

HUMBER

Et Cetera

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Sports nutrition workshop offers diet tips for athletes

Vrushali Mahajan

NEWS REPORTER

People are, the saying goes, what they eat.

And athletes and people who work out need to know what — and when — to eat and drink for the best results.

Humber College recently conducted a sports nutrition workshop that focused on the diets of athletes and to help students with their food habits.

The workshop, conducted by the college's Centre for Healthy Living, looked at the importance of pre-workout snacks and meals to sustain energy throughout a workout and how to refuel post-workout.

Also key to successful athletic success is how to hydrate correctly to avoid dehydration.

"There are three segments of sports nutrition," said Julia Balenzano, a student of Nutrition and Healthy lifestyle course at Humber.

"There are macronutrients which consist of carbs, proteins and fats. Fuelling which comprises of pre-workout, during workout and post workout food and then hydration.

"Every athlete is a different individual with respect to the sport, age, gender and training and therefore they have different requirements," Balenzano said.



VRUSHALI MAHAJAN

Alicia Camacho and Julia Balenzano making smoothies at the Centre for Healthy Living sports nutrition workshop.

Jessica Caserta, also studying Nutrition and Healthy lifestyle, said sports nutrition enables people to train effectively.

"It provides you the energy you need to perform, carbohydrates to working muscles, proteins for muscle building and repair and helps with hydration," she said.

Caserta said carbohydrates are important during exercise as glucose, a major source of carbs, circulates in the blood stream giving the athlete vital energy.

"Whole grains, cereals, beans, fruits and vegetables are the major sources of carbs. They are the major muscle fuel source for exercise,"

Caserta said.

Alicia Camacho, also a Nutrition and Healthy lifestyle student, said the intake of proteins should be more in an athlete than in an active person.

"Proteins are essential for growth and development and athletes frequently turn to supple-

ments when it comes to proteins," she said. "They help grow muscle, help to build antibodies and repair muscle tissues."

Camacho said fats are major elements of our diet, as they help absorb nutrients from the food.

"There are two types of fats, essential and non-essential fats. Essential fats could be found in nuts, seeds and fish oils whereas non-essential fats could be found in processed foods," she said.

Balenzano said it is advised to eat one to four hours before the workout and that it is important to have a source of carbohydrate during training or competition, such as a sports drink, chocolate milk or energy bars.

The ratio of carbohydrates to that of proteins (3:1) increases the endurance performance.

"The combination of carbs and proteins increases muscle glycogen, offsets muscle damage and facilitates greater training adaptations," Balenzano said.

The body uses up all the stored carbohydrates and loses around two litres of water in the form of sweat.

Therefore, it is essential to have recovery snacks in the 30 minutes after a workout and a proper meal between one and two hours after exercising. Snacks should include fruit smoothie, vegetables with humus or milk.

Culinary arts students tap sap from Arboretum's 300-year-old tree

Vrushali Mahajan

NEWS REPORTER

Among the hundreds of maple trees in Humber's Arboretum there's one older than the country. And that tree, which is about 300-years-old, helps supply the sap for some of the maple syrup used by Humber culinary students.

"Out of the total maple syrup production, 30 per cent of it goes to the Humber Culinary Arts school for their preparations," said Jimmy Vincent, coordinator of Education, Camps and Community Outreach walked people through Humber Arboretum's sustainable urban sugar bush.

He said the other 70 per cent is sold to the general public.

Vincent said syrup production varies annually and about 30 to 40 litres of maple sap is required to

make about 200 ml of maple syrup.

Humber College recently hosted Arboretum Walk & Learn: Sustainable Maple Syrup Harvesting as the warm weather arrives, where people learned about the process of tapping a tree and extracting sap.

And best of all, people got to taste a little maple sap after watching the process of sap being boiled down into syrup.

"There are about 90 different trees which we can harvest at this point of time. Including all the saplings it could be around 900 in total," Vincent said.

Maple syrup takes about, depending on the temperature, two to three days to form, Vincent said. "So after tapping trees, we put them into evaporators and let them boil so that the excess water evaporates," he said.

He said there is a particular age when to harvest sap from a tree to

harvest, maybe a year or two because we don't want to stress the tree for our needs.

"We can even harvest it every year and it won't harm the tree whatsoever," Vincent said.

"One of the advantages of rotating is that you are not loading it up for sap holes as well because once you start putting sap holes, it becomes difficult to sap the trees with too many sap holes," he said.

"We need to see this in a sustainable manner, we don't want to exhaust the tree by continuously tapping it for 10 years but we can make it last longer if we take breaks," Vincent said.

During the walk, he spoke about how Humber woodlands fall into Environmentally Significant Areas due to the presence of special species found.

"These terrestrial surveys are



VRUSHALI MAHAJAN

People toast to spring with maple sap during the arboretum walk

conducted by the Toronto Region Conservation Authority and there are about 86 of such areas within Toronto," Vincent said.

"We have the White trout lily, Christmas fern, Canada water lily and many such species which make this forest a special land," he said.

Humber meets provincial standards, not students' needs

Andrew Jeffrey

NEWS REPORTER

For Kathleen Lynch, the issue of accessibility on campus is a matter of independence.

Lynch, 51, a first-year journalism student living with Multiple Sclerosis, has used a wheelchair since 2012.

At Humber, this shouldn't be a problem.

The college touts itself as providing an accessible learning and working environment that meets the province's standards of accessibility. Yet, Lynch consistently struggles to even pass through the doorway of some of her classrooms without assistance.

Without automatic doors for all her classrooms, Lynch often faces difficulty opening heavy doors while maneuvering her chair. She raised this complaint with campus officials and was disappointed by the response. Signs were posted asking to keep doors open, garbage cans propped open doors, or maybe Lynch thought, the expectation was simply on her to ask for help from other students opening doors for her.

But even this solution, to Lynch, misses the point. A fully accessible campus provides independence to each student.

"Truly, I do feel insulted that they're trying to placate me," Lynch said. "If you ask any person who has a physical handicap what you want, it's independence.

"I want my independence, I want to be just like you," she said.

"I want to go to school, I want to learn stuff, but my efforts are being stymied," Lynch said. "It's enough work for me to get up and get dressed, for crying out loud. I don't want to go to college and have more barriers put in front of me."

She has been a vocal advocate for providing better wheelchair accessibility in her home community of Bolton for years. She said it never even occurred to her to worry about the same types of services being unavailable at Humber.

So it came as a disappointment when she began classes last fall and said she found classrooms without

automatic doors, barrier-free washrooms with common access used by students who don't need it and broken wheelchair-accessible desks.

What disappointed Lynch even more was the nonplussed response she said she received across campus from Humber's facilities department.

"I never expected to find that. I thought in 2018 that Humber would be accessible to the max," Lynch said.

"I just assumed I would have no barriers or doors," she said. "I just assumed that accessibility would be provided 100 per cent."



I want to go to school, I want to learn stuff, but my efforts are being stymied. It's enough work for me to get up and get dressed, for crying out loud. I don't want to go to college and have more barriers put in front of me.

Kathleen Lynch

FIRST-YEAR HUMBER COLLEGE STUDENT

Natalie Robinson, a 19-year-old sport management student who's used a wheelchair her whole life, faces her own difficulties accessing classes on campus, despite the college's efforts. A number of classrooms are crammed with so many desks and tables that she has difficulty moving through these rooms. Long, steep ramps and difficulty getting to school from the campus residence during the winter are everyday nuisances to Robinson's academics.

"Realistically, I just think they need to put less desks in the classroom and make the classrooms bigger," Robinson said. "I have to budget more time to get here in case there's crowds of people on the ramps.

"You've just got to make it inclusive," she said. "It's hard to feel

like you belong in a place where you can't do much...I shouldn't have to work a lot harder just because I'm in a wheelchair."

According to Humber's records and regulations, it seems the school should have stronger accessibility. The college's Director of Communications, Andrew Leopold, said in an email response to Et Cetera that Humber is compliant with the current Accessibility for Ontarians with Disabilities Act (AODA). The college's Multi-Year Accessibility Plan tracks the school's progress in meeting AODA standards and reports positive results, he said.

On top of these reports, an AODA Committee affiliated with Humber's Centre for Human Rights, Equity and Diversity meets on a near monthly basis throughout the school year to promote barrier prevention and removal around campus.

"Humber complies with the five AODA standards, which include the Accessible Customer Service Standard and the Accessible Built Environment Standard, as well as the Ontario Building Code and the Ontario Human Rights Code," Leopold said.

"The installation of push button operators on doors in older buildings that are not undergoing renovations is currently not a requirement under AODA," he said.

David Lepofsky is the chairperson of the AODA Alliance, the organization that led the campaign to implement the legislation, said the act requires Ontario to be fully accessible by 2025.

But Lepofsky would be the first to admit the current legislation as it stands doesn't go far enough.

"You can comply with all those standards all the time and still have horrible accessibility problems," he said.

"Even the term 'AODA compliant' is a term that doesn't really mean anything, but people use the term anyways," Lepofsky said. "The law that actually applies is the Human Rights Code and the Charter of Rights.

"Both of those laws require equality without discrimination based on



ANDREW JEFFREY

Kathleen Lynch raised concerns about accessibility resulting in these signs.

disability," he said.

But Leopold maintained the measures Humber has in place go beyond the AODA's minimum standards, and that the school is always looking to become more accessible.

"We are working with accessibility consultants to ensure that our new Barrett Centre for Technology Innovation is built with the latest accessibility requirements," Leopold said.

Lynch hopes to see change at Humber that includes more buttons to open automatic doors, more height-adjustable desks around campus to accommodate wheel-

chair accessibility and access cards to ensure barrier-free washrooms are used by those with physical disabilities.

"If I am still needing to ask you to open that door for me, there's a problem," she said. "I need my independence and that's robbing my independence from me.

"If I stop doing it myself, I may as well lay down and die," Lynch said. "And I'm just not that type of person."

Accessibility is an election issue. See Et Cetera election coverage starting on page 5.

Student group calls for more federal funding for mental health services

Olivia Levesque

NEWS REPORTER

The federal government should invest more in post-secondary student mental health care, says a study by an alliance of college and university students.

The Canadian Alliance of Student Associations is calling on Ottawa to increase investments in accordance with suggestions based in part on studies by the Mental Health Commission of Canada, and to help with the growing demand for health assistance on campuses.

"We've done a lot of work with reducing stigma and bringing the conversation of mental health for-

ward," said Shifrah Gadamssetti, the chair of CASA. "But what that's resulted in is an increase in the amount of people that are trying to access these services on campus."

CASA, which represents 255,000 post-secondary students across Canada, released a policy paper last month citing results from the 2016 National College Health Association survey. It reported that 44 per cent of students felt too depressed to function at some points in their studies, while only 18 per cent of students reported being diagnosed or treated by a professional.

The Mental Health Commission of Canada explains the highest rate of mental health problems and ill-

nesses fall among young adults ages 20 to 29.

The sharp rise in students seeking accommodations has left many campus services across the country struggling with how to best support students, the paper stated.

Gadamssetti said some campus mental health services have waitlists of between six to nine months.

"While we recognize there are tonnes of opportunities in our communities that address mental health to a certain degree, students feel most comfortable accessing mental health services on campus because those service providers have a very in-depth knowledge of challenges that students face," Gadamssetti said.

Kara Seguin, a second-year social work student at Humber, recognizes the need for expansion in the health and wellness services on campus. She said the wait time could be the difference between someone getting better or someone getting worse.

"I have met students who have said that they had to wait to access the services that available on campus because they are so booked up," Seguin said.

"There seems to be a need for more counselors on campus so more students can receive proper care, especially students who need long term mental health services while their still students," she said.

The Humber Wellness and Development Centre was contacted for a comment on the findings of CASA, but due to their high volume of activity they were unable to comment.

Recommendations in the study, Breaking Down Barriers: Mental Health and Canadian Post-Secondary Students, include the creation of a national working group to promote mental health and accommodations, increase federal funding for existing and new mental health programs on campuses, and working with stakeholders to improve accommodation for students with mental health problems and illnesses.

Knowing your self-worth is critical, says Empowering Women panel

Celeste Decaire

NEWS REPORTER

Five businesswomen told aspiring Humber grads that the importance of self-worth in the workplace is part of the formula to empower women to break down barriers and build success.

"You need to appreciate your value and what you're bringing to the table, male or female," said Seema Singh, business development and marketing consultant at ThinkCOMPASS.

Five panellists brought together by Humber Lakeshore attribute their success to knowing their worth, and making that known.

They believe they are in a higher position in their careers because they refused to be defined by gender, and instead, measured by their intelligence and contribution.

The panel included women from various firms including Quaker Foods, Hewlett-Packard, Humber College, Legal Resource Consulting and ThinkCOMPASS. The event attracted more than 30 people and the panel addressed questions from the audience that involved how women can empower themselves in their field of work.

"Once you understand your value don't be afraid to ask," Mangala Rao-D'sa, marketing executive at Quaker Foods, said. "If you don't ask, you don't get."

Several of the panellists agreed asking questions about wage, position, and worth at a company is crucial to employment growth and success. Since 2007, more women are finding themselves in senior positions at major corporations than ever before, but the gender ratio is nowhere near to balanced.

The group of businesswomen speaking to soon-to-be college graduates entering the workforce had some words of advice on creating a personal brand.

Cathy D'Aversa, president of Legal Resource Consulting, stressed the importance of being presentable, having confidence, and projecting a certain self-image that demands respect.

"What I did not learn early enough is that you have to train people how to treat you," she said.

With the surge of women entering previously male dominated fields of work, D'Aversa said it is important for those that are underrepresented to make a point of ensuring



CELESTE DECAIRE

(Left to right) Cathy D'Aversa, Laurie Ford, Seema Singh, Kamini Steinberg and Mangala Ro-D'sa speaking at the Empowering Women Panel at Lakeshore campus. The women discussed self-worth and breaking down barriers.

they are treated equally.

Attaining complete equality means closing the wage gap between men and women. According to Statistics Canada, women earn 87 cents

for every dollar made by men, although, this ratio has improved because women are achieving higher education than they have in previous decades. However, education has not

completely closed this earning gap. "Closing the gender pay gap is a start, ladies," said Laurie Ford, national business manager at Hewlett-Packard.

FYE draws crowd at Black History Month wrap-up

Celeste Decaire

NEWS REPORTER

Humber North celebrated the last day of Black History Month by highlighting black culture, influential figures and art.

The First-Year Experience (FYE) event capped off a month-long dedication of recognizing the men and women of colour who paved the way for equality.

The coordinators and volunteers of the First Year Experience (FYE) organized the celebration in the Student Centre to involve Humber students in an interactive and educational way.

"Black History Month is about spreading awareness and celebrating diversity, which are two concepts you need to put together," said Sheena Brown, peer mentor at FYE.

In 1995, Canada officially recognized February as Black History Month after a motion by filed in parliament by the first Black Canadian woman elected to parliament, Jean Augustine, the then MP for Etobicoke-Lakeshore.

"These events are important so we can remember how important we are in the world. I feel like we don't celebrate this enough," said Rayanna Escoffery, a co-op student with Humber's Student Wellness and Accessibility Centre (SWAC).

The Student Centre was filled with posters honouring influential and successful people of colour such as Martin Luther King, Jr., Nelson Mandela, Oprah Winfrey, and Barack Obama. They are described



CELESTE DECAIRE

Shakera Martin of the Carnival Spice dance company leads a workshop to dancehall music during the Black History Month celebration at North campus.

as legendary figures that have advocated and fought for civil rights.

Humber's event also involved a dance workshop with Shakera Martin, from the Carnival Spice dance company. She had the crowd moving to dancehall music. It is one of

the many styles of art that Black culture is known for creating.

Stokely Lindo followed that performance with his rendition of Bob Marley's powerful Redemption Song.

"Anything Black history and getting involved with my culture and where I

come from and that sort of thing, is important to me," Brown said.

The celebration of Black History attracted more than 100 students from many different programs and backgrounds.

The college strives for inclusiv-

ity and commemorating diversity, making every student feel welcome in this institution.

"Black History Month means empowerment to me," said Theresa Mbotsondo, a Humber SWAC student.

IGNITE ELECTION SPECIAL

Vice-President Q&As compiled by Caitlyn Clancey and Vanesia Crayton.
All photos courtesy of IGNITE unless otherwise noted.

ELECTION: PRESIDENTIAL RACE



Allisa Lim

Allisa Lim knows politics can be hypocritical but wants to assure students that if she makes a promise, she'll see it through.

Lim is currently the vice president of IGNITE Lakeshore and is one of two candidates running for president this year. She's confident her experience as VP has prepared her for the role if elected.

"If you're running for president, it's nice if you're (currently) part of the organization you'll be working for," she said. "I feel like I've received so much experience as VP already."

"I understand what steps to take in a project and how to communicate with a student, and I think those are key things for a president to have," Lim said.

She considers herself to be a "futurist" and an "activator," two distinct qualities she believes make her a prime candidate to be president.

"As a futurist, you see your projects as big picture," Lim said. "When you're president, you have to make an impact during the year you're in the role, but you also have to make an impact for the future."

"If you're not able to see the big picture and influence individuals about goals, then those plans fall apart after you leave," she said. "It ends with you and then the next person doesn't continue those projects."

An activator means one is ready to get things done, Lim said. This means taking action immediately and meeting any and all deadlines on time, she said.

Last year Lim advocated for free menstrual kits, a promise that materialized in January.

"I was so passionate about the menstrual products," she said. "Even though I got some

pushback sometimes, my passion was great enough for people to understand that I wanted this done, and if I can't get it done, it's going to get done somehow."

If elected president, Lim would like to see her menstrual hygiene project expanded to include even more free items, such as deodorant, razor blades and laundry detergent.

"The project's main purpose was to alleviate stress," she said. "It wasn't necessarily striving for only pads and tampons, but to help students. So, I really want to expand it to include things we forget about as students, things that are too expensive to buy and we may not be able to afford."

In addition to the free kits, Lim is also promising to increase student opportunities to give feedback about the school and have their voices be heard, allowing them the chance to voice concerns about their programs, she said.

A big thing I found as an executive this year is there's so many great opportunities for students to work alongside of us," Lim said. "So, when I talk about increasing opportunities, that includes increasing awareness of what's already available here on campus."

As election week approaches, she is urging students to vote for who they believe will best support them.

"It's important that you vote for someone who displays passion and a willingness for action," she said. "I hope students get a chance to meet all the candidates this year in order for them to really feel that who they're voting for is best representing them – someone who's going to follow through."

"And I think that's so important," Lim said.



Monica Khosla

Third-year business administration student Monica Khosla and IGNITE presidential candidate says she's confident she has what it takes to get the job done and improve the organization's vision for the student body.

Khosla currently works for Humber North's Student Success and Engagement department, and said she can bring that experience to the new position. Her vision is to have a well-rounded student government that supports inclusiveness and is more interactive.

"I want to see more people get involved and take as many opportunities as they can to network and experience new things during their time here at Humber College and University of Guelph-Humber," she said.

Being involved in campus life, Khosla feels her positive work ethic, passion and open mindedness will help her change her fellow students experiences at Humber.

"The students' post-secondary experience shouldn't just be going to class and then going home right after," Khosla said. "This school has so many diverse individuals to build connections with and start new friendships."

She said if elected as president she wants nothing more than to build a strong relationship with the student body.

"I am most passionate about helping my peers, what I'm working for is for their benefits," Khosla said. "I'm always going to put them first and in multiple ways, do my best to be there for them."

"I want to make an impact while contribut-

ing to their growth," she said. "There's only one me but a million of them so they come first"

Khosla believes her motto "#Lesstalking-moredoing!" represents all that she is about in terms of executing the necessary changes needed for the student government.

"A lot of people can talk, but I am all about action, and deliverance," she said. "The things that I am advocating for will hard without a doubt, I will try my hardest to implement them with this new role."

"I am advocating for students and their needs regarding bursaries, accessibility and medical plans just to name a few," Khosla said.

She said honesty is the best policy. People often hold high positions but when they cannot deliver promised changes, they do not tell the student body, Khosla said.

"You won't always get to fulfil what certain people want but I definitely know that I promise transparency at all times," she said. "Being transparent with the students even if the things that I promised cannot come to life, I will always be in constant communications to let them know what exactly is going on."

Khosla said not being transparent causes trust between student government and the student body to break down.

Khosla wants the student body to vote for who they feel have their best interest at heart.

"If you vote for me, I promise to have your voice heard," she said. "I will try my hardest to put all your concerns and needs into action."

ELECTION: Vice-President Lakeshore



Graham Budgeon

Budgeon is a second-year Bachelor of International Development student.

What inspired your decision to run?

Being a current Board Director with IGNITE - my core responsibility is advocating on behalf of the students. My job, along with other co-curricular/leadership activities such as being a Peer Mentor with FYE, requires me to engage proactively and interact with the student body.

What would you improve about Humber?

I personally want to take a grassroots approach in helping students. Improve IGNITE communications first so students are aware of absolutely everything Lakeshore has to offer. Improve the protection of student rights and advocacy, so when they face issues like the Strike Relief Fund, Food on Campus, or difficulties with Faculty, students don't feel helpless and powerless.

What is your favourite thing about Humber?

I love Humber College's Diversity. Diversity in programs, diversity in backgrounds, diversity in interests, diversity of campuses. Honestly, the more different perspectives, values, and beliefs on campus the better.

Name three characteristics that make you a good candidate for Vice-President.

Leadership, Commitment, and Empathy.



Layna Lubimiv

Lubimiv is in her fourth-year of the Bachelor's Child and Youth Care.

What inspired your decision to run?

I have been involved with the student union for just under 3 years. I have always seen myself as a passionate activist through all of my education, as I have typically taken on a student leader position within my communities.

What would you improve about Humber?

Communication can make or break group projects, networking contacts, relationships with peers and professors, as well as the relationship of the student to the student union. Mental and physical wellness is also a priority for my campaign. I am pleased to see this year, Humber implemented free counselling resources on campus for students, however I am sure many would argue this is not enough.

What is your favourite thing about Humber?

My favourite thing is the community of students. Without immersing myself into the opportunities that I shared in why I chose to run, I doubt that I would have met the body of students I have the privilege of calling friends, peers and coworkers.

Name three characteristics that make you a good candidate for Vice-President.

I am passionate, knowledgeable, resourceful, and honest.



Joshua Davenport

Davenport remained unavailable for comment as of press time.



Khatira Mahmoodi

Mahmoodi is a third-year Bachelor of International Development student.

What inspired your decision to run?

I worked with Student engagement department, International center as an international student Ambassador, IDW (international development institution), Leadership academy and currently, volunteering with FYE. My experience with all these departments inspired my decision to run for vice president. I want students to go to their student representation body without hesitating.

What would you improve about Humber?

I want to improve food services on Campus. I want our food to be representation of our diverse values. There is very less diverse options for food. The food is very expensive, many students have to work, study, pay for tuition, therefore, I want cheaper food with options Humber has great promotions but often these promotions don't reach students. I want to make sure students take advantage of the services.

What is your favourite thing about Humber?

There is many but a few include our very diverse campuses, the lake at Lakeshore if that counts and lastly, L building because it's 24/7.

Name three characteristics that make you a good candidate for Vice-President.

Open minded. Punctual. Fun.

ELECTION: Vice-President Guelph-Humber

Harry Carlisle

Carlisle is a third-year B.A.Sc Honours Kinesiology student.

What inspired your decision to run?

I am currently working for IGNITE as an Event Associate and I believe that they have had such a positive influence on students but there are things we can still work on.

What would you improve about Humber?

I believe that implementing renewable sources of energy and maintaining our current level of sustainability will cut costs of energy use. I would like to also add push activation buttons to all classroom doors so that those with accessibility needs are able to get into their classes without the need of others.

What is your favourite thing about Guelph-Humber?



I believe that our multiculturalism is something that should be celebrated. At the end of the day we're all students trying to do our best and make the most of our time on campus.

Name three characteristics that make you a good candidate for Vice-President.

Self-awareness. Respectful. My strong communication skills.

Maheen Nazim

Maheen Nazim is a third-year justice studies student.

What inspired your decision to run?

I didn't just want to see change happening on our campus, or wish for it. I wanted to be apart of it and lead it to the best future possible.

What would you improve about Humber?

There's really two main focuses on my campaign - academic related and non-academic. For non-academic, I want to make our resources more accessible and efficient. I hope to develop an IGNITE app, which can be a central hub for all thing Humber/GH. I want to create a larger Academic Program Representative group to give more students a chance to be involved.

What is your favourite thing about



Guelph-Humber?

My favourite thing about Guelph-Humber is the ability to integrate both academic courses and hand-on courses.

Name three characteristics that make you a good candidate for Vice-President.

I'm a great listener, great advocator, and great leader (and of course the amazing pink hair).

ELECTION: Vice-President North



Jason Hyatt

Hyatt is a first-year General Arts & Sciences Program student.

What inspired your decision to run?

I want to make students feel comfortable and confident enough to advocate for themselves. Every voice matters, and change can't happen if you don't speak up for what you want.

What would you improve at Humber?

I would like to implement a workshop for all students to learn about challenging homophobia, transphobia, biphobia, stigmas, racism, bullying, and safe ways to talk about these subjects and the processes in which to report them. I also want students to have access to reloading their Presto Cards since many students commute.

What is your favourite thing about Humber?

My favourite thing about Humber is that we're not just students or classmates, we are a community. If there is anything going on with our lives and need someone to talk to or listen there are centers and spaces for each and every one of us.

Name three characteristics that make you a good candidate for Vice-President.

With my four and a half years of serving in the Royal Air Cadets (700 David Hornell V.C. Squadron), I believe that it equipped me with the strong leadership skills, the ability to be open-minded to new ideas, and to respect people.



Kuljeet Singh

Singh remained unavailable for comment as of press time.



Jeremy Afonso

Lim is a second-year Business Administrative student.

What inspired your decision to run?

I was inspired to run for VP because I saw a lot of injustice being done last semester to students during the strike and even afterwards in terms of academic standards.

What would you improve at Humber?

I'd like to improve the academic guidelines set forth by professors in order to make sure students have a completely fair semester, increase the amount of study space on campus in order to better accommodate the growing number of students at Humber North.

What is your favourite thing about Humber?

My favorite thing about Humber has to be the overwhelming help that every facility within Humber offers towards all students. From all LRC staff to the Business School at Humber, I've always had a positive and uplifting experience seeking out assistance with any academic or personal situation encountered, and I think that is absolutely amazing.

Name three characteristics that make you a good candidate for Vice President.

I inspire confidence in others by having it in myself, very energetic, and extremely transparent with everyone.

ELECTION: Board of Directors

Students who sit on the board of director's attend 10 meetings throughout the year and vote on various issues.

Lakeshore

Christian Semerjian
Margarita Bader
Mashfiq Mawla
Nisha Haroon
Ostap Pavliuk
Vincent Logut

North

Ehinomen Idialu
Gohar Shah
Md Asaduzzaman
Parth Amin
Rohit Sharma
Shayan Shakil
Tashornna Simpson

Guelph-Humber

Amelia Savoie
Kendrick Tran
Kevin Siery
Michaela Wong
Nikki Sandhu
Niveedhika Ketheeswaranathan
Saffiya Lulat

Rose Bonello

Bonello is a second-year Early Childhood Studies student.

What inspired your decision to run?

I am running for many reasons, the main reason I wanted to run was to be fully involved in the process of making a difference.

What would you improve about Guelph-Humber?

The communication among the school as a whole, to create awareness for students in regards to what is happening both on an academic and social level, and to continue to advocate and implement new strategies to improve our ongoing issues.

What is your favourite thing about Guelph-Humber?

My favourite attribute about Guelph



-Humber is the ability it has to create a welcoming space. The school itself is a smaller environment but it never fails to amaze me what the people inside are capable of doing.

Name three characteristics that make you a good candidate for Vice-President.

I am determined, a good listener and organized.

ELECTION: Important Dates

NORTH ELECTION FORUM

Monday, March 5

11:30a.m. to 1:00p.m.

IGNITE Student Centre

LAKESHORE ELECTION FORUM

Tuesday, March. 6

11:30a.m. to 1:00Pa.m.

L Cafeteria

VOTING PERIOD

March 12 - 16

North, Lakeshore and Guelph-Humber campuses

Accessibility a hot topic during Guelph-Humber candidate forum

Caitlyn Clancey
NEWS REPORTER

The IGNITE Guelph-Humber candidate forum Thursday gave special interest to issues of accessibility and transparency.

Forum participants included the two presidential candidates, Allisa Lim and Monica Khosla; three University of Guelph-Humber vice president candidates, Maheen Nazim, Rose Bonello, and Harry Carlisle Swindall; and six of the eight Guelph-Humber nominees for board of directors.

The election hopefuls came together to share their platforms and answer questions given by the panel consisting of current IGNITE president Maja Jocson and the board of directors' chair, Nicholas Davenport. There was also opportunity for candidates to address student questions.

Issues brought up in the forum included accessibility and transparency in IGNITE, as well as academic concerns, parking, and student opportunities to have their opinions be heard.

Guelph-Humber vice president candidate Harry Carlisle wants to expand carpooling services and bring solar-panels to the GH campus. He also promises to implement push-activation buttons on every classroom door at Guelph-Humber to allow for easier access.

VP candidate Nazim proposed a three-pillar plan to build a community at Guelph-Humber with an emphasis on accessibility. She wants to make safety procedures more accessible to those in need.

"What I want to do is take the resources we have in school and make them more accessible now," she said. "We have safety procedures listed on the side of the room, but if you're in a wheelchair, you can't actually read them because they're high up."

VP candidate Bonello doesn't want to just see change, she wants to

be a part of it. That starts with better communication, she said.

Following the end of the strike last semester, Bonello said students returned to school uncertain if they would be able to finish the school year on time.

"Students have expressed their concern to me that they weren't sure of how they were going to handle this mentally and emotionally," she said. "I want to make sure that, with what we know and what we can find out, the students are also aware of this."

Khosla said her platform is all about accessibility, awareness and advocating for students.

"I will fight so that all Humber campuses, as well as Guelph-Humber, accommodate the accessibilities of our diverse student body," she said. "I will do the best that I can so we can fully become a barrier-free campus."

Lim, who is currently Lakeshore vice president, said she wants to increase opportunities for students on campus.

"We're really the voice of the students," Lim said.

Khosla was asked how she would achieve her platform promises and replied she's going to emphasize communication. She said that by taking the time to talk to students rather than handing out surveys shows you actually care.

The panelists then asked the presidential candidates how they would use their platform as leader to ensure accountability in all IGNITE roles. Khosla said she would hold smaller meetings so opinions can be heard because big groups prevent some people from speaking up.

The role of president is to instruct their team and teach the executives what steps to take to see their projects realized, Lim said. It is up to the president to ensure their team is staying on track and utilizing all resources to be successful, she said.

"It's so important that you're ac-



CAITLYN CLANCEY

IGNITE presidential candidates Allisa Lim and Monica Khosla at the University of Guelph-Humber candidate forum Thursday, where accessibility and the inclusion of Guelph-Humber students were discussed.

countable for your own team," Lim said. "We all have to be accountable for each other."

Lim said her top priority as president would be teaching new executives how to excel in their roles and be able to lead their own projects.

"I want to make sure their projects are supporting all students," she said. "Not a project that's for their own needs but on behalf of others."

Khosla's top priority as president would be giving transparency to IGNITE. After working at the organization, she said she's met many students who are unaware of what IGNITE can do and what they offer.

"If you're the leader of a student body, you need to make sure that population knows what you and your team are going to be doing,"

Khosla said. "Students aren't aware of (events) going on."

Part of the issue with IGNITE events held at Guelph-Humber is they're always held on the first floor, Khosla said. Most people don't know about these because more time is spent on the second floor. She would like to bring these events to spaces where people are, she said.

Lim said the issue of transparency concerns the IGNITE budget and the students. Executives work on something called "fee protocol", she said, which allows students the chance to understand what their tuition goes towards. Executive videos, which IGNITE just launched this year, also tell students what the student government is working on, she said.

When questions were opened to the forum audience, a member asked the candidates how they would ensure an IGNITE presence at the Guelph-Humber campus. Khosla said she feels many IGNITE events are held at the North campus and would change it so events were divided equally among all Humber and Guelph-Humber campuses.

Lim said she would utilize student feedback and work with her team to change their methods.

Another candidate forum will be held at North campus on March 5 in the Student Centre and at Lakeshore on March 6 in the L Building cafeteria. Voting will open the week of March 12 to March 16, when the polls will close and winners will be announced.

No Orangeville candidate in IGNITE election, again

Olivia Levesque
NEWS REPORTER

Another IGNITE election and another year without an Orangeville campus candidate for the student government.

Students at the satellite campus haven't shown interest in candidacy for years, troubling the student organization.

IGNITE President Maja Jocson said her staff is actively trying to engage with students from the Orangeville campus, but so far they haven't been successful. Though the predicament is troubling for the student government, Jocson says the lack of involvement falls at the student level.

"It's hard to advocate for someone when you don't know what they're going through," Jocson said. "Being

a student, I can advocate on their behalf just on general student issues, but when it's specific to Orangeville that's when I think, 'how can I understand when I'm not from there.'"

One seat is reserved on the IGNITE Board of Directors for an elected Orangeville representative, but in the past few years the seat has remained vacant. Jocson said the seat will always continue to remain open to candidates, even after the election period.

Orangeville Campus Director Joe Andrews said he recognizes why students are rejecting the responsibility, even if the role doesn't begin until the new academic year.

"We haven't had anyone who wanted to step forward, looking at the commitment and primarily looking at the fact that we have a compressed semester," Andrews



OLIVIA LEVESQUE

IGNITE campaign posters are filling the walls all over Humber's North campus for the IGNITE elections.

said. "Students are really focusing on their academic commitments right now."

Andrews said a large population at the Orangeville campus is made up of mature students. He said students with young families don't often have time for student politics.

Brittney Davad, a third year ear-

ly childhood education student at Orangeville, said student fees paid to IGNITE is a waste for students at the satellite campus.

"Orangeville students get left out and many students don't want to engage in things like the elections," said Davad. "In my opinion Orangeville students pay a lot of mon-

ey and we don't receive half of the things North and Lakeshore have."

Candidate forums during the election period have been scheduled at the Lakeshore and North campuses and the University of Guelph-Humber, but there are no foreseeable forums scheduled at the Orangeville campus in the coming weeks.

Baking students whipped up to win Skills Ontario competition

Michelle Neha
BIZ/TECH REPORTER

Cakes aren't the only thing getting baked on campus.

There are miniature French pastries, chocolate bon-bons, mousse cake and sugar show pieces are being created by the students of Baking and Pastry Arts Management for the Skills Ontario competition this May.

The Skills Ontario competition set this year's baking theme, the Nature and Wildlife of Canada, along with a long list of rules and ingredients. The contestants began to work within those restrictions to learn time management and recipe development.

But the challenge has just begun. "They practice once a week for the first couple of months, as we get closer to the competition we will increase it to two times a week, in the last month we start doing full day trial runs," said instructor Chef Susan Joseph. "So, they know what the timing is going to be for the competition."

She said the diploma students need to have an excellent sense of pastry applications and hand piping skills for this competition. They have to use a variety of different mediums to create artistic show pieces during the eight-hour long competition.

"You have to find your recipes that you want to use and then you got to practice the recipes to make sure they make just the right amount," said Stefanie Francavilla, a second-year pastry student and second time contestant.

"There's quantities saying how much they want of everything," she said. "You want to make sure you don't have any excess cause you lose marks for any excess ingredients that you use, for wastage."

The competition critiques students' resumes and stages mock in-



Baking and Pastry Arts student Stefanie Francavilla trains for the Skills Ontario competition in May.

terviews to verify their professional attitude, respectfulness, thoughtfulness and awareness, Joseph said.

Francavilla said Humber pays for all the ingredients the students practice with. They try and order only what is needed for the next week and sell the pastries as part of the items sold at Gourmet Express, a student-supplied café at North campus. This also helps keep tuition costs manageable.

Expectations are high as this is the qualifying year for the Worlds Skills competition. Humber is espe-

cially whipped to win.

"We're going to give them as many resources as we can so that they can make it and be successful," Joseph said.

Francavilla says she's ready to excel. "This year I'm hoping to do better," she said as she added the finishing touches on a practice cake. "Ideally, top three would be great, but definitely top half for sure. This year I'm much more focused and I've had a lot more practice with things."

ALL PHOTOS BY MICHELE BASTIAN



Stephanie Francavilla's creation for the Skills Ontario baking competition.

Fundraising for student scholarships

Harmanjeet Singh Gurm
BIZ/TECH REPORTER

Humber launched its annual Humber Gives fundraising campaign to help build financial support for students.

"Humber Gives is an annual internal fundraising campaign, where we are looking to support Humber's initiative for raising money for the students and providing the financial assistance through scholarships and awards," said Cynthia Luey, annual giving officer with Humber's Advancement and Alumni office.

"During Humber Gives campaign we are focused on reaching out to Humber staff and faculty," she said.

Luey said donors on campus include President Chris Whitaker, deans and faculty members, "and we invite and encourage all Humber employees to get involved."

Risha Toney, a former Humber student and a recruitment advisor with the college's Office of the Registrar, said the importance of a donation on a student's life gave her the

inspiration to support the fundraising drive.

"My inspiration to support Humber Gives comes from the fact that

“

When I was a student, I always thought that one day I will be the one who will be giving back and when I had the ability to do so.

Risha Toney
RECRUITMENT ADVISOR

I was a student here and I received scholarships and support from the college and this left a lasting impact on me," she said.

"When I was a student, I always thought that one day I will be the one who will be giving back and when I had the ability to do so, that was when I started to provide the

support to the students," Toney said.

Linda Chao, associate director of International Recruitment and Market Development at Humber, said students are on their own after finishing high schools and many need a helping hand.

"Students have to earn money to pay for their tuition and rent," she said. "I have been in Humber for last 13 years and I have witnessed a lot of (students) struggle, which is the reason I prefer the payroll deduction to give some money back to the students."

Luey said donations toward scholarships and awards are open year-round.

"However, we have the campaign period, which happens every year for the certain duration and this year it will be on until the end of March," she said.

"When we launch into a campaign mode, it's basically to spread the awareness so that more people can make their contribution toward the student scholarships," Luey said.



HARMANJEET SINGH GURM

Cynthia Luey, Humber's Annual Giving Officer, poses at the launch of the Humber Gives fundraising campaign.

Lakeshore grooves to Humber R&B music showcase

Damian Ali
ARTS REPORTER

Even a five-week college strike can't stop the funk.

Performances featuring student musicians in Humber Lakeshore's music program that were scheduled for last term but postponed because of the five-week faculty strike took centre stage on Feb. 23s.

Music instructors Mark Kelso and Will Jarvis led their respective student bands Groove Merchants and Rhythm'N Soul to put on an energetic show at the campus.

Students were mentored through a variety of practical musical experiences, allowing classes to become "living labs."

"The group has really come along nicely," Jarvis said. "With the strike and everything with the extra pressure being put on students due to that strike, they've really come through and given it all their energy."

This year's showcase was of particular importance to all involved because of the effects of last year's Ontario college-wide strike that lasted five weeks.

The 2017-2018 Humber R&B showcase was supposed to happen last October or November, said third year music student Julien Laferriere. The strike, however, delayed the entire production and required extensive revisions, he said.

"Now we're here and it's still happening but I think music students

got the worst end of it because everything is scheduled week by week in the entire semester," Laferriere said. "A lot of people dropped out because they lost a lot of stuff."

Shifting responsibilities and taking on new deadlines felt like a burden at times, says third year music student Harold Camacho.

However, the ability to finally perform felt like a weight off students' shoulders, said third year vocal music student Nathan Frimpong.

The strike delayed the process of being able to perform earlier and created an extremely tight schedule with limited time to rehearse, he said.

The chance to finally put on a show was more important than just an academic level, Frimpong said.

Being able to prove not only to his peers who he spent the last frantic months with but to himself that he was capable of breaking out of his shell was personal, he said.

"To me, tonight's showcase was finally an opportunity to break away from shyness because it makes a difference at the end of the day," Frimpong said.

Having the showcase come together in spite of the college strike and execute an extraordinary performance demonstrated the ambitious vision of the School of Creative and Performing Arts, Jarvis said.

"The showcase gets better and better and we reach a higher level



The band members of Marl Kelso's Groove Merchants take center stage. (From left) Shirsha Chakraborty, vocalist; Gabby Rodgers, vocalist; and Marko Stojanovic, guitar player.

every time," he said. "The students put more into it, the music is a little more difficult every year but we rise to the challenge every year."

ALL PHOTOS BY DAMIAN ALI



Nathan Frimpong putting on a solo act for the Humber R&B showcase.

OPINION

Black Panther: Marvel's first successful opera for modern eyes

Clement Goh
NEWS REPORTER

For both Marvel fans and a community made proud, Black Panther is a movie many have been waiting for.

It's also been ten years since Iron Man (the first MCU film) came out in 2008. As an audience, we followed the franchise until it was self-sustaining enough for it to introduce new heroes with a snap of a finger.

That loud snap was heard in Captain America Civil War, when Black Panther was introduced with his background established. Skipping the origin story also means we can dive straight into his world.

Set after the wacky Avengers-fest, audiences get to follow T'Challa (played by Chadwick Boseman) when he returns to his home of Wakanda. We're transported away from familiar parts of the world, opening our eyes to a unique setting and providing us with an escape in our seats.

Like the fictional East African nation, the film takes us far away from the old-fashioned concrete setting, and into a kingdom where its cultures turn viewers into observers.

Effectively, we become mesmer-



Actor Chadwick Boseman and Director Ryan Coogler at the premiere of the new Marvel superhero film 'Black Panther' in London on Feb 8, 2018

ized by the marriage of a technological city, surrounded with the serene peace of African landscapes.

Marvel's attention to detail doesn't end at giving audiences mesmerizing visuals; its core comes from how faithful it is in bringing

T'Challa's traditions to life, while having it drive the story forward.

Compared to Marvel's entries into different genres, Black Panther uses its kingdom to tell a drama with internal power struggles and tragedy.

T'Challa is still coming to grips with taking the throne, while enemies from the outside world force him to take the mantle.

Along the way, T'Challa's responsibilities as a king see him upholding the ways of his culture. This gives us a glimpse into various real-inspired rituals including "Engolo", a ceremony by combat that also plays a significant part in the movie's action.

In spending our time in Wakanda, we're also bound in observing African concepts, such as life after death and the symbolism of the panther as the spiritual protector of Wakanda.

This representation stays with viewers when the film decides to step outside of Wakanda, and Marvel further focuses on social issues that touch on marginalization and refugee aid.

As a result, the story is made more compelling when it identifies real-world problems as another conflict.

Once we learn more about the tragic origin of Erik Killmonger (played by Michael B. Jordan), the film also creates a character that we sympathize with. The impact is weighed by a heavy performance from Jordan when the film dives

into his personal motives.

Black Panther still feels like a Marvel movie. With less banter than previous heroes, the film goes back to its feelings of telling a solid tale while still giving a chuckle to audiences.

Consciously, it's aware of its significance, giving enough subtle humor for audiences to enjoy while taking the movie seriously.

Comic book characters like Ulysses Klaw (played by Andy Serkis) have a chance to satisfy fans, while some eagle-eyed fans might spot some key references for the anticipated Infinity War.

When the credits begin to roll, you might want to be patient and enjoy a bit of the soundtrack before memorizing two of the movie's post-credits scenes (wink-wink, nudge-nudge).

As an opera, Black Panther masterfully uses its two-hour runtime to create something that departs from a common formula, staying true to its roots to tell a unique story while satisfying the most devoted fans who have waited for this long.

After 17 films, Marvel has finally come full-circle in diversifying its genres, using its art to imitate life in the process.

EDITORIAL

Journalistic freedom is being threatened by murder and mayhem

It was a sad day for journalists all around the world on Sunday after learning one of their own had been killed.

An investigative journalist and his fiancée were found shot dead in their home in Slovakia on Sunday.

While it has yet to be confirmed, it is believed that the killing is linked to the journalist's last article. Jan Kuciak wrote about the Calabrian 'ndrangheta organized crime group and its alleged ties to Slovakia's prime minister and other government officials.

This killing has Slovakia and the rest of the world worrying about the status of the freedom of the press. If journalists are made to fear for their lives, how can the truth be uncovered?

This is far from the first murder of a journalist in recent times.

Maltese anti-corruption journalist Daphne Caruana Galizia was killed by a car bomb last year following her Panama Papers stories. Gauri Lankesh, an Indian journalist and critic of Hindu extremism, was gunned down in front of her home last September.

Gumaro Pérez Aguilando, a Mexican journalist, was shot dead

in front of a group of children at his son's school Christmas pageant last December. This marked the 12th death of a media worker in Mexico in 2017.

And who can forget the Charlie Hebdo murders in Paris, where 12 people, including cartoonists, editors and columnists, were killed in the offices of the satirical magazine in early 2015.

Freedom of speech and expression is every journalist's right in a democratic society. Yet in countries such as India, which is regarded as one of the largest democracies, this freedom is largely restricted. For this reason, journalists are often afraid to openly speak their minds.

As for Indian journalists in Canada, it becomes difficult to speak freely because they are used to conducting journalism in an environment that restricts freedom of the press.

While Canada has thankfully not experienced the murder of a journalist since 1998, we are not free from worry about the freedom of journalists to tell the important stories.

Last year, Canada dropped out of the top 20 in the Reporters With-

out Borders' World Press Freedom Index. We now rank 22nd out of 180 countries, dropping four places from the year before.

This ranking could surely be worse, but the fact that we are slowly dropping lower and lower on the totem pole is worrisome. Police spying and demanding for journalists to turn over confidential materials and reveal the identities of sources are to blame for this drop.

Ben Makuch, a journalist at Vice, has been ordered by police and the courts to hand over his communications with Islamic State militant Farah Mohamed. Makuch feels that being forced to expose sources and materials threatens democracy.

One of the most important jobs of a journalist is to protect their sources. If people are afraid to have their identities outed to police or the public without their permission, they are way less likely to come forward with information. This strips journalists of their ability to keep the public informed and knowledgeable about what is going on in the world around them.

The worry is that this will set a precedent for journalism in Canada,

where the government has the power to intervene and inhibit the free flow of information.

There is one bright reprieve in Canada, the Journalistic Sources Protection Act, passed last year. It's a new law which supports reporters' responsibilities in protecting sources. It's first application in a Quebec anti-corruption criminal case last month was a success when two reporters were not required to reveal their sources.

Also fortunate, there are organizations dedicated to protecting the freedom of the press. Canadian Journalists for Free Expression is dedicated to protecting both freedom of expression and access to information in Canada and around the world. Each year CJFE releases a review of the state of free expression in Canada.

Most recently, the idea of "fake news" and the increased surveillance of journalists were cited as major obstacles to journalistic freedom.

The Committee to Protect Journalists releases documents and raises awareness concerning missing, imprisoned and murdered journalists across the globe. It maintains "murder is the ultimate form of cen-

sorship." This is hard to argue with, as murder and violence permanently silences the voices of journalists looking to shed light on important issues.

While it's reassuring these terrifying events do not go unnoticed, it's disheartening that organizations such as these even have to exist in the first place. In a perfect world, free expression and freedom of the press would exist in every country and journalists would feel safe to report the news without violent backlash or censorship.

In order to be just to the journalistic profession, freedom of expression is the most important right to protect. Not only are journalists responsible for defending this freedom but the responsibility also lies with the judiciary to ensure journalists are able to exercise this right without fear of repercussion.

Not all countries afford their citizens the right to express themselves. But it's important that we do not become complacent. We must actively defend this right, and not allow journalists to be silenced, lest a story like Jan Kuciak's occurs in Canada.

OPINION

Extramural sports being put in varsity's shadow



Aditya Krishnan
EDITOR

The Ontario Colleges Athletic Association (OCAA) divides sports into varsity and extramural depending on the level of competition. This division creates an inequality between different sports in the Ontario college athletics system and makes some sports seem more important than others, thus creating a bias.

This leads to certain sports being more popular than others forming a hierarchy in the system. The importance of these sports over others can't be decided by the number of spectators. I feel each sport has its own place in the college system and none is less important than any other.

Varsity sports is considered to be the top-tier and the most competitive. Extramural sports are considered less competitive, while intramurals are held within the colleges for recreation only.

I don't see a purpose in dividing varsity and extramurals. Everyone

who competes in these two levels represent their college against other colleges with an equal sense of pride. But this is upsetting when extramural athletes see varsity sports and players get more attention.

I see no distinction in the level of competition in varsity and extramural games. When it comes to playing for a college team, each member is focused on winning. Representing the college at any event comes with an equal level of intensity and competition.

This league division creates a differential status between the sports and a feeling of inferiority among extramural players who train at a similar level to win tournaments for their colleges.

The OCAA's varsity sports hon-

athlete is a lesser one, or if a varsity player represents a college differently or why is a particular sport not considered varsity.

I also compete and win for my college. How is my level of competitiveness any less than volleyball, baseball, basketball, curling, soccer or any other varsity sport?

Dodgeball, cricket, hockey and ultimate frisbee are equally competitive, if not more. Basketball is in both leagues, which is curious. Varsity players are excused from tests in case of a game, while extramural players need permission to be exempted from tests in the case of a tournament. They also receive different kits from the Athletics Department for themselves along with

BEING AN OCAA LEAGUE PLAYER COMES WITH A PRIVILEGED STATUS WHILE AN EXTRAMURAL PLAYER STAYS IN THE SHADOWS.

ours players differently. At the end of each year, Humber College hosts an annual athletics banquet to recognize players and distribute awards. It acts as a meeting point where the athletes from different sports come together for a gala evening.

But there are different events hosted for extramural sports. Even at season's end, the athletes don't stand on an equal podium.

This leads to various questions among extramural players, including whether an extramural

other additional accessories.

Varsity sports also have a hall of fame, mentorship programs, therapy services as well as exclusive dressing rooms.

Being an OCAA league player comes with a privileged status while an extramural player stays in the shadows. The hall of fame wall with the pictures of all varsity athletes always creates a sense of self-doubt but it comes with belief that one day, extramural players will be up there in their respective sports cabinets as well.

It's about bloody time we got free menstrual products on campus



Rucha Devarchetti
EDITOR

The big "M" for most women and some trans people in the world is not men, but menstruation.

No matter how much we talk about it, the endless circle brings us to step one every time. The debate on this topic is resurrected every few months, very like the nature of menstruation. But given the way it is discussed, are we really doing enough to change the approach towards handling it?

IGNITE recently started distributing free menstrual kits on Humber's campuses. It is a great way of helping women during emergencies. This idea is one step ahead from decrepit tampon and napkin disposal machines that often do not work. With this initiative, Humber joins the list of colleges across Canada that have tried to ease the woes of menstruation on campus.

One of the reasons cited for this idea is to erase the negativity surrounding periods and open up conversation about them. Free tampons are the lat-

est to join the list of possible mascots for the period debate. The question we need to ask ourselves is does this change our current approach towards menstruation or are we just convincing ourselves otherwise.

We know of many instances where a woman's negative feelings are wrongly attributed to her period. "It's that time of the month" is a very common attempt to demean this uncomfortable process. Subconsciously, women often end up being portrayed as the weaker humans. This degrading image often adds more confusion than a solution to the problem in hand.

Maybe as women, we are used to compromising the way we handle our own issues is nearly dismal. Someone did something that will eventually affect my way of life, but in percolation, we lose out on a bit of dignity each time.

Instead of focusing on problems and what could divide us, let's instead look at how issues are all connected to each other. Women everywhere share similar troubles, despite their ethnicity and cultural beliefs.

Let's not let our confident self-image be marred attempts to make us look weak. What we need is encouragement to build ourselves an equal platform. We cannot be bound by our own shackles if we are aiming high. We need to pick goals and not stop until we achieve them.

Women have a tendency to relate to problems and offer support in times of need. We have a powerful network with each other without even knowing the people we interact with. But in the process, we will not let go of our dignity or forget our very core.

QUOTED DO YOU CARE ABOUT THE IGNITE ELECTION?

"I'm the executive of the 'D and D' club, so if they are changing the club's rules and budgets around, I'll care."



Everett Brown
ELECTRICAL ENGINEERING
3RD YEAR

"No, I have never been into politics and I really don't have any interest in the school's politics."



Jonathan Goitom
BUSINESS ADMINISTRATION
1ST YEAR

"I am paying attention. I have seen all the colourful posters. I don't know for who yet, but I am going to vote."



Cheyannah Jocko
PERSONAL SUPPORT WORKER
1ST YEAR

PHOTO OF THE WEEK HUMBER'S CRICKET TEAM COMPETES IN TOURNAMENT

I remember the days I used to wait for after I came home from school so that I can run down with my bat to play cricket until dark. Going door-to-door, I used to call all of my friends and we used to come up with all kinds of new rules to play in the street. These rules were made to ensure no one hits the ball too hard so that the car windshields and house windows do not break. Indoor cricket has a similar set of crazy rules and playing so far away from India brings back those memories of my favorite game, which I have been playing since childhood.

ADITYA KRISHNAN



Send your best photos to etc.humber@gmail.com or tweet us at [@humberetc](https://twitter.com/humberetc) for a chance to be published in next week's issue!

96.9 FM | radio.humber.ca

Another championship win in the books for women's volleyball team

Bobby Mihalik
SPORTS REPORTER

The Humber Hawks women's volleyball team are provincial champions. Again.

The Hawks came out victorious at the OCAA championships held at Centennial College in Scarborough last week after finishing the regular season with a perfect 18-0 record.

But the quest for gold isn't over as the team now sets its focus on the Nationals in Grande Prairie, Alta.

Defeating the Niagara Knights in the gold medal game on Saturday, the Hawks extended its record number of consecutive OCAA championships to 11, and their 13th in the last 15 championships the team played.

"We've been pretty lucky," coach Chris Wilkins said of his team's success. "We've been pretty fortunate for a while now."

Wilkins has been there for all of the titles, but the excitement of winning doesn't get old.

"Last year when we won, it felt great to win then," Wilkins said. "I thought 'that's a decade, that's great.'"

"But now we win this year, and it feels great as well. Every time it just feels good," he said.

The Hawk's tournament got off to a rocky start in the quarter-finals against the Mohawk Mountaineers. Losing the first two sets to



BOBBY MIHALIK

The Hawk's women's volleyball team celebrates after their victory against the St. Clair Saints in the OCAA semi-finals on Friday. Kyla Wilkins (No. 2) hugs Breanna Golding (No. 10), while players rush off the bench to join their teammates.

the Mountaineers, the Hawks were pushed to the brink of elimination before ultimately winning the match in five sets.

The quarter-finals match mirrored a tilt between Humber and Mohawk early in the regular season.

On Nov. 10, the Hawks also dropped the opening two sets to the Mountaineers before winning in five.

"That was one of the ones where we've been pushed the most, out of my four years here," Hawks libero

Kyla Wilkins said.

After surmounting Mohawk, the Hawks faced off against the St. Clair Saints in the semi-finals, winning in four tightly-contested sets.

Growing increasingly dominant as the tournament went on, the

Hawks met the Niagara Knights in the finals. This time the Hawks took care of business in three straight sets, highlighted by a second set blowout score of 25-7.

"I felt like as the tournament went on, we got a little bit looser, and we started playing our style of game, and things got better for us," Wilkins said.

For the Hawks players, being a part of the OCAA championship victory is incredibly special.

"I don't think I'll ever get used to that feeling of actually winning the medal," outside hitter Breanna Golding said.

"We've gone to work since training camp back in August, and it feels good and really rewarding to see everything come together," she said.

With another OCAA championship in hand, the women's team can now look ahead to the CCAA national championships.

Wilkins says his team is ready. "Of all the years, I think we're prepared the most this year," he said. "We've got a really good, deep team."

"We've got things to prove. We're not satisfied with just winning the OC," he said.

The CCAA championships begin March 8 with the Hawks facing off against Élans de Garneau of Quebec City.

Toronto Sports Summit focuses on 'ability through disability'

Mike Furtado
SPORTS REPORTER

Gold medal paralympic athlete Paul Rosen doesn't believe in barriers. He sees opportunities for inclusion in sports no matter the perceived disadvantage.

"We have an opportunity to [show] kids in this country, who are disabled, who are looked at like they're different, that they're not different, they're the same as us," he said.

Rosen was the keynote speaker at the Toronto Sports Summit held at Humber College last Saturday, a collaboration by the Toronto Sports Council, Toronto Accessible Sports Council, City of Toronto and Humber's school of Hospitality, Recreation and Tourism.

Rosen lost his leg in 1999 due to complications with knee replacement surgery but that didn't hold him back from pursuing a career in sport. He made Canada's Paralympic Sledge Hockey team at 40 and proceeded to play in the following two Paralympic games.

Rosen is now a motivational speaker and works closely with the City of Toronto and with programs that stress the importance of inclusion and diversity in sport.

"I want the people to understand ability through disability," he said.

Rosen said creating awareness and understanding through inclusion in sport is the main reason

that he speaks at numerous events for the city.

Jennifer Bennett, professor in Humber's Sports Management programs, said the planning of the summit was integrated into the second-year Sport Event Management class.

"They've been working with the partners, then liaising back to the students to help make this event work," she said.

The summit was originally supposed to be held in November but Bennett said the five-week college faculty strike last term put a halt on the entire process.

Second year sports management student Scott Hayden was one of the four chairs of the event. Both worked on this project since the beginning of September and were excited to see their hard work pay off.

"It's a first-hand learning experience, the experience of meeting people, the experience of attending meetings and planning an event is incredible experience," Hayden said.

The summit acted as a fundraising event that gives money to kids who can't afford to get involved in organized sports in Toronto. It also acted as a community building and networking event for anyone who is involved in sports programs and organizations.

Rosen recognized the summit succeeded at informing members



MIKE FURTADO

Paralympic Gold Medalist and motivational speaker Paul Rosen brings out his game worn Team Canada jersey from Canada's gold medal game against Norway in the 2006 Paralympic games during his talk on Saturday.

of the community regarding real issues affecting current societal issues in sport.

"We have to educate everybody and this is why this forum is fantastic, having it at an incredible

school like Humber which has so many different cultures, it really is a world class facility," he said.

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Et Cetera

SPORTS

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CENTENNIAL COLLEGE ALUMNI ASSOCIATION

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ALUMNI

ELEVEN IS HEAVEN

HAWKS SMASH THEIR WAY TO 11TH CONSECUTIVE VOLLEYBALL CHAMPIONSHIP

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