



In a time of cellphone pictures of everything we eat, serious food photography has had to up its game

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# HSF election season underway

Humber Students' Federation starts to move past campaign debacle of last year

Christina Romualdo  
NEWS REPORTER

It's that time of year again – Humber Students' Federation elections are here.

Nominations close today, triggering the month-long period of electing a new executive and Board of Directors team for the upcoming school year.

Electoral hopefuls will have to be verified and confirmed as eligible candidates before an All-Candidates Meeting on Feb. 17.

Campaigning officially begins at 8:30 a.m. on Feb. 23. From there, candidates have two weeks to talk to students, debate their platforms, and plaster the school with election posters.

Current HSF VP Student Life North Ahmed Tahir said he believes that each potential candidate has something to offer.

"Each student that wants to run and ends up winning, I think they can provide their own type of leadership to that position. I'm of the belief that every person can lead in a different way and that leadership isn't defined as one way to lead people or to do certain things," said Tahir.

Selena Carbury is the person tasked with steering the organization through the



CHRISTINA ROMUALDO

HSF President Tom Walton's advice to future candidates: "Make sure to have fun."

tricky waters of election season, which last year featured significant turbulence when incumbent HSF president Tim Brilhante was disqualified for unspecified campaign irregularities.

As the Chief Returning Officer, Carbury is responsible for overseeing the elections

and ensuring the entire process is fair and transparent.

The issue of fairness and transparency is especially important in this election given the controversial outcome of last year's presidential race.

Business Administration student Shawn Manahan was proclaimed the winner after

favoured incumbent Brilhante was disqualified hours before final results were announced.

Manahan's election was ultimately overturned at HSF's Annual General Meeting, when students voted 90-89 against accepting the election results.

This triggered a September

by-election in which Humber students elected International Business student Tom Walton as their new president.

Manahan said the electoral situation last year boiled down to a loophole in the organization's governance documents.

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## Students complain of daily parking pain at North

Travis Kingdon  
NEWS REPORTER

For students who drive to school, finding parking at Humber College North campus is a daily struggle.

The lineups for pay-on-exit lots start early in the morning and spaces never seem to open up. Students who purchased parking permits also occasionally have trouble finding spaces on campus.

A petition on change.org entitled "Fix Humber College Parking issues ASAP" has gathered just over 200 signatures. The petition hopes to catch the attention of Parking Services Coordinator Garry Shaw and persuade him to address the unavailability of parking at Humber.

"It's terrible," said Daniel Iacucci, a Psychology student at Humber.

Iacucci is one of many sitting in a line up waiting for a spot to open up.

He said that the amount of parking at North campus is insufficient for the amount of



The reality is there are too few parking spaces for the number of people that come to Humber.

ROB KILFOYLE,  
DIRECTOR OF HUMBER'S PUBLIC SAFETY  
AND EMERGENCY MANAGEMENT

students that commute there.

"We have experienced more pressure this year than in previous years," said Rob Kilfoyle, director of Public Safety and Emergency Management. "In fact we even decreased the number of permits we sold to students last year so we're not quite sure why that is."

Four hours of parking at Humber costs \$4 in the pay-on-exit lots. Any time over four hours will cost \$7.

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## Extramural men's hockey team starts season with a win



Alexandra Martino  
SPORTS REPORTER

Humber College's extramural hockey teams made it worth the trip to University of Toronto Scarborough campus for their first tournament of 2015.

The men's hockey team made their third appearance in a tournament final a successful one, defeating St. Lawrence College – Corn-

wall in a shootout. The women's team came third in their block and went on to win their consolation game.

The men's matchup was not the first meeting of these two teams this season. SLC Cornwall handed Humber a defeat in a tournament final at Humber last semester.

"I think the team wanted to exact some revenge for that loss," said Mark Wright, the head coach of the men's team.

SLC Cornwall was not about to allow Humber that payback easily, outplaying the team for the better part of the game.

Humber allowing their opponents to gain the upper hand in key games is a common setback, according to Wright.

"I feel that we get a little complacent at times," he said.

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## Toronto politicians upset by big provincial cut to social assistance

Jeremy Appel

CITY HALL/QUEEN'S PARK REPORTER

Tensions are brewing between municipal and provincial levels of government with Premier Kathleen Wynne's decision to cut Toronto's annual social assistance grant.

Toronto Mayor John Tory rejected the province's offer to replace the \$86-million grant with a \$200-million loan, a statement from Finance Minister Charles Sousa said.

The province's offer to replace the social assistance grant — which covers subsidized housing and welfare — with a loan is a result of the Ontario government's effort to slash the deficit by 2018, Sousa said in the release.

"The majority of people who have to use food banks in our city are on social assistance," Humber social work instructor Linda Hill wrote in an email. "What they receive on a monthly basis is not enough to live in Toronto."

Toronto's lower income neighborhoods like Rexdale, where the Humber College North campus is situated, must bear the brunt of this bickering between provincial and municipal governments.

Almost half of Rexdale's



COURTESY ANDREW LOUIS

**Councillor Joe Mihevc suggests a raise in corporate taxes to avoid cuts.**

88,000 employable residents have an annual income of less than \$30,000, according to the most recent National Household Survey.

The survey says more than one-quarter of this low income bracket in that community makes less than \$5,000 per year, indicating extreme poverty.

Hill said that the Daily Bread Food Bank's Who is Hungry report shows that the average food bank recipient has to live on \$6.13 a day after paying housing costs.

"My students are always shocked when they see how little people receive on social assistance," Hill said.

Toronto city councillor Joe Mihevc said he does not think balancing Ontario's budget should come at the expense

of Toronto's most vulnerable.

He suggested the premier use corporate taxation to redress the province's fiscal imbalance.

"(Ontario has) one of the lowest rates of corporate taxation in North America, and certainly in Canada," Mihevc said. "We have to raise that."

Mihevc said that the principle of social justice means that the wealthy need to pay a little more so that those less privileged can have a better quality of life.

NDP MPP Cheri DiNovo is more harshly critical of the Ontario government's approach to urban poverty in the GTA.

"The poor are worse off now under the Liberals than they were under the Mike Harris Tories," DiNovo said, referring to the provincial government of 1995-2003.

The Liberals did nothing to restore the services axed by Harris, she said. Meanwhile, the cost of living increased, resulting in the poor becoming poorer.

"The Liberals seem to get away with conservative policies in a way that even Conservatives can't get away with," DiNovo said.



CHRISTINA ROMUALDO

Shawn Manahan has run two presidential campaigns in his time at Humber College. He says the best part of his experience has been meeting people.

## Former candidates recommend balance, being your authentic self come election time

continued from Page 1

"I know that the (HSF Board of Directors) worked hard to tighten the wording in the constitution," said Manahan.

Carbury said that, in the event of a disqualification, everyone gets a chance to speak. She said there is also a three-strike rule on electoral rule violations that acts as an extra layer of checks and balances.

Carbury said the best way for candidates to combat confusion around election rules is to ask questions.

"The All-Candidates Meeting goes through all the rules... it's like orientation for the candidates," said Carbury.

For those who are thinking of running in an election, Tahir said potential candidates need to stop thinking and run.

"You can think about something forever before actually taking that step and that one step that you actually take outside of your comfort zone," said Tahir. "That's

what's actually important. Sometimes, you get stuck in that thinking or planning phase and never take action, which is the most important part."

Carbury offered the following advice to candidates: "Keep in mind the pace at which everything is going. The entire thing runs from Jan. 5 to Mar. 13, which on paper seems like a long time, but it's actually very fast-paced."

Manahan, who has campaigned twice for the presidential seat, says the hardest part of the campaign is time management.

"You're trying to balance everything — extracurricular organizations, academics, and campaigning," he said.

Manahan said the best part about running is the opportunity to meet fellow candidates and voters.

Tahir echoed these sentiments, saying that the best part of his campaign was talking to students, asking

them what they want done.

"Talk to students, hear their concerns, tell them your ideas and make that connection — online, offline, wherever you can find them," said Tahir. "This is where elections are won or lost."

Current HSF President Tom Walton touts the virtues of dressing for success.

"A lot of students wonder, 'Why is this guy wearing a suit? Why is this guy taking this job so seriously?' It is a very serious position," he said.

"As the president, you represent the 27,000 as the chief spokesperson of the Humber Students' Federation," said Walton. "It's a serious position not to be taken for granted... The way I perceive it, if you want to be taken seriously, then dress seriously."

Above all, Walton says to keep two things in mind: "Make sure you don't lose sight of who you are — stay true to yourself — and make sure to have fun."

## Food truck planned for Humber North campus next school year

School of Hospitality working on purchase with Campus Services

Malcolm Campbell

NEWS REPORTER

A food vendor trucking around Humber College North campus is in the works.

Paul Iskander, Humber's Director of Campus Services, said he is working with the School of Hospitality to possibly buy a food truck.

"We will have students running it."

Iskander believes the truck will help in recruiting new students by visiting schools and events, and will show culinary students an alternative to restaurant ownership.

He said the food truck will tentatively be on campus in September 2015.

A number of factors come into play when a food provider is chosen for the college.

"We take student feedback, staff feedback, surveys, de-

mographics, the value, quality and health, of the products, as well as sustainability," Iskander said.

If a company is approved, it enters into a commitment with the school, paying a fee for the right to work on campus. The proceeds of this commitment go into scholarships and bursaries for prospective Humber students.

Matt Lindzon and Zach Fiskel, co-owners of Chimney Stax Baking Company, a food truck specializing in rotisserie baked bread launched on Labour Day weekend of 2014, say they still aren't entirely sure having a truck was the best choice for their business.

But so far the benefits have outweighed any negatives.

"We've been behind the idea," said Lindzon. "It allows us to be in a lot of multiple locations, it allows us to really get our name out there."

Using a food truck rather than a brick-and-mortar

restaurant allows interactions with customers far beyond what could be done in a storefront.

"We're a product really unknown to people and that education at point of sale is a big part of making daily sales," Lindzon said.

There are other reasons a food truck may be a better option as opposed to a restaurant.

Paul Pappas owns and runs the Pappas Greek Food Truck, operating since 2013. As an ex-restaurant owner, he believes the greatest benefit of the truck is it doesn't require the same commitment.

"A restaurant, even though you shut down at last call, and the staff is out of there by four, the restaurant is still there," Pappas said. "If someone tries to break in and the alarms go off, you're down there at five in the morning."

"A restaurant is 24/7 and the best part about food trucks is they aren't," he said.



# New campus sexual assault policy coming

Ontario college presidents agree to policy scheduled for unveiling on Mar. 31

Jessica Tedesco

NEWS REPORTER

Ontario's colleges have created a sexual assault policy that will soon be implemented provincewide.

The presidents of 24 public colleges voted last week to endorse a uniform policy that provides a clear path for victims of sexual violence and clearly outlines a school's responsibility.

They will now take the next two months to consult with local groups before putting finalized policies in place at each school, said Colleges Ontario, the regulatory body

that oversees all the province's colleges.

Sexual assault has become an increasingly pressing issue as college and university sexual assault investigations have drawn criticism on campuses.

"Every school I worked at, although they all have ways of dealing with sexual assault because it's a reality unfortunately, not very many places have a dedicated policy that deals with sexual assault," said Rob Kilfoyle, director of Public Safety and Emergency Management at Humber North. "Sexual assault is usually rolled into some other policy, so we welcome the standardization."

Kilfoyle said that Humber has a "comprehensive way" of dealing with sexual assault.

"We take a student-sup-

portive structured approach, so our first priority is the safety and security and well-being of the person who is making the complaint," he said.

"We want to make sure they are out of immediate harms way depending on the nature of what has occurred, make sure that they have appropriate supports offered to them right up front, and that they are made aware of what supports are available to them."

Although several colleges have measures in place to both try to prevent and remedy issues involving sexual assault, the system has yet to create a standard policy across campuses.

"I'm really excited about what's come from Colleges Ontario for sure," said Cather-

ine McKee, Registered Nurse Coordinator at North and Lakeshore campuses. "We had already started the process of drafting a sexual assault policy so I think it'll help us be more in line with what other institutions are doing."

Samantha Ortiz, a post-graduate student in her first year in human resources at Humber Lakeshore campus said she is familiar with the issue of sexual assault at her previous campus.

"They told us about it, they emailed us about the sexual assaults happening but they didn't really tell us what they were doing to fix the problem – and it kept happening," she said.

Coming to Humber, Ortiz has not experienced any issues with sexual assault or sexual assault complaints and said she feels at ease on cam-

pus. "We have phones in case you have an emergency and we have a lot of security so I feel safe," she said.

Ortiz said it would be helpful if there was more information available to students on who to talk to if something happens.

Humber students who are sexual assault survivors have several options available to them.

"There's a counseling centre, there's a health centre, lots of times they come to report it to our office in Student Life or Public Safety," said McKee.

The colleges will publicize new sexual assault policies by March 31, said Linda Franklin, the president and CEO of Colleges Ontario, in a press release.

## Menstruation still a taboo discussion

Humber grad Rubli works globally to help end stigma

Jennifer Berry

NEWS REPORTER

British tennis player Heather Watson's frank comments about the "girl things" that led to her disappointing performance at this year's Australian Open caused quite a stir.

Her predicament briefly pushed menstruation into mainstream conversation but for countless girls and women worldwide, the topic brings with it a stigma much more profound than making sure a tampon is safely concealed in a back pocket.

Humber graduate Sabrina Rubli is working to break down the taboo, particularly in developing countries, where menstruating girls can face shame and isolation.

"We came up with the idea to create an education-based approach that focuses on reproductive and menstrual health," Rubli said.

Rubli co-founded a Toronto-based non-profit called Femme International in 2013 after graduating from Humber's International Development post-graduate program.

While researching sanitation and washing programs in rural Kenya during their final months at Humber, Rubli and Marinic were struck by the absence of research and resources addressing the issue of menstrual health management and education.

"There's a lot of evidence out there that says that menstruation is a huge barrier to young girls in developing countries and a huge need that's just not being addressed," said Rubli.

In North America, women remain tight-lipped on their monthly menstruation, often opting to tough it out at school or work when affected by symptoms.

"Menstruation is definitely a taboo subject and that taboo exists here in Canada, absolutely," said Rubli.

Humber Early Childhood Education student Anna Ney acknowledges there's a cloak of silence around menstruation and agrees it's time people start talking openly.

"I think that sometimes if you're not feeling well enough to go into work or whatever, for me personally, I would say something different than what's really going on," Ney said.

## Humber students take short film prize at Wasaga

Matthew Pariselli

NEWS REPORTER

Humber College film production students David Redman and Matt Tipold are finding themselves in a welcome storm of acclaim after gaining recognition at an international film festival.

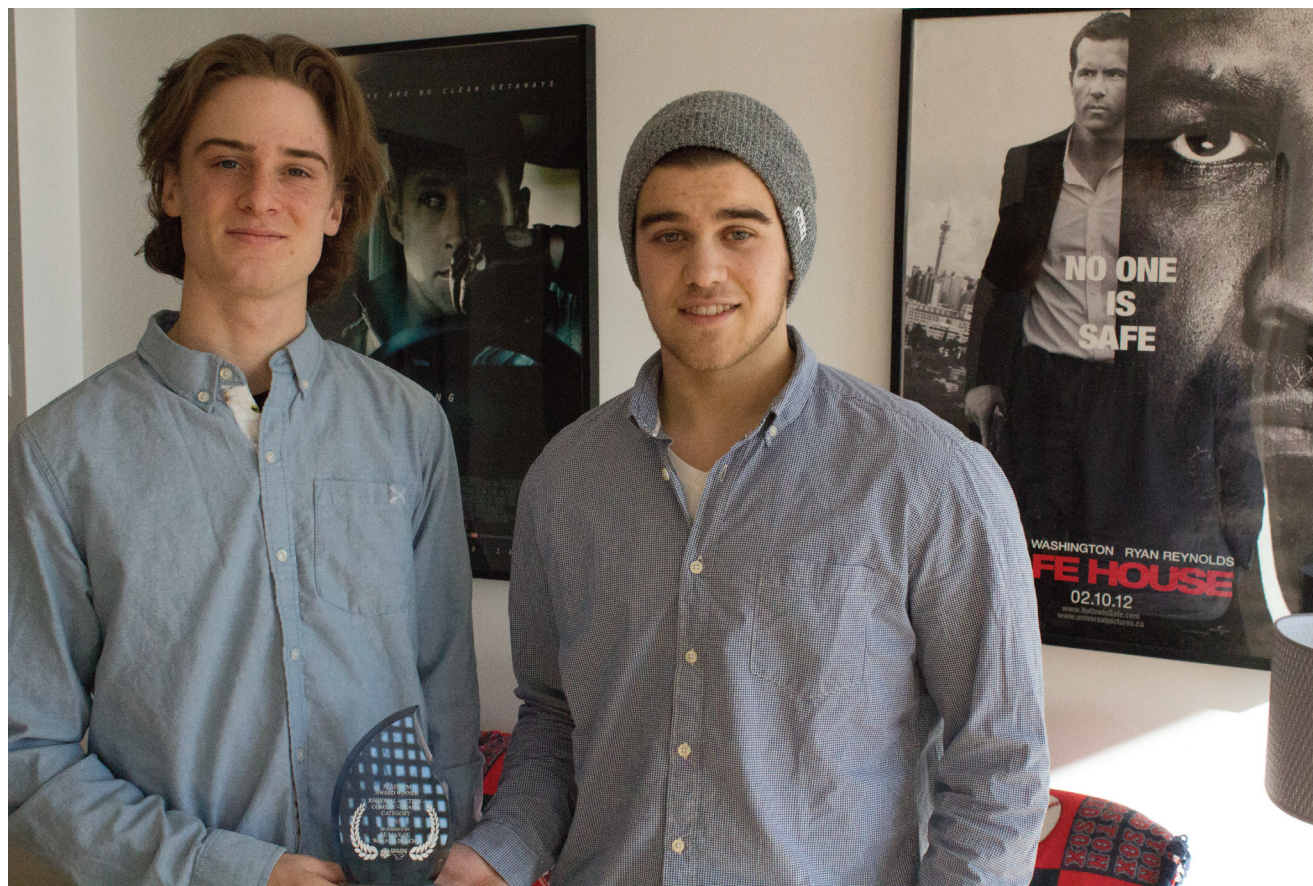
The duo's film, *Severed Ties*, earned the second-year film production students the top prize at the Wasaga Beach Short Film Festival on Jan. 24, nabbing the Platinum Award in the Regional Comedy/Drama/Action category.

The award comes with a bonus \$500 cash prize.

"It's pretty surreal. We still don't really believe it," Tipold said.

The film is an action-thriller that follows a rogue FBI agent over the course of one unpredictable night. It was intended to be a sequel to a film they made that was left open-ended, but the focus instead turned to showcasing their budding talents.

Redman and Tipold have known each other since they were in Grade 5. Their debut short, *Eye of the Storm*, earned them praise from a difficult audience: their Grade 11 classmates at Jean Vanier Catholic Secondary School in Colling-



MATTHEW PARISELLI

Former Humber students David Redman and Matt Tipold won the top prize at the Wasaga Beach Short Film Festival.

wood, Ont.

Their passion for film began in their communication technology class and they reveled in being able to showcase their work.

"The filming and editing (for *Severed Ties*) are done a lot better than the first one," Redman said.

The tools and skills the filmmakers acquired at Humber were not entirely expected. Ryerson University was Redman and Tipold's first choice of school, but when they were not accepted they reassessed their options.

"It was a blessing in disguise," Redman said.

Tipold said the balance between hands-on practice and a lecture-based, theoretical approach is ideal for him.

Zachary Finkelstein, who teaches a post-production course to both Redman and Tipold at Humber, said, "I think they're both really bright. The work that they turn in is really strong and when they contribute in discussions, they have great things to say."

It was their work on *Severed Ties* that caught the eye of Gary Cerantola, chair of the Wasaga Beach Short Film Festival.

"It was gripping. It got your attention right from the start

and it had a little bit of a Tarantino flavour to it. That's what we're looking for – to grab your attention and keep you riveted," Cerantola said of the film.

Cerantola has urged both Redman and Tipold to continue submitting work to his festival, and remarked not only was their work exemplary, but the filmmakers themselves brought a unique energy to the festival.

"If you would have been there and saw the way that they actually accepted their award, they were so excited, so colourful. They really engaged the crowd when they came up

so it helped the film festival greatly," he said.

The filmmakers are currently working on a short film called *Breaking Point*. It will contain an action sequence, but will be a more subdued film. They plan to release it next month through Red Tip Productions, a production company they launched in 2013.

"For a couple of young filmmakers that have ambition and are already showing their work in festivals, I think they've got a really bright future," Finkelstein said.

Their work can be viewed online at [www.vimeo.com/redtip](http://www.vimeo.com/redtip).



## Parking at North campus a struggle

continued from cover

Permits are sold at the beginning of each semester on a first-come first-serve basis and cost \$578, according to the Department of Public Safety's website.

If students park on campus every day, without a permit, it will cost them \$735 for one semester.

According to Kilfoyle, parking permits on campus are oversold by 10 per cent. Lot 5 is closed off daily for overflow permit parking, even though it's designated as a pay-on-exit lot.

"I'm patient, I use my time wisely," said Carla Robfield, a



TRAVIS KINGDON

Despite Lot Full sign, hopeful students at North campus line up for any spot to become available as security looks on.

Practical Nursing student.

Robfield reviewed notes while waiting for a spot.

"I try to get here an hour before class," she said. "Some-

times it just doesn't work out for me and today is one of

those days."

Kilfoyle explains Humber has roughly 20,000 people coming in on a daily basis, and while not everyone drives, motorists account for a large portion.

"The reality is that there are too few parking spaces for the number of people that come to Humber," said Kilfoyle.

The solution to the problem is not as clear-cut as it may seem.

Kilfoyle said the river, Arboretum and roads surrounding Humber, don't leave much room to expand parking.

"We simply don't have the space, we're landlocked," said

Kilfoyle.

He suggests students having difficulty finding parking on campus go to the Queen's Plate lot, just off of Highway 27 near the Woodbine Mall.

The Queen's Plate lot has 682 parking spots and it is hardly ever full, he said.

"I think we're less than 50 per cent capacity at most times up there," said Kilfoyle.

Shuttles to campus run from Queen's Plate every 15 minutes starting at 6:45 a.m. But some students say Queen's Plate isn't a good option.

Parking services has tried to make options available but allows it's impossible to make everyone happy.

"Everyone wants to park as close to the buildings as possible and have parking just available," he said. "The reality is that's never going to be the case."

Kilfoyle said potential future projects include a mobile parking app and signage on Highway 27 informing commuters if the lots on campus are full.



ARESELL JOSEPH

World Food Programme Canadian spokesperson Julie Marshall (centre, in grey) and CBC's George Stroumboulopoulos (centre) were among those at launch of Saving Lives photo exhibit at Humber Lakeshore campus' L Space Gallery.

## Saving Lives an exhibit of hunger

Aresell Joseph

NEWS REPORTER

Julie Marshall helps feed 90 million people. She came to Humber's Lakeshore Campus looking for a little help.

"We feed over two million people in West Africa affected by the Ebola outbreak, and six million in Syria," said Marshall, who works for the United Nations World Food Programme.

Marshall said WFP is one of the world's largest humanitarian organizations, helping starving women and children in the poorest nations.

"Canada is a global leader in supporting nutrition around the world," said Marshall, during the Feb. 3 Saving

Lives photo exhibit launch at Humber Lakeshore campus L Space Gallery.

WFP's Rein Skullerud was the photographer behind the exhibit.

He captured women and children whose lives were saved by WFP's efforts.

Marshall said students can scan the codes, complete a quiz, and feed a hungry child or woman through WFP.

Marshall said millions of people go to bed hungry every night, and WFP's goal is to feed everyone or as many people as possible.

This concept attracted Humber students like Lainey Oleka, 21, who attends Humber's International Development Institute.



Canada is a global leader in supporting nutrition around the world.

Julie Marshall

SPOKESPERSON/CANADIAN WORLD FOOD PROGRAMME

She joined the committee after attending a carbon footprint workshop.

"When they opened it up to students and decided to have a student committee, that would be running International Development week, I wanted to be a part of it," Oleka said.

She said sometimes people in Canada with access to

food, take it for granted.

She wanted to get involved with Marshall's agency through IDW's event, raising awareness on the cause and helping other students to understand how world hunger affects all of us.

"This year, International Development Week focuses on maternal, newborn and child health," Oleka said.

Marshall said WFP's Food for Assets Program feeds over 20 million children every day.

"We have high energy biscuits, they look like cookies, but they have all the nutrition that children need," Marshall said.

She said there are feeding centres in Sierra Leone, where mothers bring malnourished children, and plead for help and advice.

Hockey Night in Canada's George Stroumboulopoulos, a Humber graduate, also attended the event.

"It's my job as a human being, my duty, to be there for others," Stroumboulopoulos said.

He helped distribute "Gift of Canada" products in Haiti after the devastating 2010 earthquake.

Marshall said getting the food to those in need and finding the funds to do so can be difficult.

The photos will remain posted at Lakeshore's L Space Gallery until Feb. 12.

"We really make sure what we bring into this space is first and foremost relevant to Humber's students," said Tara Mazurk, the gallery's curator.

## Number of students using OSAP up 20% in five years

Debt and stress levels have increased along with tuition fees, leaving graduation burden

Christiana Chan

NEWS REPORTER

Tuition fees are constantly going up within Canada and statistics show that post-secondary education has left many students with large amounts of debt to pay off.

According to Statistics Canada, a total of 446,582 students across Canada borrowed money between 2011 and 2012 to put themselves through university or college.

Many graduates who find work after school move from their parental home, and take on a whole new set of responsibilities that can add to the problem.

"I actually got hired right after my work placement, so I moved out from home to live closer to work," said Humber College graduate Jeanette Gamble.

"But now most my money goes towards living expenses so it gets very stressful, I can't imagine if I had a student loan to pay off on top of this," said Gamble.

Humber Financial Aid manager Holsee Sahid, said there has been a 20 per cent increase in students using OSAP in the past five years, and 63 per cent of students at Humber are currently using OSAP in the 2014-15 academic year.

Humber does provide various resources to help students financially throughout their studies, although the need exceeds what's available. "It's always a good idea to research the different types of bursaries and scholarships, as well as work study jobs on campus," said Sahid.

A 2014 Gallup study of 29,560 U.S. students who graduated between 1990 and 2014 with a bachelor's degree or higher with debt found they lacked confidence not only financially, but socially and physically when it came to a sense of purpose and community.

Post-grad students using OSAP at Humber may feel even more stress financially, as they are more likely to have already taken out a loan for their undergraduate studies.

"I feel as long as I'm in school I don't worry too much about my OSAP, but I know the second I graduate it is going to be a stressful time for sure," said Karen Pieper, a post-grad Humber Advertising student.

Sahid said that it's important to prepare a budget showing all expenses and resources for the school year.

On average, it takes individuals 9.5 to 15 years to pay off their student loans, she said.



## Advertized summer jobs not always what they seem

Veronica Appia

NEWS REPORTER

Students searching for summer jobs should ensure that the company is not luring them into a scam.

“Being able to pick out the good, the bad and the ugly is something we work (on) with students,” said Christine Colosimo, Humber College Career Advisor.

Humber Business Marketing student Souleymane Guindo is no stranger to this type of online fraud.

Humber’s career advisors screen all jobs that come through the Career Centre and review them for approval prior to making them accessible to the students.

“We do our best, but still the odd (bad) job will come through,” said Colosimo.

Students should be wary of job postings that use email addresses such as Gmail or Yahoo and should spend time dissecting the job descriptions, said Colosimo.

There are money launderers out there who look for people to hire as their personal assistants, she said.

“The guts of the scam is that the victim will receive a counterfeit cheque or a phony email transfer,” said Daniel Williams from the Canadian Anti-Fraud Centre. “It looks like they have received real money.”

Workopolis’ editor-in-chief Peter Harris said they have a similar process for dealing with job fraud.

“The RCMP has a fraud busters department and we notify them right away when anyone tries to post a fraudulent job listing,” Harris said.

The Canadian Anti-Fraud Centre is interested in getting information about the scammers, as well as their means of getting money, said Williams.

Job fraud is most common on websites that have free listings such as Kijiji and Craigslist, said Harris. Job listings on Workopolis are paid for by employers who are required to provide their identity, as well as a credit card or corporate account, he said.

“If you can’t speak to a real person, that could be a red flag,” said Harris. “Also, watch out for spelling mistakes and typos. A lot of early Internet scams were perpetrated by people who weren’t necessarily in Canada.”



ERIC WICKHAM

The North Etobicoke Branch of Humber Community Employment Services strives to help people in the community find work.

# HCES: agency for sustainable jobs

Eric Wickham

NEWS REPORTER

Ontario may have faced a downturn in the economy over the last few years, but Humber Community Employment Services is still working to help the unemployed and underemployed.

HCES has five locations across the GTA, including Brampton, North York, North Etobicoke, Central Etobicoke, and in Corso Italia in west Toronto.

Elena Lewis, manager of HCES, said the agency is open and accessible to anyone allowed to legally work in Canada.

“The goal of the program is to find sustainable employment for people in the community,” said Azieb Mu-

sa-Habtu, the site supervisor at the North Etobicoke location near the Humber College North campus.

The mentorship program is a particular point of pride for HCES. It matches unemployed and underemployed professionals that have recently moved to Canada with skilled volunteers that work in the client’s field of expertise.

HCES is not limited to only helping trained professionals. It also helps clients of all ages and experience find sustainable employment, provide grants to laid-off workers looking to switch careers, and facilitate workshops to build a client’s employability.

Musa-Habtu said HCES provides a variety of services to help clients find training

and employment, as well as connecting with employers and finding placements.

Kabir Salimi, an employment advisor at HCES’ North Etobicoke location, said the work they do is based on client needs, situations and goals.

Salimi has worked at HCES for 14 years, and enjoys helping people reach their employment goals.

“My favourite part is to work with individuals struggling to get employment who need help. When they land the job it gives me the satisfaction I need,” he said.

Musa-Habtu recalled a young engineer who could not find work in his own field.

“Our job developer assisted this client, and found him a job that pays \$65,000 a

year,” said Musa-Habtu.

She said this client initially couldn’t find a job because of his lack of work experience.

Not everyone will land his or her dream job right away. Sometimes a client’s expectations won’t match realistic job opportunities.

“That’s why we always have a ‘Plan-B’ with our clients,” said Salimi.

Musa-Habtu said HCES’ success lies in its “straightforward approach.”

“We do a very brief intake, just to see what you are looking for,” she said. “After that you would be meeting with an employment advisor to discuss your vocational background, your skills, your interests, your long and short-term goals, and what is preventing you from finding

employment.”

Musa-Habtu said that HCES doesn’t tell people how to find a job, but rather asks them what they would like to do.

“We encourage them to come up with a plan of action for their job search, and we follow up with the plan,” she said.

For 2015, HCES plans to continue assisting their clients with a wide array of approaches.

“We sometimes do interviews on behalf of our clients. Some people have difficulties with interviews, this does not necessarily mean that they cannot do the job,” said Musa-Habtu.

To find out more about HCES, visit their website at [jobs.humber.ca](http://jobs.humber.ca).

## Networking event touts social links as source of 80 per cent of job leads

Christy Farr

NEWS REPORTER

Students need to work at networking to find work.

Students at Humber have accounts on popular social networking sites but most don’t know how to get the most out of them, said Career Research Developer Byung Oh at a networking event at the Lakeshore campus on Jan. 29.

“Networking is considered 60 per cent of all available job resources, and that is a conservative number,” he said. “Some professionals think it’s more like 80 per cent of all jobs come from networking.”

Oh said networking is essential in finding a job.

Oh introduced Magnet, a new social networking platform, to students at the event.

Magnet is a collaboration of 18 colleges and universities in Ontario and is sponsored by the Ministry of Training, he said.

“It’s a new platform where students post their profile base, much like LinkedIn, and employers can post jobs and immediately see who is the best candidate for the position,” he said. “Having your profile on the website doesn’t mean you actually have to look for jobs but more likely employers can find you based on your skills.”

Networking can be a daunting task for Ashvini Sriharan, a Bachelor of Business and Marketing Management graduate from the University of Guelph-Humber who now works for Humber as an assistant coordinator for career resources at the Lakeshore

campus.

She said feeling nervous before going to a face to face networking event is normal.

“There are a lot of opportunities to network now as well,” said Sriharan. “The Career Centre provides these opportunities as well as social networking to connect with people and network online so you don’t have to go out of the way face to face but you can develop relationships online with employers.”

Dami Oyibo, a Marketing Management student, knows she needs to put some more work into her social networking life and came to the Magnet workshop to expand her networking horizons.

“My social media is quite good although I need to make some changes,” she said. “I need to get stronger on oth-

er things that are out there as well.”

Oh said getting familiar with all resources available to students at Humber is not as much of a priority for students as it should be.

“It’s kind of an issue,” he said. “We promote this event with social media, the website, flyers, HSF board, but it doesn’t seem to be enough.”

Oh said the new Magnet initiative could give students more and better opportunities.

“We want students to pay attention to Humber’s own media site to see these kind of events,” he said. “I knew they were offered before but I never made time to go to it.”

Oh said that Humber alumni are everywhere and Magnet is a great opportunity for students to reach out to

their possible career.

“If Humber can connect Humber graduates to current students that is a really great opportunity for everybody,” he said.



CHRISTY FARR

Ashvini Sriharan, assistant coordinator at the Career Centre at the Lakeshore campus.



# Aqua Greens grows with hydroponics

Nicole Williams  
BIZ/TECH REPORTER

It's -20 C outside. Snow swirls on howling winds. There's not a living soul or thing to be seen outside. But inside a commercial complex on Thamesgate Drive in Mississauga, fresh herbs like basil, parsley and cilantro are sprouting.

Pablo Alvarez and Craig Petten, two graduates of Humber College's Sustainable Energy and Building Technology program, have found a way to grow fresh, organic produce all year long: aquaponics.

"It's a closed loop eco-system. We have fish that fertilize plants, while the plants filter the water that the fish swim in," said Alvarez.

This way, Alvarez' and Petten's aquaponics company, Aqua Greens, is able to produce organic greens indoors without the use of a greenhouse structure. They also have the added bonus of farming fish.

Alvarez and Petten have

set up shop in an empty commercial space in Mississauga, where they're currently growing thousands of plants that they will eventually distribute in Toronto. It's also home to over 800 tilapia fish.

The duo got their start in the hospitality industry, and combined have over 20 years of experience.

"We were working as servers, when we decided we wanted to do more," said Petten.

They both pursued the Sustainable Energy and Building Technology program and would eventually do their final project on aquaponics.

"We realized that in pursuing aquaponics, we would have the ability to combine our passion for sustainability and passion for food," said Alvarez.

It is perfect for urban settings, he said, where there is no available farmland, and the growing season ends in October, not beginning again until May.

Patten said instead of shipping produce in to the city



PHOTO BY NICOLE WILLIAMS

**Sustainable Energy and Building Technology grads Pablo Alvarez and Craig Petten demonstrate their aquaponics system.**

during this time, Toronto will have access to hyper-local, completely organic and healthy food.

Though this sounds like a win-win situation, Alvarez and Petten have had difficulty with Toronto City Council.

"Because it's a method that no one has really heard about for a very long time, the city needs to see proof-of-concept before we're allowed to establish ourselves within city limits," says Alvarez.

Petten said that it is frustrating because they have the ability to feed people but have to wait for approval.

Aqua Greens may still have something to prove to the city of Toronto, who would not give them a permit to begin growing somewhere within

city limits, but they've already proven to be very popular.

"Both Sobey's and Wychwood Barns Farmer's Market have approached us, so the interest is there," said Alvarez.

Aqua Greens has been getting lots of exposure, partly due to Humber College.

"We were the recipients of both the Humber New Ventures Seed Fund and the Humber Launch Pad competition, where we've accumulated over \$30,000 in funding for Aqua Greens," said Petten.

Humber Launch Pad is a Dragon's Den-style competition, where entrepreneurs from the school and surrounding community pitch their business ideas in front of a panel of judges.

Aqua Greens was selected

as one of the winners to receive funding for their idea.

"Through Humber Launch, we had access to mentors, business plans, business coaches, and we were able to figure out what our options looked like going forward with this business," said Petten.

Even two years later, Humber Launch is still very supportive of Aqua Greens, said Alvarez.

Cheryl Mitchell, one of the Humber Launch mentors, attended the Aqua Greens' launch party last week.

"We're just so proud of them," said Mitchell, "They're dedicated and hard working. We definitely plan to stay in touch."

However, even more than dedication and hard work at

Humber Launch, innovation is still key, said Mitchell.

"We look for ideas that are outside of the box, or with no box at all," she said. "All ideas are good, but what we do is see how we can use that idea to make a business."

Petten said that Humber has been good to him.

"We're already thinking of ways to pay Humber back," said Petten.

When the business is fully operational, in another four to six months, Alvarez and Petten plan to have Humber co-op students come and do their placement at Aqua Greens.

The Humber Launch team can also expect a bundle of fresh-produce coming their way.

# HSF goes Snapchat, students snap back



PHOTO BY RYAN DURGY

HSF's North Campus Snapchat account notified students about the recent snow day via the app.

Ryan Durgy  
BIZ/TECH REPORTER

Posters may not be a thing of the past, but it seems that self-destructing photos and videos are the new trend in keeping students in the loop.

The Humber Students' Federations at North and Lakeshore campuses is now using Snapchat to instantly reach students.

Ahmed Tahir, HSF VP of Student Life at North campus said that he and Lakeshore VP of Student Life, Dylan Rudder, had wanted to create Snapchat accounts for their campuses since the summer.

Tahir said that students are now using classic social media platforms such as Facebook, Twitter and Instagram less and that Snapchat has become the best way to keep students informed.

Culinary Management student Taylor Sowerby agrees that Snapchat is a great way to

stay in touch with what HSF is doing. "I saw that they were giving away shakers for the athletic students. That's a great idea because those things are really expensive," said Sowerby.

Crystal Holmes, a Media Foundations student, said she views the app as another good way to stay in touch with other students.

"Everyone is using Snapchat," she said. "I'm always on Snapchat."

Holmes said that when she's at home she enjoys being able to see what is happening on campus via the updates.

Osa Izirein, a second year Humber HVAC student, said that he doesn't find the HSF Snapchats helpful so far.

"When I added them on Snapchat, I guess I was expecting more," she said. "I was expecting more showing different events that are happening at Humber or are going to happen at Humber."

Izirein noted that one Snapchat she saw said Humber was handing out free waterbottles around the school, but it was uninformative.

Media Studies student Lora-Lyn Slama agreed that HSF had some work to do.

"I've noticed they snap right as an event is starting or just not at all. It would be better if they snapped more in advance," Slama said.

Izirein and Slama continue to follow the HSF updates on Snapchat and hope that their student feedback will improve the account's interaction with students.

Tahir heard the students' concerns and said he and the rest of the HSF team value that kind of student feedback.

"We want to get better at doing snaps and I think the more feedback we get and the more things we figure out with what students want to hear from our Snapchat account, the better," Tahir said.

Rudder said the HSF Lakeshore Snapchat account posts information before and during events.

"I posted prior to Open Mic Night letting people know what time it was at, and what building it was at," he said. "Lo and behold, the same people I could view who viewed (the Snapchat story) showed up to the event."

Rudder said that because of "liability", Lakeshore's HSF account does not add students on the account or receive messages from them.

However, Rudder said that he shares his own personal Snapchat username and answers student questions on that account.

Tahir said that North campus' account replies to students' questions sent in via Snapchat messages.

Students who want another outlet to keep up with student life at Humber can add North campus' HSF link at 'hsfnorth'.



# HOROSCOPES by LUCY SKY



**JAN. 20 - FEB. 19**  
A close friend will need you by their side this week. Make sure you do your best to be there for them in their time of need.



**FEB. 20 - MAR. 20**  
It's your time to shine, no need to suck up any longer. You've been working hard and everyone is going to start to see it for what it is.



**MAR. 21 - APR. 20**  
Not being one for the cold, it hasn't been the best week for you. Get those sunglasses dusted off and back ready for use though, it's time.



**APR. 21 - MAY 20**  
A specific classmate has been driving you up the wall lately and it's time for it to stop. So don't just sit there and take it, speak up!



**MAY 21 - JUN. 20**  
Finances may be tight lately, but don't let that stop you from taking yourself out for a night on the town. You deserve it!



**JUN. 21 - JUL. 22**  
The force is with you, you've got a lot on your plate right now, but you're going to pull through. Maybe even at the top of your class this time.



**JUL. 23 - AUG. 22**  
Love is in the air for you this week. You may not see it coming, but it is and it's going to be a big one this time.



**AUG. 23 - SEPT. 21**  
There hasn't been enough humor in your life lately, but get ready for the ultimate prank. Someone has been plotting against you.



**SEPT. 22 - OCT. 22**  
You've had your eyes set on a special someone lately, make sure to keep them wide in the upcoming week. It's time for one of you to make a move.



**OCT. 23 - NOV. 21**  
Stress has been ruling your days recently. Home, school, work and not enough play can make someone go crazy. So put away the books for a day and take some time for yourself.



**NOV. 22 - DEC. 20**  
There's a big surprise in your future, so buckle in and get ready for the ride of a lifetime. You never know what to expect in your rollercoaster of a life anyways, right?



**DEC. 21 - JAN. 19**  
There is no satisfaction in sitting back and watching life go by, so start putting yourself out there! Don't be afraid to go meet some new people.

## QUOTED: DO YOU THINK TORONTO IS THE BEST CITY TO LIVE IN IN THE WORLD?

"No. I think many cities in Europe are because they're more cultural."

"I've lived here my whole life, so I don't have much to compare to, but I'd have to say no."

"Yes. We have a lot of resources, places to have fun and opportunity for education."



**James Dalley, 18**  
Business Administration



**Mandeep Singh, 25**  
Hospitality and Tourism

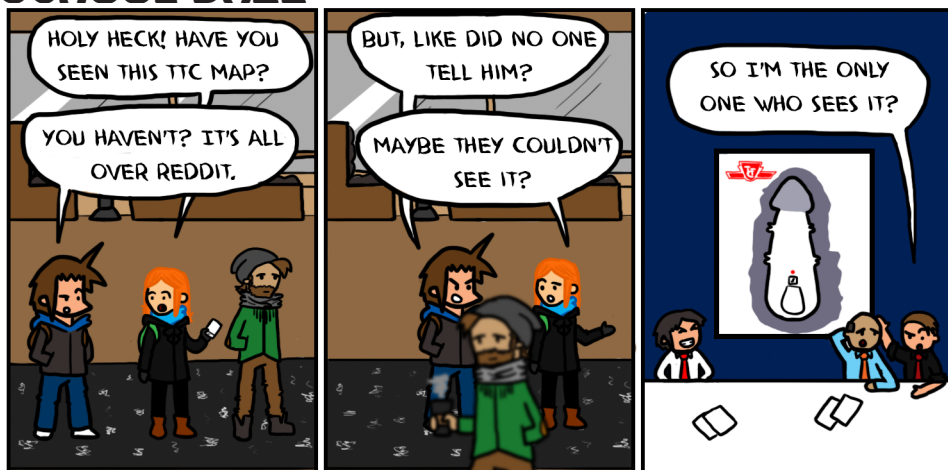


**Maasha Maneson, 23**  
Computer Engineering Tech

96.9 FM | radio.humber.ca

## SCHOOL DAZE

COMIC BY JORDAN BIORDI



**Kadeja Hylton**  
19  
Fashion Arts  
1st Year

Yankees Hat: Lids  
White turtle neck: Aritzia  
Waterfall Coat: H&M  
Boyfriend Jeans: Forever 21  
Timberlands: Foot Locker  
Black clutch: Missguided

Kadeja says she's always had a "passion for fashion" and finds joy in putting different outfits together with her own personal touch. Her inspiration stems from Tumblr and downtown street style.



# Toronto best place to live but for whom?

## Economist magazine's naming of top world city didn't account for crumbling public transit, income disparity

When *The Economist* came out with its annual Safe City Index report last week, all the media platforms were coated with their decision to name Toronto the best city to live in in the world.

While many in our community were quick to boast, just as many, if not more, were left puzzled.

In a Global News online poll, out of almost 4,300 votes, only 700 people voted that they agreed Toronto is the best, while many others voted that within Canada Vancouver and Calgary are better.

The Safe Cities Index analyzes four aspects of safety in each of the 50 cities in the study: digital security, health security, infrastructure safety and personal safety. Toronto placed first in none of these categories, but placed eighth in the Safe Cities overall rankings, which weighs each category evenly.

The only other Canadian city in

the study is Montreal, which placed second, just behind Toronto in the overall findings. The overall findings average a number of factors including the safe cities index, democracy index, worldwide cost of living and global food security index.

While many can agree that Toronto has some great qualities, most notably its diversity, it faces many challenges that any resident here can notice on a daily basis.

Some are harder to see through the smog.

Transit is one of the biggest obstacles the city faces. Toronto's failure to update and renew our outdated transit systems at a rate that even comes close to mirroring the rate of population growth has left the majority of the city in gridlock, whether you drive or not.

One huge goal is getting more cars off the roads. In order to do that, transit systems need to be put

in place to inspire people to leave their cars at home. But that's hard to do when the city alone is left to cover most of the costs to bring the TTC up to 21<sup>st</sup> century standards.

Not only is the system old, slow and constantly broken, fare prices are outrageous. The monthly TTC pass is the most expensive transit pass out of all major North American cities. And with yet another fare increase planned for March 1 (the monthly adult pass will be nearly \$10 more), we continue to see fares rising while service dwindles.

Another major problem Toronto faces is the ever-widening income divide that can be seen geographically. Toronto's middle-income earners are disappearing. While diversity is a huge selling point for Toronto, equality is becoming squashed.

What's interesting is the steadily rising high-income section of the city almost follows the subway line, while the steadily falling lower-income sections cover the northern

parts of Toronto and spread outwards into Etobicoke and Scarborough.

When (if ever) the TTC meets those 21<sup>st</sup> century standards, it will branch out into low-income sections of the city making access to the core easier. This could break the clear divide that currently exists, and could prompt gentrification in those areas.

Although controversial, some believe that if wealthier residents move into the poorer neighbourhoods and invest in those neighbourhoods, businesses will be more attracted to them, the local economy would then further develop and make the community more attractive.

But, of course, the low-income earners will eventually be unable to afford to live in what was their community and consequently forced out.

It's one thing to say Toronto is the best city to live in in the world, but funny there's no mention of for whom.

# Vaccinations: debate long over for science



**Shaneza Subhan**  
LIFE EDITOR

The debate over whether or not you should vaccinate your child has been going on far too long. The reality is, you should be getting your child vaccinated. In fact, it should be mandatory.

"Today, vaccines have an excellent safety record and most 'vaccine scares' have been shown to be false alarms," according to The World Health Organization (WHO).

The fact is that vaccines were designed to stop infections and it's crucial to get your children immunized. We don't need a massive epidemic to open our eyes to

the importance of immunization. What some people don't seem to understand is infectious diseases can be just as harmful as getting long term illnesses. They spread like wildfire, jumping from one person to another until hundreds of people are infected. Disneyland's recent outbreak of measles has been an eye-opener for many people.

Vaccines are for the vast portion of recipients harmless, effective and have undergone years of research and development in order to ensure safety. They have saved approximately nine million lives a year worldwide, according to UNICEF. Both UNICEF and WHO concluded that up to this point, smallpox is the only disease that's been eradicated by vaccines. Eradicating polio, already enormously diminished since previous generations, is the next goal.

The Centers for Disease Control (CDC) and Prevention outlines that nearly everyone in the U.S. got measles before there was a vaccine and hundreds died from it each year.

"More than 15,000 Americans died from diphtheria in 1921 before a vaccine was invented and only one case has been reported to CDC since 2004," according to a CDC document.

An epidemic of rubella in 1964-1965 infected almost 13 million Americans, taking the lives of

2,000 babies and causing 11,000 miscarriages. In 2012, nine cases of Rubella were reported to the CDC.

Some vaccines are designed to help fight multiple diseases with only one shot. Measles, mumps and rubella are all combined into a single MMR vaccine.

Yet current controversies surrounding a supposed link between vaccines and developmental disorders make it clear that we must again affirm that the number of infectious outbreaks that can and have been prevented definitely outweighs the possible side effects of vaccines; and some



More than 15,000 Americans died from diphtheria in 1921, before a vaccine was invented and only one case has been reported to CDC since 2004

**Centers for Disease Control**

of these side effects have even been debunked.

British medical researcher Andrew Wakefield, who did part of his studies at University of Toronto, published a study in 1998 that wrongly linked MMR vaccinations to autism. While Wakefield's work was ultimately found to be fraudulent and spurred by a financial conflict of interest, resulting in his medical license being revoked, his account created the beginnings of a new anti-vaccine movement.

When actress Jenny McCarthy blamed vaccines on her 11-year-

old son's autism diagnosis in 2005, that movement gained a surge of popular traction, particularly in North America.

McCarthy claimed in an op-ed column that she is not anti-vaccine by saying for years she has stated that she is "pro-vaccine" and that for years, she has been wrongly branded as "anti-vaccine."

"I believe in the importance of a vaccine program and I believe parents have the right to choose one poke per visit. I've never told anyone not to vaccinate," she said.

Nonetheless, McCarthy's campaigning on the basis of her child's experience is thought to have dissuaded thousands of families from vaccinating their children, with claims that many deaths have resulted.

And yet, some people still believe vaccines cause more harm than good.

If you had a chance to prevent your child from getting a terminal illness simply from the prick of a needle, would you stick to an uninformed or debunked argument and decide against it?

Looking at the outbreak of Ebola in West Africa, how many people in the middle of the epidemic would say no to a vaccination that would prevent them contracting the deadly virus?

People who don't vaccinate put the burden of the act on everyone else. Vaccination depends on 'herd immunity' or it doesn't work.

Before jumping to the conclusion of whether or not you should consider vaccines, do some research, get your questions answered and be well informed of how effective they are -- and keep in mind how many lives were saved due to vaccinations.

*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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# Fashion of overnight feminism changes nothing



**Vanessa Campbell**  
ONLINE EDITOR

The light was dim, the piano played a familiar tune and a shapely, iconic woman in a multi-coloured bodysuit appeared in the centre of the stage. It was Mrs. Knowles-Carter, better known as Beyonce, just beginning a 16-minute medley of her recently

released album.

Having played her self-titled album countless times since its surprise release last winter, it's a no-brainer that I and every other self-proclaimed Sasha Fierce (Beyonce's tough alter ego) had my eyes glued to the screen for the entire performance.

She sang Mine, Blow, Haunted and Drunk in Love to name a few. But it wasn't until she finished with Flawless and stood before a larger-than-life sized sign that read "Feminist," that I knew 2014 was going to get a little crazy.

That was in February of last year. In 2014, a surprising number of people came out as "feminist." Whether because of Beyonce's performance or Emma Watson's uplifting speech launching the United Nations Movement for Gender Equality campaign or Malalah Yousafzai winning the Nobel Peace Prize – a new trend was born, or at least re-introduced.

All of a sudden girls who were too cool to care, became all enlightened and appalled by sexism and

felt obligated to list "feminist" in their online profiles. Every other listicle on Buzzfeed and Thought Catalog featured the word in their headline. Girls all over the world made videos walking around their neighbourhoods to post on YouTube the misogynistic cat-calling that has been going on for years.

This newfound activism was kind of cool to see; it was inspiring and uplifting. It was like we were all one great, big sisterhood. And what was even cooler was that select prominent men were declaring themselves as feminists, too.

But with every trend come the hype-beasts and the hipsters. The hipsters are so determined to let you know that they've been feminists all along, while the hype-beasts are only dedicated feminists until you talk about not shaving your arm pits or consent.

With all this supposed progress, so many of these hype-beast women are still more concerned with being cool and like one of the guys, while remaining hot. It's hot to rebel, but not so much that you're

not attractive to the opposite sex. I know too many who are like this.

It always comes back to the men. I thought – I hoped – this feminist movement would be a good thing, an eye-opener. Yet the majority of those overnight activists base their decisions around the approval of men. And it's not just the young girls to blame.

Society is built around strong, macho men. As young girls, we're raised to look to men for validation, for approval, for guidance. It's a vicious cycle and we can point fingers at the media, at world leaders, at our older female relatives or we can start the conversation ourselves -- but not as a mere trend, as a change of perspective.

"You still see supposedly motivational quotes that say things like 'act like a lady, think like a man' because to think like a woman isn't anything to aspire to," said my friend Arielle Sugarman, a passionate feminist and former Humber student.

With female-empowerment ads like Always feminine hygiene firm's

Like a Girl campaign or the Chevrolet Throw Like a Girl ad, we're totally on to something -- but how do we empower the other girls who don't see themselves in those ads?

How do we inspire the seemingly "comfortable" girl? How do we say, "f\*\*\* what he thinks and just do whatever you want"?

How do we teach girls that self-love is most important and actually convince them of that? How do we un-teach this misconception that nothing really matters unless He likes it?

Last year's feminist movement was cool, but kind of offensive because while it made headlines, it wasn't whole-hearted. Everyone was a feminist to be a feminist, but there wasn't much change in behaviour or thought process.

Taylor Swift continues to sing about boys and breakups. And Beyonce's medley – which was a sped-up version of her album about her marriage – comes to an end and she exits the stage hand in hand with Jay-Z.

And nothing changes.

## NFL loves rich fans more than all others



**Edward Bayley**  
SPORTS EDITOR

The NFL is more focused on the wants of its owners and corporate clients than the general fandom of football. Nothing underlines this more clearly than the annual bacchanal for the wealthy which is the Super Bowl.

The problems begin with the NFL championship game's location. Unlike in other sports, there is no home field advantage for either of the teams participating in the Super Bowl. It could theoretically occur, since the location of the annual NFL championship game is determined years in advance, but so far the closest it's come is one of the teams playing in their home state, and that's only occurred five

times out of the 49 games so far. Football fans from across the world – over 114-million U.S. viewers for this past Super Bowl – tune in every year to see who will raise the Lombardi trophy.

The biggest evidence for this is the list of requirements the NFL demands of any city that wants to host the Super Bowl, which according to SB Nation were leaked back in June.

Essentially, the NFL wants exclusive access to many of the host city's amenities, and all at the expense of the city instead of the league or the team owners who make up some of



The Super Bowl seems to be more about pandering to its wealthy attendees and corporate clients

the wealthiest people in the world. The host cities already spend tons of money preparing for the event with the hopes that spending will bring a bigger financial gain, but all these added costs, incurred for people who can easily afford it, just tax city resources more.

This year the game was held in Glendale, Arizona, and the last two times they hosted the Super Bowl the city actually lost money, according to ESPN.

The demands on the arena and

game conditions mean that many cities will never get to host the Super Bowl unless they make radical changes to their current stadium, or build a new one. Exceptions to these rules have been made in the past — in 2014, the Super Bowl was held in New Jersey in a stadium without a dome — but those exceptions are few and far between.

It seems like the NFL just peppers in a few Phoenix's and Glendale's in between its clear favourite locations for the Super Bowl: Miami, New Orleans and a few cities in California. Miami and its surrounding area have hosted the Super Bowl 10 times, as has New Orleans, and California has hosted 12 Super Bowls spread amongst San Francisco, Los Angeles and San Diego. Next year's Super Bowl will be held in Santa Clara, California, which will mean those locations will have hosted 33 of the first 50 Super Bowls.

The Super Bowl seems to be more about pandering to its wealthy attendees and corporate clients than providing a great game to the fans. The games are limited almost exclusively to the southern states so that the millionaires who are able to afford the ridiculous ticket prices don't have to sit in the cold.

It's the everyday fans who buy the tickets, jerseys and all sorts of other absurd merchandise year after year, and when their favourite team finally makes it to the championship game, the teams are sent to play on the other side of the country. And after all the owners, players, sponsors, celebrities and their friends and families have their tickets, what's left can be given to the few fans who can afford the travel and thousands of dollars for a seat.

## NFL Host City Requirements

- Free police escorts for team owners
- Use of Presidential suites at the city's top hotels at no-cost
- 35,000 free parking spaces
- All revenue from ticket sales to the game
- Local police dedicated to anti-counterfeit enforcement, provided at no cost
- Installation of ATM machines at the stadium that accept NFL preferred credit and debit cards, along with the removal of ATMs that "conflict with preferred payment services."
- Two top quality bowling venues for an NFL celebrity bowling event
- Portable cell phone towers
- Creation of "clean zones" around the stadium and the hotel for NFL execs that prevent "certain activities" as well as suspend new and existing permits for those activities
- Free access to three top golf courses in the months before the game
- Exemption from state, county and municipal taxes





PHOTO BY MAHNOOR YAWAR

Spiced chocolate pudding at Humber Room for a Mardi Gras dinner menu at North campus. Food prep for photography has become increasingly important, chefs and marketers say.



PHOTO BY MAHNOOR YAWAR

Chef Francisco Rivera, professor of Culinary Arts & Sciences.



PHOTO BY MAHNOOR YAWAR

Red and green pasta for the main course at the Humber Room, as part of a special Mardi Gras dinner menu organized by Tabasco Food Service.

## Food photography ups presentation demands

By Mahnoor Yawar  
A&E REPORTER

In the age of the smartphone, few meals go undocumented. Pictures of elaborate plates of food are a basic element of every Instagram, Twitter and Facebook feed.

Chef Ryan Marquis, corporate chef at Tabasco Food Service Canada who on Tuesday prepared a special Mardi Gras dinner menu at the North campus Humber Room, said the new trend of “food art” has put many professional chefs under added pressure to deliver the best possible food they can put out.

“Back in the day, we used to say that if you had a good meal, you’d tell a friend. If you had a bad meal, you’d tell 10 friends,” said Marquis. “Nowadays, if you have a good meal, you tell 1,000 friends, and if you have a bad one, you tell 10,000.”

Although anyone with a smartphone can take a photo and share it across the globe instantly, professional food photography is still vital.

“Food is a combination of sight, smell and taste,” said Michael Rosen, program co-ordinator of Creative Advertising at Humber.

“If you went into a restaurant and ordered something that didn’t look good, you’d have an adverse reaction to it,” he said. “Looks are the first introduction to food, then smell, and then taste is the last thing.”

Rosen said staged photography is a vital element of culinary appeal,

since the consumer can only base their decision on the look available in magazines or advertising.

“Even (shooting) something as simple as a cup of coffee would require a stylist correcting the color, or adjusting bubbles with an eyedropper to make them as aesthetically pleasing as possible. And that’s before photo manipulation in Photoshop,” he said.

Chef Francisco A. Rivera of the Humber Room emphasizes the importance of presentation in any plate that leaves his kitchen.

“The deciding factors (in how a plate looks) are how the food looks naturally and how it’s going to be eaten ergonomically. When you’re presenting a lamb chop, for example, you don’t want a bone in the way when you’re cutting,” he said.

Rivera said it is important for food to match the images that draw patrons into the restaurant because everyone should have a dining experience consistent with their expectations.

In a generation where everyone has the power to take an artistic culinary photograph, creative photography student Elise Lemieux argues there is still a need for professional food photographers.

“Yes, someone can easily photograph the same subject with their smartphone, but there is much more thought that goes into a single image,” she said.

Lemieux said it is still important

because you need to spend the time making it perfect so that it can make an impact on the viewer.

“There are a lot of technical elements that go into a photograph that makes the eye happy,” said Lemieux. The most important aspect of taking professional photographs of food is patience.

“You have to be willing to spend a lot of time with the food that you’re photographing. Just like a person, you need to get to know the subject and understand when it looks best,” she said.



PHOTO BY MAHNOOR YAWAR

Bloody Mary at Mardi Gras dinner. Phones now routinely shoot food.



# YouTube paves way for new comic talent

By Charlotte Morritte-Jacobs  
A&E REPORTER

One hit, two hits, two hundred hits in under one week just for vlogging an outrageously humorous impersonation of Katy Perry's sharks at the Super Bowl.

In the past few years there has been an explosion of subscriptions to original content-media-sharing on the web.

For many, YouTube has provided an instant and cost-free platform for people to create, connect, collaborate, and circulate their creative efforts.

But gaining exposure and having a video's written comments picked

up and broadcast by traditional forms of media is not always an easy task.

Dean Herscher, a second year Humber Comedy student and longtime YouTube fan, recognizes the online potential for performers.

"Sometimes we do not know how lucky we are that we can just make a video, then in 10 seconds put it up on a website for the whole world to see," he said.

Chelsea Randall, a second year Humber Comedy student considers YouTube a space that allows you "to create your own content, be seen by the right people, and develop a fan base that will follow you as your career expands into other mediums. It

makes promoting yourself outside of your region exponentially easier."

Many comedians share their material in hopes of convincing people to come support a live show.

There are some drawbacks to sharing work online however.

"The obvious downside is that now everyone knows your material. There are very few jokes that are funnier upon second hearing. However, I suppose it forces you to keep your material fresh," said Randall.

Jake Labow is a graduate of Humber Comedy and currently manages his own consulting business making suggestions about digital content.

Labow advises comedians to think bigger than just a YouTube

page.

"When you are attached to a bigger entity like Funny or Die (video comedy website) you can be put to their front page which guarantees you more views," he said.

Randall said "YouTube's open format allows comics to personalize their account and post sketches that otherwise would not have been viewed in a live act."

Comedians who post low budget sketch videos make use of color, randomness, loudness, simplicity, repetitiveness and playful content. Each of these attributes marks the video as incomplete or flawed, thereby invoking further creative dialogue.

"Most successful videos are fairly quick (because) people's attention spans don't go past that two minute mark," said Labow.

Labow suggests comedians take down old content as they improve.

"You have to write and post a lot to stay relevant and keep subscribers happy," he said.

Whether it's the so-bad-it's-good cover song or the dubstep foodie review, Labow said the more unique you are the more luck you will have using YouTube as a media outlet.

YouTube also affords artists a chance to share widely one-off performances that otherwise would not be seen by a large audience.



Getting silly at the First Year Juried Art Exhibition are, from left to right, Anne Chen, Darren Matsumoto, Shannon Martin, Alex Parkash and Noni Kaur, Program Coordinator of Visual and Digital Arts at Humber.

## Exhibit allows first year artists to speak out boldly

By: Samantha Juric  
A&E REPORTER

The violence of the global environmental crisis, the issue of mental health and bringing the raw grit of street art indoors dominated Quartered -- First Year Juried Art Exhibition.

Sixty students in the Visual and Digital Arts program at Humber compete to showcase their pieces in the show, which launched Wednesday at the University of Guelph-Humber gallery.

"To think this came out of first semester design students is amazing. The competition was stiff," said Heather Lowry, associate dean of the School of Media Studies and IT. "I think people in the creative fields have a huge ability to affect the world around them. And society is starting to realize that."

The complex and nuanced works

of first year students came to life against blank white walls.

Art student Darren Matsumoto, 19, showcased a video piece, "One Planet", depicting the history of the environmental crisis beginning with our primitive ancestors.

"It's a commentary on what we're doing to our planet, the violence of the incursion that we make on the planet. I guess I'm trying to say that we don't change much," he said.

Art lovers, immersed in huddles around the gallery could attest to the caliber of skill and technique shown by the first year students.

Through paintings, sculptures and video the art students will have their work on display in Quartered until Feb. 20.

Shannon Martin, 19, chose to sculpt the monster that she perceives anxiety and depression to be in her piece, "Monsters".

Martin's piece is shown twisting

almost as if it is writhing.

Her intent is to show how depression rips the body apart and causes people to swirl into the monster that dwells inside of them.

Alex Prakash, 18, explores the controversy over graffiti as a legitimate form of art through his piece named, "Enlightened".

"It uses every conception of art there is (line, shape, shading). Regardless if it's on the street or in someone's sketchbook, it's art work."

Prakash looks to street artists such as Banksy for inspiration and admires the way Banksy's work is politically charged.

"Politics is a big part of art. It's a great way to express your thoughts on topics," said Prakash.

Humber's emerging artists are using their first juried show as a platform to tackle the biggest issues of our time.

## Sketching Club invites guests to learn drawing

Dan Desantis and Shannon Vigmond are second year industrial design students who wanted to share their talents with anyone who ever wanted to draw

By Corey Brehaut  
A&E REPORTER

The first rule of Sketching Club is draw whatever you want.

Dan Desantis, 21, and Shannon Vigmond, 20, founded the Humber College club last November. They are both second year industrial design students and wanted to create a place on North campus where people could come and draw anything.

"I have a picture we did one day and Dan is posing but I decided to make him sort of a cowboy thing," said Vigmond, vice president of the club.

She also showed a drawing of what was supposed to be a mechanical military suit but was modified to hold cell phones, turn pages in books and perform daily tasks. Desantis, president of the club, showed several pages of futuristic vehicles made of geometric shapes.

"You just come, you sketch whatever you want really," said Desantis. "It is just for teaching people. A lot of people are interested in sketching but they don't really know where to start, so they can come to our club and we can give them a few pointers."

There is structure to the meetings but each week is different. Sometimes the club will do speed drawings, sometimes they will do figure drawings. One activity is to pull two objects out of a hat and

combine them.

The duo helps people with some of the skills they have developed in the industrial design program, helping members draw geometric shapes, fine curves and rounded corners. A basic shape could turn into an iPod, said Desantis.

The club is still new and Desantis and Vigmond are confident that membership will grow. Last semester drew a good turnout but membership is primarily made of drop-ins this semester, said Vigmond. The primary focus is on advertising the club to a larger audience.

"It's just getting out there, promoting ourselves and trying to do



A lot of people are interested in sketching but they don't really know where to start, so they can come to our club and we can give them a few pointers.

DAN DESANTIS  
PRESIDENT OF SKETCHING CLUB

cool things," said Vigmond.

It's a very social group where people meet new people and learn new techniques, said Desantis.

The pair are having an event at the North campus Student Centre on Feb. 24 where they will be handing out posters and showcasing some of their sketches.

"We definitely encourage everyone to come out. That is why we started it," said Vigmond. "We don't just want people that know how to draw, we want people who want to learn how to draw as well."

The club meets every Thursday at the North campus in KX-206 from 3:30 p.m. until 5:30 p.m.



## WINTERLICIOUS

# Celebrating Toronto's tastiest cuisines

13th annual event around town covers world eating with its prix-fixe menus

Allie Langohr

LIFE REPORTER

Winterlicious, organized by the city of Toronto, is now happening across the city from until Feb. 15.

Participating restaurants offer fixed menus at reduced prices as an invitation to try new places and dishes during the winter.

The menus are priced at \$18, \$23, or \$28 for lunch, and \$25, \$35, or \$45 for dinner. Diners can choose from at least three options each for an appetizer, entrée, and dessert for these prices.

For students, this means more food for roughly the same prices they'd spend on a night out.

Sasha Bayley, a third year sports management student at Humber College, looks forward to attending Winterlicious for the first time this year.

"I'm open to anything," she said. "That's what I'm trying to do this year, go to festivals and try new things."

"For what you get, I think it's worth it," said Bayley.

Third year sports management student Brittany Michaud said she will be checking out 259 Host on Wellington Street, an Indian restaurant that offers a variety of vegetarian options. She describes her previous experience with Winterlicious as being able to get three courses for the price of one regular entrée item.

It seems to be worth it for restaurant owners as well.

"Without Winterlicious, we have no one but a few regular customers," said La Petite France owner Patrick Kleinmann.

This is the fourth year La Petite France, on Bloor Street West near Islington Avenue, is participating in Winterlicious, and Kleinmann said the event is good for drawing in younger crowds.

"I have tablecloths. The younger generations are maybe afraid of tablecloths," said Kleinmann.

But if Winterlicious is able to



Grilled beef short rib, king oyster mushrooms, pickled peppers, frilled chili pepper, and stir-fried vegetables served on a hot stone plate from Arisu.



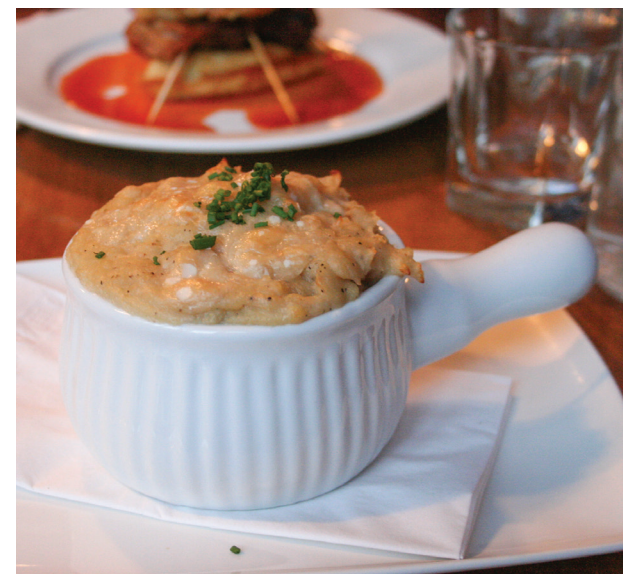
Bite-sized mung bean jelly vegetarian appetizers from Arisu.



Chocolate mousse from La Petite France.



Chicken and mushrooms served with mashed potatoes and vegetables La Petite France.



Wild mushroom and lentil shepherd's pie with garlic mashed potatoes and mushroom gravy from Insomnia.

draw them in, Kleinmann said he is sure his year-round low prices will keep them coming back.

James Lee, owner of Korean restaurant Arisu, said his aim is to share an almost 6,000 year old Korean philosophy with his cus-

tomers.

Food and medicine come from the same roots and it is important to consume food from the same environment you live in for the best health, said Lee

Lee said he buys local food as

often as possible for this reason.

"We are the best Korean restaurant and not many Canadians truly know about Korean food," said Lee. "They only know two or three cheap Korean foods and assume all the food looks like that. We are

trying to introduce to Canadians good Korean food for them."

To check out which restaurants are participating, as well as their locations and Winterlicious menus, visit [www.toronto.ca/winterlicious](http://www.toronto.ca/winterlicious).

## IWill launches mental health campaign

Sarah Trumbley

LIFE REPORTER

The Student Success and Engagement Team launched its IWill Campaign at Humber College's North and Lakeshore campuses earlier this week.

The campaign is intended to run all year long to help increase awareness around mental health and

wellbeing, said Humber counsellor Semone Kassim.

Students who attended the IWill Campaign launch were offered a test called the Depression, Anxiety, Stress Scales, a questionnaire that measures an individual's challenges in these areas, said Kassim.

Students who took the test were given self-care kits with tools and information to help with mental

health and wellbeing.

There was also a zen area at the event with ideas teaching students different ways to de-stress, said Kassim.

Events like this are an important way to promote mental health awareness, said behaviour analyst, Carly Borg. It gives students the resource to deal with mental illness.

"A lot of the time people don't

know how to, or just don't want to deal with their feelings of anxiety, depression or stress," said Borg.

"I think all schools should do something like this," said Azalee Dimichele, 21. "A lot of other students make drastic decisions like dropping out of school due to stress and anxiety."

"But maybe if they had the tools and information to help deal with their stress and anxiety, like the IWill campaign in providing, this wouldn't happen," she said.

There are a lot of ways students can help promote mental health awareness around the school, said Kassim.

"There's lots of stuff going on in social media right now and referring friends to events like this one can help create awareness around mental health," said Kassim.

For the rest of the month, Humber staff and students can use hashtag #HumberIWill to promote ways they will encourage mental health and wellbeing.





PHOTO BY LAURA DASILVA

Maria Capel, an employee at North campus Food Emporium, shares her recipe for a long lasting relationship: “Be calm and respect each other.”

## Ladies of Humber’s Food Emporium share love advice

Laura DaSilva

NEWS REPORTER

The ladies behind the counter at Humber College’s Food Emporium on North campus are dishing out relationship advice just in time for Valentine’s Day.

These boisterous apron-clad women have each been married for more than 30 years and have insider secrets on what true love is all about.

Lodovina Serraino met and married her husband in Chile and they came to Canada with their two daughters 28 years ago.

“You need to find somebody honest, somebody who is there for you

and supports you,” she said.

Individuals should be happy on their own before being together, said Serraino.

“If you have a problem, you can leave and I’ll be okay by myself,” Serraino frequently tells her husband.

Maria Capel, who has been married for 47 years, met her husband at school in Uruguay. She said he’s the only man she’s ever been with.

“Sometimes you have a little fight here and there, but you need to work through it. Be calm and respect each other,” Capel said.

Gariba Doowd agrees, attributing her successful arranged marriage to

that virtue: “My husband respects me, and I respect him,” she said.

Fatima Jaocllen, a Spanish mother of four and grandmother of nine said she’s not impressed with the way young people date around with apps like Tinder and OkCupid..

People should be looking for a life partner, said Jaocllen.

“Have a good relationship,” she said with arms flailing. “Try to understand each other with harmony. Have good sex with one partner instead of having sex with this one and this one and this one.”

Jaocllen often notices students being disrespectful to their peers and superiors.

Kids these days are easily influenced with with media and TV, said Jaocllen.

“They need education on how to protect themselves, how to behave, and how to get married and have a family. It starts from their roots, but school needs to give them education.”

Young people use the F-word with each other and even their teachers today, said Jaocllen, which is “not nice.”

The common message from the Food Emporium ladies is really about the uses of the L-word.

“Love and you will be happy,” Capel said smiling.

## Social media can decrease stress for women: study

Online notifications from friends allow people to break feeling of isolation

Nadia Monaco

LIFE REPORTER

Constantly checking your social media accounts may be a good thing for people, according to a new study.

There has been plenty of talk about technology taking over people’s lives and causing higher levels of stress. However, a Pew Research Center survey found that frequent users of social media did not have increased stress levels.

“I can see how feeling connected and having people there generally, makes us less stressed,” said James Nielson, Humber College professor of Technology and Social Change.

Adelia Rosati, a recent graduate of Ryerson University, said her long hours of homework left her extremely lonely but being logged on to Facebook while studying or writing essays made her feel as if she wasn’t actually alone.

“Seeing a notification while I was doing my homework would get me excited and it just made me feel involved with the world and that even though I was at home doing homework I was connected,” Rosati said.

However, when social media informs people of stressful events in the lives of family and close friends, it can cause higher levels of stress, according to the survey.

“I would have thought people’s stress levels would be more about themselves and how they are perceived on social media, rather than hearing about someone in the hospital,” Nielson said.

The study done in 2013 by the Pew Research Center’s Internet and American Life Project and published in January 2015, surveyed 1,801 adults. They found that women felt more stress than men, especially when becoming aware of stressful events in other people’s lives. (Men traditionally under-report stress and other emotional issues).

“Social media and the Internet takes the human experience and replicates it in an online environment. Each person is going to react differently, just as they would in the day to day world,” said Kimberly Presnail, VP of Marketing and Culture at Active International, a corporate bartering firm.

Women who used social media were also reported to have less stress than women who did not have social media accounts.

Presnail said she’s a heavy social media user, not only at work but in her personal life as well, as it’s something she enjoys.

## HSF hosts massage and tea event

Shaun Fitl

LIFE REPORTER

Humber students got some needed pampering with a hot drink and back rub at the Massage and Tea event hosted by the Humber Students’ Federation on Wednesday.

The event was intended to help relieve some of the stress associated with being a student.

Dylan Rudder, HSF Vice President of Student Life at Lakeshore campus, included free massages in his platform when he ran in the elections last year and that promise has become Humber’s Massage and Tea event.

Rudder spoke to nearly 1000 students at the event and received feedback about what students want to see on campus.

“Students talked about stress, anxiety and being tense,” he said. Massage therapy benefits more

than just some achy muscles.

“Massage therapy has an impact on all systems of the body,” said Margaret Wallis-Duffy, a registered massage therapist and owner of Wallis for Wellness in Brampton.

“You impact cardiovascular health and mental well-being,” she said. “It can help improve circulation, decrease pain, lower blood pressure and improve body awareness.”

Wallis-Duffy said many people “live outside their body” and do not really understand the connection between their mind and body.

“The mind-body connection is a very powerful phenomenon,” she said. “There is research to show that connecting the mind and body creates changes in hormones.”

Serotonin levels in the brain go up during massages, which can help fight depression, she said.

“Cortisol, the stress hormone,



PHOTO BY SHAUN FITL

Violetta Pyzak, second year paralegal student receives massage at event.

causes blood pressure and heart rate to go up and saliva samples show that during massages, cortisol drops and you are able to relax,” she said. “This allows for a quieter mind with more clarity and productivity.”

Taylor Reid, a first-year Humber Electromechanical Engineering Automation and Robotics student, said the massage therapists at the Student Centre “really knew what they were doing” and “really focused on my sore areas.”



# Gym intimidation discourages

More fit people working out can make others shy

**Dominique Taylor**

LIFE REPORTER

If a room of fit bodies in spandex and muscle shirts makes you break into a sweat, it could be gym intimidation.

Physique anxiety, fear of looking stupid, fear of isolation and fear of looking like a klutz were the top four reasons listed for avoiding the gym, according to *Club Industry*, a fitness industry magazine.

"It's difficult to be in a gym and see somebody who is thinner or is more muscular and you're not where you want to be," said Tyson Brown, a kinesiologist and certified personal trainer at Humber College. "There's a lot of social pressure."

When Rose Nelson-Ebimie, 25, final year Humber pharmacy technician student, first started going to the gym she said it was hard not to give up.

"I felt I was getting looks from people," she said. "It makes you feel out of place, you feel bad and you don't even want to go back to the gym."

Brown said many of his female clients have complained they are nervous of "stepping onto of the 'man-side' of the gym," also known as the the weight room, where the female to male ratio significantly drops.



PHOTO BY DOMINIQUE TAYLOR

**Amiee Pudifin, fourth year kinesiology student at University of Guelph-Humber, works with Tyson Brown, Humber personal trainer, to keep motivated. Personal trainers can help newcomers to gym feel more comfortable.**

Some weight room enthusiasts "make a big show of it," said Leanne Henwood-Adam, fitness facility manager at Humber.

Brown said it's hard to find a comfortable place to exercise.

The chances of acquiring more space on North campus in the near future are quite slim, according to Henwood-Adam. However, there are plans to convert the lounge area

into a fitness space once the new building opens up. Meanwhile, Lakeshore campus will soon open a large, new athletic facility.

She recommends shy people use empty studios with hand weights and other small exercise equipment in the hallway if they feel intimidated.

"You can get a total body workout and never step foot on the other

side," she said.

The other solution is to try personal training, said Brown, noting "it can help a lot with the social pressure that people go through."

"[Brown] always encouraged me," said Nelson-Ebimie. "He was always there to help and he told me I shouldn't be scared."

"I walk in there and show them how I'm the one with the first smile."

## HEALTH

### Eating disorders overlooked form of mental illness

**Christine Tippett**

LIFE REPORTER

Eating Disorder Awareness Week is just ending its run tomorrow, but advocates have yet to see significant changes in society's understanding of the problem.

For Wendy Preskow, it's personal. Her daughter has struggled with anorexia and bulimia for more than 14 years.

The devastating effects from the lack of treatment for those suffering from eating disorders drove Preskow to create the National Initiative for Eating Disorders in 2012. The organization is crusading to bring awareness to eating disorder sufferers and their families.

Eating disorders are a form of mental illness, but people don't think of them as that, and as a result they are often ignored, Preskow said.

"There are still many myths and many professionals in the frontline who need educating," she said. "If we can continue to think of eating disorders as mental illnesses, that is a huge part of bringing awareness."

Eating disorders have the highest mortality rate of any mental illness, according to the American Journal of Psychiatry. As well, the National Eating Disorder Information Centre estimates 10 per cent of individuals with anorexia die within 10 years of the onset of the disorder.

"A big part of it is the stigma. It's such a secretive disease and people can hide it for years and years," Preskow said. "If there was more awareness and resources, students would feel they could go get help and talk to someone."

Carly Crawford, a psychotherapist and survivor of anorexia, said it's best to approach someone who may be suffering from an eating disorder by providing them with information or someone they can speak to.

If someone is in denial or unwilling to get help, the best method is to give them continued support, Crawford said.

It's better to approach someone who may be suffering from an eating disorder sooner rather than later as well. There is a big difference in recovery if sufferers receive treatment within the first year, said Crawford.

Humber College offers free counselling to students but Humber counsellor Liz Sokol said most students are unaware of the services or forget they're available.

Sokol understands it is often difficult for students to come in for counselling.

"Like any other issue, people are ashamed," she said. "It takes a lot of courage for students to come through the door."

## 'Man bun' or top knot a male return to long hair

**Christina McAllister**

LIFE REPORTER

The Man Bun, Bro Knot and Samurai Knot are just a few of the names given to an increasingly popular male hairstyle that's redefining masculinity by adding a feminine edge.

Humber student and fashion major Marco Maurer said the longhaired look gained popularity in Canada shortly after the FIFA World Cup, where it was the norm to see athletes sporting the bun.

Other non-soccer-playing celebrities such as Hollywood actors Jared Leto and Orlando Bloom have also rocked the man bun, making it acceptable for men beyond celebrity status to hop on the "bunwagon".

According to Maurer, the emergence of the bun as a gender-neutral hairstyle is revolutionizing men's fashion.

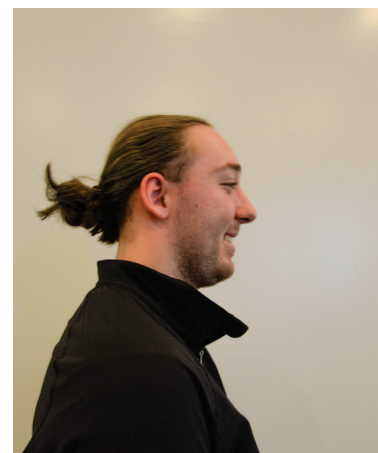


PHOTO BY CHRISTINA MCALLISTER

**Humber students rock latest trend in men's hair: the man bun or top knot which brings feminine edge.**

"It's giving a new style to menswear," he said.

Maurer also thinks it's empowering to see men with more typically feminine looks.

Long time hairdresser Marylena Scardaoni is a supporter of the man bun but doesn't think it's for everyone.

"Like anything else, the man bun is not for all men" she said. "Not all men with long hair can pull it off."

As a historical fashion trend previously seen on the heads of Japanese samurai and warriors, the man bun has reemerged and the adverse affect of prolonged wear has not yet materialized.

Despite the lack of information, there's buzz that this new hairstyle may act as a catalyst to the three most dreaded words for the male species: male pattern baldness.

Scardaoni denies that wearing hair in a man bun has any adverse affect on the male hairline.

"Having long hair or having it in a bun for men will not cause hair loss more than it would on a woman," she said. "Hair loss or receding hairlines are hereditary."

Scardaoni said that although men should not worry about premature balding, there can be other negative affects associated with prolonged wear.

"Keeping hair tied for long can cause it to break or give you headaches, but aside from that, it will not affect the hair," she said.

Scardaoni said the important thing is to keep long hair hydrated with conditioner after shampooing.

Humber student Lucas Bondar thinks man buns are a passing trend, but says that they are serving a greater purpose.

"Guys don't usually have long hair so it's nice to remove the stigma," he said.

Whether man buns are here to stay or just a fad, Scardaoni recommends wearing the bun with confidence.



# Hagopian beats buzzer, Saints fall to women, men

By Mathew Hartley  
SPORTS REPORTER

Both of Humber's basketball teams faced off against the St. Clair Saints last Saturday.

The women's game came down to the wire.

With the game tied, St. Clair took possession of a critical rebound, but only for a moment.

The Hawks' Natalie Hagopian stole the ball with four seconds to go and struggled for any space to shoot.

Pushing and breaking free with a quick step-back, she released a looping jump shot to beat the buzzer.

That dramatic basket sealed the women's 56-54 win over the St. Clair Saints.

After being surrounded by exuberant teammates, Hagopian, the player of the game, modestly explained the game's winning moment.

"It felt great. It felt good not because I was the one to do it, but for the team," she said.

The visitors had a standout performance from Shannon Kennedy who sank 20 points, including four three-pointers, but it wasn't enough.

The women Hawks improved to a 13-1 and only had 19 hours before they were right back at it the next day.

The men's team then took to the court with a chance to move to first place with a win.

Humber's Chad Bewley showed no sign of pressure before the game.

"It's expected of us. We know what we have to do so we just have to come through," he said.

After back-to-back games away from home, Bewley also said it's good to be back home.

"Home cooking is always good before the game," he said.

The Saints traveled their usual four-hour long bus ride to the GTA, but Trevelle Blythe said that's nothing new.

"I just slept the entire way here, we're used to it," Blythe said.

Humber's star power forward, Tyrone Dickson, scored the first points in the game and dominated on the glass, finishing with 10 offensive rebounds.



MATHEW HARTLEY

Humber's PF Chad Bewley helps the Hawks take sole possession of first place in their division after a 85-70 win over St. Clair Saints on Saturday, with Hawks women's team following suit.

Mistakes made by the Hawks meant they only lead by two at the break.

Humber's Head Coach Shawn Collins appeared visibly frustrated as he took off towards the locker room and

only needed two words to describe the problem.

"Less turnovers," Collins said.

Humber's physicality was too much for the Saints to handle in the third quarter as

the Hawks finally pulled away with a 15-point lead.

The lead was managed to the end with Humber taking an 85-70 win, and Dickson was named player of the game with 18 points.

# Hawks defeat Lions despite playing on back-to-back nights

By Katherine Green  
SPORTS REPORTER

The women's basketball team under-performed last Sunday following a mentally exhausting game less than 24 hours earlier, but managed a win.

Hawks head coach, Ajay Sharma, said that he's happy to have survived the weekend.

"When you have a dramatic ending in one game, usually the next day it's difficult to mentally bring yourself back and play," he said.

Sunday's 62-54 win against the Lambton Lions marked the 10th straight victory for Humber women's basketball and the second home-court win of the weekend.

Humber's offense struggled to score in the first half. Their inability to free up players to take quick shots caused them to struggle against the Lions' zone defense.

"It was more our execution on offense and we weren't able to get the ball at the posts as much as we wanted to," said Humber's stalwart shooting guard Natalie Hagopian. "We ended up taking a lot of perimeter shots and we weren't dropping."

The Hawks trailed the Lions by six at the half, but pushed back by dominating physically on offense.

"We were misdirecting our plays, the cutter would come out from underneath the

hoop and the screener would move out of the pocket, then once you get the ball in the middle of that defense you can pick and choose who to give the ball to," Sharma said.

"That is what really opened up the shooters and they started to relax," he said.

The Hawks found their shooting confidence and extended their lead to win with a redeeming score of 62-54.

Lambton's head coach, Peter Kaija, walked away pleased that his team was able to hold its ground against the physically dominant Hawks.

"Any time you come to Toronto from a school with a couple thousand kids and you can compete with the Toronto school that is great," he said.

The Humber men's basketball team took to the court to calm the crowd's nerves and give them a show after the women's team.

Maintaining a solid 15-point lead throughout all four quarters the Hawk's physical presence dominated the visiting Lions and concluding with a 92-73 victory.

With the game well in check for the Hawks they were met with a surge of offense from the Lions that cut the lead by 10 points in the final minutes of the fourth. Impact player Vule Grujic ensured the win for the Hawks by taking to the post and lengthening the lead in the



KATHERINE GREEN

Humber women's basketball team leaves St. Clair Saints and Lambton Lions behind as they secure their ninth and tenth straight wins.

final minute of play.

The Hawks men's team are at the top spot of their divi-

sion and remain healthy and strong coming off a tiring weekend.

# Badminton Wongs leaders for Hawks

By Jessica Reyes  
SPORTS REPORTER

The Wong family is a badminton legacy at Humber.

Mark, Tracy and Ray all played for the Hawks and for the past three years Ray has been Hawks coach after four years as a student athlete and three years in the OCAA.

At the age of 12, he was inspired to follow his father's footsteps in badminton.

In Hong Kong, his father played for 26 years.

"Badminton is a really fast paced and high intensity sport. It's not just a summer sport that can be played in your backyard," Ray said.

Ray chose Humber because he knew the badminton coaches and wanted to major in Business Management.

While studying for his major at Humber, he influenced his younger siblings, Mark and Tracy, to join him.

Mark Wong graduated from the architecture studies program and was on the badminton team throughout his four years at Humber.

He is currently a project manager for Toro Aluminum.

Tracy is the youngest sibling, now in her fifth year at University of Guelph-Humber, studying kinesiology.

Tracy didn't initially like playing badminton, but she was convinced and supported by her brothers who insisted she was just as good as them.

Ray was excited when both siblings decided to come to

Humber, knowing at some point they'd train together.

"We use to have family competitions when we were kids, it was fun," he said.

Tracy said her family is very competitive on the court and learning to accept their criticism was sometimes difficult and hurtful.

"It's hard to play with my brothers because we sometimes get into arguments and I have to deal with it," she said.

Ray always wanted to play badminton as a professional, but said funding is not sufficient in Canada.

"In my perspective there's less opportunities and less income," said Mark, noting Asia and Europe have the leading countries that support professional badminton.

Five years from now, Ray hopes to still be leading the Humber's badminton program to victory each year and that badminton will expand in Canada.



JESSICA REYES

Tracy (left), Mark (middle) and Ray Wong.





ALEXANDRA MARTINO

Goalie Rob Della Mattia watches on as Humber's offense attempts to score on Wilfred Laurier University - Brantford in season's first extramural game.

## Shootout win for Hawks in men's hockey

continued from cover

"We outscored our opponents 11-2 in round robin competition. Then when it comes time to play stronger teams, we aren't ready for it," said Wright.

The men's team was down 4-1 at the beginning of the

third period but managed to score three goals to end regulation time tied.

The game going to a shootout was to the advantage of Humber's offensively strong team.

"We have fire power offensively but we need to work on our defence," said left winger

Mike Doran, a second year paralegal student.

Rob Della Mattia, the Humber goalie, was able to make big stops and secure Humber's place atop the podium.

The women were not as successful as the men in round robin, losing both of their games in shootouts.

"It's our first tournament of the year, so we had a few cobwebs," said defence player Madison Burrell.

Those cobwebs were easy for opponents to take advantage of in their first match, catching Humber off guard with their determination.

"I was not expecting Sene-

ca to be that good, they had fewer players than we did but they played hard," said Burrell.

The tournament wasn't a complete loss for the women's team despite their slow start.

Goalie Kenzie Bertrand played an impressive tournament in spite of the losses,

keeping her team in games, and ultimately shutting out Lakehead University - Orillia 3-0 in the consolation game.

The men's and women's teams hope to replicate their successful finishes in their next tournament at Wilfrid Laurier's Brantford campus on Feb. 13.



MATHEW HARTLEY

Saturday's player of the game, Natalie Hagopian is immediately surrounded by Humber media after shooting the game winner at the buzzer on Saturday Jan.31.

## Athletes react to media's gender double standard

By Ali Amad  
SPORTS REPORTER

In an interview after her second round win in the Australian Open, Canadian tennis star, Eugenie Bouchard, was asked by an Australian commentator to show off her outfit with a "twirl."

The incident sparked outrage and a debate on how female athletes are treated by the media.

Mary Asare, a Humber varsity basketball player, said Ian Cohen, the commentator who interviewed Bouchard, crossed the line.

"We want to be treated the same," Arase said. "We're not only items for people just to look at. We work as hard as the guys."

Humber athletes commonly have to deal with media. Manager of athletics and sports information, Jim

Bialek, said they're prepared and educated in handling those responsibilities.

"The [Canadian Collegiate Athletic Association] has a policy that was just released and it's a complete package on how to deal with the media," Bialek said.

He says safeguards exist to protect athletes from potential abuse or discrimination.

"We have a varsity code of conduct," Bialek said. "If

our athlete feels uncomfortable, whether it's 'do a twirl' or 'what did you think of the officiating,' they can make a choice not to answer."

"Humber trusts that you say the right things and represent the school properly," Arase said. "If you ever feel uncomfortable, there's always an open door where you can talk to someone."

Arase is adamant she would not let an interviewer pressure her into answering uncomfortable questions.

"If you want to talk about sports then by all means I'd be happy to, but if it's going to continue in an inappropriate way I prefer not to continue it," said Arase.

Claire Brown, a second year varsity cross-country running team member, feels like the Bouchard controversy has been blown out of proportion, but encounters stereotyping of female athletes all the time.

She said a good example of this media stereotyping is Australian hurdler Michelle Jenneke.

Jenneke gained worldwide fame after a video of her "sexy" warm-up dance went viral.

A series of interviews, talk show appearances and commercials centered on her sex appeal soon followed.

## Player uniforms rather than numbers honored

By Andy Redding  
SPORTS REPORTER

Humber Athletics is in the process of finalizing a new varsity post-career awards program that will honour player uniforms, not numbers.

This new program enables Humber to better honour athletes of all sports, said OCAA President and Humber Manager of Athletics Jim Bialek.

"We've retired jersey numbers. But this is problematic for our athletes who don't have jersey numbers, like in golf and badminton," he said.

"Honouring uniforms instead of jersey numbers enables us to recognize all of our outstanding athletes," said Bialek.

The final criteria for the new varsity post-career awards is not set in stone, said Ray Chateau, Humber's director of athletics.

"It'll be finalized in time for our Varsity Gala this fall," he said.

Although the new guidelines will be more open, the standards an athlete must meet will still be set at extraordinarily high levels.

"Honouring your jersey is the ultimate," said Bialek. "Getting in to the Hall of Fame is ridiculously special, but getting your uniform honoured is the next step."

For an athlete to qualify to have their uniform honoured they must meet all of the Hall of Fame criteria, then meet additional criteria that sets them apart from the pack.

"They'd need to have significant individual accomplishments, like having multiple All Canadians, Player of the Year awards, career scoring records, and championship MVP awards," said Bialek.

Humber Athletics is remaining tight-lipped about the two players whose uniforms are being considered.

While those two remain a mystery, other athletes imagine what it would be like to have their uniform honoured.

"It would be such an honour," said Humber varsity basketball player Tyrone Dickson. "I've bled blue and gold for so long, I've poured my heart out playing for Humber. To one day be recognized like that would be amazing."