

House of Yoga, a cannabis friendly studio on Bloor, offers people something a little different

LIFE PAGE 15



Minimum wage rises in Ontario

Ian Burns
NEWS REPORTER

Ontario is giving the lowest-wage earners relief by raising the minimum wage to \$11 an hour, but the decision is being met with a mixed reaction from such sources as student groups and restaurant associations, concerned that the change is either too little or too much.

The wage increase will come into effect on June 1. Ontario's labour minister, Yasir Naqvi, said this year's increase will account for the inflation since 2010, when the previous Liberal government froze the minimum wage at \$10.25.

In addition, the government is also planning to introduce legislation that would tie future minimum wage increases to levels of inflation. Increases would then be announced on Apr. 1 and come into effect by Oct. 1.

"The government wanted to set a fair wage," said Naqvi. "The decision is based on the principles of fairness and clarity."

The wage increase comes on the heels of a recommendation by the Ontario government's Minimum Wage Advisory Panel, which advised that minimum wage increases should be linked to inflation.

“

The decision is based on principles of fairness and clarity.

Yasir Naqvi
ONTARIO LABOUR MINISTER

Naqvi said that the government wants to follow the advice of the panel and ensure that those working on minimum wage will be able to have stability in knowing what their wage will be set at, rather than creating uncertainty by raising it on an "ad-hoc" or improvised basis.

See **WAGES** page 6



COURTESY OF MELINA LABOUCAN.MASSIMO

Former Humber student Bella Laboucan-McLean (second from left) poses for an undated family photo in Edmonton, Alberta. Her sister Melina, is lower right.

No closure for family of dead teen

By Travis Pereira
CRIME REPORTER

It was clear from a young age Bella Laboucan-McLean loved all things artistic.

"Since she was a teenager, she was into fashion, design and textiles," explained her sister Melina Laboucan-Massimo. "She very much utilized both mediums of Cree tradition and contemporary fashion to develop her art. Both of those worlds were a part of who she was."

Bella Laboucan-McLean, a Cree woman from the small town of Sturgeon Lake in Northern Alberta, came to Toronto in 2010 to study fashion arts at Humber College.

Although she graduated,

she would never reach her dreams.

Laboucan-McLean fell to her death on July 20 from the 31st floor of the downtown Toronto condo at 21 Iceboat Terr. CBC News reported that the small gathering was the after-party of an event and that a neighbour heard an altercation occur.

Laboucan-Massimo said many of Bella's former peers have told her Bella spent a lot of time at Humber organizing events, such as fashion shows for the fashion arts program.

According to Bella's sister, she planned to further her education in a fashion arts graduate program in England after Humber.

"She also talked about eventually opening up a boutique that would have both

things of contemporary fashion as well as traditional art," she said.

Laboucan-Massimo went on to say that Bella was in touch with traditional Cree art because of the traditions practiced in their family.

"Before she went over to Humber College she actually took a traditional artisan program in Alberta that taught all the traditional hide making and beading," she said. "A lot of the pieces I have that she had given to our family were some of the beading that she did for us as gifts."

Toronto Detective Darren Worth of 14 Division's Criminal Investigation Bureau said there were five other people in the condo when Laboucan-McLean died.

"I've interviewed everyone

that was present in the apartment at the time of the incident, or that evening, and at this point nobody can tell me what happened or how she went over that railing," he said.

Laboucan-McLean's death remains an open case and is considered suspicious according to Worth.

"There's a number of ways this could go and it's just a matter of getting a little bit of evidence to point in one direction as opposed to another. Ideally, what I would like is someone to tell me that they saw something take place," he explained.

Laboucan-Massimo said she believes police labeled it as suspicious because something is not adding up.

Worth said it's possible the case may end unsolved because

of the lack of information.

"I'm hoping that's not the case because I know the family's biggest concern is finding out why this happened or what happened," he said, adding he understands solving the case will help the Laboucan family find closure.

He strongly refutes any implication that less attention is given to solving the case because of Laboucan-McLean's ethnicity.

"I can honestly speak for myself and the Toronto Police," he said. "We investigate every incident based on the incident itself, not the people involved."

"We're doing everything we possibly can to get an answer for this family," he said.

See **MCLEAN** on page 5

WORLD EVENTS THIS WEEK

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
Umbrella Day The day honors the famous invention, which helps us stay dry on rainy days	Don't Cry Over Spilled Milk Day The day reminds us to look beyond such annoyances, and encourages us to drink it frequently	Darwin Day The day is used to highlight Darwin's contribution to science and to promote science in general. He established the evolution theory	World Radio Day The General Conference proclaimed that this day be celebrated by UNESCO on 13 February, the day the United Nations established United Nations Radio in 1946.	Valentine's Day The holiday is named after two among the numerous Early Christian martyrs named Valentine.	Gumdrop Day Often used for decorating cakes and cupcakes, this worldwide event is dedicated to the famous candy.	Do a Grouch a Favour Day For this worldwide event, just try and do something nice for someone even if you don't want to.

Toronto Black Film Festival hits silver screen

Danielle La Valle
NEWS REPORTER

Diverse stories from around the world will be featured at the second annual Toronto Black Film Festival.

At a Jan. 21 press conference at the Carlton Cinema, which will host the majority of films during the Feb. 11-16 run of the festival, founder and director Fabienne Colas announced the lineup of films.

The festival coincides with Black History Month and also honours the late Nelson Mandela. As well, it marks several important anniversaries, including the fifth anniversary of Obama's presidency and the 20th anniversary of the end of apartheid.

Tristan Laughton, founder and editor of Scenecreek.com, an online

film magazine, said even in the past three years since he started his website, diversity on Canadian screens has improved.

"We definitely do a better job than Hollywood, we take more chances, we take more risks," Laughton said.

"If you're a black actor in Hollywood, they really do put you in a box," he said.

His background is in graphic design and computer programming but a passion for film inspired Laughton to start Scenecreek.com.

"I wanted to provide an outlet for Canadian content, since there weren't really a lot of blogs out there, and represent Canadian cinema since I feel it's important that we go out and support our own films," he said.

Laughton is looking forward to watching *Blue Caprice*, a dramati-

zation of the events during the 2002 Beltway sniper killings in Washington D.C., at this year's TBFF.

Humber supports the next generation of filmmakers with the diverse student body that makes up the film and television production program.

Michael Glassboug, coordinator of the program, said he always tries to encourage students not to tell Hollywood stories but to tell their own stories because those are always the most interesting. Over the years he has seen the diversity of film and television students increase.

"It's absolutely improved. I mean



If you're a black actor in Hollywood, they really do put you in a box.

Tristan Laughton
SCENECREEK.COM FOUNDER

just look at our student body – and I'm not talking about Humber in general – I'm talking about film and television production," Glassboug said.

"When I first started teaching here 23 years ago I think there was one

person of colour and there may have been two or three visible minorities, and now I would say a good 10 to 20 per cent of our student body are visible minorities," he said.

Adedoyin "Dosh" Osholowu, president of the Humber African Caribbean Association, believes events like TBFF help to promote diversity on Canadian screens.

"Especially in the Black community, obviously it gives a platform for them since it's kind of hard for those movies to get (Toronto International Film Festival) support," Osholowu said.

ADVERTISE HERE

HUMBER ETCETERA PUBLICATION IS DISTRIBUTED ON THREE CAMPUSES. WE REACH OVER 20,000 FULL TIME STUDENTS, 55,000 PART TIME STUDENTS AND 2,000 STAFF. WE ARE ALSO READ BY STUDENTS AT THE UNIVERSITY OF GUELPH HUMBER AND SIX LOCATIONS AT THE WOODBINE CENTRE.

 **HUMBER**
School of Media Studies
& Information Technology

To request a rate card or to book your advertisement please contact the media sales line at:
416.675.6622 ext 79313
mediasales@humber.ca



Explore. Rethink. Innovate.

Design your bold solution to create rental housing.

Join the student challenge to Make Rental Happen.

www.york.ca/makerentalhappen



HUMAN SERVICES PLANNING BOARD OF YORK REGION (HSPB-YR)



ETCETERA

ADVERTISE WITH US

Inquire today!
(416) 675-6622 ext. 79313
mediasales@humber.ca



For more details and to view our rate card visit humberetc.com/contact/advertising

Lack of women in skilled trades

Efforts to increase female enrolment in programs underway

Reagan McSwain
NEWS REPORTER

Women enrolled in trades programs are still significantly outnumbered by men.

“There’s still a misconception out there that jobs in the skilled trades and technologies are heavily manual and therefore, they’re jobs suited for men. That’s simply not true,” said Lisa Olsen, communications officer of Skills Canada – Ontario, a non-profit agency that helps young people fit into the work force.

“We believe that the reason there aren’t as many young women in these fields is because they haven’t been told they can apply for these jobs, and that they will be taken seriously when they do,” said Olsen.

According to Engineers Canada, 12,704 female undergraduates were studying engineering in accredited programs in Canada in 2011, which is 18.1 per cent of total enrolments.

But initiatives to represent women within the trades are underway.

“Engineers Canada funded and developed the online Canadian Women of Innovation Exhibit which is also on display at the Canadian Science and Technology Museum in Ottawa,” said William Meyer, an Engineers Canada spokesperson.

“The site was launched in



REAGAN MCSWAIN

Humber trades student Liz Sully measures a project at her woodworking table at North campus’ Cabinet Making Shop.

2013, and highlights female role models in engineering and science,” said Meyer.

According to Statistics Canada’s 2011 National Household Survey, almost 60 per cent of adults aged 25-34 who possessed a university degree were women.

Julia Thomas, a Humber cabinet making student, said there are only two women in her class and about 15 men.

“Some days... I do just want to hide – you feel very visible in the trades building (at Humber), like a representative of your gender or

something,” she said.

“Sometimes I imagine a kind of silent understanding between the women in the building,” she added.

But Thomas also noted there were perks to being outnumbered.

“As a woman you can

bring a different sort of energy to the room and people seem to appreciate that,” she said.

“The faculty of the Humber cabinet making program are really gifted... It’s a very self-motivated but well supported learning environment.

I really encourage any woman interested in the woodworking and cabinet making trades to apply.”

Humber’s office of the registrar did not respond by press time to requests for comment on gender-based enrolment statistics.

Washroom ads funding scholarships

Danielle La Valle
NEWS REPORTER

Whether you notice them or not, the ads in Humber’s toilets help pay for scholarships and bursaries.

Paul Iskander, director of Campus Services, said revenue generated from ads like the Newad ones found in the bathrooms at Humber, fund the college’s scholarships and bursaries. Commission made from products at the Humber bookstore also goes towards this, alongside Chartwell’s on campus catering, which donates nearly \$250,000 to the cause.

“A lot of people think they’re charging us this, they’re charging us that, but they don’t see what’s behind

“I don’t think people read too much into it. At first, I think it was a bit of a shock value, but now they’re very common.”

Anna Santilli-Finn
MARKETING PROGRAM FACULTY

the scenes”, said Iskander.

Placing ads in washrooms, even inside the toilet stalls, may seem odd, but Newad uses a method based on psychology.

Marie-Christine Fournier, director of marketing and communications at Newad, said the time we spend in toilet stalls is time free from

distractions. This makes it an ideal environment to use as advertising space.

“It’s proven that it’s a moment where you are attentive, especially above urinals and in toilet stalls...you have a few minutes to spare.”

Despite being in a private place, Newad advertisements at Humber are not considered to be shocking or invasive. Newad did extensive testing across Canada to determine the efficacy of this form of advertising.

“The results were really that it’s a welcome way of advertising a product or a service it’s not considered intrusive and usually it’s welcomed by people either students or adults across Canada,” said Fournier.

Anna Santilli-Finn, coordinator of Humber’s advertising and marketing communications program, agreed with the notion that washroom notices are a highly effective way to advertise.

“I don’t think people read too much into it, at first I think it was a bit of a shock value, but now they’re very common,” she said.

Newad also runs an annual contest called “Art Here,” so visitors frequently find contest winners’ art work in the bathroom, like the photorealistic drawing of a man created by Robert Eaves, a teacher at Nanaimo, B.C.

Iskander said there is a company in charge of installing the ads for Newad, which are placed at random.



DANIELLE LA VALLE

Newad says washrooms are an ideal place to put up ads.

Paid tuition for college 'sugar babies'

Reagan McSwain
NEWS REPORTER

Tuition is expensive for most students, but thanks to sugar daddies, paying for school can be easier for some.

Seekingarrangement.com is a website that "specializes in mutually beneficial arrangements," said Leroy Velasquez, spokesperson for seekingarrangement.com.

The "dating site," launched in 2006, is a way for "respectful and generous" gentlemen, who are who are "brutally honest" about what they expect, to meet "attractive, intelligent, ambitious and goal oriented" women and men, according to a description on the website's main page.

In Canada, there are over 129,000 "college sugar babies," and 34 attend Humber College, said Velasquez.

"The province of Ontario has the largest membership and the city of Toronto has the highest sign-up rates," said Velasquez.

Of the top five fastest growing sugar baby schools, three are in the GTA. York University had the most sign ups in 2013 with 209, Ryerson University had the fourth most with 176, and University of Toronto was fifth with 131 sign ups, said Velasquez.

Melissa Carter, a University of Guelph-Humber social justice student, isn't supportive of personal arrangements such as those found through seekingarrangement.com.

"It's really weird. It's wrong to take advantage of people for your own will and to say it's something better than it is," she said.



It's really weird. It's wrong to take advantage of people for your own will and to say it's something better than it is

Melissa Carter
STUDENY
UNIVERSITY OF GUELPH-HUMBER

For some people, seekingarrangement.com seems too good to be true.

"They're not going to give you money because they like you and feel sorry for you," said Holsee Sahid, financial aid manager at Humber.

Some people view this site as prostitution.

"There are many misconceptions about this site because of the monthly allowances involved in these arrangements," said Velasquez. "The biggest misconception is that an arrangement is prostitution, which is completely false."

"Sex itself can be aspired to, but never expected," said Velasquez.

For Sahid, OSAP is a better option to pay for tuition.

"Over \$100 million have been given out (through OSAP) since September 2013," said Sahid.

People urged to stay home if sick

Adriana Zhang
NEWS REPORTER

In sickness and in health, employees are taking marriage vows to the workplace. A new OfficeTeam survey shows that more than 71 per cent of professionals admit to frequently going to work when they're feeling under the weather.

Robert Hosking, executive director of OfficeTeam, a Toronto staffing agency, suggests professionals fear falling behind so they head into work despite feeling sick.

This issue isn't limited to the workplace, with educational institutions spotting the same trends.

"Most students don't want to miss class and say they have to go so they don't fall behind," said Catherine

McKee, registered nurse co-ordinator at Humber College.

This becomes problematic during flu season, when the highly contagious illness is at its peak of exposure. Students who go to school despite feeling sick run the risk of spreading their flu to others, McKee said.

Ontario doctors are encouraging people to stay home when they are sick. Dr. Scott Wooder, president of the Ontario Medical Association, stressed the importance of sitting a workday out when feeling under the weather.

"Staying home to rest will help you to manage your illness and prevent others from getting infected," he explained.

In a statement posted on the OMA website, Wooder wrote, "Em-

ployers should encourage workers to stay home when sick, not require sick notes which forces patients into the doctor's office when they are sick, which only encourages the spread of germs to those in the waiting room, who in some cases are more vulnerable."

At Humber, each academic school has its own policy on missing classes, exams, or submitting late assignments due to illness.

The School of Hospitality, Recreation & Tourism requires a doctor's note dated on the day of a missed exam, or submission of a late assignment, in order to avoid academic penalty. Other schools may not require written documentation as long as the instructor has been notified ahead of time.

McKee said there are numbers of ways in preventing the spread of the seasonal flu. She suggests washing hands frequently, coughing and sneezing into your arm, and keeping common surface areas disinfected. The best defense still is getting the flu shot and staying home when feeling ill.

"Sometimes even one day at home in bed resting can make such a difference and decrease the spread to others," McKee said. The Health Centre provides Humber and Guelph-Humber students with health care on campus. Medical secretaries, nurses and doctors are available during regular office hours in A107 at the North Campus, and Building H-Room 206 at the Lakeshore campus.



Get Creative.

One Year to a Great Career.

Your degree or diploma is a great foundation – now get the job-specific skills employers are looking for in less than one year!

Sheridan has more than 20 post-graduate programs that will prepare you for a career in business, management, communications, or digital media.

Get the rewarding job you want.

postgrad.sheridancollege.ca

Sheridan



COURTESY MELINA LABOUCAN-MASSIMO

An undated photo of Bella Laboucan-McLean. Her sister believes “something had to go terribly wrong that night.”

Laboucan-McLean’s family strives to bring public attention to her death

Continued from page 1

Laboucan-Massimo explained her sister had no history of mental illness.

“For our family, we know that there was some sort of foul play or something had to have gone terribly wrong that night,” she said.

“A lot of times people think that when people fall from distances from buildings it should be labeled a suicide, but we knew from the beginning that’s not even close to the case of what happened that night,” Laboucan-Massimo said.

She stressed keeping her sister’s story alive is a way to maintain public pressure to resolve the case.

“It’s important to keep tabs on the progress of the case so it doesn’t fall to the wayside,” Laboucan-Massimo said, adding police are providing

constant updates to her family.

“For us, it’s been a relatively decent communication but I know in the past there has been issues overall with missing and murdered Aboriginal women,” she said.

“A problematic symptom of systemic racism in the society that we live in that the lives of Indigenous women aren’t valued, in some ways, in comparison to their non-Indigenous counter-parts,” said Laboucan-Massimo.

Crystal Basi, executive director of the Native Women’s Resource Centre of Toronto, said she didn’t know Laboucan-McLean but is closely following the case.

She said Bella’s mysterious death is a part of a larger trend of violence towards Aboriginal women that goes largely unnoticed in Canadian society and historically police had

a tendency to “act slow” when it came to unsolved cases relating to Aboriginal women.

But Basi said there’s been greater efforts by Toronto police to foster working relationships with Aboriginal cultural centres.

She said this is important because of stereotypes that Aboriginal women bring violence upon themselves.

“This attitude spreads to all levels of society and if they go missing there’s an assumption nobody will miss them,” she said.

Basi said on Feb. 14 the annual Strawberry Ceremony, held outside police headquarters across Canada honouring missing and murdered Indigenous people, will add Laboucan-McLean to the list.

Laboucan-Massimo said part of honoring Bella’s life will allow the truth about

what happened to emerge.

“We’re hoping that people who were there on that night will realize that a family is in mourning and it’s very hard for us to have a sense of closure when the answers aren’t there as to why or how this happened,” she said, adding her family isn’t letting Bella become another statistic.

“This is our family, this is our sister, a daughter, a grandchild, someone that was very loved and cherished,” she said.

“We want to celebrate her life and who she was as an Indigenous woman, as a proud Cree person,” Laboucan-Massimo said. “She was a light for many people in her life. She was always laughing and joking and just a very strong person. She always brought a lot of laughter to my life and I know she did that for others as well.”



CHARLES TANG

The departure gate at Via Rail in Toronto’s Union Station bustles with students and families, all patiently lined up, ready for their next destination and undeterred by higher travel rates.

Fall of loonie brings rise in travel prices across the nation

Charles Tang
NEWS REPORTER

Students who wish to escape snow and freezing temperatures during the upcoming Reading Week are going to have to pay higher prices.

For the first time in more than four years, the Canadian dollar has fallen below 90 cents US, costing Canadians who are flying south more to avoid the extremely cold winter this year.

“The flight ticket prices have increased slightly across the board. For most major travel operators in Canada,

an approximately \$35 per trip surcharge has been added to the price tags for flights going to the sun destinations, which include popular Reading Week getaway spots like Cuba, Mexico or the Dominican Republic,” said Jason Merrithew, the national business manager for Merri Travel.

But regardless of the cost of getting away, this winter may be too much for Canadians to handle; despite the weaker loonie and higher travelling costs, more Canadians are actually planning to travel this year, according to Merrithew.

“We have noticed that the demand to travel during Reading Week and also for the summer season has increased compared to previous years,” he said.

Aside from popular sun destinations, Merrithew added Canadians are also showing interest in going to Europe.

“I guess it is because more Canadians are getting back to travelling this year, and Europe is a great destination if you have a few weeks to go,” he said.

One way to avoid facing additional surcharges after

booking a flight is to pay the amount in full up front, instead of just paying the deposit, said Michael Pepper, president of the Travel Industry Council of Ontario.

“Operators are allowed to charge additional fees of up to seven per cent, if they decided to add a surcharge after travelers booked their trip. However, if you have already paid in full, the surcharges would not affect you,” Pepper said.

Despite a modest impact in the short term, the plunge of the loonie may have a larger impact in the future.

“Most travelers have already planned ahead for their trips – most of them will not change their plan because of it. But next year, travelers may be expected to see a 10 per cent increase in the cost of travelling,” Pepper said.

Can Zaim, 24, is a first-year project management student at Humber’s North campus. He said he is planning to go to Montreal during Reading Week.

Zaim said the falling Canadian dollar doesn’t affect his plans. “I’ll probably spend a lot on partying, anyway,” he said.

“One week is not enough,” Zaim added.

Some students however, are more concerned about the cost of travel.

Sefra George, 19, a first-year Humber psychology student said she used to travel during spring break but is not going anywhere this time.

“The cost of going to school is high and I don’t think I can afford to travel, at least not during Reading Week,” she said.

Noting the tanking Canadian dollar, George said she is definitely not traveling to the United States for a while.

TTC brings in time transfers

Gerard Di Trollo
NEWS REPORTER

The Toronto Transit Commission will launch a study of the feasibility and costs of moving to a time-based transfer system from its current one-way trip based transfer.

TTC board members voted during its January 2014 meeting to look into the initiative, after a 2013 study from Toronto Public Health titled "Next Stop Health: Transit Access and Health Inequities

in Toronto".

"The report was designed to find ways to help low income residents better access public transit so they could have a more equitable chance in things like health care access," said Toronto Public Health spokesperson Kris Scheuer.

Time-based transfer would allow riders to get off the TTC and go about their business for a period of time and then hop back on the TTC using the original transfer afterwards.

Currently, TTC transfers

are good for a one-way trip, but there is a time-based transfer pilot project used on the 512 St. Clair streetcar route.

Cost remains the largest barrier to this proposal.

"The TTC would be looking at \$20 million in lost fares for a two-hour transfer and \$12 million for a 90 minute one," said TTC spokesperson Danny Nicholson.

"The TTC would ask the city or the province to increase their subsidy to cover this. It's not going to come out of our

current budget," he said.

The reaction from Humber students were mixed.

"I don't usually take the TTC, but my car is broken down right now. A time transfer wouldn't change my driving because of how far away I live," said Emily Burgos, 21, a second-year business student.

"I only buy a Metropass sometimes," said Thomas Cornish, 22, a third-year film and television production student.

"I would appreciate this very much if they did it. I



GERARD DI TROLLO

New TTC transfers will allow more than one trip for a fare.

would definitely take a few more short trips to grab stuff," Cornish said.

Other cities across Canada

such as Halifax, Edmonton, Regina, Winnipeg, Hamilton and Vancouver use time-based transfers.

RCMP-GRC

ROYAL CANADIAN MOUNTED POLICE • GENDARMERIE ROYALE DU CANADA



RCMPCAREERS.CA

CARRIERESGRC.CA

CAREER PRESENTATION FOR WOMEN
In Celebration of International Women's Day

PRÉSENTATION SUR LES CARRIÈRES POUR LES FEMMES*
Dans la célébration de la Journée internationale de la femme

March 1, 9 AM - 4:30 PM

Humber College, Lakeshore Campus
Center for Justice Leadership
3199 Lakeshore Blvd. W.
Toronto, ON

This event is designed to provide female applicants with the opportunity to learn about a career in policing and is designed to answer questions of particular interest to women regarding front-line policing, including but not limited to physical requirements, training and career opportunities. Participants will have the opportunity to practice the PARE physical test and attend fitness and lifestyle workshops.

Speak one-on-one with female members of the RCMP and discover why we love what we do.

Le 1 mars, de 9 h 00 à 16 h 30

Collège Humber, Campus Lakeshore
Le centre de leadership dans le domaine de la justice
3199 boulevard Lakeshore ouest
Toronto (ON)

Cette activité a pour but de faire découvrir à des femmes la possibilité de faire carrière dans le milieu policier et de répondre à leurs questions concernant des aspects du travail policier de première ligne qui présentent un intérêt particulier pour les femmes, notamment les exigences sur le plan physique, la formation et les possibilités de carrière. Les participantes auront l'occasion de s'exercer le TAPE (Test d'aptitudes physiques essentielles) ainsi que d'assister à des ateliers sur la forme physique et le mode de vie.

Venez rencontrer des femmes qui travaillent à la GRC. Vous découvrirez pourquoi nous aimons ce que nous faisons.

Attendance at a career presentation is the first step in the application process. / Participer à une séance d'information sur les carrières est la première étape du processus de recrutement. *Veuillez noter que cette séance sera présentée en anglais.

rcmp_recruiting@rcmp-grc.gc.ca

1-877-RCMP-GRC (1-877-726-7472)



Minimum wage up first time in 3 years

Continued from page 1

He also pointed out that the student minimum wage, which applies to students under the age of 18, and the liquor servers' minimum wage that apply to those who work at bars, are calculated separately, and will also go up.

However, the government's announcement has been met with a mixed reaction from business, labour, and student groups.



This is a pullquote library object. Its styles are listed in the Et Cetera paragraph styles in case pasting content overwrites it.

Name
SOURCE/TITLE

Business associations such as the Canadian Restaurant and Foodservices Association, which represents many minimum-wage earners in the fast food industry, warned the increase will lead to higher costs, resulting in fewer jobs for young adults.

"This increase will hit at the same time students are looking for summer jobs," said CFRA vice-president James Rilett. "This will cause the youth employment problem to worsen and many young people won't get the important job experience that will serve them in their future careers."

Unifor, the nation's largest union, said that the increase offers no respite for the lowest-wage earners.

"A minimum wage of \$11 an hour is still a poverty-level income," said Unifor national

president Jerry Dias in a news release. "Tying it to inflation only ensures it stays below the poverty line."

Alastair Woods, chair of the Ontario branch of the Canadian Federation of Students, noted that many students work on part-time minimum wage jobs. Rent, school, groceries and transportation are all things that students need to pay for, and Woods said while the wage increase takes a little bit of pressure off students, it doesn't go far enough.

"The minimum wage increase is an important victory," said Woods. "However it still falls below the poverty line for those working full time on minimum wage, which is why we are still calling on the province to commit to \$14 an hour minimum wage."

Naqvi pointed out that an increase to \$14 per hour would hurt businesses too much, and that tying the minimum wage to inflation offers fairness for all involved.

MINIMUM WAGE IN ONTARIO '05-CURRENT

2005	\$7.45
2006	\$7.75
2007	\$8.00
2008	\$8.75
2009	\$9.50
2010	\$10.25
2014	\$11.00

Prowling for four owl species in Arboretum

Celia Grimbly
NEWS REPORTER

Nature enthusiasts were not disappointed at the Centre for Urban Ecology's latest Owl Prowl.

Bird watchers, and nature enthusiasts witnessed a Great Horned Owl devour its dinner in the Arboretum on Jan. 31, as it perched on a tree branch long enough for on-lookers to snap photos.

Chris Bialek, a nature interpreter for the Centre for Urban Ecology, led the familiar excursion through the Arboretum and identified the owl based on its call and size.

"We have four species that regularly come here. We're looking for all four of them. The Great Horned Owl is one of the easier calls to make. It's the Screech Owl that is the hardest," said Bialek.

Coordinator for the Centre for Urban Ecology, Jimmy Vincent said the Great Horned Owl is the species spotted most frequently this winter.

The Long Eared Owl, Saw Whet Owl, and Screech Owl

also roost in the Arboretum, explained Bialek, adding owl sightings occur about 50 per cent of the time at the Centre for Urban Ecology's.

"It depends on the season. They're wild animals, you never know if you're going to see them or not, it what makes it special when you do see them," he said.



They're wild animals, you never know if you're going to see them or not, it what makes it special when you do see them.

Chris Bialek
NATURE INTERPRETER

Something to keep in mind according to Bialek, adult-only owl prowls, compared to events with kids, have a greater chance of seeing owls because the group is quieter.

"We usually get a pretty good mix of people coming out," he said. "There will be

some people that may be able to do calls better than I can and some people who have never been out before at night in a nature environment so it's a good mix and it's what makes it fun."

Judy Gordon, one of the 17 participants at the Prowl, has been birding for 20 years and has seen around 200 birds in Toronto and Southern Ontario.

"I started hiking and then I noticed there were birders when I was hiking and the birders seemed to be having more fun," said Gordon. "They were a lot less stressed and they really were into the nature, not just the birds, so I thought, 'Those are my people!'"

Newcomer Diane Rasmuson shared Gordon's excitement about seeing an owl.

"I normally don't see them and they're so well camouflaged that you can't really tell so it's nice to learn about them, and to see them in the wild is exciting," she said.

The Centre for Urban Ecology hosts four to five annual owl prowls community events, along with 20 to 30 events for schools each winter.



CELIA GRIMBLTY

Spotted: an owl perched atop the highest branches during the Owl Prowl at the Arboretum

Hot Date With Mom

Get your own wheels and leave mom at home.



Practically solved... PractiCar.
PractiCar rents to those 21 and up.

PractiCar
Car & Truck Rentals
www.practicar.ca



STUDENT PRICE CARD
HOLDERS CALL FOR
SPECIAL RATE.

RentA Wreck
Car & Truck Rentals
www.rent-a-wreck.ca



1-800-327-0116

@Humber

Daily in-depth news and current affairs show

96.9 fm
Live at noon
Rebroadcast at 6 p.m.

Catch the podcast at

NOW HEAR THIS!!

<http://nowhearthis.podbean.com>



Liberals' minimum wage hike endorses poverty

Eleven dollars an hour is not enough. Yet it's exactly what minimum wage workers in Ontario will be receiving come June this year.

Put simply, the 75-cent increase the Liberals announced Jan. 30 is more of a food bank handout than a significant policy change.

The increase means that someone earning minimum wage for 40 hours each week will now come home with an extra \$120 per month before taxes – or what basically amounts to a grocery bill.

No doubt many Ontarians could use this boost; according to Food Banks Canada, more than 375,000 people used food banks in the province last year.

But what the wage increase won't do is substantially elevate anyone's standard of living. Yes, it may relieve some pressure on the food banks, or pay some cell phone bills, but it will

likely accomplish little else.

In fact, according to the Workers' Action Centre, the increase to \$11 an hour still leaves minimum-wage workers 16 per cent below the poverty line.

A provincial government – or any government, for that matter – that allows the minimum wage to remain out of line with the cost of living is, in effect, saying that it's okay for people holding down steady jobs to live below the poverty line.

It is an endorsement of poverty.

For this reason, the number of advocacy groups spearheading the call to raise the minimum wage for \$14 an hour is reasonable and necessary.

Not only that, but as more and more Ontarians work for minimum wage, the need for higher pay is only going to increase. Between 2003 and 2011, the proportion of minimum wage employees in

the province more than doubled to from 4.3 per cent to 9 per cent of the work force, according to a Wellesley Institute study.

Of course, there's the argument that if the minimum wage goes up substantially, the cost of goods and services increases accordingly, essentially rendering the increase dubious.

There's also the idea that an increase will hurt businesses and they will be forced to cut hours and jobs. But keep this in mind: if a business can't provide workers with a livable wage, it is a failure as an employer.

Furthermore, the veracity of these claims is questionable.

In the U.S., big-box retailer Costco manages to pay its employees an average of \$21 per hour, the Huffington Post reported in November. For new hires, hourly wages start at \$11.50.

It's also worth noting that if minimum wage employees make more

money per hour, they're earning more in less time. So if hours are cut, workers are essentially paid in free time, which they can use to get a second job, something that would have been considerably more difficult with a full schedule.

On the other hand, if jobs are cut, it is still undeniable that some low-wage workers would have been elevated above the poverty line.

If Ontario really wants to support workers, looking beyond a 75-cent hike is necessary. Meanwhile, the plans to tie future increases to inflation are double-edged. Linking pay increases to inflation is only judicious if wages are fair to begin with.

Currently, this is not the case. The province might as well have made it mandatory for employers to hand out \$100 Loblaw gift cards to workers every month. The impact would be much the same.

Manning's post-season keeps him from the greats



Tyrrell Meertins
SENIOR REPORTER

Peyton Manning looked dejected as he watched the MetLife Stadium clock count down. It was his chance to avenge his post-season demons, and become the first quarterback to win a Super Bowl with two different teams.

The National Football League's best offence against its best defence was supposed to provide a spectacle that fans would talk about for years to come. A record 112 million viewers in the U.S. witnessed the mind-boggling outcome as Seattle Seahawks manhandled the Denver Broncos, showcasing the maxim that 'defence wins championships'.

The Seahawks' defence was remarkable. They disrupted, bullied, and tormented Manning into another post-season disappointment. In fairness, solely blaming Manning for the Broncos debacle would be harsh, considering the entire team's shambolic efforts.

I opted to take in the media's perception of Manning's performance. Reporters and game analysts are paid big bucks to assess performances at this level, and provide fans unbiased, yet fair critiques. However, none of these things were present on Super Bowl Sunday night.

Banter from the experts focused only on Manning's legacy and excellent pass-completion rate with little acknowledgement of his two interceptions, and identical performances in previous losing post-season games. The loss triggered an identical feeling to Manning's previous shortcomings against the New Orleans Saints, San Diego Chargers, and the New York Jets. Manning isn't good enough when it

matters most.

Manning was out of his element against the Seahawks. The weight of greatness was placed on his shoulders, but, once again, he buckled. The 37-year-old's performances in the post-season have been reminiscent of a turtle. He tends to hide in his shell, as opposed to embracing challenges ahead of him. Prior to the game, Manning's name was mentioned in many "best to ever play" conversations, and had he guided the Broncos to glory, it would have been a valid argument.

Throughout the season, Manning was slowly swaying doubters into believers. In the process of earning the Broncos a number one seed in the American Football Conference, the long-time former Indianapolis Colts quarterback smashed records. Manning threw for an NFL single-season passing record of 5,477 yards, while recording 55 touchdowns; and in the first game of the season he tied an NFL record, completing seven touchdowns against the Baltimore Ravens.

The Broncos' imperious quarterback will go down as arguably the greatest regular-season player at his position in the game, but in North American sports that's only half the battle. The greatest players perform at their best when facing adversity, and it's a challenge they must overcome to receive the deserved plaudits. It's impossible to be the best quarterback without the post-season accolades. Manning is now 1-2 in the Super Bowl, and his post-season record is 11-12 – that's a .478 winning percentage.

Players like Ben Roethlisberger, and Manning's younger brother, Eli, don't match his skill, but they exceed him with two Super Bowl triumphs each over the past decade. Championships are the most important feat in sports, and performances in these high-profile games distinguish the best from the rest.

In the National Basketball Association, LeBron James – arguably the best player of our generation – encountered the same difficulties. James, however, overcame this obstacle by winning two NBA titles with the Miami Heat.

Real Madrid forward, Cristiano Ronaldo, endured similar criticism regarding his place in soccer's 'best ever' conversation. Madrid has secured trophies over the past few seasons, and Ronaldo has developed the ability to influence big games with his goals.

Mental toughness has been Manning's kryptonite throughout his career, and unlike James and Ronaldo, he's yet to overcome this hurdle, notwithstanding his sole championship ring for a 29-17 victory over the Chicago Bears in Super Bowl XLI

Manning's impact in the league is undeniable, and the Broncos quarterback will almost certainly become a future Hall of Famer. But this Super Bowl was probably his last chance of being grouped in with quarterback greats like Tom Brady and Joe Montana.

With Manning approaching his 38th birthday, time is his enemy. Along with recovering from another poor post-season display, you have to question whether he'll be able to replicate or come close to the heights he's reached this season.

Manning is a great quarterback, and we should acknowledge his achievement, but a loss of this magnitude is the final straw. Manning won't be remembered as the greatest quarterback ever, nor his generation, but simply as the man who couldn't handle the pressure.

QUOTED:

How do you feel about minimum wage going up to 11\$ an hour?

It's good. If it's going to increase it's ok for everyone.



Dany Rody
Jeukung Kenfact, 25
BUSINESS ACCOUNTING, 1ST YEAR

I'm indifferent about it because it just means prices are going to go up.



Brogan Shaw, 20
HEALTH & FITNESS
PROMOTION, 1ST YEAR



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

Editor in Chief
Alex Coop

Managing Editor
Joshua Sherman

Art Director
Kara Matthews

Photo/Online Editor
Derick Deonarain

News Editors
Jade Leung
Joshua Sherman

Business & Technology
Editor
Kait Morris

Opinion Editor
Victoria Quiroz

Arts & Entertainment
Editors
Michael Osei
Megan Rach

Life Editors
Taylor Parsons
Sarah Stinchcombe

Sports Editors
Jared Clinton
Derick Deonarain

Faculty Adviser
Salem Alaton

Creative Adviser
Miguel Agawin

© 2014 All rights reserved Humber Et Cetera is a publication of the School of Media Studies & Information Technology at Humber Institute of Technology & Advanced Learning
205 Humber College Blvd.,
Etobicoke, ON, M9W 5L7

Newsroom:
416-675-6622 ext. 4514

Email:
etc.humber@gmail.com

Twitter:
@humberetc

Advertising:
416-675-6622 ext. 79313



PHOTO COURTESY JIM THURSTON | FLICKR

Oscar Pistorius during first round of the 400m race at London 2012 Olympics. South Africa's most prominent athlete, Pistorius was first double leg amputee in an able-bodied Olympics.

Pistorius trial will echo sordid, sensational O.J. Simpson case

Jared Clinton
SPORTS EDITOR



trial came to a close. But for the families of Ronald Goldman and Nicole Brown, their closure was yet to come.

The Simpson trial – wherein a man, once an American football superstar and celebrity idol, stood before the court, charged with the brutal murders of his ex-wife, Brown, and her friend, Goldman – became equivalent to trashy reality television. It had all the elements of a daytime drama: the horrified news anchors, the once-media dar-

It was the verdict that brought a nation to a halt. On Oct. 3, 1995, in a Los Angeles courtroom presided over by Judge Lance Ito, the jury returned a verdict of not guilty, and with that the infamous OJ Simpson murder

ling turned murderer, and the big shot lawyers. It sounded like it was made for TV, and it will be when the FOX network's *The Run of His Life: The People v. O.J. Simpson* is reportedly released this year.

And, thanks to the birth of the 24-hours news cycle, the major players became stars. Judge Ito went on to pseudo-celebrity status, the talking heads built their names, and who can forget poet-cum-defense attorney Johnnie Cochran? All of it, from the moment the first television trucks rolled up to the Superior Court in Los Angeles County, turned a trial into a spectacle.

Which brings us to the recent decision by South African media to broadcast the trial of the 'Blade Runner,' 27-year-old Oscar Pistorius, the man who captured the imaginations of the entire nation, atop a pair of carbon fibre prosthetic legs. Pistorius, a Paralympic gold medalist track star who made his way to the Olympics to compete against the world's greatest on the grandest stage, will soon stand trial for the Feb. 14, 2013 slaying of his girlfriend, Reeva Steenkamp.

MultiChoice, a South African television provider, will own and operate a channel, called *The Oscar Pistorius Trial: A Carte Blanche Channel*. Though the decision has yet to be made on whether Judge Thokozile Masipa will allow cameras inside the courtroom, the channel will still dedicate every single, solitary minute to fulfilling the societal need for a sadistic form of voyeurism.

Make no mistake, the network

is not operating in the interest of necessity; a channel of this ilk exists as a license for MultiChoice to print money.

In Alan Dershowitz's book *America On Trial: Inside the Legal Battles That Transformed Our Nation*, it's reported that an estimated 100 million people stopped to hear the Simpson verdict and that trading on the New York Stock Exchange slowed by over 40 per cent. In comparison, this year's Super Bowl drew an average of 111.3 million viewers, according to the *International Business Times*.

The media circus surrounding the trial does nothing to promote justice either. It supports MultiChoice, it will certainly serve to endorse those who advertise, and, in a sordid way, it will vault Oscar Pistorius to the next level of celeb-

and Brown. When the acquittal came and the satellite trucks drove away, the first and final season of the *OJ Simpson Show* came to a close. But the story didn't end there. Simpson was found liable for the wrongful deaths of Brown and Goldman in a 1997 civil trial that took place in Santa Monica, Ca. It wasn't televised, and it's often forgotten.

This trial will be – and one could posit already is – South Africa's Simpson trial. And the family of Steenkamp, just like the families of Goldman and Brown before them, will be thrust into the spotlight. For the 17 scheduled days the trial is set to take place, an entire nation will be speaking about, forming their own opinions on, and citing their personal verdicts regarding the trial surrounding the death of their beloved daughter.

For the Steenkamps, they've already been subject to a full year of reading, watching, and hearing about the death of their daughter. The closure, for them, won't come with a verdict, and it won't come in the weeks that follow. Like the Simpson trial, which took over headlines and airwaves nearly a year in advance of the opening statements, and stayed there for months following, Pistorius' trial stands to play out the same way.

So the Steenkamp's tragedy will be prolonged. Not by a need for them to have their lives thrown into the media spotlight, but the need for a sensationalist form of media to make another dollar. Another family will be forced to grieve while bathed in the bright lights of TV.

“
The trial will be - and one could posit already is - South Africa's Simpson trial.

rity, where even those unfamiliar with his athletic achievement know his name. Much like Simpson, once a face of the *Naked Gun* movie franchise and an NFL Hall of Fame halfback, whose celebrity now exists in the infamy of his murders, Pistorius will become a figure in pop culture. The verdict will be secondary.

It's a common misconception that Simpson was never found guilty for the deaths of Goldman

ET CETERA CARTOON



JESSICA STEIN

Polar vortex, bringing Torontonians together

Research funds in play for Humber faculty, staff

Casey Taylor
BIZ/TECH REPORTER

Staff and faculty at Humber are once again vying for funding for their research, while the Staff-Initiated Research Fund is seeking to foster their efforts.

SIRF is a competition open to faculty and college staff to promote original, externally focused research.

"Basically what we're talking about is research that has some application beyond the classroom," said Laura Keating, research facilitator with Humber Research.

The goal for the fund is for applicants to eventually receive funding from external grant agencies. For college research, this often means showing potential for stimulating local economic development, said Keating.

The fund provides up to \$8,000 in seed money out of a budget near \$50,000.

She said last year they provided grants to 10 of 15 projects that applied as most didn't ask for full funding.

"The funds are used for various research costs," said Keating. "Most of them also have to have student engagement so usually there's a significant salary component."

Keating said applicants can also seek out other modest funding for things like travel costs and small equipment.

Comprehensive applications should include a description of the project as well as a budget justification.

"It needs to be a relatively well developed concept," said Keating. "They have to have a specific research question that they're working on."

Applicants must also submit a final report to the department detailing their findings as well as potential affects it may have on Hum-

ber students, faculty and curriculum.

Alex Connaty, a PhD candidate in biology at McMaster University said the school will give start up grants for research but he hadn't heard of anything similar to SIRF.

"I know there are many third party granting agencies that fund research," said Connaty. "But as for school competition-based funding for staff and faculty, I'm not aware of one."

Connaty has worked on research projects with professors as part of his studies.

"As far as a competition to offer research funding, I think Humber's pretty unique in the college world," said Keating. "I know that there's lots of colleges that support it but I don't know that they have this grant that's been specifically set aside for it."

Past recipients include Julie Valerio, a professor in the School of Health Sciences, in 2011-2012. Her idea saw a natural playground built at Humber North.

Bernie Monette, a professor in the School of Media Studies and Information Technology, won funding in the most recent rounds of competition. His idea's to examine how web users look at links prior to clicking them.

SIRF funding is awarded on a competitive basis, and attempts are made to ensure a wide range of departments are represented in its recipients.

"We want to make sure we're touching all areas of the college and providing opportunities for research across the board," said Keating. "The other thing that we really are promoting is collaboration."

Application deadline for this year's competition is Feb. 26 with a funding period from April 1, to Jan. 31, 2015.



VICK KARUNAKARAN

Audrey Taves, steward of the School of Health and Sciences, is the first of any Humber faculty to be elected to the bargaining team for CAAT Academic. The team will be bargaining between June 2 and Aug. 31 to come to a new collective agreement.

Humber on bargaining team

For the first time Humber will have a faculty member as part of the team negotiating a new OPSEU contract for Ontario colleges

Vick Karunakaran
BIZ/TECH REPORTER

The college faculty union is gearing up for negotiations with the province this year for a new contract that could impact everyone at Humber.

Audrey Taves, an elected member of Community Colleges of Arts and Technology Academic (CAAT Academic), a division of Ontario Public Service Employees Union (OPSEU), was elected to the bargaining team made up of members from various college locals across the province.

This is the first time Humber has had a member on the team, which represents teachers, librarians and counsellors at Ontario's 24 colleges.

Chief steward of Humber's Local 562 and elected steward of the School of Health

and Sciences, Taves said she looks forward to representing faculty on the team.

The bargaining team represents more than 7,000 full-time faculty and about 3,000 partial-load province-wide, Taves said. Humber has 595 full-time and 625 partial-load members, she added.

"The faculty union plays a very important role for the teachers," said Timothy Brillhante, Humber Students' Federation president at Humber's North campus.

A province-wide survey by the bargaining team asked faculty members to air their concerns and set priorities as the union prepares for the first round of meetings this month.

Academic freedom was one of the major issues that emerged from the survey, said Taves.

Academic freedom encompasses decision making over academic issues such as curriculum, classroom teaching, selection of course materials, teaching style, student evaluation and grading, type of delivery (classroom, on-line, lab), as well as ownership of academic property, and input into how the college system works, said Taves.

Teachers know students more than do the people above them, said Humber student Lee-Ann Campbell.

"I think they know what's better than...whoever makes the rules," she said.

Humber should consider all available options and faculty should have a say when planning courses, Brillhante said.

Other priorities for the bargaining team include salaries, job security for partial-load faculty and issues involving harassment and bullying, said Taves. She stressed the importance of addressing the harassment faculty members

face from peers and managers.

"People need to acknowledge that it does exist," she said.

"I find Humber to be an inclusive place," Brillhante said.

The HSF president went on to say when disagreements lead to a strike, it hurts students and nobody wants to see that happen.

The management and faculty have to work together, said Campbell. If they don't work it out, "it screws over everybody in the process... even them," the cosmetic management student said.

Campbell said both sides should include students' input.

"Our agreement is, I think, the most important," she said. "We're the one's that are learning."

The college and the faculty bargaining teams are set to meet between June 2 and Aug. 31, when the current agreement expires. During this stage, the two teams will try and come to an agreement.

**SUSTAINABLE
SOLUTIONS
FOR THE
GLOBAL
MARKETPLACE.**

Our BBA in Sustainability and International Business enables you to complete your third and fourth year full time on-campus. You'll build an international network while learning with like-minded students from around the globe, with real-world guidance from expert instructors.

We're ready when you are: 1.877.778.6227.

LIFE. CHANGING royalroads.ca/bba



**Royal Roads
UNIVERSITY**



TrainMeFit seeded to manage healthy life

Two recent Humber grads are New Venture Seed Fund winners focused on providing information, training towards healthy living

Aabida Dhanji
BIZ/TECH REPORTER

Two recent grads received a chance to teach people about living a healthy lifestyle by winning a grant from Humber's New Venture Seed Fund for their company.

Fitness and Health Promotion grads Lindsay Branton and Brennon Lundy are two of the founders of TrainMeFit.

Branton said the third founder stopped training to focus on chiropractic, but still works to promote healthy living with their clients and community. He launched the business about five years ago and left it to the alumni.

"We have been working with it and growing it ever since," said Branton.

TrainMeFit focuses on lifestyle and health management.

"We want to help people who need to control their eating habits, control their weight and avoid diabetes

and cardiovascular diseases and just want to be healthy," said Branton.

Their business is one of the winners of the New Venture Seed Fund, and received \$9,000, said Lundy.

They plan to use this money to get new equipment, and to pay administrative fees. They need to pay to register the company so they can make it an official business, said Branton.

"The idea of TrainMeFit came because we both love training and we both are surrounded by family who may need the benefits of fitness (and) health management," he said.

"We've seen the consequences of not having that in your life," said Lundy.

According to Branton, it's very important for them to offer these services because there is a lack of information and access to fitness available.

"TrainMeFit currently offers small group training three nights a week," he said.



AABIDA DHANJI

Recent Humber grads Lindsay Branton and Brennon Lundy received \$9,000 from Humber to help build their business and purchase new equipment to help them promote healthy living.

These classes have a maximum amount of 12 people personally trained by the two, she said.

"This allows people to get benefits of a personal trainer but at a fraction of the cost, the sessions are around \$11 rather than maybe \$70 a session," said Branton.

Lundy said they also offer in-home training.

"TrainMeFit is important because it is a company offering personal training at a low cost," said Melissa Geneau, a criminal justice student at University of Guelph-Humber University and an employee at the athletic centre.

"New beginners who are just entering their fit journey have no idea what to do or how to work out properly in

order to avoid injuries," Geneau said. "Additionally, they are not aware of proper nutrition in regards to how much to eat, how many times a day, and what are proper foods to consume."

"TrainMeFit is something I could consider especially after I graduate because I won't have a gym membership at Humber," said Ashley Fodor,

We've seen the consequences of not having [health management and fitness] in your life,

Lindsay Branton
FOUNDER OF TRAINMEFIT

also a criminal justice student working at the Athletic Centre at Humber.

TrainMeFit is located at 170 Bovaird Dr. in Brampton and is open to everyone, said Lundy.

"Anyone that is interested just needs to email first about joining," he said.

Branton said he wants to expand the small group-training course within the next two years.

"Ideally we would like to have classes every day, in the morning, at lunch time, and in the evening and maybe even have weekend classes," said Branton.

"We are planning to hire other certified trainers to do in-home training in the GTA and broaden our reach," said Branton.

Spam from fridge no longer limited to luncheon meat

Vick Karunakaran
BIZ/TECH REPORTER

Spam email launched by cyber criminals through someone's refrigerator is no longer an idea for the future.

The first proven cyber-attack involving the Internet of Things was recently reported by Proofpoint Inc., an Internet security service provider. Proof of such an attack has security implications for device owners and enterprise targets, the report said.

"Things" like smart TVs and at least one connected fridge were used by cyber criminals to send more than 750,000 malicious emails, the report said.

"It is the equivalent of getting someone else to do your dirty work," said Ryan Burton, IT services director at Humber. The crime ends up linking back to the owner of the fridge, he said.

Any device that has an Internet connection needs to be properly secured, Burton said, adding Humber already uses multiple sensors to monitor and control temperatures around the campus. Even the

electronic access doors can be controlled remotely.

However, there has to be a good balance of openness and security, said Scott Briggs, the chief information officer at Humber College.

"We are a lot different than how a bank might be set up," he said.

An educational environment has to be open to the exchange of information and ideas, Briggs said.

Humber uses various mechanisms to protect sensitive data such as student information and periodically has them tested for integrity, said Briggs. Banking information needs a higher degree of protection than someone's playlist, he said.

More than 50,000 devices connect to the Humber College network and 4,000 gigabytes of data is downloaded each day, Burton said.

A strong password is a way to safeguard against potential compromise, said Burton.

Humber student Madison, who preferred not to be identified, lost control of her email account when a hacker used it to send mail to her contacts

asking for money. She managed to reset her password and get back her email.

Madison admitted to keeping one password for all her accounts.

"To be on the Internet is to be attacked to some degree," said Burton. Humber routinely deals with the threat of malwares and spams with corrective actions, he said.

While the Internet of Things holds great promise for the future, the rogue fridge appears to have exercised its perceived right to remain silent.



VICK KARUNAKARAN

Scott Briggs, CIO of Humber College says Humber is committed to data security

To Overcome any challenge

You just need the right gizmo.

Request an Assistive Device or Volunteer!

Humber's Devices 4 Disabilities matches volunteer engineering students with students with disabilities. Together, they design and build customized assistive devices that help students overcome barriers in their day-to-day activities. To request a device or volunteer, get in touch today!

For more information, contact:
Edward Dunsworth 647-269-5263
tetraycoordinator@gmail.com
www.tetrasociety.org



TORONTO EVENTS THIS WEEK**MONDAY 10**

Defining Greatness: Steven Spielberg
Film critic Shlomo Schwartzberg's lecture series on the career of one of United States' greatest commercial filmmakers. JCC Bloor.

TUESDAY 11

Poetic Poverty
Featuring work exploring the notion of the starving artist's life. Runs through Feb. 19 at 822 Dundas St. West.

WEDNESDAY 12

Arrabal at Panasonic Theatre
South American music and dance; the story of a young girl desperate to find her father after the Argentine military made him disappear.

THURSDAY 13

Wavelength 14 Music Festival
Featuring Colin Stetson, Marnie Stern, Diana Cousins, Phedre Tops and more at various venues.

FRIDAY 14

Promise Heart Party
House, techno and electro party in abandoned warehouse, Tower Automotive Building.

SATURDAY 15

Run for Cover
Blackout presents cover bands at Rancho Relaxo, featuring covers of Jimmy Eat World, Green Day and more.

SUNDAY 16

Valentines Day Done
Stories by Andrew J. Simpson, music by Blake Walters, poetry by Jill Anne Chouinard about dystopic love. 460 College St.



NICK JEAN

Father and Humber alum Jim Clayton has been climbing the jazz charts with *Songs My Daughter Knows*, a tribute to his three-year-old daughter's.

Clayton's songs for daughter a jazz hit

Nick Jean
A&E REPORTER

She was born Eileen Agnes Clayton, but everybody just calls her 'Lenny,' including the jazz station DJs spinning "her record."

At just three-and-a-half years old, Lenny isn't a musical prodigy. She's the daughter of Humber alum and soul jazz pianist Jim Clayton and the motivation behind his fifth album, *Songs My Daughter Knows*. The album is climbing the U.S. jazz charts.

The 10 tracks on the album Clayton refers to as his "labour of love," are the musical touchstones of their first year as father and daughter.

"The songs are very much inspired by her experiences and her reactions," Clayton said.

"Rainbow Connection", for example, "is the first tune I ever played for her," he said.

"We brought her home from the hospital and almost right away I wanted to see if my favourite pop song of all time generated, elicited some reaction. Of course she just sat there and drooled 'cuz she was just three or four days old."

Lenny is the first of three things Clayton pointed to as major influences on this album and his musical career as a whole. The second is the city of New Orleans, Louisiana, where *Songs* was recorded.

"If New Orleans hadn't figured into it I don't know if I would have made the record. There's such a joy to (music) down there," he said.

Every time the Claytons visit New Orleans they reconnect with old friends, some of whom Jim met while attending Humber, his third influence.

"Every opportunity I've had in music has stemmed from somebody

I met attending Humber," Clayton said.

The success he is having with *Songs* is coming as no surprise to one of his former instructors, Brian Dickinson, head of keyboard at Humber's School of Creative and Performing Arts.

Dickinson remembered Clayton as being a hard worker when he taught him two decades ago. "He did what he was supposed to do and it's paying off," he said.

The payoff has been coming in the form of massive critical success for *Songs*. "The reviews have been 100 per cent really good," Clayton said. The record is currently ranked 25th on CMJ magazine's top 40 jazz radio chart.

One review, however, stands out above all the others. Lenny likes all of the songs on "her record," but "Grouch Anthem" is her favourite.

Puppets get political in comedy *Caucasian Chalk Circle*

Shoynear Morrison
A&E REPORTER

It's whimsical, it's witty and more in a musical comedy by Humber performance students about a country undergoing a revolution.

Directed by Maja Ardal, *Caucasian Chalk Circle* is the work of third-year Humber Theatre Performance and Theatre Production students. It also boasts a play within a play involving puppets.

"*Caucasian Chalk Circle* occurs in a fictional revolutionary country," said third-year Theatre Performance student Aidan Tozer. "The play centres around a young girl named Grusha who is in the midst of a workers' uprising."

Grusha is on the lam with with the young son of a recently executed governor, said Tozer.

"While on the run she is hiding from soldiers who are trying to find and kill the child," he said.

Caucasian Chalk Circle focuses on "the trials and tribulations of Grusha and the child," said third-year Theatre Performance student

Hilary Wirachowsky. "Grusha loves this child but is not necessarily able to care for him."

But the longer Grusha stays with the child the closer they become, Wirachowsky said.

The play showcases the journey of Grusha and the characters that she meets along the way, Tozer said.

The production has an economic and political tone as an "expert tries to convince the people to sell their land to the government," said Tozer.

The town then decides to illustrate their objection through a play, Tozer said.

Caucasian Chalk Circle "is a play within a play performed by a village," said second-year Theatre Production student Mary Sears.

The play is a musical and comedy that incorporates biblical allusions and Chinese folklore, said Wirachowsky.

The underlying themes of the show highlight "the struggle of poor people verses the greed of the rich and the distance between them," said Tozer.

The play is made up of 21 actors



SHOYNEAR MORRISON

(Left to right) Aidan Tozer, Mary Sears and Hilary Wirachowsky, of the Theatre Performance and Production program take part in the two and a half hour musical comedy.

who "never leave the stage unless there is a costume change" said Wirachowsky. They are constant spectators "on the stairs watching the action."

There was no audition process

for *Caucasian Chalk Circle*. The actors were hand picked among third-year Theatre Performance student by director Maja Ardal, said Tozer.

The signature props for *Caucasian Chalk Circle* are puppets which

transform into three forms, said Sears. The puppets will be used to portray the character Michael, who is first seen as "a baby puppet swaddled in cloth," changes into a toddler and ends as a "much more animate walking puppet."

This play warrants a grand audience because "the piece is a strong political piece," said Wirachowsky. "It's important for post-secondary aged people to watch the piece" since the themes would appeal to young adults.

Everyone should come and watch the play, said Tozer.

"It's got a little bit of everything. There's something for everyone and at the same time the play talks about very important things," he said.

"There's comedy, there's everything, this is a political play," said Sears. adding it does not preach or make the audience feel uncomfortable.

Caucasian Chalk Circle opens Feb. 14 and runs until Feb. 22. Check the Humber events website at <http://www.humber.ca/events/humber-theatre-presents-caucasian-chalk-circle> for curtain times.

Guelph-Humber writing program hosts reading series

By Kate Richards
A&E REPORTER

It was inside the Magpie Taproom near Dundas and Bathurst Streets on Jan. 30 where the first Speakeasy Reading Series of 2014 was hosted by Guelph-Humber's Master of Creative Writing program.

Eufemia Fantetti stood on a tiny corner stage next to an old piano, antique lamps and trinkets decorated the walls while a single spotlight projected colour-changing light on the scene.

Fantetti read an excerpt from her book of collected short stories, *A Recipe For Disaster & Other Unlikely Tales of Love*.

The excerpt she read was not about easy subject matter, though. For example, "Punch Drunk" is a short story about loss, longing and love between a father and son.

But Speakeasy provides a warm environment.

"It helps to build community and provides an opportunity for current students, past alumni and other

featured writers to showcase their talents," said Meaghan Strimas, the fine art program's administrator.

The Speakeasy series usually features one first year student, one second year student, one alumnus, and a featured writer. Only two writers could make it to this Speakeasy, Fantetti and Leanne Milech, a student in the program.

Fantetti is an alumna and co-founded the Speakeasy Reading Series in September 2010 with Ayelet Tsabari, while they both attended the Creative Writing MFA program. "An audience gives you an immediate gauge on whether the work is working or not," she said.

Alexa Enemark, 26, event organizer for Speakeasy and first year student in the MFA program, expressed an outlook similar to Fantetti's.

"Fiction writers want to hear if their beats are falling where they want them to, if people are being affected at the right moments," said Enemark.

"Reading is a really good process and it's necessary that writers know



KATE RICHARDS

Speakeasy event organizers Danica Fogarty, left, and Alexa Enemark, right, stand next to stage at the Magpie Taproom for first Speakeasy reading series of 2014, hosted by Guelph-Humber's Master of Creative Writing program.

how to do it," she said.

However, some writers can find presenting their work excruciating.

"I think a lot of writers are introverted and shy so it's very nerve-wracking," said Danica Fogarty, 26, event organizer for Speakeasy and second year student in the

MFA program.

Fogarty read her poetry at Speakeasy last year.

"(Speakeasy) is a really safe space with your friends and your schoolmates. It's pretty comfortable in that way," she said.

Although a writer's primary goal

is to create written work for others to read, performing their work can add extra layers to a story.

"There's something about the energy that (a writer) can put behind (reading their work) and the feeling they can bring to each word," said Strimas. "It can be amazing."

ArtsAble teaches art students how to work in a world of business

By Adam Stroud
A&E REPORTER

About 30 music students gave up their lunch break to eagerly cram into a small recording studio on Humber Lakeshore campus to talk business last month.

ArtsAble is a monthly lecture and Q & A series for students of the Humber School of Creative and Performing Arts to learn about the art of business.

Dr. Andrew Scott, a Humber music professor, created ArtsAble. He said it's important for creative students to start thinking about how to market and sell their product right out of the gate.

"The way that I try to explain it to students is that their career in the music industry, or in the arts industry in general, really starts the minutes they walk in the door," he said.

The last event, held on Jan. 29, featured guest speaker Dan Kurtz, re-

cord producer and bassist of the band Dragonette. Kurtz agreed with Scott that when it comes to a career in the arts, it's just as important to be a savvy businessperson as a talented artist.

"I would say the music is the smaller part of it if you want to be in the music business," Kurtz said.

ArtsAble has been going on for three years. Mara Nesrallah, 21, a fourth-year bachelor of music student, said she loves having the chance to learn from experienced professionals.

"I find the people that come into ArtsAble are super informative and huge industry people," she said.

Merik Williams, 19, a first year vocalist and bachelor of music student agreed. He said ArtsAble is a refreshing part of his scholastic experience.

"These ArtsAble events are the most inspiring part of our day at school because we're seeing the end result right in front of us," he said.



ADAM STROUD

Dan Kurtz (right) seen here speaking with Dr. Andrew Scott (left)



PHOTOS: KENDRA HAMILTON

Stress part of mental health disorders in young adults

Karina Nowysz
LIFE REPORTER

The need to succeed is causing an increasing number of students to stress out and suffer from psychological breakdowns.

The number of young adults between ages 20 and 34 diagnosed with a mental health disorder has increased to 492,266 in 2012 from 453,672 in 2011, according to the latest numbers available from Statistics Canada.

There's a relationship between stress and an initial or recurring episode of mental illness, said Dr. Mary-Theresa McNabb, a psychologist at Humber North campus.

"There is a lot of pressure from society and family for students to find something that will sustain them," said McNabb. "They need to find a job that will keep them going."

Almost 90 per cent of Canadian post-secondary students felt overwhelmed in the past year, according to a report released by the Canadian Association of College and University Student Services.

More than 30,000 students were surveyed from January to April in 2013. Post-secondary institutions that participated collected data from the web survey.

Counsellors note that a lack of exercise can also contribute to the overall stress.

"Young adults need a well-balanced lifestyle," said Andrew Tibbetts, a counsellor at Humber North campus. "It includes exercise and fitness."

In high school, gym was mandatory. For post-secondary students, exercise is now an option.

"When I have more options I tend to focus on the things that stress me out," said psychology student Attiya Piracha, 20, adding that studying comes first.

Even during down time, students remain alert and turned on to technology -- which doesn't always help.

"Gaming can be very stressful because you need to fight to get your character to stay in the game," said McNabb.

"Those types of things can be good stress but when they are added to constant stress and you don't have that down time to relax, it can have an impact on your body."

To help students cope with stress, Humber Students' Federation is hosting a Mental Health and Wellness Fair on Wednesday at the North campus Student Centre starting at 11 a.m.

"We are trying to make the fair interactive," said McNabb. "There will be games that relate to stress and try to educate and entertain students as well."

Every Wednesday and Thursday, two Humber students step into the role of head chef at The Humber Room

Culinary students get head chef role at Humber Room

Twice a week, second year chefs get a chance to take over North's top kitchen

Kendra Hamilton
LIFE REPORTER

Two Humber students got a delicious taste of their future Jan. 30, when they stepped into the role of head chef of The Humber Room, the North campus' fine dining restaurant.

Alison Marley and Erlinda Manbija took part in the Chef's Table program, which welcomes a different second year culinary student every Wednesday and Thursday of winter semester to run The Humber Room kitchen for lunch, said Shonah Chalmers, Humber Room head chef. "These are apprentices who al-

ready know what they're doing," Chalmers said. "This is to let them take a leadership role and drive their team to the finish line of excellent service."

Marley and Manbija came in with a three-course menu they created in a menu-planning course last semester and got to run the kitchen their way, said Chalmers.

"It's a really fast-paced environment. You have to move," Marley said. "We're only week two, so we're still getting a handle on this and we just got thrown into it, so your heart's beating a little bit."

"All of a sudden you're in charge and you're responsible for what happens," she continued. "It's very difficult."

Service was challenging, but everything turned out great and it was a relief to finish, said Manbija.

"That hour right before service, that's when your stress level goes right through the roof," Marley said. "Once you're in service you're constantly busy and it's just fun."



All of a sudden you're in charge and you're responsible for what happens.

Alison Marley
CULINARY STUDENT

Chef Chalmers was in the kitchen to make sure both young women got through service, but tried not to get too involved, she said.

"I really try and let them do it," said Chalmers. "I just kind of keep them on the path and keep them focused on timings, working together, pulling as a team and the chef really leading."

It's a great experience that prepares students for work in the industry, he added.

Maria Pelliccia, a Humber professor from the faculty of Hospitality, Recreation & Tourism, stopped by The Humber Room for a meal Thursday afternoon.

"I just had a fabulous lunch," were some of her last words on her way out of the dining room. "It's always good."

The Humber Room is located on North campus. Reservations can be made online at <http://www.thehumberroom.ca>, or by phone 416-675-5012.

Reading week offers students a 'brain break'

SARAH MACNEIL
LIFE REPORTER

Sun and sand are a favourite antidote for students facing school-related stress.

"Students deserve a brain break and time to relax during the school semester," said Humber Tourism Management professor Diane Keefe.

"The most popular travel destinations are the Cuba's of the world for young people during reading week," said Keefe, adding going out and experiencing life while seeing the world is what it is all about.

S-Trip is a Canadian company that specializes in student travel. The company aims to unite students who wish to travel by offering supervised group getaways, according to its website.

"The number of students going away for reading week increases every year," said S-Trip counselor Jeff Batchelor.

"Students return from trips and spread the word to their friends, travel is contagious," he said.

S-Trip offers spring break packages ranging from \$1000 to \$2000, said Batchelor, adding that the most popular destination this year is Punta Cana in the Dominican Republic.

"Students welcome the opportunity to get away for reading week if mom and dad are paying," said Keefe.

"I would love to go away on reading week but I am not. I would only be willing to pay \$600 to \$800," said Samita Sarwarn, a family and community social services student at University of Guelph-Humber.

She said she would never use her student loans to pay for a reading week vacation.

Other students feel differently. "I would use OSAP money to pay for a vacation. Why not? We all



"I would use OSAP money to pay for a vacation. Why not?"

Anni Haq
HUMBER LAW CLERK STUDENT

need a break," said Anni Haq, a law clerk student at Humber.

Et Cetera attempted to contact a media relations coordinator at the Ministry of Training, Colleges and Universities Ontario branch about using student loans for unrelated

purchases like trips. Blazina did not comment.

Batchelor said exploring the world while you are a student is important. "Most students don't have to worry about paying mortgages and bills," he said.

The financial burden only gets worse once you have more responsibility, said Batchelor.

Students can opt to travel and make money at the same time if they are worried about prices, said Keefe.

She said students have the opportunity to do paid volunteer work while seeing the world. "It makes a vacation a little more meaningful," Keefe said.

Travel Cuts, initially founded as a travel agency for post-secondary students, offers reading week volunteer trips to destinations like

Ghana, Costa Rica, Ecuador, and Peru aimed at helping others, said the agency's website.

Whatever style students choose, it is clear that travel is extremely popular, explained Batchelor.

"With everything that is going on with technology making travel more accessible and easy for youth, we see more and more students going away every year," he said.



SARAH MACNEIL



JANIE GINSBERG

A Volcano vaporizer is used to consume cannabis before the start of every class at the House of Yoga behind High Times headshop on Bloor St. West

Ganja yoga brings puff of cannabis to the mat

Janie Ginsberg
LIFE REPORTER

Soft chanting music played and the aroma of incense filled the air as students toting yoga mats filed into the dimly lit room.

This studio had all the workings of a typical yoga class, but there was one thing that separated it from the rest - vaporizers.

The House of Yoga, attached to the back of High Times headshop on Bloor Street West, holds cannabis friendly classes six days a week.

Owner and veteran yoga teacher Lu Pancini tried a ganja yoga class two years ago and loved it.

"It was a whole different vibration, I could forget things about my life and just be in the present moment with the power of cannabis," she said.

"(Students) are going deeper into the poses...forget whatever you have outside and the cannabis just makes you here with your body and your breath, you feel more," Pancini said.

Tom Nunno, 20, is a university student who has attended ganja yoga up to three times a week for the past two months.

"If I had to boil down in one sentence what I love about ganja yoga, it's community," Nunno said. "It's that everyone here is a part of their own journey."

Pancini customizes her class to suit the needs of cannabis-influenced students in order to avoid injury.

"I have to adjust my class. I cannot do headstands, for example, that would be dangerous," she said.

Orlando Batista, a yoga instructor at the downtown studio The Yoga Sanctuary, does not share the enthusiasm for ganja yoga.

"If you choose that you want to have that experience and poison your body while doing yoga to see if it takes you to another place, that certainly is a choice," Batista said, "but I believe it should be done with the awareness."

Humber College yoga teacher Elaine Cerro said that she is undisturbed by the creation of ganja yoga.

"I'm not surprised because there is always somebody looking for a new angle. I tend to move through life with non-judgment, so my opinion is if it doesn't harm anyone then why not?" she said.

TO THE NINES

AYAN DAVIS, 20
BUSINESS ADMINISTRATION,
GUELPH-HUMBER
2ND YEAR

HAT: H&M
SHIRT: FOREVER 21
BOOTS: STEPS
JACKET: H&M

FAVOURITE ARTICLE OF CLOTHING
My black hat

STYLE INSPIRATION
Pictures on Pinterest and Instagram.
Finding what works together and mixing and matching

FAVOURITE PLACE TO SHOP
Zara

Fewer Canadians in optimal heart health

Katherine George
LIFE REPORTER

A new study gets down to the heart of the matter showing only one in 10 Canadians adults have a good heart.

A study by a team of researchers who worked alongside the Heart and Stroke Foundation, showed a good heart is hard to find.

The study, published in the December 2013 edition of the Canadian Medical Association Journal, developed a Cardiovascular Health in Ambulatory Care Research Team (CANHEART) health index to successfully analyze health behaviours and factors contributing to cardiovascular disease.

These contributing factors include, exercise, smoking, fruit and vegetable intake, diabetes, hypertension and body weight.

The study shows a mere 9.4 percent of Canadian adults, aged 20 and older, showed signs of ideal cardiovascular health between 2009 and 2010.

The choices students make today will have an impact on their health later, said Catherine McKee, the registered nurse coordinator on the North and Lakeshore campuses at Humber College.

"Abuse – many years with diet, alcohol and smoking along with genetics cause wear and tear to the cardiovascular system," said McKee.

Dr. Jack V. Tu, a contributing author to the study, said smoking is the most important contributing factor to heart disease in young adults.

"They are all important, but the most important in young people is



A young healthy adult with a good exercise and diet shouldn't show any signs of cardiovascular disease

KATHERINE GEORGE



One of the scary things about heart problems as far as symptoms is that some are silent.

Catherine McKee
HUMBER NURSE COORDINATOR

smoking in terms of causing heart attacks."

Heart disease is still relatively uncommon in young adults he said, but it definitely happens.

"It is something that is more prevalent than it used to be. I would say it is still less than one percent of people under the age of 50," said Tu.

"A young healthy adult with good exercise and diet shouldn't show any signs of cardiovascular disease unless there are genetics or trauma," said McKee, adding some heart

problems can occur without warning.

"One of the scary things about heart problems as far as symptoms is that some are silent. Hypertension, a large cause of heart attack and stroke are often termed the silent killer," McKee said.

Symptoms of heart disease may be hard to find, but Dr. Jack Tu said there are still subtle and overt signs young adults can look for.

"The classical way people are taught to look for heart disease is chest pain, but a lot of people don't necessarily have those classical symptoms particularly in younger women," he said.

Individuals can look for bad indigestion, fatigue when walking, shortness in breath, excessive sweating or sometimes pain in the shoulder, jaw and belly, he said.

"A healthy body means a healthy mind. I do believe they go hand in hand," said McKee.

Marking an African past

Black History Month at North campus opened with museum exhibit

Kurtis Shane
LIFE REPORTER

In celebration of Black History Month, Humber's North campus hosted the International African

Inventors Museum in a packed concourse on Jan. 30-31.

Deb McCarthy, Humber vice President of Human Resources and Diversity made opening remarks at the launch by welcoming 386 public school students in Grades 1 through 5 from across the GTA.

"Our children are the future of Canada and there is no better way for Humber to share in their victories than to host them today," said McCarthy.

McCarthy introduced special guest speaker the Honourable Jean Augustine, former MP for Etobicoke-Lakeshore, and the first African descendant elected to Parliament in 1993.

Augustine spoke on the importance of Black History Month, saying it recognizes the contributions of African Canadians since 1603.

"Today's exhibits have been all over the world, we hope you see something and develop it even more," said Augustine, referring to long table displays of historical information on show in the concourse.

Augustine was presented with a certificate of appreciation and a bouquet of flowers on behalf of Humber College for her contribu-

tion to officially recognize Black History Month at the federal level in the 1990's.

"The hosting of the International African Inventors Museum in January, symbolizes that Black History is Canadian History and it is important that we recognize and learn about the contributions and histories of persons of African descent," said McCarthy.

"This is the third year we have hosted the event with approximately 800 students to attend," said Nancy Simms, director for Humber's Centre of Human Rights, Equity and Diversity.

Francis Jeffers, a former bio-chemist from South Africa now living in Toronto with a passion for working with children, is the creator and current science promoter for the museum.

As well as curating for the museum, he also runs his network of science club, vosnl.org, which goes to community housing areas in Toronto to engage children hands on with science.

"The museum shows innovation and diversity, it helps supplement the lack of diversity in the (Ontario school) curriculum," said Jeffers.

Acoustic jazz styled music was provided by Humber duo Andrew and Dylan, who played the guitar, and saxophone respectively.

A few of the inventions on display included the skateboard design by Jesse Lee Drummer, the antenna assembly by Ronald L. Brown, a method for humidifying heated rooms by Andrew F. Hilyer and the first nine personal computer patents by Mark E. Dean, Ph.D.



KURTIS SHANE

An example of the International African Inventors Museum exhibits.

HOROSCOPES by BRIAN O'NEILL



JAN. 20 – FEB. 19
You're on the cusp of something unexpected happening to you. Like that one second before people realize they are on the Jumbotron.



FEB. 20 – MAR. 20
You ever sometimes read Pisces as pieces? Me neither. You'll have a good week.



MAR. 21 – APR. 20
Don't worry, be happy. Your career will last longer than Bobby McFerrin's.



APR. 21 – MAY 20
Buy your significant other a piñata for Valentine's Day. It's chocolate and it's fun. You can thank me later.



MAY 21 – JUN. 20
You will go through a rough patch but just remember this one word that will cheer you up: spleen. That's a funny word.



JUN. 21 – JUL. 22
You are in a phase of extreme stubbornness. For the last time, don't put cotton swabs in your ears.



JUL. 23 – AUG. 22
The only things that should be taken with a grain of salt are edible.



AUG. 23 – SEPT. 21
You are very anxious about something. There's a 90 per cent chance you're exaggerating, and a 10 per cent chance you'll die.



SEPT. 22 – OCT. 22
You need to ask the right questions today as opposed to asking the... uh...wrong ones. Nailed it.



OCT. 23 – NOV. 21
You have an invention in you dying to get out. It'll be good, but not as great as the majesty that comes from the good people at Dyson.



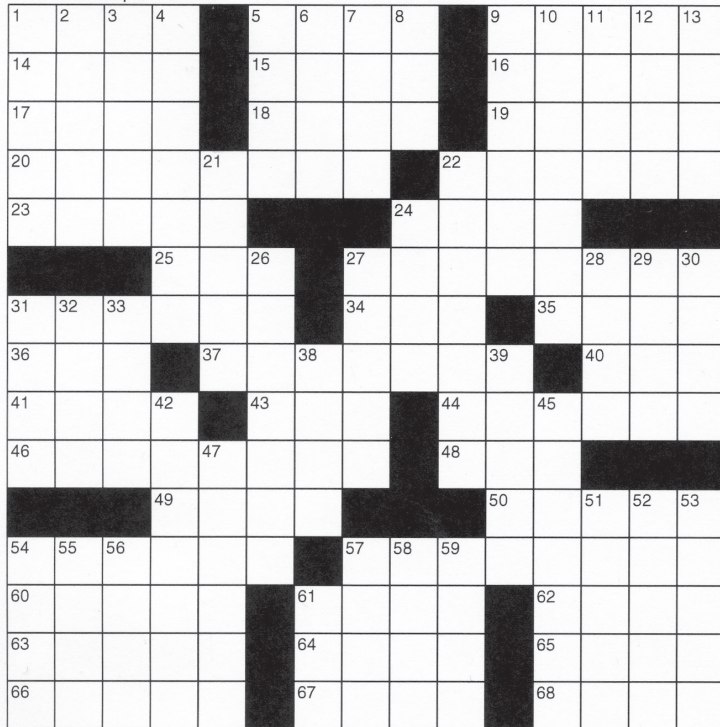
NOV. 22 – DEC. 20
The next few weeks will be happy and bright. Don't be too happy, though, nobody likes that person. Not even you.



DEC. 21 – JAN. 19
Be a hospitable host and nice to your neighbours. It is now time. Heil Commander Opffraa of the Seventh Dimension!

CROSSWORD BY BOATLOADPUZZLES.COM

www.boatloadpuzzles.com



DOWN

1. Mixes
2. Sultan's wives
3. Banish
4. Malady
5. Hearing organs
6. Sticky stuff
7. Prospector's quest
8. Comprehend
9. Agree
10. Began
11. Healthy
12. God of love
13. Shipped
21. Regions
22. Artist Henri _____
24. Ashen
26. Hillary Rodham _____
27. Made docile
28. Choir gown
29. Radiate
30. Society gals
31. Concluded
32. Carousel, e.g.
33. Profound
38. Afresh
39. Thrill
42. Most orderly
45. Ceaseless
47. Wards off
51. Entertain
52. Newspapers and TV, _____
53. Move furtively
54. Stop
55. Not ashore
56. Celebrity
57. Ripened
58. Tempt
59. Beaver projects
61. Long, long _____

ACROSS

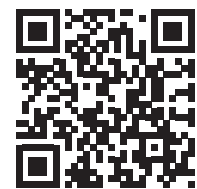
1. Cast off
5. Omelet ingredients
9. Fireplace residue
14. Car for hire
15. Burn-soothing plant
16. Fixed gaze
17. Showy flower
18. Govern
19. Beauty shop
20. Freed
22. Least
23. Smudge
24. Breathe rapidly
25. Time unit (abbr.)
27. Ragged
31. Trial
34. "The Greatest"
35. Round roof
36. Fight
37. Cat breed
40. Baby's meal garb
41. Biblical locale
43. SSW's opp.
44. Showers frozen rain
46. Did again
48. Gobble up
49. Declare openly
50. Athletic groups
54. Hurry
57. City officials
60. Autumn bloom
61. Spanish water
62. Bare
63. Minimum
64. Wheat _____
65. The Orient
66. Bakery items
67. Lyric poems
68. Roof problem

ANSWERS



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

Find the answers to this week's puzzles in the next issue or visit humberetc.com/games or scan the QR code!



SUDOKU BY SUDOKU.NAME

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

#1150

www.sudoku.name

TURN YOUR DIPLOMA INTO A DEGREE AT OCAD UNIVERSITY!

Hey Humber students!

Did you know your Architectural Technology Advanced Diploma or Interior Decorating Diploma can lead you to a degree at OCAD University?

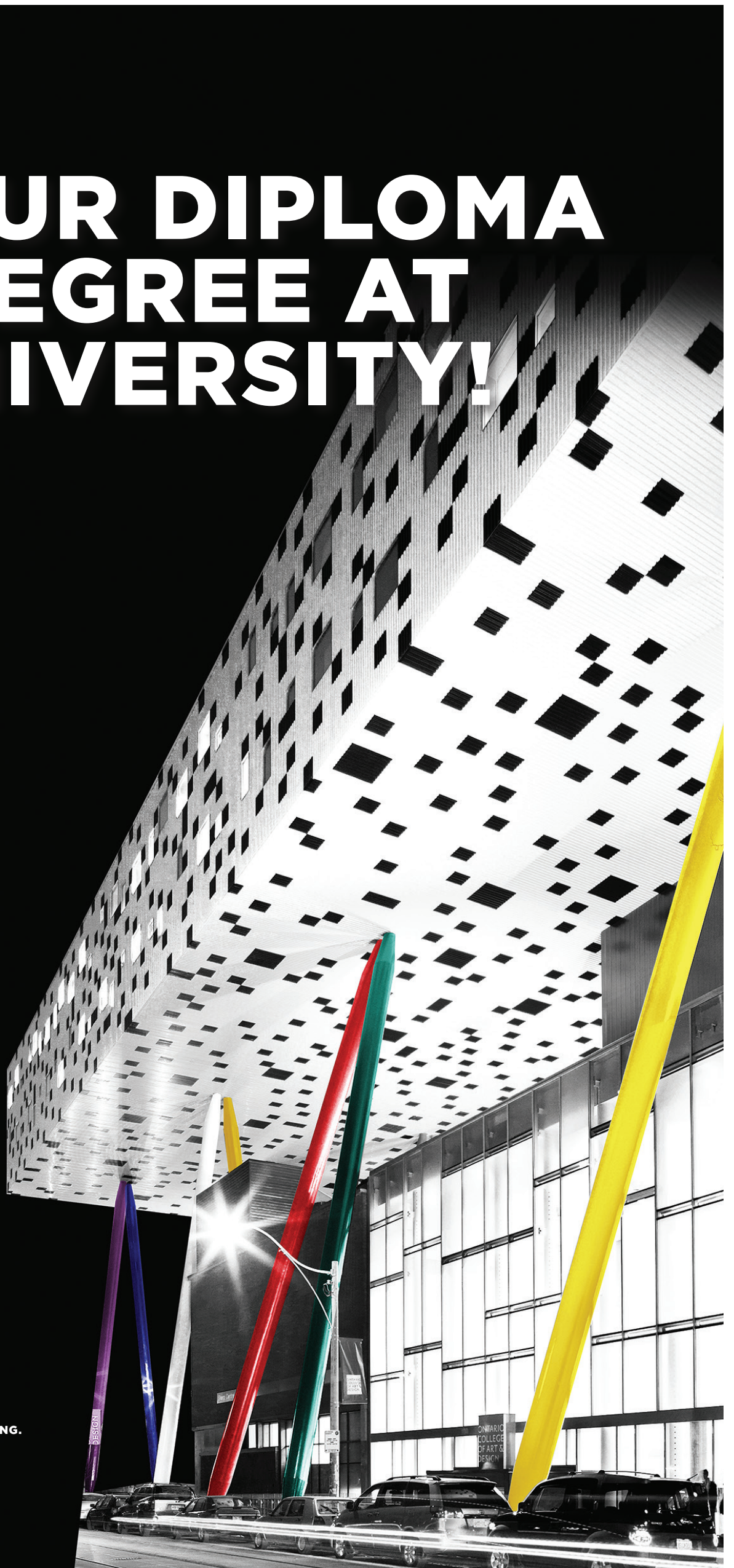
A degree from OCAD U fosters collaborative and innovative learning in a creative environment. We can help add value to your experience, giving you the insight and technical skills to strengthen your knowledge and creative impact.

Check out other ways you can bring your previous experience to OCAD University at:
ocadu.ca/diplomatodegree



OCAD University
100 McCaul St.
Toronto Ontario, M5T 1W1

IMAGINATION IS EVERYTHING.
OCADU.CA



Hawks men's basketball wins back-to-back over Sault

Jeff Sehl
SPORTS REPORTER

The Humber Hawks men's basketball team defeated an undermanned Sault College Cougars team in convincing fashion on Feb. 1 and 2.

Making the games more difficult for the Cougars, said head coach Greg Mapp, was the fact that Sault was missing more than half of their starting five to academic ineligibility, a situation Humber is familiar with themselves.

Tyrone Dickson, a second-year power forward for the Hawks, sat out the first half of the season with academic ineligibility, but the Hawks have been undefeated since his return. They continued that with Saturday's 83-31 win, and an 85-51 victory on Sunday.

"(Humber's) a good team," said Mapp. "They're not just trying to win our league, they're trying to go to nationals every year and win."

"Given the way we played (Sunday), we executed, we did what we wanted to do, but we're just not as good as Humber. It's just that simple," Mapp added.

Rookie shooting guard, Junior Davis, and third-year centre, Greg Edelsward, who contributed 30 and 29 points on the weekend respectively, led the Hawks to their weekend sweep. Dickson shone at the both ends of the floor with 21 rebounds, 10 blocks, and 14 points, including a double-double in Sunday's win.

Despite two lopsided scores, the wins were extremely important as they allowed the Hawks to keep pace with Mohawk College, who themselves earned two wins on the week. The Mountaineers sit in a tie with Humber for second place in the West Division with identical 12-3 records.

The games were also an opportunity to work on offensive and defensive systems.

"We've got to keep working hard (every game). We picture every game like we're playing Sheridan or another top team," said fourth-year forward Jermaine Lightbody. "We need to continue our momentum and keep building good habits."

Lightbody added that the team has good chemistry

right now, and they're having a lot of fun on and off the court.

With only three games remaining in the regular season, each game will only grow in importance moving forward.

"We're trying to go 9-0 in the second half, so that's important because we want to build to Nationals," said Lightbody.

The CCAA National Basketball Championships will take place from Mar. 11 to 16 at Quest University in Squamish, B.C.

Hawks' next scheduled game, a contest in Hamilton against Redeemer, is another hurdle on their way to a run at both the OCAA and National Championships.

"(Redeemer is) a physical team. They're aggressive, and they're physical on the glass," said Hawks head coach Shawn Collins. "We have to take care of the rebounds on both ends of the floor, and execute in the offensive end. If we execute well in the offensive end and control the tempo and the rhythm of the game, I think we'll be fine."



JEFF SEHL

Tyrone Dickson (34) drives into the paint during Humber's dominating Sunday win over Sault.

Hawks women's fastball looking to 'shock some people' in Carolina

PJ Valois
SPORTS REPORTER

The Humber women's fastball team is traveling to Columbia, S.C. this reading week, but it's going to be all business for the varsity squad.

The Hawks will head south Valentine's Day after having spent almost the entire off-season preparing.

"We've been practicing pretty much every day, Monday through Friday and Sundays," said second-year outfielder Jenna Clarke, a fitness and health student at Humber.

Primarily, the team practices in the gym at the North campus during the winter months, apart from their Friday practices at a facility in Brampton, she said.

The women's fastball team has taken home back-to-back OCAA titles, but road trips like this one are a key factor in winning a third championship, said Clarke. The trip was paid for by fundraising done by the team during a tournament they hosted. Items given away in a raffle, like Raptors and Maple Leaf tickets, helped fund the trip



We want to send a message and we want people to want us to come back.

Duaine Bowles
COACH, WOMEN'S FASTBALL

according to Clarke.

Coach Duaine Bowles is looking forward to showcasing the high level of talent that Humber's fastball team has to offer.

"I think when we go down there, we have a really good chance to shock some people," said Bowles. "We want to send a message and we want people to want us to come back."

The team puts in hard work and never quits, he added.

"If we go down there and we battle and we cut down on the mistakes, if we don't make too many errors, I think we'll be in a lot of games," Bowles explained.

The team will be playing 10 games including five double-headers. The Hawks only

get one day off which will be "very good for team building," said Clarke.

The Hawks will face off against teams from a number of different leagues, including U.S.-based National Association of Intercollegiate Athletics, Junior College, NCAA Division I and NCAA Division II.

According to Clarke, one "big game" will see The Hawks going head-to-head with an NCAA Division I team, North Carolina State, on Feb. 21.

Fastball will be the only thing on the schedule, according to manager of athletics and sports information at Humber, Jim Bialek.

"This is not about going down to try and hope for fun weather to sit outside," said Bialek. "This is hard-core commitment to fastball."

Sending teams to play other schools on these types of trips is part of what makes Humber Athletics so successful, said Bialek.

"You go where the competition is just to find a measuring stick of how good you are and how good you can be," he said.

Accelerate your studies

UNIVERSITY
of GUELPH

CHANGING LIVES
IMPROVING LIFE

Choose from over 70 online degree credit courses

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.

Courses begin every January, May and September.

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

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



www.OpenEd.uoguelph.ca



Women's basketball soars in pair over Sault

Consistency key in taking weekend from Cougars

Kheon Clarke
SPORTS REPORTER

Sault College's women's basketball team got trounced — twice — by the Hawks over the weekend.

The visiting Cougars were outscored 135 to 80 in the two games on Feb. 1 and 2, and committed 46 turnovers as the Hawks unsheathed their talons, applying a mix of full and half court pressure.

After the games, Sault head coach Katie Hamilton said her team is young, inexperienced and stubborn.

"There is sort of a refusal to make adjustments on the fly, and it really came back to bite us in the butt today," Hamilton said.

"This weekend was a step back, so we have to go back and regroup before we play at home next weekend."

Hamilton added the team is three to four recruits away from earning a playoff position. Being eight hours away from civilization, she added, doesn't help in building a championship team.

Hawks' coach Ajay Sharma said he was pleased with his team's intensity on defense during the weekend.

Natalie Hagopian, Saturday's player of the game, scored 13 points to go along with four rebounds and three steals.

"Sault College isn't the strongest team," Hagopian said after Saturday's 63-40 win. "It made it easier on our team and our coach says we should win every quarter and not quit just because we're up."

Sharma said the Hawks' energy was good defensively and his team executed their assignments in the first game's first half, but became sloppy in the second half.

He wanted more focus and more

consistency in Sunday's game and got it as the Hawks routed the Cougars 72-40. The team started strong and maintained its intensity for most of the game.

Aleena Domingo came away with player of the game honours on Sunday, scoring 14 points, eight boards and five assists.

"(Sunday's) game was more about practice because I don't know if it's because they weren't playing us well, but we slowed things down, moved the ball and it was overall a better game for us," Domingo said.

Sharma says the expectation for the weekend was to use all of the players to give them a chance to play at home court.

"I also wanted to establish our defence, which was good both days. We tried a few things differently on defence and it worked out for us and I really wanted us to share the ball and I think we did that very well," Sharma said.

Sharma says he needs Hagopian and Domingo to play well to win, and they have this season.

The Hawks' were scheduled to tip off Feb. 7 for an encounter with Redeemer College in Hamilton.



KHEON CLARKE

Natalie Hagopian drives the lane in Saturday's win over Sault College.



WILLY PHAN

The Humber Hawks women's curling A Team celebrates after a victory over a private team at the Weston Golf and Country Club. Left to right: Grace Esquega, Gen Bernier, Kateryna Tepylo and Sarah Jagger.

Hawks curling preparing for championship runs

Willy Phan
SPORTS REPORTER

As they prepare for the OCAA championships, the Humber Hawks' curling teams are trying to learn from their wins and losses.

Most recently, the women's A Team found success, winning two games against the Fanshawe Falcons and Seneca Sting, to take home the Winners Cup at the Humber Bonspiel on Jan. 10.

"Fanshawe and Seneca. . . I think both of those teams are going to be pretty up there at provincials," said Sarah Jagger, lead for the women's A Team. "We got a little taste of how they play and what we need to work on to make sure we're successful at provincials."

To go with the A Team's success, the women's B-Team split their two games by defeating the St. Clair Saints 6-3, before losing 8-4 to the Mohawk Mountaineers at the Bonspiel.

However, both of the men's teams were less successful at the tournament. The A Team tied with Fanshawe 4-4 and lost to the Saints 5-4, while the B Team lost 6-4 to

the Mountaineers and fell 8-1 to the Sting.



Every game gives us a chance to scout opponents, gather some pointers and figure out how to connect better.

Kyle Mills
SKIP, MIXED TEAM

The Hawks curling teams used the Bonspiel games as a way to strengthen their game plans for the big stage in Sault Ste. Marie, and mixed team member Kyle Mills, found the tournament to be a success despite losing a few games.

"Every game provides us a chance to scout opponents, gather some pointers and figure out how we can connect better," said Mills, a second-year recreation and leisure student.

Jagger praised head coach Cindy Bishop for keeping the teams focused and prepared for the OCAA

Championships.

"She's very enthusiastic and supportive," she said. "She fosters a great environment for us to learn and thrive in."

The Humber Hawks have also paid close attention to curling tournaments on television as part of formulating their strategies.

"Actually, the more they watch on TV, the better," said Bishop, a seasoned curling coach who also teaches the game at the Weston Golf and Country club.

Bishop said her teams finished practice and watched the finals of the Ontario men's curling championship. Afterwards, the Hawks discussed strategies based on the men's game they watched.

"It's (about) what would we do in the situation. . . we don't care what they did," said Bishop.

Once the Hawks are finished with the OCAA Championships, they won't have much time to celebrate or rest. Humber's curling teams will face their next challenge, taking on the best colleges across the country at the CCAA Championships at the Soo Curlers Club in Sault Ste. Marie, Ont. from March 18 to 22.



Call Us!
1.888.989.1808

ARE YOU ALLERGIC TO RAGWEED?



Are you 18 or older and suffer from:

- Stuffy Nose
- Runny Nose
- Sneezing and Itching



Conveniently located at
4500 Dixie Road, Mississauga, ON

We are seeking volunteers with Seasonal Allergies to participate in Clinical Research Studies

You will be compensated up to \$3,100 for your time

www.SneezeToronto.com

HAWKS SCOREBOARD

MEN'S BASKETBALL

West Division	GP	W	L	Pts
Sheridan	15	14	1	28
Humber	15	12	3	24
Mohawk	15	12	3	24
St. Clair	14	9	5	18
Fanshawe	15	8	7	16
Sault	16	7	9	14
Lambton	15	5	10	10
Redeemer	14	4	10	8
Cambrian	15	2	13	4
Niagara	14	1	13	2

WOMEN'S BASKETBALL

West Division	GP	W	L	Pts
Humber	15	13	2	26
Mohawk	15	11	4	22
St. Clair	15	11	4	22
Fanshawe	14	10	4	20
Sheridan	15	10	5	20
Niagara	15	9	6	18
Redeemer	16	6	10	12
Lambton	15	2	13	4
Cambrian	14	1	13	2
Sault	14	1	13	2

MEN'S VOLLEYBALL

West Division	GP	W	L	Pts
Humber	16	14	2	28
Fanshawe	16	12	4	24
Mohawk	16	12	4	24
Niagara	16	12	4	24
Redeemer	15	9	6	18
St. Clair	16	9	7	18
Sheridan	16	7	9	14
Cambrian	15	2	13	4
Conestoga	15	1	14	2
Boreal	15	0	15	0

WOMEN'S VOLLEYBALL

West Division	GP	W	L	Pts
Humber	16	16	2	32
Fanshawe	16	14	0	28
Redeemer	15	11	4	22
Conestoga	15	8	7	16
St. Clair	16	8	8	16
Mohawk	16	7	9	14
Niagara	16	6	10	12
Cambrian	15	5	10	10
Sheridan	16	3	13	6
Boreal	15	0	15	0

As of 02/06/14