



Cops no longer need warrant to search cell
PG. 7

March 11, 2013
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COURTESY PROGRESSIVE CONSERVATIVE PARTY
Leader of the Opposition, Tim Hudak believes college training a strong option.

Hudak calls for 'college first' strategy, three-year degrees

Justin Vasko
Queen's Park Reporter

Progressive Conservative leader Tim Hudak is hoping to raise the profile of Ontario's colleges with a strategy he calls 'college first'.

In Paths to Prosperity, a white paper released early last month, the PCs outlined their strategy for reimagining college education.

Rob Leone, the PC MPP for Cambridge who co-authored the white paper with Hudak, said they want to make colleges a much more viable choice for students, one that leads to good job opportunities.

"We want to make sure our colleges are supported in a way that maximizes their contribution to society," Leone said.

The Conservatives want to change the way students think about college, recognizing the role experience-based education plays in finding a career.

Bhalinder Bedi, president of the

Humber Students' Federation, said changing the way people think about colleges has to begin early, at home and in high school.

"What picture is painted of college and university to you by your caregivers at a young age will determine what you strive to become," Bedi said.

The Conservatives' strategy also calls for an overhaul of the credit transfer system and a limit on the number of four-year degrees offered at the college level, encouraging colleges to offer three-year degrees instead.

This would link back to the party's overarching goal of getting students educated faster, and with less accumulated debt, while also putting a system in place that would allow students to transition into university or graduate school.

Rick Embree, associate vice president of planning and development at Humber, said he supports the improved credit transfer system, but worries the depth of content allowed by a

four-year program may not easily transition to a three-year model.

"We're concerned the three-year may, if we're not careful, not allow the transfer into the university system," he said.

Brad Duguid, minister of training, colleges and universities, said he worries some of the other ideas put forward in the white paper, particularly the proposal to eliminate the Ontario Tuition Grant, will limit choice for students.

"I don't think the way to build a strong attraction of people into skilled trade or college opportunities is to take away opportunities at the university level," he said.

Duguid said increasing promotion of college education and the resulting job opportunities may be important, but it should not be done at the expense of access to universities.

"That piece makes some sense, and we're keen to do that, and we're doing that, but you have to leave the choice to students themselves," Duguid said.

Ottawa research finding could unlock obesity

Paul Rocca
Life Reporter

Ottawa scientists have discovered a method for manipulating the generation of muscle stem cells into beneficial brown fat in mice. This preliminary research may find future application in the treatment of human disorders including obesity.

The study was conducted by a group of researchers led by Dr. Michael Rudnicki, a senior scientist and director of the Sprott Centre for Stem Cell Research at the Ottawa Hospital Research Institute.

"We're exploring whether or not this approach can be used in a human context for the treatment of obesity," said Dr. Rudnicki.

While the more common white fat cells are used by the body to store energy, brown fat cells burn calories and expend the energy in the form of heat. Because human infants don't yet have the ability to shiver to keep warm, they have greater numbers of brown fat cells, but those cells begin to disappear from the body as it reaches maturity.

"Brown fat is a kind of specialized fat," said Ronald Stewart, professor and coordinator of biosciences at Humber College. "Over time, as we grow, we lose it. It goes away. We just don't need it anymore. We don't need to generate that heat."

Adult muscle stem cells can generate both muscle and brown fat tissues. Dr. Rudnicki's team said they intended to show that they could manipulate the "switch" between muscle and brown fat generation with cold temperatures and

by blocking a gene receptor responsible for converting the stem cells into muscle. The discovery that resulting brown fat cells helped to regulate the body weight of mice was an unexpected element.

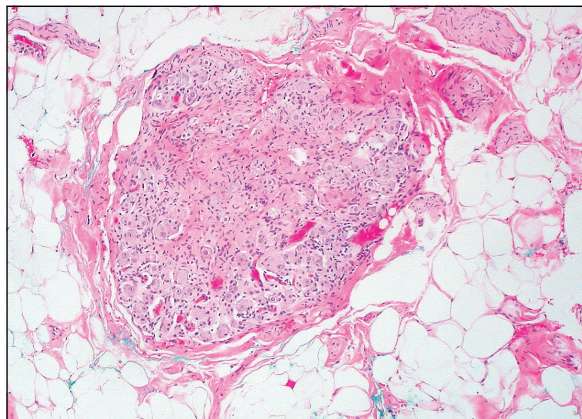
"What was quite stunning and very much a surprise is that the relatively small amount of brown fat that we induced in those experiments had long-lasting metabolic effects on the animal," said Dr. Rudnicki. "They remained leaner, they did not gain weight at the same rate when put on a high-fat diet, and they were more metabolically active and had better control over glucose as a consequence."

While still in its preliminary stages, the potential of Rudnicki's method in targeting specific gene receptors might also lead the way to future research into other human diseases, such as muscular dystrophy.

"The idea of this research going toward muscle-wasting would be an interesting one," said Victoria Northrup, a PhD candidate in cellular biology at the University of Alberta. "Those types of diseases can have devastating effects and they can affect anyone at any time."

"In the end, this type of biochemical blocking has massive implications in manipulating what happens with us. The classic example is cancer," said Stewart.

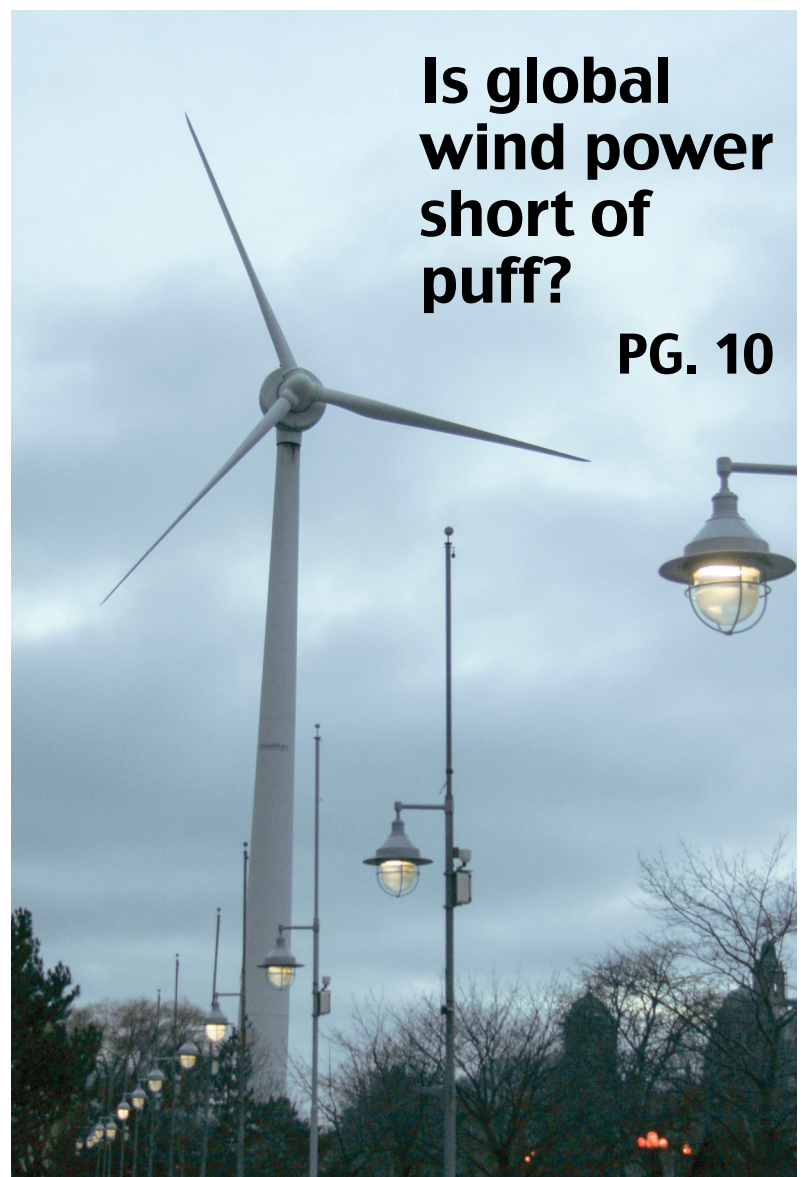
"I think for basic biochemistry, this is a huge leap," he said.



COURTESY ED UTHMAN/CREATIVE COMMONS
White adipose cell stores energy and is carried as body fat.

Is global wind power short of puff?

PG. 10



IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 Johnny Appleseed Day Americans recognize the life of Jonathan Chapman, better known as Johnny Appleseed. Chapman was one of America's first conservationists, planting thousands of trees.	12 World Day Against Cyber Censorship Started by Reporters Without Borders and Amnesty International, the day is intended to rally people in support of an Internet free of restrictions and censors.	13 ALMA telescope goes online The ALMA telescope in northern Chile, consisting of 66 large radio dishes, will be the most powerful telescope ever constructed once it goes live.	14 Samsung Galaxy S4 to be revealed in NYC Samsung is set to unveil its latest iPhone fighter, which is rumoured to have eye-tracking technology, allowing you to scroll through pages with just your eyes.	15 The Ides of March On this day in 44 BCE, Julius Caesar was assassinated in the Roman senate, stabbed over 20 times. Some Canadians mark the day by going to the local bar and ordering a Bloody Caesar.	16 UFC 158 in Montreal Ultimate Fighting Championship returns to Montreal. Top match has Canadian Georges St-Pierre put his welterweight championship on the line.	17 St. Patrick's Day The Catholic feast day of Saint Patrick has now become a celebration of Irish culture. It has also turned into an excuse to be drunk on green beer at two in the afternoon.

HSF proposing changes to how it governs

Espe Currie
Student Gov't Reporter

At their Feb. 27 board meeting at Humber's Lakeshore campus, Humber Students' Federation voted to seek student approval for changes to their governance structure.

Catherine Raso, a governance consultant who has worked with student governments to optimize transparency, briefed the board on best practices.

"The key is getting back to accountability," said Raso, who has worked with boards at Laurentian and Sheridan colleges, in addition to other non-profit groups.

"We asked [Raso] to sit down with us and help us," said Ercole Perrone, HSF's executive director.

President Bhalinder Bedi said, "there has been some conflict of interest," in the way the organization is currently run.

Student members of the board of directors currently sit on both the operational and governance committees.

"The problem before was that we had students on all parts of the chain, which from a pure governance point of view is wrong because there's no clear role definition," said Perrone.

He added that best practices usually call for the operational and governance roles to be separate.

"You can't have someone who is making policy decisions also responsible for the step-by-step, day-to-day policy," said Ercole. "There's a conflict there."

Ercole said HSF is a hybrid organization.

"We're a student government, meaning there's governance, and then we're a non-profit organization, meaning there's services we need to deliver," he said.

In her briefing, Raso specified how the college's governance would change.

"We want to maximize accountability back to the ownership, which are dues-paying students," Raso said.

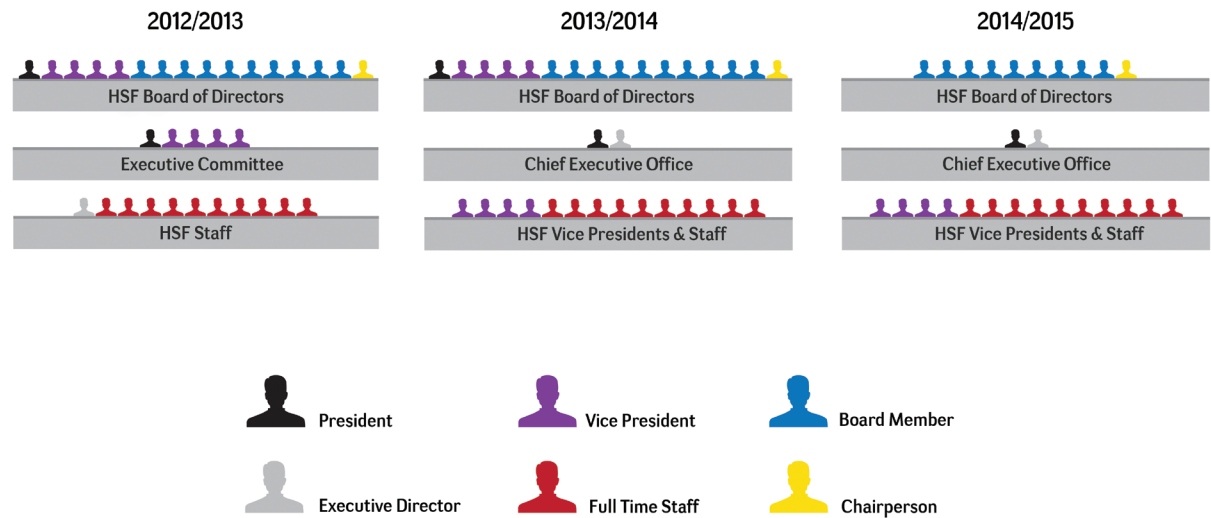
"We want to make sure that the board has a governance role, and that's all that they do. They delegate something to the operational body, and what they're delegating is the responsibility to achieve some benefit to students."

Ashley Martin, the vice-president of administration for the Lakeshore campus, said the change is good.

"Making decisions as an executive and a board member is a conflict of interest," Martin said. "For consistency and efficiency, going forward it will be a lot easier."

The changes will not take effect until the 2014/2015 academic year.

"Governance change doesn't happen overnight, especially when you



GRAPHIC COURTESY OF HUMBER STUDENTS' FEDERATION

The proposed change to HSF's governance structure, which will see vice presidents no longer part of the chief executive office or the board of directors. The change will also see the removal of the HSF president from the board of directors.

have elections," said Raso.

Bedi said the change will be challenging, but is necessary.

"It's a difficult move because it's a culture shift, but we're proposing more

changes because in the long term strategy, we want to be accountable from top to bottom."

While the board has voted to proceed with the changes, the final decision

is up to the student body.

The HSF will hold its Annual General Meeting on March 27, open to all full-time students, where they will be asked to vote on the issue.

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As HSF campaigning closes, voting begins

Graeme McNaughton
Senior Reporter

After two weeks of campaigning for various positions, Humber students will be able to vote for who they want to represent them next year.

Voting will run from March 11 until 4:30 p.m. on March 15, when the winners will be announced.

Voting will take place at all three campuses. Students will need to know their SRS login information, as the system is being used to tally the votes.

The official campaign period ended on March 8, the night capped off by an election pub night at the North campus, hosted by MTV's Jessi Cruickshank.

The five presidential candidates have reached out to the student population, holding open forums at North campus on March 5 and another at Lakeshore the following day.

The new members of HSF's executive are in charge of a \$10-million budget, which is derived from a portion of student tuition fees.

The newly elected members will officially take office on May 1. They will remain in their positions until April 30, 2014, at which time a newly elected group will take over.

Humber Students Federation 2013 candidates:

President

- Tim Brillhante
- Shawn Manahan
- Hansel Menezes
- Harmeet Singh Sudan
- Atinder Vaid

VP of Student Affairs

- Alex Kucharski (Lakeshore)
- Candace Pellew (Lakeshore)
- Blain Tattersall (Lakeshore)
- Satinderpal Singh (North)
- Kay Tracey (North)

VP of Student Life

- Colin R. Edwards-Crewe (Lakeshore)
- Daniel Pasin (North)
- Kylee Winn (North)

Board of Directors

- Eric Collings (North)
- Cristina Marin (North)
- Diana Gaspar (Lakeshore)
- Shanique Graham (Lakeshore)
- Emily Rockarts (Lakeshore)

Paramedic student essay on PTSD wins award

Therese Jastrzebski
Nursing/Health Reporter

A second-year Humber paramedic student has won a scholarship for an essay she wrote on a disorder affecting her future profession.

Lindy Lajambe, 24, won The Tema Conter Memorial Trust Scholarship Award for an essay she wrote on post-traumatic stress disorder among paramedics.

"The criteria for a winner is someone who has not only laid out what PTSD is, but also showing what, in real life, it can do, not just laying out the facts," said Erin Alvarez, director of media and public relations for the trust.

Lajambe's essay focused on PTSD, cumulative stress disorder and acute stress disorder. The piece examined the barriers that emergency services workers face when it comes to seeking help if they have PTSD.

"We're the ones that are supposed to be helping people, not needing help ourselves and so a lot of people won't admit when they're having troubles," said Lajambe.

"It's important to get the word out there that this doesn't mean you're weak, this doesn't mean you can't do the job," said Lajambe.

"It just means that you need to address it."

Lynne Urszenyi, coordinator of Humber's paramedic program, said that PTSD touches the lives of everyone in the field.

"It's very important in our profession for students to be aware of it and to recognize the signs of it, so that as they carry on in their careers," said Urszenyi.

"They can be on the lookout for it for themselves or colleagues."

"It was quite a shock," said Lajambe about winning the scholarship.

"I was super excited once it sank in. It was pretty intense that I had won such a big scholarship from such a great organization."

The organization has been awarding the scholarship since 2000 and over this time several students from Humber have won, said Alvarez.

The organization has a panel of judges read through the essays when looking for a winner. On average, the organization receives 40 submissions from across Canada.

Urszenyi said the scholarship makes the paramedic program very proud.

"Lindy is a wonderful year two student," said Urszenyi.

"She has great potential to be an excellent paramedic. She is always willing to volunteer with events that we have."

Lajambe plans on using the \$2,500 she won towards a car and paying off OSAP.



PHOTO COURTESY OF LISA SCALE
Lindy Lajambe, center, with Dr. Howard Conter, left, and Vince Savoia, right, both of the Tema Conter Memorial Trust. The trust was established in 1988 by Savoia, a former paramedic, who responded to the murder of Tema Conter, Dr. Conter's sister.

Expected shortage could lead to more jobs for engineers

Peter Davey
Applied Tech Reporter

Despite an expected shortage of professional engineers by the end of the decade, those in the industry said new graduates need to keep job expectations in check.

By 2020, 95,000 professional engineers are expected to retire, according to a report by Engineers Canada.

Less engineers in the work force should translate into an ideal job market for recent engineering students. However, entry challenges can be just as great as in other industries, professionals say.

"It's pretty difficult finding an internship and summer job position," said Bryan Draper, 22, an engineer in training. "I found companies are looking for employees with experience, because they can't wait for recent hires to pick up the slack."

Draper is a graduate from Queen's University's bachelor of applied science in electrical engineering program. He said he was able to get a position at UTS Consultants in Fergus, Ont., through a family friend.

Muhammad Khan, Humber's computer engineering program coordinator, said he agreed it can be difficult to attain a high-level position right away.

"Most of the jobs are looking for three to five years experience," said Khan, adding there are jobs in computer science especially, but entry-level positions are usually in system administration.

Engineering firm JSW & Associates, located in Richmond Hill, has taken a closer look at hiring students and young people out of college and university. Lawrence Rutledge, principal at JSW, said this practice is growing.

"More firms are going to be taking advantage of co-op students," said Rutledge. "By the end [of the co-op], you realize that this person is useful and you look at making them full-time."

While recent graduates may have difficulty finding entry-level jobs, employers are having a hard time retaining experienced workers. Lawrence said a concern is watching an employee "pick up and leave" for a higher paying job.

To help attract skilled and experienced engineers who have recently immigrated into the country, Engineers Canada launched a new career planning website in January, aimed at new Canadians.

"It just makes good business sense to do everything we can to bring international engineering graduates here and integrate them into our communities," said Marcia Friesen, director of the internationally educated engineers qualification program at the University of Manitoba, in a news release.

While engineers may find a labour market where their skills are highly valued, entrants to engineering companies may still see the dreaded "five-years experience required" on job descriptions.

"There is a demand for engineers," said Draper. "But the demand is for engineers with experience."



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Cruickshank returns to Humber for Women's Day

Kiah Welsh
General Assignment Reporter

Humber College marked International Women's Day on March 7 by hosting TV personality Jessi Cruickshank.

Presenting at Humber's North and Lakeshore campuses, Cruickshank, an *eTalk Daily* correspondent, shared her experiences of being a woman in the news media.

Cruickshank, who spoke to Humber students last year for International Women's Day, said that as a woman, it's important to be informed.

"As a woman in broadcasting, there's one thing you need to always remember and that is you need to find your voice," said Cruickshank.

"I think there are so many women in television who think it's just okay to be pretty and have big boobs. I don't think that's okay."

Cruickshank added that to be confident to talk about women's issues, political issues, social issues, it's vital to have an educational background.

"It teaches you how to think, how to organize those thoughts on paper and in words."

Marielle Torre Franca, 19, a first-year journalism student, said she attended the event because Cruickshank's experience is motivating.

"I heard she was a really inspirational speaker and as a woman there

are certain times where you do feel like you're not supposed to be in a certain role or position and I really thought she would help people understand further," said Torre Franca.

"I spoke to her beforehand for five minutes and she totally makes you see a different way."

The event, presented by the Humber Students' Federation, brought a large turnout from the student body.

Emily Genitti, vice president of campus life at Humber's North campus, said Cruickshank was chosen to speak at this year's event because she's straightforward and positive.

"Not only is she knowledgeable and has gone through so many experiences, but she's also really down-to-earth about it and gives people a real perspective on things," said Genitti.

The event, followed by a chance for students to have their questions answered, covered topics ranging from Cruickshank's experience in foreign countries and advice for those wanting to make a difference in their communities and beyond.

Cruickshank said getting involved is the most important thing.

"Keeping optimistic, keeping passionate..." said Cruickshank. "Keep inspiring yourselves and each other."

"I think there are so many women in television who think it's just okay to be pretty and have big boobs. I don't think that's okay."

- Jessi Cruickshank



PHOTO BY KIAH WELSH

Police using social media to warn of Internet fraud

Toronto police getting on Twitter to alert seniors, students of vulnerability to online scams, identity theft

Olivia Roger
Crime Reporter

The financial crimes unit of the Toronto Police is busily tweeting this month to promote Fraud Prevention Month.

"We're all targets of fraud and need to be made aware of the risks," said Det. Gail Regan, financial crimes unit. "We're using social media as a way to try and speed up the process."

From 9 p.m. to 10 p.m. every Thursday this month, experts will log onto Twitter where three questions regarding a specific form of fraud will be answered. Using the hashtag #fraudchat, Twitter users around the world can follow and participate.

The unit is hoping to cover issues such as scams targeting students and seniors, as well as auto and life insurance fraud, and staged motor vehicle accidents.

"For 2013, our aim is making seniors, who often are taken advantage of, more aware of the risks," Regan said. The Toronto Police has made the campaign digital in hopes that fam-



PHOTO BY OLIVIA ROGER

Toronto police have said that they hope to discuss scams, life insurance fraud and staged motor vehicle accidents.

ily members will download the online pamphlets and show them to their elderly relatives.

Although the campaign targets seniors, students are always a concern, said Det. Sgt. Cameron Field of the fi-

nancial crimes unit.

"Students are just as vulnerable as seniors because of their exposure on social media networks."

Police urge students to limit the amount of information about them-

selves made public online.

"It's easily done. You can click a link through Facebook and you're now (vulnerable) to phishing," said Field. "On a Facebook profile, people will post their date of birth, phone number,

email address and connect with their family members. This compounds the danger of identity theft."

Humber College is joining the campaign by putting up posters about the risks and how to avoid them.

"It's an important safety month across Ontario and we want to be a part of that by educating students," said Michael Kopinak, associate director of public safety.

Humber has experienced minor cases of fraud, specifically at the campus book store.

"People will try to sell back stolen textbooks to the school or textbooks that were not originally bought from Humber," said Kopinak.

By monitoring their online privacy settings, students can protect themselves from becoming targets for fraudsters.

"Nothing is worse than seeing you suddenly have a mortgage, car loans and credit card payments to pay off. It does happen and can affect your credit for five to seven years," said Field. "Fraud is the crime of the 21st century."

ECE students lend hands at natural playground



COURTESY BIENESTOCK NATURAL PLAYGROUNDS.
Natural Playgrounds are a fun and safe alternative to steel and gravel playgrounds.

Kelly Townsend
Child/Youth Reporter

Humber's early childhood education students will be volunteering at the Natural Playground display at Canada Blooms, the biggest garden and flower festival in the country, for the first time this year.

The playground is designed by Bienenstock Consulting and Design Inc., and will be located inside the Direct Energy Centre.

Adam Bienenstock, founder and lead designer, said the playground will take five days to build and will require over 300,000 kilos of raw material.

"There will be 26 trees, a full forest, water and sand play, mosaics, musical instruments and a slide on the side of a hill," he said. "It really is a little park."

Bienenstock said the average play time for a natural playground is one hour, while the average play time in a metal playground is around 20 minutes. The natural layout of the playground means fewer serious injuries, he said.

"Connecting to nature is absolutely one of the most critical things for [children's] health and for the development of the community," Bienenstock said.

Ten ECE students will help out at the event, supervising the playground while

children play. The students will volunteer weeknights and all day on weekends.

"I'm excited to see the various layouts they have," said Cynthia Cooper, a second-year student in the ECE program and one of the volunteers. "[And see] what they have to offer to children so I can incorporate it into my curriculum working in early childhood."

"I feel that nature is important to children and everyone in general," Cooper said.

The volunteer work at Canada Blooms is just the first step in a long partnership between Humber's child care program and Bienenstock.

"They're currently working on one of our playgrounds for the Child Care Centre," said Julie Valerio, a Humber ECE professor.

Humber is currently in the early stages of reconstructing their playgrounds.

Bridget Woodcock, the director of the Child Care Centre, said the hope is to have a playground that matches their curriculum.

"Our goal over the next few years, if we can secure grants, is to transform our playgrounds into a more natural environment," she said.

Canada Blooms runs from March 15 to 24. Ticket information is available at www.canadablooms.com.

Arthritis increasing in women but public awareness lagging

Lily Tran
General Assignment Reporter

The Arthritis Research Foundation is looking for answers as to why arthritis is increasing more in women than men.

According to a 2012 report by Statistics Canada, more than 4.7 million people affected by arthritis, with more than three million of those being women.

"About two thirds of the people who have this disease are women. We're not sure why," said Sabrina Young, national event manager at Arthritis Research Foundation.

There are many forms of arthritis but women are prevalent in most.

The Arthritis Research Foundation hosted the Power of Movement last week, a national fundraising and awareness event that uses yoga and specialized breathing exercises to help relieve pain from arthritis. The Toronto function was hosted at Ryerson University.

So far, the Power of Movement has raised over \$1-million.

Another signature event that Arthritis Research Foundation hosts is a fashion show fundraiser called Kick Up Your Heels.

"There's an underlying theme here," said Young. "There is a strong female element to it."

Arthritis Research Foundation tries to dispel common myths and rumours about people who live with arthritis.

Young said it's not only hands that can be involved.

"Your whole body can be affected by arthritis," said Young. "Hands are a big thing, but you can have arthritis in your hip and knees."

Jennifer Zerafa, 18, a first year per-

sonal support worker student at Humber, has a work placement at Humber Valley Terrace, which has physiotherapy programs for residents if they're capable of participating.

"I work closely with four patients. Three are women with arthritis," said Zerafa.

Sergiu Fediuc teaches exercise and aging at Humber College. He says the reason why the course is successful is the "practical hands-on approach" that no other place provides.

Fediuc said "the course helps students address a pin cushion of health problems," including arthritis. Part of the process of aging is "several medical conditions are layered together."

Students come up with "individual programs for case studies in class," Fediuc said.

Health problems affect anyone, regardless of age or gender and individualized program plans for ailments such as arthritis help people in the long run, Fediuc added.

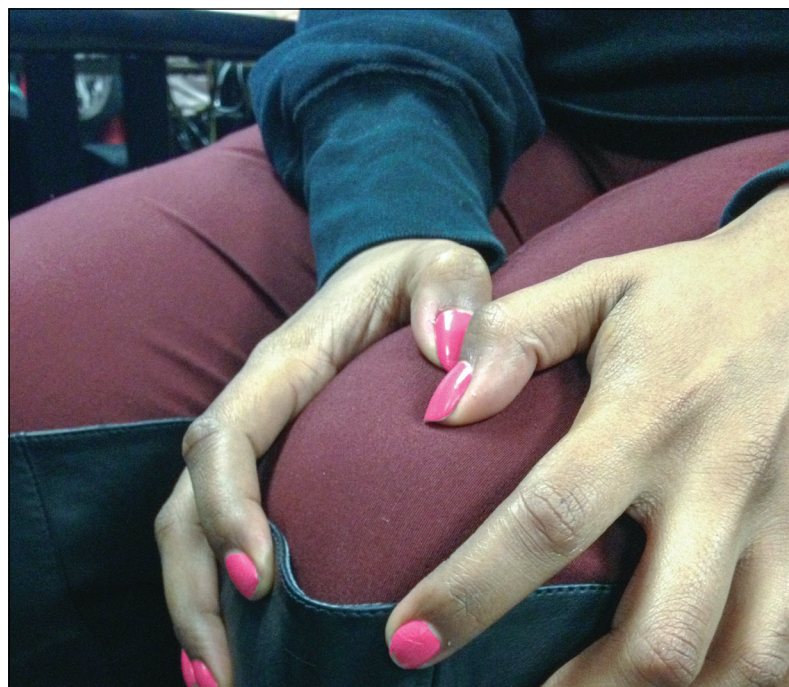


PHOTO BY LILY TRAN
Arthritis research does not just affect the hands, according to the Arthritis Research Foundation. All bodily joints can be affected by the disease.



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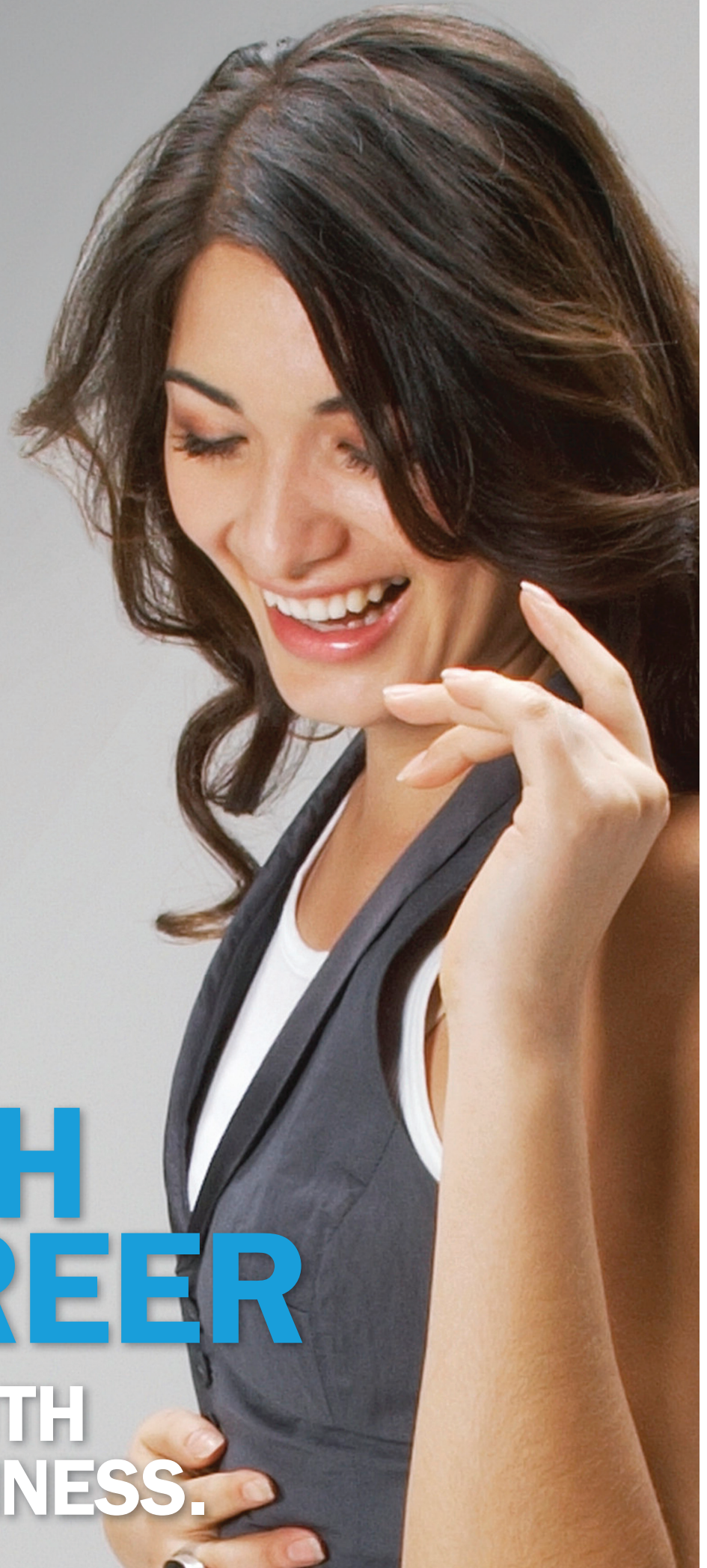
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PHOTO BY KAITLYN MORRIS

Court decision allows police to search unprotected cellphones

Kaitlyn Morris
Biz/Tech Reporter

The Ontario Court of Appeal has ruled that if a cellphone is not password protected police have the right to conduct a cursory search of the device without a warrant, sparking a privacy debate.

"A cellphone or smartphone is essentially a computer. The issue at stake is a privacy issue," said Jacob Stilman, a Toronto criminal defence lawyer.

Police making an arrest have permission, according to the ruling, to do a 'cursory' search of a phone, but must obtain a warrant for an in-depth search. The question becomes the line between cursory and in-depth.

"I don't know where you draw the line, but they did," said David Goodis, head of legal services at the Office of the

Information and Privacy Commissioner (IPC).

Stilman said the ruling is an attempt at "drafting a plain view doctrine into the cellphone and computer data world."

The plain view doctrine refers to what is visible without going through compartments. In a vehicle, for example, that could mean the device is sitting on the passenger seat or back seat. But Stilman said, "In the context of a cellphone, I don't know what that was."

A Humber broadcast television student, Lillian Lazenby said the ruling is "a little invasive, but if it would help [police], I would let them." She does not have a password on her Android phone and has no plans to put one on.

"One thing that we question is the court's reliance on individuals to take advantage of the password protection

tool," Goodis said.

"[IPC staff] are hearing a lot of people say that because of this case people are searching how to password protect their cellphone," Goodis said.

When people buy cellphones they often don't think about setting up their passwords right away, and will likely not be prompted to do so in store, said Goodis.

"A lot of people either don't know they have this type of function [on their phone] or they don't take the time to implement that," Goodis said.

"Even if a phone is not password protected, it is still someone's belonging and it deserves privacy," said Thagirshan Lokanathan, a final year business management student at Humber College.

Young Canadians 'overshare' financial info: Visa

Kat Shermack
Biz/Tech Reporter

Almost half of young Canadians are "oversharing" their financial information according to a survey from Visa Canada.

An online survey of 1,000 major credit card and debit holders found 45 per cent of respondents ages 18- to 34 take risks with their financial information such as loaning credit and debit cards and sharing payment information over email, phone and text.

"We see youth involved in sharing all information, not just financial," said Paul Griffin, associate dean of Humber's business school. "It's important that people be a little bit more discriminating about what they put out in social media and across the Internet, particularly when it comes to financial information."

Visa's survey was released to coincide with the beginning of Fraud Prevention Month, an annual event held during March across North America to raise awareness about fraud.

"The RCMP and Statistics Canada put fraud in 2011 at over \$10 billion dollars nationally," said Detective Sgt. Cameron Field, manager of the Toronto Police Financial Crimes Unit.

Field said that people are generally aware of fraud, but may not be



PHOTO BY KAT SHERMACK
An online survey conducted by Visa found 45 per cent of young Canadians take risks with their financial information like loaning credit and debit cards.

aware of all of the risks. He also said that younger Canadians are more susceptible to financial fraud because of their tendency to share information online.

"Because this generation is so engaged on the Internet, and puts so much information on their accounts, they are giving someone enough information to reconstruct their identity," Field said. "I think there is a need to raise awareness with the younger generation about their online safety."

Visa's survey said 43 per cent of people who reported engaging in risky financial behavior had experienced some kind of payment card fraud. Only 19 per cent of those who did not engage in risky behavior were victims of fraud.

In order to minimize the risk of financial fraud, Field urged people to re-

view their social networking sites.

"I would tell people to limit the amount of personal information that can be viewed publicly," Field said.

Field encouraged people to regularly check on their accounts and investments to make sure there is no unusual activity. Field advised people to regularly check their credit rating, and avoid sharing financial information.

"Never share any financial information with someone you don't trust 100 per cent," Field said.

First-year web design and interactive media student Katelyn Chrissikos said the amount of information people post on social media is concerning. She said she takes steps to avoid financial fraud.

"The only person I share my PIN with is my boyfriend," Chrissikos said. "You have to be very careful."

Mobile payments way of the future

Josh McConnell
Biz/Tech Reporter

Tech experts are embracing new mobile payment methods as another step in the world of digital convenience.

Last week, MasterCard revealed MasterPass, an application that turns mobile devices into virtual credit cards for purchases. Eventually, the application will also allow consumers to scan items in a store with their device's camera and create a virtual receipt to show employees at the door, according to a release from MasterCard.

John Kooistra, a mobile application developer at Rebellion Media and previously Cat In A Box Games, said the security risk exists because of the attractiveness of the entire package, not the technology itself.

"You've got your credit information in your phone, but what else do you have?" Kooistra said. "Contact information. Personal information. Your social life. Facebook credentials. Geolocation data. Correspondence. So if your mobile operating system can be compromised, in one go a hacker has everything. Credit information is the icing on the cake."

Gary Ng, founder and editor-in-chief of iPhoneInCanada.ca, said the main issue is coming up with a common solution for all makes and models, otherwise it should be safe.

"I think the MasterPass solution is going to be quite secure," Ng said. "They do have a security option customers can turn on where

users can be texted a message to enter a number, like a two-step authentication. That would stop third parties from making unauthorized payments."

Kooistra said the security of the virtual wallet appears solid, as the technology has proven to be secure in its current use with wireless credit card payments such as PayPass. However, Kooistra said that as adoption for the mobile payment technology increases, hackers will become more focused on cracking the code.

"If billions of people have this tech, some security researcher or hacker will one day put in enough effort to figure out an attack vector."

Hao Zhang, 24, a post-graduate wireless communication student at Humber, said he thinks it is a safe wireless method to use for transactions and would use the application.

"I think it is secure because the signal is safe," Zhang said. "I like new technology and would definitely use it. I've wanted to try Google Wallet for a while. Paying by regular credit card is just inconvenient because of the steps involved."

Kooistra said that convenience is what will be a factor in the success of digital wallets.

"Secure or not, risky or not, convenience wins with consumers," Kooistra said. "Eventually, the device you have on you will handle every part of your life, including government identification and payments. It's just a matter of time."

EVENTS IN TORONTO THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 Pink at the Air Canada Centre Pink makes her first North American tour in four years to support her sixth LP, <i>The Truth About Love</i> .	12 Django, Django at the Opera House This rising psychedelic, art rock band has been making waves in the UK, here with their second appearance in Toronto.	13 World Rhythms Performance University of Toronto lecture series features Brazilian music from Henrique Cazes and several local musicians.	14 Imagine a Cure at The Beer Academy The Brain Tumor Foundation of Canada will be hosting a silent auction with drinks, food, and live jazz.	15 A Tribute to the Penny The vanishing penny will be immortalized at the 6 St. Joseph House through a creative penny art workshop.	16 The Creeps at the Bovine Sex Club Punk rocker and Humber College dropout, Sarah Page and her band Teenage X will be opening the night.	17 A Night to Dance for the LGBT community There will be salsa and hip-hop classes for lesbians, gays, and trans people, and their friends at the Multifaith Centre on Spadina.

Clay expresses hurt of violence on women



COURTESY GARDINER MUSEUM

Various clay art pieces by women are on display at the Gardiner Museum until April 28, to shine light on International Women's Day and violence against women. The works were created during art therapy sessions by traumatized clients.

Julienne Bay
A & E Reporter

The Gardiner Museum is exhibiting clay sculptures made by women who have been a victim of violence to raise public awareness of the issue.

The exhibition commemorates the 10th anniversary of the Gardiner Museum's partnership with the Barbra Schlifer Clinic, which offers counselling and legal services to women who suffer from violence.

"The program has evolved in the last 10 years," said Susan Low-Beer, professional artist and co-organizer of this exhibition. "We've worked with more than 100 women."

All of the sculptures were created during art therapy sessions, and short

statements by each artist, some of whom wanted to remain anonymous, accompany the artworks, explaining trauma and the healing process.

"It's heavy, but there's also so much positive stuff, because the women come out of the other side as a process," Low-Beer said.

The viewers will "find the work compelling and moving," said Rachel Gottlieb, chief curator of the museum. "We really want to show that clay is an important medium for art, it's not just for china; [the viewers] will understand the artists' pain and joy."

According to Dawn Macaulay, a psychologist and Liberal Studies Co-ordinator of Humber College, art can allow people to "express emotions without necessarily having to verbal-

ize things."

"Sometimes, it can be a starting point to allow people to begin to express some things that are too difficult for them to deal with directly, and state in a very factual way," Macaulay said.

This type of exhibition enables students to "learn a lot about how people can be resilient in the face of these things and see how something beautiful, or expressive and creative can come out of a person going through the healing process," she said.

The museum is waiving its admission fee during this exhibition, which has been made possible with public and community funding.

The exhibition at the Gardner, located at Bloor Street West and University Avenue, is open until April 28.

Dillabough has funny view on life and rising of career

Faiza Amin
A & E Reporter

Danny Dillabough is making a name for himself.

The second-year Humber comedy writing and performance student won the Brian Linehan comedy writing and performance scholarship for artistic promise in January and was featured at the Sketch Comedy Festival with his troupe, Swimsuit Issues, on March 14.

"It means a lot that we're even in a lineup being mentioned in the same sentence with some of the other really

great groups," Dillabough said. "It's an honour just to be included."

Originally from St. John's, N.L., Dillabough said he has always enjoyed writing and making up stories.

"It's a way to express myself," he said. "I used to have a blog, and I would just write silly little humour pieces."

He admires comedians like Louis C.K., a multi-talented writer, actor, and comedian.

"He's terrific at stand-up, he really knows how to work the crowd, and he also does a lot of writing for TV," Dillabough said. "I think it's very

cool and admirable. That's something I eventually want to do."

Andrew Clark, Dillabough's comic script-writing professor and director of Humber's comedy program, said he is on his way to reaching that point.

"He's got a unique view, he's funny, inventive and likable," said Andrew Clark, Dillabough's comic script-writing professor and director of Humber's comedy program.

Unlike his troupe at the Sketch Comedy Festival, who used real life situations and weird situations they've been in, Dillabough said he uses more

observational comedy, as opposed to drawing from his personal life.

"I don't think of myself as an interesting person so I tend to get my inspiration from the things that surround me, just weird things I see," he said.

Lawrence Horowitz, Dillabough's stand-up comedy coach, describes Dillabough as being twisted.

"Danny is a little twisted, but still commercial," Horowitz said. "He's quiet, but when he has something to say he's smart. He has a bright future ahead of him."

Poetry contest prizes 'ultimate form of creativity'

Erica Vella
A&E Reporter

Humber is helping to promote *Miracle E-zine's* 2013 poetry competition, in hopes of inspiring student writers.

"Poetry distills the human experience into its most concentrated form," said Jennifer Higgin, a Toronto speech and drama coach, and performer. "Not only does it have meaning but it also has sound."

"This is the first competition that *Miracle E-zine* started," said Julie Stanley, the online magazine's development director. "We want to showcase the talent of advanced writers as well as of new writers worldwide and bring them all together and showcase them in our literary magazine."

Guntaj Arora, editor-in-chief of *Miracle E-zine* said poetry could concentrate a writer's focus.

"A small amount of words may involve a lot of intensity. A few simple lines can involve years worth of emotions."

Arora and the *Miracle E-zine* team informed Humber of their poetry competition in the beginning of February, giving students time to work on their poems.

"Poetry is important because it forces people to stop to think about what is being said. It compresses thoughts, emotion and imagery into a smaller scale... it forces people to stop and think on a deeper level," Stanley said.

Individuals who wish to enter *Miracle E-zine's* poetry competition must provide one English poem, no longer than 50 lines.

Stanley said the competition is a great way to get involved in the literary field. The top 20 winners of the competition will be featured in an exclusive anthology created by the online publisher.

"Poetry provides the opportunity for us to further express and explore ourselves by using a common image or metaphor ...[this poetry competition] is an amazing opportunity for people to share their work," said Julia Porter, 27, a third-year theatre student.

"Poetry is the ultimate form of creativity," Higgin said. "You are using sound and words – the way it looks on the page and the meaning – to think laterally and think outside the box."

The deadline for entries is April 15. Submit at <http://miracleezine.wix.com/miracle-e-zine>



COURTESY GUNTAJ ARORA
Hosts of the poetry competition, *Miracle E-zine* is seen here with previous magazine cover pages.



PHOTO BY ANDREA FERNANDES
Martial arts students practice their craft at Energy Karate studio in Thornhill. Its discipline is meant to bring empowerment.

Martial arts films show rebel power

Andrea Fernandes
A & E Reporter

A film festival is tackling social issues while incorporating the traditions of martial arts this March at Humber College North campus.

The 36th Chamber of Shaolin kicks off today and runs until April 1.

Caleb Yong, a professor at Humber College said he believes that these films will spark interesting discussion, especially around race and ethnicity.

"We use the films as kind of a stepping-stone, ideally to get into some more interesting discussions," Yong said.

Yong said that these martial arts films were one of the first genres to bring a non-white hero onto the screen. This created, and still creates a powerful response from the African American community.

Jennifer Gresham, also a professor

at Humber College who teaches pulp fiction and humanities, had similar opinions.

"I think people in marginalized communities really identify with this theme of somebody on the margin rebelling against the system," Gresham said.

"Bruce Lee is kind of the big martial arts guy. Although we are not screening any of his movies, he emerges in Western pop culture as being one of the very first non-white guys who can kick some butt and who can save the girl," Yong said. "That started to change how people thought of who could be a hero, and who could occupy this role."

Gresham said that the martial arts film series is an excellent way of introducing people to a genre that they may not be familiar with.

"I wanted to select films that are classics in the genre, films that will

teach them about the films that they already know" Gresham said

Yong also talks about the universalizing of people through the martial arts genre.

"Martial arts is about self empowerment, it's not the super hero paradigm which often involves someone with a supernatural power," Yong said.

Daniel Loureiro, a 25 year-old martial artist who has been trained in Taekwondo, Muay thai, and boxing, agrees that the martial arts have a universalizing ability.

"It's less about the physical and more about the spiritual side; that's why when we watch a martial arts movie and we see a grandfather destroy a younger person, we feel empowered," Loureiro said. "The body will succumb to whatever you put it to, but the mind is what grows through those hardships, and that is what martial arts teaches us."

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Wellness Workshop relieves artists' stress

Working on self-perception among methods used

Amy Stubbs
A&E Reporter

Being a professional artist isn't just painting landscapes, hosting sold out shows, or playing around with fancy cameras, which is why The Wellness Workshop was created.

The Wellness Workshop, a series of four sessions at Humber College's Lakeshore campus, is helping working artists relieve stress.

Topics in the series range from handling critique, self-shiatsu, self-perception and how to deal with managing finances as a self-employed artist.

The four sessions are a collaboration between Lakeshore Arts and the Artists Health Alliance. Bebhinn Jennings, program manager at Lakeshore Arts, said the workshops look at health through an artistic perspective.

"If students are interested in pursuing a career in the arts, these are issues they are going to encounter," Jennings said.

"It is being proactive and great to make these connections early."

Frank Horvat, a pianist and composer, attended the first two sessions and as an artist said he finds the workshops very helpful.

"As creative people we are so immersed day in and day out in our creative process and forget to take care of ourselves," Horvat said.

"Trying to have an open mind and brainstorm, stress distracts you from the task at hand," Horvat said. "Management allows you to really take care of yourself."

Roja Sritharan, 18, a first-year student in the creative photography program at Humber College said she doesn't encounter stress over school-work by keeping herself organized.

"I finish assignments on time and make time for myself," Sritharan said.

She said it's important not to leave things to the last minute.

Though the workshops aim at artists, everyone is welcome to participate.

A different instructor leads each session, with a background in the arts and qualifications on that unique topic.

The series started on Feb. 7 and ends on March 20.



PHOTO BY AMY STUBBS

Meditation study breaks help students calm down when stress gets high says Bebhinn Jennings, program manager at Lakeshore Arts which is offering the four-part destressing workshop.

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LAKESHORE CAMPUS: A/B CAF, L CAF.
ORANGEVILLE CAMPUS: MAIN HALLWAY (MARCH 11 - 13)



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Global wind power far overestimated, s

Xiaoli Li
Biz/Tech Reporter



Overestimated global wind power output is causing concern in some environmental circles, according to a new study, but Humber's sustainable energy and building program isn't bothered. The study, co-authored by American geography academics Amanda Adams and David Keith, attempts to create a realistic look at how much wind power could potentially be generated worldwide with a large-scale model. Previous studies have calculated the output at anywhere from 72 to 400 terawatts; this study suggests it would be far lower.

For years, various studies have taken numbers generated on a small scale and applied them to a global model.

"Some of the previous studies did an excellent job of determining what the wind speeds are at hub height, which isn't easy to do," said Adams, one of the study's authors based at University of North Carolina.

"They used a combination of observation and models to estimate what the wind speeds are at hub height for a turbine and then assumed things about how far apart they'd be spaced, and given what the wind speeds are, they know how a single turbine would produce electricity at that wind speed."

However, these previous studies have some issues.

"The problem with that approach is that it doesn't take into account that if you put a wind turbine there, it's changing the resource because it's slowing down the wind," Adams said. "We're able to take that into account, because [our] model is adjusting to the presence of those turbines."

Capacity factor — a measure of actual energy output of a power plant — has also been overstated in past studies, where

it has been calculated at around 40 per cent.

Tom Levy, the Canadian Wind Energy Association's manager of technical affairs said "capacity factors vary location to location, year to year, season to season, and even unit to unit ... if you wanted a generalized number, you'd be safe around 32, 33, 34 per cent."

“Most people when they talk about sustainable energy, the first thing they mention is the triple bottom line: the environmental, economic, and social perspectives. Anybody talking about sustainable energy, sustainable building, sustainable program needs to consider that.”

Kerry Johnston
Humber Sustainable
program co-ordinator

Kerry Johnston, Humber's sustainable energy program co-ordinator, gave similar figures for capacity factor. The Adams-Keith study uses figures close to those cited by Levy and Johnston, and found previous estimates of power production per square metre were overstated.

Levy, was skeptical of some of the findings, saying that Adams and Keith's use of large scale wind farms was inappropriate. Adams said that while those sizes surpassed any farms currently in use, the study intended to measure global wind resources for long term planning purposes. "If wind is going to become a large percentage of our energy

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to then it's going to have a large footprint.”
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ery high level information,” said Johnston.
e is also the issue of climate patterns being altered by large-
ind farms like those looked at in the study.

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Johnston
Energy
ordinator

Prof. Keith looked at similar questions
in a 2004 study, and found those influ-
ences were negligible.

Energy is currently under the responsi-
bility of the provincial governments but, if
interprovincial climate change became an
issue in the future, wind regulation might
become a federal responsibility. David
Provencher, a press secretary for the feder-
al minister of natural resources, said, “tar-
geted intervention in the market process
may be required to achieve specific policy
objectives. These policy objectives include
issues of health and safety and environ-
mental sustainability.”

Adams and Keith advocate more study
looking at “realistic economic and social constraints” associated
wind power, but Johnston says Humber students already do just

take the approach that we want our students to understand both
and context,” he says.

st people when they talk about sustainability, the first thing they
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WindStar

PHOTO BY CARO KRONLACHNER

Ontario women lose access to annual Pap smear testing

Hermione Wilson
Diversity Reporter



Catherine McKee's cousin, Joanne Olski, was diagnosed with cervical cancer at age 31. "She didn't have a Pap within two years, but she was having bleeding and didn't report it," said McKee.

Olski was a young woman with a bright future and successful career as an auditor with Daimler-Chrysler.

"She had only had two [sexual] partners in her lifetime," said McKee, who is a registered nurse coordinator at the Humber College Health Centre.

Within a year and a half of her diagnosis, cervical cancer had claimed Olski's life.

Women in Ontario will no longer be covered for annual Pap tests, which screens for cervical cancer with a swab of cells taken from the surface of the cervix, according to the Ontario Ministry of Health and Long-Term Care.

Pap tests help with finding the human papillomavirus (HPV), which is more than 90 per cent of the reason why women are diagnosed with cervical cancer. Although Ontario now administers an HPV vaccine to most Grade 8 girls, many experts still believe Pap tests important.

Based on new recommendations from Cancer Care Ontario (CCO), Ontario will now cover a Pap test for women over 21 years of age every three years. Cervical cancer is deemed slow to develop.

"Using Pap smears every three years is as effective as getting it every year" said Dr. Joan Murphy, clinical lead of cervical cancer research at CCO. "More screening does not mean better screening."

The research supporting these recommendations has been in place for some time, Murphy said. "To be frank, we're very late to this" she said, adding that countries in Europe and elsewhere have already switched to the three year cycle. CCO recommended in 2006 women should get the Pap test done every two years. In the fall of 2012, they changed it to three years and, based on that advice, the Ontario Medical Association negotiated an agreement with the government that the Ontario Health Insurance Plan would only cover the test for women every three years rather than every year.

Starting tests early could create problems on the cervix, and lead to false positives and procedures that may render women unable to retain a pregnancy, according to Dr. Eduardo Franco, professor of oncology at McGill University.

"If there is anyone concerned out there that this is something like Obama's 'death panel' . . . or rationing healthcare, no it's not. This is more intelligent healthcare," said Franco, whose research focuses on the epidemiology of cervical cancer and its prevention.

But financial concerns did figure into the consideration of this decision, others say.

"We don't want to be spending money on services that are unnecessary if we're going to sustain a system," said OMA president Dr. Doug Weir.



ILLUSTRATION BY COLTON THOMAS GIBSON

Women who need the test done more frequently, either because of a medical condition or after they get an abnormal result, will be covered by OHIP for the extra testing, Weir said. For healthy women, he said the real risk is going more than three years without taking the test.

"Over 50 per cent of women who develop cervical cancer have never been tested," Weir said.

Murphy admits there is a concern women will be discouraged from taking the test at all due to the new terms of OHIP coverage.

"We want [women] to understand that cervical screening is important," she said, "If women don't understand, we have more work to do."

"People should not interpret this as a reason not to get a Pap test," said Weir, "but once you've had it, you can wait three years."

McKee stresses the importance of getting the Pap test done and she encourages women to have a discussion with their doctor about when they personally should get the test done, even if they are under 21.

"Be conscious of your body and know your body and [if] things are different or you're having any signs or symptoms . . . get in to your doctor, and you and the doctor then decide the best plan of action," said McKee.

Weir, however, disagrees somewhat. Even if women are sexually active before age 21 and at risk of contracting the HPV virus, they still have a fairly low risk of developing cervical cancer.

"From the time that they are infected to the time that cancer cells become cancerous is a fairly long time and that's why you can wait until age 21."

There is even discussion, that women can wait until age 25, Weir said.

For his part, Franco approves of Ontario's new guidelines and hopes other provinces will soon follow suit. The decision, he said, was based on "good solid research, much of it Canadian, that actually indicates that this is a better way to do [it]."

We want (women) to understand that cervical screening is important. If women don't understand, we have more work to do.

Dr. Joan Murphy
Clinical lead, cervical research
Cancer Care Ontario

Experience summer jobs away from home



PHOTO BY SÉBASTIEN LAMARCH-LAUZON
The view of Sulphur Mountain in Banff, Alberta. This is just one of the locations where students can work away from home.

Canada offers diverse opportunities that can burnish a resume, open new paths

Erinn Kenney
Life Reporter

For many, the remaining months of the school semester means applying for summer jobs, and by looking for work away from home, students can experience greater opportunities and assemble a stronger résumé, said Karen Fast, Humber College's Career Centre manager.

"It's a great opportunity to get away from the city. You can make money, meet new friends, enjoy new experiences and build your résumé. Hopefully, in something related to the program you're studying," Fast said.

Fast said going elsewhere in Canada for a position may mean another way of life, but that's not a bad thing.

"You're working with so many different people, cultures and races in teams. You're constantly networking with people that can open a lot of doors for you. Getting away from the norm can change your life," she said.

Sébastien Lamarch-Lauzon, a native of Montréal who now works and travels for Canada World Youth, said he got to where he is now by taking a chance working in Banff.

"It was a journey I will always treasure. It was a great opportunity to improve my second language, meet Canadians from the four corners of the country and build a network of friendships. All this helped me understand and love my country even more," he said.

"Being away from home, where no one knows you, it's a good opportunity to find new interests, passions and to debrief about your life and see the path you want to take."

Amanda Holmes, director of talent management for Fairmont Hotels and Resorts, said companies who hire summer employees want them to succeed.

"A recruiter will walk you through everything from what you should pack, your accommodations, their meal plans to picking you up from the airport," she said.

"They assign mentors and offer internal learning and development programs to you. The moment you arrive, orientation really sets you up for success."

People should apply now for what could be not only a job, but the experience of a lifetime, Fast said.

"We have a great country and people need to experience it."

Decline in high school numbers in Toronto

But Humber also draws from regions of student growth

Gabby Mann
Life Reporter

Humber College isn't anticipating a drop in applications despite the Toronto District School Board's plan to cut 200 teachers due to a decline in high school enrolment.

"Any school board's funding is based on the number of students that you have. If [the TDSB] are seeing that type of drastic decline in enrollment then they need to have the corresponding cuts to their programs," said Janis Medysky, associate director at the Simcoe County District School Board.

The TDSB has seen a decline in enrollment since 2002, along with a \$55 million funding shortfall. Medysky said she has also seen a slight drop in enrolment in her region.

"There are other ways to save money and not have to cut teacher jobs. I mean, I've worked in schools where we don't have enough textbooks, so where is the money being spent?" said Rino De Grandis, a teacher with Peel Region.

With 90 per cent of the school board's budget going to staff, Chris

Glover, Etobicoke Trustee of the Toronto District School Board, said it's difficult to cut from any other area.

"The province is basically telling us to pay for full day kindergarten by making cuts to other parts of the school, and to me, that's really not fair to the secondary students."

Chris Glover
Etobicoke Trustee of the TDSB

"The frustrating part for me is that at the same time, the province continues to roll out full day kindergarten. We are actually hiring

200 elementary teachers," Glover said. "The province is basically telling us to pay for full day kindergarten by making cuts to other parts of the school, and to me, that's really not fair to the secondary students."

Since 60 per cent of Humber students don't come directly from high school, Rick Embree, associate vice-president of planning and development at Humber, doesn't see the decline in high school students affecting Humber until 2017.

Humber has been looking at enrolment patterns in high schools for the last two years, said Embree.

"There's been a gradual decline. It's happened everywhere but in the Region of Peel and the Region of York, those two school boards are still growing," Embree said, and noted that many Humber applicants come from those regions.

"Our projections are that we will continue to increase, but more slowly. More students will go on to post-secondary," he said. "Traditionally, about 70 per cent of students go on to post-secondary education, 35 per cent of those go to college."

TO THE NINES



Where is your favourite place to shop?

Guess, but it's so expensive I shop in the sale section.

Do you have any fashion icons?

I do look up to Rachel McAdams because she has a very natural look.

How do you describe your fashion style?

Classy, but casual.

Madison Racher, 18
General Arts and Sciences,
first year

Women's studies bias against men: prof



PHOTO BY KATE PADDISON

When speaker Dr. Warren Farrell spoke about patriarchy at the University of Toronto, protesters stopped other students from attending.

Fiamengo urges we 'think critically about academic feminism'

Kate Paddison
Life Reporter

Professor Janice Fiamengo lectured at the first public event held by the University of Toronto Men's Issues Awareness Society since protesters tried to shut down their last speaker.

The talk was held Mar. 7 at U of T as University of Ottawa English professor Fiamengo talked on the issue of woman's studies and the mean-spirited bias it has created against men.

"Basically, I'm hoping my talk will encourage both male and female students to think critically about academic feminism and women's studies," Fiamengo said. "Specifically of the ideology of arguments that are presented in women's studies courses."

She said women's studies classes started by examining women's experiences, culture and history, but it has changed.

"It began because there was a neglect of experiences in other academic disciplines. It has certainly become much more ideological now and much less scholarly," Fiamengo said. "And I don't think most women's studies professors would disagree."

This event is the first since November when the guest speaker was Dr. Warren Farrell. U.S. author of the *The Myth of Male Power* and other books arguing that men are also disadvantaged by traditional patriarchal structures. More than 100 protesters showed up to shut down Farrell's address, barring the doors and shouting at anyone trying to enter, even fighting with police officers.

Activists said Farrell was promoting hate speech and the talk should not be allowed on campus.

Iain Dwyer, founding member of the Canadian Association for Equality, said they are prepared to deal with protesters at this event.

"We do know people are coming to make their presence known," Dwyer said. "We had a meeting Monday [and] the university disruption policy is in place."

The Toronto Men's Issues Awareness Society is a group sponsored by the Canadian Association for Equality.

"We help campus groups get organized," Dwyer said. "We've started groups at the University of Toronto, Ryerson and more."

The Toronto Men's Issues Awareness Society is designed to deal with issues such as violence against men, death in the workforce and the lack of men's studies.

"I grew up with a single dad," said Nicholas Ryan, a recent Humber film and television graduate. "And I think this whole thing is ridiculous. I took women's studies classes in university and although sometimes it felt a little anti-men, it stems from the truth, and I can say this (because) I am a man."



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This document is available in alternate format upon request



PHOTO BY JADE LEUNG

Scientists have determined over 700 genes directly influenced by insufficient sleep. These genes affect fluctuations in our metabolism, immune and stress responses, inflammation and the circadian rhythm.

Sleep deprivation has 'critical' effects on body

Jade Leung
Life Reporter

The perceptible effects of sleep deprivation on the body are greater than once perceived, as scientists have now determined over 700 genes are directly influenced.

According to a report by the University of Surrey in England, these genes affect fluctuations in metabolism, immune and stress responses, inflammation and the circadian rhythm. In turn, these factors affect a flurry of responses, which can lead to heart disease, stroke, obesity, diabetes, mortality and depression.

Humber College's bioscience program coordinator, Ronald Stewart, said there's no question of the physiological effects of sleep.

"Sleep is critical for regenerating the level of hormones, and modulating the level of proteins in your body," Stewart said.

Scientists exposed 26 participants to one week of insufficient sleep of less than six hours a night. Subjects were asked to stay awake for 40 hours as 10 whole-blood RNA samples were collected at three-hour intervals. The same procedure was performed the next week, except participants slept approximately nine hours a night. After comparing the samples researchers discovered that 711 genes were affected as participants became increasingly deprived of sleep.

The study demonstrates less sleep affects the transcription process of genes, said Stewart, and that the amount of RNA genes – transcriptome – fluctuates up or down in accordance to levels of slumber.

"This was the first study to really show on a molecular and biological level that sleep deprivation has an effect," Stewart said.

The study has made significant discoveries, said Stewart, and it will open a

gateway for further explorations of sleep effects on a molecular level.

Sleep clinic practitioner, Celeste Thirlwell, said it's important to develop good lifestyle and sleep habits. Taking substances such as, caffeine, alcohol and nicotine that will adversely affect quality rest is not recommended, said Thirlwell.

"One of the most important things if you want to have healthy sleep is you have to have healthy living habits in the daytime," she said. "Good sleep hygiene is going to bed at the same time every night and waking up at the same time every morning, allowing for a solid seven to eight hours of sleep."

Ewelina Mrozowski, 20, second-year early childhood education student at University of Guelph-Humber, said insufficient sleep has a toll on the body.

"When I have a little less sleep, I can't concentrate much on school and it affects my energy levels; when I get over eight hours of sleep, though, I'm usually perfectly fine," said Mrozowski.



PHOTO BY RENEE SUEN/ COURTESY FLICKR
Humber culinary grad Matt Matheson is the head chef of Parts and Labour, a restaurant in Parkdale. He's also a member of the Group of Seven Chefs.



PHOTO BY DEREK SHAPTON

Humber culinary grad now top Toronto chef

Penny Munoz

Fashion/Culinary/Hospitality Reporter

Renowned Toronto chef Matt Matheson shares the secrets of his success with unfiltered honesty and enthusiasm to anyone brave enough to ask.

However, he advises you not to take the same route he did.

Matheson said when he was 18 he was accepted into Humber College's culinary management program.

He said after gaining experience at Le Select Bistro and La Palette, he decided to open up his own communal style restaurant on Queen West known as Oddfellows.

Now, almost a decade after leaving Humber, Matheson's explosive success has put him right at the centre of up-and-coming Parkdale, as the head chef of Parts & Labour.

"When I first started, I was a s---head," said Matheson. "I was a 26-year-old, tattooed kid who had a 26-seat restaurant. Now, I'm part of The Group of Seven Chefs which is on an international stage."

“Shut the f--- up, show up to work, and work.”
Matt Matheson
Chef

Matheson said he joined the Group of Seven Chefs two years ago after being approached by Scott Vivian, the owner of Beast Restaurant near Bathurst Avenue and King Street.

The initiative brought together meat-centric chefs, hoping to show they could cook more than just a steak or a pork chop.

Since then, the group has worked on several projects bringing together national and international chefs, such as Jamie Bissonette from Boston; Matt Jennings from Rhode Island; and Derek Damon from Montreal.

As for his future, Matheson said he hopes to become a 'chef,' something he said he doesn't consider himself to be yet.

"A chef is someone with great power and respect. [The title] is earned through years and years and years of studying his craft and developing his craft and becoming the best that he can be," said Matheson. "Maybe in another 10 years, I'll be a chef."

Jackie Candaras, a regular Parts & Labour patron, said she disagreed with Matheson's modesty, saying that "the food is amazing and the atmosphere is great."

"My favourite thing on the menu," she added, "is the burger."

Humber culinary student Alex Seaborn, who has eaten there on several occasions, said the restaurant has helped revitalize the Parkdale neighbourhood.

"It's really great," said Seaborn. "They're really trying to revamp Parkdale and Parts & Labour is part of that."

Matheson's passion and dedication is reflected in his schedule. Working six days a week, with frequent hangovers and no sleep, he said he has never missed a day of work in his life.

Matheson has one piece of advice for those hoping to get into the culinary industry: "Shut the f--- up, show up to work, and work."

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Unfair racial disparities in youth prisons

HUMBER
Et Cetera

The stats are alarming.

Although aboriginal youth between the ages of 12 and 17 account for only 2.9 per cent of the young male demographic in Ontario, they make up almost 15 per cent of young males incarcerated in youth prisons in the province.

According to information on Ontario jails obtained by Akwasi Owusu-Bempah, a University of Toronto Ph.D candidate, and reported by the *Toronto Star* on March 2, not only do aboriginal males show disproportionate numbers in the province's jails, but so do young black males and aboriginal girls.

The percentages of young Caucasian males and males from other ethnicities do not even come close in terms of overrepresentation in Ontario's prison system.

Aboriginal and black youth are more likely to be jailed for weapons, substance abuse, and drug-related charges, and they receive sterner punishment. Many of these young offenders come from rough neighbourhoods and often receive harsher treatment from law enforcement officials.

Lawmakers, politicians, and we as a society need to understand some of the social determinants of crime among youth. The *Star* cites poverty, Canada's colonial history, racism, broken homes, and lack of access to skills training and employment, among

other key factors that might lead to a tendency to break the law.

Many of these racialized youth end up in remand centres awaiting trial, while young white males are more likely released. Facilities such as the notorious Don Jail give these young people no access to services that might alleviate some of the challenges of being put behind bars. Surrounded by other troubled youth and adults in overcrowded conditions while awaiting a trial, these young men learn very quickly what it takes to survive behind bars.

Boys growing up in primarily aboriginal and black communities are under constant surveillance by police patrol cars. Some of the young offenders are "known to police" and often face progressively tougher sentences, as they are trapped within a system that gives them fewer opportunities for rehabilitation.

The Canadian Institute for Health Information released data citing the effects of incarceration on youth. The data suggests that such youth are more

likely to be diagnosed with a range of complicated and serious mental health afflictions, including schizophrenia, depression, and behavioural disorders. We only have to look at the tragic death of Ashley Smith, who took her life in 2007 while in segregation at Grand Valley jail in Kitchener, Ont., denied proper care and support for her mental health needs.

Her case was not rare, according to Dr. Allister Webster, a psychologist who used to work at the Nova Institution, a federal correctional facility in Truro. Webster told *The Star* that there are many other young people in prison living with severe mental health conditions,

which further aggregate as a predisposition to crime. And so the cycle repeats itself with little improvement in the lives of these young people, forever castigated by society because of their criminal history.

By far, the most perplexing dimension of the crisis facing aboriginal and black youth in jail is the long-term impact of colonialism and racism. Broken homes are a consequence of a

number of societal dysfunctions, but the psychological residue of systemic historical discrimination and violence based on race has created a lack of strong and stable parenting role models and accessible community support networks for many of these disenfranchised youth. Many of them feel the sting of racism and abuse, and often have poor self-esteem and lack the resources to help them deal with their distress and alienation.

Prime Minister Stephen Harper's "tough on crime" omnibus Bill C-10 that allows harsher punitive measures to be meted out to youth who commit serious crimes will only add to the ongoing, repetitive cycle of crime-capture-release. These young people will not be able to get access to proper rehabilitative care and treatment for their conditions in correctional facilities, where racial differences are often exploited to keep prisoners divided. They will continue to lead a life wrought with criminal activity, and our society will continue to witness a downward spiral of wasted potential within aboriginal and black communities.

The stats will continue to shock and awe until lawmakers and politicians develop a more impartial youth criminal justice system that recognizes and aims to heal the traumatic histories of racialized youth.

“Boys growing up in primarily aboriginal and black communities are under constant surveillance by police patrol cars.”

EDITORIAL CARTOON



Colton Gilson

“Candycane”
Editorial cartoon by Colton Gilson

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QUOTED

Should junk food ads be banned from targeting kids?

“I don't think it's in the best interest of kids to be eating junk food because it increases obesity rates.”

Josh Gutierrez, 21
Civil Engineering Tech,
3rd year



“We should focus more on educating kids about junk food as opposed to banning junk food ads.”

Carlos Hahn, 21,
Fashion Arts
2nd year



“Sure they should be restricted from kids a little bit, but even if we try to ban the ads, kids are going to find them and eat them.”



Aishwarya Dhanasekar, 18
Architecture Technology,
1st year

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

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When should photojournalists intervene?

Sharon Tindyebwa
News Editor



As the Violence Against Women Act was being debated in the U.S. House of Representatives last week, *Time* magazine published a photo essay documenting domestic violence. The photos which had been previously published on the photo-sharing website, Fotovisura, depict the relationship between 31-year-old Shane, an ex-convict and his 19-year-old girlfriend Maggie, a mother of two children.

The images have brought forth a wave of backlash against the photographer, Sara Naomi Lewkowicz, and reignited the debate of whether journalists

should intervene in situations where their subject is in danger, or should only act as witness and observer.

Lewkowicz, a first-year graduate student at Ohio University, has said she originally set out to capture Shane's struggle to reintegrate into society after prison. The photographer met Shane and Maggie at an outdoor festival in Ohio where she was drawn to a man with tattoos who was holding a two-year-old girl with blond curls.

"His gentle manner with her belied his intimidating ink, and I approached them to ask if I could take their por-

trait," Lewkowicz wrote.

After spending the day with Shane and Maggie, Lewkowicz asked if she could keep photographing the couple and they agreed.

The captions in the photos state that Shane and Maggie had an intense and volatile relationship. Shane, Lewkowicz said, was jealous of the attention Maggie bestowed on her children, and financial hardships brought further strain into the couple's relationship. Frequent arguments did not escalate to the physical level until one night after the couple came home from a bar.

The photos taken that night are powerful and disturbing. In a few of the photos, Shane has Maggie pinned against a kitchen counter as he screams into her face and she cries. At one point, Maggie's two-year-old daughter comes into the room and is seen crying as she watches Shane strong-arm her mother.

To date, there are 1,709 comments on the photo essay on *Time*'s website.

Many of the commentators have

questioned why the photographer didn't intervene.

This is not the first time the ethics of photojournalism have come under the microscope. What this photo essay has illustrated, however, is the importance of providing more context to viewers about the circumstances surrounding photographs of disturbing situations.

After the controversy erupted, Lewkowicz provided an update on *Time*'s website informing readers that there were other adults in the house and only after making sure one of them had called 911, did she return to documenting the abuse.

In interviews with other news outlets, Lewkowicz also responded to criticism that she should have removed Maggie's daughter, Memphis, from the scene. Lewkowicz said that soon after she snapped the photograph of Memphis, the other adult plucked her out of harm's way.

In her note on *Time*'s website, Lewkowicz wrote, "Despite a movement to increase awareness of domes-

tic violence, we still treat it as a private crime, as if it is none of our business." Ostensibly, Lewkowicz was attempting to bring this issue out of the shadows and into the limelight.

It is a worthwhile and laudable goal. Unfortunately, in the controversy the photos have generated, the focus has been much more on what Lewkowicz did or did not do in the situation rather than the issue of domestic violence.

Lewkowicz and *Time* should have anticipated the questions that would come out of the photo essay. While they did address Maggie's fate – she is now living in Alaska with the father of her children – they should have also said what action Lewkowicz took during the assault.

Photo essays such as Lewkowicz's can play an important role in putting the spotlight on the still somewhat taboo topic of domestic violence. The important thing is that they are framed in the right way so that the focus is on the right person – the victim – not on the documentarian.

Women reporters are still facing disrespect

Sarah MacDonald
Features Editor



"You can get away with asking stupid questions because you're a woman."

A mining executive at a press conference said the above to a financial journalist. It appeared anonymously on Said to Lady Journos, a Tumblr dedicated to the things people (read: men) say to female journalists.

Scrolling through the site I come across anecdote after anecdote dripping in sexual perversion, fetishization, condescension and behaviour more fitted to a less progressive time. While the site is meant to be a haven for these remarks to exist outside of whispers or quiet side-eyed moments, they are deeply rooted in an ongoing problem – that ongoing problem – between men and women, between equality and inequality.

Any career woman has felt the sting of a backhanded compliment or sexist remark by their male counterpart but female journalists – strangely – seem to be targeted as of late.

Hamilton Nolan's recent Gawker piece, "How to talk to female journalists" opens with what can be assumed is his own version of a cheeky remark, saying that "journalism, like life, is harder for women than it is for men, what with the patriarchy and all."

With a resounding "duh", this doesn't seem to be news to anyone but Nolan. But we get it: he's trying to poke fun at this millennia-long struggle between men and women and how a biological variation no one can control makes one person superior to another. It's cool – make light of our struggles.

Nolan's piece was based on an article Marin Cogan – a contributing writer for *GQ* – wrote for *The New Republic* about the psychosexual tension and ordeal female journalists face in Washington. Cogan's piece raises concerns over how female journalists are treated in the political city with men often assuming journalists – who happen to be women – have ulterior (read: sexual) motivations and engaging in the already piggish vibes we get from political types.

"It's not that that female reporter came right out and said she was hot for you. It's how she didn't say it."

Nolan, therefore, decided to create a list for dudes that, just in case they didn't know how, there are ways to talk to a female journalist. Terming it as "female journalist" is troubling because we define someone's career immediately by gender. This step-by-step guide he so humbly created for the benefit of men details that men should listen to the questions women ask before proceeding to step two, which is not reading into what the women may

be saying and answering in an unsavoury way.

There is some value in the list Nolan is making but, admittedly, it's not much.

Step three is as follows:

"Do not read anything into any other characteristics or actions of the female reporter including but not limited to her clothing, her appearance, her body language, or her tone of voice:

It's not that that female reporter came right out and said she was hot for you. It's how she didn't say it. Right? No."

It's like he's on our side, right? No. The very fact that a list like this exists makes it harder for women who happen to be journalists or journalists who happen to be women to work outside of this gender realm. A step-by-step guide isn't helpful because it trivializes the work we do as something always sexualized, always thought of as less than because we're women and my goodness how will men be able to see us as anything but that?

List-making is one of the Internet's strengths – and perhaps pitfalls – because minimizing a subject to 10 or 15 how-to points makes it easier to digest in this clichéd fast-paced world. Women are the most common subject of lists made by the Internet.

I humanize this ethereal digital body in these terms because it is dictated by and used as a platform by people for issues facing us yesterday, today and tomorrow. Whatever problems happen outside of this realm will inevitably be parsed, contextualized (we hope) and discussed in the forums, blogs, sites and Twitter feeds of the Internet.

While men are by no means immune to these lists, women always seem to be targeted. Female journalists, as of late, have been subjected far more to this list-making discussion, yet, ironically, the salient reality is the overarching problem of how underrepresented we are in the industry.

We make less money, we don't appear in as many newsrooms, and we don't write as many opinion pieces as men. We are always struggling to have our voices heard amongst the trolls in the newsroom or on the Internet. We don't need a list about how dudes should talk to us because we're people.

Talk to us like people.

Time to ban junk food ads aimed at children

Victoria Brown
Life Editor



With 31 per cent of Canadian kids overweight, according to Statistics Canada, Ontario's fight with obesity may finally be taking steps in the right direction.

The Healthy Kids Panel has sent Ontario's minister of health and long-term care Deb Matthews, a proposal to ban marketing of high-calorie foods to children under 12. This looks to be the first real critical step to decreasing obesity rates, and is the best suggestion I have seen yet.

In 2011 Ontario had the ambitious goal to attempt to reduce childhood obesity by 20 per cent over five years. But not much has been done to move forward with this growing issue. Suggestions have been made from putting warning labels on unhealthy foods to a "fat" food tax proposed in 2004, yet none attacked the root of the problem.

The report also suggests getting rid of eye-catching junk food and drink displays we so often see children turn towards when grocery shopping with a parent. The first thing to go, the report said, would be sugary drinks such as pop or juices.

This is an amazing approach to getting kids to eat healthy, and for parents to stop feeling pressured to buy unhealthy items on weekly shopping trips. Many of us are familiar with the scene of a child throwing a tantrum for chocolate bars on display, and the parent discreetly trying to quiet this child. While I give a nod to parents who resist their children's pleas and cries, not having high-calorie food on display will be a major help in keeping kids unaware and parents less frustrated.

In fact, it seems Canadians are ready for this idea.

A survey conducted in 2012 by the

Health Agency of Canada found 53 per cent of Canadians said they were strong supporters of banning all marketing of high-fat, sugary and salty foods to kids and youth. Right now, Quebec remains the minority for having already banned this marketing to kids and youth.

Growing up an overweight child, I witnessed a lot of marketing celebrating the joys of junk food which was specifically aimed at kids, and would often ask my parents to bring home the sugary foods I loved. With the prospect of these high-calorie foods taken off display, little hands will be less likely to find it, resulting in less junk food in carts.

The report found 98 per cent of Canadians think parents should play a key role in addressing obesity. With less marketing, this will be made easier for parents to take control of.

Although adolescents and older teens are at risk, the report said youth told the Healthy Kids Panel that when teens are more informed on healthy eating and aware of the media's attempt to sell them these foods, they are better able to withstand peer and marketing pressure and make healthy meal choices.

However, I remain unconvinced. Ontario needs to ensure all youth marketing is being targeted in some way to decrease obesity rates, and not focus simply on informing.

Although there are still many issues surrounding childhood obesity, making a change to how we display these foods and drinks to our kids is a great place to start. This nationwide problem needs proper attention and permanent solutions to ensure that young people's health is no longer compromised.

Quick fixes are just not enough.



FOR THE ATTENTION OF ALL HUMBER STUDENTS
Notice of Election
 FOR THE
Student Representative
 TO THE
**Board of Governors of Humber College Institute of
 Technology & Advanced Learning**

An Election will be held during the months of **March and April 2013** for the position of Student Representative on the Board of Governors of Humber College Institute of Technology & Advanced Learning. All Humber students are eligible for nomination. The term of office for this position is **September 1, 2013 through August 31, 2014**. The basic requirements of this position are to:

1. Attend scheduled Board meetings (once per month, September through June).
2. Attend other Board-related events and activities as required.
3. Provide continual, responsible representation. Governors may not delegate their representation to any other person, and substitute representatives are not permitted.
4. Respect the confidences of the Board unless the information has been made public at an open session of the Board.
5. Receive no compensation, other than out-of-pocket and travel expenses.
6. Maintain communications with his/her electorate.
7. Be prepared to act as spokesperson for his/her electorate on issues and concerns as they arise.

Nominations Packages can be picked up during the period
Monday, March 18 through Friday, March 22, 2013
FROM

The President's Office, North Campus Room D 167 (Deborah Green) Ext. 4102	The Principal's Office Lakeshore Campus Room A 110 (Wanda Buote)
--	---

Completed Nomination packages
MUST be submitted to either of the above offices before
3.00 p.m. on Monday, March 25, 2013

Voting will take place on **Wednesday, April 10** and **Thursday, April 11**, 2013

*For more information, please contact Deborah Green, President's Office,
 Room D 167, North Campus. Phone ext. 4102, or email: deborah.green@humber.ca*

PHOTO OF THE WEEK



PHOTO BY DONA BOULOS
Notre-Dame Basilica in Montreal.

CARTOON

We asked real cartoons what they thought.. Colton Gilson



Sudoku Puzzle - Medium

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

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I can dance to you all day.
- ♉ TAURUS**
Apr. 21 – May 20
You're so easy to love, yet so hard at the same time.
- ♊ GEMINI**
May 21 – Jun. 20
Get rid of that 'Holier than thou' attitude. Everyone hates that.
- ♋ CANCER**
Jun. 21 – Jul. 22
You and Pisces were meant for each other.
- ♌ LEO**
Jul. 23 – Aug. 22
Get over yourself.
- ♍ VIRGO**
Aug. 23 – Sept. 21
You're too much of a perfectionist. Get a monkey.
- ♎ LIBRA**
Sept. 22 – Oct. 22
Love is around the corner for you.
- ♏ SCORPIO**
Oct. 23 – Nov. 21
You are the worst kind of morning person.
- ♐ SAGITTARIUS**
Nov. 22 – Dec. 20
Your fiery temper gets you into too much trouble. Breathe in, breathe out.
- ♑ CAPRICORN**
Dec. 21 – Jan. 19
You can't be promiscuous forever. Settle down.
- ♒ AQUARIUS**
Jan. 20 – Feb. 19
Pride gets in the way of love.
- ♓ PISCES**
Feb. 20 – Mar. 20
You have too many personalities. Choose one.

Humber rugby only college at university tourney



COURTESY HUMBER ATHLETICS
Third year prop Stephanie Valente and flanker Jessica Fleishman direct play prior to kickoff during previous game.



COURTESY HUMBER ATHLETICS
Lock Maire Balzan, a Kinesiology student, running with defenders in pursuit in a regular season tilt.

Madeline Fuchs
Sports Reporter

Humber College is continuing to develop its men's and women's varsity rugby program.

Both teams were invited to the Rugby Canada University Sevens Invitational, held in Langford, B.C. on March 1 and 2.

Rugby Canada runs the invitational every year as an opportunity to showcase elite players from across the country.

"It's a great event for our high performance staff to evaluate up-and-coming stars, as well as raising the level of play quality in the country," said Jeremy Shell, Rugby Canada's director of communications.

Humber was the only college invited to the tournament, which typically features university teams.

Shell said Rugby Canada decides what schools to invite "based on competitiveness and the establishment of the programs."

Humber's men's team participated in the tournament last year, but this was the first year for the women's team.

Brett McCully, the women's head coach, believes they were invited based on their regular season record and previous success in exhibition games against university teams.

He said the tournament was a fantastic experience for the women.

"We competed against several teams that had Team Canada players,

so considering that, the girls did really well," McCully said.

Despite the men's and women's teams posting a pair of 1-3 records and not medalling, the squads gained valuable experience during the weekend.

For the women's team, this was only the second time they competed in a seven-a-side tournament.

Humber normally plays 15-a-side. Kelly Broderick, 22, a second year marketing student and captain of the women's team, says the tournament was an eye-opener.

"It didn't turn out the way we wanted it to," Broderick said, "but considering that we'd never played [sevens] before, a lot of great things were shown and there's lots of room for improvement in the next few years."

The captain echoed the sentiments of her coach when discussing Humber's presence at the invitational.

"To be invited to such a prestigious tournament like that is such a big honour because we are the only college. It makes us feel like the universities think we can compete with them which is great because we're so much smaller than them."

Prior to the Rugby Canada invitational, the women's team had competed in their first university sevens tournament hosted by the University of Toronto on Feb. 16. The men's team had a third place finish at a U.S.A. college sevens tournament on Feb. 8-10 in Las Vegas, Nev.



COURTESY HUMBER ATHLETICS
Massage therapy student Lindsey Bradbury kicks off a regular season match.

Nyhof scores more national recognition

Brian O'Neill
Sports Reporter

Kelly Nyhof's dominant performance on the volleyball court is evident to most and admired by many.

For the second year in a row, the 21-year-old middle was nominated for CCAA's Player of the Year award.

It's hard to believe such a strong volleyball player, one of the best in the country, only started competitively playing the sport in high school.

"We knew she was a good athlete, we just had to teach her the game of volleyball," said Humber women's varsity volleyball coach Chris Wilkins. "She just wanted to get better and better and because of her athletic ability and her court intelligence, it allowed her to learn really quickly."

"(Volleyball has) kind of been in my family from a while back," Nyhof said, "My sister played volleyball in the States and I knew the game, but hadn't really played it."

"Coming from high school and not really being a standout player and then transitioning, it's almost like a dream come true."

Nyhof is currently in her fourth year of Humber's child and youth worker program and has collected a lot of awards during her years on the volleyball squad. She has been named the OCAA Player of the Year, CCAA All-Canadian, OCAA Scoring Champion and a West First Team All-Star as she helped lead the Hawks to their sixth straight OCAA title.

In her first two years at Humber, Nyhof was able to learn from middle and 2010-11 CCAA Player of the Year Landis Doyle.

"Physically, Landis wasn't an overpowering player, but volleyball-wise there wasn't a smarter player out there. She really taught Kelly how to be both," Wilkins said.

"She definitely taught me a lot, whether it was blocking properly or hitting spots or really mentoring me in a way to become the player that I want to become," Nyhof said.

Nyhof has now in turn gone from student to mentor.

Lainna Buch, 22, a first-year middle



PHOTO BY BRIAN O'NEILL
Nyhof recently won her second CCAA All-Canadian, and was nominated for CCAA Player of the Year for a second straight year.

and fundraising and volunteer management post graduate student, said playing with Nyhof has helped her game.

"She's the hardest middle to compete against, so it's nice that I have her to practise with because she makes me better every day," Buch said. "Because she is so smart at the net being around the block, it gives me the opportunity to be smart with my blocking."

"Especially this year that we've had some new dominant players like Hayli Moore and Brooke Kinnaird, Kelly has really helped take the pressure off them by putting the leadership on her shoulders," Wilkins said.

"You'll probably be calling me in two or three years asking about those players because of the benefits they're going to get from having Kelly help them out."



PHOTO BY BRIAN O'NEILL
Nyhof practices serving during the Hawks' last practice before Nationals.

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