



Humber student started Toronto LOCO Roller Derby Feature on Page 15



Ahmed Tahir heads HSF executive for 2015-16

Winners espouse optimism, passion to lead students

Christina Romualdo
HSF REPORTER

The Humber Students' Federation elections have taken place, and the 2015-16 executive is poised to take office.

Ahmed Tahir was elected as HSF President for the 2015-2016 school year. The name may sound familiar because he's currently finishing his term as the VP Student Life for North campus.

Also elected to HSF's executive team are Ammar Abdul Raheem, a third-year student in the Business program at Guelph-Humber, as VP Student Life for North, and Andron McKoy, a third-year International Development student, as his counterpart-elect for Lakeshore.

Mikki Decker, a third-year student in the Family and Community Social Ser-



CHRISTINA ROMUALDO

HSF executive team for the 2015-16 school year (L-R): Mikki Decker, VP Student Affairs North; Andron McKoy, VP Student Life Lakeshore; Ahmed Tahir, President; Ammar Abdul Raheem, VP Student Life North; Anna Bilan, VP Student Affairs Lakeshore

vices program at University of Guelph-Humber, is the VP-elect of Student Affairs at

North campus, while Anna Bilan, an international student specializing in Accounting, is

her counterpart for Lakeshore.

The election results were announced on Friday, but for

some of the newly-elected executive, the good news still hasn't taken hold.

"It's still settling in, but I've been walking around with this massive smile and glow, so it must be real," said Decker.

Even though their elections were made official only a few days ago, it already seems as if they are all in sync.

"I had a moment of, 'This was meant to be,'" Decker said.

"Based on what we want to accomplish, we seem to be on the same page and we haven't even sat down and talked yet. So it's neat to know that already going into this position, there's going to be so much support and change based on everyone's needs and your own personal goals going to this," said Decker.

Their paths to the executive office differed, but all of them espouse a passion for student leadership and engagement.

"In first year, I used to go to class and go home, didn't really get involved," said McKoy. But there was this one girl on the HSF promotions team and she always made my day.

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Developmentally disabled welcome

Community Integration Through Co-operative Education program has warm place at Humber

Katie Pedersen
DIVERSITY REPORTER

While the end goal for most Humber College students is to get employed, for students enrolled in the Community Integration Through Co-operative Education program, it's a bit different.

They may be looking to better their social skills, to find volunteer opportunities, or to just enjoy the quintessential "college experience."

The CICE program is a college certificate program for adults with developmental disabilities, including autism, cerebral palsy and Down syndrome.

"This is an opportunity for them to come and experience post secondary life in all of its glory," said Rosanna To, CICE program co-ordinator. "The classes, the homework... the focus of the program is

the college experience."

In the Humber CICE program students explore vocational interests by shadowing other programs around the school like journalism, hospitality or business. They learn job-hunting skills and are referred to a disability-supportive employment organization where they will be teamed with a job coach after they graduate.

Mike Adair is a classroom facilitator at one of these employment agencies called Community Living Toronto. It's a non-profit -- funded by the United Way, the government and private donations -- that provides additional training to prepare people with disabilities for their specified workplace.

Adair said that choosing full-time work can be a complicated decision, not because individuals with disabilities can't handle it, but because

there may not be a safety net.

People with intellectual disabilities receive the Ontario Disabilities Support Program (ODSP) income support to pay for their cost of living. When they get a job, the amount of ODSP they receive lowers by 50 per cent of whatever they earn. Once they earn twice as much as the ODSP cheque, recipients stop getting these payments.

"In the past, it was very difficult to get back (on ODSP)," said Adair. "Getting a job meant you shouldn't be receiving these benefits when in fact there's such a grey area there. It used to mean, if you're employable, you're not disabled -- the two don't go together."

Adair said the government system is much better now. The person's name remains in the system and if they lose their job, they can quickly get back on ODSP. Many parents of disabled adults are wary of delays, however.

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KATIE PEDERSEN

Steven Magni, 21, is support staff for Early Childhood Education at Humber and recent CICE program grad.

Reggae, jazz stars at Junos

Mahnoor Yawar
ARTS & ENTERTAINMENT REPORTER

Humber stars shone brightly at the 44th annual Juno Awards held at Hamilton's FirstOntario Centre last weekend.

Internationally acclaimed pop reggae quartet Magic! led the pack with five nominations. They bagged two, including Breakthrough Group of the Year and Single of the Year for their smash hit "Rude." The song also earned the Jack Richardson Producer of the Year Award for its producer Adam Messinger.

"I knew it was a catchy song when I first heard it," said bass player and Humber alum Ben Spivak over the phone from Detroit, where the band is currently on tour with Maroon 5.

"But I never expected it to go number one on Billboard. That was crazy."

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Two hospitality students win top innovation award

Restaurant planners Ahrens, Emery take provincial competition

Christy Farr
NEWS REPORTER

Heidi Ahrens and Krista Emery, both Hospitality Management Hotel and Restaurant students at Humber College, have won the Restaurant Innovation Competition.

Markham restaurant Frankie Tomatto's sponsored the Ontario-wide competition for the second year boasting a top prize of \$3,000.

The eight finalists competed on stage at the Restaurant Canada show on March 2 at the Direct Energy Centre in Toronto.

"I have always said the winner of the innovation award will have the best resume in Canada and there should be a bidding war to hire those people," said Hal Roback, owner of Frankie Tomatto's and creator of the Restaurant Innovation competition.

Nicole Chuchmuch, an instructor in the Humber program and the competition's faculty advisor, said students had to come up with a business idea that would benefit the entire restaurant industry.

Ahrens and Emery competed against 19 others from a variety of colleges and universities.

Roback said the competition was a time-consuming, late night endeavor that will put them ahead of all other graduates and should make them eligible for the best jobs in Canada.

"I would much rather talk to the winner of the innovation award rather than someone who has a 4.0 grade average," said Roback.

Ahrens said people look down on colleges and that some say they should be going to university.

"Then, you know, all of a sudden – bam – colleges win," she said.

Ahrens said the duo's innovation is to create an amateur hospitality certificate program for students in high school to get them more aware of career opportunities in the food and beverage industry.

"Our program offers a one-week summer program with hands-on activities, learning from professionals in the industry and information about their different jobs as well as a wide array of different careers in the food and beverage industry," said Emery.

Ahrens said one of the



CHRISTY FARR

Hospitality Management Hotel and Restaurant students Heidi Ahrens and Krista Emery were the winners of the Ontario-wide Restaurant Innovation Competition on March 2.

goals of the competition is for young people to learn that jobs in restaurants aren't just part-time jobs or stepping stones to other careers.

Ahrens and Emery came up with their idea after applying what they learned at Humber.

"We learned in class about the top five problems in the industry and one of the issues is the shortage of skilled labour," said Ahrens.

There is a significant skilled labour shortage stretching from now and into 2030, said Chuchmuch.

"The girls felt we need to take a step back and start at grade school and high school to teach them that there are great careers in this industry,"

she said.

Ahrens and Emery say they had a lot of support going into the project, which contributed to their success.

"For us turning this into a business, I feel really confident that it's going to go well and is going to move forward," Emery said.

Ahrens said their program coordinator even cancelled class on the day of the competition so that all of the course's staff and students could attend to cheer them on.

"We had more support than any of the other schools did," said Emery.

Roback says Ahrens and Emery's idea was excellent and shows they think outside

the box. It is exactly what the innovative contest is about.

"The girls are very smart, very confident. They were able to ask questions and make up their own mind on things," he said. "They certainly had their own vision on what they wanted."

He said people like Ahrens and Emery are "sorely missing" in the industry and that people need to stick to their own guns and believe in themselves.

"Don't be a 'me too.' Don't be a copier, you have to be original. Even going into management. Keep on questioning why is it being done this way and what would be a better way of doing it," he said.

Art entries sought for Humber show

Art in the City theme carries cash prizes

Christiana Chan
NEWS REPORTER

The budding Picasso, the newbie art lover and everything in between are encouraged to submit their art to the 2015 Humber Art Show to win cash prizes.

Submissions will be accepted up to March 24 and winners will be selected on March 29.

"Art is often a display of emotion and personality, and the Art Show gives students the opportunity to display their talents potentially on a national level," said Rylee Strachan, a second-year Public Relations student who is chair for the Humber Art Show, responded in an e-mail.

Monochromatic photography, colour photography, drawing and painting, three dimensional art and mixed media are the five categories of art that will be judged.

"It can be anything from a photo to a black and white sketch. It's an opportunity for Humber students to show off their artistic talents," said Justine Robb, also a second-year Humber Public Relations student in charge of media relations for the event.

Students are able to submit up to two pieces of artwork under any category, as long as they have been created within the past year.

Cash prizes will be awarded to each of the five categories. First place will receive \$100, second place \$75 and third place \$50. Gift cards will be awarded to honourable mentions.

This year's theme is "Art in the City," but artwork being submitted does not need to follow the theme.

The jury will also be selecting five pieces to be submitted to the League For Innovation International Art Show Competition.

"It's a wonderful program that any student can submit art to, and I really like that," said Maggie Hobbs, a client for the Humber Art Show since 1983. "It's a wonderful way for us a community to get together."

Winners of the Art Show will be invited to attend the awards presentation reception on April 6, which will be held at the K Cottage at the Lakeshore campus.

Climate change to bring 'huge economic opportunities'

Former CIBC chief economist Jeff Rubin addresses Humber sustainability meet

Kaeleigh Phillips
ENVIRONMENTAL REPORTER

Keen business students listened intently as keynote speaker Jeff Rubin explained why a petro-based economy is not a sustainable for Canadians.

The second annual Humber sustainability conference held on March 18 featured Rubin, an author and economist, and Humber International Project Director, Kent Schroeder.

The sustainability conference was an initiative put on by the Humber Business School.

It is a three-year project

that emphasizes the three foundational building blocks of sustainability in business.

"We believe these are the three pillars in the business world," said Lakeshore Business program coordinator Suzanne Iskander. "We presented it from an environmental point of view. This year it's economic, and next year is social."

The conference included lectures by Rubin and Schroeder, followed by an open panel discussion and lunch.

Rubin wrote *The End of Growth*, which explores the economic impact of oil on the world's economy. The former chief economist at CIBC World Markets for 20 years argues that the end of cheap oil spells the end for growth.

Rubin brought up key points to consider in order to have a sustainable economic



Petro-currency has destroyed manufacturing. Ontario is a have-not state.

Jeff Rubin
ECONOMIST

model in Canada.

"Before you save the world, save your portfolio. Get your stocks out of carbon while you still have them," he said.

Rubin described that a more sustainable economic model was needed to create more stable economic growth in the future.

"Petro-currency has destroyed manufacturing," said Rubin. "Ontario is a have-not state."

Another factor that Rubin

emphasized was the government's involvement with the state of the Canadian economy.

"There are huge economic opportunities that climate change will bring," he said. "We can't explore those options right now because we can't talk about climate change."

Ken Schroeder, the other lecture speaker at the event is the International Projects coordinator at Humber Lakeshore campus and completed his PhD thesis on the economic model of Bhutan.

Bhutan employs a very different model to their economy and politics than Canada, using a phenomenon called the Gross National Happiness Factor (GNH).

The Gross National Happiness Factor uses 33 indicators to measure the happiness and well-being of its citizens to

ensure better quality of life.

"Bhutan is not a sustainability utopia. But Canada should be taking steps in the same direction as this country," Schroeder said.

Schroeder further emphasized this model could change power dynamics and promote sustainability in business because different values would enter into the Canadian economy.

Iskander said the sustainability conferences move towards helping students consider sustainability in their business pursuits and gain perspective of different ideologies towards building a better world.

"We are arranging the deck chairs in a sinking ship with our environment. If we don't do something very soon, it could get very scary," Iskander said.



CHRISTINA ROMUALDO

Newly-elected Humber Students' Federation President Ahmed Tahir has a laugh after election results are announced. This will be Tahir's second year as an HSF executive.

New HSF executives ready to rule

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"I thought, you know what, I want to do that, I want to make someone's day better," said McKoy.

Mental health and wellness seems to be a key goal for these newly-elected executives.

Decker, who is a transfer student from Durham College, made the issue a central point to her campaign. She takes the issue to heart, having revealed during her acceptance speech that she has struggled with mental wellness.

She has specific ideas on how to address the topic, from running awareness campaigns to implementing peer support groups on campus.

"It would just be another way of having a form of connection on campus and a form of reassurance that you're not the only one. It would be amazing to have support groups on-campus for students led by students," said Decker.

President-elect Tahir also addressed mental health and wellness through his platform points of creating sleeping lounges and advocating for a Fall Term reading week. He has also worked on the issue through his current position of VP Student Life for North.

"As an organization this year, we really decided that

we're going to focus on mental health in a much bigger way next year," said Tahir.

"This year, we took the month of February to focus on mental health and pushed it so that people knew that mental health is important," he said. "Next year, we're going to have things going on all year long because mental health issues don't just happen in February.



We're going to focus on mental health in a much bigger way next year.

Ahmed Tahir
HSF PRESIDENT-ELECT

"They may be more prevalent in the winter time, but they happen all the time," Tahir said.

The issue ties into Bilan's platform of promoting a healthier campus.

For Bilan, a gymnast who works for on-campus Athletics, active living is a way of life.

"I follow a healthy lifestyle and I thought that it can be great if we can implement that at the college," she said.

"I see people buy pizza and unhealthy stuff and it doesn't benefit us," Bilan said.

VP-elect of Student Life for North Abdul Raheem is on board as well.

"I think it's great that Milkki and Ahmed both said that mental health is one of their biggest issues," he said.

"With student affairs and student life, there has to be that cooperation and well, how do I run events that will highlight some of the things that student affairs feels strongly about?" Abdul Raheem asked. "For me, it's my responsibility to really coordinate with student affairs and say, 'How do we highlight these issues?'"

It's evident this executive is ready and raring to go. Unfortunately for them, they still have more than a month until their term officially starts.

That time, though, is short and, as Tahir will tell them, all the more important.

He has some advice for newly elected executive: "I'd tell them that a year is super, super short and being an executive is about executing and getting things done.

"Be focused on what your end goal is, because sometimes you want to get like ten things accomplished, but it's better to get two things accomplished beginning to end and have them ready to go rather than having ten things half-accomplished," Tahir said.

First responders team with Rumball Centre for Deaf

Workshop trains Humber crews in use of sign language

Katie Pedersen
DIVERSITY REPORTER

A man walks into the Bob Rumball Centre for the Deaf to pick up a deaf man. He starts yelling "Andrew! Andrew!" at the deaf man to get his attention.

"He can't hear you," says the woman at the front desk.

Sadly, this is not a joke.

Few people outside of the deaf community know how to communicate with the deaf. In everyday interactions, this disconnect could mean isolation, segregation, and miscommunications.

In an emergency situation, it could mean the difference between life and death.

That's why Humber College has partnered with Toronto's Rumball Centre to create a workshop that trains first responders in basic American Sign Language (ASL) as well as

strategies for communication.

First responders will also get a basic understanding of deaf culture.

Paul Ward, Humber's director of continuing education, approached the Rumball Centre last year and they built the workshop from scratch. Ward said there's nothing else like it available to first responders.

"There's printed material, some YouTube stuff, but in the sense of a workshop this is the first one that's been developed in Canada," Ward said.

Lisa Faria, 35, Sign Language Services coordinator at the Rumball Centre, teaches the workshop. She and her hearing-impaired colleagues have run into problems with first responders many times, she said.

In one instance, Faria's deaf friend had to go to the hospital but there was no interpreter there. Luckily, a hearing friend had brought her there and could interpret the interaction.

"The nurse was actually

planning to give the individual a type of medication that they were allergic to," Faria said. "It's a good thing there was a friend there to pass that information on."

Medical emergencies can be challenging for both the deaf patient and the responder. Justin Robinet, 29, has been a primary care paramedic with Toronto EMS for the last six years and has received many calls involving deaf patients.

"I usually just use body language. If I have a piece of paper I'll write all my questions down, or I'll type them in my phone. It makes it more difficult," he said.

Robinet says he hasn't received any formal training on how to deal with the deaf in an emergency. Some of his co-workers have taken courses in sign language but nothing first-responder-specific.

"You don't want to walk up behind someone who's having a heart attack and scare them – you're going to add that much more anxiety to the situation," he said.

One of his biggest challenges was responding to a call with a deaf-blind patient. His partner originally thought the patient was non-responsive and was waving his hands in front of the man and shouting before he realized the patient was deaf-blind.

"The whole time in the ambulance (the patient) was unable to communicate," said Robinet. "The patient kept grabbing my partner's hand and trying to sign to him but he couldn't understand that kind of sign language."

Police can also misinterpret a situation when a deaf person is involved. Faria has been on the scene when a deaf person was arrested and witnessed the challenges.

"They'll mistake the deaf individual's expressions for anger or a different emotion but the expression is part of our language. We're not mad, we're just trying to figure out what's going on," said Faria.

She said simple things like handcuffing the suspect in front of them instead of be-



This is the first of its kind in Ontario. I'm so happy to be a part of this.

Lisa Faria
ALS WORKSHOP TEACHER

hind so they can still communicate will help the situation.

Faria said she teaches these types of situational strategies in the workshop.

"It's time for something like this to happen," Faria said.

Only six people participated in the first workshop at the beginning of March, but the program received glowing testimonials from participants. Ward said it has great potential for growth with a bit of advertising.

"Where we foresee this going is that the police departments and the fire departments will start offering it on site. We see it going beyond Toronto," Ward said.



KATIE PEDERSEN

Lisa Faria, 35, teaches the ASL workshop for communicating with the deaf in emergency situations.

"This is the first of its kind in Ontario. I'm so happy to be a part of this," Faria said.

Both Faria and Ward said they are expecting a much bigger turnout for the next workshop scheduled for April 18 and 19. Information can be found at <http://www.humber.ca/liberalarts/continuing-ed/workshops>.

Students run a higher risk of excess drinking

Campus LinX Lounge claims policies to help protect patrons

Jessica Tedesco
NEWS REPORTER

College, St. Patrick's Day and beer. A recipe for either a lot of fun or trouble.

Humber posted an online reminder to students to drink responsibly on St. Paddy's Day earlier this week. It was a tacit acknowledgement that excessive drinking can become a common part of college life, and sometimes it's difficult to keep alcohol consumption at a safe level.

Statistics show the campus environment can encourage a heavy drinking culture.

The most recent survey of Canadian campuses in 2004 by the Centre for Addiction and Mental Health found young adults attending a postsecondary institution are more likely to engage in risky drinking than their peers who are not in school.

Statistics Canada reports that one-third of Canadians aged between 18 and 24 drink heavily (five drinks or more in one session) once a month.

There are measures in place to enforce responsible

drinking on campus.

"To ensure safe drinking at LinX, we ask that all employees have their Smart Serve certification even if they are not serving alcohol," said Ian Archer, second-year student in the Hotel and Restaurant Management Program at Humber North and a LinX pub bartender.

"As floor staff it's important to know signs of intoxication to catch a small problem before it becomes a bigger one," said Archer. "The responsibility is 100 per cent on the bartender that serves the alcohol, but as a floor or door staff, it's also their responsibility to be the eyes of the room."

Practices in place at LinX to prevent excessive drinking include offering water, slowing service, offering lower alcohol content products or suggesting a single instead of a double, he said.

"Rule of thumb is, if you got two hands, I'm only serving you two drinks at a time," said Archer.

Consequences for intoxication on campus is specific to the incident, said Rob Kilfoyle, director of Public Safety and Emergency Management at Humber North campus.



JESSICA TEDESCO

LinX Lounge hosted a big party on St. Patrick's Day last Tuesday, with an Irish theme. Staff at North campus student pub maintain they monitor intoxication level of student patrons.

“Rule of thumb is, if you got two hands, I'm only serving you two drinks at a time

Ian Archer
STUDENT/LINX BARTENDER

"We do run into incidents where we find students who are under the influence of alcohol and our first priority is always their safety," said Kilfoyle. "If someone is intoxicated at the LinX pub and they're asked to leave or are refused service, there really is no discipline for that."

But if they get into fights or other inappropriate or unwelcome behavior there may be sanctions for that, he said.

The concern increases when students are turning to alcohol consumption during class hours that may lead to excessive drinking, affecting academic performance.

"Personally I bartend Friday mornings, and it's not uncommon that I'll have a lineup at 11 a.m.," said Archer. "It's also not uncommon for students to skip class for a drink or two."

Humber Travel and Tourism Business Management and Event Planning student Anthony De Stefano said he drinks on campus during class hours two to three times a week.

"I do believe having a pub on campus can lead to students drinking excessively due to some students being on campus five days a week," said De Stefano.

To help people manage these risks, a team of independent Canadian and international experts developed low-risk alcohol drinking guidelines.

The key is moderation and knowing when enough is enough.

Kilfoyle said while college environments can encourage a heavy drinking culture, Humber stands out among other postsecondary campuses.

"One of the great differences between the LinX pub and any other university or college pub is that LinX isn't driven by profit so there's no expectation to sell, sell, sell in order to maximize revenue," said Kilfoyle.

"It is very much a team effort to ensure safe drinking on campus," said Archer.

Photo exhibit underlines social justice role of the art

Amy Wallace
NEWS REPORTER

The 100 black and white photographs depict global disasters, poverty and cancer. They depict happiness and sadness.

Humber's L Space Gallery and the School of Social and Community Services has partnered with PhotoSensitive to present Picture Change, a photography exhibit.

PhotoSensitive is a non-profit group of Canadian photographers, who use photojournalism for social change and social justice. The collection of work shows how photography has the potential to make a change in the world.

"Our visual perception perceives knowledge faster than text, and the ability to see something and want to learn more about it is very quick to resonate in our minds," said curator Tara Mazurk.

"Photojournalism has been used throughout history to capture inequalities and disasters around the world which then prompts different organizations or people to create movements around that," she added.

Photojournalist Boris Spremo captured an image of Africans suffering during a 1974 famine. The image was published in the Toronto Star, which prompted the Canadian Red Cross to take action.

Tours are offered for students from the School of Social and Community Services, so they can take their learning outside of the classroom.

Students are able to have critical discussions about what they see in these images and how it relates to their studies, said Mazurk.

Natalie Blake-Noel, a social service work professor, said that the exhibit allows students to connect content and theory to a physical space.

"I'm always wanting students to shift their thinking, to take their thinking much deeper than what they're used to, and hopefully by being inspired by art," said Blake-Noel.

Shantel Devonish, 23, a first-year social service worker student, was struck by a photo taken by Phil Carpenter. The image is of a breast cancer survivor, who bares her scars just two weeks after both her breasts were removed.

Picture Change runs until March 26 at Humber's Lakeshore Campus, A Building, Room 170.

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Aboriginal two-spirit people take place in LGBT+

Katie Pedersen
DIVERSITY REPORTER

The LGBT+ community has added more and more letters to its acronym over the last several years as more gender identities and sexual orientations gain a presence. But what is the numeral in 2Spirit for?

Beyond the plus sign, the letters designating the queer community change from publication to publication, from LGBTQQ to LGBTTQQIAAP to LGBTTIQQ2S. The acronyms refer to lesbian, gay, bisexual, transsexual, transgender, queer, questioning, intersex, asexual, allies, pansexual and two-spirit. Transgender is different from transsexual. Intersex is different from asexual. Questioning is different than bisexual.

Most of these letters identify either a sexual orientation like gay or lesbian, or a gender identity like transgender or intersex. But two-spirit is a bit different.

Two-spirit is the English term for a phenomenon that has lived in aboriginal culture for centuries. Craig Waboose, a 26-year-old paralegal student



KATIE PEDERSEN

Craig Waboose, 26, is a two-spirited student at Humber College who works in the Aboriginal Resource Centre. He says two-spirited people defy traditional Aboriginal gender roles.

at Humber who works in the college's Aboriginal Resource Centre, said that in First Nations' cultures, gender roles are generally fixed.

"We do have various roles assigned to men and women," he said. "In our ceremonies, males are the fire-keepers at our powwows, meaning they have to tend to the fire and make sure that it's burning bright.

"For sweat-lodge ceremonies we have women who carry the water to the fire so that way we can use it in a sweat house," said Waboose.

He said a two-spirited person is an individual that defies gender roles in some way, but not necessarily in all ways.

A two-spirit individual, embodying both the male and female spirit, may be a homosexual or transgen-

der person, or they may be heterosexual and cisgender (their gender identity matches their assigned gender).

Art Zoccole is the executive director of the Two-Spirited Persons of the First Nations – an organization that primarily aims to raise HIV and AIDS awareness and support in Aboriginal communities. He said being two-spirit can be as simple as a woman in the tribe

wanting to be a warrior, which is traditionally a man's role.

Zoccole said the two-spirit population didn't always face discrimination in society.

"In the past, if a woman wanted to be a warrior, that was totally acceptable," he said. "If a male wanted to assume female roles, then that was totally acceptable too.

"I always say that there was no homophobia in Aboriginal communities prior to colonization."

Although this is a bold statement, Waboose agrees that colonization degraded the two-spirit community's place in society.

"When first contact happened with the Europeans, the Eurocentric ideology swept through the nation and that tide turned against us," he said. "Over time we were persecuted."

He said the term "two-spirit" varies in different Aboriginal communities but there is often a common idea that the individual has been born with two spirits — one that conforms to their designated gender norms, one in defiance of their gender.

"We look at everything from a spiritual perspective," said Waboose. "I am two-spirited so I look at myself as having both the male aspects and female aspects so I can look at two sides of an issue."

The two-spirit community's fluid view of gender identity and sexual orientation is appealing to other members of the LGBT+ community that often find themselves on the polar end of a binary.

"I would totally identify as two-spirited if I didn't feel like I would be (appropriating) someone else's culture," said Hadley Bird, a 21-year-old Humber student who is both transgender and bisexual.

It seems he's not the only fan of the two-spirit culture. Last year, at World Pride 2014, Pride Toronto organizers chose Zoccole's organization to be the "honoured group" which meant they got to be at the front of the parade.

Waboose is helping with the two-spirit effort at Pride this year and said they will be incorporating gender and cultural aspects into the float to truly represent their unique identity.

Struthers lecture extols forgiveness

Veronica Appia
NEWS REPORTER

A man hugs the person who murdered his sister.

That's the image Humber College student Brooke Richards, 18, has when she thinks about forgiveness.

It is a story she heard from a patron at her church – one she will likely never forget.

"I thought, 'Wow, after all that he can physically touch the guy that hurt him,' " said Richards. "I was really shocked. It showed a lot of strength."

Richards said the gesture of reconciliation between the man and his sister's murderer is something most people would find difficult to accept.

But a transgression between two people doesn't have to be as monumental as murder to pose a challenge, said Ward Struthers, a psychology professor from York University.

He said even the smallest wrongdoings could pose great difficulty for people in terms of forgiveness.

Struthers is invited to Humber College as a guest

speaker on March 26. Part of the President's Lecture Series at North campus, Struthers will be outlining his research on relationships and the power of forgiveness.

"I'm hoping it'll give (students) a deeper understanding of why sometimes it's difficult to forgive and why sometimes we pursue more unforgiving responses," he said.

It is often assumed the perpetrator holds the power in a confrontation. Through his research, Struthers brings to light the power the victim holds.

"If I'm in a situation with a person and I have more power over them, I'm much more likely to seek revenge than to forgive them," he said. "If I don't have power I'm actually much more likely to hold a grudge against them."

When people apologize, revenge and grudges are much less probable, and more often forgiveness is achieved, Struthers said.

Struthers studied social psychology and as a graduate student and post-doctoral student he was driven by a theory called social motivation.



VERONICA APPIA

Ward Struthers, a psychology professor at York, will be speaking to Humber students about forgiveness on March 26.

"The theory says that after a negative event, we have two dominant responses: a positive response and a negative response," he said. "Forgiveness is a way to interrupt the negative responses."

Lisa Wong, a psychology professor at the University of Guelph-Humber, thinks Struthers' lecture will benefit students, allowing them to think about forgiveness in a new light.

Attending lectures, having different perspectives and hearing different professors are beneficial to students' broad based learning, said Wong.

"Why victims choose to seek revenge and an understanding of social power are very interesting psychologi-

cal concepts," she said.

Along with theory, Struthers aims to provide students with a set of strategies they can use on a day-to-day basis, he said.

While Struthers said through his research he has been able to aid his students with both their professional and personal lives, he has also been able to help himself and his own personal relationships.

His research "has certainly given me a deeper, more nuanced understanding of the process," he said. "I think it has made me a more pro-social person."

The lecture will take place on Thursday, March 26 from 1:30 to 3:00 p.m. in room KB 111 on the North campus.

CICE program gives 'college experience'

continued from page 1

Adair said the government system is much better than it used to be. The person's name remains in the system and if they lose their job, they can quickly get back on ODS. Many parents of disabled adults are still wary of delays, however.

Still, it is important that motivated individuals are able to work despite their disabilities.

"There's all kinds of value that goes along with working," said Adair. "The self esteem, the social aspect, it's not just about the money it's about feeling better about yourself, feeling like you're contributing."

Steven Magni, 21, is autistic. He landed a job at Humber College in the Early Childhood Education department after graduating from the CICE program last year.

"The dean from that program, he asked my mom to come and see him and then he helped me get an interview and that's how I got the job," said Magni.

Students need some guid-

ance through their job search. Roseanna To said that students accepted into the CICE program are, "about a Grade 1 to Grade 3 level in terms of their academics."

To said employers find workers with developmental disabilities to be highly motivated.

"Our students really appreciate the opportunity. They don't take it for granted. They work 110 per cent so you end up with a really dedicated employee," she said.

Adair agrees that people with disabilities are often harder working, stating that a number of studies show evidence of "their punctuality being better, and their attendance being better – they take their job more seriously," he said.

"You're dealing with a population that has that much trouble finding work that when they finally get a job, they tend to stick with it. For businesses the turnover rate is less and staff turnover for businesses can cost a lot of money," Adair said.

In the ECE office, Magni helps with inventory, filing and other odd jobs.

Ombudsman slams Hydro One service

Jeremy Appel

CITY HALL/QUEENS PARK REPORTER

Hydro One has been in some hot water lately.

Ontario Ombudsman Andre Marin lambasted “the frankly shocking” revelations of “absurdly high bills and atrocious customer service” at a Mar. 11 news conference.

These revelations include threats to cut off electricity for non-payment of bills during last winter, one of the coldest in recent memory.

Now, the Ontario government is reportedly looking to sell parts of the public energy company in its ongoing bid to quash the deficit.

A Humber professor suggests government is capitalizing on a strong public sentiment against Hydro One.

“There is a stereotypical association with government involvement and a lack of customer service,” said Kerry Johnston, co-ordinator of the Sustainable Energy and Building Technology program.

“We have a huge debt attached to our electricity system that’s been developed

over the last 50 years and it’s been mismanaged on many fronts.”

“It’s not like a wild west show when you privatize. There are regulations on what local distribution companies can charge,” said Johnston.

The ombudsman cautioned against a rush towards privatization at his gathering.

“In the past when the government has privatized public services that we oversaw by nature of our mandate, we then lost oversight,” he said.

“At least give consideration to allowing us to continue having oversight over Hydro One. That would be my concern,” Marin said.

He said, despite this reservation, he does not want to interfere with a “broad public policy issue.”

Hydro One responded to the ombudsman’s allegations in an online press release the same day.

The energy company denies it made threats to cut off customers’ electricity in the winter but acknowledged some billing complications.

“With the technical issues behind us, we are now revis-

iting all our customer interactions with the goal of transforming our business into a truly customer caring organization,” Hydro One President and CEO Cam Marcello said in the release.

NDP Energy Critic Peter Tabuns questions whether privatization will be effective in improving service, as opposed to increasing profits.

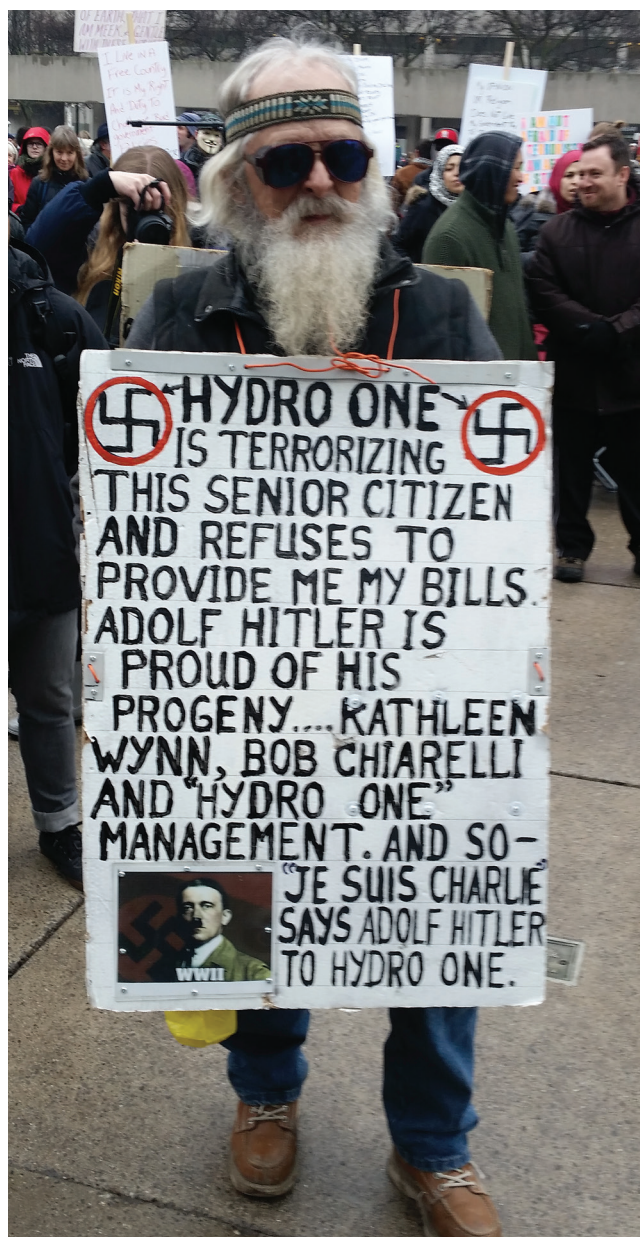
“What we’ve seen with the introduction of private power by the Conservatives (in 1998) and its expansion by the Liberals is a substantial increase in the price of power,” Tabuns said.

The Toronto-Danforth MPP also observed “a steady stream of money leaving the province, going to foreign companies.”

He agrees that less public ownership of Hydro One will ultimately result in reduced oversight.

“Our ability to actually reach in and do something about Hydro One is dramatically reduced if we sell it off,” Tabuns said.

Energy Minister Bob Chiarelli has yet to issue a statement on the potential privatization.



JEREMY APPEL

A protestor at Toronto’s rally on March 14 against Bill C-51 expresses his anger with Hydro One.

Hull Centre aids children with mental health issues

Malcolm Campbell

NEWS REPORTER

The George Hull Centre strives to help families and children in their time of greatest need.

It provides a range of services aimed at educating families and children about preventing, and coping with mental illness.

More than 4,500 children between infants and 18 years are treated through one of the many programs the South Etobicoke centre on The East Mall offers.

Jane Bray, executive director, emphasized the benefits of being able to see clients throughout their infancy, youth, and adolescence.

“Many centres focus on one age group, so the kids have to transfer to new programs,” she said. “It can be a tough transition.”

The centre has a multidisciplinary treatment staff specializing in a diverse scope of services. These are offered at several George Hull facilities, as well as in community centres and schools throughout Etobicoke.

The George Hull Centre is also making mental health treatment more accessible by sending workers out into the community. Bray says the preventative services offered are essential to stopping mental health problems early.

“If a child is having trouble speaking or communicating, they’re more at risk for mental health problems,” said Bray. “Like an intervention, it helps with the problem, and if you fix it, you prevent further problems.”

Angie Portner, a social worker on the treatment staff, works in the residential program. It is designed for adolescents dealing with the most deep-rooted issues of emotional, physical and psychological trauma.

In some cases, the pain has driven them to substance abuse and suicidal thoughts, Portner says. The residential program is highly structured with educational components to allow clients to catch up on missed credits.

There are also trips to show the kids there is a life outside of the city.

Even though clients are living away from their families, Portner stressed the importance of trying to reconcile past differences.

Humber Vegetarian Club supports healthy eating festivals

Kaeleigh Phillips

ENVIRONMENTAL REPORTER

Students mingled at Ryerson Vegfest trying samples of vegan delicacies and then went home with a free five-pound lush soap mushroom as a parting gift.

Humber students attended the event on March 12, showing their support for environmental events at other schools throughout Toronto.

“We want to share events and clubs over different campuses. We want to go to their events and have them come to our events,” said Kanica Sharma, 21, the executive president of Humber Vegetarian Club and a Humber B-Commerce student.

The Humber club is determined to make a difference for students and show healthy alternatives to eating.

“Young people need to be aware of what’s going on with animals, their health and the environment. If we can be aware of this, we will have a better future,” the founder of the club and Computer Pro-



KAELEIGH PHILLIPS

The MakeFurHistory campaign provided coyote masks at Ryerson Vegfest where Humber’s Vegetarian Club took part.

gramming student Andre Cordoba, 29, said.

As well as supporting events at other schools such as Ryerson and York University, the Humber Vegetarian Club also puts on its own

events at the college.

It recently hosted an event with several vegan and vegetarian items that were given away to students for free.

“Veggielicious was very successful. It was supposed

to be a few hours but we ran out within an hour. We also tried to spread awareness with a pamphlet,” Andre said.

The club wants to host more events in the future and bring other campuses and post-secondary institutions on board as well.

“In our group, we have people in Lakeshore and North campuses. I do have friends who go to York, and we are trying to coordinate sharing more events,” Sharma said.

Ryerson business student Oren Epstein said she’s appreciative of the support from Humber students.

“There is a really great energy here today. With any cause, why be segregated from supporting good causes because of the school you go to?” Epstein, 22, asked.

Epstein hosted on the event with the support of his sponsor and sister, Avra Epstein, the founder of the vegan blog LoveWildLiveFree.

“I think that having more access on campus to more



Young people need to be aware of what’s going on with animals, their health and the environment

Andre Cordoba
COMPUTER PROGRAMMING STUDENT

resources is beneficial for the student population. People gaining exposure to plant-based options are known to reduce stress,” Avra said.

“If you are fuelling your body with good nutritious food, your chances at success will skyrocket and you exceed your potential. I’m lawyer so I was in school for seven years and I definitely understand what it’s like to study non-stop,” she said.

The Ryerson Vegfest had numerous sponsors and freebies for the event, including anti-fur advocates the Make Fur History campaign.

Ad Centre gives students real client jobs

Clients are linked with advertising courses at Humber's Lakeshore campus to create real-world content — sometimes for pay as well

Nicole Williams

BIZ/TECH REPORTER

The characters of *Mad Men* might be meeting their end on TV screens this year, but new creative advertising is being born at Humber's Ad Centre.

The Ad Centre is a virtual advertising agency that allows Media Studies students from different programs to take on real clients.

"Students get actual experience working with a client, and get to build up their portfolio," said Alison Durtnall, manager of the Ad Centre.

Durtnall is in charge of matching up clients with a specific course within a specific program, depending on what the client is looking for.

"Students are given projects from clients at the beginning of the semester, and we work with them during the school year to create these projects that are then presented at the end of the term," she said.

Robert Richardson, the Associate Dean at the School of Media Studies, said it's all about supporting the student community and promoting cross collaboration.

Clients include The Daily Bread Food Bank, the Special Olympics, as well as Humber's Alumni Association and

Humber Sustainability.

That means that the "Energy can't save itself" campaign comes from its own Humber students.

However, the Ad Centre's involvement in Humber advertising happens only internally within the school. The "We Are Humber" ad campaigns seen on the TTC and elsewhere come from an outside marketing agency.



When we present a project, we want to impress the client and also want to impress the class. Your reputation at stake

Michaela Aulisio

BACHELOR OF CREATIVE ADVERTISING

"Projects have to fit within the curriculum time frame," said Robertson.

Because students are in the process of learning and need a semester's worth of time to complete projects, campaigns like the ones used to promote Humber College—which are needed at shorter deadlines—are left to outside agencies, said Durtnall.

But Humber students still have plenty of projects on their plates, and they often get paid for the work they do, too.

"Often, clients are happy to offer some kind of incentive to reward students with the best design," said Durtnall.

Michaela Aulisio and Yulanka Rebello, both second-year students in the Bachelor of Creative Advertising program, agree the Ad Centre provides an exciting experience for students.

"It's cool, because a lot of the work we're producing could be seen outside of Humber, like a bus shelter," said Rebello. "It sets a little fire under you because the opportunity is real."

Aulisio says that doing work through the Ad Centre has helped her to not only build good work relationships, but allowed her to network with actual clients.

"We're making contacts and networking," said Aulisio. "When we present a project, we want to impress the client and also want to impress the class. Your reputation is at stake."

Durtnall says even though she's been working with the Ad Centre for only two of its six years, she already can't wait to see how it grows.



NICOLE WILLIAMS

Alison Durtnall, manager of Humber's Ad Centre, pairs clients in need of advertising with Media students to collaborate on real projects.

Digital storage is convenient, but risk of loss increases

Losing a photo is one thing, but losing a whole drive is worse

Alex Drobin

BIZ/TECH REPORTER

It's hard to predict how far technology will progress over the next few decades, but at this rate it looks like there will be no Blu-ray disks, iPods or framed photos around people's homes in the next 10 years.

These days, society stores everything on USB keys, SD (secure digital) cards, external hard drives and online services such as Facebook, Google Drive, or iCloud.

But what if Facebook shuts down abruptly, and all the memories you created with your friends suddenly vanish?

"That would be horrible. All of the photos that you took while being with your



ALEX DROBIN

The smaller storage tech gets, the easier it becomes to lose or destroy, resulting in permanent loss of precious memories

family and friends, or visiting different places would disappear," said Mikki Singh, Engineering student at Humber.

"You wouldn't even be able to do anything about it because you can't fight with a big company like Facebook,"

he said.

The advancement of technology is such that kids who are born in 2015 will never know what a VHS tape, CD player, or a floppy disk is.

"One of the big problems with keeping all this digital information stored is the way that computers change so rapidly, media that you've stored it on may be unreadable simply because you may not have the hardware to read it," said Kelly Gray, educational assistant at Humber's School of Applied Technology.

"Modern computers, for example, don't come with a floppy disk drive, so any floppy disks that you have are pretty much garbage," added Gray.

You can now get a USB key that has 10 times more storage than any CD, so even CD's are harder to come by. Movies are now being streamed

online, directly from your computer or tablet onto your TV. Photos are all stored on services like Facebook or Instagram, meaning that society is leaving the security of their logged memories on a website which always has the possibility of getting hacked or deleted.

"What happens when YouTube goes down?" said James Reid, Electrical Engineering Student at Humber. "A lot of bloggers put videos up on YouTube without even having a hard copy. If the site suddenly disappears, so does their work."

The possibility of this sort of situation occurring is slim, according to experts, but the thought is still nerve-racking.

As technology continues to move ahead, there are bound to be more storage options available.

"All I can say is, whatever the next technology is, it

will have more storage, at a cheaper price, and it will probably be physically smaller," said Gray.

"Although USB keys are getting to the point now where if they get any smaller physically, they will be too small to handle and we will lose them," he added.

So, how do you prevent digital memory loss?

"Every time a new technology comes out, make a copy of your work for that specific technology. Facebook is big now, but there's no guarantee that five years from now they'll still even be around. Save pictures and back them up," said Gray.

Gray says that any work he produces he copies and backs up numerous times onto a USB key, his laptop, as well as an outside location.

"Another option is to store everything on your e-mail," said Singh.

EDITORIAL

Teaching assistants strike a lose-lose-lose

York University and University of Toronto non-tenured staff and teaching assistants have been on strike for almost three weeks.

While hourly wages for TAs seem high at around \$40 per hour, and U of T has proposed a wage increase, the total annual funding package allotted to contract staff and TAs will remain the same as it has been for the past seven years, \$15,000. If the salary section of the funding increases, it means the scholarship section decreases.

While U of T and CUPE 3902 reached a new tentative agreement March 18, and York reached a partial deal with CUPE 3903 on March

9, picket lines abound. U of T's tentative agreement is the first one since the strike began, and the inherent problems that go along with legal strikes, especially those in the education sphere that affect students, continue to come up.

Most classes were cancelled at York, with some resuming gradually over the past couple weeks. More are set to resume on March 23.

Although it's been reported that U of T was telling its students everything would continue as usual despite the strike, students reportedly had classes and tutorials cancelled and were left in the dark as to whether they would be able to grad-

uate this year or not.

The partial agreement currently in effect at York puts students in an especially difficult position. With classes resuming while two of the three sections of CUPE 3903 are still striking, York students are being forced to choose between showing solidarity with the TAs and returning to class.

A petition has been created asking for students to continue to show their support for the strike and not cross the picket lines to return to campus. It has over 5,000 signatures.

A lot of people involved are pointing blame at either the school for re-starting classes and forcing students

to choose a side, or the TAs for using students as leverage to get what they want. But no one is at fault.

If teachers, like any union members, don't have the right to strike when their services are needed then they don't get the opportunity to fight for fair pay; and the school is only trying to give students the opportunity to continue the education they are paying for while this is going on.

Unfortunately, students do get caught in the middle. When teachers, or in this case TAs, go on strike it's a lose-lose-lose situation, but a necessary one if there is to be equal opportunities for all workers.

HUMBER
Et Cetera

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

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Gaming industry, theorists: no common ground



Kate Richards
MANAGING EDITOR / OPINION EDITOR

There's been a bit of a war in the video games industry in the past year. The #GamerGate controversy saw many women in the industry, including game developers and media critics, suffer online harassment from the so-called cyber-mob, who threatened massacres at venues these women were scheduled to speak at, hacked their personal information and issued online death and rape threats. The harassment became so prevalent in the lives of these women that many of them were forced into hiding out of fear.

Although some #GamerGaters claim their anger stems from a lack of ethics in gaming journalism, gender-based threats and harassment still continue. Earlier this month Brianna Wu, a game developer, pulled her company, Giant Spacekat, out of PAX East, one of the biggest gaming conventions in North America, due to safety concerns revolving around local death threats from #GamerGate supporters.

Anita Sarkeesian, an American-Canadian media critic, has faced similar threats. What these women have in common is they've critiqued

and sometimes only plainly stated that there is a very real issue in games: the fact that many blockbuster game manufacturers target a white, heterosexual, male audience. Because of this there are many issues surrounding a lack of female playable protagonists in games and very minimal strong female side characters. They are usually a kind of background prop that only serve a purpose when the often overly masculine male protagonist decides to interact with them. Essentially, representations of women in video games are sexist.

Sarkeesian's video blog series, *Tropes vs. Women* delves into this issue and a major reason for the uprising against her and other women involved in the gaming industry by the #GamerGate cyber-mob is the mob's belief that games are made for them, represent their interests and shouldn't change in order to be more inclusive and aware of their impact on society. They're just games after all.

Viewing games as "just a hobby"

or simply a toy is not productive. This medium embraces literature, film, history, art, design, technology, and social and political issues. Games are a form of art.

The gaming industry has failed to adopt a more inclusive audience through more realistic and diverse characters and stories because of how the people who make games are educated. There is a strong divide between people who study game development and design and people who study games theory.

Those who study games theory have little to no impact on the industry itself and for the most part do view them as an art form. Games theorists critique every aspect of a game, from the sound mechanics, to animation, to narratives and representations of characters, similar to how a film theory student analyzes films. But, unlike film, the majority of their research remains trapped within the realm of academia.

Most game development

programs teach simply that: the mechanics involved in making and developing games.

While it's difficult to believe that after statistics have surfaced that show nearly 50 per cent of gamers today are women, these major game development companies haven't taken on that audience. But it could definitely be this lack of communication between game developers and games theorists that has caused many blockbuster games to remain so stagnant when it comes to representation and diversity in their products.

Although there are a few post-secondary institutions that have begun collaboration between game development programs and games theory programs, game development and design programs themselves should have embraced the humanities as part of the process of making games long ago. If they had, perhaps many of the unbelievable controversies and backlash could have been avoided.



ANITA SARKEESIAN/FLICKR

Anita Sarkeesian sits among some of the video games she used for research for *Tropes vs Women in Video Games*.

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Defending our liberties in face of Bill C-51 is not a vice



Ian Burns
NEWS EDITOR

Unless you've been living under the proverbial rock of late, you may have heard about Bill C-51, the Anti-Terrorism Act.

The bill does have some good sections. Certainly removing the barriers that prevent Canadian government agencies from sharing information about potential terrorists can only be good for us. But C-51 offers some rather Orwellian language on some aspects.

C-51 expands Canadian Security Intelligence Service's ability to arrest people who "may" commit terrorist acts. Not "will." "May." The vague definition of "may" has not been clearly described, which

seems to suggest it is up to the government to decide who "may" or "may not" commit a terrorist action — which opens a Pandora's Box of troubling scenarios. Can the government decide that a person staging a legal protest "may" be about to commit an act of terror and sic CSIS on them? This question has not been adequately answered.

Another troubling part of the bill is that CSIS can become involved in looking into any "activity that undermines the sovereignty, security or territorial integrity of Canada," which also includes "interference with critical infrastructure" and interfering with the "economic or financial stability of Canada."

The question that emerges is—what acts would trigger such an action? Presumably if a terrorist "interferes with critical infrastructure" by blowing up a railway, say, he would be charged with terrorism. This provision is already in the Criminal Code. Why the necessity of defining a new class of crime?

And who does it refer to? Can environmental activists, who block the construction of a pipeline, be targets of CSIS now? Certainly these actions can be viewed as a crime, but to mention them in the same breath as "terrorism" seems to be a bit of a stretch. Protesting a pipeline and flying an airplane into the World Trade Center are two very, very different things.

No oversight is offered over CSIS'



NICK LACHANCE

On March 14, Toronto's streets filled with protestors objecting to Anti-Terrorism Act, Bill C-51.

actions save the underfunded and understaffed Security Intelligence Review Committee (SIRC). When people mention that the United States and the United Kingdom have elected officials who oversee the actions of their nations' anti-terrorist groups (albeit in closed-door meetings), Prime Minister Stephen Harper and his point man on the file, Public Safety Minister Steven Blaney, hem and haw and

don't tend to offer a good answer why this is bad for Canada despite it working amongst our allies.

Earlier this month, federal Privacy Commissioner Daniel Therrien said powers under Bill C-51 "are excessive and the privacy safeguards proposed are seriously deficient." In my opinion, Mr. Therrien has hit the nail directly on the head.

People of a college-age generation tend to be viewed as apathetic, and

there are good reasons for this view. But with an issue such as this, which has the potential to have serious ramifications on people's everyday lives, everyone's voice must be heard, whether in support or opposition. Let your MP know your opinion.

Barry Goldwater once said that extremism in the defense of liberty is no vice. I would suggest defending liberty in the face of extremism is no vice, either.

White-skinned Jesus part of a taught self-hatred for my people



Albert Williams
NEWS EDITOR

Fox News television host and right-wing American darling Megyn Kelly told viewers on one of her weekly broadcasts that Jesus and Santa are both white men.

"Just because it makes you feel uncomfortable doesn't mean it has to change," Kelly said. "Jesus was a white man, too. It's like we have, he's a historical figure, that's a verifiable fact, as is Santa, I just want kids to know that. How do you revise it in the middle of the legacy in the story and change Santa from white to black?"

Disregarding the ludicrous rigid depiction of a fictitious character, Santa, Kelly also made a serious error about Jesus. Most Biblical scholars and historians have long come to a consensus that Jesus, like most first-century Jews, was a relatively dark-skinned man typical of the Middle East. To be frank, had Jesus been alive now and hopped on a red-eye from San Francisco to New York, he would be randomly selected for additional security screening by the TSA. Even moreso because he had some radical ideologies.

Though historically inaccurate, this image of a fair-skinned Jesus was creatively used to yoke the minds of colonized people and limit resistance to attempts to whitewash their cultures. The Jesus who walked this Earth may not have been white, but white Jesus is a powerful being.

The myth of white Jesus has deep roots in Christian history and propaganda. The imaging of Jesus sans melanin can be traced back to the Middle Ages, particularly the Renaissance period. Western artists presented Jesus as a white man, with strong Austrian features: blue eyes and blondish hair. Maybe inspired by Biblical verses that make a correlation between lightness and

purity and righteousness, while darkness is connected to sin and evil, these artists created images of a disinfected Son of God.

Whiteness as powerful, beautiful and the ideal, has long been pedaled to the point that it now exists in the subconscious of so many people of colour. My Caribbean ancestors inherited Christianity from people who told them they were chattels, due mainly to their skin colour and facial features. This learned self-hatred, presented as evangelism, can still be seen in how the church in general paints Africa, even in the black churches.

It is agonizing to hear anything connected to the continent being cast as evil and most forms of African culture derided. It is even more painful for me to admit that I bought into this lie for many years. Gods that looked like me were demonic, but I woke up to a framed white Jesus on Christmas holidays at my granny's home in Jamaica. This transcends Christianity and speaks to a general privilege given to whiteness. Jupiter, Athena and Apollo enjoy the privilege of being considered mythological, but Ogun, Eshu and Nyame are demonic forces that were worshipped by the savages of the Dark Continent before they

were rescued by slavers.

The Sunday school classes I attended issued wonderful "Bible Story" books illustrated with white Jesus, rosy cheeks and all. I was troubled by this from an early age and whenever I attempted to speak about it I was told it doesn't matter what colour Jesus was—yet he continues to be depicted as white in modern TV and film productions.

To be fair, the Bible is less concerned with the issue of Jesus' skin colour than we are. Scriptures say very little about his physical appearance. His nose, eye color, skin pigmentation, or hair are not explored in scripture. There is just one glaring exception in Isaiah 53:2. The prophecy of the coming Christ presents Jesus as being not much to look at, another fact that places the Bible at odds with the Jared Leto cool surfer dude image of white Jesus we have come to be accustomed to in the western world.

In a *Jet* magazine column, "Advice for Living", published in February 1958, shortly after the successful Montgomery bus boycott, Martin Luther King Jr. was asked, "Why did God make Jesus white, when the majority of peoples in the world are non-white?" King responded, "The colour of Jesus' skin is of little or no

consequence" because what made Jesus exceptional was, "His willingness to surrender His will to God's will." The point King made was that the idea of Jesus should transcend race and instead be a lesson of humility and service for the advancement of humanity.

Though the issue of race is a hot button topic, the church should attempt to rise above this and all attempts to further divide. The church must eschew a Jesus who looks like a bearded Hollister model over the Son of God as presented in the scriptures. This is critical for maintaining a religion in which all people can identify with and give praise to one who became like them to save them from sins like racism and prejudice. It's important for those who want to expand the church, too, in allowing the creation of communities that are able to worship a Jesus who builds bridges rather than barriers. And it is essential to enable those who bear the name of Christ to look forward to that day when, according to the book of Revelation, those "from every nation, tribe, people, and language" can worship God together.

We have a long way to go until that day, but until then, can someone inform Megyn Kelly that Jesus was not white?



COREY BREHAUT

The 'murder victim' at the staged crime scene pictured with the 'murder' weapon at L-Space Gallery.

Justice exhibit features crime scene

Corey Brehaut

A&E REPORTER

There's a classic whodunit at Humber College.

The Lakeshore campus L-Space Gallery is hosting an exhibition titled, "This Show is to Die For," concluding its run today. The display aims to showcase Humber's Criminal Justice and Police Foundations programs.

"They're offering the exhibition because they really believe that this public creative process that is the gallery just offers an accessible way to learn about their curriculum and what the school has to offer," said Tara Mazurk, curator of the gallery.

The exhibition is an interactive experience where groups of four students have been asked to exam-

ine evidence at a staged crime scene and solve a murder. Participants had 25 minutes to gather evidence before watching mock suspect interrogations. New evidence was released throughout the event to advance the case.

The main exhibit presents a fake crime scene complete with a bloody dummy, murder weapon and other forensic details that participants used to solve the mystery. The whole area is lined with yellow police tape, naturally.

"When you play the game, you not only collect evidence from the crime scene but then you watch interviews with all the suspects and eye witnesses," said Doug Thomson, professor for Humber's school of Social and Community Services and the event's organizer.

There are also displays showcasing a real forensics kit, diagrams explaining blood spatter, finger and footprint analysis and facial reconstructions. The most striking display features actual photos from a murder scene including a bloody body and murder weapon.

Those who solved the crime were entered in a draw to win t-shirts and gift cards for iTunes and Tim Hortons.

"It's basically like a big game of Clue," said Shauna Lines, a second-year police foundations student.

The Criminal Justice program is a four-year interdisciplinary bachelor's program that teaches students to critically assess crime and the criminal justice system. The Police Foundations diploma is a two-year program that prepares students for a career in law enforcement.

Indie theatres fight cultural uniformity

Samantha Juric

A&E REPORTER

Mirvish, Stratford, Shaw and CanStage are some of the heavyweights in Toronto's theatre scene.

On the other side of the ring are smaller companies such as Aluna, Buddies in Bad Times and Obsidian, fighting to keep their chin up.

Former actor, and founder of Alameda Theatre Company, Marilo Nunez, is an advocate for cultural diversity in the performing arts.

Nunez said he wanted to create a haven of diversity for actors, many who are Humber alumni, in order to combat mainstream theatre.

After recently having to shut down Alameda Theatre Company, Nunez doesn't hold back on the subject of diversity in theatre.

"It's not an equal playing field. There are too many white art directors and there is still a lot of inequality on the stage," said Nunez.

Alameda was born as a reaction to an all-white cast of the production of *Refugee*, that centered on the experiences of Chilean refugees.

Along with Nunez, in this fight, is Humber alumni Joseph Recinos, 27, who graduated from the Theatre Program in 2011.

In a recent Op-Ed in *Now Magazine*, Recinos voiced his outrage at the current affairs of the theatre scene in Toronto.

After touring the U.S and being involved in Toronto projects, Recinos says that audience turnouts are declining and the theatre community attributes it to a lack of diversity.

He said changes need to be made but it can only happen with the strength of community.

Stratford's Artistic Director, An-

toni Cimolino, said that although diversity in theatre is still an issue, it is going in the right direction.

Cimolino said, contrary to Recino's claims, there are several emerging artists that have been a part of the Stratford Festival, which are helping represent diversity. They include Yanna McIntosh, who was cast as Lady Macbeth and Helen in *Trojan Women*. As well as Dion Johnstone, who has played Oberon in *A Midsummer Night's Dream*.

Another supporter for cultural diversity in theatre is Humber alumni Sebastian Marziali, 25.

He said that being a Latin-Canadian is behind much of his art.

"Most of my work stems from what coming from two places means for identity, which is a very Toronto-nian experience," he said.

He emphasizes dealing with two different cultures as important and that culturally diverse theatre productions show what people have in common like shared histories.

Nunez said funding is a major issue for smaller companies that try and diversify the theatre landscape in Toronto. As a result they are run by one or two people and tend to burn out quickly.

Nunez said the situation isn't hopeless and agrees with Recinos that a community effort will be required to win the fight.

When asked about her push for culturally specific theatre companies (seemingly in conflict with her issue of lack of diversity in theatre) Nunez stands her ground.

She said culturally specific companies help fight for community.

"Race shouldn't be a concern but we haven't reached a place where race doesn't matter."

Grading faculty artwork is theme of Rubric exhibition

Charlotte Morrill-Jacobs

A&E REPORTER

Humber's Visual and Digital Arts faculty is living up to the college's promotional tag "We are Storytellers" during the annual faculty art exhibition.

The University of Guelph-Humber Gallery welcomed roughly 150 guests on March 10 for the opening of Rubric, which features new works by VADA's program faculty.

Each faculty member produced four works that addressed individual creative concerns relative to notions of process, multiplicity and narrative.

"We created four sections of criteria that would function as a rubric," said Noni Kaur, VADA program coordinator. "The moment we thought of the rubric we decided that the

students would be grading our work and providing feedback."

Instructor art reviews are a lively affair for the students in the program, Kaur said.

"It creates a platform to engage in a critical discourse about the work and dig deeper—any feedback is always good feedback," she said.

Kristia Dion, second-year VADA student, said she enjoyed Rubric because it allowed her to get to know her professors as artists after hearing how they felt about their work.

Similarly, Kristin Wilkinson, Humber Visual and Digital Arts alumni said that she was able to match the artwork to the personality of the artists.

"You can tell which ones are quiet and technical, the ones that are abstract, and which ones are rather



CHARLOTTE MORRILL-JACOBS

Students attend the opening of Rubric to view, critique and discuss the artwork created by Humber alumni in the L-Space Gallery.

kooky, in a fun way," she said.

The program's courses direct students to focus on producing works with strong narratives and concepts.

The program challenges students to think critically about projects by asking questions like "who is the audience and what kind of emotion does

the artist want to resonate in their audience?" and "what will the artist get out of the audience?" Kaur said.

Despite the time spent using sophisticated software and the effort it takes to plan a piece, some students at the event raised their concerns over stereotypes still attached to digital art.

"Sometimes I find it hard for people to understand that digital art is an art form, just as traditional artwork is an art form. Many argue that digital art isn't art because it is done with a computer," Wilkinson said.

She even admitted to having that belief before she started working with digital art.

"Digital art seems to be viewed as a sort of sci-fi form of art by most people, (featuring) very technical, almost robotic imagery," Wilkinson said.

After she began exploring, she said she realized she not only manipulated images, creating surreal and abstract art, she created beautiful realistic portraits and vast landscapes that looked like paintings.

Kaur reiterated that digital art acts as a personal and visual language that uses different support materials to convey ideas.

All artists featured will receive their rubrics with comments at the end of the exhibition, which runs from 12 p.m. - 5 p.m. until April 1.

Chapman hosts hidden-camera TV show

Humber comedy alumnus has disguised kids to pull pranks on family members

Laura DaSilva

NEWS REPORTER

Andrew Chapman is finding success by hiding cameras.

The 30-year-old Humber Comedy Writing and Performance alumnus is the host of a new hidden camera television series called *Made Up*, in which kids pull clever pranks on unsuspecting family members.

In each episode, a professional make-up artist uses special effects to transform a teenager into a totally unrecognizable character.

"We take a kid and make them look like an 86-year-old janitor," Chapman said.

"You'd think their parents, who have seen them every day for 15 years, are going to know who their kid is, but the makeup job on the show is pretty spectacular," he said.

Joey Case, show runner and producer for *Made Up*, said Chapman was the best of the bunch during the audition process.

"As a host you always need to be able to think on your feet, take the direction that's given to you and make it your own and be malleable," said Case. "You have to react and communicate what is being said to you fast. Andy is able to do that."

This is not Chapman's first TV rodeo. He has hosting credits for the Discovery Channel's *Sci Q*, YTV's *Crunch*, *Extreme Babysitting* and CMT's *Cash Mob* under his belt. He is also an established stand-up comic.

Chapman's success is no surprise to Andrew Clark, Humber Comedy program coordinator and professor.

"He was particularly bright. He was a very good writer. He was the kind of guy you knew was talented, but also had his head screwed on," said Clark.

Case said Chapman was constantly making the *Made Up* crew



COURTESY ANDREW CHAPMAN

Andrew Chapman, Humber Comedy Writing and Performance alumnus, is blazing a hosting trail with a new hidden camera TV series called *Made Up*.

laugh their heads off.

"Andy is always funny. It's who he is. He could've lived in a cave for the past 15 years and he'd still be able to do this," he said.

Amid all the fun and games, Case said he admires Chapman's can-do attitude.

"He's a really positive person. He finds ways to be better than he was

in the last take," he said.

Many budding comedy students hope to work on a TV series. Chapman said the best advice he got when starting was to run coffee, pull cable, help out and learn as much as possible about how shows work.

"Talk to people. Tell everybody that you know what you want to do. Work begets work. If you show up,

work hard, and are a nice person, chances are you'll get the next gig."

Chapman said he loves what he's doing, but has a dream gig in mind.

"The shoot to the moon dream is to host a late night talk show."

That dream seems within reach based on his track record and rapport with directors and producers.

"I genuinely like Andy and I like

working with him," said Case. "If you can have those things in a host you're going to have a successful show. You're going to enjoy making it, and give more of yourself to make it good."

Made Up will premiere later this year on Disney XD in the U.S. and YTV in Canada. An exact date has not yet been determined.

#1 Billboard single with Humber grad wins Juno

continued from page 1

"But I never expected it to go number one on Billboard. That was crazy."

Spivak spoke of how special the Junos experience was, with their families right beside them to share the special night. He said that having to speak on stage was the only nerve-wracking part of the evening.

"Performing was easy and the awards were out of our hand. But I was not prepared to talk at all," said Spivak.

The Toronto native graduated from the Humber jazz program in 2007. He went on to play for a va-

riety of bands before moving to Los Angeles, where he was brought on to play bass for Magic!

"The Humber experience was incredible," he said of his time in the jazz program. "I was always a songwriter. I went into jazz to learn whatever I could so I could apply it to my songwriting. That was always my secret motive, going into everything."

Meanwhile, his former teacher Kirk MacDonald won the 2015 Juno Award for Jazz Album of the Year: Solo at the Juno Awards gala Saturday. This was the second win and sixth nomination for the Humber

Music professor, with his previous win in 1999 for Best Mainstream Jazz Album.

"That was my first nomination, and (the event that year) was also in Hamilton," he said expressing his great appreciation for the city that hosted both his wins. "I've been here a lot, doing clinics at Mohawk (College) and I have a lot of students from Hamilton."

"We had a lot of fun recording the album. It was very relaxed," MacDonald said of the experience.

Vista Obscura was released by Addo Records, the label founded by School of Creative and Performing Arts associate dean Steve Bellamy.

"Kirk is a prolific composer and brilliant performer. He pulled together jazz leaders Harold Mabern, Andre White, (faculty members) Neil Swainson and Pat LaBarbera to realize this



I was always a songwriter.

I went into jazz to learn whatever I could so I could apply it to my songwriting.

That was always my secret motive, going into everything.

Ben Spivak

BASS PLAYER FROM MAGIC!

album, and the result is truly deserving of recognition," said Bellamy.

He said MacDonald and his collaborators are some of the very best musicians alive today.

"Canadians should be proud of the rich contributions (jazz musicians) make to the lexicon of artwork in this

country. Humber College in particular has an enormous number of these artists on faculty, artists who are national treasures and deserve to be recognized," Bellamy said.

Humber faculty members and alumnae were nominated in seven categories this year. Humber professor Hilario Duran and graduate Chris Butcher performed arrangements on Jane Bunnett and Maqueque's eponymous Jazz Album of the Year: Group.

Faculty member Drew Jurecka also wrote and performed on Adult Alternative Album of the Year *Bahamas is Afie* by Bahamas.

MacDonald in particular said it was a matter of great pride to see both colleagues and former students like Spivak earning accolades for their work.

Floral design grows at Canada Blooms



CHRISTINA MCALLISTER

Patrick Ladisa, a team member at Yurta, attended annual Canada Blooms hosted at Direct Energy Centre at Exhibition Place where he worked with Humber Floral Design students whose peers have participated 19 years.

Christina McAllister
LIFE REPORTER

Canada Blooms is Canada's largest home and garden exhibition.

Founded in 1996 by the Garden Club of Toronto and Landscape Ontario, Humber College students in the Floral Design program have watched it grow since day one.

Humber became involved when Floral Design instructor Albert Graves was asked personally by the founders to help design the main entrance of the venue.

"They were looking for people who could actually handle a project of that size, that also have creative capabilities," said Graves,

"It worked out so well that they've asked me ever since to decorate the main entrance.

"I get students involved because that's where the strength comes in, to actually have students helping. That's the whole point of teaching," he said.

Graves also allows his students to have creative input in the floral designs he creates for the exhibition.

"(Students) come with really, really cool ideas that I try to incorporate as much as possible at Canada Blooms," he said.

The Floral Design program runs for 15 weeks and is offered as a weekly evening course.

The concept is students come in with little to no knowledge and finish with enough knowledge to start in the floral industry, said Graves.

Students enrolled in the Floral Design program are not required to participate in Canada Blooms but

can volunteer their time.

This year, for the current edition of Canada Blooms which runs until Sunday on the Canadian Exhibition grounds, Graves and his students have set up floral displays that will be highlighting the festival's theme "The Magic of Spring."

Students collaborated with custom tent builders, Yurta, to create a simulated backyard paradise.

They designed and created a garden oasis surrounding the tent.

Patrick Ladisa, a team member at Yurta said he didn't work too closely with the students involved but was able to see the designs ahead of time and was impressed with the quality of work.

"We could see right away in the early design sketches that the students really understood what the Yurta was about," said Ladisa.

"This structure is really about bringing people close ... we saw that in the designs which were very thoughtful and we really saw it in the execution here," he said.

Humber's Floral Design program has found an important professional opportunity in Canada Blooms, in a relationship that continues to deepen over two decades.

"Everybody in Canada knows Canada Blooms," Graves said.

"A lot of people have high expectations of what it should be."

The exhibition is currently being held at the Direct Energy Centre at Exhibition Place.

Over the course of the event, more than 200,000 people have seen the creative designs of students come to life.

Online sites promoting eating disorders source of unwelcome support for illness

Web suggestions to chew gum, ice to avoid eating pose dangers to the sick

Sarah Trumbley
LIFE REPORTER

Eating disorders are a serious illness and while some are fighting to win the battle of anorexia or bulimia, others use the Internet to encourage these dangerous conditions.

Pro-anorexia online communities can be found on all types of social media platforms. They exist across the Internet from specific websites, to Facebook accounts and Instagram pages.

One example of a site that could be considered pro-anorexia is a support forum called House of Thin, which states "The main goal and purpose of the House of Thin is to provide a safe, stable online home for those who are eating disordered."

The National Eating Disorder In-

formation Centre said it is worried about the growth of these online communities, which promote eating disorders as a lifestyle choice rather than potentially deadly illness.

The sites are tailored toward people who already suffer from an eating disorder, said Lauren Drouillard, program manager at Sheena's Place, a medical centre for individuals struggling with an eating disorder.

She said the websites serve to give specific tips and strategies for maintaining an eating disorder.

Examples of harmful tips provided on these websites include substituting gum or ice cubes for food when feeling hungry, wearing a rubber band around the wrist and snapping it when feeling the urge to eat.

Humber counsellor Liz Sokol said eating disorders are an illness involving distorted body images and these online communities are promoting the distorted images as an ideal.

"What it's encouraging people

not to do is listen to their body," she said. So if the body is hungry, tired or sick, it's encouraging people to really disconnect from the body.

The Information Centre said the fear is that these online communities are making eating disorders look glamorous.

Teenagers and young adults are constantly bombarded with body image-related posts on social media, said Sarah Sterlin-Altman, an intern at Sheena's Place. She said the heavy emphasis on healthy eating and excessive exercising is hard to ignore.

Sterlin-Altman said there is no way to stop people from posting these messages or to regulate the information that's being posted on social media.

"The most realistic solution for teenagers who are exposed to pro-anorexia things on social media is to get educated about the dangers of eating disorders," she said.

Another intern from Sheena's Place, Jackie Bank, said people



SARAH TRUMBLEY

Websites and social media accounts are a feeding ground for pro-anorexia communities which offer inspiration and advice on how to lose weight.

should know not to trust and believe everything they read or see online.

"There have been debates about trying to get rid of these sites but they keep popping up with new hashtags or urls," said Bank.

"Unfortunately I do not think much can be done about these online communities, but we can teach people to look at messages critically and respond to them in adaptive ways," said Drouillard.

Sokol recommends that students get as much exposure and support from people who promote healthy lifestyles.

"The more you put yourself in an environment and around people who support you being healthy, the more helpful it's going to be," said Sokol.

Visit <http://www.nedic.ca> to learn more about eating disorders.



SHAUN FITL

Second-year print and broadcast journalism student and on-campus resident Brandan Liezert says there is no stress about skill level at Rez Nights in the gym Sundays at 7 p.m. to 11 p.m. because everyone is just having fun.

Rez Night: Fitness, friendship

Shaun Fitl

LIFE REPORTER

Exercise benefits the mind and body which is why students living in Humber residence are using Rez Nights as a way to get fit and meet new people.

The event hosted by Humber Athletics generally takes place on Sunday evenings from 7 p.m. to 11 in the North campus gym, said Michelle Noorenberghe, a third-year kinesiology student at University of Guelph-Humber and Residence Night coordinator.

Students are able to play floor hockey, basketball, volleyball, badminton, cricket and dodge-ball as well as participate in skills competitions and obstacle courses, said Noorenberghe.

However, students are essentially allowed to play whatever they want.

"There is no stress about skill level because everyone is just having fun," said second-year Humber Print and

Broadcast Journalism student and on-campus resident Brandan Liezert.

Some of the people participating are eager to promote the social and physical benefits of Rez Nights.

"I think it is important for people to get out of their rooms," said Liezert. "People should do some exercise and meet some new people."

Liezert said midterms are an especially important time for events like Rez Night when people are really pent up with stress.

"It is a good idea to exercise to release stress," he said. "It is probably the most healthy way to do it."

Humber Athletics also gives out prizes to the winners of the skills competitions, usually Athletics themed water bottles or clothing, said Tanner Ahola, a second-year kinesiology student at Guelph-Humber and Residence Night coordinator.

"I think it's a nice getaway for a couple hours," said Ahola.

"People will do homework or study and take a break and come here," he

said. "It's a nice opportunity for them to burn off some energy."

Some participants are in quite good shape.

"I use the North campus weight room between seven and ten times a week and cardio three to five hours a week counting Rez Nights," said Liezert.

However, anyone can participate despite their level of athleticism, said Noorenberghe.

"You don't have to be a top athlete, just come as you are," she said.

For some people living in residence the closeness of campus and the short walk there make it hard to get enough physical activity, said Jeck Baconga, a Residence Life coordinator at Humber College.

"It encourages students to get active," said Baconga.

"The gym on campus can be a little intimidating if you're working out amongst the athletes or body-builders. It's more comfortable with peers in residence," he said.

Headphones, ear buds a hazard for loss of hearing

Christine Tippett

LIFE REPORTER

It's all too common to walk through the hallways at Humber and hear music blaring from other students' headphones.

There's hazard in those headphones and more to be done to prevent hearing loss than turning down the music, according to the World Health Organization.

WHO recently published a report that recommends people should not only listen to music with headphones at a quieter volume, but also listen to music for no more than one hour a day to protect their hearing.

Second year 3D Animation student Tyler Yamamoto listens to an average of eight hours of music a day with headphones, but tries not to listen to his music too loudly.

"It's not realistic to listen to music an hour a day," Yamamoto said. "It's a way to avoid distraction from other stuff."

WHO estimates 1.1 billion teenagers and young adults are at risk of developing hearing loss due to unsafe use of personal audio devices and exposure to damaging levels of sound in noisy entertainment venues.

"It's not to the point where hearing aids are being recommended but what's going to happen in their adolescents is that they're going to need hearing aids at an earlier age," said Tracy Saunders, an audiologist at Hearing Solutions, an Ontario retail and clinic chain.

People aged 12 to 35 years in middle and high-income countries, nearly 50 per cent listen to unsafe levels of sound through personal audio devices such as iPods and MP3 players, according to WHO.

"What you can do is make sure it's at a volume where if someone was speaking to you from a metre away that you would have no trouble hearing them," Saunders said.

The WHO report also said noise-cancelling headphones allow music to be heard more clearly at a lower volume.

Saunders agrees noise-cancelling headphones may reduce the chance of hearing loss, but that doesn't mean someone should rush out to buy a pair of \$150 headphones and assume they're protecting their hearing.

"It's the individual's choice of how loud they're going to be listening to music. That's what ultimately would cause noise induced hearing loss," said Saunders.



It's not going to impact them in that moment, it's going to impact them 40 years down the road.

Tracy Saunders

AUDIOLOGIST AT HEARING SOLUTIONS

Saunders said she thinks young adults are conscious of the consequences of listening to music too loudly but don't really care about it. The tricky part is making them care about their future selves, she said.

"It's not going to impact them in that moment, it's going to impact them 40 years down the road," Saunders said.

Sara Fiore, a first-year Early Childhood Education student, listens to music fairly loudly but usually only puts one ear bud in. She said she wants to be aware of her surroundings but she's also scared of losing her hearing.

Fiore doesn't accept WHO's recommendation to limit the amount of time spent listening to music, however.

"If you're listening to it several hours a day loudly, then you should cut down," said Fiore.

Student sleep lounge planned for North

Allie Langohr

LIFE REPORTER

Students shouldn't be using weekends to catch up on lost sleep throughout the week.

Luckily, a solution may be coming to Humber College soon in the form of sleeping lounges in the North campus Student Centre.

A new study conducted at the Weill Cornell Medical College in Doha, Qatar, shows that losing 30 minutes of sleep a night during the week can impact a person's body weight, metabolism and can lead to the onset or progression of type 2 diabetes over time.

The study discourages the accumulation of sleep debt, or getting less sleep during the week and then

attempting to make up for it on the weekend.

Dana Nunes, a registered nurse at Humber, recommends at least seven to eight-and-a-half hours of sleep per night, although she says students often get less than six.

Nunes said some of the side effects from not getting enough sleep are muddled thoughts, poor memory, cardiovascular disease and high stress levels.

Newly elected Humber North president Ahmed Tahir says interest in having a designated sleeping area on campus is high.

"With the Learning Resource Centre opening up, now there's opportunity for us to actually have the room available," said Tahir. "We

need to get this done."

Tahir said rooms that are currently used as study areas in the Student Centre might be converted into new sleeping lounges next year.

Angelie Mayne, first year Paralegal student at Humber said she's concerned that the rooms would be misused.

"I wouldn't feel safe," said Mayne, even though she admitted to only getting four or five hours of sleep a night.

But Tahir said the lounge would be kept as clean and safe as possible. "People sleep around campus regardless, so having a designated quiet, safe, comfortable and clean area is important," he said.

In the meantime, Nunes stresses the importance of having a regular



COLLEGEDEGREES360.COM

Sleep deprivation is common in students and they may not be getting the recommended eight and a half hours of sleep per night.

sleep routine, with a set bedtime and wake-up time each day.

To increase the amount of sleep per night, limit naps to less than 45 min-

utes a day, avoid caffeine and exercising at least six hours before bed, and ensure the bed is only for sleep and sex, said Nunes.

HOROSCOPES by LUCY SKY



JAN. 20 – FEB. 19
Once you get into the swing of things, there's no stopping you. So what are you waiting for?



FEB. 20 – MAR. 20
You typically live by a very defined routine, but maybe it's time for a change. Consider it.



MAR. 21 – APR. 20
No one can break you down, you're on top of the world right now. Enjoy it!



APR. 21 – MAY 20
Indecisive has been your middle name recently. Pick something and stick to it.



MAY 21 – JUN. 20
This week is going to be eventful for you, to say the least. Take the good with the bad.



JUN. 21 – JUL. 22
Money has been tight lately, but that doesn't mean you can't have fun. Have a few friends over this weekend, it'll do you some good.



JUL. 23 – AUG. 22
Starting a life for yourself can get lonely, find a hobby to fill your time. Maybe a pet to keep you company.



AUG. 23 – SEPT. 21
Trying something new could mean finding your new favorite thing, so give it a shot!



SEPT. 22 – OCT. 22
Dirty isn't your style, it doesn't look good on you. So clean your room already!



OCT. 23 – NOV. 21
The weather hasn't been the only one playing tricks on you lately. Don't stand for it.



NOV. 22 – DEC. 20
Old friends will bring you out of any rut. So this weekend is going to be rough for sure, but they'll pick you back up.



DEC. 21 – JAN. 19
Always look for the silver lining. You may find the shiniest one outlining the darkest cloud.

QUOTED: DO YOU THINK COLLEGE OR UNIVERSITY PROFS SHOULD BE ABLE TO STRIKE DURING THE SCHOOL YEAR?

"No, they're affecting everyone else. I've already paid and they're taking my money and striking for more money"

"No, it inconveniences the students and sets us behind"

"No, if they go on strike it affects the students."



Zac Copeland, 25
General Arts and Science

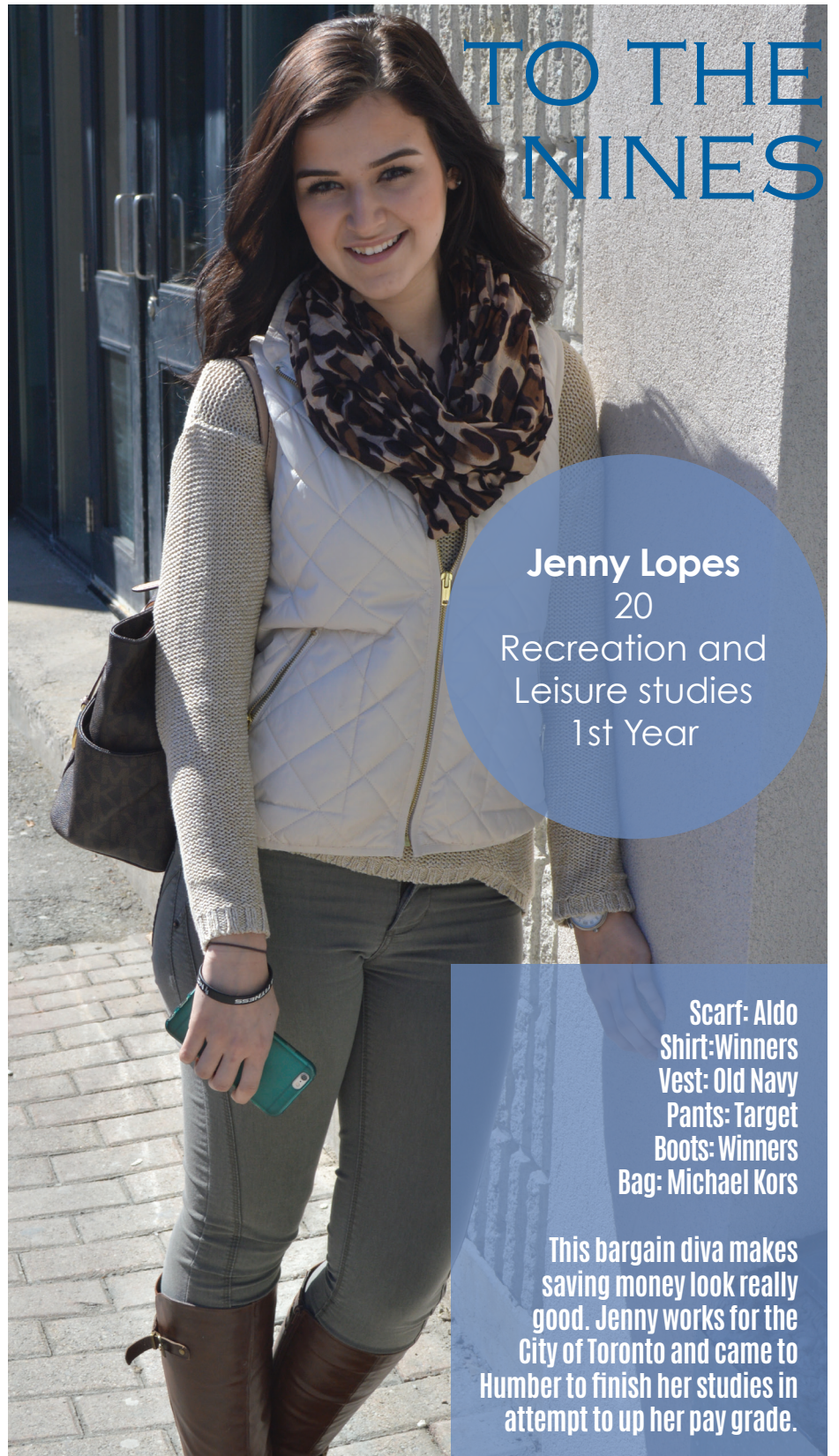


Divya Patel, 23
Computer Networking



Natalie Klett, 19
General Arts and Science

SCHOOL DAZE



Girls of roller derby ‘delightful weirdos’

Ali Amad

SPORTS REPORTER

Mopping the floor with another skater as she hurtled down the oval tracks of the Toronto Roller Derby just felt like second nature for Knuckle Slamwich.

But roller derby is more than just a sport for Slamwich, or Slam for short, the derby alter ego of Humber student Samantha Barr.

It's an identity, a community and a passion. It's the uniqueness of roller derby's genesis and the welcoming nature of its community that attracted Barr and many others.

"I think there's a certain aesthetic appeal to it. It's just a really fun sport. I never successfully played a sport until I played roller derby," she said.

"I've really noticed a change in myself and I think people recognize a change in their friends," the Fundraising Management student said. "It's really amazing for your self-confidence.

Men typically dominate the sports sphere and in Canada it is no different. Barr said that's what sets roller derby apart.

"It was a woman's sport first and even historically it has been an opportunity for women to play a sport that's grassroots, that has a sort of feminist slant," she said.

Barr said the best way to describe roller derby is simply as a race with obstacles.

"It's not like any other sport I know. There isn't a ball, first of all. It's all done with people. You score points with people," she said.

The sport combines a high level of complexity and strategy with rigorous physicality.



ALI AMAD

Humber Media Communications grad Anita Crawford has been with the Toronto LOCO (low contact) Roller Derby since 2012.

There are two main positions in the five-a-side sport that sees players skate around an oval track. A designated "jammer" on each team has to skate through the "pack" comprised of four "blockers" on each team. Each lapping of the pack earns the jammer and the team a point during two-minute sessions known as "jams". The team that gets the most points in the typically hour-long match wins.

Barr started off playing five years ago while at Western University and decided to found the not-for-profit Toronto LOCO Roller Derby in September 2012. She created the league for players desir-

ing a more casual low-contact (hence LOCO) environment than the ultra-competitive Toronto Roller Derby.

"We're a happy little band of misfits," said Barr.

Barr recently switched from LOCO to full contact to play more games with other full-contact teams and get more experience.

Justin Brown coaches the Mixin' Vixens, the Toronto chapter of LOCO, and says the decision was a natural one to make with how the sport's matured and evolved.

"The game's really shifted in the last five (to) 10 years," said Brown, a Humber Industrial Design graduate.

"It's become more of a sport than a pastime so you're getting more athletic frames, stronger training, and more of a commitment to athleticism," he said.

Barr and Brown hold training sessions for strength and technique every week, generally in the expansive basement of Emmanuel-Howard Park Church on Roncesvalles.

The regular training sessions give women like Anita Crawford, a 2014 Media Communications Humber graduate, a chance to play a competitive sport in a comfortable, welcoming setting. Crawford had done some ice-skating in the past when

she joined, but knew virtually nothing about how to play roller derby.

"I was literally Bambi on ice," said Crawford, whose love of everything Disney inspired her derby name Snow Fright.

"They taught me everything and everyone was so patient with me," she said.

Brown said opportunities to play sports for women like Crawford and Brown's fiancée, and fellow LOCO member, Eileen Lewis, a.k.a. "Diebrarian", are really limited after high school.

"Once you hit 18, there's nothing," he said.

"Either you're playing for a college or you're playing in a

beer league. There's no real organized top end sport unless you're playing within a university setting," said Brown.

Katie Davignon, known in the derby world as Gorschach, is another long-time member of the Vixens. She wouldn't exchange the experiences she's had for anything.

"There are some delightful weirdos here and I feel like I can really be myself in this environment," she said.

Davignon said the stereotype that roller derby is only played by angry butch lesbians is far from the truth.

"There are butch lesbians, femme lesbians, there are androgynous individuals, there are heterosexual individuals. It's really a place for everybody," she said.

Davignon points to roller derby community events such as Clam Slam as examples of this inclusiveness. Clam Slam is held annually every summer as part of Pride Week in Toronto.

"Clam Slam is open to anybody who identifies as LGBTQ. Whatever kind of non-hetero alignment you are, you are welcome to come and skate in this event," said Davignon.

Roller derby is booming in the USA and Barr says successful events like Clam Slam prove a growing demand exists in Canada as well. Barr feels like there would be plenty of room for roller derby at Humber too.

"I'd love to see it break into colleges and universities," she said. "I'd love to see it move into high schools, especially. Having more teenage girls get the opportunity to play roller derby would be fantastic."

Humber curling sets up to sweep Nationals

Jessica Reyes

SPORTS REPORTER

Humber curling is headed to Olds, Alta., for Nationals on March 25 after winning silver at the OCAA in Peterborough on February 15.

Cindy Bishop, the head coach of the Humber curling team, is also a professional curler at the Weston Country Club and has been for 18 years.

"I feel very confident going into Nationals, the girls worked really hard," Bishop said.

Desiree Davis, completing her final year in the law clerk program, has curled at Humber for three years.

She said curling is a sport

that is much more fun to play than to watch.

"The most challenging part about playing curling is when you're sweeping it's your arms... if you keep sweeping for at least a minute, you feel like you just want to die," Davis said.

Maria Cristina De Rose, a fourth year Kinesiology student at Guelph Humber, said five years from now she would like to see curling offered to high-school students so they can understand the game just as well as hockey or soccer.

"In terms of college curling, I would like to see more competition against other schools," De Rose said.

The curling team appreciates the positive environment Humber has to offer despite it not being designated as a varsity sport.

"We get great uniforms, opportunity to play at a great facility, but most of all Humber is like a great big family with so much support," De Rose said.

Sarah Jagger, a former Humber curling athlete, says Humber has always given opportunities to compete against other schools.

"We get to go to Provincials and Nationals while some schools, if the team doesn't finish first or second the school won't pay for

the team to go to Nationals, which is quite disappointing," Jagger said.

Although the college is supportive when it comes to games and equipment, it fails to offer scholarship money for the sport.

"I wish I got a scholarship as it would lighten the financial stress, but with that said, I have been lucky to receive an honorarium for having a GPA over 80 per cent," De Rose said.

Jagger said students should consider curling as seriously as any other sport.

"I think it's just sad sometimes when some people don't recognize that it's a big sport.



JESSICA REYES

Humber women's curling team competes against club members at Weston Country Club. Team is headed to Olds, Alta.

It's at the Olympics, there's many events and it's only getting more and more popular every year," Jagger said.

"If it wasn't popular then Humber wouldn't have a

team. Last year the mix team won gold in provincials which is amazing...and both the men's team and women's team went to Nationals," she said.

Scavenger hunt on for Women's World Cup

Katherine Green
SPORTS REPORTER

Canadian soccer fans wait in anticipation as the countdown to watch the country's national women's team on home turf is well on its way.

To whet the appetite and raise anticipation for this prestigious sporting event the Ottawa Host City Venue, in participation with Ottawa Tourism, has launched a campaign to hide 100 mini match soccer balls over 100 days in the nation's capital leading up to the tournament kick-off on June 6.

The real life daily scavenger hunt, which began on Feb. 26, has sponsoring businesses and local celebrities hiding mini match balls throughout Ottawa and relaying clues to the hoards of fans over social media.

Ottawa Venue general manager Valerie Hughes, and her team responsible for this live countdown campaign, recognized the traction and a greater demand for participation from fans all over Ontario.

The response "was why the hunt has moved beyond Ottawa," said Hughes. "In Toronto we thought we would share in the wealth. Even though Ottawa is the host city, we are the only city in Ontario that is going to be hosting the FIFA Women's World Cup. We just want everyone to be a part of this exciting competition that is coming."

Fans from Toronto and local soccer clubs from surrounding regions are now participating in the hunt for the next 10 days. Kitchener, Oshawa, Hamilton, London and Woodbridge have all been infiltrated by mini-

match balls tucked away in various corners of the cities' soccer venues.

The Ontario Soccer Association in Woodbridge Ont., located near Humber College's North campus, held two days of consecutive hunts for local fans.

Hawks' soccer alumna and current goalkeeper coach Katerina Conde is also a member of Woodbridge Soccer Club's technical coaching staff.

"We found out and I know we (Woodbridge) are big on encouraging the development of female soccer players and female coaches," said Conde.

"We told the girls and their parents to check #tickettour," she said. "I know they are hiding the soccer balls around the OSA. I was tempted earlier this week to leave work and go grab the ball I saw hidden in Dundas Square."

The response in Ottawa and Toronto has been positive. The action surrounding the mini match ball scavenger hunt not only resonates with young fans and parents, but older female soccer players themselves.

Players, like Humber varsity soccer defender Sabrina DiFlorio, commends Ottawa Host City Venue on the goal to push awareness all across Ontario.

"I think that because the scavenger hunt started in Ottawa a lot of people didn't know about it, but introducing it to Toronto, I think would have a bigger impact" on ticket sales, said DiFlorio. "As a soccer player, promoting the women's national team is very important because it doesn't get the attention it deserves."



KATHERINE GREEN

The 81st mini match ball was tucked away in the Ontario Soccer Association in Woodbridge Ont.



MATHEW HARTLEY

Dejected Humber Hawks stand together to receive silver medals at OCAA championships at Durham College on March 8.

Silver medal at OCAA lacks lustre

Mathew Hartley
SPORTS REPORTER

Silver doesn't quite shine like gold.

Humber's men's basketball team looks to rebound at the CCAA Championships this weekend after winning silver in the provincials at Durham College on Saturday, March 7.

The Mohawk Mountaineers defeated the Hawks 84-74 to win the OCAA title.

The Hawks follow the Mountaineers into the national championships as the Number Four seed, despite losing in the final.

The Mountaineers get to

stay home in Hamilton and host the national championships which head coach Brian Jonker believes is a huge advantage.

"We're coming in with a lot of confidence and we've only lost twice in that building ever. We feel great about it," Jonker said.

Mohawk's only home loss this season was against Humber in February and the Hawks will be hoping to repeat the performance if they face the hosts during the tournament.

Humber point guard, Gibson Eduful, left Durham College with the silver medal

around his neck, but took the honour mainly as added motivation for the CCAA Championships.

"It was extremely difficult to accept, especially when we know we are the better team," Eduful said.

Humber's biggest fan could be Athletic Director Ray Chateau, who often attends games, and he is still a believer in the Hawks' postseason chances.

"They're a good team with a lot of fight, they will bounce back," Chateau said.

It's also award season in the OCAA and the Hawks' starting power forward Tyrone

Dickson and Head Coach Shawn Collins have been recognized as the league's best.

Humber owns the OCAA's stingiest defense with Dickson playing a major part finishing in the top five for blocks and rebounds per game, earning him the defensive player of the year award.

The Hawks will also count on the strong leadership of coach Collins, the OCAA West Division's Head Coach of the year.

Humber has not qualified for the National Championships in four years and hasn't won gold since hosting the tournament in 2001.

Assing and Kurvits on their badminton rivalry

Alexandra Martino
SPORTS REPORTER

An old saying advises keeping friends close and enemies closer. This season in men's singles badminton, two players were closer than ever.

Jesse Assing from Humber and Owen Kurvits of Redeemer University apparently couldn't get enough of each other, playing each other six times this season. "It was an awesome rivalry. The two played top notch badminton," said Michael Kopinak, associate director of athletics at Humber.

Assing, in his first year with Humber badminton, said the two competitors had met during circuit tournaments.

"I knew we were at a simi-

lar level," said Assing.

They first played each other at a collegiate level in November at a tournament hosted by Fanshawe College, with Kurvits taking the win.

"The first few games we were feeling each other out, then when you get to the bigger games you want the banner," Assing said.

Kurvits would also get the victory in their next three matches, including two at the OCAA Championships.

"The more we'd play the more we got used to each other, so you'd know what to do and what to expect," said Kurvits.

"I play on the attack but Owen plays a more neutral game, so his style is anti-mine," Assing said.

Kurvits having the upper hand in most of the matchups meant the clash of styles was the least of his concerns.

"I tried not to do too much and over-think what he was going to do," Kurvits said.

Benno Kurvits, head coach of badminton at Redeemer and father of Owen, said, "In Owen's mind, he was focusing on his own game and what he needed to do to play well. If you are winning, you best not change anything drastically in your approach."

Assing did succeed in getting one victory over Kurvits during the CCAA badminton championship round robin.

"That was the best game I've ever seen him play," said Owen Kurvits.

For Assing, part of the satisfaction in playing such competitive matchups, regardless of the outcome, is having a fair fight.

"Even though I played up to a different level, Owen had

to adjust to the facilities and didn't get to his usual quality of play," he said.

Assing would get to play "the Owen [he knows]" in the National Championship final, bringing back the intensity that Kopinak cites as "electric" to their games.

The Redeemer coach said Owen "needed to simplify things and just get back to basic rallying with Jesse and allow the play to develop."

"I believe that is what he did and eventually was able to pull away, though the first half of the third game was very close," said coach Benno Kurvits.

The competitive atmosphere between the two has not prevented them from developing a friendship off the court.

"Owen is a civil competitor. When we play we do not want the other to win but we respect (it) if he does, and he's a classy guy and we get along well," said Assing.