

50% will be new 'pass' for Humber

In fall 2013, Humber will implement new changes to grades and transcripts

Espe Currie
Student Gov't Reporter

While lowering the minimum passing grade this fall will have the most immediate consequences for Humber students, it is not the only change coming. Course numbering, transcripts and progression rules will also change.

"The passing grade will change for most courses – not all – from 60 per cent to 50 per cent," said Sharon Kinasz, Humber's registrar.

Some nursing and pharmacology courses will keep a grade requirement of 60 per cent.

"Those are and always have been higher than the standard and will continue to be so," Kinasz said.

Sharon Lee, the coordinator of the pharmacy program, said the difference in requirement is because the program "is an accredited program and our accreditation body [the Canadian Council for Accreditation of Pharmacy Programs] has given that accreditation based on a 60 per cent pass rate for our courses."

Accreditation for nursing programs is the same.

For other Humber students, the change is expected to be beneficial when applying to other post-secondary institutions.

Elaine Popp, associate vice-president of academic operations, has been part of the committees the change went through before approval, including Humber's Academic Framework

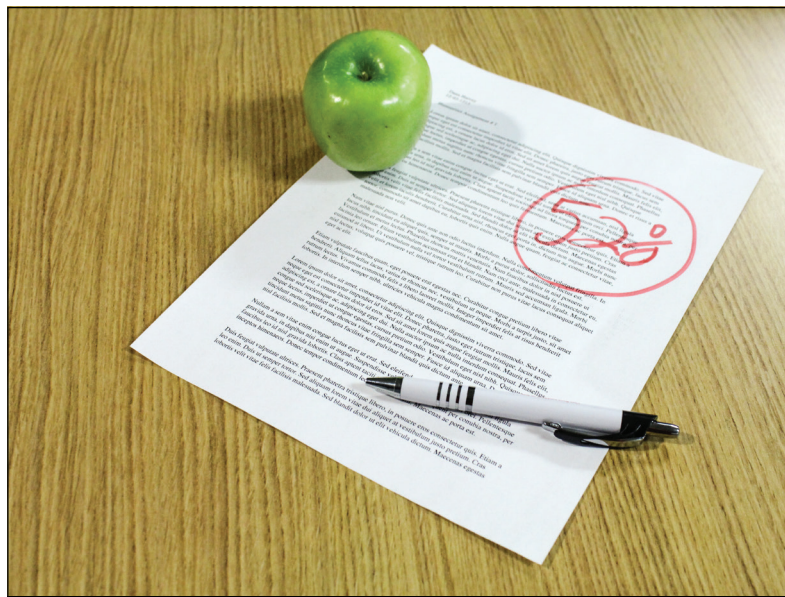


PHOTO BY LIME BLAKE
New grade percentage requirement will reflect other colleges and universities pass requirements.

Committee, Academic Operations Committee, and Academic Council. She said the change will make a big difference for students.

"Usually the passing grade at other institutions is 50 per cent, so having the passing grade at 60 per cent put Hum-

ber in a category of its own," she said.

"Having a passing grade of 50, which is more the norm, will just really position students at a better place when they're applying for further studies or continuing their education at other institutions whether that be in or

outside of Canada."

Humber's passing grade was raised from 50 to 60 in the 1980s to promote a higher standard of learning. Kinasz said that standard won't change.

"It is important to note that the cumulative grade point average to graduate from Humber will not change. You can't get through with just a 50 on things," she said.

This means that despite the administration lowering the passing grade by 10 per cent, students will still need a minimum 60 per cent grade point average to graduate from Humber.

The administration will be communicating the implications to students over the coming months, though teachers have been aware of the change for over a year.

"There's been lots of time for faculty to prepare for it and to re-evaluate their teaching rubrics," said Popp.

While students may face some problems as course numbering, transcripts and passing grades change, Kinasz says the administration will be working hard to keep them informed.

"There will always be a transition plan to make sure that nobody gets disadvantaged and nobody gets left behind," she said.

Concussions linked to brain disease

New study found CTE in living athletes

Natalie Stoberman
Life Reporter

A U.S. study has found signs of the concussion-related brain disease chronic traumatic encephalopathy in living athletes, which, until now, could only be identified in brain tissue samples post-mortem.

Researchers at the University of California at Los Angeles successfully tested a biomarker that identifies tau proteins, an indicator of chronic traumatic encephalopathy (CTE), when injected into five retired NFL players and a healthy adult control group.

Through brain scans, researchers could see a substantial amount of tau proteins in the players' brains, all of whom experienced CTE symptoms.

Jane Topolovec-Vrancic, a clinical researcher at St. Michael's Hospital in Toronto, said CTE is thought to be related to multiple hits or trauma to the brain.

"No one knows how it starts," said Topolovec-Vrancic. "But CTE is a neurodegenerative disease like Alzheimer's. Tau proteins tangle together and settle in the brain, which kills brain cells and nerve synapses."

Topolovec-Vrancic said this breakthrough is very exciting because many doors can be opened for future research.



COURTESY JESSICA RAYMOND
Concussion-related brain disease can now be detected in living athletes instead of post-mortem.

Adderall addiction amongst college students

Kerrisa Wilson
General Assignment Reporter

As the school semester picks up speed, students may be relying on prescription drugs as a study aid.

Doctors are concerned that Canadian college and university students are using prescription drugs like Adderall, which contains amphetamines to stay focused and alert during the school year, according to a CTV News article.

Adderall is a psychostimulant that stimulates the brain and allows an individual to have more focus, said GTA physician, Dr. Amnit Bir.

Adderall's primary use is for Attention Deficit Hyperactivity Disorder, said Bir.

"It's the same feeling as taking caffeine, but more magnified."

ADDERALL continued on pg. 5

CONCUSSION *con't* on page 3

IN THE WORLD THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 Start of Iran Nuclear Talks Negotiations will commence between Iran and world powers including the U.S., China and Russia in Kazakhstan in an effort to stop Iran's nuclear ambitions.	26 Kuwait Liberation Day After seven months of Iraq's occupation of the small gulf country, Kuwait was liberated by the U.S. led coalition in 1991.	27 Pope bids farewell Pope Benedict XVI makes his last public appearance, holding an audience at St. Peter's Square in the Vatican.	28 Rare Disease Day The European Organization for Rare Diseases established this day in 2008 to raise awareness for diseases which affect fewer than 5 people per every 10,000 people	1 Self-Injury Awareness Day A grassroots annual global awareness day to bring attention to those that may injure or harm themselves, and to educate the public about the condition.	2 Texan Independence Day Texans celebrate their independence after seceding from Mexico in 1836, when they became an independent state. Texas was annexed by the U.S. nine years later.	3 African Environment Day The first observance began in 2000 and was expanded in 2012 to be celebrated in conjunction with Wangari Mathai Day, in honour of the late Kenyan environmentalist



COURTESY OF CITY OF TORONTO ARCHIVES

Construction of the Yonge subway line at Yonge and Carlton in 1950 at the beginning of the subway boom that saw the construction of the Yonge-University and Bloor-Danforth subway lines. The City of Toronto is searching for ways to fund the next major transit expansion.

Toronto and Ottawa looking for ways to fund transit growth

Graeme McNaughton
Senior Reporter

Toronto is looking to expand their transit, and they are asking residents how to pay for it.

At a series of public meetings entitled Feeling Congested, the City of Toronto gauged public reaction on how the expansion of the Toronto Transit Commission can be financed.

"Metrolinx has requested municipalities in the region that we provide them with feedback on funding tools," said Jennifer Keesmaat, Toronto's chief city planner.

Some of the feedback has resulted in several proposals, listed on the Feeling Congested website. Some of these options include raising funds through various taxes, including income taxes, a municipal sales tax and the return of the vehicle registration tax, axed by Rob Ford in 2010.

The woes of Toronto's transit riders have made it to Parliament Hill, with members from both sides of the aisle offering a solution.

"These days, it's hard to rely on any sort of transit to get you anywhere on time, anywhere in the city," said Olivia Chow, the NDP MP for Trinity-Spadina, and opposition critic on transport, infrastructure and communities.

On Jan. 31, Chow spoke to a crowd of nearly 100 people at Vanier College at York University to discuss her plans on how to end gridlock. Chow's solution is to change how the federal government funds infrastructure projects.

According to Chow, the Conservative government funds projects only on a short term basis, meaning the project from conception to completion can last a maximum of two years.

Chow told the students and onlookers at Vanier College this is part of the reason Toronto won't see federal dollars for transit projects, but that they will be "more than

happy to be there for the ribbon cutting."

"The TTC can run a lot better if there's support from all levels of government."

Chow said to fund transit projects, governments need to look at various funding tools and partners, ranging from government involvement to private partnerships to placing tolls on local roads and highways.

The latter is also supported by the Residential and Civil Construction Alliance of Ontario who released a report last month looking at various methods of funding transit projects in the Greater Toronto and Hamilton Area.

One particular type of tolling advocated by the article is the implementation of "hot lanes" whereby certain lanes of a multi-lane road or highway would be tolled while the others would remain free.

This option gives drivers the choice of whether to pay or not depending on their specific needs on that given day, according to one of the reports authors.

"If you look at the utilization of the hot lanes in the U.S., you don't see people driving a Lexus in the hot lanes all the time and you don't see people in economy cars in free lanes all the time," said Robin Lindsey, a transportation economics professor at the University of British Columbia's Sauder School of Business.

"It depends on that particular day, and how valuable their time is. It's good to have an option for everyone."

Lindsey said the idea of hot lanes can be rolled out slowly, allowing Torontonians to grow accustomed to the idea.

"What you should do is take one little step. Try tolling in a noninvasive spot, like hot lanes. You try that out, you fix any wrinkles, and then you take another step," said Lindsey.

"People would be recognizing the impact of the congestion relief, and they'd be

recognizing what the money is buying."

Another suggestion of the report, although not as highly recommended as hot lanes, was the idea of introducing a distance-based fare system to the TTC, similar to the system already in place in Vancouver, Paris and Sydney.

This discussion of a major transit expansion is nothing new to Toronto.

In 1911, a Queen St subway line was proposed by the City to be run by Toronto Civic Railways, a predecessor of the modern day TTC. The plan was overlooked at the time, before being revived in a city-wide referendum in 1946, before being abandoned. The plan stayed on the city's books until 1975 before being officially turfed.

In 1985, the TTC launched their 'Network 2011' project which would see the construction of a downtown relief subway line and subway lines along Sheppard Ave and Eglinton Ave W. The plan was bounced back and forth between different provincial governments until finally being killed by the Mike Harris-led Progressive Conservatives in 1995 as a money-saving measure.

The Eglinton line, despite having already started construction, was cancelled and ordered to be filled in. The Sheppard line, originally planned to reach as far as Scarborough Town Centre, now stopped at the current Don Mills station.

The problem of finances is a main focus of why the City of Toronto hosted the Feeling Congested meetings.

"We don't really have enough money to do what we need to do for maintaining our existing assets - transit and roads," said Rob Hatton, an official for corporate finance with the city.

With files from Stephen J. Donkers

Vet teaching future cops about PTSD

A former Marine who served in Iraq is using his own experiences to help Humber students

Jake Kigar
Police/Fire Reporter

Students in community and social services programs are tackling post-traumatic stress disorder in the classroom with the help of a Humber police foundations instructor who has the condition himself.

Using his own experiences with anxiety disorder from serving overseas in the U.S. Marine Corps, Jake Davis-Mendelow helps give students a first hand perspective of what they may have to deal with in the future.

"I'm hopeful that we can educate the next group of people that have to deal with those sorts of things," said Davis-Mendelow, who served with the Marines from 2006 to 2009 in Iraq.

"I can't imagine how invaluable it would've been to me if someone, before I'd experienced everything, said 'what you're going through sucks, but it's normal.'"

Along with discussing his own experiences with PTSD, Davis-Mendelow's teachings focus on what the disorder is at a clinical and personal level. He said he is in favour of giving students an education before they begin their careers.

"We talk about post-traumatic stress disorder, but we need pre-traumatic stress disorder training," he said. "It saves lives, money and hassle by teaching it before they get into the workforce."

Mike McCormack, the president of the Toronto Police Association, said new police officers get PTSD training at the police college, but what Davis-Mendelow is doing is important because he is educating students starting out in community and social services.

"We do some training in PTSD with the service when they join, but they should have an ongoing education as they start their careers as police officers," McCormack said.

"PTSD is a reality and it's important to have a healthy police officer on the street and when there are issues, (know) how to address them."

First year police foundations student Charlotte Debois, 20, said she enjoys learning through her teacher's experiences and feels like she absorbs the information better.

"In my contemporary social studies class, we do scenarios, like 'what would you do' situations to help us learn about how to deal in different situations," Debois said.

The Canadian Mental Health Association defines post-traumatic stress disorder as an anxiety disorder caused by reliving a psychologically traumatic situation.

It affects individuals in different ways and can include flashbacks or nightmares of a traumatic event.

One in 10 Canadians are afflicted with post-traumatic stress disorder.

Students wanting to learn more about PTSD can attend Davis-Mendelow's next public lecture on Feb. 26 at 1:35 p.m. at Lakeshore Campus Annex Room 105.

"I can't imagine how invaluable it would've been to me if someone, before I'd experienced everything, said 'what you're going through sucks, but it's normal.'"

Jake David-Mendelow,
Humber police foundations professor

Students take reigns at fashion show

Penny Munoz
Fashion Reporter

Students from the GTA's fashion schools are celebrating their own prom fashion show, in a mounted collaboration with private-sector partners.

Fashion students from Humber College worked alongside students from Seneca, Laurier, Ryerson, OCA D U and York to put on this year's Prom Fashion Show on Feb. 23.

The event, which took place at The Garden and Convention Centre in Brampton, one of the corporate sponsors, featured Coach and MAC product giveaways and exclusive opportunities to purchase prom dresses.

Another sponsor, Therese Guidolin, said this is the first year her wedding floral design firm invested in students running the show, but she plans on doing it again next year after meeting with them to see where they were successful and where they could use improvement.

"College and university students were all in prime leadership positions. They were, literally, thrown into something and we just guided them," said Guidolin. Though many students have volunteered in the past, she said she hopes that this event provided hands-

on experience for the concepts they have learned about in class.

"In the future, when they go out in the real world and look for a job, they can confidently say that 'I can put something together,' because they know everything about marketing, budgeting, organizing, conceptualizing—everything that you need to know to put a production together."

The students started working on the project in September, contacting each other through Facebook and email, learning how to network and balance each other's visions.

"Working with other students from different schools was difficult. It's tough because she might like one thing, but I might not," said Tara Ocansey, 19, a second-year Humber's fashion arts student.

"Acting professional, compromising, working with people who have different personalities, communicating on email are all things event planning have taught me."

"I've gained a lot from this experience: time management, having to go to school in the morning, then coming back here. I've had to organize myself and put priorities in order to be able to get everything done," said Festina Smith, 21, also in a second year Hum-



PHOTO COURTESY OF ANDREW LY
Festina Smith, 21, and Tara Ocansey, 19, both second year fashion arts students, discuss last minute details for production of this year's Prom Fashion Show.

ber fashion arts student.

Lisa Dingwall, Guidolin's assistant said all the hard work paid off.

"It's been a lot of preparation and planning, but it's great to see all of the students from different schools come together," said Dingwall.

"They've done an awesome job at putting their ideas together for the show."

Campus fashionistas will soon be able to buy tickets for Humber's own fashion show in April, which will give students to put into practice their newly developed skills.

Bumps to the head can lead to disease

Study finds repetitive concussions can lead to brain disease in living athletes

CONCUSSION *continued from page 1.*

"Everything we know comes from specific populations, mainly men in the NFL, NHL, WWE and the military. It's very biased," said Topolovec-Vrancic. "Looking at this marker, we can do more controlled and balanced studies... Someone who wouldn't donate their brain could be studied after mild injuries, like car accidents or falls."

This research may be good news for the Humber Athletic Therapy Clinic where Jennifer Bell, head athletic therapist, said concussion treatment still has a long way to go, although testing for the presence of concussion is in place.

"In the pre-season, all athletes do mandatory ImPACT Testing, which is a baseline neurocognitive test to get normal values for memory, counting, verbal and visual recognition and reaction time," Bell said.

"The ImPACT Test is used to determine if the brain is fully healed once the athlete is symptom free by comparing to the first baseline test."

Lorenz Zapantia, Humber Hawk rugby player and fitness and health student, suffered a concussion this season in a match against the Conestoga Condors.

"I thought I had minimal symptoms, but when I did the ImPACT Test for reaction time and reflexes I failed at least seven times," Zapantia said. "I didn't realize my scores were not to par with my baseline test so I prob-

ably would have continued playing if I didn't do the ImPACT Test."

When an athlete is suspected of having a concussion, Bell said they have to go through the Sport Concussion Assessment Tool 2 to determine if the athlete is actually concussed. The test cannot detect the severity of the concussion, which makes it tough to treat the athlete properly.

Jamie-Lyn Baggs, varsity soccer player and first-year broadcast journalism student, was diagnosed with at least four concussions over a period of two weeks and still passed the SCAT2 test. She was also cleared to play soccer after 14 months of recovery.

"The test can be easily manipulated because it's mainly based on cognitive symptoms. I realistically shouldn't have passed that test," said Baggs.

Baggs said she experienced severe physical symptoms but had no issues focusing or reading academically. The problem with concussions is that there are too many unknowns and everyone is affected differently, so there is no way to treat specific circumstances, said Baggs.

To protect student-athletes, Bell said there needs to be more education on why it's important to report concussions.

"We treated around 25 concussions last year, but what worries [me] more is the number of unreported concussions," said Bell. "There is a fear of not playing and too many athletes don't understand the risks concussions can bring."

NDP calls for lower insurance premiums

Justin Vasko
Queen's Park Reporter

Students who drive themselves to class could find themselves with more bank for their tank if a new NDP proposal finds traction.

In a Feb. 6 letter to premier Kathleen Wynne, Ontario NDP leader Andrea Horwath called on the provincial government and Federal Services Commission of Ontario to instruct insurers province-wide lower insurance premiums by 15 per cent.

If implemented, this means Humber students who drive to class could see premiums reduced, on average, by more than \$200 per year.

Pete Karageorgos, manager of consumer and industry relations with the Insurance Bureau of Canada, said it is great the NDP is recognizing auto insurance costs are high, but their proposal lacks long-term vision.

"Saying we're going to cut, without a plan, that's irresponsible," Karageorgos said.

Rather than simply forcing a decrease, he said a more sustainable approach to lowering insurance rates would be to address total costs, such as those associated with insurance fraud.

Jagmeet Singh, the Ontario NDP's consumer affairs critic, said shifting the focus to fraud is, "ridiculous and ludicrous," and, "a politics of distraction."

"There's no reason we need to wait for the implementation of any anti-fraud measures. You can go ahead and do those," said Singh. "There's no reason why we shouldn't cut down on fraud, but we've already cut down costs incurred by insurance companies astronomically."

Singh said the Liberal government's 2010 insurance reforms have fostered a climate of declining costs and rising profits, making it only fair that the consumer sees reduced rates as a result.

In a Jan. 21 statement, the Ministry of Finance said for 2012, auto insurance rates in Ontario actually decreased an average of 0.26 per cent.

Darcy McNeill, director of communications for the Ministry of Finance, said it is important any changes to insurance policy are made with industry input.

"It's easy to just throw out a number, but the devil is in the details," he said.

McNeill said the province's anti-fraud taskforce is a key example of the government working alongside the insurance industry to cut costs, and as in 2012, their cooperation is expected to lead to lower rates over the long term.

Premier Wynne's office was unavailable for comment.

**C O
N N E
C T 12**

Design Exchange

is pleased to announce the second annual

Connect: EnAbling Change Competition,

a provincial, post-secondary design competition.

Open to both undergraduate and graduate students, this multi-disciplinary competition seeks to explore design that is accessible to the greatest number of people, to the largest extent possible, regardless of age or ability.

Call for Entries

For more info,
go to dx.org/connect
Submit by May 1, 2013



DESIGN EXCHANGE
CANADA'S DESIGN MUSEUM

Students ditch Mexico for volunteering

Kiah Welsh
General Assignment Reporter

Alternative Spring Break Toronto — a Humber initiative that offers students the opportunity to connect with local organizations — took place during reading week.

The program, in its second consecutive year, partners with Knight's Table, Habitat for Humanity and Yonge Street Mission to offer students a chance to understand poverty and homelessness in the community.

Students were able to volunteer for one day or multiple days from Feb. 19 to 21.

Lena Shaw, employment and volunteer coordinator at Knight's Table, said there are different roles for volunteers looking to help.

"We have people who serve food," said Shaw. "Usually it's a five course meal, so you can imagine we require people at the counter," said Shaw.

Shaw said the centre can get anywhere from 80 to 250 people seeking a meal each session.

Knight's Table volunteers also helped in the kitchen with food preparation, stocking hampers and greeting clients who came in.

There were similar initiatives at Yonge Street Mission where volunteers helped serve lunch to seniors and youth who dropped in.

Amanda Soriano, 22, a first-year public relations student, said she volunteers to give back and learn of the everyday struggles that exist in our communities.

"I really wanted to see what was out there in terms of volunteering and how to educate myself," said Soriano. "I actually have a friend who benefited from Habitat for Humanity so I can see these types of things work and it does help change the community."

Habitat for Humanity's mission is to raise money and build homes for those who otherwise could not afford a home, according to the organization's literature.

Amina Farah, Humber's peer program facilitator, said Alternative Spring Break Toronto is a great way for students to get involved.

"There is a lot of need out there that students can contribute to," said Farah. "Maybe it can teach students about different initiatives that they want to do themselves in the future, be it in their career or if they want to go out and volunteer some more."



PHOTO COURTESY HABITAT FOR HUMANITY

Habitat for Humanity Toronto, along with sponsors, volunteers and members of the community joined together to break ground on a fully accessible home for the Sinato family, March 30, 2012.

Student pricing

\$29.95*

For just \$29.95, walk in with your taxes, walk out with your refund. Instantly. You'll also get a free SPC Card to save big at your favourite retailers.*



we make taxes painless



H&R BLOCK®



hrblock.ca | 800-HRBLOCK (472-5625)

© 2013 H&R Block Canada, Inc. *\$29.95 valid for student tax preparation only. To qualify, student must present either (i) a T2202a documenting 4 or more months of full-time attendance at a college or university during the applicable tax year or (ii) a valid high school ID card. Instant Cash Back is included in the price. Students pay \$79.99 for Complex/Premier return. Expires 12/31/2013. Valid only at participating locations. Additional fees apply. Instant Cash Back valid only on the federal portion of tax returns filed in Quebec. Some restrictions apply. SPC cards available at participating locations in Canada only. Offers may vary, restrictions may apply. For full terms see www.spcard.ca.

Funding for child care centres simplified

Kelly Townsend
Child/Youth Reporter

The Ministry of Education has simplified the funding formula for child care centres in Ontario.

The changes include a minimum funding level for children with special needs, and a clear and direct wage formula for workers.

"There used to be hundreds of line items in the way the funding formula was lined out, and now it's much more simplified," said Katie Arnup, administration and campaigns coordinator at the Ontario Coalition for Better Child Care (OCBCC). "The funding is flowed out of just a handful of categories."

This is the first change to the funding formula in approximately 20 years. The Ministry of Education created the new formula by examining the demographics of communities and municipalities. It will be the first time that funding guidelines will differ between municipalities, instead of a single guideline being provided by the province.

With the minimum requirement, each child care program will be allo-

cated funds for special needs children in their program.

"Centres are often bumping children [with special needs] to the bottom of the list," said Faye Dundas, special needs resource staff member at Humber.

Bridget Woodcock, the director of the Child Care Centres at Humber, is optimistic about the changes.

"It's an acknowledgement that there is a need for services for children with special needs and that there is a need for a wage enhancement to be built in for child care educators," Woodcock said. "It's a positive move for those of us who are in the not-for-profit category."

Arnup said despite the positive changes there are still problems in the child care system.

"The funding hasn't changed. It's just about how they're getting the money and the flexibility of using it," said Arnup. "At the end of the day, there is still not enough funding for the system."

Arnup said he is advising people to follow up with their municipalities to see what changes are going to happen in



PHOTO BY KELLY TOWNSEND
Natalie Nichilo and Gameli King are among the workers in the Humber Child Care Centre that will be affected by the formula change.

their area.

Humber students account for roughly 25 per cent of the families that utilize child care services on campus.

Any questions or concerns about the formula changes can be directed to a toll free number by the OCBCC at 1-800-594-7514.

India gang rape story could lead to global awareness

The case sheds light on patriarchal societies worldwide

Caroline Brown
International Reporter

The brutal gang rape of a young female medical student in India has generated outrage on how the country treats women, but it is unknown whether there will be long-term change in how women are viewed in India — and globally.

"Women's voices should be heard and not suppressed... it will take time, as in some parts of India men are still totally in control," said Gurjeet Sohi, a staff member at the International Centre at Humber.

A spate of western reporting following the gang-rape incident has underlined that gender equity in India's caste-bound society is scarce, with sex-selective abortion, sexual harassment

and child marriages prevalent.

"The real task is changing the male mindset. This problem won't go away until the male and female are as one," said McMaster University Prof. Rama Singh, in a CBC News report.

A group of men brutally raped 23-year-old medical student Jyoti Singh Pandey on a bus in New Delhi on Dec 16. She died in a Singapore hospital 13 days later.

Proceedings for the trial of five men charged with rape and murder began on Feb 5 through a newly implemented fast-track court system. If convicted the men could face the death penalty.

"India, like Canada, is a highly diverse and pluralistic society...Canada respects the legal steps the Government of India has taken to deter such injustices and violence against wom-

en," said Amanda Reid, spokesperson for Canada's Department of Foreign Affairs and International Trade.

According to reports on sexual assault and violence against women from Statistics Canada, 427,000 women over the age of 15 reported incidents of sexual assaults in 2004, the most recent year for which figures have been published. Of these numbers, only 10 per cent of sexual assaults are reported to police.

"Sex is a taboo topic in India and Pakistan, as girls we are told to be embarrassed and nobody teaches sex education," said Najia Siddiqi, 30, a University of Toronto alumna.

"If there is no serious consequence for the action it makes one think it's okay to behave that way... most families want to hide if their daughter has been raped to protect their honour."

Leaving items unattended poses a risk



PHOTO BY CHRISTIAN QUEQUISH
Leaving your possessions in plain view in public areas can lead to theft.

Olivia Roger
Crime Reporter

Police are advising students who leave their belongings unattended while they make a trip to the bathroom should take heed the items might not be there when they return.

"Students are very trusting of each other. They think, 'I'll be back in a minute, I can just leave everything here,'" said Const. Ryan Willmer of Division 23. "They need to know that it's such an easy opportunity for thieves."

The most common areas for theft at Humber's North campus are in the study labs, computer labs and the library, according to Michael Kopinak, acting director of the department of public safety.

"These are places where students will quickly run to the bathroom and will be more willing to leave things so they don't lose their space," said Kopinak.

Students studying in the library are being told even their textbooks are at risk if left alone.

"Students will think they are in a

safe environment, but anytime they have something of value they can become a target, no matter where they are," said Lynne Bentley, director of Humber Libraries.

"Definitely, cell phones and laptops are the desirable items—but also textbooks because some can exceed over \$100 in value," Bentley said. "At the end of the day, people will always come in and ask if anyone found textbooks where they were working. We'll ask the staff but we don't usually have what they're looking for."

It is recommended that students minimize their risk by leaving valuable items they don't need with them at home.

"Don't bring expensive jewelry or carry large sums of cash and if you do have something of value, make sure it's kept with you at all times," Kopinak said.

Willmer said that leaving belongings unattended is a risk people should not be taking. "Once someone steals the item, they will run with it and then they're gone. There are too many other students to try and figure out who it was," he said.

Doctors concerned about adderall abuse

ADDERALL con't from pg 1

The amphetamines in Adderall help increase attention and decrease the impulsiveness and hyperactivity in patients with ADHD, according to the American Society of Health-System Pharmacists.

Adderall is prescribed mainly for children and adolescents who are diagnosed with ADHD and can only be obtained from a pharmacist with a prescription. It is not an over the counter drug, said Bir.

Anyone who uses Adderall recreationally should be aware of the risks associated with digesting something that was not prescribed for them, said Samy Mak, a pharmacist at the Humber Green Pharmacy.

"Any medicine has its own benefits and it has risks and side effects. If you don't use it in the right dose, it can be very harmful to you," said Mak.

Health risks associated with Adderall include headaches, anorexia, lack of appetite, chest pain and potential cardiovascular problems.

"If someone doesn't know how much they need or what their tolerance is and they take too much of it, they could go into a cardiac arrest," said Bir.

Bir said he believes students who use ADHD without a prescription get it from someone else.

"I don't believe it's their own. I believe they pick it up from their cousins, or younger brothers or sisters because ADHD is more prevalent in adolescents," said Bir.

Sharon Lee, Humber's pharmacy program coordinator, said students shouldn't rely on Adderall for studying as it gives a false sense of being awake but there's nothing better than sleep and a little exercise.

"If you take that break, a little bit of physical activity, you get the blood pumping, more blood circulating to the brain. You'll come back to your work far more refreshed and able to cope," said Lee.

Bir said he wouldn't recommend Adderall for his patients who want to use it casually to assist in their studying.

"It's just one of those drugs that people feel that is going to help them but they have to understand the focus that you have is a false focus. You think that you're absorbing a lot, but it's really not sticking. It's not really going into your long term memory," he said.

Lee said leading a healthy lifestyle is the best way to get the most out of studying.

"Sleep, nutrition and a little bit of exercise, that healthy living that we all give up, I think it's important particularly for students," she said. "It will probably do you more good than that extra can of Red Bull."



HUMBER

The Business School

Advertising – Media Management
Alternative Dispute Resolution
Event Management
Fashion Management & Promotions
Financial Planning
Global Business Management
Human Resources Management
International Development
Marketing Management
Public Administration



10 WAYS TO LAUNCH YOUR CAREER

**FIND YOUR NICHE WITH
A POSTGRAD IN BUSINESS.**

business.humber.ca/postgrad

Toronto top intelligent community

Toronto has been named as one of the world's top intelligent communities for their social, economic growth.

Kat Shermack
Biz/Tech Reporter

The city of Toronto has been named one of the world's top seven intelligent communities for the first time in eight years by the Intelligent Community Forum.

The ICF is a New York-based think tank that has been presenting awards to the world's most intelligent communities since 1999. Previous Canadian winners include Calgary and Waterloo, Ont. The top intelligent community of 2013 will be named in New York in June.

"The ICF studies cities and communities around the world," said ICF co-founder Louis Zacharilla. "We try to understand the relationship between technologies and economic and social growth in those cities."

According to Zacharilla, the ICF defines an intelligent community as more than just technology companies and big banks.

"It has a community spirit, it has a good local government, people look out for each other, people communicate well to each other, people have pride in the place they live," said Zacharilla. "All those components you experience every day, we define as intelligence."

Toronto's waterfront revitalization played an important role in its nomination. Waterfront Toronto is currently building the largest urban revitalization project in North America.

"The waterfront has a lot of forward thinking planning factors that have gone into its design," said Kristina Verner, Waterfront Toronto's director of intelligent communities.

Verner added that the waterfront will be a multi-use neighborhood.

"We're trying to create a healthy community where people will want to live, work and play," said Verner.

Sustainability is also an important part of the waterfront development. All of the buildings will have LEED (Leadership in Energy and Environmental Design) gold standard.

Zacharilla emphasized Toronto's waterfront as an important factor in its nomination.

He said the waterfront revitalization is "one of those movements that articulates what the intelligent community movement is all about, which is to reenergize communities."

Kerry Johnston, program coordinator for Humber's sustainable energy and building technology program, said the principles being used to develop Toronto's waterfront are the same



PHOTO COURTESY WATERFRONT TORONTO

Toronto's waterfront revitalization project played an important role in the city being nominated. It's the largest urban revitalization project in North America.

principles used in Humber's program.

"The concepts they're putting into practice are a part of our curriculum – the idea of sustainable communities," said Johnston. "We look at buildings and energy, and the connections between those buildings and energy. Particularly in urban developments. We're changing the way we're thinking about developing them."

Karen Schulman Dupuis, manager of digital communications at MaRS Discovery District in downtown Toronto said a nomination as an intelligent community from the ICF could shine a global spotlight on a city.

"It bears very well for southwestern Ontario about the potential, and the focus, and the vision of this entire region," said Schulman Dupuis.

Humber film students use Indiegogo to help fund final year thesis projects

Kaitlyn Morris
Biz/Tech Reporter

Humber arts students are taking advantage of the start-up website Indiegogo to fund their creative projects.

Final year film students are using the website as a way to crowd source funds for their film thesis.

"Subtracting rates and exchange we walked away with \$2,800-\$2,900," said Amanda Gauvin, producer of *The Muted*, a Humber thesis project to be screened at The Royal theatre in downtown Toronto on April 23.

Gauvin prefers Indiegogo because its campaigns have the option to take whatever amount is raised, whether or not they hit their target, whereas the crowd-sourcing website Kickstarter keep all funds if the target amount isn't met.

When a campaign fails to reach their target, Indiegogo takes a nine per cent cut instead of the four per cent when the target is achieved.

The *Muted* — a film set in the future where a disease has muted the world's population — was one of two groups out of eight thesis projects that reached and surpassed their goal.

"Aiming for the middle, a middle goal, was the best idea," said David Fyfe, director of *The Muted*. The campaign goal was \$3,000, and they raised \$3,276.



PHOTO BY KAITLYN MORRIS

Director David Fyfe and producer Amanda Gauvin, final year Humber College film students shoot final scenes for their movie *The Muted*.

Gauvin points out that setting a reasonable goal once doesn't preclude the possibility of starting a second campaign down the line if more funds are necessary.

Most campaigns offer creative incentives to convince people to fund their campaigns. Will Fisher, a 2010

graduate of Humber's bachelor of applied music in jazz used Kickstarter to fund his debut album *Portage*. He offered everything from "good karma" to drum lessons to attract backers.

The *Muted* offered unique incentives for backers, like one minute of silence for every dollar raised and the

"The problem with students and people starting a business is they need money"

Jim Skinner
Business Professor

ability for backers to propose dare-like challenges for the production staff to complete.

Indiegogo can fund more than just creative projects, such as restaurants and new technologies, allowing entrepreneurs an opportunity to overcome one of the biggest obstacles in starting a business.

"The problem with students and people starting a business is they need money, but don't want to give up equity in the business," said Jim Skinner, business professor at Humber College. Indiegogo and Kickstarter allow users to get around this problem. Backers of projects don't get equity in the business, he said.

Crowd funding sites like Indiegogo and Kickstarter present a "new business model because it replaces record labels and stores," said Fisher.

Kickstarter is only available to residents of the U.S. and U.K. while Indiegogo is an option for Canadians.

Video game competition showcases Humber students

Xiaoli Li
Biz/Tech Reporter

Humber students learning to create video games could get exposure sooner than they expected, with the launch of the E3 College Game Competition.

Sponsored by the Washington-based Entertainment Software Association, the competition, announced Feb. 4, invites colleges and universities with video game programs to enter finished games for judging by a select panel of industry veterans and judges.

Five finalists will be showcased at the ESA's June E3 trade show in Los Angeles, where a winner will be announced.

"I think competitions like this are generally good," said Rob Robson, who teaches software engineering and heads the game-programming program at Humber College. "It causes them to put a lot of effort in, and when they put a lot of effort in, they end up learning a lot of stuff. It improves the student learning experience."

Blot Interactive president and founder Justin Kwok also said the competition gets "students engaged in accomplishing one of the most difficult tasks in gaming, actually finishing something."

Ryan Henson Creighton said it was "really interesting that they decided to showcase the student work at E3 rather than at the Game Developers Conference", the industry's annual professional development conference. Creighton is vice-president of Toronto's International Game Development Association chapter, and president & founder of Untold Entertainment.

Compared to GDC, Creighton said E3 was more "public facing, and generally more about big flashing lights, scope, scale, spectacle, and big money... Those characteristics, I feel, aren't a match with what the community looks like here in Ontario and in Toronto."

However, Kwok said it could also be a reward and opportunity for student finalists to "attend the most flashy and impressive event in the industry."

A 2011 study by the Entertainment Software Association of Canada (no affiliation with the American ESA administering the competition) supports the small studio model Creighton advocates. Of the 96 Ontario game studios surveyed, over 80 per cent had fewer than an average of 16 employees.

Submissions for the competition open March 15.

Healthy eating, the true healer

Canadians can now use oregano oil to head off their common colds. In fact Canadians now have over 60,000 natural health remedies available to them, thanks to Health Canada.

Earlier this month, Health Canada met the deadline for the Natural Health Products Unprocessed Product License Applications Regulations, which allowed Canadians access to the large variety of natural remedies.

Natural health remedies are popular in this day and age.

The advances of science have contributed greatly to this. Every day factors in our environment can give us cancer, or a new rare disease is found. Science is scaring the population back to the old school days of breaking off an aloe leaf to soothe rashes or burns.

According to the Health Canada website, 71 per cent of Canadians have used natural health treatments. These products range from vitamins to homeopathic medicines.

Due to contradictory media coverage of health issues (you never really know who to trust), it's evident why people would turn to natural health remedies

When in doubt, trust what's real, or

in this case, natural.

However, there is one natural health remedy that the government continues to let sit by the wayside. It's the remedy that is swept under the rug and left to collect dirt and mould until it's too late.

What the government forgets is that naturally nutritious food is the best remedy of all.

Natural food contains all the vitamins and minerals the body needs to stay healthy.

In 2012, Stats Canada announced that a third of Canadians aged five to 17 are overweight or obese.

Many would argue that our statistics are not near that of the United States, but a third of our child population is still a large number to be concerned about. That's 1.6 million Canadians.

It's astonishing that with these numbers the government doesn't make a stronger effort to implement more natural health food regulations in Canada, especially in schools.

Obviously having more natural health remedies available to Canadians is important, but when you have an illness or health issue, you target the source.

Those who are overweight or obese and continue to eat processed foods will undoubtedly have more health issues than those who eat all natural.

Why not put out the fire early? If there were more natural health food products available to Canadians, and policies to encourage people to consume these foods, many people probably wouldn't even have to use natural health remedies because they would have less health problems.

The gluten allergy has been off the charts in the past few years. More and more doctors are detecting gluten allergies, intolerances, and even Celiac disease. This is a direct cause of our overexposure to gluten and wheat products. There is speculation that the same epidemic may occur with soy because of the role it plays in so many processed foods.

There is no denying that people are becoming more aware of what they eat. The gluten allergy, for example, is often something people choose to be attentive to. People choose to eat gluten-free food because they know it's better for them.

However, the number of people choosing healthy food options is still too small.

The government needs to be far more rigorous about supporting programs that promote natural health foods. But other organizations need to crack down as well.

Humber residence has a taxable account for its meal plans, so residents have a separate account for junk food. When they purchase anything with a label, money is taken from their taxable account. Once the money in their taxable account is used up, the residents are no longer allowed to buy junk food with their meal plan. However, this is not always followed. More often than not, the employees excuse the lack of funds in the taxable account and charge it to the resident's regular account allowing residents to continue buying more junk food.

This taxable account would be a brilliant idea, if it were actually adhered to.

More organizations need to introduce measures to encourage choosing healthier meal options.

The nation should be excited about 60,000 natural health remedies available to them, but we can't ignore what's central to treating our health problems – healthy eating.

HUMBER
Et Cetera

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

Managing Editors

Andrew Russell
Chanelle Seguin

Art Director

Doreen Dawang

Photo Editor

Lime Blake

News Editors

Graeme McNaughton
Christian Quequish
Sharon Tindyebwa

A&E Editors

Dona Boulos
Kollin Lore

Sports Editors

Dion Caputi
Chanelle Seguin

Life Editor

Sarah Lennox

Business & Tech Editor

Andrew Russell

Opinion Editor Online Editor

Shazia Islam

Senior Reporter

Graeme McNaughton

Cartoons

Colton Gilson

Editorial Adviser

Salem Alaton

Creative Adviser

Miguel Agawin

Distribution

Andre Martelli

Humber Et Cetera is a publication of the Humber College School of Media Studies & Information Technology

205 Humber College Blvd.,
Etobicoke, ON, M9W 5L7

humberetc.com

EDITORIAL CARTOON



"Table Talk"

Editorial cartoon by Colton Gilson

QUOTED

Do you think the media has contributed to poor body image among young people?

"We always tend to follow what we see on TV, magazines, or the newspaper, and we want to follow what people look like there."

Tanvi Bakshi, 18
Business Administration,
1st year



"Yeah, because the media says people have to look a certain way in order to fit in like they need to be good-looking or not have much body weight."

Cameron McArthur, 18
Business Administration,
1st year



ADVERTISING

For advertising inquires, contact us at:

416 675 6622 x.4153
mediasales@humber.ca

"Every time we see the ads: 'I was fat before, now look at me, I'm skinny.' It gets girls to go, 'Maybe it's not right to be fat and maybe I should change myself', so they go to the gyms, and then have eating disorders like bulimia or anorexia."



Jecoliah Joel, 18
Early Childhood
Education, 1st year

Dunham, she's every woman

Doreen Dawang
Art Director



The first time I watched an episode of HBO's *Girls* and saw lead actress Lena Dunham naked, I thought, "Wow, this girl is fearless."

Her body is not your typical supermodel bombshell. Dunham has stomach rolls, small breasts, and thighs that touch. While this unconventional image has made its way in mainstream media, several critics tend to point out her atypical Hollywood body, almost overshadowing her hilarious and hard-working character. It's unfortunate that her physical appearance has stolen the spotlight from her natural talent.

But while people are quick to judge her differences, I see Dunham as a role model for the average woman to relate to.

Dunham's body is the image the average woman sees in front of the mirror, and not the airbrushed, thinned out photos of supermodels and celebrities in glossy magazines. She's portraying a real-life appearance of a woman that other women can relate to through her character – a concept that most of us are not accustomed to seeing in the industry.

We've been conditioned to see our

lead actresses, our supermodels and our singing divas a certain way: tall, thin with make-up heavy faces and attired in expensive designer wear. We may not realize it, but this presents an undeniable norm that we expect celebrities to conform to.

If these women don't fit the mold, then the press often do not show them much mercy.

This past January, the usually brash radio host Howard Stern called Dunham a "little fat girl" on air. Dunham promptly called into Stern's radio show and stood up for herself.

"I'm not that fat, Howard," Dunham told him, adding she may not be super thin, but is not that fat. Although she might have been accused of reinforcing the fear of fat in our society by identifying just how fat she was during the phone call, the fact that she had no problem discussing her weight on live radio is a testament to her openness and confidence.

It's liberating to see another woman in her mid-twenties not afraid to bare it all on television. I may not engage in the same antics as Dunham, but I'm living vicariously through her empowering statement of the female body.

This is who she is and she does not care if someone thinks otherwise.

Dunham is not the first woman in Hollywood to comment on her body. From American Idol winner Kelly Clarkson who is known for her fluctuating weight to powerhouse songstress Adele, they defy the conventional body type in Hollywood. Their talent will be remembered for decades – not their body type.

But despite the hard work these artists have invested in their musical careers, these women continue to be teased and taunted for their weight under the glaring spotlight of the press.

After the 2013 Grammys, Fox News felt the need to report on singers Adele and Kelly Clarkson's weight. Is there any journalistic weight to their story? (No pun intended.)

The message the media is sending out is superficial and damaging, giving the okay for young women everywhere to mold their bodies to fit within the confines of a beauty standard defined by the likes of highly glamorized divas such as Rihanna or Megan Fox that might encourage unhealthy behaviour. It feeds the negative self-criticism and judgments women already inflict on themselves and on one another about their bodies.

But like Dunham, it's refreshing to see some of our leading ladies push the envelope – not only through their creative outlets, but how they present themselves. Dunham may not be making an enormous change to societal norms, but she has inspired at least one woman to appreciate her body and love herself – thick thighs and all.

Social media opens door to youth vote

Sarah Lennox
Life Editor



Politics don't affect young people.

Sound ridiculous? It's far from the truth, but there has been a decrease in the number of young Canadians participating in federal, provincial and municipal elections over the past 20 years, according to the Parliament website.

The website questions the political knowledge of those born after 1970 and their trust in the system. Most surprising is the headline, "No issues of interest to young people?"

StatsCan surveyed over 1,300 Canadians between the ages of 18 and 34 on their actions during the May 2011 general election. The results suggested about 30 per cent of young Canadians

who said they didn't vote just weren't interested or thought their votes wouldn't count. Young voters don't always realize how much their votes mean, but this needs to change.

In Canada, a lot of the benefits we have are taken for granted. Anyone using the healthcare system, getting a post-secondary education, taking a bus or even something as carefree as walking down a sidewalk is affected by politics. A vote is a statement in support of political policies, but many eligible voters don't realize they're giving up their chance to have a say.

Instead of just blaming the government for not reaching out to youth, there seems to be a generational difference between the two sides.

One issue may be the Internet and the way political parties are using it. The World Wide Web became popular in the 1990s and has grown more over time. Nearly 79 per cent of Canadians under the age of 34 used the Web at home at least once per day in 2007, according to StatsCan.

The Internet grew in popularity about 20 years ago – around the same time StatsCan said voting numbers decreased for young people. Coincidence?

We spend more time surfing the Internet, and using instant messaging and blogs than older generations, StatsCan continued. Political parties seem to have all made the move to the Internet, but they just can't seem to connect with young voters.

If Stephen Harper's Twitter page is

any indication of other political pages, the low voter ratings are hardly shocking. I find it difficult to connect with a middle-aged man posting pictures of his wife and children.

Caucus? Roundtable? Words I'd never use in a casual conversation are all over the Prime Minister's Twitter account. Things would be a lot easier if I could relate.

Intelligence and understanding are key traits for our leaders. Unfortunately, many politicians are missing the likeability and charisma young people often gravitate towards. Jack Layton was on the right path. With his public speaking skills and congeniality, he managed to lead the NDP party to victory against the Liberals for the position of opposition party. Layton's Facebook page has over 220,000 "likes", more than double the "likes" of our current PM. After Layton passed away, his goodbye letter was shared all over social networking websites. It summed up his ability to join Canadians together and lead without putting himself on a pedestal.

Unfortunately, fast-paced music videos and high-speed Wi-Fi seem to have graced our generation with a short attention span. We idolize people for their use of auto-tune or hair dye instead of the people who make the decisions for our country, though their actions affect us greatly.

We romanticize protests and community activism because of the movies we've seen. Someone sitting in a voting booth, writing on a ballot isn't the most exciting event in any film, so why would we want to imitate it?

This may sound like a broken record, but every vote counts. It's a statement about what we stand for and if young people want their concerns dealt with, voting is one of the easiest and fastest ways to promote change. We need to take an interest in politics, but the government should also take an interest in us. Both sides need to put in a concerted effort to connect with the other.

With businesses all over Canada and the world pulling young people in with captivating ads and well-worded social media posts, it's hard to think political parties don't place as much importance on our loyalty.

“We spend more time surfing the Internet, and using instant messaging and blogs than older generations, StatsCan continued. Political parties seem to have all made the move to the Internet, but they just can't seem to connect with young voters.”

Change of pace for the Church

Graeme McNaughton
News Editor



This week, the Roman Catholic Church will be setting out into uncharted waters. For the first time since Celestine V stepped down in 1294, the Pope will leaving his post voluntarily, although it is highly doubtful Benedict XVI will be thrown in jail like his 13th century predecessor.

The situation has provided a unique opportunity where a new pope will be chosen while the former pope is still alive. The Church has two choices: a conservative leader who will continue the same policies, or a more liberal pope who will change centuries-old doctrine that some have said are archaic.

It is high time for the latter.

A swing in a new direction would reflect the changing times. Church attendance is down. In the United States, the number of Catholics attending church on a regular basis has dropped from 75 per cent to 45 per cent in a 40-year span according to a Gallup poll. Europe and North America are no longer the hubs of Catholicism.

The country with the most Catholics is Brazil, with over 120 million

devotees to the faith. In fact, South and Central America are the hubs of Catholicism, with many countries having a population that is over 70 per cent Catholic. The dominant portion of Catholic clergy is today recruited from the developing world, a reflection of the widespread disaffection with Catholic doctrine in advanced countries.

A change of pontiff is an important opportunity because it is with the person in that role that the Catholic church has also gotten out of touch. Before becoming Pope Benedict XVI, Joseph Ratzinger was born in a well-to-do family in Germany. A Hitler Youth conscript, he was able to attend university, gaining a theological degree before moving his way into becoming the Archbishop of Munich. This view of a leader is out of touch with the vast majority of the Catholic population, which may not have a chance to go to school, let alone university. How is a young Catholic in Africa, who may not get a full meal every day and lives under the constant shadow of the AIDS epidemic, supposed to believe a well edu-

cated white man, who has never had to live through the same hardships, telling him that using a condom is a sin?

Change in the outlook of a new pope is far from certain at this juncture, however. One of the top cardinals being considered to take over the pontiff's post, Canadian cardinal Marc Ouellet, has said abortion is a sin, even in the case of rape or incest. He has also said the church is under attack in Quebec, claiming in a 2009 interview they were being persecuted for "telling the truth." Claims of religion under fire and abortion being unjustifiable under any circumstance is the same stance taken by some members of the U.S. Republican party, which has been called out of touch and in a state of disrepair, an image the church should want to escape.

But the Church could certainly break ground with its first black pope, Peter Turkson, a Ghanaian cardinal who is another of the top candidates. His views have leaned a bit more to the left, including the use of condoms in some cases, which has been a taboo in Vatican doctrine. He has also called for reform of the international financial system to take into account the well being of developing countries.

The Roman Catholic Church needs a pope that is in touch with the times and the world we now live in. To survive, the church must move forward. Staying still in the face of progress will only amount to enforcing some people's view of the Catholic Church as an antiquated institution.

Vitamin D helps prevent type 1 diabetes, study says

Natalie Stoberman
Life Reporter

Researchers at Harvard University's School of Public Health have found vitamin D, as well as being a key building block for human health, may also have the power to prevent type 1 diabetes.

While type 1 diabetes usually manifests in childhood, researchers said young adults with sufficient vitamin D intake could lower their chances of acquiring the condition by nearly 50 per cent.

Kassandra Munger, Harvard research associate, said a lot of research has been done over the past 10 years to suggest the importance of vitamin D in maintaining overall health. It's no surprise that the vitamin may also protect against type 1 diabetes, said Munger, but more studies need to be done to confirm the findings about vitamin D preventing the autoimmune disease.

"We still don't know. Possibilities include vitamin D's ability to regulate the immune response in favour of a non-autoimmune response and possible protection of the insulin produc-

“A strong immune system doesn't only protect us from classic illnesses like a cold or the flu, but also diseases that are more severe and uncommon.”

Urszula Kosecka
Clinical research coordinator

ing cells in the pancreas from damage or death by vitamin D," said Munger.

Regardless of its early stages, it is nevertheless exciting for diabetes research, said Dr. Janet Hux, chief scientific advisor for the Canadian Diabetes Association.

"The study can only show association, not causation," said Hux. "But there may be something else associated with vitamin D, like, if people are active or outside more, then they'll have

higher levels of vitamin D."

Hux said diabetes rates are higher in countries north of the equator and Newfoundland and Labrador has the highest diabetes rate in Canada.

"That is part of the reason for looking at vitamin D, because of the difference in sun exposure," said Hux.

For students who are busy with school, getting enough vitamin D could be tricky.

"The immune system is regulated by vitamin D," said Urszula Kosecka, Humber coordinator of clinical research and regulatory affairs. "A strong immune system doesn't only protect us from classic illnesses like a cold or the flu, but also diseases that are more severe and uncommon."

Kosecka said that students looking to improve their immune system should go outside and stick to a diet that limits processed foods and increases the intake of fish and fish oil. Kosecka also said to take advantage of sunny days.

"Use the Arboretum," she said. "Take a book or iPod. Don't stay within the concrete. We need to appreciate how much we use the sun for our lives."



PHOTO BY SARAH LENNOX
Studies from Harvard University's School of Public Health suggest vitamin D could be used to prevent type 1 diabetes and to maintain overall health.



COURTESY ANDREW CURRIE

Saving for retirement without collecting debt

Erinn Kenney
Life Reporter

Just because you want it, doesn't mean you need it.

Credit card debt, student loans, lines of credit and family debt are financial burdens that limit the freedoms and choices of young and old, if not paid off.

Choosing not to print your receipt after a big withdrawal, doesn't mean the reality of your financial situation isn't still there.

Dan Carli, a Humber business professor, said proper money management and making the right investments can have the biggest paybacks.

Carli said students have to ask themselves what they want when they retire.

"How much do I have to save now and invest towards my debt to reach [retirement] goals?" he said.

Wayne Hughes, a Humber business professor and chartered accountant, said students should start by eliminating credit card debts.

"Credit card debt is the highest and hardest debt to pay off," he said. "The interest rate of credit

cards is usually around the 20 per cent range. You always want to pay off loans that have the highest interest rate. Credit card debt should be your first priority."

There are several options for students and young people to help chip away at their debt.

"Sit down with a good advisor or financial manager," said Carli. "They can help you eliminate your debt and help you begin to reinvest your money into sound financial options like a Registered Retirement Savings Plans or a Tax Free Savings Account."

"If a young person, for example, invests \$50 of their monthly income early in their working career into an RRSP, by the time they retire in 25 to 30 years, they could make \$42,000, depending on the interest rate."

Cristine Comisso, 23, a first-year Humber fashion arts student, is also focused on financial freedom by controlling debt.

"You have to work hard and get a handle that [debt is] not going away overnight," she said. "As long as you have a good work ethic and understand how serious debts are, that's a great start."

App causes controversy

Gabby Mann
Life Reporter

The Boyfriend Trainer — an app that allows users to physically abuse a virtual "boyfriend" character — has been dropped from Apple's App Store after creating widespread controversy.

Players hit, choke and zap virtual men to advance in the game. The violence had iTunes users filling the comment section with complaints.

"It's pretty simple and mildly amusing," said Robert Robson, a IT coordinator and game programming coordinator at Humber.

He said his students often create games involving violence.

"If the game doesn't have a few zombies to kill, my students won't build it," said Robson. "There is a ton of fantasy violence. When I was a kid, I used to watch Coyote and The Road Runner.

People were afraid kids would jump off cliffs with umbrellas. Everybody gets up in arms because people can't tell the difference between fantasy and life."

Robson's students don't take any classes on ethics or morals.

"There's no ethics in video games," said Robson. "We don't study ethics. Do people in Hollywood and film producers study ethics? No."

On the other hand, Robson said switching the roles and making a "Girlfriend Trainer" game would cause uproar.

"It would be a total failure, there would be riots in the street," he said.

Dawn Macaulay, liberal studies coordinator, said there is a double standard, when it comes to violence towards men.

"We aren't special. [Women] can't have it both ways by saying it's okay [to hit] because we're not as strong, so we can do whatever we want," said Ma-

caulay.

Matthew Porteous, a first-year film and television student said he agrees a "Girlfriend Trainer" could not have flown.

"That would never be made," said Porteous. "There would be too much media coverage and some sort of feminist movement."

Kimmel Stephenson, a first-year film and television student, said he isn't keen on the idea of "The Girlfriend Trainer" either.

"It would still be a bad idea...but not a lot of guys would see that app and take it seriously," he said. "I would never play a game like that."

Despite the protests, Robson said it's just a game.

"If you don't like the game, don't play it," said Robson.

The hosting website, Game2Win and developer did not respond to emails or social media contact.



PHOTO BY GABBY MANN
Matthew Porteous said there would be a feminist movement if the genders in the game were reversed.



COURTESY GO TRANSIT
GO Transit surveyed customers and found that 81 percent of riders supported quiet zones and 60 per cent said they would use a quiet area daily.

GO Transit tries quiet cars for riders

Sandra De Grandis
Life Reporter

Commuters now have a quiet area to work or sleep without noise disruptions on the GO train.

On Feb. 12, GO Transit commenced a three-month “quiet zone” pilot project on the majority of northbound and southbound Barrie train routes. The upper level of trains is reserved for quiet commuters. Riders are expected to mute their cellphones, computers and

other electronic devices and not listen to loud music. Those needing to talk or make phone calls are encouraged to move to the lower levels of the trains.

“The quiet zone wasn’t implemented because of complaints...it’s a courtesy area for customers to use,” said Malon Edwards, media relations and issues specialist at Metrolinx. “We are constantly looking to make customer experiences comfortable. We listened to customers’ suggestions and it’s what they wanted.”

Complete silence is not guaranteed.

Noise can infiltrate the quiet zones from other areas of the train. Enforcing the quiet zone rules is left up to the passengers.

“Transit staff and customer ambassadors will assist in reminding customers to follow quiet zone rules. Adherence to the quiet zone will ultimately be the responsibility of passengers,” said Edwards.

Mackenzia Francis, 20, a second-year paralegal studies student, uses the GO train to go downtown and said she

doesn’t feel the quiet zone will affect her commute.

“It makes sense,” she said. “A lot of people commute to work, so they could be working or resting in the quiet zone. I’m indifferent to it, but I’d use it if I needed to.”

“It’s a good idea, especially for people who take long trips,” said Chelsey Amaral, 22, a first-year photography student. “They can relax, particularly later at night and wind down.”

Edwards said 81 per cent of cus-

tomers surveyed supported the quiet zone while 60 per cent said they would use it on a daily basis.

Whether the quiet zone will be extended to other trains and routes depends on the feedback from customers after the three-month trial period is over.

“We’ll look at the comments from regular commuters, students and everyone else for a diverse amount of feedback to see how it did and based on this, determine the future of the quiet zone,” said Edwards.

Daily chores can be as healthy as working out at the gym

Kate Paddison
Life Reporter

Hate going to the gym? This may no longer be a problem.

Researchers have found that short, high-intensity workouts can be just as effective as going to the gym to create a healthy lifestyle.

A recent study conducted at Oregon State University shows that 43 per cent of those studied who did light exercise met the government guidelines of 30 minutes of daily physical activity, compared to less than 10 per cent of those who worked out for longer periods.

Over 6,300 subjects were monitored in the “science of lifestyle change” research co-authored by Bradley Cardinal, professor of social psychology of physical activity at Oregon.

“This is something that we actually encourage and do with our clients,” said Nelson Bolarinho, a Humber fitness trainer. “A lot of quality trainers do utilize this approach.”

The light exercise includes everyday chores or taking the stairs instead of the escalator, which only take a few minutes.

Cardinal said this is a more natural way to exercise and a more cost-effective method than getting an expensive gym membership.

Tony Tam, a personal trainer



PHOTO BY KATE PADDISON
Doing small chores and taking the stairs can be as beneficial as a workout.

at Trainer’s Fitness, said there is some truth to it, but it would not be enough to put a person in complete, all-over shape.

“If there is no other choice, fine, but I would definitely do a bit more,” said Tam. “It doesn’t allow you to get upper body strength.”

“If you did six weeks of high intensity, yes, it would be affective, if done quite frequently,” he said. “It

shocks your body into recovering strongly that way.”

Kyle Reidhead, a third-year kinesiology student, said he knows of the studies and agrees with them.

“The only difference is I’m trying to put on muscle rather than build calories at this point,” said Reidhead. “In the summer, though, I do high interval training, and it’s the best.”

TO THE NINES



Where do you normally shop?

It’s hit or miss – malls, Winners, online shopping.

Who are your style icons?

That’s hard. It’s all over the place because I don’t have one style I go with. It’s different.

Where do you get your fashion inspiration?

Myself

Jackie Oskovei, 20

Fashion Arts, first year

BY ERINN KENNEY



HUMBER

School of Media Studies
& Information Technology

Accelerated Studies

**Enhance your career.
Upgrade your skills.**

**GRAPHIC DESIGN FOR PRINT AND WEB
FAST TRACK 22 weeks to a Certificate
Application Program Code: 10521
Start Date: March 2013**

**PROFESSIONAL WINDOWS .NET PROGRAMMING
FAST TRACK 18 weeks to a Certificate
Application Program Code: 10272
Start Date: March 2013**

**WEB DESIGN, DEVELOPMENT & MAINTENANCE
FAST TRACK 22 weeks to a Certificate
Application Program Code: 10501
Start Date: March 2013**

Adobe Certification Testing
Now Available
See website for details



**CERTIFIED
ASSOCIATE**

**Phone: 416.675.6622 Nicole - ext.4508
Email: cesmsit@humber.ca**

mediastudies.humber.ca

EVENTS IN TORONTO THIS WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>25 A Wonderful and Glorious Night Eels, winners of Best International Break Through Act at the '95 Brit Awards, will be at Phoenix Concert Theatre to support their latest album, Wonderful, Glorious.</p>	<p>26 Japan Comes to Toronto The spotlight Japan International Festival will be at the Berkeley Street Theatre, featuring the works of artists from the land of the rising sun. Show begins at 7:30.</p>	<p>27 A Look Into the Night Las Vegas rockers, Imagine Dragons, will be at the Sound Academy to perform tracks from their 2012 debut album, Night Visions. Atlas Genius will be opening the show.</p>	<p>28 The Movement is Here Major Lazer sets out to Free the Universe, and the DJ duo will continue their heroic tour in Canada, stopping in T.O. at the Sound Academy.</p>	<p>1 Take a Trip Back Through Time Classic Albums Live, in their tenth year, comes to Toronto. The band will be performing Pink Floyd's Dark Side of the Moon at Massey Hall.</p>	<p>2 The Wind is Shifting to Toronto Burlington's own, Silverstein, a five-piece post-hardcore band will be at the Opera House, after having just released their seventh album, This is How the Wind Shifts.</p>	<p>3 Broadcasters Celebrate The inaugural Canadian Screen Awards, celebrating the best in film, television and digital media, kicks off and will be hosted by Martin Short.</p>

Indigenous exhibit brings youth culture forward

Julienne Bay
A&E Reporter

The Powerplant Contemporary Art Gallery is currently holding an exhibition called "Beat Nation: Art, Hip Hop and Aboriginal Culture."

The exhibition features works by 23 Aboriginal artists from different parts of Canada and the U.S.

"As a result of the political issues...

like the movement Idle No More, the show is actually quite amazingly timed...very relevant artistically and politically," said Abbas Rizvi, a gallery attendant.

According to Rizvi, the show questions "our tendency to view (Aboriginal people) as all one group."

"Being First Nation is not black and white," said KC Adams, one of the participating artists, based in Winnipeg.

Dana Claxton, another participating artist said the show is about the "indigenous trait that is very 'now,'" and that viewers need to "know that there's a very strong indigenous presence in Canada, North America and this continent."

The show includes artworks of various mediums that directly compare today's youth culture with Aboriginal culture.

"Too often, people think of First Nation people as being in the past," said Adams. "But First Nation people are adaptable. They are part of the past, present and future."

Allysha Wassegijig, 20, president of the Aboriginal student circle at Humber College and University of Guelph-Humber, said it's important to show that Native culture is alive and thriving in Canada.

"It's a modern thing. We all wear regular clothes and speak English...it's important to spread awareness," said Wassegijig.

Wassegijig recommends that Humber students take this opportunity to experience something new.

The show runs until May 5. Visit www.thepowerplant.org for more details.



COURTESY THE POWERPLANT CONTEMPORARY ART GALLERY
The "Beat Nation: Art, Hip Hop and Aboriginal Culture" exhibit at the Powerplant Contemporary Art Gallery showcases the works of 23 Aboriginal Artists from the U.S. and Canada, including the pieces shown above. The exhibit runs until May 5.

Attawapiskat film leads festival

Kateryna Barnes
A&E Reporter

The Human Rights Watch Film Festival celebrates its 10th anniversary tomorrow and will be presenting a Canadian film for the first time, *The People of the Kattawapiskak River*, directed by Alanis Obomsawin.

The film, a documentary about poverty in Attawapiskat, is one of several being screened at the festival, which is organized in partnership by the TIFF and Human Rights Watch.

"We're excited for *The People of the Kattawapiskak River*," said Magali Simard, a TIFF programmer for the festival. "This film is timely and Obomsawin is one of Canada's best filmmakers."

Allysha Wassegijig, president of Humber's Aboriginal Student Circle, emphasizes the importance of documentaries.

"I think a lot of people will tune out to news; with a film, you get the whole picture, the whole experience," said Wassegijig. "I think it is important for everyone because we are so fortunate to live in Southern Ontario where there is a lot of resources available that people take advantage of or take for granted. There are people in Attawapiskat or Northern Ontario who don't have running water, a floor, or walls. You don't even think about that sometimes."

Other films come from around the world, focusing on themes such as oppression and resilience. The Oscar-nominated Chilean film about the referendum to end dictator's Augusto Pinochet's rule, *No*, and *Camp 14: Total Control Zone*, a documentary about life in a North Korean labour camp, are other films of note at the festival.



COURTESY NATIONAL FILM BOARD OF CANADA
Poverty is rampant in Attawapiskat, the town documented in Obomsawin's *The People of Kattawapiskak River*.

"Human Rights Watch Film Festival enables us to bear witness to human rights violations and create a forum for courageous individuals on both sides of the lens to empower audiences with the knowledge that personal commitment can make a difference," said Jasmine Herlt, the Canadian director of Human Rights Watch, TIFF's organising partner for this festival.

Simard says the year-long project involves responsibilities such as researching films across the globe with specialists in each area of the world working on the programming, and finding films that fit the bill.

The festival runs from Feb. 26 to Mar. 7. Student price is \$5 and regular tickets are \$12. For the schedule, tickets, or more information visit: tiff.net.

TVO seeks short films focused on poverty

Raul Pinto
A&E Reporter

The second annual TVO Doc Studio Contest is receiving submissions until Thursday from filmmakers telling stories about poverty in five minutes or less.

As part of international initiative "Why Poverty?" TVO offers the possibility to showcase the winning film. The director receives a free pass for Hot Docs Film Festival and a day on the job with award-winning Canadian producer/director, Shelley Saywell.

Liane Kotler, producer of TVO Doc Studio said the contest is open to anybody with a passion for filming.

"TVO has a big tradition for supporting documentaries, and this is a great way to make a platform to engage emerging filmmakers, professionals and amateurs. We are not looking for great (technical) quality; we are looking for a good story. Everyone in Ontario can participate," said Kotler.

In search of new talent, TVO not only helps the filmmakers to exhibit their films, but, according to Kotler, they also set up Skype sessions with Shelly Saywell, where she will answer technical questions to aspiring directors, along with helping them with their pitches.

Mark Achtenberg, film teacher at Humber College, said it is possible to tell a story in only five minutes even if the participant is not a professional filmmaker.

"The most important thing is finding a good character. If the contest is about poverty, you can find and follow somebody who goes to a food bank," said Achtenberg. "They must have a reason to go there, and that's the story. It doesn't matter what is the length of the film, as long as you make a connection between the story and the public."

Last year's winner, Coty Forth, 22, a final year film student from Sheridan College said his film started by asking around town about poverty. He eventually found the story of Emmaline Madigan, a former lighthouse keeper "who was kicked out of her job after new technologies arrived back in 1983." This research led to the eventual winner, *Emmaline*.

"We embraced the subject of poverty instead of focusing on making an excellent film," said Forth. "This is my advice for people who want to submit their videos."

Entries to the contest can be made via YouTube or by mail. Judges will narrow the list of contenders; then TVO will showcase five finalists on their website from March 11 to 18. After public voting, the results will be announced March 25. More details are available at docstudio.tvo.org/contest.

Spark Plugs series ignites discussion

Humber Lakeshore invites community to engage with students about the arts

Amy Stubbs
A&E Reporter

Students and community members will have a chance to talk with each other about the arts at L Space Gallery every week during the Spark Plugs speaker series.

The series, launched Feb. 4, will invite a new guest to conduct a conversation on a given topic each Monday during the lunch hour to the end of April.

Open to the public and Humber students alike, the talks have drawn outside members of the community to the campus for the first time.

L Space Curator, Ashley Watson, heard from students several times about the need for such a program.

"The students wanted to have a more informal way to go and talk to other people about arts and culture," said Watson. "It is about getting out of your silo."

Watson explains these silos as the tendency to get caught up in a program of study or a job and not interact with outsiders.

Spark Plugs is a way to take a break and interact with individuals from different fields of the arts.

Bebhinn Jennings, program manager of Lakeshore Arts, had been sensing a similar need within the community and joined forces with L Space Gallery to organize the program.

"Things are happening, everyone is creating in their own way," said Jennings. "Spark Plugs brings a new approach and new connections."

The gatherings are fluid and informal, starting with the day's selected speaker and ending in a back and forth dialogue of anyone in attendance.

Nick Farnell, Community Manager at Humber College, was the second speaker of the series.

"The series gives students a chance to learn something they might not learn in their courses," said Farnell. "It's a pretty interesting series, a little bit of everything."

So far, the talks have covered social media usage in classrooms and on campus, and the act of collecting. The talk today looks at the process of making music for the human hearing system.

Maria Marchyshyn, policy researcher for the University of Toronto, read about the series on-line and came out to the second talk Feb. 11.

"They actually cover quite a bit of ground, so there is something for every one," said Marchyshyn.

Those involved are hoping to see the project continue in coming semesters as it grows and builds momentum.

For details of what is coming up or to watch videos of previous talks, visit sparkplugsto.wordpress.com.



PHOTO BY AMY STUBBS
Nick Farnell leads the discussion during the second speaker series on Feb. 11.

Music students perform live

Music department is hosting 94 recitals to allow three-year students to practice their performance skills on stage

Erica Vella
A&E Reporter

Humber College's music department is hosting 94 recitals produced by third-year students every evening throughout the second term at the Humber Lakeshore campus.

As part of the music degree program, students are required to produce a 50-minute musical performance for an audience of peers, faculty and the public.

"It is one thing to teach a student how to play an instrument - it's another thing to teach a student how to be an entertainer," said Denny Christianson, director of the Humber music degree program.

This large-scale project is part of the creative development course the music department incorporates into the three-year curriculum.

"The teacher instructs them on what it takes to work towards making a successful live performance on stage," said Christianson. "Establishing a rapport and making your music connect with an audience is just as important

as learning how to play an instrument."

A diverse selection of music is performed during each recital. Musical performances can range from gospel choirs to Led Zeppelin, said Christianson.

"This was a really great way for me to work with a larger setup," said third-year woodwinds student Chelsea McBride. Her recital included music from the Socialist Night School, a 19-piece jazz ensemble, and pop group Chelsea and the Cityscape. "It was a really cool feeling - I had everyone on stage for the last tune. I've never stood in front of 24-piece band."

Students are required to present 50 per cent new material as well as perform on their instrument of choice for 70 per cent of the recital.

Third-year music student and guitar major, Paul Barton, composed nine original songs for his recital.

"Having the experience of playing my music inside of school is a really good stepping stone towards bringing my music outside of school," Barton said.

"Everyone who comes will be able to find something to identify with in

these recitals," said third-year Humber piano student Kevin Stolz.

"These recitals and the students in this program represent a part of the future of contemporary music."

For more information on the music recitals visit <http://www.humber.ca/scapa/events>

"It is one thing to teach a student how to play an instrument - it's another thing to teach a student how to be an entertainer."

Denny Christianson
Director of Music



COURTESY KINTA MAEDA
Third-year Humber music student and saxophonist, Chelsea McBride.

Humber names most talented

Faiza Amin
A&E Reporter

The hunt for Humber's most talented students is over.

Edward Sayers and Reasa Bowen were announced the first place winners on Feb. 6 for Humber's Got Talent.

Sayers, 19, first-year media foundations student, beat four other contestants at Humber North, while Bowen, 18, first-year community and justice services student, was the favorite at Lakeshore campus.

Sayers sang while playing a medley of instruments- including guitar, bass drum, tambourine, and harmonica.

"I felt fantastic. It was so nice to have everybody clapping with lots of energy," said Sayers.

Emily Genitti, 22, vice-president of campus life for Humber North said that it was clear Sayers was the winner.

"You can tell he wanted to win, he put all his heart into it," said Genitti.

But Sayers said winning was the last thing on his mind.

"I was really happy to just have everybody jumping around and clapping their hands," said Sayers.

The crowd was equally engaged and excited at the Lakeshore campus. Hip-hop dancer Reasa Bowen performed a routine to music featuring Drake, Rihanna, and Michael Jackson.

"I tried to incorporate the different elements," Bowen said. "Pop locking, breaking, house, lots of different elements."

Bowen said she was nervous, but the crowd eased her worries.

She said the beeping of her cell-phone interrupted her performance and the audience noticed the hiccup.

"It was in the middle of the moon walk, I started laughing and everyone else laughed with me," said Bowen. "I got a laugh and loosened up."

Genitti said the crowds were grow-



PHOTO BY FAIZA AMIN
Multi-instrumentalist/singer, Edward Sayers, wins Humber North's talent show.

ing as the show progressed, and that is all thanks to the talent.

"The performances were absolutely incredible, there's a lot of hidden talent at Humber and it was great to see them come out," said Genitti.

As for the \$600 first-place prize money, both Sayers and Bowen said

they won't be splurging.

"I'm probably going to put it away and save it for school, no big plans really," said Sayers.

Bowen shared the sentiment.

"I haven't finished buying my books so I'm probably going to do that."

Accelerate your studies

UNIVERSITY
of GUELPH

CHANGING LIVES
IMPROVING LIFE

Choose from approximately 70 online degree credit courses this summer.

Registration is easy...

1. Identify the course you wish to take.
2. Obtain a Letter of Permission from your university.
3. Register as soon as possible to avoid disappointment.

Registration deadline: April 29, 2013

Courses begin: May 9, 2013

For a list of courses, visit:
www.coles.uoguelph.ca

For further information, contact
Mickey Smart at: 519-824-4120 x56050
Email: msmart@uoguelph.ca



www.coles.uoguelph.ca





HUMBER
School of Media Studies
& Information Technology

more for you

Register Today:
Professional & Continuing Education:
cesmsit@humber.ca
416-675-6622 ext. 4508/4678
mediastudies.humber.ca/ce/Arts

ARTS

at the

LAKE SHORE

Birmingham Building

Taught by renowned instructors!

Art &
Photography
Short Courses

Spring/Summer
Start Dates

- Springboard to Abstraction: Drawing
 - Collage Explorations
 - A Flat Surface: Dry Materials and Monochromatic Techniques
 - Printmaking Without A Press
 - Illustration and Where it Can Take You
 - Studio Portrait Photography
 - Drawing Basics
 - Getting to Know your DSLR
 - Understanding Contemporary Arts Organizations in Ontario
- \$150 per course

more for you





COURTESY BLAIR A. MCMURCHY
Humber BRTV students were at the 2013 FIS World Cup Snowboardcross at Blue Mountain.

CARTOON



"Reflections"

Colton Gilson

Sudoku Puzzle - Medium

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

www.sudoku-puzzles.net

HOROSCOPES

- ♈ ARIES**
Mar. 21 – Apr. 20

Whether male or female, your legs are sexy.
- ♉ TAURUS**
Apr. 21 – May 20

Being the horniest sign of the zodiac, your lips are your best feature.
- ♊ GEMINI**
May 21 – Jun. 20

Geminis are usually the tallest of the zodiac.
- ♋ CANCER**
Jun. 21 – Jul. 22

Your chest will get you far in life.
- ♌ LEO**
Jul. 23 – Aug. 22

Everyone is jealous of your hair.
- ♍ VIRGO**
Aug. 23 – Sept. 21

Every Virgo I know has a perfect face. Screw you.
- ♎ LIBRA**
Sept. 22 – Oct. 22

Your smile is your most beautiful curve.
- ♏ SCORPIO**
Oct. 23 – Nov. 21

Your eyes are the most magnetizing of the zodiac.
- ♐ SAGITTARIUS**
Nov. 22 – Dec. 20

People love to watch Sag walk away because their butts are to die for.
- ♑ CAPRICORN**
Dec. 21 – Jan. 19

Caps are hands-on people for a reason. Best. Hands. Ever.
- ♒ AQUARIUS**
Jan. 20 – Feb. 19

Aquarians have the best posture and strongest arms.
- ♓ PISCES**
Feb. 20 – Mar. 20

You have the best skin. Everyone envy's you.

Curler with strong pedigree is opening eyes



PHOTO BY HUGH SMITH

Highly touted Humber Hawks skip Clancy Grady releases a shot during curling practice at the Weston Curling rink.

Clancy Grady has extensive experience at numerous levels despite her age

Hugh Smith
Sports Reporter

Humber's curling head coach Cindy Bishop remembers being excited when she heard Clancy Grady was planning to join her team.

"Last year she was one of the assistants [at a junior development camp], and she came up to me and said, 'Cindy, I'm going to Humber,' and I said, 'You're on the team.'"

Bishop first met Grady at a junior development camp when the future Humber skip was 13.

"She has progressed amazing," Bishop said. "She's a very high level [for her age]."

Grady, 22, a student in the exercise science and lifestyle management program, has been a curler since she was six.

She has played at a number of levels, including junior, university, and, most recently, the Ontario Scotties Tournament of Hearts; the qualifying tournament for the national championship.

"I was the fifth, and they have a coach, so I was a coach/fifth for them for the week," Grady said of her experience at the tournament. "Coaching at the Ontario Scotties... showed me perspective."

To Hawks' second Kate Tepylo, the experience Grady gained is evident.

"She's definitely the most experienced skip I've ever played with," said Tepylo. "She's really well rounded as a player, she's very decisive, she really knows the game and can throw well."

Genevieve Bernier, Humber third, is excited to playing with a successful veteran like Grady.

"I've played with some pretty good skips, but I think out of all of them she might be the most consistent," Bernier said. "She has had more success from an earlier age."

Bishop said Grady's success as a skip can be attributed to two key factors.

"Her technical ability is second to none, but she also has the mental toughness and the smarts to not get upset, to stay within herself, and make very competent choices out there."

Grady also acknowledged the experience she gained at the Scotties, where she learned from her team's mental trainer.

"We worked a lot on mental toughness," Grady said. "Focusing on the next shot and focusing on the positives after every shot was something I really took away and I'll probably carry that forward."

Humber hosts provincial women's basketball teams

Special efforts for visiting teams include a breakfast banquet and personalized locker rooms

Brian O'Neill
Sports Reporter

When hosting a provincial championship, it's all about finding the 'wow' factor.

Humber will welcome the province's best women's basketball teams in the province from Feb. 28 to March 2, as it hosts the OCAA women's basketball championships. While the focus is with the on-court teams, without the work behind the scenes, there would be no tournament.

"We tend to try and set the bar for future hosting, so we always look for the wow factor," said athletic director Doug Fox. "What are we going to do differently to make it such an exceptional thing?"

This year, a breakfast banquet will be held for competing teams. As the players arrive, Fox said they will have a scarf put on them, like a Hawai'ian lei. Once they arrive at their table, they will receive a plasticized photo of themselves on the front cover of *Sports Illustrated*.

"That's a really famous and popular magazine of choice. Everyone recognizes it, if you were a basketball fan or not," said Joe DeGregorio, a graphic designer for Humber Athletics who is composing the photographs. "It gives it a real

professional scale."

There is also a concerted effort to create a feeling of being at home for visiting teams.

"We're going to take all the dressing rooms and decorate them up so they feel like they are at home," said Fox.

"We've already got the name tags made up so every one of them will walk into a locker room and see their own name on a tag, on their locker, ready to go."

"We want to take care of all the little things so the coaches can worry about coaching, the athletes worry about playing," said James DePoe, events and programming co-ordinator.

This includes post-game meals, laundry service, and a DVD movie service. The Holiday Inn at Pearson International Airport has already been reserved for expected teams.

For fans, games can be live streamed on the tournament's website, and there will be nightly giveaways including Beats headphones, a Playstation Vita pack and an iPad Mini.

Humber women's basketball coach Ajay Sharma said playing at home is a great help to his team's cause.

"I think it's priceless," Sharma said. "It's the gym you've been in all year long, you're comfortable with the rims, with the lights. It's a big advantage."

Now you don't need to ask Dad.
BEING UNDER 25 WON'T HOLD YOU BACK ANY LONGER.

PractiCar®
Car & Truck Rentals

RentAWreck®
Car & Truck Rentals

PROUDLY PROVIDING RENTAL CARS, TRUCKS,
AND VANS TO RESPONSIBLE ADULTS 25 AND OVER.
UNDER 1-800-327-0116



PHOTO BY ADAM KOZAK

Members of junior Fina jump in the air during a training practice at the Etobicoke Olympium, as the teenage girls prepare for the provincials.

Offseason baseball training in full swing

Jake Courtepatte
Sports Reporter

Winter in the GTA can make for some picturesque scenery, but a pain for those looking to keep their pitching arm in top shape.

Offseason training is important, which is why professional baseball teams like the Toronto Blue Jays begin their preseason on Feb. 24.

The Humber baseball and fast-ball teams have also started offseason training and can attest to the pros of utilizing the winter months.

Denny Berni, head coach of the men's varsity baseball team, said the offseason workout regimen is just as important as in-season.

"It's bad for an athlete's physical health to change throughout the year," said Berni.

Berni said the offseason gives the athlete the chance to work on key skills they do not have time for during the regular season.

"Pitchers can work on their off-speed pitches, or catchers can work on their defensive play. They can work on some fine points of their game."

George Halim, a second-year journalism student and Humber varsity baseball player, said the offseason is a time to work on individual goals.

"The offseason is about you," said Halim. "It's about your body, your health. If you have a nagging injury, get over it. Come season time, you have to be 100 per cent."

Repetitive movements, such as pitching, put athletes at high risk of injury if not properly worked on throughout the offseason.

Shawna Niskanen, first-year recreation and leisure student and Humber varsity fastball player, said that offseason athletes have many training resources available to them. Varsity athletes not only have the Humber gym available to them, but can also utilize the college's High Performance Centre, designed to provide athletes with conditioning training.

"In the HPC, we can train as athletes and not have to deal with the waiting times for the machines that the regular students use in the facility," said Niskanen.

Niskanen said some of the women's varsity fastball players even have personal trainers in order to "achieve goals in the shortest amount of time."

Outside of the college, Berni runs the Etobicoke-based Pro Teach Baseball facility, providing batting cages, pitching mounds, and a groundball area.

"You get to do a little bit of everything," said Berni.

Although Halim agrees that the facilities are great for perfecting baseball basics, training in the gym is just as important.

"It's all baseball when it's in-season, and in the off-season it's about your body and your health."

Synchro swimming not for show

Adam Kozak
Sports Reporter

The junior Fina, a high performance competitive level "A" synchronized swim team, was scheduled to compete in the provincial championships at the Etobicoke Olympium, its home pool, last weekend.

For those who believe synchronized swimming is all smiles and cutesy leg kicks, the girls of junior Fina prove the stereotype wrong.

"We don't want to be show. We are proving that it is a sport. It's hard. Basically, it's the hardest sport ever,"

said Elena Podolsky, head coach of the Olympium Synchronized Swim Club.

The sport is part dance, part gymnastics, part Las Vegas circus show, but don't call it an art.

The team has a demanding schedule which requires them to be in the pool five to six days a week for 25 or more hours, said Podolsky.

Despite the showmanship, synchronized swimming is definitely a sport. It was first recognized in the summer Olympics in 1984, and is judged based on artistic and technical merit.

"The problem with our sport is

that when people come to watch and they have stunning suits, they have make up, they are required to smile, four minutes they are smiling. People are like 'oh my god that's so beautiful'. Try to get in and do it," said Podolsky.

Aerin England, 15, a member of the junior Fina, said every hour is necessary.

"I think with this sport it's so detailed oriented that you really have to focus on the small things and when you work on the small things it takes a lot of time to get it as precise as we need it," she said.

The team has top of the line con-

sulting work from chiropractors and nutritionists.

Due to the intensity of the training schedule, members of the team – who are still in high school – take condensed courses and begin their school day a little later than their peers.

"It can be a challenge. We don't get much of a break in between lessons and school. It's hard to do your homework without falling asleep," said Cosette Leblanc, 16, also part of the junior Fina.

But the hardest part of training for Leblanc and the team?

"Getting in the cold pool in the morning."

Athlete code of conduct enforced

OCAA has a code of conduct and Humber Athletics is intent that it be followed

Madeline Fuchs
Sports Reporter

A sports victory is more often than not followed by celebration.

With the consistent success of the Humber varsity teams, enforcing the expectations of Humber athletes can be challenging and requires a collaborative effort from the athletic staff.

Shawn Collins, Humber men's basketball head coach, is confident in the conduct of the players on his team.

"We treat them like young men, unless they give us a reason not to."

Collins said he provides the players with a coach's contract, which they review and subsequently sign.

This contract has "basic rules about general conduct because the players

are constantly representing (Humber) off campus."

When it comes to his athletes drinking or partying, Collins said they rarely have issues.

"I might have a conversation with one or two athletes," the coach said.

Student athletes adhere to several codes of conduct issued by the OCAA, the school, and their coaches.

The Humber Varsity 2012-2013 Agenda Book provides athletes with a code of expectations to follow. "Unacceptable behaviour will not be tolerated," states the agenda.

Such behaviour includes "use of foul language, fighting, use of drugs, committing an illegal offense and breaking training or curfew without authority."

Jim Bialek, Humber's manager of

athletics and sports information, is the OCAA's policy and procedure committee's executive chair.

He credits the system as the reason for many Humber athletes' success.

"The OCAA has a code of ethics (and) guidelines, [and then Humber] puts our code of expectations," said Bialek. "As you can see, it tightens up. Coaches' rules and team rules are going to be incredibly (stricter) from team to team, coach to coach, situation to situation."

"(The coach's) role is strongest of all," Bialek added.

Beyond the coaches, the department of athletics works with Lara Hof, Humber's manager of community judicial affairs.

Hof said the main reason for implementing the code of student conduct is

for the benefit of the individual.

"We're trying to build character; we're trying to develop students," she said. "We want them to be successful."

The reason for these rules and expectations on athletes is clear to Doug Fox, Humber's director of athletics.

"We are in a fishbowl," said Fox. "(The athletes) are a fairly predominant people on campus and I want to make sure that our reputation is that we're a stand up group. That we take care of business and we don't misbehave."

He added that the athletes are held to a higher standard amongst peers.

"I just want the expectations of our athletes to be higher than that of the actual student body."

Humber versus the OCAA

Badminton

Gold: Tim Chiu* - Men's Singles, Renee Yip* and Tracy Wong* - Women's Doubles, Ryan Chow* and Suzy Yan* - Mixed Doubles

Silver: Johnny Truong and Ra Seang - Men's Doubles

Bronze: Chris Dupuis - Men's Singles

Men's Volleyball

Bronze Semi-Final:

Redeemer - 3, Humber - 1

Other tournament scores:

Nipissing* - 3, Humber - 0

Humber - 3, Durham - 0

Curling

Bronze: Heidi Beck, Graeme Garland, Bella lanetta, Curtis Nelson, Stuart Robertson - Mixed Squad

Women's Volleyball

Gold: Humber* - 3, Nipissing - 0

Other tournament scores:

Humber - 3, Fanshawe - 0

Humber - 3, Trent - 0

OCAA Awards

Badminton - Men's Team Champion | **Tracy Wong** -

Women's Badminton Player of the Year | **Tim Chiu** - Men's Badminton Player of the Year |

Curling - Men's Team Fair Play |

Kelly Nyhof - Women's Volleyball Player of the Year, West

Division Scoring Champion, Championship MVP | **Chris Wilkins** - Women's Volleyball

West Division Coach of the Year

*advancing to CCAAs.



PHOTO BY JESSICA RAYMOND
Renee Yip and Tracy Wong - Women's Doubles.



PHOTO BY JESSICA RAYMOND
Aleks Inveiss - Libero.



PHOTO BY KRISTEN SCHOLLIG
Shawn Watt and Michael Checca - Men's Squad.



PHOTO BY JESSICA RAYMOND
Deborah Mitchell - Left Side.

Make the theoretical realistic

Discover how your experience at Royal Roads University is anything but ordinary.

We're ready when you are: 1.877.778.6227
royalroads.ca/education

LIFE.CHANGING

EDUCATION STUDIES



Royal Roads
UNIVERSITY