cigarette," said Trozzolo. "If they become non-compliant, we ask them to leave."

Tammy Robinson, of Strategic Communications for the City of Toronto, said the laws are enforced by the department of Municipal Licensing and Standards throughout the city with a similar approach.

"We educate first, and then enforce," said Robinson. "If we see people smoking where they shouldn't be, we let them know about the by-law and ask that they not smoke."

There seems to be acceptance and respect for the laws at Humber. Chris Parsons-Flemming, a 28-year-old first year Arboriculture student, said he would love to quit smoking, but the laws are not going to push him to do it.

"Good for them for trying to help the community," said Parsons-Flemming. "I'll support it but it's a little irritating. If people want to smoke, they're going to have to do that extra walk."



ALLIE LANGHOR

Humber Arboriculture student, Chris Parsons-Flemming, takes a smoke break between classes in a newly designated area on North campus.

people who have been taking my classes for years, but this is dangerous," said Spiro.

Spiro sees people setting impractical goals, such as losing 20 pounds in two weeks. When they don't reach their goals, they give up.

New Year's resolutions should be realistic and achievable, said Spiro.

"If you do that, there is no reason why you shouldn't succeed. In terms of getting in shape, don't make your goal be to lose a bunch weight, make your goal to be healthy and weight loss will follow naturally," said Spiro.

Culinary arts student Elisha

Ward said she made the unrealistic resolution of going to the gym every morning before school.

"When I made the resolution I didn't think of a plan on how to follow through, I just told myself I would do it without thinking about the how factor," she said.

Ward gave up her resolution 10 days into the New Year, realizing it was more a wish than a resolution.

"Make it whatever works for you, recognizing that you have to be motivated to achieve that goal to start with and if you're not, chances are less likely to succeed," said Sokol.

Jazz fusion band Snaggle ready to rock

Corey Brehaut
A&E REPORTER

Nick MacLean confides his jazz fusion band Snaggle was going to be called Snaggletooth until they discovered the name was taken by a Vancouver Motörhead tribute band.

“So we decided to go with Snaggle. It just seemed to fit the band’s sound. It was kind of fun,” said MacLean.

The six person jazz fusion band is comprised almost entirely of alumni from the Humber College music program. The band’s trumpeter, Em-

ily Denison is the exception. She is working on her bachelor’s degree at the University of Toronto. Snaggle’s website describes them as “if funk, rock, metal and a bunch of other styles all got drunk at a jazz club.”

Snaggle was founded in 2012 when MacLean played at bassist Doug Moore’s final recital. They did a recording project as part of their degree.

The band formed as a session band so that people wanting to record an album can turn to Snaggle.

“If there’s a horn player or a vo-

calist who wants to cut an album but doesn’t have a band – we’re a band,” said MacLean.

Snaggle also does jazz improvisation workshops for high schools in the GTA. They’ve been doing it for three years and plan to continue.

Brian Legere, is a teacher at the Bishop Allen Academy and he brought Snaggle in as guest instructors for one such workshop.

“I like their approach. They took [the students] through the process of playing very simple stuff and getting over the fear factor which is the num-

ber one thing we need to do as teachers when teaching improv,” he said.

MacLean said the band will always be advocates for music and regret that music has become devalued in modern society.

“Back in the 40s, gigging musicians were able to make a decent livable wage. Now it’s changed a lot,” said MacLean. “It’s important to take a stand. It’s important to push back when your own ability to make a livable wage is being threatened.”

Snaggle released its first album in

September 2013 and has an EP due out in March that will feature three more Humber grads.

“We’re always kind of trucking and doing our own thing but we always come together to do Snaggle,” said bassist Doug Moore.

Snaggle was recorded for the Rogers community television program *GTA Rocks* on Tuesday.

Snaggle’s next show will be at The Handlebar on Augusta Ave. where they are scheduled to play with Brownman Ali who regularly tours with celebrities like Jay Z and Beyoncé.

Saxophonist Bennett gets to jazz charts

Mahnor Yawar
A&E REPORTER

Home is where the heart is. For jazz saxophonist Eli Bennett, that just happens to be the Humber Recording Studio at Lakeshore.

The Vancouver resident graduated from the Humber Music program in 2011 and came back to record his debut album *Breakthrough* in the state-of-the-art Humber Recording Studio that he had become so familiar with.

“When my father brought me home from the hospital (after I was born), my room was in his studio. So literally from my second day, I was listening to him work on movie scores,” said Bennett.

He grew up homeschooled in the studio where his father, award-winning film composer and producer Daryl Bennett, worked.

It was here that he first picked up the saxophone at age 11. Though he wasn’t sure he would stick with it, everything changed when his father played him a jazz recording of Michael Brecker.

“As soon as I heard it, I knew I wanted to be exactly like Brecker,” said Bennett. “I began practicing eight hours a day for a number of years.”

In the three short months since its release, *Breakthrough* peaked at Number three on the Canadian jazz chart, and was ranked the fourth best debut album of 2014 by the *Ottawa Citizen*.

It also peaked at Number 14 on the U.S. jazz charts and was a featured album on the Canadian iTunes Store.

Denny Christianson, director of Humber’s Music program and Bennett’s former mentor, recalls discovering the young prodigy as part of a student all-star band in Vancouver.

“By the age of 15 or 16, it was already evident he had a special gift. He was one of the most highly sought students in Canada.”

Bennett went on to attend Humber on a full scholarship and still



KEVIN CLARK

Eli Bennett, jazz saxophonist, graduated Humber’s music program in 2011

credits faculty for many of the great opportunities that presented themselves to him.

“I do consider my years at Humber, and pursuing an education there, some of the most pivotal years of my musical development,” he said.

His debut record *Breakthrough* stands as a testament to those years, combining Bennett’s unique sound with his journey as a musician.

“Stylistically, in terms of writing, I draw on different influences throughout my career: jazz, funk grooves, and even some pop thrown in there, some soul music,” Bennett said. “I needed my own sound – something that hasn’t been done before – so that when people listen to my debut album, they know it’s me just by listening.”

Kirk MacDonald, who also

served as a faculty advisor to Bennett during his time at Humber, and who praised Bennett’s growth as an artist, produced his album.

“I can’t think of too many students that had the kind of work ethic that Eli had,” he said. “That combined with his vision, his talent and his determination really set him apart.”

Christianson exuded pride at the success Bennett is courting.

“I’ve known all along he had an extraordinary career ahead. His talent is right off the charts,” he said. “He’s not only one of the most talented performers I’ve worked with, but also a wonderful, warm, caring person.”

Bennett said he was already in the initial stages of working on a follow-up to his debut. If this record is any indication, Bennett may as well call success his new home.

HUMBER COMPETITORS GET PREPARED

Visual arts students look to 1st Art prize

Samantha Juric
A&E REPORTER

Exposure, prestige, cash.

It’s all on the line for three Humber artists participating in the annual BMO 1st Art! Competition.

It’s not quite *The Hunger Games* but the stakes are high for Humber artists Colin Frings, Brianne Whinfield and Shaun Reyes, all in their final year of the Visual and Digital Arts program.

The BMO 1st Art! Competition gives graduating post-secondary students across the nation the opportunity to have their work judged by distinguished members of the Canadian art world.

The panel of judges include big wigs such as Pip Day, the director and curator at the SBC Gallery of Contemporary Art in Montreal, Michelle LaValee, the associate curator at the MacKenzie Art Gallery in Regina, Peter Dykhuis, artist and director at Dalhousie Art Gallery, and Michelle Jacques, the chief curator at the Art Gallery of Greater Victoria.

Noni Kaur, the program coordinator for the Visual and Digital Arts program at Humber, was instrumental in selecting the Humber competitors.

“This is going to put them into a totally different league,” said Kaur. “The competition will be about how they would like to see themselves as artists, what they would want to do. This is giving them that liberty and freedom to realize their potential.”

Graduating students are nominated by faculty members to contend for the \$10,000 first prize.

The recipient of the first place prize will have their winning piece displayed at the Museum of Contemporary Canadian Art in October 2015 and it will become a part of the BMO’s corporate art collection.

Frings and Whinfield are contemplative of what they want their art to say.

Frings’ art often has an undertone of social commentary. He is a part of the LGBTQ community and the issue of gay rights weaves in and out of his work.

Whinfield’s pieces are influenced by the work of film director Tim Burton. She experiments with creature art in which she brings animals and imaginary beings to life through graphic design.



This is going to put them into a totally different league. The competition will be about how they would like to see themselves.

Noni Kaur

VISUAL AND DIGITAL ARTS COORDINATOR

The three artists are communicating to possibly work on a collaborative piece with the intention to “bring a new face to the competition,” said Whinfield.

To the victor goes the spoils and both Whinfield and Frings have visualized plans for the \$10,000 grand prize.

“I would use it for education and living,” said Frings. “I want to set myself up in Toronto.”

“(It seems like) a lot of money but when it comes to education it is not a lot at all,” said Whinfield. “I would use it towards debt and furthering my education.”

As the May 2015 deadline hurdles towards the Humber artists they are determined to find new and innovative ways to separate themselves from the herd of other hopeful contenders.

HUMBER GRADUATE TAKES STAGE

Lynch sheds light on LGBT community

Katie Jones

A&E REPORTER

Ian Lynch is a Humber College graduate who has successfully become a standup comedian and MTV television host.

Lynch is most famous for his role on MTV's original series *1 Girl 5 Gays* is a proud gay male defending equality and exposing gender oppression.

Lynch, a Western University graduate, decided to enroll in Writing and Performance at Humber College to earn his post-graduate diploma. Lynch specialized in television writing, television production, hosting and online media.

"I got my undergrad at Western but I never worked harder academically than I did at Humber because it was so specialized and something I really wanted to do," said Lynch.

"I think that Humber was a really great way for me to get prepared to work in the industry."

Lynch said being a cast member on the show gives him the ability to talk about issues people may not expect.

"The greatest thing about being a

writer for TV and a television personality is I can bring issues into people's living rooms," he said.

"What was really special about it for me was everyone could relate to it whether you were gay or straight, a boy or a girl," said Lynch. "People would write us on Twitter and share their stories, (saying they) have never met another gay person but when (they) watch (us they) feel like (they) have five friends."

Jordan Orford, the 24-year-old founder of Humber's Beyond the Rainbow club and a second-year Advertising and Graphic Design student, said the show has made an impact on the gay community.

"I think it made a difference in context to how the gay community is viewed," said Orford.

"The people on that show were relatable to most viewers within the LGBTQ+ community and they helped come to terms with certain body types and interests."

Orford describes Beyond the Rainbow as an all-inclusive club for anyone who falls into the LGBTQ+ spectrum.

"It is a safe space where anyone can come and find a community



COURTESY CORY VANDERPOEG

Ian Lynch, Humber graduate, comedian and MTV host.

of likeminded people at both the Humber Lakeshore and North campuses," he said.

Cherry Mathews, a first-year Busi-

ness Management student, said *1 Girl 5 Gays* is a funny show. "I think it empowered the gay community and brought awareness to it."

VISUAL ARTS LECTURE

Sculptor Valentine talks on primacy of artist vision

L Space Gallery workshop at Humber's Lakeshore campus looks diversely at visionary mantra of artists.

Charlotte Morritt-Jacobs

ARTS&ENTERTAINMENT REPORTER

From Andy Warhol to Lou Reed to Kanye West, the cyclical nature of esthetic need pushes artists to mentor, collaborate and recycle visual identity.

Sculptor Harley Valentine said Kanye West is one of the most skilled art directors practicing now.

"The verisimilitude of the artist should reflect the world built up around the artist," she said in a talk at L Space Gallery at Humber's Lakeshore campus.

Last week Valentine hosted a workshop referencing contemporaries such as West, exploring visual identity, art direction and exposure, the foundation of art portfolios.

The workshop conceptualized the portfolio as a passport, a platform used to attract and direct audiences to an artist's visionary mantra.

Valentine began by passing around his personal portfolio invit-

ing students to look inwardly.

Valentine said the visual aesthetic formalism must be consistent to a visual identity. Valentine's presentation illustrated his visual identity, consisting of personality, wardrobe and work location. It's controlled through art direction, which is where Kanye comes in.

"With Yeezus, Kanye created an aesthetic sound language," he said. He said he was celebrated by titans of the art like Lou Reed.

"Reed pointedly praised Kanye's ability to incorporate modern culture, urban culture fine art, architecture and design into his visual identity," said Valentine. "Imitation is flattery and Lou Reed himself was an artistic icon groomed."

Over seven years Valentine has cultivated his portfolio, fostering fluidity and capturing the changing world through an artistic focus on portals. Imagining the artistic voice as a tile Valentine challenged stu-

dents to format those tiles.

Many professions use multimedia such as blogs to advertise their vision and services. While online presence is essential, Valentine said artists keep their sharing specific.

Sharing too much or sharing a lot of older content can be harmful to the credibility of an artist. Valentine described refining a portfolio as "aesthetic Darwinism," something to be worked on every day.



No matter what you can say about your work it is never as important as what others can say about your work.

Harley Valentine
SCULPTOR

Tailoring portfolio content to individual clients is strongly encouraged.

"Up until now I would include art work from years ago in my portfo-

lio," said Jay Bhooshan, a first-year Digital Art student.

In the workshop, Valentine Googled himself and pointed out all of his artwork he asked others to photograph.

It's important for artists to document their work at galleries as a way to gain further exposure and increase the pedigree of their work through collaborating with larger vision.

"No matter what you can say about your work it is never as important as what others can say about your work," Valentine said.

Low attendance didn't take away from all of the advice shared throughout the workshop.

"I was surprised by the turnout but we are continuously adapting our model, integrated workshops more with course curriculum so full classes can attend as a part of a course project," said Tara Mazurk, the curator for L Space Gallery.

Next month the gallery will host events such as international development, a week of workshops and panels and 100 years of fashion art exhibition.

Bowden's Timeless Quartet on to classics

Matthew Pariselli

A&E REPORTER

Winnifred Bowden regularly played the gospel song *Just a Closer Walk with Thee* for her young son in their hometown of Halifax. It was a favourite of hers and she intended for Joseph to warm to it as well.

Little did she know Joseph would grow up to become a successful musician and reinterpret the song with a jazzy, New Orleans vibe.

Joseph Bowden, program assistant at the School of Creative and Performing Arts at Humber College and an alumnus, is the driving force behind *The Timeless Quartet's* album, *Timeless Classics: Straight Up Groovin'*, a compilation of jazz standards.

Bowden is the drummer. He is joined by pianist Robi Botos, bassist Lajos Botos Jr., and tenor saxophonist Peter Cieslikowski. Pat LaBarbera is another tenor saxophonist that collaborates with the group as a special guest.

Botos and LaBarbera are also Humber faculty members.

The nine-song album includes an original song Bowden wrote, *Joe's Tune*, and includes Louis Armstrong's *What a Wonderful World*.

"It's a concept project," Bowden said. "I tried to bring attention to what I do as a writer and producer, but also play the classics that people tend to recognize."

Bowden's knack for new material while delivering audiences with songs they know is one of his strengths, said Andrew Scott, Humber music professor and head academic advisor in the program.

"He's a very talented composer and a great arranger," Scott said. "It's a great record compositionally as well as from a playing perspective."

Bowden is well-rounded, with experience in R&B, Latin, polka, and soul. He thrives on diversity.

"I'm trying not to get slotted into one particular style of music."

Bowden and the quartet members that are part of Humber's faculty bring a wealth of knowledge and experience to the program, said Humber's director of strategic initiatives, Nancy Burt. She's known Bowden since he was a Humber student.

"He's a real success story among our grads," she said.

Timeless Classics: Straight Up Groovin' was released on Jan. 12.

Bowden said a more mellow collection of timeless classics would be featured on his next album.

Bowden's previous album, *The Voices in my Head*, was released in February 2012.

Timeless Classics: Straight Up Groovin' was released on Jan. 12.

HOROSCOPES by KATE RICHARDS



JAN. 20 – FEB. 19
You will come across a creative opportunity that could interfere with your current prospects. Use logic to proceed, but don't walk away without major consideration.



FEB. 20 – MAR. 20
It's going to be cold and that tattered leather jacket won't cut it anymore. You might have to put your stylish pride aside and invest in some practical outerwear.



MAR. 21 – APR. 20
Reality is going to come knocking on your door in the near future. You won't want to answer, but you'll regret it if you avoid the door bell.



APR. 21 – MAY 20
A loved one will approach you for advice. You may feel reluctant, but give it! You're the best person to help with their issue.



MAY 21 – JUN. 20
You've been working harder than you need to. Put your feet up, take a break and relax.



JUN. 21 – JUL. 22
You're going to spend a night in with one of your Virgo friends and order Chinese food. You should take your next fortune cookie reading very seriously.



JUL. 23 – AUG. 22
If your pet gets outside this week, it's going to run to unfamiliar territory. Don't worry. It'll come back flea-free and with a new sense of independence.



AUG. 23 – SEPT. 21
One of your Cancer friends is going to invite you over and order Chinese takeout. You should definitely not take your next fortune cookie reading seriously.



SEPT. 22 – OCT. 22
Don't take a bath. Seriously, do NOT take a bath. Showers only this week.



OCT. 23 – NOV. 21
Read a book you wouldn't normally read. The one you choose will teach you a lesson you didn't know you needed to learn.



NOV. 22 – DEC. 20
Repetition is pulling you into a hole. Try something new. Whether it's a good or bad experience, you'll be glad you did.



DEC. 21 – JAN. 19
The Super Bowl is going to let you down this year. Don't let hearing Katy Perry on the radio cut you too deep.

QUOTED: Do you think the new smoking bans are too harsh?

"I feel that people should be able to smoke wherever they want if it's not in an area where there's a lot of people and if they are outside"



Jermaine Murdock, 23
Business Administration

I think at restaurants and bars it's a little difficult now for smokers – you have to step right onto the road now or out of the patio. But I understand it."



Maya Lyn, 20
Fashion Arts

"Not really, because a lot of people don't like smoking. You need to be conscious of other people."



Mark Jamorabon, 20
Fitness and Health

SCHOOL DAZE



TO THE NINES



Marco Maurer
20
Fashion Arts
2nd Year

Sweater: American Apparel
Long Sleeve: Zara
Pants: Nudies, self-cut
Shoes: Hawkings McGill

Marco is inspired by Kanye West's style because he finds it unique and innovative. He does preppy street-style on the regular - a button-up one day and oversized clothing the next. He likes to mix it up.

Hawks, Royals: Humber splits back-to-back

Alexandra Martino

SPORTS REPORTER

The Humber varsity women's volleyball team defeated Redeemer University College, but the men couldn't make it a clean sweep in last Thursday's back-to-back.

The women had a noticeable chemistry from practice to game time that led to a solid victory over Redeemer in three sets.

The women were relaxed, cheerful and interacted with each other in a supportive manner.

The positive energy continued throughout the game even when the Redeemer Royals got close to an upper hand in the first set.

Emily Deakin-Poot, a first-year middle, said rising above a point difference that gets too close is a "matter of regrouping."

"Our second set was more

how we wanted to perform, we got the intensity up that we strive for, especially in the difference in points," Deakin-Poot said.

This chemistry is a large part of what has allowed the women's team to remain undefeated this season.

"Teamwork is what we've brought up to do and it's helped us so far," said Deborah Mitchell, a fourth-year outside.

Chris Wilkins, the women's head coach, confirmed that the unity of the team is no coincidence.

"The chemistry is as important as talent," Wilkins said.

"It's part of my recruiting strategy. Sometimes I won't accept a talented player if they don't fit the chemistry of the team," he said.

Thalia Hanniman held up her reputation as the team's lead scorer with three service



ALEXANDRA MARTINO

Redeemer's Nico DeBruyne spikes into Humber territory as they defeat the Hawks' men's team in four sets.

aces and 11 kills. Kelsey Kovar, second lead scorer, got four service aces and seven kills.

The Humber men's pregame ritual of a lively huddle did not create a spark big enough to ensure victory.

Redeemer took advantage of Humber's service and attack errors to win in four sets.

Terrel Bramwell outplayed his teammates and kept his team in the game with four service aces and 27 kills.

The team remained sup-

portive of each other after each attack, but there was something missing from the team's gameplay.

"Our mental fortitude let us down at times and we took Redeemer too lightly which resulted in playing catch up

all match," said Alex Lewicki, a third year outside.

"We have a good team, but this was a test," said Wayne Wilkins, the men's head coach and brother of Chris. "Games will get tougher, and we can't take other teams for granted."

Humber soccer switches seasons, shifts to indoor

Mathew Hartley

SPORTS REPORTER

The Canadian winter brings cruel conditions for college athletes — and the beautiful game, unless you move the game into a 60,000-square-foot, heated arena.

More than 30 players arrived at Wild Water Kingdom in North York on Tuesday and only had to brave the sub-zero temperatures for a short walk from the bus to the tryouts for the Hawks Indoor men's and women's Soccer team.

They play their first game on Jan. 30 against Redeemer University in Ancaster. The final chance to impress the coaches for most players was the only chance for veteran OCAA player Xavier Wright. Wrapped up warm and walking to the field, Wright explains his seven-month absence from the field.

His outdoor season ended abruptly because of a knee

injury.

"I've been out for about seven months because of a chipped bone in my knee," Wright said.

The ex-Seneca Sting rookie of the year said he's now good to go and talked about his love for the game.

"I used to play for Seneca but I've been playing since I was five," Wright said.

Many of the players from the outdoor team tried out, but not all of them will make the cut for indoor.

"Usually only about 15 of our 25 outdoor players carry over," said Ricardo Fonesca, assistant coach.

The seventh-year coach explained that even though the outdoor and indoor games are similar, there are differences that the veteran players have to handle.

"Someone might not be the best outdoors player but they're much better indoors and vice versa," Fonesca said.

He said indoor soccer re-



MATHEW HARTLEY

Kingsley Boasiako ready to receive the ball during tryouts for the men's indoor tea, but already calculating what he'll do.

lies more on skills like dribbling and ball control, "in the indoor game you need to be a little more technical, that doesn't mean that they're not good players."

The summer schedule for soccer players is intense and the coaches keep that in mind when it comes to winter.

"The outdoor game we're going anywhere from three to four times a week and indoor we go once a week," Fonesca said.

"It's a softer schedule and

it helps our guys stay on track with school. If we ran them that hard both semesters it would be pretty hard for the athlete," he said.

Moving the beautiful game inside didn't stop a large turnout of both male and female players at Tuesday's practice.

With only Captain Dominic Roberts' name safe to assume on the roster, all of the other athletes will have to see if their showing at the tryout was good enough to get them a spot on the indoor team.

New Year packs gym and athletic facilities

Andy Redding

SPORTS REPORTER

Humber students are packing the gym this month, creating even more over-crowding.

"There's a spike," said Humber facility manager Dean Wylie.

"A lot of residence students come back wanting to get into shape, so it starts off strong, but goes back down eventually," he said.

Kinesiology student Hannah Winters also sees the increase in activity.

"The rush hours are more noticeable now," she said.

Wylie said this overcrowding issue is not just a post-New Year's issue, either.

"At peak times we're busy, we're limited by the space, a lot of programs at Humber put a large demand on our facilities with their training and requirements for class," he said.

Varsity teams and intramurals are also putting demand on court time, said Wylie.

"When varsity teams aren't on the floor, campus rec is running programs for intramurals," said Wylie. "The demand on our facilities is

huge, we're already booking weekends into 2016."

This facilities are so packed some students are turned off from going.

"Classmates of mine hesitate to come here because of the overcrowding," said Winters. "It stresses them out and makes it not very enjoyable."

Second year media studies student Chelsea Andrade, 22, said "I found it hard because the machines I wanted to use were always taken. The gym for a lot of people is their place to relax, but how can you do that if there is no space?"

Humber is trying to combat this problem at the Lakeshore campus, where they recently broke ground for a new athletic centre that is expected to be done by January 2016.

The lack of space at Humber North is hindering its ability to expand, said Wylie.

"The problem is we can't go back into the green space, we can't take away more parking space, there's a neighbourhood on the other side of us, and then there's the Etobicoke General Hospital," said Wylie. "We're the definition of landlocked."

