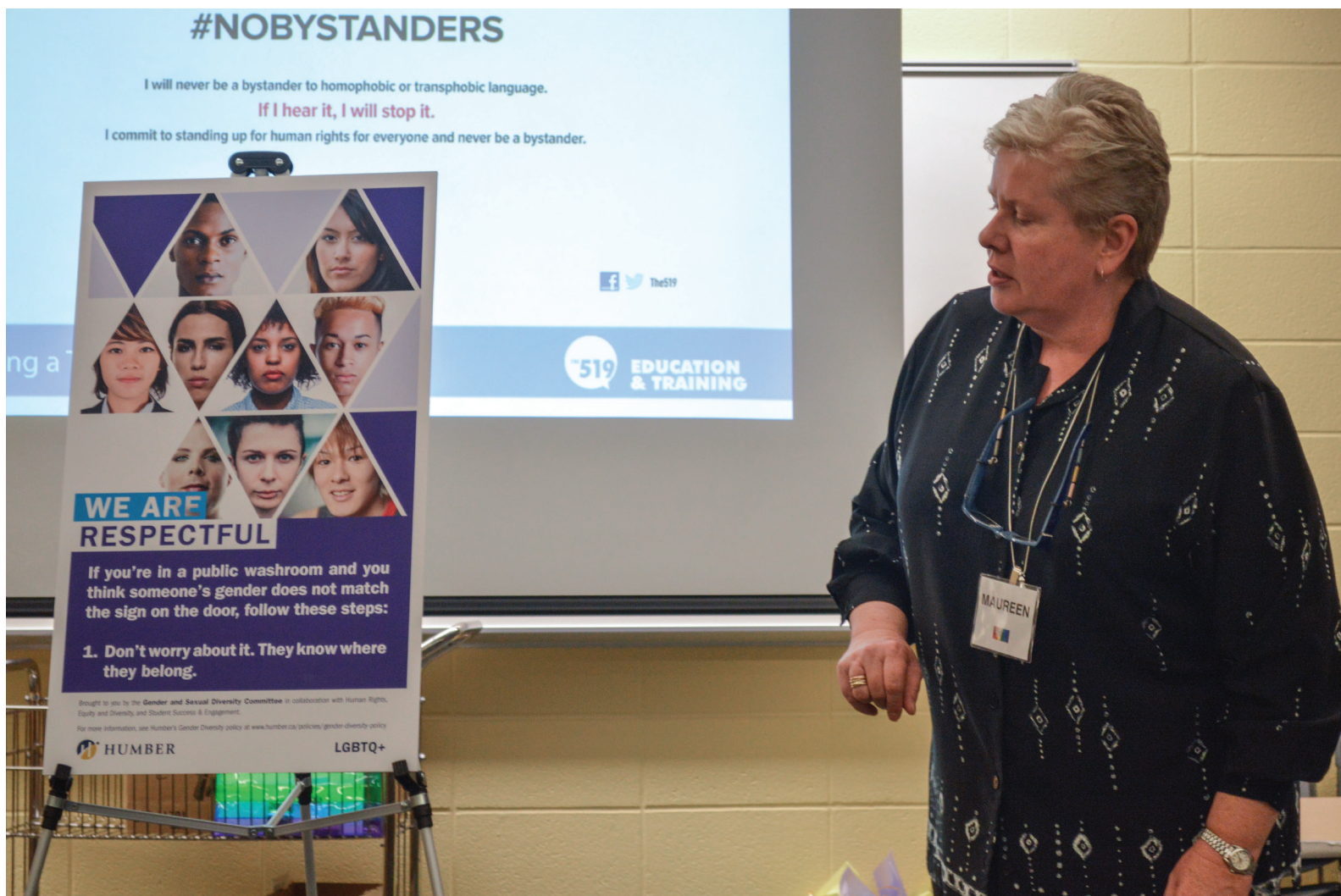




Film teacher Ekborn's Ben's At Home shows what's possible on a shoestring Page 8

LGBTQ AWARENESS WEEK AT HUMBER



LUCY SKY

Humber College, whose newly implemented Gender Diversity Policy is a postsecondary leader, held a North campus workshop Thursday about trans community members and their struggles. At workshop's end, organizers unveiled new posters that will be put up in washrooms around campus.

Sunshine List continues to sow division after 18 years

Jeremy Appel
QUEENS PARK/CITY HALL REPORTER

Good gravy, Mr. Whitaker. Ontario's 2014 Public Salary Disclosure, also known as the Sunshine List, of provincial public servants with annual incomes over \$100,000 was released last week and topping Humber's list is college President and CEO Chris Whitaker.

He earned \$425,282 with an additional \$23,092 in taxable benefits last year.

That's a paltry sum compared with the \$1.55 million made by the overall list's top earner, Ontario Power Generator CEO Tom Mitchell.

The average Ontarian makes less than \$75,000 a year, according to the most recent data from Statistics Canada.

Mike Gamble, an instructor for Humber's Police Foundations program, is one of about 280 Humber employees who appear on the list.

He says the threshold ought to be raised to \$140,000 to keep pace with inflation since the list's inception in 1996.

"While I believe in public accountability, the threshold for the Sunshine List has not changed in 18 years," he wrote in an e-mail.

"Meanwhile, the average cost of a house in Toronto has almost tripled and the cost of living has grown roughly 40 per cent," wrote Gamble.

Teeter Leinveer was Humber's human resources director before his 2014 retirement. He appears on the previous year's Sunshine List.

He says he understands why many public servants are uncomfortable disclosing their salaries but sees nothing wrong with it personally.

Perhaps Ontario ought to adopt the Norwegian model where private salaries are also public knowledge, Leinveer suggested.

He acknowledged the \$100,000 threshold as arbitrary.

See more on page 3

Gender diversity sweet

'Genderbread' cookies highlight awareness event

Jennifer Berry
NEWS REPORTER

Come for the cookies, stay for the conversation.

The Genderbread cookie event, which took place this past Tuesday at Humber College's North and Lakeshore campuses, was organized by the school's Gender and Sexual Diversity Committee (GSDC) as part of Gender and Sexual Diversity Awareness Week.

Awareness Week this year focused on transgender issues as a way of highlighting the Gender Diversity Poli-

cy that Humber released in February.

"The policy is in place but there's still a lot of people who don't know a lot of the details and are maybe afraid to ask," said Thomas Silcox-Childs, co-chair of the GSDC.

Designed to raise awareness of transgender issues and funds for the telephone helpline LGBT Youthline, the Genderbread cookie event drew in passersby with traditional gingerbread and shortbread cookies, and volunteers handing out literature on transgender awareness.

The gingerbread cookie is more than just a clever play on words, explained Silcox-Childs, noting the gin-

gerbread cookie is a popular infographic in the transgender community that represents the facets of gender identity.

"Gender is more than the binary (of male and female)," said Silcox-Childs.

"Who you love is in your heart, your genitals identify your assigned sex, which may or may not be different from how you feel in your head, which is often referred to as your true identity by those who don't find a match, and then how you choose to dress or present yourself on a daily basis, what other people see, is your gender expression," he explained.

See Awareness on page 2

COMMENTARY

Dolce and Gabbana's internal homophobia

Albert Williams
NEWS EDITOR

Domenico Dolce and Stefano Gabbana stuffed their lavishly adorned feet into their mouths in a recent interview with Italy's Panorama magazine. The openly gay business partners, former lovers and the founders of the Dolce & Gabbana brand were quoted on matters of family structure and in-vitro fertilization saying, "The only family is the traditional one ... No chemical offspring and rented uterus: life has a natural flow, there are things that

should not be changed. You are born to a mother and a father — or at least that's how it should be ... I call children of chemistry, synthetic children. Uteri [for] rent, semen chosen from a catalog."

This is not the first time the duo has expressed right-wing views on matters relating to the LGBT community. However, unlike before there was a swift reaction from members of the gay community and in-vitro fertilization advocates with celebrities like Elton John, Ricky Martin and Courtney Love.

See more on page 7

HSF tax clinic volunteers help students

Laura DaSilva
NEWS REPORTER

The taxman is likely the only one excited that April 30 is fast approaching.

Many students have successfully procrastinated to this point, and are now realizing the tax return deadline is only a few weeks away.

Humber Students' Federation is trying to help ease the tax pain.

HSF is currently running tax clinics where students can book appointments with trained volunteers and file their taxes free of charge.

"It's called CVITP (Community Volunteer Income Tax Program). The CRA (Canada Revenue Agency) regulates the standards the volunteers have to adhere to, said Laura Goldhaber, accounting coordinator at HSF. "We allow trained volunteers to prepare taxes for other students."

Goldhaber said she wants to make filing taxes as easy as possible for students and encourage financial literacy.

"We want to promote the idea that it's good to be aware of what your financial situation



LAURA DASILVA

Tamara El-Haj, a posting clerk at Humber Students' Federation, puts her tax returns forms in her mother's hands each year.

is. It's good to start early, when it's not difficult," she said.

Carlorenz Manaig, a tax volunteer currently enrolled in Humber's Accounting program, said he's grateful to be helping students better understand their finances.

"Some of the international students don't know anything

about Canadian taxes," he said.

Many students leave the paperwork to their parents or accountants because of the confusing lingo.

"I let my mom do my taxes. There are so many complicated little things. If you don't fill them out precisely you could lose compensation and rebates

you're entitled to," said Tamara El-Haj, a posting clerk at HSF.

Juan Ortiz, a second-year Computer Programming student, said he's too lazy to learn how to do his taxes.

"I know the programs that are available to do my own taxes, but I haven't looked into them. I'd rather just take

my stuff to Cash Money (a retail money lender)," he said.

Manaig said students should keep organized paperwork to make the filing process easier.

"Students should keep all of their public transit, rent, tuition, and medical receipts. They should also keep

their T4s and records of any charitable donations made throughout the year," he said.

Goldhaber encourages students to file returns, even if they aren't earning employment income.

"They have tuition credits they can claim, which will be beneficial when they owe taxes in the future," she said.

Manaig said the tuition credits carry over to when they start earning income, and cautions students about not filing a return.

"If you don't file your tax return and you made an income you can be penalized. The CRA lists the penalties on their website," he said.

"For example if you fail to declare foreign income, you'll be penalized \$25 every day," Manaig said.

The HSF tax clinics are available only until today. After that Goldhaber encourages students to call the Canada Revenue Agency directly at 1-800-959-8281.

"They'll get the most direct and accurate answer. Asking a friend for tax advice is not something I ever advocate," she said.

Funeral Services students find cultural needs differ

Katie Pedersen
NEWS REPORTER

Whiskey shots, black dresses, marching bands and poetry.

Every culture and religious group mourns the death of loved ones, but few mourn in the same way. In a multicultural hub like Toronto, funeral services can be vastly different from death to death.

Despite the need to host a wide variety of ceremonies, Funeral Services students at Humber College get minimal training in cultural norms and traditions.

Program coordinator Michelle Clarke said the Funeral Services program at Humber is highly theoretical. Students don't delve into cultural practices in great detail until they're out in the field doing their 12-month internship.

"The internship is where they learn practices specific to what each funeral home services and provides," she said.

For interns at larger funeral homes like Turner and Porter, the range can be quite wide.

"We're able to shift gears for most families based on what is important to them from a cultural and religious perspective," said Kate McMaster, a funeral director at the Toronto home. "(We service) Christians, Muslims, Buddhists...and every culture you can imagine."

Even though Humber grads aren't formally trained in cultural norms, McMaster said she doesn't feel students are underprepared. She said that having expectations of how ceremonies will go for different groups can be "dangerous."

"While it's great to learn all of these customs and what not, you can't assume that everyone is going to necessarily espouse those," she said. "You can't blanket an entire culture or an entire religion - there will always be anomalies."

Ellen Newman, 50, a funeral services student at Humber, said she's been working as a celebrant for several years officiating both weddings and funerals. She said one has to be open-minded to work in the funeral services business.

"Every single family is vastly different," she said.

John Mutumba is an international student studying Funeral Services at Humber who worked as a funeral director in Uganda for six years. Mutumba said although Uganda is also multicultural, the diversity in Canadian funeral ceremonies one of the reasons he wants to find work in Canada.

"In Uganda they're always shipping (deceased expatriates) out of the country," he said.

He said he wants the chance to direct funerals for more than just Uganda natives.

"In school we have been oriented to several cultures. The Aboriginal First Nations, Egyptians, Israelis, Filipinos, Indians..." Mutumba said.

Clarke said funeral staff and students to have an understanding of various cultures "but we say take it with a grain of salt. Don't ever assume that you know anything."

McMaster said some cultures and religions might burn symbolic money, serve



KATIE PEDERSEN

John Mutumba, first-year international student, says he'd like to manage funerals for various cultures.

specific foods, wear specific colours. While the religious requirements within one cultural group are sometimes the same, however, individual family needs vary

"When it comes to certain religions, everything is incredibly prescribed," said McMaster.

"Roman Catholicism is a pretty good example of that. It doesn't matter if you're in a church in Italy or a church in Canada, everything is set out and is the same."

Newman sees this shift from tradition to personalization as an opportunity for her and her classmates to get creative.

"It's a relatively conservative industry but I think it's changing. It's a very exciting time," she said.

Gender diversity awareness

continued from page 1

Roberta Fuller, not her real name, a second-year Architectural Technology student who isn't yet out in her community, said she stopped by the Genderbread sale to show her support, promote awareness, and hopefully help draw more people to the action.

The journey is still on-going for Fuller. She said she's seen a dramatic change in the amount of support on campus in her two years at Humber.

"When I first got here, there wasn't really anything going on, so now I feel that a lot more people are interacting and openly talking about these issues," said Fuller. "I think Humber is moving in the right direction."

Fuller also encourages students questioning their gender identity or sexuality to stop by the weekly discussion groups, saying it's a safe and confidential space to talk about personal feelings, especially for students who aren't yet out.

Awareness Week rolled on with events including film screenings, fundraisers and workshops, all with the

singular purpose of raising awareness about transgender issues.

Although the public understanding of transgender issues and gender identity is growing, GDSC says one of the biggest challenges is the harassment and discrimination that transgender and non-conforming individuals can face.

One space where this harassment can take place is public washrooms. Enter the Safe Inclusive Washrooms campaign, whose posters were unveiled as part of Awareness Week.

The campaign is designed to help foster safer washrooms that everyone can use without fear or anxiety and the posters, to be hung in all washrooms on-campus, will feature photos of real people - to "put a real face" to the word "transgender," according to Silcox-Childs.

LGBTQ+@Humber Student Group discussions groups are held Tuesdays from 11:40 a.m. to 12:30 p.m. in room GH 101 at the North campus and Wednesdays from 11:45 a.m. to 12:35 p.m. in room A116A at the Lakeshore campus.

Sexual assault policy aims to spur reporting

Matthew Pariselli

GENERAL ASSIGNMENT REPORTER

Mikki Decker has found her voice and she's ready to use it.

Decker was sexually assaulted when she was five years old. It became a recurring horror in her life that would last several years, but the now 24-year-old University of Guelph-Humber Family and Community Social Services student is turning her trauma into triumph.

Humber released its stand-alone Sexual Assault and Sexual Violence Policy and Procedures on March 26. It applies to Humber College and Guelph-Humber, and was released with a personal statement by Decker, a third year student who has recently been elected Humber Students' Federation Vice-President of Student Affairs for North campus.

"It's really neat that all this is happening, that this policy has been finished right in line with me being elected. I know HSF is very much in support of the policy...and my hope is that they will be supportive of my role in making (the policy) one of my main focuses," Decker said.

The policy describes sexual assault as physical behaviours ranging from unwanted toucwhing to aggravated assault involving penetration while the more broadly defined sexual violence extends to the psychological realm and "unwanted comments or advanc-

es," in the document's wording.

The college sprang into action last year to address how sexual assault incidents are reported on campus. Their move was expedited after the CBC released a revealing document in February 2015 that placed Humber eighth out of 87 Canadian colleges and universities for the number of sexual assault complaints on campus between 2009 and 2013.

Humber's Dean of Students Jen McMillen affirms the college had been investigating the process of reporting cases of sexual assault when the CBC document was issued.

"We were already gathering some resources to write the policy in the fall, and then in early winter Colleges Ontario made the decision, in light of some of the media articles, to have all colleges write a stand-alone sexual assault and sexual violence policy on their campus to combat the issues," McMillen said.

Among other things, the policy aims to target how cases of sexual assault are processed.

"We're trying to create an environment where people feel confident and supported to report incidences of sexual assault and sexual violence and know that they will, wherever possible, remain in control of how that information is dealt with," McMillen said.

Corinna Fitzgerald, the director of Student Life Programs at Humber and lead author of



MATTHEW PARISELLI

Corinna Fitzgerald, director of Student Life Programs at Humber, is lead author of Humber's sexual assault policy.

the policy, adds that it encapsulates more of the subject than was previously noted.

"It looks at all aspects of sexual assault and sexual violence," said Fitzgerald. "So education, prevention, support for survivors, but then also understanding the need for...due process for the person accused of harming somebody else."

"The consequences can be quite high for somebody found in violation," she said.

It's a policy a number of Humber students stand behind as well.

Jake Mandel is a 22-year-old first-year student in Humber's Pre-Service Fire Fighter Training and Education program. He is adamant that the college promote an open, safe atmosphere where discussion about sexual assault and sexual violence is respected and valued.

"It is extremely important that a policy such as this is instituted not only at Humber, but at any school or workplace," he said. "People that experience sexual violence,

either by being involved or witnessing, need to know that there is a safe place to report the acts and that they will be taken seriously."

Decker is insistent that disclosing her history with sexual assault is necessary for future students to feel comfortable reporting their own incidences.

"A policy is great and can create a lot of change and be very impactful, but when it comes to abuse and assault and rape and the whole umbrella subject, I think it's much more powerful when a victim has a voice," she said. "If it means that I have to be the voice, then it's worth it."

The policy has also sparked a program to address the bystander's role in sexual assault and sexual violence. Academic schools and other administrative areas of Humber will be exposed to Bringing in the Bystander training starting in a few months.

The full Sexual Assault and Sexual Violence Policy and Procedures can be found at humber.ca/student-life/sexual-assault/.

Sunshine List was created 'to embarrass public sector'

continued from page 1

"There's nothing particularly meaningful about that number other than it's a nice round one. I would suggest the only reason it's been around as long as it has is because it's a political hot potato to try and change it," Leinveer said.

Trish Hennessey, of the Canadian Centre for Policy Alternatives, places the list in the context of former premier Mike Harris's assault on the public sector.

The Harris government passed the Public Sector Salary Disclosure Act in 1996, which Hennessey said was a means of delegitimizing civil service.

"The political motivation behind (the Sunshine List) was to embarrass the public sector and fuel perceptions that the public sector was overpaid," she said.

"When you compare managers and CEOs in the private sector with managers in the

public sector, there's a real gap. Private sector CEOs and managers are paid a higher premium," Hennessey said.

Hennessey is not opposed to publishing public sector wages, but says this transparency should be extended to the private sector as well.

"When you're shining the spotlight on one sector you should make sure you're shining it on another as well," she said.

Audrey Taves, who represents most of Humber's faculty as the president of Ontario Public Service Employees Unions Local 562, concurs.

She says the public ought to be able to compare wages in the public and private sectors to decide for themselves who is overpaid.

"I think that would provide a more accurate picture of what's going on, but I don't see anyone rushing to do it," Taves said.

There are 386 people at Humber on the Sunshine List.

HUMBER'S TOP EARNERS

Chris Whitaker (President & CEO)	\$425,282
Rani Dhaliwal (Chief Financial Officer)	\$284,704
Deborah McCarthy (VP Human Resources)	\$280,130
Alister Matheson (VP Advancement and External Affairs)	\$249,967
Jason Hunter (VP Student and Community Engagement)	\$229,369
Scott Briggs (Chief Information Officer)	\$207,254
John Elias (Associate Dean, Enterprise Systems Project)	\$206,823

Our Place Initiative engaging Etobicoke's citizens under 'big tent'

Eric Wickham

ETOBICOKE/REXDALE REPORTER

Civic engagement was the phrase on everyone's lips at Our Place Initiative's second community action group meeting.

Our Place Initiative is an organization aimed at building engagement in the Etobicoke community.

"Instead of people sitting at home watching Netflix, we want them to come out to our meetings get involved and work with their neighbours to build a better Etobicoke," said OPI Director Murray Foster, whose "other job" is as bassist for the band Great Big Sea.

Foster has been a member of OPI's steering committee for several years. After the last field director left Foster was asked to fill their role.

"In our first meeting on Feb. 26 everyone in the room split into groups and made sort of the big list of the problems facing Etobicoke," Foster said.

Foster said OPI categorized these problems into four groups. These formed the basis for the four subcommittees. The four subcommittees were transit, summer events, environment and youth and community spaces.

Foster described OPI as a "big tent concept."

"We're like an aggregator, a

structural support, a platform for Etobicoke residents to go out and do amazing things," said Foster.

Irene Borecky, an advocate for safer spaces for the feral cat population in Toronto, said she wanted to become involved in the community spaces subcommittee.

She said she was hoping to be involved in a community garden project. Borecky said she wanted to prove feral cats and gardeners could co-exist.

"As an activist this was a natural draw," she said.

Our Place Initiative gained attention in the fall of 2014 after hosting a mayoral debate in Etobicoke focused on



We're like a platform for Etobicoke residents to go out and do amazing things.

Murray Foster

OUR PLACE INITIATIVE DIRECTOR

transit issues.

"There is no history of civic engagement in the suburbs," said journalist Daren Foster, no relation to Murray, who also runs a blog titled "All Fired Up in the Big Smoke."

"People don't realize that they can have their voices

heard," said Daren.

He said small victories like building a community garden are key for Our Place Initiative to build on.

"You have to start with smaller things that don't cost the city money," he said.

Paisley Rae, a social media consultant and member of OPI's community action group said it was important to have a desire-based organization. She said this makes the community's voice easier for policymakers to hear.

Rae said it was important to frame needs as "I want this rather than I don't want these 18 things."

She also stressed the im-

portance of completing small projects to build momentum for the action group.

Murray Foster said OPI's big vision was to establish a self-sustaining community action group in Etobicoke.

He said his dream scenario would be to build a strong action group. Once the group was self-sustaining OPI would then attempt to recreate their success in a community with low engagement.

That plan will have to wait however.

"Barring you or me winning the lottery and giving a million dollars to OPI I think it's going to be Etobicoke for the near future," he said.

Conflict resolving students partner in Etobicoke clinic

Nicole Williams

BIZ/TECH REPORTER

Sometimes it's hard to say you're sorry.

Everyone's been there at some point, and the South Etobicoke Humber Conflict Clinic is here to help.

The clinic is a partnership with St. Stephen's House, an alternative conflict resolution centre located in Kensington Market, and Humber College's Alternative Dispute Resolution (ADR) post-graduate program.

"We noticed how many people from Etobicoke were coming to the downtown location, and we just thought, if there was ever an opportunity to start something, this would be the time," said Mary Lee, the ADR program advisor.

"It's a great opportunity for students to apply the theory and skills they learned in class to try and resolve real community disputes," said Lee.

The clinic helps with every-

thing from personal conflicts to issues between tenants and landlords. Both students and community members can attend the free clinic and receive conflict coaching or mediation.

The partnership, which began in 2013, has been working to bring awareness to the clinic.

"Any time you're starting a new initiative, getting it off



It's a great opportunity for students to apply the theory and skills they learned in class to try and resolve real community disputes

Mary Lee

ADR PROGRAM ADVISOR

the ground is a hard task," said Lee.

ADR students Amanda Chambers, 25, and Midori Schroeder, 26, said that much



NICOLE WILLIAMS

Amanda Chambers (left) and Midori Schroeder are working as conflict counsellors at South Etobicoke Humber Conflict Clinic, run in partnership with St. Stephen's House.

of their time at the clinic is spent doing community outreach.

"It's been a little bit challenging. Because we're a one-year program, there's a lot of turnover, so there's a lot of time spent just training with St. Stephens and then trying to get the word out," said Chambers.

Chambers said the lack of continuity makes it difficult to bring people into the clinic.

But the small number of clients at the clinic doesn't stop students from getting that hands on experience.

"We do a lot of work outside this campus as well. We go to

court-houses and see which cases need mediation. We try and branch out as much as possible," said Schroeder.

Through the challenges, students are helping whom they can.

"It's a really constructive way to deal with conflict, turning something negative into a positive," said Schroeder.

The ADR program is planning to re-launch the clinic in September with hopes to bring more attention to the service.

"It's such an amazing opportunity to help students learn and make the community better," said Lee.

Student awards

Christiana Chan

NEWS REPORTER

It's that time of the year again to celebrate the outstanding members of the Humber community.

This year Humber has made a record amount of nominations.

"We were expected to have about 35 nominees but we got 80 plus," said Jasmyn Ellis, chair of the Student Appreciation Awards.

This year's Student Appreciation Awards slogan is "Pure Imagination for Humber Appreciation," with the theme revolved around the Wonka Chocolate factory.

'Wonka' himself will be there, while attendees enjoy chocolate inspired food.

"I'm excited to see everything come together, it's a pretty creative theme we are going for, and the food is going to be amazing," said Ellis.

This year's Student Appreciation Awards Banquet will take place on Monday, April 13 at Humber's North campus in the Seventh Semester.

The banquet is free, and open to any Humber students.

"It's important to recognize the students who have done

great contributions to our community and acknowledge them," said Shanice Donker, a second-year Public Relations student at Humber.

"Whether students, faculty members, or staff, everyone has a purpose in what they contribute," said Donker.

Nominees can be students who demonstrate selfless dedication in the following categories: Social or Cultural Events; Athletic Achievement; Special Events; and Peer Mentoring and Support.

"I think that Humber has world class students, who go about and beyond their responsibilities. It's good to have those students recognized," said Nancy Marino-Benn, a faculty member involved with the event.

Marino-Benn has been helping run the Student Appreciation Awards for about 10 years.

A committee consisting of past recipients and representatives from the Humber Students' Federation, Student Success & Engagement, and Guelph-Humber, will help select recipients of the award.

Recipients will receive a certificate of appreciation, along with a sculpture or plaque.

Streaming music service a bid by stars to safeguard royalties

Ryan Durgy

BIZ/TECH REPORTER

A-list artists like Jay Z, Beyonce, Rihanna, Chris Martin, Madonna and Calvin Harris recently made waves in the music industry by launching their music streaming service, Tidal.

It claims it's the first streaming service to offer "High-Fidelity sound quality, high definition music videos and expertly curated editorial."

The app has received criticism since last week's launch because of the wealthy, high-profile artists involved in a service meant to give back to artists and writers.

Tidal's official Twitter account said the service gives 75 per cent of the \$19.95 US monthly subscription fee to artists' music labels that then distribute it to their artists and writers.

One person trying out Tidal is Nick Densmore, a student in Humber's Radio Broadcast post-graduate program and a singer-musician who has performed at Humber College's

LinX Lounge for more than three years.

"I like it. It's sleek. It's up there with Spotify with a pretty sleek interface," Densmore said.

Densmore said he has his music on the streaming sites Soundcloud and YouTube and would consider uploading his music to Tidal, if the service allowed for it.

"I'm of the thought if your music can get out there in a new and different way, why wouldn't you do it? Try to be the cool kid. Try to get your stuff out there any way you can," said Densmore.

"I don't think it's going to be a user-generated app at all," Densmore said. "I don't think it's there yet and I don't think it would be in the best interest of these big money-makers to do that yet, because now they control the content. I think that's the power.

He believes there is a place for a user-generated app for new artists, but Tidal isn't it.

Jay Z purchased Tidal earlier this year from Swedish tech firm Aspiro for a report-

ed \$56 million.

Laura O'Brien, also a post-grad Radio Broadcasting student, likes the idea of Tidal but thinks there is enough free streaming to allow her to avoid paying for a service.

"I think \$19.99 is a ridiculous amount of money to pay for a streaming app, especially when you have things like Songza or Spotify that provide so much for free already," O'Brien said.

Jay Z removed one of his fan-favourite albums, Reasonable Doubt, from rival streaming service Spotify a week after launching Tidal; however, the album still appears on other streaming services.

Some fans said they saw Jay Z's move as a way to attract Spotify users, who currently pay \$9.99 a month for the premium version.

Densmore said he doesn't think Tidal will allow new artists to upload their content onto the service any time soon.

"It's like you throwing a party, an exclusive event. There's pride and dignity in throwing



RYAN DURGY

Nick Densmore, a student in Humber's Radio Broadcast post-graduate program and a singer-musician, said he would consider uploading his music onto streaming service Tidal.

an exclusive event for your friends," Densmore said.

"The moment everyone comes to your party it's not exclusive and it's not cool anymore. (Tidal could) get flooded with a lot of content that, let's face it, people may not like and then it's going to become a mass maze of garbage at the end," he said.

For Canadian artists like Pat

Maloney, who has drummed for band Two Crown King and been involved with eight album releases, the profits from streaming seem slim.

"It's so little," Maloney said. "In a quarter, if I have 1,000 streams I would make 35 cents.

"It does seem a little unfair but that being said it's the internet and I understand how that works," he said.

He said selling merchandise and albums at shows is where he makes most of his revenue as an artist.

Tidal is currently allowing users to try to service with a free 30-day trial and has a test at test.tidalhifi.com/intro for listeners to see if they can hear the difference between Tidal's High Fidelity audio and standard MP3 quality sound.

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EDITORIAL

Police body cams help accountability

Another incident involving a police officer has led to the unnecessary death of a man in South Carolina, and the shooting can be witnessed by the world because of a bystander with a camera. There has been a notable increase in the number of police officers held responsible by the public for questionable decisions made while on duty, most notably the ones that lead to the death of someone else, and the ubiquity of cameras has played a large role.

The mayor of North Charleston, South Carolina has since said all patrol officers in the city will be required to wear cameras on their per-

son. The state proposed a body cam bill last year, and South Carolina is one of at least 15 states considering such a bill. Toronto police have also been flirting with the everyday use of body cameras and placed them on 100 officers around the city last year to test their use.

The cameras don't come without obstacles. The cameras themselves cost tax dollars, but the ongoing cost of storing the video they record is the bigger budget burden, and the current battery duration of these cameras doesn't match the length of an officer's shift so there needs to be rules put in place about where and when

they are to be turned on and off.

The general rule being proposed is that officers would be required to turn on their camera whenever they are dealing with a member of the public. Every time they pull someone over or confront an individual in the street they switch on the camera to record the interaction.

Just about everybody has a camera in their pockets these days and it seems to have helped in keeping police more cautious of their actions in public, or to hold them accountable when they aren't, but there isn't always going to be a bystander with their phone out when these inci-

idents occur. Even if police are given cameras on their person and put in control of when it is turned on or off, it's a big step in holding them accountable for their actions.

If they don't turn on the camera, or turn it off, while on duty that is a conscious action that they will have to provide reasoning for. Like any large change or new process being introduced there are sure to be issues, but that's a part of the process. With time it will be determined how to best utilize body cams, but it seems a necessary step in protecting both the public and the police officers who protect them.

Go beyond four walls of your college classroom



Shaneza Subhan
LIFE EDITOR

Graduation is approaching and I've been reflecting on my life as a student, both in and outside the classroom. This wasn't my first go at post-secondary. I studied Early Childhood Education at George Brown College and graduated in 2011. After working in the real world for a bit as a registered Early Childhood Educator, I came to realize that not only did I totally not like what I was doing, but I had missed the opportunity to find out earlier that it wasn't my passion.

At 20, I had entered the real world right away and was working from nine to five Monday to Friday. I got a job so quickly because I started applying right after graduation. I managed to land a few interviews and a job teaching kids. But, I wasn't ready for this lifestyle yet.

I decided to go back to school and pursue my original love, journalism. Coming out of high school, I was caught between my love for kids and my passion for writing. I wasn't sure which direction to go, but since I felt like I was running out of time, I decided too quickly. On the side, I would continue to blog and write short stories and I began to find myself enjoying that more than my actual program.

Today, I realize that college has

made me who I am today and shaped me into the person I wanted to become. I had so much time, independence and freedom while in college to figure myself out and envision what I'd like to make of myself some day. You may assume that you don't have time to figure yourself out while cramming for finals, but you'll find that you really do pay attention to certain subjects that you'd like to pursue as a career. You find your interests, your passion and your future at college. At least, I did.

This time around, I decided to focus on more than just a part-time job and my studies, as I'd done at George Brown. I wanted to take advantage of all of the time I would have in college with reading week, days off and awesome four-week-long winter breaks. I explored Toronto; I went on road trips and looked for adventure wherever I could. I blogged about it, took pictures and enjoyed every

minute. I decided to step out of my comfort zone and live a little. I wouldn't be in college forever and if I wanted to experience the world, or at least my little world, I had to do it right then. So that's what I did.

I found passion in landscape photography, particularly. I'd take pictures of gorgeous sunsets, beautiful mountain top views and stunning sunrises. This was the perfect addition to my upcoming journalism career because I had learned more about the city from constantly traveling around. I realized that every place has a story. Every new place I visited gave me an experience to remember and all I could think about in that moment was blogging about it and capturing the scene with my camera. If I had stayed confined within the four walls of a classroom and simply listened to lectures, wrote my exams and let that be my day-to-day

routine, I probably wouldn't have learned as much.

I was also lucky that an internship is required to graduate the journalism program at Humber. I learned a lot at my placement at a magazine company, writing articles on a daily basis and assisting my supervisors with whatever they needed. But before this came along, I took the initiative to put myself out there. That's your time to really explore and find what you really want to do.

So, I encourage students to go out into the world and find your passion. Make sure that when you're in your program, staring at textbooks and hastily writing notes, you love it. Go out and explore what's out there. Chances are it could benefit your career. Take advantage of all the freedom you have as a student to find yourself and find what you really want to do in life.



"I'd take pictures of gorgeous sunsets, beautiful mountain top views and stunning sunrises."

KIM SENG / FLICKR CREATIVE COMMONS

HUMBER
Et Cetera

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

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Internal homophobia alive in the LGBT community



Albert Williams

NEWS EDITOR

Continued from cover

They called for a boycott of the Italian fashion house. I support this cause, granted from a place of ethics, as my bank account does not afford me the privilege to affect the designers' bottom line. Should we be surprised that two gay men in their 50s, who grew up in Italy, a deeply religious country that is still

caught up in the debate on LGBT rights, would utter vitriol towards members of the LGBT community? This display is a textbook case of internalized homophobia and Dolce and Gabbana have made themselves the poster children for the condition.

Internalized homophobia is a personal Stonewall - the 1969 action in New York that forcefully asserted gay rights in the face of police harassment—which all LGBT people must surmount on the road to affirming their sexuality. A simple understanding of this phrase is to consider it the negative feelings that are harboured towards oneself because of same gender attraction. The forms it may take can vary from outright shame, denial, or self-injury, to hating on other gay people and more unconscious behaviours as well. Internalized homophobia occurs within LGBT people for some of the same reasons that heterosexuals are homophobic - ignorance, often because of religion and then of course, because of negative stereotypes and misinformation that are present in the family, schools,

and society. However, with LGBT people, negative attitudes become “internalized” because the subject of these prejudicial ideas is the self. It's never a conscious choice to internalize homophobia, but it requires a conscious effort to change it.

There are biases and rifts within the LGBT community that can be traced back to internalized homophobia. There are many lesbians who loathe gay men and vice versa. I have also heard hateful words and seen harmful acts from gays and lesbians targeting members of the transgender community. Even more puzzling, in the midst of the debate on same-sex marriage, some openly gay men and women are funding efforts to push back at what is a major civil rights issue that will affect them positively. Am I saying that there should be a consensus among the LGBT community with every issue draped in a rainbow flag? No, but what is at the core of this dissent? For many it is the ideology that homosexuality is immoral and an illegitimate orientation that is learned or chosen. This ideology has been examined and rubbished, but

sadly it exists within the fabric of many LGBT people's consciousness.

As a former member of an Evangelical church, I was fed an unhealthy diet of hatred for what I now celebrate as a part of myself. The fear of rejection, being shamed and the ultimate —fire and brimstone — led me to pray feverishly for deliverance and even openly condemn members of the LGBT community.

I considered the attractions I felt a curse, because that's what the church said, and I desperately needed to be free of this internal conflict that was causing me so much pain and would lead to eternal damnation. Eventually, I left the church, but my subconscious was saturated with ideologies that discredited my lived experiences and orientation. It seeped out at intervals and I had to check myself each time it appeared. Through pure stubborn will and a desire to be happy I forced myself to recondition my mind into embracing my reality. I plan to get married. I plan to have a child and raise him or her the best way I can simply because it is a basic human

practice. I proclaim and own my sexuality not because I need to make a political point, but because it is who I am.

Dolce and Gabbana have recanted on their statement... somewhat. They have said, in what was a transparent public relations move, that they used the “wrong words to express what they were thinking.” But they still did not provide the right words to clarify their position despite being pressed to do so in the CNN interview. I have no desire to silence the designers. They have the same right of expression that I have to write and challenge their mindset steeped in an archaic world view. However, I wish they would recognize the position of power they occupy and the effect their words can have on the push for full rights for all citizens in Italy and across the world.

I doubt they will change their minds though. In the same way their designs have not changed from the gaudy aesthetic of the early 90s, we should not expect them to hoist their moral anchor, tethered to the medieval times.

Generation Y not selfish, just choosing ourselves



Vanessa Campbell

ONLINE EDITOR

If you Google “why are millennials so...” the first adjective suggested is “selfish.” Almost immediately, the voice of your grandmother -- or somebody's grandmother-- fills your head.

Millennials are selfish. Just ask anyone who isn't one. Don't ask us, though, because we might have a logical explanation, such as from those of us who are women starting to choose lives that work in our favour. Along with selfish, millennials are also referred to as “entitled” or “lazy,” to which I reply: bull.

Every generation has a problem with the one that comes after it. But while our generation may seem more self-involved and possess different values, than the previous one, I don't think selfish or entitled are the most fitting words.

Millennials are very tech savvy and though our social skills have suffered because of it, we've also become more self aware and just aware in general. We're more curious and open to things and that in turn is changing society and sparking conversations that were once considered too taboo. Advanced understanding of gay rights, women's rights, and society finally taking mental illness seriously, come to mind.

I think that we're exposed to a lot and as a result, we're adapting appropriately in order to live the best quality life. What's selfish about that?

We're doing everything faster. Everything is uncensored and out in the open online, but old-school systems that still maintain wage gaps and discrimination based on gender, religious beliefs and sexual orientation to name a few, are stunting our growth. We have the potential to create so much but antiquated mentalities are slowing it all down.

With newfound support for feminism from millennials, women have been given the platform to confidently discuss their experiences and views on sexism, consent, oppression, wage gaps, relationships and parenthood. The expectations for female generations before us were very limited.

We aren't selfish, we're just choosing for ourselves. Partly because it's our choice, and also to adapt to a society that doesn't seem

to fully respect our differences just yet.

In a University of Pennsylvania article from the American Sociological Review titled The Wage Penalty for Motherhood, the authors quote an even older insight on the penalty women face for becoming mothers.

“A wage penalty for motherhood is relevant to larger issues of gender inequality. Most women are mothers, and women do most of the work of child rearing. This ‘price’ of being a mother that is not experienced by fathers will affect many women and contribute to gender inequality.”

Since 2012, the fertility rate dropped to 62.9 births per 1000 women a year in the United States – a record low.

The Washington Examiner stated that a decrease in births was expected by demographers during the recession, but what they found surprising was that the rate continued to drop as time went on and the economy picked back up.

The reasons why many women are opting out of parenthood vary, but the bulk of them fall into one of three categories: economy, gender gaps with wage and simple disinterest. After all the debates and movements, it is true that in many industries, women just simply do not earn as much as men even in positions where they're just as qualified.

To make matters even more stressful on the bank account, the cost of childcare has doubled in

the last decade and so has the cost of living. And with all this development and forward progress, the gender role mentality still lingers and women are still looked to for primary caregiving.

There are so many reasons why female millennials are opting out of parenthood. And while those reasons are disappointing, they're real and very serious. But that's not the worst part. The even more disheartening thing about it is that women are badgered about it, while



It's still an “issue” for women to have a career and no child. And it's not at all the same for men.

people don't blink twice when a man says he's not interested in having children.

Having a child and a career is totally acceptable now – even for men. Celebrities like Ashton Kutcher, for example have taken on the parenting role. But in spite of all that, it's still an “issue” for women to have a career and no child. And it's not at all the same for men. Where women face backlash for remaining childless, men are congratulated.

Millennials, not just women, are also more career-focused. Not because we're money-hungry and

spoiled, but because a lot of us are choosing paths that we like over those that are safe. We're traveling more than those before us did and we're not afraid to screw up.

The generation before us could be to blame for our desire to find a job that we like, rather than a job that makes us the most money.

The whole go-to-school-get-a-steady-job-and-start-a-family gig many Gen Xers pulled didn't prove to be that fulfilling in some cases. Should Gen X really be criticizing Gen Y for their non-traditional lifestyle choices when our society still suffers from high levels of divorce and suicide?

As humans we're pack animals and so more often than not, whether we're aware of it or not, on some scale, we conform to our society's expectations of us. Right now many millennials are scrapping the nine-to-five desk job, and instead, throwing ourselves into multiple positions or freelance work. By doing this we're saying that we can have it all. Well, almost. We're choosing to explore our interests and hobbies and maybe, if we want, we'll think about a family later. Selfish? No, but rather curious and intuitive.

We're doing things differently. We're choosing us. We're exploring ourselves. When one understands themselves, then they can go on to fix other things. But staying stagnant and not provoking change and not having those taboo conversations simply because those before us didn't – well, that's selfish.

FEATURE

Ben's At Home shot in 10 days

Produced by Humber film professor Ekborn for \$20,000, comedy was a big thing done with little

Lucy Sky
ART DIRECTOR

Making a great film takes a lot of heart and hard work, but one 'dream team' shot it all in 10 days, with an astoundingly low budget of \$20,000.

Ben's At Home was produced by Anneli Ekborn, part-time Humber Film and Television professor.

Dan Abramovici was the lead actor and wrote the film with director Mars Horodysky.

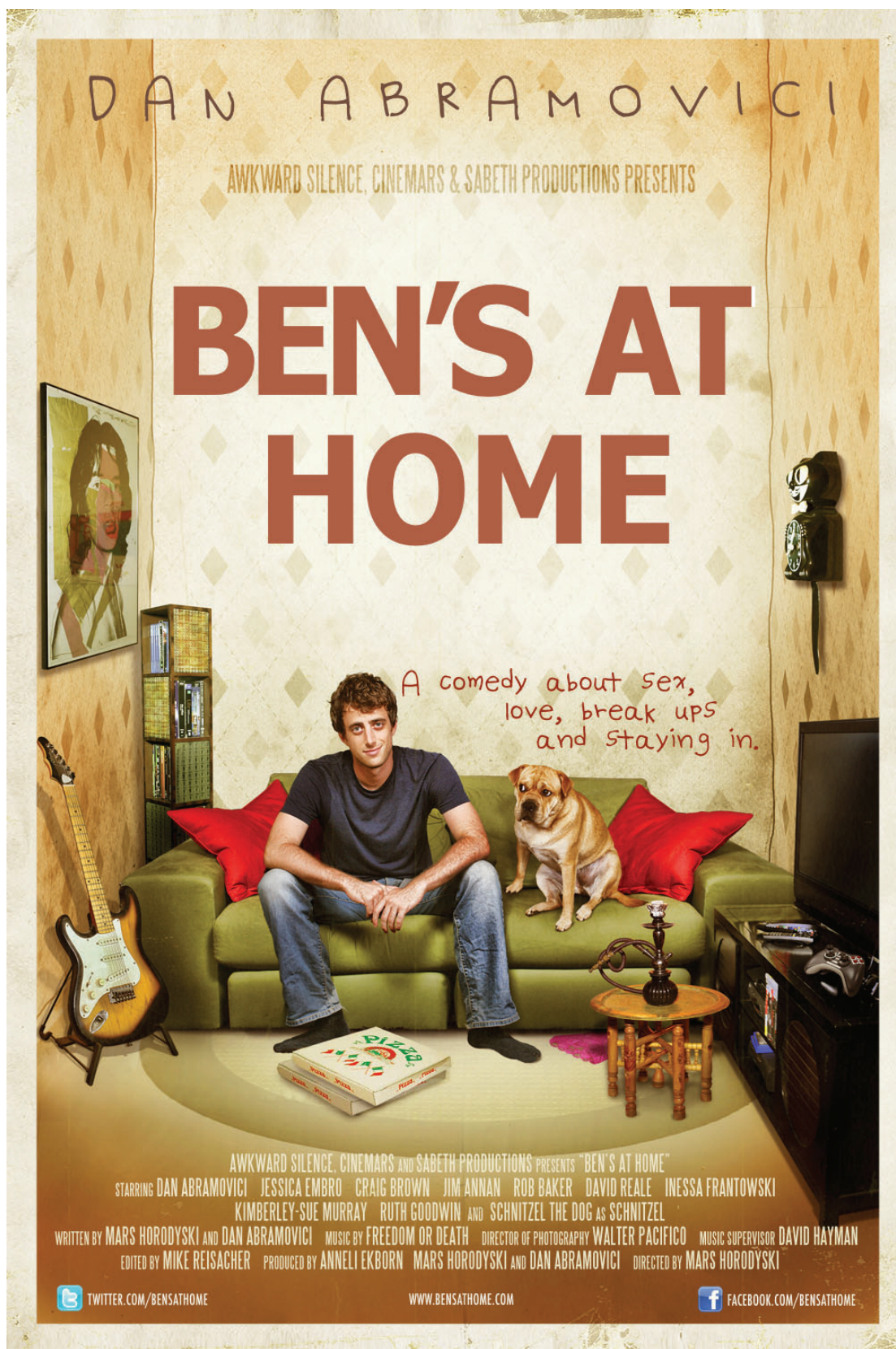
The film features a recently 30-year old man who went through a break up he deems so bad he decides to begin a mission to not leave his home for an entire year. It comedically shows the struggles of turning 30, growing up, relationships ending and the inevitable pressures of friends moving on with their lives, while sometimes you may not be ready to. It seamlessly satires this with the digital age that we live in and how it really is possible to live a life in the confines of your home, also showing the major problems that can cause.

Ekborn brought in some of her Humber students as interns to work on the film as well and said she had great success in doing so. "It's one of those things that just felt right the whole time," she said.

Opportunities like this are the ones that can completely change a student's life and get their foot in the door. Canada is a hard place to get your name on the filmmaking industry map, so films like this can do amazing things for students, indie actors, filmmakers, directors, producers and the whole team alike.

Ekborn said Humber will be the first college to put out a feature film (*Reign*) with all Humber students in the key roles. She added that it's "a huge incentive to put out big movies and showcase how much talent we have." Ekborn and Eva Ziemsen, program coordinator for Humber's Film and Television Production program, got the film rolling and Ekborn said she did it because she really wants to give Humber students the opportunity to make a name for themselves and "help them find their feet."

One student, Lu Asfaha, even impressed Horodysky enough that she ended up with a job right out of school. "Getting that exposure,



COURTESY MARS HORODYSKY

The official poster for *Ben's At Home*. Dan Abramovici and his dog Schnitzel lounging on the couch.



COURTESY OF ANNELI EKBORN

From left: Mars Horodysky, Dan Abramovici & Schnitzel, Anneli Ekborn



LUCY SKY

working on a little movie like *Ben's At Home*, can equal the connections that put you right into the industry," said Ekborn. She said Asfaha is one of the best students and she's "very proud of her and she deserves it."

Abramovici said they spent ten days in his apartment, filming non-stop. Adding that they filmed chronologically, so they could "catch anything that didn't seem like it fit."

It's very rare that a film with the amount of success *Ben's At Home* has seen — winning awards all around the world — can be made with such a tight budget, small set and seemingly impossible deadline.



It really goes to show that with the right people, you can make something special.

ANNELI EKBORN
HUMBER FILM & TELEVISION PROFESSOR

Ekborn, Horodysky and Abramovici all agreed that it's all due to the amazing crew they worked with and the amount of dedication and soul that was poured into it.

Horodysky said it was her favorite film to work on for sure. "We were all a small group in Dan's apartment for 10 days just making it happen and I don't think I'll ever have an experience like that again." She said it makes her really happy when people watch it and laugh and get what they set out to do, that "it kind of feels like a fluke sometimes, but it was definitely my favorite."

They're all very proud of the film, which they also financed themselves. Ekborn said it's "more than just a labor of love. It's about connections — with actors and crew and finding a shared mentality." She said, "It really goes to show that with the right people, you can make something special."

The synergy Horodysky and Abramovici had before the film and built on in the writing process could not show more through the film and the way they speak about working together. They've collaborated on numerous short films and now this feature that have all seen success. They could very well be the next huge thing to come out of Toronto.

Ben's At Home's public release is scheduled for mid-May, and Horodysky and Abramovici are currently working on a feature called *You Have Feet In Your Shoes*. It's a brother/sister road trip and coming-out story that Horodysky said shares similar humor to *Ben's At Home*.

Culinary students learn over a hot stove

Hands-on classes create dishes for campus eatery

Katie Jones

A&E REPORTER

Humber's culinary students know how to cook.

There are three hands-on practical culinary programs offered at Humber College: Baking Pastry Arts Management, a two-year program; Culinary Skills, a one-year program; and a two-year Culinary Management program.

Each program requires students to work in an internship that offers practical experience in a job setting that sets students apart from other college culinary programs.

Shonah Chalmers is the program co-ordinator for the culinary programs. She said students receive a wide breadth of experience with hands-on application both in the class and at their placement.

They are very job-ready when they leave.

"Our school has about a 92 per cent success rate," said Chalmers. "Our program makes them what the industry wants."

"We stay on the pulse, we have a program advisory board which keeps us in touch with chefs that are out there right now," she said.

Chalmers said Humber's culinary

program sets itself apart from what is offered at other colleges because of the teachers.

"What differentiates our program is that our professors are from all walks of culinary fields. We have the most advanced labs you'll find in any kitchen," she said.

There are four cooking class labs each day. The classes range across the board, including cooking fish, butchery and baking.



Our school has a 92 per cent success rate. Our program makes them what the industry wants."

Shonah Chalmers

CO-ORDINATOR
HUMBER CULINARY PROGRAM

Gourmet Express, the North campus takeout eatery, lets students showcase their cooking each day.

Kellie Elliot, the operational co-ordinator of Gourmet Express, says the food cooked and sold is based on the curriculum.

"Whatever they are making that day they send it up to Gourmet Express and we sell it in the store. Our number one priority is to sell the products made by the culinary

classes," she said.

There's a bonus. The food is not over-priced.

"The food is really well priced," said Elliot. "Because it's students we give a pretty good deal. We can get 20 cakes from a baking class and 18 of them will be beautiful and fantastic and two of them will be falling apart at the seams."

"We do give a pretty good deal and we're pretty easy if anyone has any issues and wants to return an item," she said.

"There are all kinds of different skills," she said.

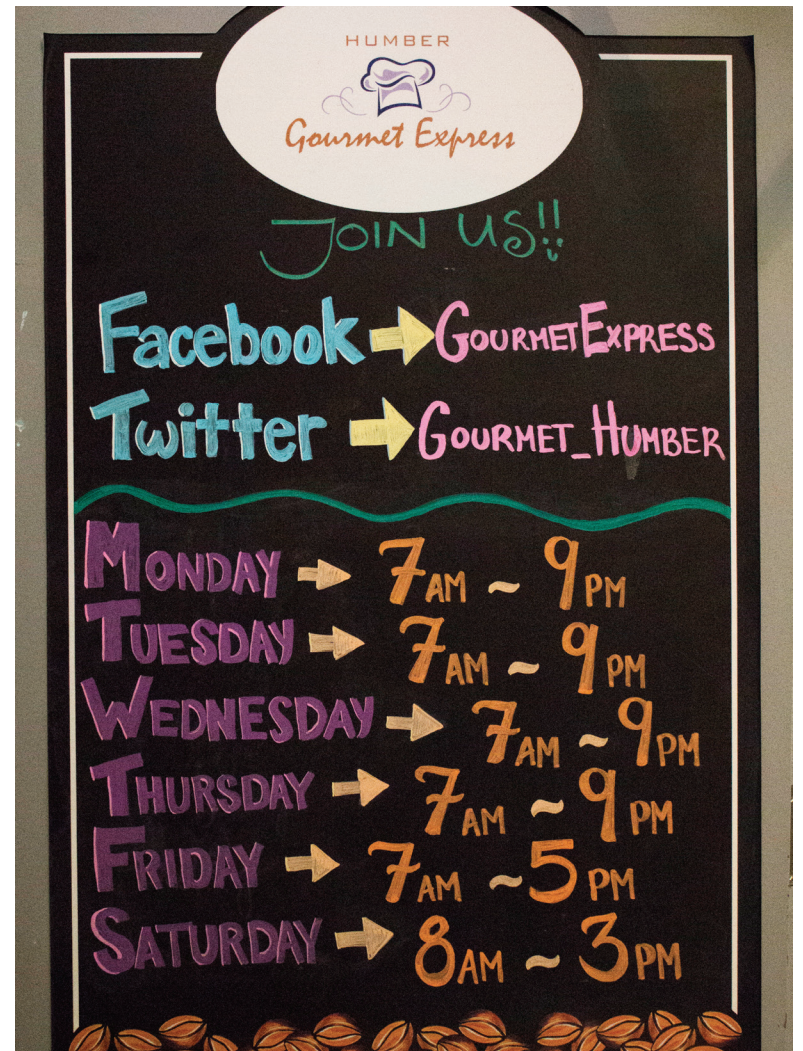
Alycia Jennings, a one-year culinary student who will be switching to the management program to continue her education, said the program has offered a lot more practical experience than other culinary programs.

"I think my program is great," said Jennings. "We had to take a math course, and even though math isn't everyone's favorite thing it was good for me because it was culinary based math."

"We had to take a basic English course, but it was good because everything came back to culinary," she said.

Jennings said she is excited to continue as a student at Humber.

"Every teacher that I have had so far has been amazing. I haven't had a teacher that I didn't enjoy," she said.



KATIE JONES

Gourmet Express at Humber North campus is a takeout food store that features daily cooking by culinary students at a reasonable cost.

'Art and the City' exhibit at L-Space Gallery draws from array of arts

Visual and digital arts, photography, cabinetry, industrial design on show

Amy Wallace & Corey Brehaut

Humber students from the North and Lakeshore campuses are displaying their artistic flair at this year's annual art show, exhibited at L Space Gallery at Lakeshore campus.

"This year, the show is themed 'Art and the City' to recognize the diversity of Toronto, both culturally and for the subject matter that we address," said curator Tara Mazurk.

The show includes work from students from an array of programs, including visual and digital arts, creative photography, cabinet making, and industrial design.

"It's a mix of students who have chosen the arts as their professional path and also students who continue (in) the arts as a hobby," said Mazurk. "Overall, it showcases the creativity here at Humber."

The show, sponsored by the Humber Students' Federation and coordinated by second-year Public Relations Advanced Diploma students, gives students a chance to show their work to a wide audience and win prizes.

"I got involved with the Art Show because I thought that the position



AMY WALLACE

Not only art students that get the chance to apply what they've learned. The gallery is opened to student who create art as a hobby, digital and visual arts, creative photography, industrial design and much more.

of Client Liaison would be a good learning experience for me during this whole process of planning the art show," said Oriben Forunda, a second year public relations student.

More than 200 students submitted art for the show and winners

were decided for five categories. The winners for the respective categories were Harsimran Sira from the creative photography program, Alex Saureet from visual and digital arts, Shih-I Liu from creative photography, Maria Galindo from

visual and digital arts and Julija Petrauskis from industrial wood-working.

Those that were awarded honourable mentions received gift cards.

In addition, five jurors' picks have also been selected to compete in the

League for Innovation.

The League for Innovation in the Community College is an international, non-profit association that hosts conferences and leads projects and initiatives to enhance college life.

The league's board of directors is comprised of CEOs from community colleges around the world.

Each year, the league invites its board member colleges to partake in the annual Student Art Competition.

Humber is the only Canadian member of the League, and has been involved since the 1980's.

Like many aspiring artists, Alex Dang, 22, was thrilled to see his work exhibited. The first-year Graphic Design student had two pieces of artwork in the show.

"I think it's really good for us (students) because we have a chance to promote our work, and we have an opportunity to express our feelings and our mind about Toronto," he said.

Dang is new to the city, and wants to show the world what he can do.

"These pieces are a part of me that I want to show to everybody, and I want to express what I'm feeling now," he said.

The show runs until April 18 at Lakeshore campus's L Space Gallery.

Spring cleaning can be therapeutic for students

Organizing an allocated space like a bedroom can relieve stress, experts say

Christina McAllister

LIFE REPORTER

It's that time of year again.

The return of chirping birds, spring showers and of course the impending doom of finals.

From yoga to pints at the local bar, students are always looking for ways to reduce stress.

To help alleviate this stress, according to some experts, students should consider spring cleaning.

"Through spring cleaning, stress is going to be reduced because you're not going to feel so overwhelmed," said principal lead organizer and project manager of ClutterBGone Linda Vanderkolk.



You feel like two different people if you walk into a messy room or walk into a clean room.

Kerena Randle
PROFESSIONAL ORGANIZER

Vanderkolk recommends beginning in the area that causes the most stress on a daily basis.

This could be a space as large as a bedroom or as small as a computer desk.

She said she wants college students to the acronym "SPACE" in their minds while cleaning.

This stands for Sort, Pair down, Assign a new home, Containerize and Evaluate.

"Sort everything into categories, like items, so that you can actually see the volume of what you have for each type of thing and once you see that, it's a lot easier to make decisions on what you really need," advised Vanderkolk.

vised Vanderkolk.

"The Dollar Store is a great place for students to find very affordable things they can use to contain items," she said.

Vanderkolk said the most important part is containerizing the items students wish to keep. Everything needs a home, she said.

An article published on HealthNet.com found that only 20 minutes of cleaning per week reduces the feelings of psychological distress and the risk of mental health problems.

Chief medical officer of HealthNet.com Ian Shaffer notes spring cleaning and the physical exertion of cleaning have been found to reduce stress and anxiety.

Humber Sports Management student Andrew Thompson said he spring-cleans because it feels like a fresh start.

"It's relaxing," said Thompson, who cleans his bedroom, car and baseball equipment in preparation for the season to come.

Thompson said the process of cleaning itself is therapeutic and it leaves him with a sense of satisfaction.

Professional organizer Kerena Randle said the biggest benefit to spring cleaning is peace of mind. Any environment that is not clean and organized is not conducive for productivity, she said.

"You feel like two different people if you walk into a messy room or walk into a clean room," she said.

The first step, said Randle, is making a list of the areas that need cleaning. Then, separate items into three piles: reuse, donate or trash, and keep.

"Once you have a donate pile or garbage pile, get rid of it that day," said Randle.

"Don't second guess yourself once you've made that decision, throw it out immediately, it will feel so good," she said.

Randle also recommends taking a before and after picture, because it can be very satisfying to see your progress.



CHRISTINE TIPPETT

Foam rolling is a similar concept to massage and shouldn't replace stretching after a workout, professionals say.

Foam rolling not substitute for stretching

Christine Tippett

LIFE REPORTER

Foam rollers are appearing in gyms across Canada, but experts say think twice before replacing post-exercise stretching with foam rolling.

Foam rolling is a form of self-massage that breaks up tight fascia while increasing blood circulation.

"I do believe that people think they should do (foam rolling) in place of stretching. But it's not going to adequately stretch the muscle," said physiotherapist Kanwal Gill.

Foam rolling is a similar concept to massage, said registered massage therapist Adrian Strupp.

It's "a manual muscle manipulation technique. You're compressing or kneading the muscles while increasing circulation to the area to loosen them up," said Strupp.

"The general idea is that if you increase the blood flow to an area, the blood carries the oxygen, oxygen is transported to the muscles and the muscles will both heal better and be healthier," he said.

Strupp said people stretch for similar reasons, but the action

works in a different way.

"What you're doing when you're stretching is taking the muscle to its absolute maximum tensile limit (length), releasing it and allowing it to reset on its own," said Strupp. "So you're not actually manipulating the muscle in any way and you're not trying to increase circulation."

Strupp said it's best to stretch after a workout and foam roll on recovery days when the muscles are already sore.

"When they're sore like that they're storing lactic acid and you have delayed-onset muscle soreness," said Strupp. "If you increase the circulation you can flush out the lactic acid and all the other stuff and you increase the blood flow and increase the oxygen which will help the muscle heal faster."

Crystal Pole-Langdon, a graduate of Humber's Fitness and Health Promotion program, agrees.

The theory behind massage therapy and foam rolling is that massaging the tissue helps to improve the blood flow to the area and release toxins to facilitate the recovery process, she said.

Gill said she tells her patients who need to foam roll to do it once a day but she rarely prescribes it to her patients as a post-exercise recovery.

"I would say stretching would be a better recovery after a workout," said Gill.

A study published in the February 2015 issue of Journal of Athletic Training examined eight healthy and physically active men and found that foam rolling effectively reduced delayed-onset muscle soreness.

Students in the Fitness and Health Promotion program learn how to foam roll effectively, said Pole-Langdon, who is also a program support officer for the School of Hospitality, Recreation and Tourism.

"Anecdotally speaking, (foam rolling) seems to have gained a lot of popularity," said Pole-Langdon.

Yet there are still misconceptions that surround foam rolling despite its rise in popularity. Strupp said clients often tell him they stretch when they really mean they foam roll.

"Foam rolling isn't a substitute for stretching, stretching is the same thing as foam rolling," he said. "You should do both."

'Can I Kiss You?' is new workshop on sexual consent

As Humber unveils policy on sex assault, a program on getting permission

Shaun Fitl

LIFE REPORTER

Humber's newly released sexual assault and sexual violence policy will increase the amount of education residence communities receive on the issue.

The policy, adopted in March, reads, "sexual assault and sexual violence are unacceptable and will not be tolerated at Humber College... we are committed to challenging

and preventing sexual violence and creating a safe environment for anyone in our college community who has experienced sexual violence."

Sexual assault in the policy is physical violation while 'sexual violence' extends to psychological harassment and "unwanted comments or advances."

Humber on-campus residents have been offered a sexual assault prevention program for the past three years and will soon also be able to receive bystander intervention training.

Can I Kiss You? is an educational program that is presented by Mike Domitrz and the Date Safe Project,

said Humber Residence Life manager Phil Legate.

Domitrz uses stories and interactive dialogue to teach students and "is all about asking for consent and having conversations with partners about permission before engaging in sexual activity," said Legate.

A woman close to Domitrz is a survivor of sexual assault and this motivates him to do the work he's doing right now, Legate said.

The Humber policy states "the college is expected to be a safe place where members of the community feel able to work, learn and express themselves in an environment, free from sexual violence."

Bystander intervention is teaching students to intervene when potential dangers are present such as when students are at parties or when lots of alcohol is being consumed, said Legate.

The bystander intervention program is paid for by the center for Human Rights, Equity and Diversity and will be in development over the summer, said Legate.

"Humber will be training several staff to deliver the content of the bystander intervention program and then we will be rolling it out on campus over the next year or so," said Legate.

"We really do want to create a

We really do want to create a campus that is concerned for others and their well-being.

Phil Legate

HUMBER RESIDENCE LIFE MANAGER

campus community that is concerned for others and their well-being," he said.

"I think sexual assault prevention is important for Humber students because obviously the area where Humber is located is kind of dangerous," said Melanie Herpel, a second-year University of Guelph-Humber media studies student.

HOROSCOPES by LUCY SKY



JAN. 20 – FEB. 19
Keep yourself out of trouble this week, the temptation to let loose will be strong.



FEB. 20 – MAR. 20
You're going to be faced with a lot of different options soon, be careful in your decisions.



MAR. 21 – APR. 20
You've been working your butt off and it's really starting to show. Good on you, it's going to pay off large.



APR. 21 – MAY 20
Don't be scared of your own shadow, you've come a long way and you've done well.



MAY 21 – JUN. 20
So much excitement, so few ways to express it. Call someone back home, it'll make their day.



JUN. 21 – JUL. 22
Being in control is something you feel you need, but don't let that get in the way of being involved.



JUL. 23 – AUG. 22
Getting lonely is a common thing in the life of a student, but it doesn't have to be. Get a Skype account and keep in touch.



AUG. 23 – SEPT. 21
The sun may not be out as much as we want it to, but your smile will be shining bright enough for both soon.



SEPT. 22 – OCT. 22
The wait is finally over, you've finally mastered the craft of staying on top of everything.



OCT. 23 – NOV. 21
Rollercoasters are less bumpy than your life lately, but don't worry, you've got your belt on.



NOV. 22 – DEC. 20
You struggle with keeping a balance in your life, don't worry, it'll all come together in the end.



DEC. 21 – JAN. 19
Love is in the stars for you in the upcoming week. So stay on top of your game!

QUOTED: SHOULD POLICE OFFICERS HAVE TO WEAR BODY CAMS?

"Yes, there's a lot of controversy. So if they have cameras, everyone can see what really happened. It's good evidence as long as it doesn't violate anyone's rights"



Nicole Moriarty, 19
Media Communications, 2nd year

"Yes, so we can watch what they're doing. They're sneaky and like to try to get away with stuff."



Adjoa Owusu, 21
Early Childhood Education, 1st year

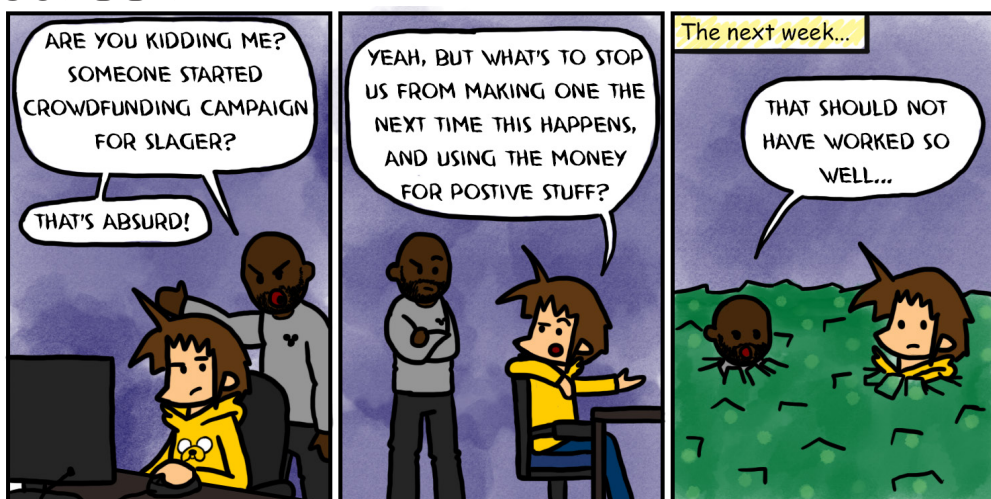
"Sure, I think it'd be a good idea. So they can't take advantage of their position. Also, if they get assaulted and knocked unconscious, the camera will catch it and help with the report."



Kenny Ejim, 20
General Arts & Science, 1st year

SCHOOL DAZE

COMIC BY JORDAN BIORDI



96.9 FM | radio.humber.ca

TO THE NINES



Zulfa Bambat
21
Early Childhood Education
1st Year

Jacket: Katie
Boots: Ardene
Jumper: Sirens
Hat: Foot Locker
Earrings: Ghana
Necklace: Ghana
Top: Urban Planet

Zulfa went into her program because she has been around kids her whole life, with her mom being a babysitter. She said she is mostly self inspired, fashion-wise, but she's always liked the "tomboy Rhianna, old-school Ciara street style" look.

Tracy Wong headed to her third world games

Katherine Green
SPORTS REPORTER

According to the Rule of Three, third time's lucky.

But luck didn't land the Hawks' badminton star at the World University Games for a third time in her career.

Fifth year talent Tracy Wong has been named to Team Canada to compete in the International University Sports Federation World University Games in Gwangju, South Korea, this July.

Wong competed in Korea in FISU's 2012 games, and travelled to Spain last summer for FISU World Championships; repeat qualifying makes her a regular in international badminton circuits.

Badminton Canada's selection comes as no surprise as Wong has one of the most decorated careers in the country, winning CCAA top honours in each of her five years playing at Humber.

Associate Athletic Director Michael Kopinak worked with

Humber's badminton team for Wong's first two years as a varsity athlete. He has since been an enthusiastic member of her cheering section.

"She is one of the best players in Canada and certainly one of the best female athletes Ontario has ever seen," Kopinak said.

"There are very few Canadian women who have a national medal in any sport -- and Tracy has five of them."

Her long list of accolades includes a national gold medal, two national silvers and a national bronze.

All of this hardware was captured while competing in badminton's three different sports: singles, women's doubles, and mixed. The four-time, All-Canadian was also named OCAA Player of the Year four times, and received the CCAA's top honour twice.

Badminton Canada's executive director, Joe Morissette, has an extensive background in the country's FISU team selection over the past

“

I really appreciated what Humber gave me. All of the friends and the family, because it truly is a family.

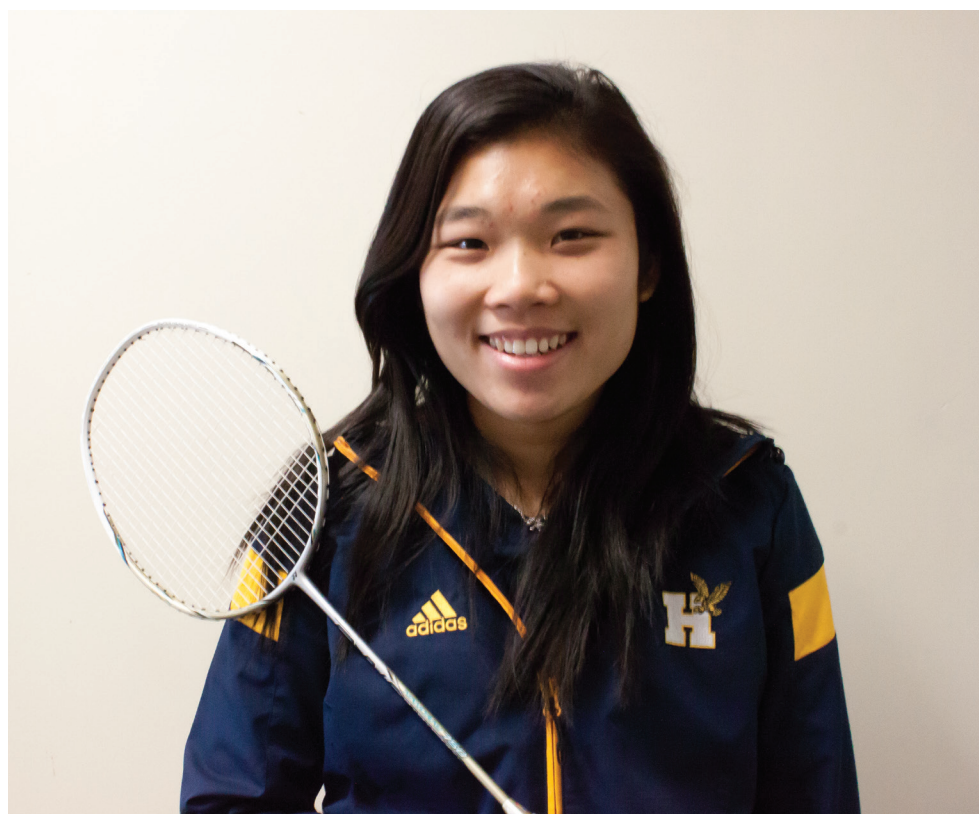
Tracy Wong
HUMBER VARSITY BADMINTON

seven years. He is confident that Wong embodies the strengths that the national training center searches for in an athlete.

"She is a strong mixed player, a strong women's doubles, and also qualified last year for the world university championship in singles," Morissette said.

"So that type of all around versatility gives us the player we are looking for and want for the team," he said.

University badminton players competing in the CIS are predictably the top contenders to represent Canada



JESSICA REYES

Badminton player Tracy Wong is one of the most decorated athletes in Humber College history. She's been selected for World University Games to take place in Gwangju, South Korea.

at the FISU World University Games, but in Wong's case, she proves strong college programs can develop elite athletes that can play with the best of them.

"We want to take the best regardless where they come from," said Morissette.

"The cream rises to the top and Tracy has consistently risen to the top," he said.

Wong's appearance in South Korea this July will be her final performance in her post-secondary career. "What I expected the most from myself every time I'm

out on the court is just that I will give 110 per cent," said Wong. "I plan to apply this work ethic from varsity to my life after."

"I really appreciated what Humber gave me. All of the friends and the family, because it truly is a family."

Basketball Canada camp selects U16 team

Alexandra Martino
SPORTS REPORTER

Basketball fans spend much of March and April putting together brackets and dreaming up who'll win the NCAA basketball championship.

For Rowan Barrett Jr., fantasy basketball is dreaming of being a member of the Duke Blue Devils -- and the road to that might have made a stop at Humber College's gym.

The small forward from St. Marcellinus Secondary School in Mississauga said he supported Duke going into the final. He smiled when asked whether he sees his future playing basketball at the North Carolina university.

After a Canada Basketball skills camp, held at Humber over Easter weekend, Barrett was one of 12 boys selected to represent Canada at the U16 Fiba Americas in Argentina this June.

"It's always exciting to have Canada Basketball host camps at Humber, we have a longstanding partnership with the organization," said James DePoe, varsity coordinator of Humber Athletics and manager of the national men's Under-19 team.

The camp had prospects

practice shooting, offensive and defensive situations, with coaches keeping track of leaders in statistics like rebounds and shot percentages.

"This camp allowed us to evaluate kids we weren't familiar with as well as re-evaluate kids we've seen a lot of," said James Derouin, assistant coach of the Cadet team.

With the camp being the last chance to make an impression on coaches, players put their all into what Barrett and teammate Danilo Djuricic of the St. Michael's Blue Raiders called a "long and hard" weekend.

"These kids were competing for jobs, they're elite athletes and this exposes them to what's part of the path to their bigger goals," said Derouin.

The pressures of performing well throughout the weekend could have isolated prospects and focus on their own game, but it became an opportunity to grow along with their peers.

"The weekend was tiring, but it was great to be with my teammates," said Djuricic.

"There was a lot of competition and a lot of stuff to remember, but it helps bring us together and develop a chemistry," said Simi Shittu from

Corpus Christi Secondary School in Burlington.

Derouin cited benefits of the practices and Canada's young men's players building a rapport.

"Some of these boys have been playing together for at least two years through Canada Basketball's junior

academy, they know how to play with each other and discipline one another which makes it easier to coach."

The camp sent a clear message that the future is bright for basketball in Canada.

"There's definitely been a boom, but I think we're past hype and there is legitimate

growth," said DePoe.

Canada's coaches have a clear objective for what the newly selected team should aim for in Argentina.

"We'd like to come back with a medal, but we definitely want to be in the gold medal game," said Derouin.

But to continue on the path to a successful campaign at the U16 FIBA Americas, there has to be a greater goal.

Shittu mentioned University of Michigan, Duke and Kentucky as teams whose style of play he enjoys, and he hopes the work he puts in now with Basketball Canada will help him reach that.

"Becoming a NCAA Division I player is probably everyone's goal in our group and us working hard at camps and practices motivates us to keep going," he said.



ALEX MARTINO

Danilo Djuricic and Simi Shittu from Canada Basketball Cadet men's team after selection camp hosted at Humber.