



KATHLEEN JOLLY

Students pile into North campus Student Centre for Humber Students' Federation's Annual General Meeting. Cullen Schmid, with sign, was one of those protesting the HSF election process.

ELECTION RESULT OVERTURNED

Students say angry no to HSF president-elect Shawn Manahan at Annual General Meeting

Kathleen Jolly
STUDENT GOVERNMENT REPORTER

Students voted to deny Shawn Manahan the position of Humber Students' Federation president during Wednesday's Annual General Meeting.

The AGM proved to be of interest to many students, as the Student Centre quickly filled with hundreds of bodies.

The purpose of the meeting, held at North campus's Student Centre, was to vote on whether to approve the newly elected Directors and Executives for 2014-15, as

well as the Operating Capital Budget and approval of next year's financial auditors.

The huge influx of students was a result of the controversy that arose from current HSF president Timothy Brilhante's controversial disqualification from the elections after drawing more than twice as many votes as Manahan.

Students gathered to voice their opinions on whether they felt Manahan, who won with less than 20 per cent of the total votes, should be approved as incoming president.

Manahan was frustrated

with the result, saying he lost his summer job, and will have to campaign again for something he already won.

"The by-election is going to cost a hundred grand that can't go to new student events or to bursaries. That's a hundred grand because one guy wasn't okay with a policy he signed off on," he said.

Continued on page 10

ELECTION EXCLUSIVE PAGES 10-12



KATHLEEN JOLLY

President-elect Shawn Manahan addressed the crowd during the AGM, explaining that disqualified presidential incumbent Tim Brilhante once called him "amazing student leader."

WORLD EVENTS THIS WEEK

MONDAY 31

How I Met Your Mother Finale

After running for nine years, the popular series' final episode airs on CBS at 7 p.m.

TUESDAY 1

April Fools' Day

Embrace your inner prankster on a day dedicated to hoaxes and practical jokes.

WEDNESDAY 2

World Autism Awareness Day

This year marks the seventh annual world autism awareness day. The day draws attention to the disorder.

THURSDAY 3

World Party Day

A global mass celebration of a better world, it initially emerged as a celebration to improve social conditions.

FRIDAY 4

Elder Scrolls Online Launch

The Elder Scrolls series enters the online world as multiplayer online game, giving players the chance to explore Tamriel together.

SATURDAY 5

Apple Opens in Turkey

Apple is setting up shop in Turkey for the first time ever with the launch of a new Apple Store in Istanbul's Zorlu Centre.

SUNDAY 6

Globetrotters Visit Ottawa

The world-famous basketball team the Harlem Globetrotters hit the court at the Canadian Tire Centre in Ottawa.



IAN BURNS

Apprenticeship opportunities will expand for youth to work on projects such as the Pan Am soccer stadium in Hamilton.

Pan Am Games creating 200 new Pre-Apprenticeship jobs

Ian Burns
NEWS REPORTER

The 2015 Pan Am Games in Toronto is bringing new opportunities for apprentices.

On March 10, the Ontario government announced that it would be investing an additional \$3 million into the Ontario Pre-Apprenticeship Training Program, which would create 200 new apprentice positions to work on the large-scale infrastructure projects that are accompanying the Games.

"A strong skilled trades sector is crucial to Ontario's long term economic prosperity," said Brad Duguid, the Minister of Training, Colleges and Universities at the expansion announcement.

"Expanding the program will help 200 additional people get invaluable work experience while leaving a legacy of new and improved Ontario sport and recreation facilities for generations to come."

The Pre-Apprenticeship Training Program is meant to help would-be apprentices develop the skills they need to become eligible for full-time apprenticeships.

Programs run for up to 52 weeks and may include Level One apprenticeship in-school training, or relevant apprenticeship training, relevant safety training and an eight to 12 week work placement in the fields of construction, industrial/manufacturing, motive power and service.

"Trainees will develop their job skills and gain valuable work experience with the skilled trades organizations that have been contracted to build world-class facilities for the 2015 Games," said Zac Paget, special assistant to Brad Duguid, the Minister of Training, Colleges and Universities.

"Investing in apprenticeship and skills training helps ensure that more people get jobs while employers find the skilled workers they need to improve their business," he said.

Despite the expansion of the program, the Opposition has taken the Liberal government to task on the issue of apprentices.

Ontario faces a shortage of up to one million skilled trade workers over the next 10 years, according to the official opposition Progressive Conservative party. They argue that employers have jobs that need to be filled, but the current government has made it difficult for those who want to enter skilled trades.

"Our apprenticeship system is not meeting the needs of the 21st century economy and needs to be modernized," said Garfield Dunlop, Tory MPP and official opposition

critic for skilled trades.

"We have contractors across a host of industries that want to hire apprentices but they can't because of an outdated and antiquated apprenticeship ratio system," said Dunlop. "When these young Ontarians can't get an apprenticeship opportunity, they head for Alberta

“

A strong skilled trades sector is crucial to Ontario's long term economic prosperity,

Brad Duguid
MINISTER OF TRAINING,
COLLEGES AND UNIVERSITIES

and Saskatchewan to complete their training and we often lose them forever."

Paget argued that the government has had a record of success with apprenticeships in Ontario.

"We are investing approximately \$165 million in the apprenticeship system this year," he said. "Our government has long recognized the economic importance of a strong skilled trades sector."

Ad campaign highlights dropouts

College dropouts rise due to finances but help is out there

Danielle La Valle
NEWS REPORTER

The reasons some Humber students drop out are written on the walls.

An ad campaign featured at the college's campuses suggests 29 per cent of students who don't finish their programs drop out for financial reasons.

Jane Leaver, the Annual Giving Officer at Humber, said these ads are part of the Humber Gives campaign and feature real students. Leaver said the purpose of the campaign is to raise money for financial need-based scholarships.

Andrew Tibbetts, a counsellor at Humber North campus, said besides running out of money, another key reason for dropping out is that students find they don't actually like the program they've chosen.

Tibbetts said a lack of academic preparation can also be a factor, especially when students find themselves away from home for the first time.

"Kids that squeak through high school because they had really involved parents who helped them with their homework every night and suddenly they're over at college and that isn't there anymore, they're finding it a lot harder," he said.

Tibbetts said not fitting into the social milieu of college and general feelings of homesickness can also be a problem.

However it can be just as problematic when students are so successful at socializing that this takes priority over their studies, he said.

Mental health issues can also be a reason for dropping out.

"Sometimes students first begin to exhibit mental health concerns while they're in mid-adolescence, so it happens while they're here in college and they may have a psy-

chotic break that they've never had before," Tibbetts said.

Humber offers free counselling, so students with any problems can use this service, and if necessary the counselling office will refer them to other campus services, he said.

Kara-Lee Dell, Peer Programs Coordinator at North campus, said poor math and English skills can also lead students to drop out.

For on-campus tutoring, there is a math, writing and accounting centre, a peer note-taking service, said Dell.

"It is a known fact that because of Grade 12 no longer having the OAC (Grade 13 requirement) here and students are younger coming to college then they used to be, that their math skills and English skills aren't as good," said Dell.

For \$10, Humber students can receive eight hours of help, he said.

Students interested in using any of the services provided by Peer Tutoring can visit H217 or contact Dell at 416-675-6622, ext. 4263, or at karalee.dell@humber.ca.

CORRECTIONS

The Sustainability Conference at Humber is organized with the help of Humber's Event Management students. The article in last week's issue incorrectly attributed it to Public Relations students

The cutline on last week's front page photo incorrectly stated the meeting took place on March 28. It occurred on March 19

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RCMP's relationship with Humber 'strong'

Travis Pereira
NEWS REPORTER

The Royal Canadian Mounted Police are looking to recruit the best, and consider the Police Foundations Program at Humber a good place to look.

Cpl. Michelle Welsh of the RCMP Ontario Recruiting Division, said events like the March 26 career opportunity session at Humber Lakeshore campus allow the federal police force to highlight the more than 150 career specialization opportunities and advantages associated with the organization.

"There's a lot of misinformation about the RCMP that's out there," she said.

"This is the opportunity for a RCMP officer to provide their personal stories, about what actually a career in the RCMP entails," Welsh said. "It gives people a better understanding of what the RCMP can offer them."

Welsh said the RCMP has a strong working relationship with Humber College and the RCMP is very appreciative of the opportunity to present to students.

"I'm very impressed with the program coordinators that I've dealt with. They have desire and passion about educating the students," she said.

Second year Police Foundations student Cameron O'Brien was one of the many Humber students who attended last week's RCMP presentation.

The career session included discussion of the history of



TRAVIS PEREIRA

RCMP Recruiter Constable Valérie Paradis (center) with students Oula Al Hissnawe (left) and Cameron O'Brien (right) at the RCMP Career Presentation Event

the RCMP, current career opportunities and the recruiting process.

O'Brien said the networking opportunities offered in Humber's Police Foundations program are second to none.

"I've talked to students in police foundations programs from other schools and they say they have very few networking opportunities, and

that's something that definitely sets Humber apart," he said.

Police Foundations Program Coordinator Henri Berube said the underlying goal of these events is to provide students with all the information they need to make a well-rounded decision about the path they choose for a career in law enforcement.

He said the RCMP offers

different levels of policing from municipal right through to national and international.

"By bringing the RCMP here and encouraging students to attend these sessions, it really gives them exposure to a type of policing and significant job opportunities that they otherwise wouldn't be considering or even aware of," Berube said.

He said people in Ontario aren't nearly as familiar with the RCMP as in other provinces because they aren't front line officers.

Police Foundations Event Coordinator Elizabeth Sheridan is a graduate of the program and said the one-on-one face time with prospective employers provides an invaluable advantage.

"That's how I actually know all these recruiters and they know me so well," she said.

"It's not because of my current position. They remember when I was a student volunteering and helping out with the presentations and doing the same things that these students are doing," Sheridan said.

O'Brien said this was his second time attending a career presentation and each time he walks away with new information and new resources.

He said the information provided is very thorough and the format of an open forum makes it easy to ask questions.

"The value of one-on-one time can't be rivalled, especially when it comes to policing," he said.

"It adds that personal touch with a recruiter so that they can keep in touch with you and make sure you're doing everything you need to do in the process. They're available if you have any questions and just being on a first name basis really makes a huge difference," said O'Brien.

After listening to recruiter's personal anecdotes and presentations, O'Brien said he's certainly considering a career with the RCMP.

"I actually learned a couple things that I didn't from the past presentation, and there wasn't anything left up in the air" he said. "I want to be a police officer and I will be a police officer anywhere in Canada, and the RCMP would be my first choice."

Video resumes becoming popular among job seekers

Adriana Zhang
NEWS REPORTER

Employers aren't just reading resumes anymore, more and more are viewing online resume videos. Entering the words "video resume" in YouTube will generate over 2.5 million hits in 2014 alone.

Nick Belling, a 25-year-old software developer from Illabo, Australia, said he created his video resume and uploaded it on YouTube last year, after months of not hearing back from employers.

In his creative four-minute video, Belling outlines his background as well as his work experience.

"Three days after I made it public, I was contacted out of the blue, by a company who

invited me to their office for a chat," said Belling. "They ultimately extended me a job offer a short time later."

Sean Kogan, managing partner at Recruiting in Motion (RIM), says there are companies that specialize in preparing video resumes. Potential job seekers might pay anywhere from \$300 to \$1000 for these companies to produce a video resume.

RIM is a recruiting company that said it has taken the recruiting and hiring process to the next level.

Kogan said they've introduced the Visual Advantage System where they video job seekers in a one or two minute interview. This video clip, along with the candidate's resume and profile, are made

available to employers for their assessment.

Kogan says the Visual Advantage System is different from a video resume.

"A video resume can be ten to twenty minutes long where the job seeker explains their background on video," said Kogan, "Our videos are no longer than two minutes and includes four key questions."

Kogan says candidates love it. "At first they might feel a little apprehensive about being videoed," he said, "but they recognize the advantage we're offering them and they're happy to be presented as a whole."

"We charge the same as a traditional recruiting company but provide this extra added service so they love it," Ko-



Screen shot of Nick Belling resume video

gan said, "It saves them time and money."

In the 2007 Video Resume survey released by career publisher, Vault Inc., 89 per cent of employers revealed they would watch a video resume if it was submitted to them.

The survey consisted of

309 responses from employers in various industries around the United States.

Graeme Simpson, program coordinator for Humber's Human Resource Management program, said videos can be a good idea, but the reality is that employers don't

have time to watch videos.

"Employers get hundreds and hundreds of resumes everyday; I can scan a cover letter and resume," said Simpson who has 12 years of corporate human resource experience. "I don't have time to watch videos."

Bring on spring with Earth Week'14



COURTESY HUMBER COLLEGE

Even the Humber Hawk pitched in last year for the North Campus Earth Day events.

Celia Grimbly
NEWS REPORTER

Humber students are breathing a sigh of relief as spring emerges from the seemingly never-ending winter.

With the promise of new life, however, they are reminded that environmental struggles are far from over.

Earth Week at Humber's North, Lakeshore and Orangeville campuses offers students and staff opportunities to participate in daily activities March 31 to April 4 and every other day of the year.

"I think we are doing a mix of things that we do every year...with things that are new and connect with the school," said Lindsay Walker, sustainability manager at Humber.

Smart Commute returns to North campus today to promote its Carpool Zone database encouraging drivers and riders at Humber to carpool to school, Walker said.

"We're going to have a tricycle track and tricycles in the concourse," she said. "You can race to win and we'll have prizes, probably TTC tokens as prizes and things like that.

"But also, while you're there, there will be a big map of the GTA that you can figure out where your route is and see if you can make it better based on what you're doing and sign up for Smart Commute if you do drive," Walker said.

Derek Forgie from the Polaris Institute, which supports citizen-led social movements, presents a talk titled "Inside the Bottle," at Humber tomorrow to halt the purchase of single-use water bottles on campus.

Walker suggested Forgie's presentation would generate awareness for the new water bottle filling stations installed this winter, a joint investment from Humber Students' Federation and the Office of Sustainability.

"HSF came to us and was interested in doing something around that, and we had always been interested in doing it," said Walker.

"So we teamed up and did it together so split the cost and worked on the plan, what kinds we wanted and where we're

going to put them," said Walker.

Activists against bottled water compete with marketing efforts from corporations such as Coca Cola and Nestle making it a "tough struggle" to change peoples' perceptions and behaviour around bottled water, said Forgie.

"The first thing we have to do is make it socially unacceptable," he said.

"We have to put it in the same category as drunk driving, it has to be universally agreed that it's irresponsible, that it's not something we have the luxury of doing anymore."

Reusable water bottles will be distributed at the event, Walker said.

A carbon footprint workshop run by students from the International Development program will take place tomorrow, she added.

"You can go to the lab with them and they'll walk you through figuring out what your impact is, personally," she said.

The green team from the Hospitality, Recreation and Tourism department are selling homemade ice cream to raise money to repair damages to the Humber Arboretum caused by the ice storm in December.

Anushay Khan, coordinator of Student Leadership Programs for Student Success and Engagement, is helping Walker organize the campus clean up on Friday.

The union between Student Success and Engagement and the Office of Sustainability is essential to the development of leaders at Humber, Khan said.

"I think the more we get students involved, the more we get students aware, the more they will gain a better understanding of what sustainability really means and not only just understanding its definition, but really embodying it," he explained.

Khan also said it's about "developing unique lenses" that allow people to see critically.

"As an educational institute it is our duty, in some ways, to be revolutionists of sorts, and I think Earth Week, as a whole, allows us to be that voice in a conversation that is sometimes forgotten in the day to day work that we do."

MONDAY

Smart Commute Expo



Learn about Humber's carpool zone, how to improve your commute and compete for a chance at prizes.

11 a.m. - 2 p.m. in the Concourse

Did you know? Two people, sharing a 50 km commute five days a week will each save \$54 on gasoline in one month. (Metrolinx)

TUESDAY

Inside the bottle @ Humber



Derek Forgie from MTV Live will be giving away swag and speaking about the impact of plastic water bottles.

12 p.m. - 1 p.m in the Concourse

Carbon footprint workshop

Learn how to reduce your carbon footprint. To register, Email: sustainability@humber.ca

2:30 p.m. - 3:30 p.m in the Concourse

Did you know? More than 100 million empty water bottles end up in landfills every year? (Earth Rangers)

WEDNESDAY

HSF Earth Day



Plant a seed in your personally designed flower pot. More activities and lots of giveaways will also be happening.

Student Centre

Did you know? The average rural Canadian tree approximately absorbs .58 tonnes of CO2 over an 80-year period. (treecanada.ca)

THURSDAY

HRT "Ice for Ice"



Grab a scoop of homemade ice cream, to raise fund for damage caused by the ice storm.

10 a.m. - 2 p.m. in the Concourse

Did you know? 300,000 Toronto Hydro customers lost power following the ice storm last December. (Toronto Hydro)

FRIDAY

Campus clean-up



Help clean up the North campus and the Humber community. T-shirts and prizes will be handed out.

12 p.m. - 3 p.m. in the Concourse

Did you know? The Humber watershed is the largest in the Toronto region, encompassing over 900 km². (Canadian Heritage Rivers System)

Flaherty legacy still steers Canada

Aabida Dhanji
BIZ/TECH REPORTER

The new federal finance minister, Joe Oliver, has a lot to do to impress Canadians and live up to previous finance minister, Jim Flaherty, according to Lennox Fraser, an instructor at the Humber Business School.

"It may affect Canada in the short term unless the new Minister can establish

his brand quickly...and that brand should clearly be to continue the strategy of Mr. Flaherty," she said.

Flaherty retired his position of Finance Minister Mar. 18, after over eight years of service.

Flaherty's work had a great impact on Canada's financial situation in terms of keeping it under control during the global financial crisis in 2008, said Noreen Merchant, a

member of the Bank of Montreal's Client Tax Team.

Flaherty's resignation could affect Canada, but opinions as to what happens next vary among Humber business school professors.

If the new Minister tries to make extreme changes to Flaherty's previous policies it will affect Canada negatively, said Fraser.

"Canada is in a good place economically and if this new

Finance Minister establishes himself as a credible replacement to Jim Flaherty by slowly working himself into the position, we should be okay for the next little while," she said.

Professor Duncan Fletcher from the Humber Business School however, said Flaherty stepping down from his position won't affect Canada in any great way.

"The eight year Flaherty

legacy will continue for at least another as the 2014 budget was recently introduced," said Fletcher.

The new Finance Minister has a year before another budget is due, he continued.

"I am hoping with his departure we can get our economy going again, especially jobs and the environment," said Business School instructor Stephen Harpley.

"Jim Flaherty has made

some major changes that contribute to this economy such as getting rid of the GST tax, and the penny among other policies," said Merchant.

"It will take some time for the new Finance Minister to warm up to the demand and pressures of the place he is taking, the budget might not be what is expected but, there is still some hope for the potential of the economy," said Merchant.

Speed-reading tech has its place

Users may breeze through text quickly but comprehension lags behind

Vick Karunakaran
BIZ/TECH REPORTER

A new speed-reading app promises to help *Et Cetera* readers get through this story in 30 seconds or less.

Spritz, a Boston-based startup, has developed what it calls a form of "text-streaming technology."

Spritz's website says about 80 per cent of a reader's time is spent moving the eyes from word to words and scanning, while their technology removes eye movement of traditional reading methods by flashing words on the screen at an adjustable speed.

Reading involves two main aspects, said Mary Jo Morris, learning disabilities consultant at Humber North campus. It first decodes words and then the comprehension of their meaning, she said.

The program was remarkable in that it made reading individual words easier but ruled out the rest of the read-

ing process entirely, Morris explained.

"How fast you look at words and how fast you read are not the same thing."

Humber English Professor Brett Reynolds said he tried the online version of Spritz on the company website.

Speed-reading programs may work if you are skimming through Twitter updates or emails that don't require a thoughtful response, said Reynolds.

Humber nursing student Jackie Alexander said speed-reading could be good for emails and texting, but may not work for academic reading, where new information takes longer to read.

"The vehicle for meaning in language is the sentence and you never see a sentence in Spritz," said Morris.

"You can't keep track of where you are in the document," said Reynolds. These programs required constant focus and if your mind wandered, orienting yourself back to where you left off may be challenging, he said.

The Spritz system had a button to go back but Reynolds said that control was not adequate.

Morris said speed-reading programs have been around for a long time but she doesn't know of any that have managed to retain comprehension.

"The best way to become a faster reader is to read a lot," said Reynolds, noting the writing centres at North and Lakeshore campuses have seminars to help students to learn to effectively study-read, he continued.

The Spritz system is scheduled to be included in the email application for the upcoming Samsung Gear 2 and Galaxy S5 smartphones.



COURTESY INTELLIGENT MECHATRONIC SYSTEMS INC.

This UBI device will help safe drivers save on their insurance premiums and correct driving.

Usage-based tech lowers insurance

Marlon Gomez
BIZ/TECH REPORTER

Ontario residents can save money on car insurance by installing new usage-based insurance (UBI) technology on to their vehicles.

Ontario insurance companies are giving their clients the chance to lower their insurance premiums based on their driving patterns.

The program is meant to encourage safe driving habits, leading to discounts.

"It's an innovative program

that not only allows your premiums to reflect your personal driving behaviour, but also provides you with reports you can use to become a safer driver," said Kathy Bardswick, Co-operators president and CEO in a media release.

The information collected in the program will only reward safe drivers and not result in premium increases, according to the statement.

To participate, people plug a small wireless device into their vehicle that allows insurance companies to track

driving patterns.

The cost of the program is calculated into the monthly or yearly payments.

UBI technology, said Christopher Dell, Director of Production Management at Intelligent Mechatronic Systems, "has an accelerometer, similar to what you have in your smartphone. A GPS that tracks the where and how you're driving that sends up through your cellular connection to our servers.

"The servers then interpret the data and send it to

the insurance company."

This Waterloo based company makes the telematic technology for The Co-operators who will be launching the Enroute Auto Program in April.

Desjardins Insurance launched their UBI program last May, called Ajusto.

The Canadian Automobile Association (CAA) announced last year they will also invest in telematics.

"We plan on launching our insurance-based technology during spring time," said Tony Tsai, the Communication Manager for CAA.

The factors used to evaluate driving patterns include time of day that a person is driving, total distance driven, sudden acceleration and sudden braking. The factors vary by company.

Upon signing up for a UBI program, people receive an initial five per cent discount.

"Those four factors get used by us to calculate whether your discount will be larger than the five per cent that you get initially," said Leonard Sharman, senior media advisor for Co-operators.

Jennifer Taugher, 23, a Humber Funeral Services student, pays \$209 monthly for insurance and hopes this could reduce her costs.

Financial Services Commission of Ontario only lets insurance companies to re-evaluate people's rate annually.

The Co-operators and IMS are launching a portal April 2 for clients to look at information being tracked.

Desjardins also has an online dashboard with their existing program that gives clients 24/7 access. Drivers can receive up to a 25 per cent discount on their premium.

The Co-operators will also allow people to view their information through their smartphones, said Sharman.

The firm's portal will show an overall carbon footprint of their vehicle. based on fuel consumption, idling time, and acceleration speed.



MIGUEL AGAWIN

Similar apps by other companies exist on App stores with preloaded text.

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TORONTO EVENTS THIS WEEK

MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
Local 164 @Magpie Taproom Toronto based country band, Local 164, will perform at the Magpie Taproom. At 831 Dundas Street West. Time: 9 p.m.	Fools for a Cause A comedy night fundraiser in support of Cystic Fibrosis Canada. Eton's Tavern, 710 Danforth. Time: 7:30p.m.	A Journey Into the Forbidden City ChineEmperor Yongzheng's imperial court will be on display at the Royal Ontario Museum. Time: All day	Group Photography Exhibition The exhibit will feature works of Canadian and American photographers with live music. Time: 7 p.m.	Troy Harmer and the Persuaders Blues-Rock band, Troy Harmer and the Persuaders perform at the Blue Goose. At 1 Blue Goose Street. Time: 9 p.m.	Great North Beatbox Battle The first Annual Great North Beatbox Battle in partnership with Unity Charity. At Tattoo, 567 Queen St. W. Time: 4 p.m.	Zachary Lucky @ Holy Oak Saskatchewan country and folk singer Zachary Lucky performs live at Holy Oak. At 1241 Bloor West. Time: 8 p.m.



KATE RICHARDS

Gregory Breen is a film director, producer and writer. He graduated from Humber's Film and Media BAA in 2013, winning multiple awards for his fourth year production project *Steven Myerschmidt Bites the Big One*.

Encore for award winner

Humber grad launches crowdfunding campaign to fund feature length movie, following success of short film.

Kate Richards
A&E REPORTER

It can be a terrifying moment, the day you walk away from your college or university campus with that big piece of paper in your hand that says you're ready to jump into the real world.

Especially when you're not sure exactly where to go.

Gregory Breen is a film writer, director and producer. He graduated Humber's film and media Bachelor of Applied Arts program in 2013 after already earning an advanced diploma in the Film and Television Production program in 2011.

Breen had a clear vision of where he wanted to go.

"Greg knew from the very beginning he wanted to be a director," said Ivo Soran, a professor in the BAA film and media production program who taught Breen for four semesters.

"When he came to my class it was clear this was his path," he said.

Breen's short film, *Steven Myer-*

schmidt Bites the Big One, is the final product of his fourth-year BAA production project, essentially his thesis. In the dark political comedy, Steven Myerschmidt is the morose manager of a solar panel manufacturing company who must subdue a worker's revolt, regardless of the curry stain on his tie.

Myerschmidt has won multiple awards, including Best Student Film at the 2013 Hamilton Film Festival, and has very recently been selected for the 10th annual Toronto-based Reel-HeART International Film Festival.

Myerschmidt was a bit of a switch in genre from his first short film, *For God and Ulster*, an intimate story that explores the "aftermath of the troubles in Northern Ireland," Breen said.

It has been screened in eight film festivals and won best drama at the 2012 Canadian International Film Festival in Vancouver.

Breen moved to Kingston, Ont., in 2006 from Killiney, a town south of Dublin, Ireland, and now resides in Toronto.

His ambition is admirable. Since graduating from the BAA program last year he has already completed a third short film, *Clara*, and is currently working on his very first feature-length film, *The Long Night*.

Breen describes *The Long Night* as a "descent down the river type story."

"It's (about) an ordinary guy who gets involved with some unscrupulous characters and spends the night running from the police and gangsters (while) trying to win the heart of a good woman," he said.

Breen's transition from school to the industry has been bright thus far, but he still faces difficulties.

"It's been hard," Breen said.

"The nice thing is, certainly with camera equipment, a lot of my friends from school who gravitated towards camera (work) or cinematography have their own equipment so we've been able to sort of borrow, beg, and steal to get stuff made," he said.

But Breen has friends from two graduating classes who are able to help in more ways than technical work. Matthew Finklestein graduated from Humber's film and television diploma program along with Greg and is a co-writer and script editor for *The Long Night*.

"Humber was wonderful for meeting people," said Finklestein.

"Seeing...whether or not you can mesh with them and trust their vision," he said. "You get to see where your strengths are and where your shortcomings fall and someone else you believe in can step in, help you and bring your vision together."

Breen launched an Indiegogo



You get to see where your strengths are and where your shortcomings fall and someone else you believe in can step in, help you and bring your vision together.

Matthew Finklestein
HUMBER FILM GRADUATE

campaign for *The Long Night* on Friday (www.igg.me/at/thelong-night) and can use as many helping hands as he can get.

"I just want to keep making films and get to where I'm going," said Breen.

Art Attack showcases student work

Adam Stroud
A&E REPORTER

The annual Humber Art Show is currently underway for any curious or creative Humber students.

"It's an exciting event. Anyone is able to showcase their artistic abilities," said Dean Johnstone, 27, a second year public relations student and media relations for the Humber Art Show.

The show is divided into five categories from photography, art, to mixed media. There are cash prizes awarded for first, second and third place in each category, said Johnstone.

The top five "juror's choice" winners also get entered into the League for Innovation International Art Show Competition, said Maggie Hobbs, Humber's director of student events and awards.

"It's a wonderful show in that, as long as you're a full-time or part-time student...you get to show your art for nothing in an art show, and there is a potential to win money," Hobbs said.

The Humber Art Show has been running for about 27 years.

Each year the show has a unique theme. This year's theme was Art Attack, based on the British children's television show, said Amanda Soriano, 23, a second year public relations student and the chair of the Humber Art Show.

Another theme idea that was tossed around was *The Secret Garden*, but "it was too similar to last year's theme, which was 'The Lost City of Art,'" Soriano said.

Every year the second year public relations students organize the Humber Art Show. The students oversee the whole operation from organization to marketing, said Soriano.

"The whole event is a collective student effort, which is a lot of fun," she said.

The Humber Art Show is not only a great experience for creative Humber students, but also for the whole Humber College community, Hobbs said.

"For Humber, it certainly likes to be leading-edge. It certainly likes to have innovative programs and have them displayed, and this is clearly an example of that," she said.

This year's show runs from March 31 to April 2 on North Campus and from April 3 to 13 in the L Space Gallery on Lakeshore Campus.

Court rules patients can keep growing marijuana

Janie Ginsberg
LIFE REPORTER

A federal court has issued an injunction that will continue to allow medical marijuana to be grown in private dwellings.

Mr. Justice Michael Manson ruled March 21 to allow Canada's current practice in the production of medical marijuana despite pending legislation banning it as of April 1.

The injunction temporarily prevents the new law from making the production of medical marijuana in private dwellings illegal.

British Columbia lawyer John Conroy represented patients in court while seeking an interim injunction to support the rights of designated patients to grow.

The ruling, released Mar. 21 said Manson granted limited relief by preserving certain rights under Canada's Marihuana Medical Access Regulations, which allows growers to continue production until a pending trial.

"There was an injunction that let this MMAR program continue for another nine to twelve months before they can get a court case," said Gary Shapiro, a patient permitted to use marijuana under the rules.

Without the injunction, patients

would be forced to give up growing their own medication.

"I'm not putting myself right now in a market (to buy marijuana). If it were changed on April 1, that is going to cost me more, when operational costs are the same on all strains," Shapiro said.

The Regulatory Impact Analysis Statement report for Marihuana for Medical Purposes Regulations notes a potential price impact.

The report says prices are expected to increase to about \$8 a gram, rising to almost \$9 in future from \$2 to \$5 a gram for homegrown.

Federal court documents said the proposed move to prevent home growing is unconstitutional, infringing on the Charter of Rights and Freedoms by denying medically approved patient's reasonable access and production of their medicine.

Section 7 of the Charter states "everyone has the right to life, liberty and security of the person and the right not to be deprived thereof except in accordance with the principles of fundamental justice."

Federal court documents outlining the defendant's legal position argue the elimination of personal production does not violate Section 7.

"The rights to life and security of



JANIE GINSBERG

Gary Galitsky is a patient and designated producer for himself and another person.

the person do not encompass the right to a particular drug of choice where reasonable alternatives are available," the Crown told court.

Designated grower Mike Federman does not think the pharmaceutical alternatives to marijuana are reasonable.

Marijuana, he said, "will still give them the calming sedative effect without (making them) catatonic, which a lot of these (prescription) drugs do."

Federman is currently applying for a commercial growing license and cites medical reasons as one of the most motivating factors.

"I would like the grower to work

hand in hand with the medical community to grow the proper strains that are most effective for the particular ailments," he said.

In a statement on March 21 following the injunction, Health Canada said since the Marihuana Medical Access Program, introduced in 2001 in response to a Court decision, the number of people authorized to possess marijuana for medical purposes grew to 40,000 from less than 100.

The quick expansion led to unexpected consequences of public health, safety, and security – with risks of home invasions and toxic mold, said the Health Canada statement.

Gary Galitsky, a patient and designated producer for himself and another patient, blames Health Canada for the situation.

"The system did get abused a little bit, there's no question. Because of the abuse they're blaming the patients, but in essence this all could have been prevented with a proper rule in place where there had to be some checks and balances before licenses were issued to grow anywhere," he said.

The Health Canada statement said the government would be reviewing the decision in detail and considering options.

Portioned saturated fat healthy

Katherine George
LIFE REPORTER

A recent article published in the *Open Heart* journal puts saturated fats back on the menu.

The article suggests there is not enough sufficient data to support the idea of lowering saturated fats to increase survival and ward off heart disease.

It points toward increasing evidence that shows lowering saturated fat while increasing carbohydrates increases the build up of plaque in arteries.

Evidence that beef and other animal fats can contribute to a nutritious diet if used in moderation, the article said.

Dr. James DiNicolantonio authored the article published earlier this month.

The information will be shocking to most, as it goes against advice that has been given over the past years, said Doug Cook, registered dietitian nutritionist.

"The early research never distinguished between the different types of LDL and cholesterol. It looked at lowering saturated fat and didn't tell the whole picture," said Cook.

Despite the continuously chang-



COURTESY: ILONA STALLER, VIA FLIKR

Examples of good fat are found in steak, cheese, avocado, nuts and seeds.

ing understanding about fats and their impact on health, the type and amount of fat we consume is still important, said Kate Comeau, manager, public relations at Dietitians of Canada.

The best way to stay healthy is to maintain a balanced diet, said Comeau.

"A healthy diet includes regular consumption of fatty fish, nuts, seeds, lean meats and poultry, low fat dairy, fruits and vegetables," she explained.

There is no reason to believe individuals should be increasing their saturated fat and not be conscious of their intake. People should follow all the same messages they have heard before, said Cook.

"We don't have evidence to take it out of the food guidelines," he said, adding the easiest thing to do was choose whole foods.

"There is only one bad fat and that is trans fat," he continued.

Examples of good fat are steak, cheese, avocado, nuts and seeds

whereas bad fats include fast food, such as fries, hydrogenated oils, and basically anything that is not labeled, said Cook.

People should not be eating a high fat diet. It is unhealthy and been connected to heart disease, said Catherine McKee, a registered nurse at Humber College.

"The issue is that people who eat well are suffering from high cholesterol. The reasons are unknown, but these are people, who need medication to lower their blood cholesterol," said McKee.

If an individual is making healthy choices for sources of fat in their diet there is no need to calculate the amount of saturated fat, Comeausaid.

This is not a free ticket to be enjoying a plate of crispy bacon and steak at every meal, said Comeau.

"We still want to be looking for nutritious foods, such as food that contains less added fat, sugar and sodium," she said.

Fallen food still okay for 5 seconds: study

Sarah MacNeil
LIFE REPORTER

Researchers have found evidence the five-second rule is not just a cop-out for eating food off the floor.

The rule is an urban myth about the amount of time dropped food can remain on the floor before becoming inedible.

A research team led by Professor Anthony Hilton at Aston University in the United Kingdom looked at bacteria present on different types of flooring against how long food can be in contact before contamination.

The result showed that time is a factor for bacterial transfer. Carpeted surfaces are least likely to transmit germs while tile and laminate are risky after five seconds.

The scientists also conducted an anonymous survey to go along with the research.

Hilton's team found 87 per cent of people would eat food off the floor and this behavior is more likely to occur in females as opposed to males.

"Clearly, the rule is much more than an old wives' tale," said Hilton in a press release.

"The most common types of bacteria found on surfaces are not pathogenic, which is why we are not

getting sick all the time," said Dr. Ronald Stewart, a bioscience professor at Humber.

He said students should keep in mind how often surfaces are cleaned if they are consuming dropped food.

"It is not so much about how long it takes for bacteria to latch onto food, but more about how many different types of germs are present," Stewart said.

"If a cookie is dropped outside on a dog run, someone probably shouldn't pick it up and eat it. If it falls on the carpet at home however, that is a different story," he said.

Humber students have mixed feelings about the idea of eating dropped food.

"I would never eat food off the floor!" said Clarrize Fesalvo, an Early Childhood Education student.

"I will [eat off the floor] if the surface is clean. Especially if it is chocolate," said Manushi Patel, a Computer and Network Support Tech student.

The new British study contrasts with a 2012 report by Dr. Jorge Parada from Loyola University in Chicago that suggests the five-second rule is not scientific.

Aston University's study was released on March 10 and has not yet been peer reviewed.

Brazilian diet: Cook from scratch

Kendra Hamilton
LIFE REPORTER

Making food from scratch is the way to stay healthy and slim down, according to the Brazil Ministry of Health in a new edition of the Dietary Guidelines of the Brazilian Population.

The idea is to combat rising rates of obesity, diabetes and other chronic diseases.

The guide emphasizes cooking with fresh ingredients and limiting intake of ready-to-eat products and processed foods.

Experts agree this might be exactly what Canada needs to combat our own rising rates of obesity.

In 2007, Canada's Food Guide

tripled in size to help Canadians make healthier decisions, yet obesity rates have continued to climb, according to the most recent reports from Statistics Canada.

"I think that taking the essence of Brazil's new dietary guidelines and joining forces with the USDA's ChooseMyPlate is where we need to go," said Sarah Coulson, Humber professor and registered dietician.

"I think Brazil's initiative to tackle the food environment is gutsy. Their Ministry of Health is actually saying, 'Be critical of the food industry.'"

"I definitely think if more people cooked meals there would be less obesity and people would be a lot healthier if we eliminated packaged foods, especially things like frozen

dinners," said Katie Hart, registered holistic nutritionist.

Labels on processed food are misleading, she added.

"Low-fat, fat-free, low-calorie, low-sugar, all that means there are 10 times more chemicals. They put in all these chemicals to make it taste the same as a full fat version."

While staying away from processed foods is a good idea in theory, some don't believe it is always a realistic expectation.

"If you can do it, that's great," said Kim Hammond, mother of two who works part-time. "But if you have two parents working with kids in school...it's just not doable."

Still, Coulson said it might be worth making cooking a priority, de-



KENDRA B. HAMILTON

Brazil Ministry of Health says home-made food keeps people healthier

spite the large amount of nutritional information that surrounds us.

"We have somehow scheduled

cooking out of our lives. This, I believe, is the missing link to re-claiming health."

Probiotics boost mood as well as healthy gut

Karina Nowysz
LIFE REPORTER

Eating probiotics found in yogurt is known to replenish good bacteria in the gut, but a recent study has also suggested a connection to our moods.

The study from University of California, Los Angeles was focused on women between ages 18 and 35 and found those who consumed probiotics found in yogurt experienced less problems with their gut and didn't feel depressed or anxious as often.

"Researchers have known that the brain sends signals to the gut, which is why stress and other emotions can contribute to gastrointestinal symptoms," the UCLA study stated. It also revealed that signals travel the opposite way as well: "The brain and gut connection is a two-way street."

"The gut is known as the second brain," said Jennifer Papaconstantinou, a holistic nutritionist. "It makes as many neurotransmitters (mood sensors) as the brain makes."

All of the B-vitamins necessary for the body's response to stress are made in the gut, provided one has a good balance of bacteria, said Papaconstantinou.

Probiotics help re-colonize the good bacteria and improve gut

health as well as immune function, said nutritionist Tara Postnikoff.

"Good bacteria can be displaced by bad bacteria such as candida, from overconsumption of sugar and refined foods," said Postnikoff.

"A lot of people don't realize that 75 per cent of your immune system is found in your gut," said Papaconstantinou. "So to keep your immunity healthy you also have to keep your gut healthy."

Yogurt is a great source of probiotics to keep your gut healthy but she says it has to be organic and natural.

"With non-organic dairy, the cattle is fed antibiotics, which wipes out all the good bacteria in the gut," said Papaconstantinou.

It also can't be flavoured because there's a lot of sugar included in those yogurts, said Papaconstantinou. "Sugar feeds bad bacteria."

Until now, mood studies had been done only in animals, in contrast to the UCLA research.

"These studies seem reasonable but they are small. It's no leap to say our organs affect our mood," said Dr. Ronald Stewart, a bioscience professor at Humber.

"If you have a healthy gastrointestinal system you will be in a better mood," said Stewart.



COURTESYVANESSA PIKE-RUSSEL, VIA FLIKR

Organic yogurt is a good source of probiotics, which keeps the gut healthy.

TO THE NINES

Eric Collings
General Arts and Science,
Humber
2ND YEAR

SHIRT: AMERICAN APPARAL
PANTS: VOLCOM
SHOES: NIKE CASUAL SKATE
SCARF: HANDMADE IN CAMBODIA

STYLE INSPIRATION
Dressing business casual

FAVOURITE CLOTHES
Comfortable clothes

Student governments across GTA chime in

Nick Jean
A&E REPORTER

A series of tense meetings and a storm of angry tweets from Humber College students erupted when incumbent Humber Students' Federation president Tim Brillhante was disqualified from the 2014-2015 campaign on March 14.

While Brillhante garnered more than twice as many votes as his next nearest competitor, Shawn Manahan, he was eliminated from competition for unspecified campaign infractions with virtually no public explanation.

All Humber Students' Federation Chief Returning Officer (CRO) Natalia Toussaint would say in explanation, was the strikes against and barring of Brillhante and VP Student Life – Lakeshore candidate Karnesh Babaria were “up to my discretion.”

Mathieu Yuill, Centennial College Student Association communications manager, said transparency is fundamental to sound student government.

“In our student association, transparency is key,” he said. “When there are grievances filed and there’s a result that changes (the election,) there is a full explanation of what happened and why it happened.”

Yuill said a three-member committee considers all non-frivolous grievances and invites statements and witnesses from all parties involved.

The committee then votes on the validity of the complaints and any potential penalties, he said. All of this takes place before any election results are released to the public.

However, like Humber, a number of other Ontario colleges also do not make public the reasons for a disqualification.

“We don’t disclose to students the reason for disqualifying (a) candidate because we don’t want to slander or negatively affect the personal credit or image of that candidate,”

said Sheridan Student Union chief returning officer Sawssan Matar.

Similarly, at Seneca College, in the case of a disqualification, the reasons for the decision would not be released for confidentiality reasons, Student Federation Member Services and Communications Manager Roel Isufflari said.

Assigning strikes for candidates, however, is not at the sole discretion of the chief returning officer.

“We prefer to have committees, more than one person making the decisions (about campaign violations),” Isufflari said.

Campaign rule violation procedures at George Brown College and Mohawk College are similar to Humber’s in that the chief returning officer has sole discretion in ruling on any complaints. Where they differ is in their transparency policies, as well as George Brown’s different penalty system.

In case of a violation, a varying number of demerit points are assigned depending on the severity of the offence. Any and all rulings are posted in a designated, publicly accessible location in the Student Association office.

“If anyone wants to know, they can simply come ask us,” Mohawk Student Association VP Finance Maxwell Brown said. “We have no problem disclosing anything that happens.”

At Sheridan, the candidate may appeal any violation that the chief returning officer deems worthy of demerit points. An appeals committee meets “within a reasonable time” as set out in student union policy to hear those appeals.

Results of the chief returning officer’s and appeals committee’s decisions are made public but their reasoning is not.

In the 17-page HSF Elections & Appeals policy document, the chief returning officer is awarded the right to levy penalties to rules violators seven times.

There is no policy requirement that the CRO to publicise their reasoning.



(LEFT PHOTO) The AGM was hosted by (from left to right) VP of Student Affairs at t Vice President Student Affairs, Colin Edwards-Crewe. (RIGHT PHOTO) Most of the

NOT SO

STUDENT GOVERNMENT ELECTION BUDGETS PER CAPITA

HUMBER	MOHAWK	SENECA
\$3.70/student	\$0.38/student	\$0.48/student
Election Budget \$100,000	Election Budget \$6,500	Election Budget \$12,000
Student Population 27,000	Student Population 17,000	Student Population 25,000

Find more exclusive elections content online at humberetc.com

Continued from page 1

The vote to overturn Manahan’s selection was 90 to 89. Brillhante said that voting was stopped after a majority was reached, explaining the single vote difference.

“I want to be clear on that,” said Brillhante, “I don’t think it was by one vote, I think they stopped counting after one vote passed in favour versus the opposed. I believe that number is much higher. They did this vote twice and the result came out the very first time. The result was about 83 who were in favour of having Shawn the president, and there was about 97 who were opposed.”

However, a March 27 Tweet from HSF said, “Point of clarification from yesterday’s #HSFAGM: all votes were counted. The final number was 90 opposed to 89 approved. Count did not stop.”

Regarding the result of the vote, Brillhante was overjoyed.

“It feels completely overwhelming, I’m so proud of the students that came out here today, all of them, and I couldn’t have asked for a better result today because I truly believe we fought for democracy,” he said.

Brilhante had made a motion at the beginning of the meeting, asking for an amendment to the agenda.

“I propose that we cha to approve newly elected, 2014-2015) to just separa all the other roles if every said.

After some discussion VP Student Affairs North Directors member Eric C wards-Crewe, VP Studer questioned why this mot motion passed.

After the directors wer with 131 votes in favour, was discussed at length.

Many students lined u executives who were pre

One student brought f students who thought th fairly.

“We have 597 signatur that the elections went fa could not make it here to present the petition to yo Schmid, a supporter of I

Eric Collings, chair of Committee, mentioned t



KATHLEEN JOLLY (LEFT) AND ALEX COOP (ABOVE)

At the North Campus, Kay Tracey, VP of Student Life at Lakeshore Campus Colin Edwards-Crewe, Chairperson for the HSF Board of Directors, Rosa Figueroa, disqualified candidate Tim Brillhante, and attention from the crowd was focused on the presidential spot, which was won by president-elect Shawn Manahan after candidate Tim Brihlante was disqualified from the election on March 14.

FAST STUDENTS CALL FOR A PRESIDENTIAL REELECTION

BY KATHLEEN JOLLY

change that item (the motion) was approved by the acclaimed executives for the president role from the crowd is comfortable," he said.

about the motion from Kay Tracey, Board of Directors, Rosa Figueroa, Rosa Collings, and Colin Edwards-Crewe, Chairperson for the HSF Board of Directors, who all had their names put forward, the motion was approved to the board of directors for the position of president.

After the meeting, students were allowed to ask questions to the candidates. During the meeting, a petition was signed to forward a petition from the crowd. The elections were not run fairly for students who were not present today. And we would like to see a change in the way you run things right now," said Cullan Edwards-Crewe. "I don't believe I fought for democracy."

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on the election policy being questioned when he was on Board of Directors.

"One of the policies that we did review was the election process policy, and we all through discussion agreed to approve this policy, meaning Tim had intimate knowledge over any other candidate... meaning the candidates that didn't get any strikes didn't know (the policy) as well as Tim did," he said.

The Chairperson of the meeting, Rosa Figueroa, reminded students several times not to cheer or clap, as many present became agitated either in support of having a by-election or of voting in Manahan.

Edwards-Crewe defended the process of the elections.

"To be completely honest, I didn't vote for Shawn. But I'm still here saying the process was fair, even though the person that I voted for is not the president, I'm here to say, it's the process," he said.

After several students took turns speaking on the question of the election process's fairness, and Brillhante's disqualification, Manahan was given the last word by the Chairperson.

"Tim, have you not told me that I'm an amazing student leader, that I'd be a great future president?" he asked Brillhante.

Addressing Brillhante's supporters, he said, "The

I'm so proud of the students that came out here today, all of them, and I couldn't have asked for a better result today because I truly believe fought for democracy

person you entrusted your votes in thinks I would make a great leader."

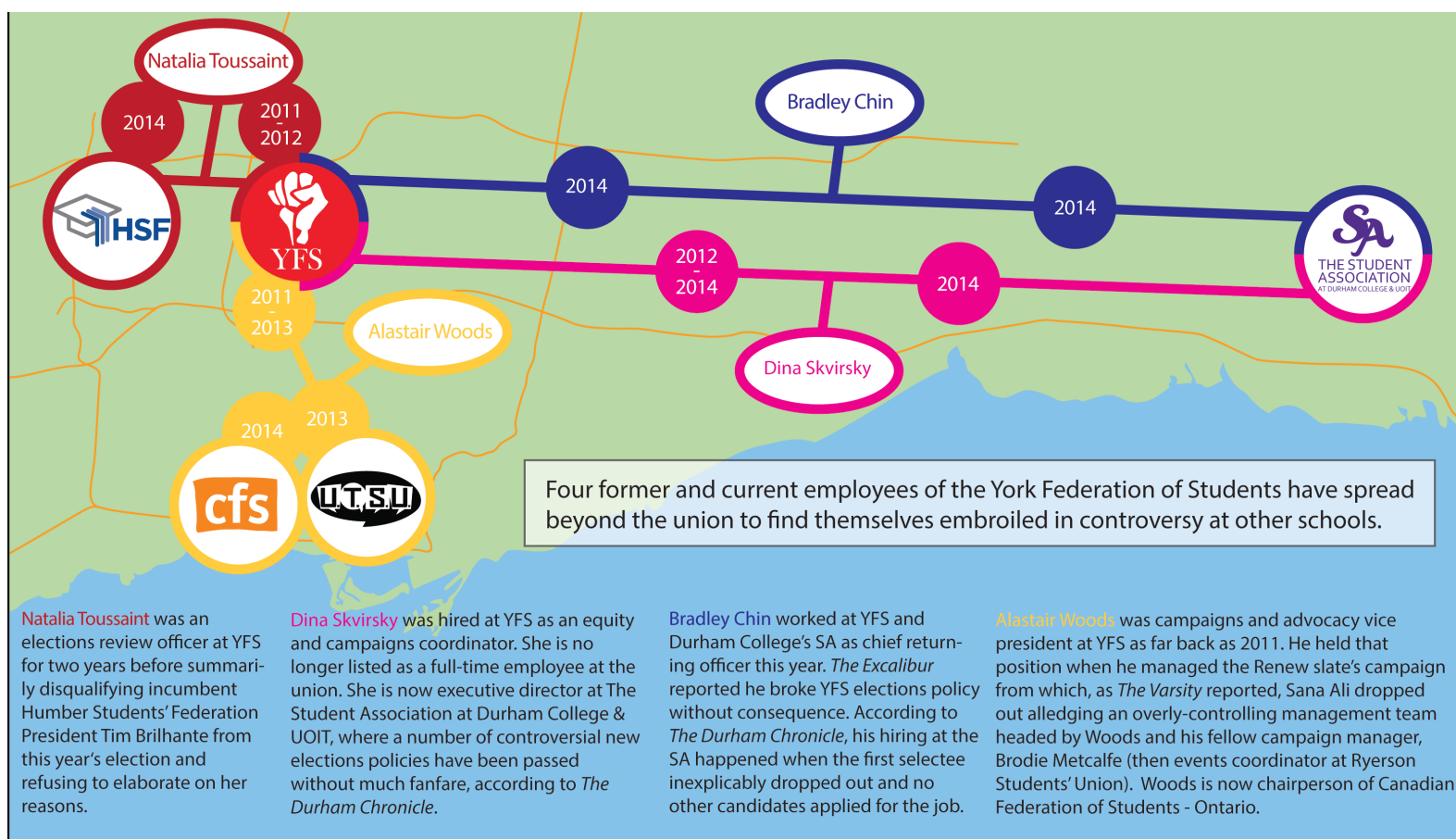
After students at the AGM rejected Manahan's presidency, the rest of the incumbent vice presidents were collectively voted into office, with 131 students for, 1 student against and 2 abstaining.

After a couple questions raised by students about international student representation and whether Brillhante has been present enough over the past seven weeks, the Operating Capital Budget for 2014-2105 was also approved. BDO Dunwoody was approved as the 2014-15 Financial Auditors.

After the meeting, Jordana Siciliano, a third year game programming student, had an unsettling feeling.

"I don't feel like the problems were really resolved. Sure, we won in terms of not electing Shawn as president, but I feel like all the issues were not addressed. And they were so adamant about trying to rush through everything that I feel like it's a little unsettling, there's still something that's not quite right," she said.

The future of the president position is uncertain, as it is still unclear whether Brillhante will be granted an appeal, and if so, through what channels. Manahan has confirmed that he will run again.



NICK JEAN

Former HSF presidents speak up, stress accountability

Ian Burns
NEWS REPORTER

As controversy about the recent Humber Students' Federation presidential election continues, former HSF presidents are reflecting on their time in power and how they kept themselves accountable to the student body.

Muhammad Virk was president of the Student Advisory Council, the precursor to the HSF, from 1999 to 2000. He currently serves as an enrolment management and statistical analyst with the Office of the Registrar at Humber.

"We always had it mind that we are here for students, we are students," said Virk. "So, for us, nothing is hidden – we were dealing with their issues, we were dealing with their budget, if you have an issue, as long as we can serve you, we are here."

Lesia Bailey, HSF president 1994-95, noted that keeping the budget process accountable was important to her during her time in office.

"Budget meetings are important to keep public," she said. "Don't forget, this is the students' money you're dealing with."

"I just went out and talked to the students all the time," said Mike Berg, who served as president 2006-07 and currently works as manager of communications for the Humber registrar's office.

"It's an important role – you have to be transparent, you have to be out there in the community, and I think it's important that the students have somebody to talk to," said Berg.

Berg noted he started town hall meetings for students to come and voice their opinions as part of an accountability process, although he said that turnout was not high.

"Which is unfortunate, because it's a huge opportunity for students to get involved," he said.

What advice to the new president – indeed, any student politician — did the past leaders offer?

"Be genuine," said Virk. "They need to have a passion for the job. Say, 'I'm going to lead,' but don't say you're going to do it alone – we've got to do it together."

Bailey is more direct. "Don't get into it for yourself," she said. "Remember that you're there to serve the students."

Bailey said people who remember her time as president still occasionally recognize her on the street. She noted her active role in bringing day care to Humber, for which people still thank her.

"We made this office for students it's their office," said Virk. "The confidence has to be there for students."

Trail of problems spreading

Same players involved with controversial issues at schools across the GTA

Nick Jean
A&E REPORTER

The student government at York University, York Federation of Students, has only managed to host one election free of scandal, controversy or significant complaints in the past four years.

Some former YFS employees are now major players behind election uproar on at least two other campuses in the GTA, including at Humber College.

Humber Students' Federation Chief Returning Officer (CRO) Natalia Toussaint was judge, jury and executioner in the controversial disqualification of incumbent presidential candidate Tim Brillhante and VP of Student Life – Lakeshore candidate Karnesh Babaria in this year's election.

She has provided no reason or explanation for the disqualifications citing HSF election policy that violations and subsequent penalties are meted out "at her discretion."

Toussaint was employed at YFS as an Elections Review Officer from September 2010 to April 2012.

She lists on her LinkedIn profile that among her responsibilities she was to "advise nine college and eight faculty student government Chief Returning Officers to ensure college and faculty elections are unbiased for fall and winter elections."

Shortly after Toussaint officially cut ties to YFS, Dina Skvirsky was hired as their Campaigns and Equity Coordinator. She is also current interim executive director at the Student Associ-

ation at Durham College & University of Ontario Institute of Technology.

The Durham Chronicle, Durham College and UOIT's campus newspaper, reported Skvirsky's brief tenure at Durham's Student Association has been rife with controversy.

She was hired to replace Kelly Morrison who was "terminated without cause" after more than a decade of employment at the Student Association, according to *The Chronicle*.

Skvirsky was one of only two people involved in the hiring of Student Association Chief Returning Officer Bradley Chin, who also oversaw this year's troubled YFS elections.

York University's campus paper, *The Excalibur*, reported that Chin broke Federation bylaws when he failed to allow sufficient time between publishing notice and opening the election nomination period.

Chin was let off the hook with no penalty, raising questions among concerned students about the integrity that could be expected of candidates if those operating the election so willfully flouted the rules.

Chin was hired as the only applicant in a second round after the first candidate who was selected by the entire hiring committee declined the position, *The Chronicle* reported.

Who the first selectee was and why they refused the job was not disclosed. None of the other contenders from the first round of hiring was informed of the second call for applications, according to *The Chronicle*.

A number of significant changes have been made to the Student Association's elections policies during Skvirsky's time there.

Many of the new policies emulate those at YFS that raised concern in a

York Ombudsman review following a problematic 2010 election.

A few of those changes include:

- Appointing the executive director as election committee chair,
- Granting the election committee unfettered power to disqualify any candidate for any campaign infraction – the Student Association board previously had to approve any disqualifications,
- Replacing the electronic voting system with one using paper ballots.

All of these changes have been made with little fanfare. Only one change was publicly announced: Candidates are now allowed to run on a slate.

Skvirsky has also been at the centre of a controversy surrounding the Student Association's current president and the Canadian Federation of Students, an organizing group for student unions, *The Chronicle* reported.

Student Association President Peter Chinweuba has alleged Skvirsky and a few "student politicians" are manipulating the SA from behind-the-scenes, according to *The Chronicle*.

Chinweuba, who is opposed to the Student Association joining CFS, has also alleged that Skvirsky made a veiled threat he would lose the next election if he did not sign a contract she brought him, *The Chronicle* reported.

Skvirsky has denied the allegation. Chinweuba has been publicly censured by the Student Association Board of Directors for numerous absences, complaints and policy infractions. In the Letter of Censure released by the Board, they removed his right to be spokesperson for the Association.

Skvirsky is a long-time CFS supporter and worked alongside current CFS-Ontario Chairperson Alastair Woods at YFS.

Woods too has been accused in the past of meddling in student government elections.



Some former YFS employees are now major players behind election uproar on at least two other campuses in the GTA

Sana Ali was running unopposed for the presidency of University of Toronto's Student Union when she unexpectedly dropped out.

Ali said in an interview with *The Varsity* that she felt she was chosen to "fill a space and fulfill a pre-set mandate."

She said the campaign statement distributed by the campaign management team was entirely different from the one she had submitted.

Woods was one of two individuals overseeing the campaign. He did not hold his post with CFS-Ontario at the time.

UTSU and YFS are both dues-paying member unions of CFS. HSF and the Student Association at Durham College & UOIT are not.

Despite repeated attempts to contact them, subjects of this story could not be reached for comment.



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Bike lanes need attention as cyclists hit the streets

With the last of the snow banks melting and the mercury rising, more and more cyclists will be tuning up their bikes and taking to the streets.

In fact, 2014 may see a record number of riders do so, if previous years' statistics are any indicator.

Last year, in what the advocacy group CycleTO have called a first, cyclists outnumbered motorists on a major arterial road in the city's core.

According to a CycleTO headcount, between the hours of 5 and 6 p.m. on Sept. 19, a total of 680 bikes headed westbound on College Street compared to 618 cars. During this period, bicycles made up 52 per cent of westbound traffic on the street.

CycleTO also found since 2010 bicycle traffic on College Street alone has increased by 67 per cent. While College Street does have

unprotected bike lanes, many other routes do not.

Infrastructure development just hasn't kept up with demand.

That's why it's with a sense of urgency that the City of Toronto should be scrambling to improve urban cycling infrastructure.

Both New York City and Chicago have done so in recent years and the time is nigh for Toronto to improve its network of bike lanes. If New York's iconic Eighth Avenue can be redesigned to feature protected bike lanes and more space for pedestrians, surely we can reimagine our own roadways.

It's something that should have been done more than a decade ago, and in fact there were approved plans to do exactly that.

In 2001, the city started the

Toronto Bicycle Plan with a goal of completing 495 kilometres of bike lanes by 2011. To say the city has fallen short of this mark would be an understatement, as construction has pretty much ground to a halt.

According to CycleTO, as of 2013, Toronto had only installed 114 kilometres; and from 2012 and 2013 a miniscule 2.4 kilometres were established.

In light of this, the *Et Cetera* is calling for the City to recommit to completing the 2001 Bike Plan – but that's just a starting point.

A lot has happened in the 12 years since the Bike Plan was established.

To compensate for the increasing number of cyclists, even more lanes than outlined in the plan should be created, with real consideration given to Bloor Street, regardless of

the results of the environmental assessment currently underway.

As well, some existing lanes should be overhauled, with particular attention paid to making them safer. Not only will doing so save lives, it will also get more people on bikes.

One way to inspire confidence among would-be cyclists is to place parking spaces outside of bike lanes (this is known as floating parking), creating a buffer that protects cyclists from traffic. Because this method is merely rearranging how space is used, it doesn't require drastic changes to the width of a road.

As congestion in the city only worsens, the Gardner Expressway crumbles, and the TTC struggles to accommodate its ridership, getting more Torontonians riding should be a top priority at City Hall.



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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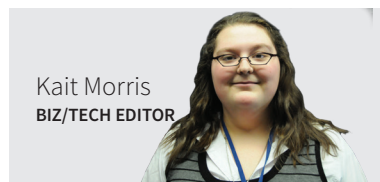
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Walk-in health clinics not enough for Canadians



In early December last year, I found myself in a position many students do: I was sick. It's not unusual, campuses and subways are veritable germ pits. But after three weeks of persistent weakness, vomiting and dizziness, I decided to suck it up and go to a clinic.

I'm not from Toronto, and don't have a family doctor here, or back home in North Bay, a city of about 53,500 people.

The clinic prescribed me a \$300 anti-nausea drug and sent me on my way with a promise to call with test results. The call never came. Two weeks later I was jaundiced in a North Bay hospital and informed within eight hours I had mononucleosis (commonly known as mono) and it was affecting my liver and spleen.

Coordinating any type of appointment, medications or other medical care is very difficult when you don't have a general practitioner. Arduous

Recently, my stepfather, who also lives in North Bay, had a heart attack. Despite having a heart surgeon and specialists in Sudbury, he didn't have a general practitioner to help co-ordinate care back home. Getting referrals and coordinating aftercare can be very difficult for a patient to manage on their own.

In September, *The Globe and Mail* published an article stating the number of doctors in Canada is on the rise. It reported about 4.4 million Canadians don't have a doctor, and many of them are happy going to drop-in clinics.

I would argue they are happy going to clinics until something serious occurs.

Persistent cough on a Saturday? Clinic. High fever after hours? Clinic.

But what happens when that high fever turns into a more per-

sistent illness and you wind up in the hospital? What if it's a prelude to a more serious condition that requires specialists?

It can be very difficult to gather and synthesize all the information coming from different doctors, often in different cities, and figure out where to go from there. This is one of the biggest advantages to having a general practitioner, and following through with aftercare.

I approached this column intending to write about the doctor shortage in Canada, only to find out, to my surprise, there technically isn't one. Apparently many recent graduates of Canadian medical schools cannot find work.

This, however, isn't reflected in patient wait times.

According to numbers from the Canadian Institute of Health Information, for every 467 Canadians there is one doctor.

According to the Society of Rural Physicians of Canada, 31.4 per cent of Canadians live in predominantly rural regions. Towns with popula-

QUOTED: Do you ever feel any social pressure to wear makeup?

No. Personally I think I look better without all that stuff on. But I know most people don't feel the same way.

Natalie Sprentall, 25
Early Childhood Education, 2nd Year

No. It depends on the person. Some girls are influenced by celebrities, and it's also a confidence issue.

Chelsea Howard, 20
Journalism, 2nd Year

No, I don't, actually. Make up for me depends on my mood.

Omanie Gheer, 34
Business Marketing, 1st Year



IMAGE COURTESY LAURA LIPPMAN / @LAURAMLIPPMAN

UK author Laura Lippman's original #nomakeup selfie, tweeted March 4

#NoMakeup, no problem



Kara Matthews
ART DIRECTOR

48 hours of the trend starting, they had received \$3.3-million.

Beyond this, raising cancer awareness is always important, but going without makeup doesn't have to have that link. #Nomakeup alone creates an opportunity to generate meaningful conversation.

Call me superficial, but I love makeup. I spend money expanding my collection, experimenting with colours, brands and formulas. I love the process, and learning more about it. I see makeup as an art form. But I know girls who don't care; they don't wear makeup and have no desire to. Ultimately, I think having the choice to do whatever you want with your face is what's important.

If it's empowering to post a photo you normally wouldn't, great. If it makes you uncomfortable, you shouldn't feel obligated to. But I don't think anyone should ever feel ashamed, or feel like they're hiding, when they wear makeup. For me, a blood red lip is empowering, and a form of expression that makes me feel comfortable. However you decide to express yourself, make sure you're doing it for yourself. Don't ever feel like you have to look a certain way for anybody else.

Ultimately, with or without makeup, I am all for selfies, and for this project. There is nothing cooler to me than empowering people to be themselves. I think we post photos of our faces on social media because we're searching for some form of validation or self-worth. But if feeling free enough to post a picture of your unadorned self inspires even the smallest amount of strength in self-worth for someone who needs it, then I fail to see a glaring issue with this project.

To those who critically analyze the concept behind what seems like a selfish trend: Maybe you believe there are far better, less trivial ways to raise awareness for a cause than a girl posting some stupid photo of her face.

To that I say, you're probably right -- and I suggest you get to it.

I spend as much time online as any other twenty-something, but don't typically involve myself with Internet social trends. In fact, I tend not to post much on social media at all. I suppose I just prefer to act as more of an observer.

And recently I've noticed photos popping up on my Facebook newsfeed of girls without makeup. Most have hashtagged #nomakeup, and challenge their friends to follow suit. The trend started earlier this month, when author Laura Lippman tweeted a picture of herself not wearing makeup, in support of actress Kim Novak, 81, who was criticized for her looks at this year's Oscars.

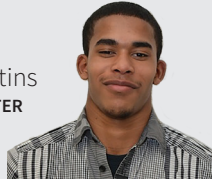
This particular craze has a specific initiative. Most women who post a photo of themselves without makeup explain it's for breast cancer awareness; many have even donated to the cause.

Of course, as with any new craze, #nomakeup selfie has critics, critics who feel the need to post lengthy statuses about why they won't participate, and why no one else should either. I argue there are many senseless social media trends (the drinking challenge neknominations, for example) that many of those same people have no problem participating in without judgment.

I think many people who oppose this particular trend frown upon the fact that it's linked with breast cancer awareness. Their perspective seems to be that even by bravely posting a makeup free face, it in no way compares to the bravery of those fighting cancer. I personally can't justify comparing the two at all; moreover, the fact that this trend has raised money for a worthy charity simply can't be ignored. On March 20, Cancer Research UK said within

Champions League a better display of player talent than FIFA World Cup

Tyrrell Meertins
SENIOR REPORTER



June and July will find Toronto in the midst of a soccer craze. Bars and pubs will reach capacity, as the streets fill with passionate supporters and plastic flags blow in wind.

Yes, it's World Cup year.

Every four years, the Fédération Internationale de Football Association's illustrious tournament brings people together to enjoy the global game. Hearts are broken, stars are born, and one country will gasp in glory – obtaining bragging rights as World Champion for the ensuing four years.

This is arguably the ultimate sport event. In 2010, 700 million viewers tuned into the World Cup finals between Spain and Holland, while approximately 3.2 billion watched at least one match in the tournament.

Based on viewership, the World Cup is the largest soccer event in the world, but, is it still the pinnacle of the sport? Not for those who follow the Union of European Football Associations Champions League.

Here's why. Currently, top players in the past who have previously claimed World Cup success are put in a separate category to those still searching for international glory. But with the vast changes in the modern game involving transfer fees, wages and the physical demands of playing for club and country, players would prefer to prolong their club career, rather than endure a career-impeding burnout.

On average, the top sides play 50-60 games a season—when friendlies and international tournaments are included, the numbers increase. Last season, Chelsea playmaker Oscar played 71 games. Since the start of the new campaign he's featured in 51. Xavi Hernandez, a key cog in Spain's international success over the six years, has appeared in a minimum 55 games per season, highlighting the physical demands of a modern day soccer player.

With the World Cup held after an excruciating club season, players enter the tournament fatigued, and often find it difficult to reach their best form.

In contrast, the Champions League is an 11-month marathon – including qualifying rounds – in which teams have an entire season to plan how to claim European glory while maintaining energy levels.

Managers are able to turn to the market and build a team that suits their philosophy, whereas international managers are forced to work with the players at their disposal.

Ahead of the 2010 Champions

League final between Inter Milan and Bayern Munich, Jose Mourinho stated his thoughts on the European tournament.

"This game is the most important in the world," Mourinho said. "It is even bigger than the World Cup because the teams in it are at a higher level than national teams, who can't buy the best players. If you hold it to be important, you have to transmit that to the players."



Based on viewership, the World Cup is the largest soccer event in the world, but, is it still the pinnacle of the sport? Not for those who follow the Union of European Football Associations Champions League.

Arsenal manager, Arsene Wenger, also agreed that the Champions League has surpassed the World Cup

"I always said that club football is better than national team football, by far," Wenger told Arsenal.com. "You have the best players from any country in the national team. In any big club you have the best players of all the countries in the world. It's as simple as that."

This year's World Cup will be missing a few star performers, inhibiting the overall quality of the tournament. The likes of Gareth Bale, Zlatan Ibrahimovic, Robert Lewandowski, David Alaba and Arda Turan won't feature in Brazil this summer, yet they are still in-

involved in the Champions League quarter-finals.

The average career of a professional soccer player has decreased over the years, which explains why many are focused on attaining European glory. The best players are moving to the biggest clubs in the world to increase their chances of winning the Champions League; the tournament has slowly become a goal that every player aspires to.

While both tournaments are dull during the group-stages, there's a vast difference between the two in the elimination rounds. The Champions League two-legged knockout set-up (employing a combined score from two games) enables a variety of approaches, and challenges managers tactically.

The World Cup has faced its critics in the past due to amount of conservatism in the latter stages. Look no further than Spain's success under Vicente del Bosque – they have yet to concede in the knockout round during his reign, and average a solitary goal per game. Del Bosque's approach is logical, but in terms of overall quality and excitement their fixtures have been tedious.

The Champions League provides a platform for the best players and managers to showcase their talents on a yearly basis to a global audience. The level of play is higher, the best players feature on a consistent basis, and the competition is stiff.

Perhaps the World Cup may be the largest sporting event in the world, but it is no longer soccer's most prestigious tournament. The days of defining a player's career based on their international success are over.

ET CETERA CARTOON



Food: The most comforting thing to a student in college

JESSICA STEIN

HOROSCOPES by BRIAN O'NEILL



JAN. 20 – FEB. 19
Your significant other will walk in on you watching late night Teletoon Retro. You will be embarrassed.



FEB. 20 – MAR. 20
The planet Uranus has entered your sign. Oh, grow up.



MAR. 21 – APR. 20
You read this horoscope looking for some guidance in your current life situation. APRIL FOOLS!



APR. 21 – MAY 20
You will be confused by how someone named Dr. Oetker can claim to make authentic Italian pizza



MAY 21 – JUN. 20
Look on the bright side. At least you're not the Maple Leafs.



JUN. 21 – JUL. 22
After hearing the Spice Girls and Backstreet Boys might tour together, you will giddily talk on MSN while drinking Jolt Cola



JUL. 23 – AUG. 22
If case you didn't know, you are currently part of a plan to steal the Quebec provincial election.



AUG. 23 – SEPT. 21
Use your energy to meet real people, not the ones on television. Right, like anyone would want to do that.



SEPT. 22 – OCT. 22
As CBC honours 20 years of Patty Sullivan doing children's television, you will cry in the corner in the foetal position realizing how old you are.



OCT. 23 – NOV. 21
You will buy an eReader because you are sick of strong winds turning your pages before you are done reading.



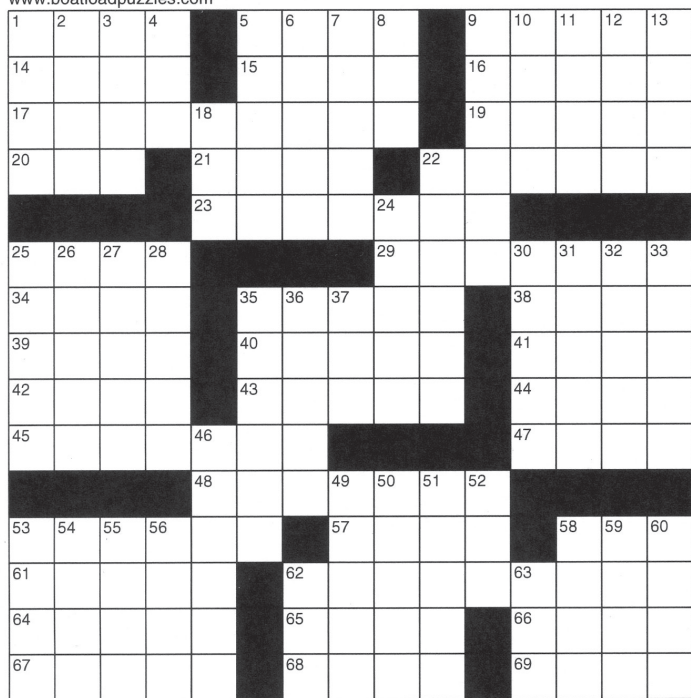
NOV. 22 – DEC. 20
This week you will decide not to get your teeth whitened, but to get a tan instead.



DEC. 21 – JAN. 19
This week you will learn another language solely for the purpose to insult people in public without them understanding you.

CROSSWORD BY BOATLOADPUZZLES.COM

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DOWN

1. Jack rabbit
2. Fighter pilots
3. Coffee vessels
4. Zodiac sign
5. Growl
6. Entire
7. Foretelling signs
8. Get hitched
9. Orb
10. Comparison word
11. Judge's garb
12. Single thing
13. Citi Field players
18. Itinerary word
22. Spuds
24. Singing voice
25. Broad tie
26. Depart
27. Lucky number
28. Puccini work
30. Drive back
31. Innocent
32. Colorado ski resort
33. Nasty looks
35. Decide
36. Light bender
37. Great anger
46. Deny
49. Not these
50. Professional speedster
51. Revolutionary ____ Allen
52. Opposite of WNW
53. Urban air pollution
54. Mexican snack
55. Atop
56. Washington bills
58. Idaho neighbor
59. Office message
60. Hunted animal
62. Stool pigeon
63. RR terminal

ACROSS

1. Drag
5. Pack away
9. Stroke a guitar
14. 43,560 square feet
15. Alaskan port
16. Call up
17. Remodeled
19. Custom
20. Road curve
21. Tehran's country
22. Principles
23. Sports VIP (hyph.)
25. Besides
29. Unending
34. Leak
35. Backbone
38. Soften
39. Prehistoric dwelling
40. Baseball blunder
41. Smoking device
42. Ended
43. Cake layers
44. Eternally
45. Renters
47. Contact ____
48. Shade source (2 wds.)
53. Curly or Moe
57. Sombreros
58. Ref's kin
61. Biblical food
62. City in NY
64. Group of eight
65. Yachting
66. Docile
67. Honking bird
68. Gull's kin
69. Sailor's call

LAST WEEK'S ANSWERS



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

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



SUDOKU BY SUDOKU.NAME

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

Being a Paralympian 'incredible'

Born with Spina Bifida, Humber grad Ludwig bags bronze in Sochi with sledge hockey team

PJ Valois
SPORTS REPORTER

Sledge hockey Paralympian and Humber alum Karl Ludwig came home from Sochi with bronze around his neck.

"Pretty incredible," said Ludwig of his Sochi experience. "It was my first ever Paralympics and I worked really hard to get there so it's a dream come true to be there."

"Unfortunately we didn't come home with the gold medal we wanted, but it's nice to come home with something," said Ludwig of the team's bronze medal. "They're a lot bigger and heavier than I thought."

Ludwig was quick to quash the idea of poor living conditions in Sochi. "Everything was great," he said. "Living the lifestyle of a Paralympian was pretty cool."

The Team Canada power forward was introduced to the sport by his mother at age two and started playing at age seven, he said.

"I've been playing a very long time, I'm 25 now," said Ludwig, who won gold with the team at the 2013 World Championships in Goyang,

South Korea.

Since he was introduced to sledge hockey, it has grown exponentially.

"It used to be just a few countries that were competitive at it and now more and more countries are getting better and better," he said.

The popularity of the sport in Canada is no surprise to Ludwig. At its core, it's still the same game Canada treasures as its national sport.

"There's a lot of people (in Canada) that really, really like hockey and whether you're disabled or not, you're going to find a way to play," he said.

He brings a lot of tenacity to the ice, said Team Canada teammate and goaltender Corbin Watson.

"Even for his small size, he can be one of the biggest players on the ice," he said.

Ludwig is the type of player who will go into the corner and get into the mix when he needs to, or head in front of the net to pot a goal when he can, said Watson.

Off the ice, Ludwig is the team comedian. Watson said Ludwig can get you laughing at anything.

"He'll bring anybody up



MATTHEW MURNAGHAN/CANADIAN PARALYMPIC COMMITTEE

Team Canada power forward and Humber alumnus Karl Ludwig during the 2014 Paralympic Games in Sochi, Russia.

when they're down, he's a fantastic teammate to have," said Watson.

Ludwig honed his comedy skills with a short stint in the comedy-writing program at Humber after graduating from Humber's travel and

tourism program in 2008.

"It was a great experience being in the comedy program and a great experience being in the travel program," he said.

For now Ludwig said his focus has shifted, having moved from comedy writing

to international sledge hockey competition.

Lauren Longo, a disability services officer at Humber, said Ludwig's accomplishments show anything is possible.

"I hope it shows that stu-

dents can succeed despite any disability at school," said Longo.

Ludwig will now take some deserved time off. He said he hopes to be able to compete in the 2018 Paralympics in Pyeong Chang, South Korea.

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UFC's Koscheck motivates Humber students during Q&A

Willy Phan
SPORTS REPORTER

Humber's mixed martial arts fans were excited to see UFC welterweight fighter Josh Koscheck appear at the Lakeshore and North campuses on March 27.

Students quickly filled up the seats and lined up to speak with the 36-year-fighter from of Fresno, Calif.

"We know UFC fighters go over really well at Humber College," said Marlon Peters, the HSF programming coordinator who organized the event.

Koscheck has fought a record 22 times in the UFC and has taken on former welterweight champion Georges St-Pierre twice in the octagon.



If you're going to school here and you're in college, that means you're striving to be better and I think that's important.

Josh Koscheck
UFC FIGHTER

"In previous years, we've done (two-time heavyweight champion) Cain Velasquez," said Peters. "We knew Josh Koscheck is one of the more popular fighters so we thought he would be a good fit at Humber."

Koscheck answered questions from Humber students in the audience about his experience as a mixed martial artist.

The fighter said he started out with wrestling from a young age before making the transition to mixed martial arts. He also recalled his experience in college, which surprised some fans.

"I always get the opportunity to speak in front of people striving to be better," said Koscheck. "If you're going to school here and you're in college, that means you're striving to be better and I think that's important."

Koscheck said he was able to secure an athletic scholarship for wrestling and earned a bachelor's degree in criminal justice at Edinboro University in Pennsylvania, U.S.

"If you have the opportunity to go to school, think about what you can achieve,"

Koscheck said. "School has been a big influence on me. I'm the first person in my family to graduate from college and I take pride in that."

Koscheck said he would focus on his real estate business investments once his UFC career ends. He also provided useful career advice to students at Humber.

"If you work hard at any-

thing, you're going to be successful," said Koscheck. "It's about just having a common goal with somebody or finding a team...put yourself around good people, (and) you can succeed."

Some critics throughout Koscheck's UFC career have criticized his demeanor as a fighter, but his inspirational words definitely won over

new fans at Humber College.

"My family (does) real estate and I live with my grandma so I can sort of relate to (Koscheck)," said Nathan Yu, an international business student.

"After his speech and what he talked about, it really motivated me. Today, I think Josh earned another follower."



UFC welterweight Josh Koscheck puts an MMA fan in a light-hearted headlock while at Lakeshore campus on March 27.

WILLY PHAN



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Humber men's hockey extramural champions

Ari Salas
SPORTS REPORTER

Humber Men's extramural hockey players might joke around off the ice but once the puck drops it's all about winning.

Recreation coordinator Jennifer Maclam said extramural sports bridge the gap between the intensity of varsity and the relaxation of intramurals.

"It's usually people who have played rec sports before, people cut from varsity, people looking for more competition than the intramural level," she said.

Maclam said varsity level college hockey did exist until 2001. Humber's varsity team won the last OCAA championship that year, their success has continued at an extramural level.

This year Humber won the Champions Cup held March 20 and 21 in Brantford. They entered the tournament seated eighth, winning three comeback victories to take the cup over 11th ranked Trent University.

First-year paralegal student and left wing Mike Doran scored the winning goal with 10.8 seconds left in the game and assisted on the tying goal only a minute earlier. He said the team atmosphere is laid back until the game starts.

"When it comes to playing games everyone's pretty serious and fired up, when we hit the ice it's not a joke to anybody," said Doran.

Sports Management student Jonathan Moore assisted Doran's championship goal. He joined the extramural team as a defenseman for the competitive environment.

"Intramurals anybody can put a team together and play, at the extramural level players are looking for competition," said Moore.

He said goalie Matthew Faoro's performance was essential to the team's success.

"No matter how many shots he faced he always came through for us and helped us win," said Moore.

Moore and teammates Fraser McKeown and Konnor Deodato all said if a varsity squad existed they would prefer to play at that level.

Business student and forward Deodato said varsity is faster paced, has harder competition and stronger players. He plays pickup hockey at woodbine arena for more ice time.

Moore said the lack of funding translates into the lack of play time. Extramural players have one practice a week and five tournaments each year, including the Champions Cup.

McKeown said the team is available for anyone looking to play hockey. He said fall try-outs are widely advertised, and the level of competition at Humber is high.



CHRISTINA SUCCI

Men's volleyball left side Terrel Bramwell returned strong after sitting out last year with a torn ACL.

Bramwell cementing his legacy as Hawk and father

Christina Succi
SPORTS REPORTER

Terrel Bramwell has a reputation for being confident, intimidating and for being the best at what he does—volleyball.

Men's volleyball head coach Wayne Wilkins knew Bramwell before he became a Hawk. It wasn't until he began playing for Humber, that Wilkins knew he was a superstar.

"We were coming off a bad loss in a tournament, and Terrel and I are talking, and he asked me, 'Do you want to win' and I said, 'Yes of course,' and he hands me a lineup

card saying that if you want to win, to put this lineup in. In this lineup card it had his number in every position," said Wilkins.

Some coaches might look at that as a sign of cockiness, but a light bulb went off in Wilkin's head.

"I saw a guy who truly, truly, believes in himself and is confident in his abilities," said Wilkins. "This is the kind of guy who has no problem putting the team on his back and being like, 'Let's go.'"

Bramwell made history during his time at Humber College, but it wasn't always the smoothest road. He was known for wearing his emo-

tions on his sleeve.

"He would react on a dime. He was known for kicking water bottles and slapping the chairs, those sort of emotional outbursts. The reality is that when you're in a team environment, those reactions affect the team dynamic," said Wilkins.

With the help of his team and coaching staff, Bramwell learned to channel those emotions onto the court, gaining the trust of his team.

He not only matured as a leader on the court for the Hawks, but off the court as well when he learned he was becoming a father.

"Becoming a father definitely ma-

tured him," said assistant coach and close friend Elie Shermer. "Now he's not just representing himself, but he's representing his son."

Bramwell cherishes being a father. Shermer describes Bramwell as selfless, saying he is pursuing an international professional volleyball career in order to provide for his family.

Bramwell says it's also about setting an example for his son.

"I have to show him the right way and that being successful in whatever you do in life is something you always want to strive for," Bramwell said. "It's something I'm trying to do through my sport, and it allows him to see through my work the life you can have and all the positive things that come out of working hard."

Bramwell spent last year on the bench after he tore his ACL. Watching his team struggle and feeling the frustration of being unable to play was difficult for him. He had led the team in points, and to regional and national championships the year before his injury.

Bramwell said the injury and rehab was the hardest thing he's ever gone through, but it also fueled his motivation to come back faster and stronger.

"This season was a good test for me personally because coming off a serious injury like that opened my eyes to what I needed to do and how to prepare to get to the next level," he said.

"The guys really appreciate and respect him because when he asks them to do things, they know he's not asking things that he's not willing to do himself" said Wilkins.

Bramwell is entering his fifth and final year as a Humber Hawk. Although his time isn't finished yet, he's already left a legacy.

"Terrel's in a different boat. He's a superstar player," said Wilkins. "We're going to hear about him and we're going to read about him long after his time at Humber."

Gambling Madness

NCAA tournament pools may not be that big a factor for gambling addiction

Kheon Clarke
SPORTS REPORTER

The NCAA Tournament is fully underway and many betting enthusiasts may be sorely disappointed in their tournament brackets.

Humber College events and program coordinator James Depoe said he is dead last in his tournament pool as favourites are being knocked out of college basketball's March Madness.

"I had Duke winning over Iowa State in the final but obviously my maximum points is well below everyone in the group," Depoe said.

Depoe said because of his background being a therapist for the Canadian Junior National basketball team he tries to pick the schools with a lot of Canadians.

"I did have Iowa State (with two Canadians) in the final, and the Michigan Wolverines (with one Canadian) has been my favorite team since 1989, so as a fan I'm still happy, but as a gambler, I'm not happy," Depoe said.

Gambling, when done in moderation, can be an enjoyable experience, but for some it can lead to an addiction.

Katie Hann, a councilor at Planned Parenthood Toronto, said when studying the dynamics of addiction it is important to determine the effect it has on the addict.

"Generally speaking all types of addiction include compulsive thoughts, impulsive behavior and an inability to discontinue their behavior, despite the awareness of the negative impact(s) it has on the addict's life," Hann said.

Hann said when approaching a gambling issue with a client she uses a gambling screen, a self assessment tool for compulsive gambling, to ex-



I see much more addiction from somebody playing Pro-Line every week picking games than I do in one NCAA three week winner take all pool.

Jim Bialek
MANAGER OF ATHLETICS AND
SPORTS INFORMATION

plore addictive behaviors.

"It will gently encourage the client to explore and gain insight into his or her own behaviors," Hann said.

"After the client is able to identify whether or not they would like assistance in this area, I would provide a psycho-education plan for the client to help them understand the dynamics of addictive behaviors," Hann said.

Depoe said when placing bets on the tournament you should never think of it as a big money thing. He said to just do it for fun.

"The most money I've ever lost

on a bet is probably \$300 or \$400 dollars," Depoe said.

Manager of athletics and sports information Jim Bialek said when participating in an NCAA tournament pool, it should be more about fun than money.

"I think for someone to throw five or ten bucks into a pool, winner take all, is more bragging rights than it is financial gain," Bialek said.

Bialek said he doesn't consider the NCAA tournament as a gambling opportunity.

"There are just too many things that can go south, I think if there is a gambling aspect to this, then it's more on the low end of the spectrum," Bialek said.

Bialek said Humber athletics participated in NCAA pools for 15 years and no money was involved.

"One of the prizes for winning might have been a basketball or jersey from your favorite team," Bialek said.

"I see much more addiction from somebody playing Pro-Line every week picking games than I do in one NCAA three week winner take all pool," Bialek said.

National silver for Women curlers

Hawks team finished-fifth at provincials but played big at CCAA's

Willy Phan
SPORTS REPORTER

The Humber Hawks women's curling team battled as underdogs to claim the silver medal at the 2014 CCAA Curling Nationals Championship.

The tournament was held March 19 to 22 at the Soo Curlers Club in Sault Ste. Marie, Ont.

"I was definitely really excited for our team," said Grace Esquega, the Hawks' skip. "We worked really hard to try to practice after provincials because we knew we wanted a better result."

Humber's silver medal squad consisted of Esquega, Heidi Beck, Gen Bernier, and Sarah Jagger on the ice and Bella Iannetta as a reserve. Kateryna Tepylo sat out the tournament with an injury but helped head coach Cindy Bishop and assistant coach Alex Kidd behind the glass.

The Hawks played 90 ends (or nine games) in four straight days, including a grueling trio of games on Day Three.

"(Going into) Day Three, I knew it was going to be a super tough day," said Esquega, a first-year marketing student. "We were playing two Alberta teams and a team we also lost to at provincials. I knew we had to step our game up and we did."

Humber won its first two games on Day One and lost another pair on Day Two.



MICHAEL SNOWSHOE

The Hawks secured a medal after a strong Day Three when they went 3-0 to finish second in the standings. They lost to the Red Deer Queens in the finals.

The Hawks guaranteed itself at least a bronze medal by winning all three games on Day Three to place second in the standings with a 5-2 record.

On the fourth and final day, the Hawks edged by the Northern Alberta Institute of Technology (NAIT) Ooks 6-5 to land a spot in the gold medal game against the Red Deer Queens. NAIT finished the tournament with the bronze medal.

The Hawks lost 9-5 against the Queens in the gold medal match, but held their own for most of the game against the seasoned Red Deer squad.

Prior to Nationals, there was uncertainty looming for the women's team due to roster adjustments. They knew the team would have a tough challenge ahead of them as underdogs at the big stage in Sault Ste. Marie.

The Hawks grabbed the last spot available at the National tournament despite a disappointing fifth place finish at the OCAA provincials back in February. They were also forced to adjust on the ice without regular second Tepylo, who injured her meniscus at provincials.

"When I found out that I wouldn't be able to play at Na-

tionals, I was pretty upset but I knew the girls could pull together and do well without me," said Tepylo, in second-year creative advertising.

"After we lost our first three games at provincials, we were able to pull together four wins in a row to secure that (fifth) spot and thankfully get a berth at Nationals."

The team made late roster adjustments for nationals with Sarah Jagger switching from lead to Tepylo's position on the ice, while Heidi Beck (from Humber's mixed team) took over Jagger's role as the lead.

Both players performed

exceptionally with their new roles. Jagger was named a national All-Star for her efforts, while Beck used her own provincial All-Star status and gold medal mixed team experience to fit in seamlessly.

"I felt pretty honoured that they chose me (to fill in for Tepylo)," said Beck, a first-year creative photography student.

Esquega said Jagger deserved to be named an All-Star for her consistency on the ice. The skip also praised Beck's ability to execute big plays down the stretch at the tournament.

"I'd have to say that most of

our wins were from (Beck's) rocks," said Esquega. "If her rocks weren't placed in the right positions, we'd have to be chasing the other team but she put them exactly where we wanted."

The Hawk's vice, Gen Bernier, received equal praise from Esquega for being able to get the team out of tough situations.

"I could always count on (Bernier) and her consistent throws to get us out of tricky ends," said Esquega.

"I'm very proud of my vice because she's an awesome curler and we're a great back end together."

Hawks relinquish indoor soccer crown to Seneca

Jeff Sehl
SPORTS REPORTER

It took 15 minutes of extra time and penalty-kicks, but the Humber Hawks women's indoor soccer team has been knocked off their perch atop the OCAA.

After three consecutive provincial indoor soccer titles, the OCAA has a new champion. Seneca College topped Hawks in the women's gold medal game on March 22 at Redeemer University College in Ancaster, Ont.

The Hawks were resilient throughout the match, clawing their way back into the game, tying it late in the sec-

ond half after falling behind 1-0 less than 30 seconds into the contest.

The Hawks also fought off a penalty in overtime, allowing them to extend the match before falling just short in penalty kicks.

Despite Humber controlling possession for the majority of the match, a tough Seneca defence kept the Hawks off the board until late in the second half, allowing the Sting to take advantage of the always-unpredictable penalty shootout.

"When it comes down to penalty shots it's almost like a coin-toss," said Hawks Coach Mauro Ongaro.

For the players, losing in penalty kicks is especially tough, said Alora Walcott, a Hawk defender and tournament all-star who scored for Humber in the shootout.

"Penalty shots are the worst way to lose. The net is so big and you don't have any help so it's kind of on you," she said. "I'd rather lose in the game. I'd feel better about it if I know (my opponent) outplayed me."

After a few key misses from Humber shooters, the game ultimately came down to Seneca versus tournament all-star and Humber goal-keeper Katerina Conde.

"Just staying calm and fo-

cused are key," she said of penalty kick situations. "Take it one shot at a time. Don't think about what happened. You have to look at every shot on net like it's the first one."

In spite of losing, Ongaro beamed as he discussed his team's performance in the provincial championships.

"I'm very proud of (the team). They left it all out there, they did exactly what we wanted them to do," he said. "They worked hard, they played with great passion and they played good soccer, so that's all we can ask."

It was smiles all around for the team as they accepted their silver medals as well.

"I feel good because we came and we left it all out on the field," said Walcott. "We left it all between the white lines and unfortunately we just didn't come out on top."



JEFF SEHL

Hawks' forward Corinna Vanderschaaf runs upfield against the Seneca Sting during the OCAA finals on March 22.

The men's indoor soccer team didn't find the same success as their female counterparts.

The men finished the round robin with a 2-1 record, but missed out on a semi-final appearance due to

a tiebreak situation.

However, the Hawks put forth a strong effort with wins against Sheridan and Seneca, and their lone loss coming at the hands of the eventual OCAA champion, the Redeemer Royals.