



COURTESY OF HSF  
Tim Brillhante is HSF's newly elected  
president for 2013-2014.

## This year's HSF vote went *Brilhante-ly*

Tim Brillhante can finally celebrate his hard work as newly elected HSF President

**Espe Currie**  
Student Government Reporter

Tim Brillhante has been elected president of the Humber Students' Federation.

The results, after weeks of competitive campaigning, were announced at 5 p.m. Friday in the North campus HSF boardroom.

Brilhante finished second in the race last year. After coming so close, the 2013-2014 president was elated with the outcome.

"I'm overwhelmed with excitement, joy — just really, really satisfied with the results. I worked so hard and I'm so happy that the students got out there and voted," Brillhante said.

The voter turnout trumped last year's record, with 6,609 students, 24 per cent of the Humber and Guelph-

Humber student body, casting a ballot. Bhalinder Bedi, HSF's current president, won in 2012 after 5,379 students, 22 per cent of the student body, voted.

"We had a great voter turnout (this year)," he said.

Natalie Quinlan, HSF's Chief Returning Officer and the executive who ran this election, said she is proud of the competitive turnout.

"In the past, Humber has exceeded the voter turnout of other colleges," she said. "We have one of the highest voter turnouts."

Other successful candidates include Colin R. Edwards-Crewe, elected VP Student Life for Humber's Lakeshore campus, and Daniel Pasin, for the same position at the North campus.

Kay Tracey and Candace Pellet were elected VP Student Affairs at

North and Lakeshore campuses, respectively.

Christina Marin, Eric Collings, Emily Rockarts, Diana Gaspar, and Shanique Graham were elected to the HSF's board of directors.

Brilhante currently serves on that board as a representative of Humber's business school.

His platform, which advocates for international students and leadership development at Humber, emphasizes engagement.

"I think HSF does a tremendous job, and I think working closer with the street team, getting them out there, interacting with students a bit more could really go a long way," he said. "It's really understanding what are the hot topics, what are the issues and how much influence can HSF put behind that."

Bedi said he's the last person who should be giving advice as he's still learning himself. But he had some for Brillhante:

"Bring your personality to the role, be the role, don't let the role define you," Bedi said. "You define the role. Make mistakes, there's a great support system here. And Ercole (Perrone, HSF's executive director) is a great mentor."

Teresea Silva, HSF's current VP Administration at the North campus, said that her best advice for any exec would be to take the position seriously.

"It's not necessarily enjoyable because of the nature of it, but it's rewarding, 100 per cent," she said. "Take it seriously because there is a great sense of responsibility that comes with it."

The newly elected executives begin work May 1.

## Jazz legend Jack DeJohnette hits Humber campus

**Faiza Amin**  
A&E Reporter

World-renowned jazz drummer Jack DeJohnette will perform at the Lakeshore campus auditorium on March 20.

DeJohnette, 70, a giant of the jazz fusion era who worked with such artists as Miles Davis, Sonny Rollins and Keith Jarrett, said it's important to him to engage with younger generations.

"It's important not only in music but in the human family," said DeJohnette, in a phone interview from New York. "It's an exchange between younger generations and older, vice-versa."

DeJohnette, a Grammy winner, will join the Humber Studio Jazz Ensemble led by Denny Christianson. The ensemble will perform variations of DeJohnette's compositions.

Christianson said he reached out to the musician because he's one of the greatest jazz artists today.

"He's certainly one of the all-time legends, and he's capable of playing almost any style of jazz that you can think of," said Christianson.

Christian Brown, 23, a fourth-year student in the music program, will be performing alongside DeJohnette in the ensemble. Brown said he is look-

ing forward to learning more about the music legend.

"Having someone come in who's had as much experience as him playing with all the incredible jazz musicians will be a great honour," said Brown. "He's played with great amounts of players that created the jazz tradition."

James Hill, 22, will also be performing in the ensemble. A third-year music student, Hill said he is most excited about playing with DeJohnette.

"He's played with some of my favourite musicians," said Hill. "I'm looking forward."

DeJohnette's visit will also include a three-day workshop for music students.

"He has a lot of experience, (more) than a lot of teachers at our school, so it's a great experience to have him here," said Brown.

"I'm looking forward to hearing his ideas, and learning about what feedback he has to us students," said Hill.

DeJohnette said he is always inspired to play and compose.

"My passion for playing music comes from what it does for me and what it does for others," said DeJohnette. "I get good feelings when people are smiling, it's very rewarding."

DeJohnette and the Humber Studio Jazz Ensemble will take the stage at 8 p.m.



PHOTO BY JAMES ADAMS  
Drummer Jack DeJohnette will be performing at the Lakeshore campus auditorium on March 20 with the Humber Studio Jazz Ensemble.

## Friendly Fire's big winners

**Thomas Rohner**  
Biz/Tech Reporter

A few entrepreneurial students are a little richer this week after taking home cheques from Humber's Friendly Fire Competition.

The contest, open to students and alumni, ended March 9 with five of the eight final teams being awarded cheques to bolster their business dreams.

The top prize, a cheque of \$15,000, went to David Smith, a recent graduate from the web development program. His business, Open Music Networks, provides a collaborative online platform for musicians to create and share work while being protected by copyright.

"I'm a really bad guitar player," Smith said after winning the cheque. "But I'm not in it to promote my own music. I'm in it to promote thousands of musicians more talented than myself."

There's nothing like Open Music Networks on the market, Smith said. "A competitive platform is Sound Cloud but Sound Cloud could very easily be perceived and used as an adjunct to what we're doing. They're not a direct competitor."

...Continued on page 6

## IN THE WORLD THIS WEEK

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|--|--|--|--|--|---|--|
| <b>18</b> 21 years since the end of Apartheid<br>In 1992, a staggering number of white South Africans voted in a national referendum to end policy of Apartheid, a system of racial segregation that severely curtailed the right of blacks. | <b>19</b> Father's Day in Bolivia<br>Bolivians celebrate the contributions that fathers and father figures make to the growth of their children. | <b>20</b> International Day of Happiness<br>All the United Nations wants is happiness for us. This year marks the first observance of this day, meant to promote the well-being of all people. | <b>21</b> World Poetry Day<br>UNESCO has been celebrating this day since 1999, and encourages its member to do the same. UNESCO recognizes the cultural and social impact of the language of poetry. | <b>22</b> World Water Day<br>Observed since 1993, World Water Day aims to bring attention to critical water issues such as access to fresh drinking water and sustainable management of water. | <b>23</b> Pakistan Day<br>Also known as Republic Day, this national holiday marks the adoption of the Lahore constitution, which made the country the world's first Islamic republic. | <b>24</b> World Tuberculosis Day<br>This international day is meant to bring public awareness to the renewed scourge of TB and efforts to combat the disease, which mostly affects people in the developing world. |

# Rexdale teen's shooting spurs campaign



COURTESY CRIME STOPPERS  
 Montaque's sisters Tanasha Smith and Roshea Gunnis spoke at the launch of the "You Remain Anonymous, Crime Does Not" campaign.

**Olivia Roger**  
 Crime Reporter

With the recent shootings in Toronto, Crime Stoppers has introduced a new campaign to engage the public in helping tackle gun violence.

The "You Remain Anonymous, Crime Does Not" campaign was launched after 15-year-old Jarvis Montaque was fatally shot outside his family's Rexdale townhouse last month. Crime Stoppers hopes it will encourage anyone with information to come forward.

"It started out as a soft launch as a result of the recent shootings," said Det. Darlene Ross, coordinator of Crime Stoppers. "We decided to speed things up with the campaign to gain public awareness about the crimes."

Montaque was shot outside his Jamestown Cres. home, around Martin

Grove Rd and Finch Ave, on Feb. 17.

In a plea for help, two of Montaque's sisters spoke at the campaign launch at 23 Division on February 26 in hopes people will see the new campaign posters.

"We've freshened up the advertisements of the program," said Ross. "You'll see that the witness in the posters is blocked so you can't see them contacting Crime Stoppers. We want people to know they can help and still remain anonymous."

The city has seen a number of shootings this year, including a lockdown on March 7 at Thistletown Collegiate Institute in Rexdale after a shot was fired outside the school. Toronto Police were working hard to enlist public support after these events.

"We are doing the best we can. We're patrolling the areas and bringing more awareness to the schools to get

information out there," said Cst. Ryan Willmer of 23 Division. "We can't see everything without their eyes."

Although police are still looking for the assailant in the Montaque case, students at Humber's North campus should feel safe, security officials say.

"There is no need to feel at risk on campus," said Michael Kopinak, Humber's associate director of the department of public safety. "We do work closely with Crime Stoppers and it's an important initiative we value."

Posters will be put up around campus after the college's marketing team approves them.

Anyone with information about the death of Jarvis Montaque is urged to contact Crime Stoppers at (416) 222-TIPS (8477), online at [www.222tips.com](http://www.222tips.com), text TOR and your message to CRIMES (274637) or leave a tip on the Crime Stoppers Facebook page.

# Ontario police looking to recruit more women

**Jake Kigar**  
 Police/Fire/Funeral Reporter

Police stations across Ontario are encouraging more women to join their ranks through new recruitment initiatives and college visits.

Staff Sgt. Geoff Dunmore of the Windsor Police recruiting branch said the primary goal of forces across the province is to educate women of all ages about policing and try to inspire them to join.

Dunmore said, currently, there are simply not enough women applying.

"There's a lack of female candidates," Dunmore said. "We are seeing fewer and fewer people even entering the process. If we don't have qualified people coming into the process, then we don't have people at the end to hire."

Dunmore said the force is promoting policing to women wherever they can think of. This includes speaking to women's groups and students.

"We make visits to colleges on a regular basis and we're even going so far as to go to the high schools," Dunmore said. "We have high school resource officers and they build a lot of relationships in the schools and are encouraging people to apply."

The Ontario Provincial Po-

lice are also promoting a province wide campaign for women by launching "OPP Bound 2013 - an initiative to recruit women." The event is a three-and-a-half day camp designed to inform and promote policing to adult women interested in joining the force.

According to a 2011 Statistics Canada report, only 18.4 per cent of Ontario police officers are female.

"The week is really geared towards people who have an idea that they might be interested in policing and for them to see what policing is about," Sgt. Kristine Rae of the OPP said.

"For those who know they want to be in policing, they can see what the OPP is all about,"

Sgt. Rae said.

"It's an opportunity to do things like firearms drills, scenarios, drive a police vehicle, quite a lot of interactive stuff."

These female recruitment initiatives are encouraging for Humber second-year police foundations student Charlotte Debois, who aspires to become an officer after she graduates.

Debois, 20, said women are interested in policing, but aren't as motivated to pursue the profession.

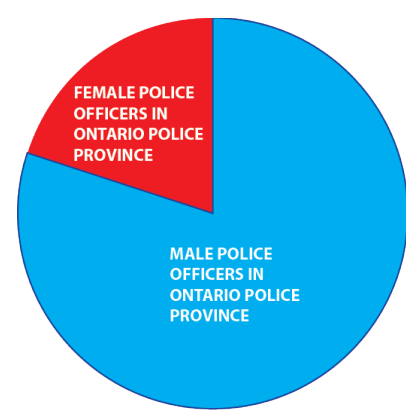
"Talking to a lot of the females, quite a few are interested in going into parole or immigration, or probation officers. Not a lot of them want to continue into policing," she said.

"Going through, quite a few of them weren't prepared for what the job would be and are looking at other options."

Debois said these new campaigns would hopefully encourage more students to pursue the career.

Female students interested in applying for the OPP Bound 2013 can fill out the application on [www.opp.ca](http://www.opp.ca).

**19.96 %**



BY SHARON TINDYBWA

**HUMBER**  
 School of Media Studies  
 & Information Technology

**Advertise Here!**

**The Humber Etcetera is distributed on three campuses to 20,000 full time students, over 55,000 part time students, 2,000 staff as well as to students at the University of Guelph Humber & six locations in Woodbine Centre.**

**To request a rate card or to book your advertisement please contact:  
 Media Sales Line 416-675-6622 ext. 4153  
 E-mail: [mediasales@humber.ca](mailto:mediasales@humber.ca)**

# Students assisting Humber chaplain, need grows

Hermione Wilson  
Diversity Reporter

As Humber's only interfaith chaplain, Rev. Len Thomas divides his time between the North and Lakeshore campuses, serving the spiritual needs of students and facilitating faith-based activities.

A growing student population has made his duties more challenging, so Thomas, a minister with the Canadian National Baptist Convention, has enlisted the help of four assistant chaplains, all Humber students.

"The chaplaincy is expanding and it's getting a little bit hard for one person to be able to manage all of it," he said.

Thomas started the program in January and, so far, his assistants are mostly doing legwork. They put up posters, manage the prayer room and

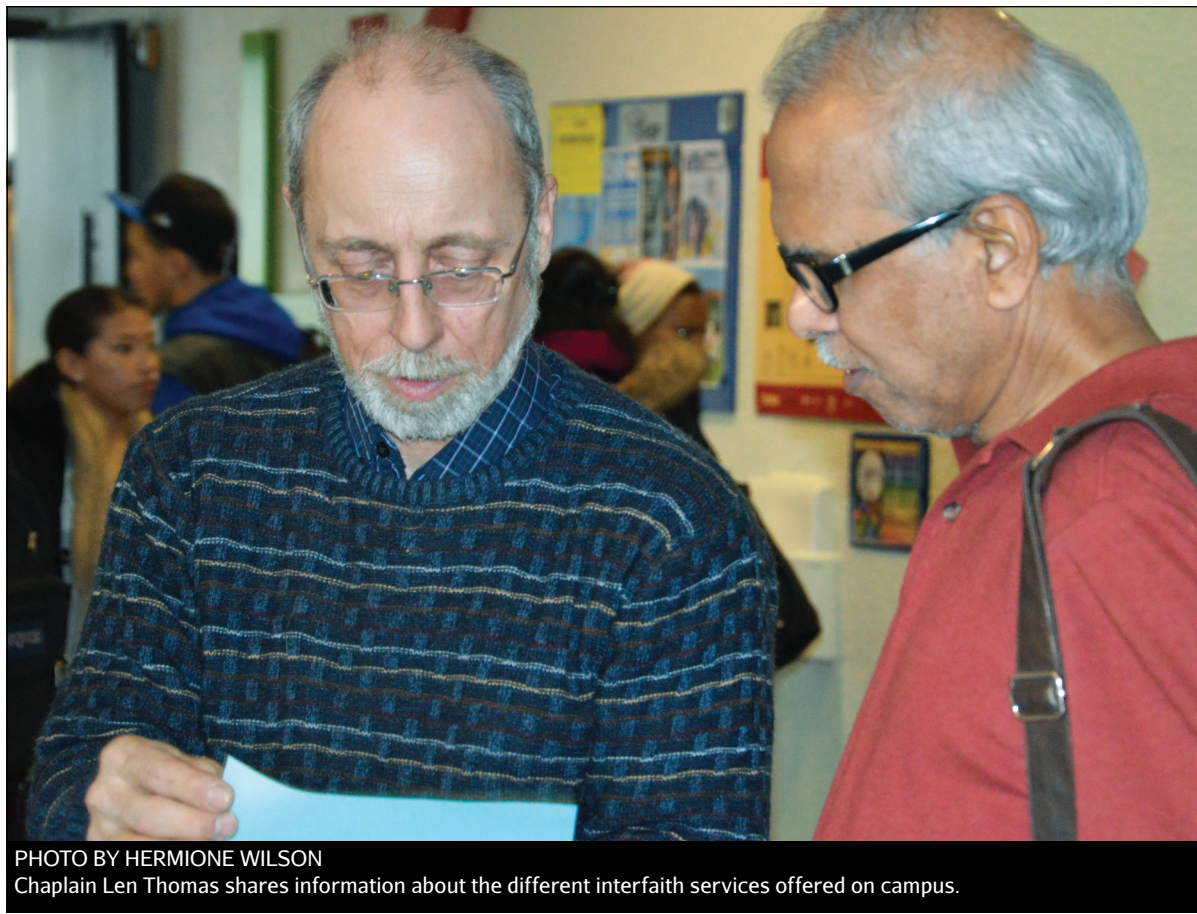


PHOTO BY HERMIONE WILSON  
Chaplain Len Thomas shares information about the different interfaith services offered on campus.

set up tables at the three campuses to educate students about interfaith activities. Thomas said, over time, their role will expand and they will be able to take the spiritual pulse of the college in a way he cannot.

"They're students themselves and

they can be even more in touch with the student body and the student base and be aware of things that I may not know about," he said.

Rachel Cook, 23, a justice studies student at University of Guelph-Humber has been an assistant chaplain

since the program started, but she has worked with the chaplain before. Cook is also active in the Jewish community.

"Faith is a big thing for people, especially if they're moving out for the first time and on their own for the first time," said Cook. "It kind of provides a

family and a community for somebody who may be from very far away (from home)."

The newest member of the team is Celine Herath, 39, an international student from Dubai, United Arab Emirates in her first year of aesthetics and spa management. Herath, a Christian, saw an advertisement for the assistant chaplain position near her locker one day and decided to respond.

"I was not sure what exactly the chaplain had in mind but I was ready to do anything," she said. "I want to make myself useful to someone who needs help."

Thomas has been at Humber since 2002 and his role as interfaith chaplain is as diverse and varied as the student population he serves. Thomas is available for one-on-one counseling, but he also provides support to students when it comes to their spiritual needs.

"Sometimes you're able to help someone directly, but most often you're trying to provide opportunities to facilitate help," Thomas said.

Wali Noori, 21, a second year engineering student, helps organize a Friday prayer group for Muslim students. The group existed before he arrived but not many knew about it. Thomas encouraged Noori to make the group official and made the prayer room available to them.

To be recognized officially, the group needs to have a faculty or staff contact as a reference and inform the Chaplain of any meeting schedule, said Thomas.

"Anytime I went to him, he was a very nice guy," said Noori. "I hope he stays around for a long time."

# Nutrition Month exhibition guides healthy food planning

Penny Munoz  
Fashion/Culinary/Hospitality Reporter

Students from Humber's food and nutrition program are putting together the final details of their presentations for the annual Nutrition Month exhibition.

Students, faculty and the general public will get a chance to see the presentations in the North Campus foyer March 19-20.

Dietitians of Canada, the practitioners' national organization, this year established a Best Foot Forward program, starting from the grocery store.

Stressing the importance of healthy planning, shopping and cooking, the students are putting on presentations to help promote this year's mantra, "Plan, Shop, Cook, Enjoy."

Graduating student Jennifer Lucchetti is working with the Canadian School of Natural Nutrition (CSNN) to promote food and nutrition awareness in the school.

Lucchetti will be presenting Tuesday March 19 with the CSNN.

"We want to get people aware that food made at home is possible," said Lucchetti.

"That milestones quote 'it's okay, you can eat out tonight', we want to change that and say 'it's okay, you can eat at home tonight.'"

The event will include free food students are encouraged to try, fun nutrition facts and a draw for a grand prize of a gift basket including a cookbook, utensils, fact sheets and more.

"It's great, healthy nutrition infor-



PHOTO COURTESY OF SUSAN SOMERVILLE  
Kroetsche and his healthy meal created at the Humber lab with the food and nutrition program.

mation by our very own food and nutrition students. There will be things to taste, and lots of learning," said program coordinator Susan Somerville.

Humber Culinary grad and current second year food and nutrition student Tom Kroetsche will be teaching attendees about a healthy diet and fiber.

"You can have a healthy diet, and you don't have to make too many

modifications with the inclusion of fibre," he said. Kroetsche aspires to be a clean cooking chef who will be able to teach people that eating healthy can also be enjoyable.

Stephanie Delcol, 19, and a second year early childhood education student, said she is looking forward to the event.

"I'm excited to learn about different types of healthy food, I find it interesting... it's motivation," she said.

# Volunteer work being linked to improved heart health

## UBC study finds range of benefits

Therese Jastrzebski  
Nursing/Health Reporter

High school students who have volunteer experience improvement in cardiovascular health, a University of British Columbia study has found.

The students who participated in the study, all in the tenth grade, were split into two groups, one of which volunteered with elementary school children for an hour a week and another which was waitlisted and did not volunteer.

The students who volunteered had lower levels of inflammation, cholesterol and lower BMIs after 10 weeks.

As well, those that felt the greatest increases in empathy, altruistic behavior and mental health were the ones who showed the best improvement in their cardiovascular health.

People of all ages, not just students, can be affected by volunteering in the same positive way, said Liz Sokol, counselling coordinator at Humber's North campus.

"Generally, when you're doing vol-

unteering, you're helping somebody do something and I think in general that makes us feel pretty good," said Sokol.

"It puts your own issues to the side, which is sometimes a good thing."

Heidi Beck, 18, a first year creative photography student, volunteered with kids at an elementary school and said it makes her feel she has done something helpful.

Beck connects with the speed skating community through the volunteering she does now.

"I started coaching," said Beck. "I've been speed skating for ten years, so I coach once or twice a week at my club for an hour with kids who are learning to speed skate."

Bhalinder Bedi, the president of HSF, said volunteering is a chance for students to stretch their capacity and connect with others.

"It's an opportunity for them to get out of their comfort zone, to give back, to feel better about themselves by doing something that's not attached to any monetary compensation," said Bedi.

"They get a chance to hang out with like minded individuals who want to give back as well and it's usually a fun time."

Volunteering can be a good opportunity for students to expand their social network, said Sokol.

"We have a lot of international students who have no social network except for the people they came with, so volunteering for them is a way for them to connect to this community, whether it be the Humber community or external to Humber," she said.

There are many volunteering opportunities for students at Humber, with a campus clean up event for Earth Week in April, said Bedi.

Students who want to check out volunteering opportunities at Humber can go to [humberlife.com](http://humberlife.com) or visit any of the HSF offices for more information.

## Childhood obesity: a growing epidemic with 93 per cent of children not getting enough exercise

# Canadian kids lack adequate physical activity

**Kerrisa Wilson**  
General Assignment Reporter

Ninety-three per cent of children and youth in Canada do not get the recommended amount of physical activity, according to the Canadian Health Measures Survey.

In the study, 856 children in the fifth and sixth grades from 16 schools in the GTA were observed.

In 2010 and 2011, the kids wore accelerometers, small devices similar to a pedometer, for one week.

The accelerometers captured them in light, moderate, vigorous and sedentary activity from the children, who were required to wear the devices all day.

According to the study, the results show that the majority of children do not abide by current physical activity recommendations and spend much of their day inactive.

Kristan Lingard, Humber's fitness and health promotion program coordinator, said that for achieving overall health, eating right and exercising are equally important.

A big reason why Canadian kids aren't getting enough exercise may be the significant amount of time they spend indoors, she said.

"A lot of it has to do with screen time," said Lingard. "People spending too much time on the computer, watching TV, watching movies, surfing the

Internet and playing video games."

The recommended amount of time children should engage in physical activity is 60 minutes a day of moderate to vigorous activity, said Lingard.

According to Sally Kotsopoulos, Humber's early childhood education program coordinator, children do not engage in enough physical activity throughout the day.

"Children don't need to exercise like you and I would think about it," said Kotsopoulos.

"They do need to, physically, use their bodies and they need to do that every day regularly."

Our culture is not filled with enough outdoor play and children are born into a media oriented world, said Kotsopoulos.

Jeff Feke, Humber's child development centre supervisor, said it is important to set a model for children to continue a healthy lifestyle as they grow and develop.

"It's all about the balance and getting a chance to, at least, have the choice when they get older between healthy and unhealthy living," he said.

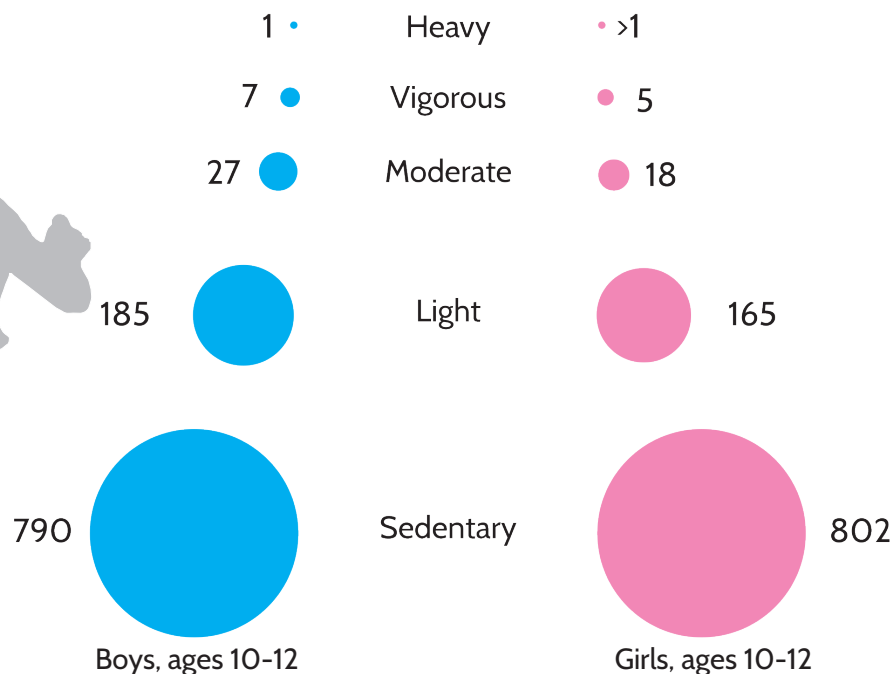
Parents can be role models for their kids and get them motivated and involved in an active lifestyle, said Feke.

"Kids and the medical issues that come along with them being obese or

inactive is skyrocketing," said Feke.

"It's a little scary, but for me and my kids, it's completely important for them to be outside and to get the fresh air and experience that different places have to offer."

### Average daily minutes of activity (various levels of intensity)



Source: Canadian Health Measures Survey

GRAPHIC BY GRAEME MCNAUGHTON

A study from the Canadian Health Measures Survey found that only seven per cent of children and youth in Canada are getting the recommended amount of physical activity. Jeff Feke, Humber's child development centre supervisor, said it's important for kids to get outside.

# Panel urges ban on junk food ads for kids

**Lily Tran**  
General Assignment Reporter

Grocery store checkout shelves of the future will look bare compared to their modern day counterparts stuffed with junk food, says an early childhood educator at Humber College.

The possibility stems from a Healthy Kids Panel suggestion to curb childhood obesity. The panel is calling for a ban on marketing junk food to children under 12-years-old, as well as a ban on junk food at checkouts of grocery stores.

"What would be interesting to see is what checkouts will look like with apples and bananas, instead of junk food," said Sally Kotsopoulos, the program coordinator of early childhood education at Humber.

"I'm thrilled to see it as a registered dietician and a parent," said Susan Somerville, the program coordinator for food and nutrition management program at Humber.

"We need to intervene," said Somerville.

"Unfortunately, there's a lot of food in our food system that is cheap and caloric dense, but not nutrient dense," Somerville said.

According to a 2012 report from Statistics Canada, almost one third of Canadian children were classified as overweight or obese.

The Healthy Kids Panel plans to reduce the rate of obesity by 20 per cent in the next five years, assuming the government, along with educators and parents, take action. This will help reduce medical problems that obesity causes in children.

"We have an obesity pandemic. We have young children getting type two diabetes, which we used to call adult onset diabetes," Somerville said.

The age of onset and diagnosis of diabetes is now occurring in younger people, she added.

Somerville said Ontario could look at schools as an example of what will happen with a junk food ban, where pop, chips and chocolate were removed from vending machines at most schools under the Ontario Food and Beverage Act.

The act also removed foods with high sugar and sodium content from school cafeterias as well, she noted.

"We can look at what's happening with that policy to predict what's going to happen with suggestions for healthy eating," said Somerville about a possible junk food ban.

Somerville said she is certain that young people will "see the advantage of healthy eating and develop a taste for healthier foods."

It's not just schools that monitor junk food. Childcare facilities must also provide healthy food to children,



CREATIVE COMMONS COURTESY WALMART CORPORATE

In an effort to curb childhood obesity, the Healthy Kids Panel is suggesting banning the sale of junk food from grocery store checkout lanes, as well as banning the marketing of junk food to children under the age of 12.

said Kotsopoulos.

"Every childcare centre who provide meals to children have to provide two thirds of a child's required food intake and that has to be from Canada's Food Guide," said Kotsopoulos.

Jeff Carson, 19, a first-year student in Humber's early childhood educa-

tion program, said he agrees with a junk food ban.

"Kids are smaller, their bodies are smaller and becoming obese can cause high risk health problems," said Carson.

Carson said his placement is at a daycare facility that strives to provide

healthy food to children.

Some of the healthy foods served to the children include "organic foods, baked organic muffins, halal chicken and salmon," he said.

"I feel this a step in the right direction," said Somerville about the possibility of a junk food ban.



**HUMBER**

The Business School

Advertising – Media Management  
Alternative Dispute Resolution  
Event Management  
Fashion Management & Promotions  
Financial Planning  
Global Business Management  
Human Resources Management  
International Development  
Marketing Management  
Public Administration



# 10 WAYS TO LAUNCH YOUR CAREER

**FIND YOUR NICHE WITH  
A POSTGRAD IN BUSINESS.**

[business.humber.ca/postgrad](http://business.humber.ca/postgrad)

# Layoffs at Canada's largest newspaper

**Kaitlyn Morris**  
Biz/Tech Reporter

The *Toronto Star* is outsourcing copy editing and layout jobs to Pagemasters North America, a company owned by the Canadian Press. The move means the loss of as many as 55 jobs at Canada's largest newspaper.

"All newspapers and media organizations in Canada and North America are facing tough economic times," said *Star* communications manager Bob Hepburn. He said that cutting jobs is "one of the last steps that any news organization wants to do."

"The push is always on to do more with fewer people, and this could be part of that trend," said Mike Karapita, a program coordinator for Humber's journalism program.

The jobs affected include copy editors, layout people, librarians, designers and editorial assistants.

"These are tough decisions to do, but we do believe we can maintain the quality of the newspaper," Hepburn said. The *Star* has "taken great strides and efforts to maintain our reporting quality. Readers both in print and online will still get the same quality."

But Stuart Laidlaw, unit chair of

the *Star* Communications, Energy and Paperworks Union of Canada, said that cuts this deep would likely affect quality.

"The people doing these jobs play vital roles," Laidlaw said. Library staff in particular provide "another set of eyes on the issue. We think that's vital too, in this competitive market."

He also said the cuts are unfortunate for young journalists starting out in the industry.

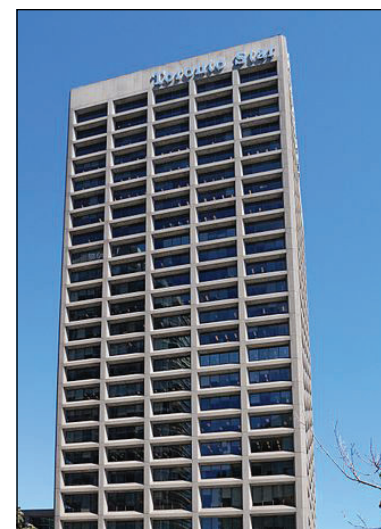
"The radio room program, which was initiated by the union 20 years ago to bring young people in the newsroom and give young journalists their first opportunity in the business, is also

facing the axe here," Laidlaw said. The *Star's* radio room is staffed 24 hours a day by young journalists who monitor police, fire and EMS communications, TV, radio, social media and online news for breaking stories.

"It's hard to say ... that the paper's going to keep up its quality," said a *Star* copy editor who asked to remain anonymous. "We're doing a lot with a little right now."

The total number of jobs that will vanish still remains to be seen.

"There's a lot of bargaining still left to be done," the copy editor said. "I hope [the union] can save some jobs. I believe in them."



COURTESY WIKICOMMONS  
Toronto Star cuts will make it harder for young journalists to find jobs.



HUMBER

## DEGREE *Lecture Series*

Wednesday | March 27, 2013 @ 12:15 pm

Lakeshore Campus Auditorium

# The New Social Innovation Paradigm

Tonya Surman is upending our notions of work, innovation, and community by shaping them into a new model of social entrepreneurship. Surman speaks about the emerging economy, and how creative business models and collaborative strategies are engaging all types of stakeholders, and making the world a better place.

In this talk, Surman outlines three trends in social innovation that are changing mainstream discourse. She discusses entrepreneurship, collaboration, the power of local and why, above all, business missions must be systems-changing. It's not about non-profits asking for free money; it's about harnessing innovative new business models that produce real, and lasting, change.



## Tonya Surman

is co-founder of the Centre for Social Innovation – the celebrated Toronto workspace that houses nearly 350 disparate but like-minded non-profits and social enterprises. Surman was recently named a Global Ashoka Fellow. Currently, she co-chairs the Ontario Nonprofit Network, and is a founding trustee of the Awesome Foundation Toronto.

Register online at

[humber.ca/degree-lecture-series](http://humber.ca/degree-lecture-series)

All students and staff are welcome to register

# Massive Online Open Courses gain popularity

**Xiaoli Li**  
Biz/Tech Reporter

Massive online open courses promise a revolution in education, but skeptics point out that many questions around the technology remain unanswered.

MOOCs are university-level courses, available for free on the web. Taught through online video lectures and blackboard systems like Coursera and Udacity, these programs are offered by affiliated universities and taught by full-time professors at the institutions.

"It's kind of interesting that U of T is doing that, because they don't accept credit or degrees from online universities that have an open policy," said Clare Brett, associate professor at University of Toronto's Ontario Institute for Studies in Education.

Many post-secondary institutions don't recognize accreditation from open courses. "It's very much in flux, this whole MOOC thing," said Brett.

"The assertion that you're suddenly going to talk to 20,000 people isn't realistic, because you aren't. You're watching videos of somebody lecturing," said Brett.

The lack of connection to a classroom environment and interaction with a professor is difficult, and Brett said students "have to learn how to learn online.... it's very different. You're all alone. You have to be very self-motivated to continue."

What makes MOOCs different from online courses already provided by many post-secondary institutions is that MOOCs are always free, don't require students to pay any kind of tuition or registration fee, and have no entry requirements.

Some universities offering MOOCs include Stanford, Princeton, and the University of Toronto.

Skeptics point to low completion rates among students in MOOCs, and a seeming lack of accountability.

"If you create a program that is universally accessible and free, sometimes the value people associate with something free, is less than what they would associate with something you have to pay something for," said Humber president Chris Whitaker, although he added, "the notion of universally accessible education at no charge, is great."

Eileen DeCourcy, associate vice president of teaching and learning at Humber said, "to date, we don't offer any open online courses, to the masses," but said Humber offers over 400 courses to students through their programs, or through the Ontario Learn program.

DeCourcy also said "Humber is looking at MOOCs for the future." She couldn't speculate on what courses might be offered, but said they would need to be "a subject that's intriguing and compelling, and interesting, and will have application for many, many students."

# Cuts at US customs could cause headaches at border

Josh McConnell  
Biz/Tech Reporter

Students driving south of the border for shopping or vacations can expect longer wait times due to recent U.S. government spending cuts, according to the United States Customs and Border Protection Agency.

The spending cuts, often referred to as “the sequester,” went into effect on March 1 and affect 60,000 U.S. border jobs, according to an agency statement. Longer wait times at the border may hurt both the Canadian and U.S. economies due to slower trade and tourism.

The federal government’s top priority is jobs and growth, said John Babcock, spokesperson for Canada’s Department of Foreign Affairs and International Trade in an email statement to Humber Et Cetera.

“While Canada’s economy remains strong, we are still vulnerable to uncertainties outside of our borders,” said Babcock. “Facilitating legitimate trade and travel between Canada and the U.S. is key to our continued economic success. It is our hope that leaders in the United States work together

to develop action that will put the US fiscal position on a sustainable path.”

Babcock said the federal government would be concerned with “any impacts that could delay progress to reduce wait times for people and goods at the border.”

Josefine Oshunrinde, manager of Humber’s Travel Centre, said she doesn’t think the delays at the border will discourage students from heading south.

**“We are still vulnerable to uncertainties outside of our border.”**

**John Babcock  
Dept. Foreign Affairs**

“For students, they are already excited for the trip. It’s all part of the adventure to them. The key is to still give yourself ample time and don’t go at rush hour.”

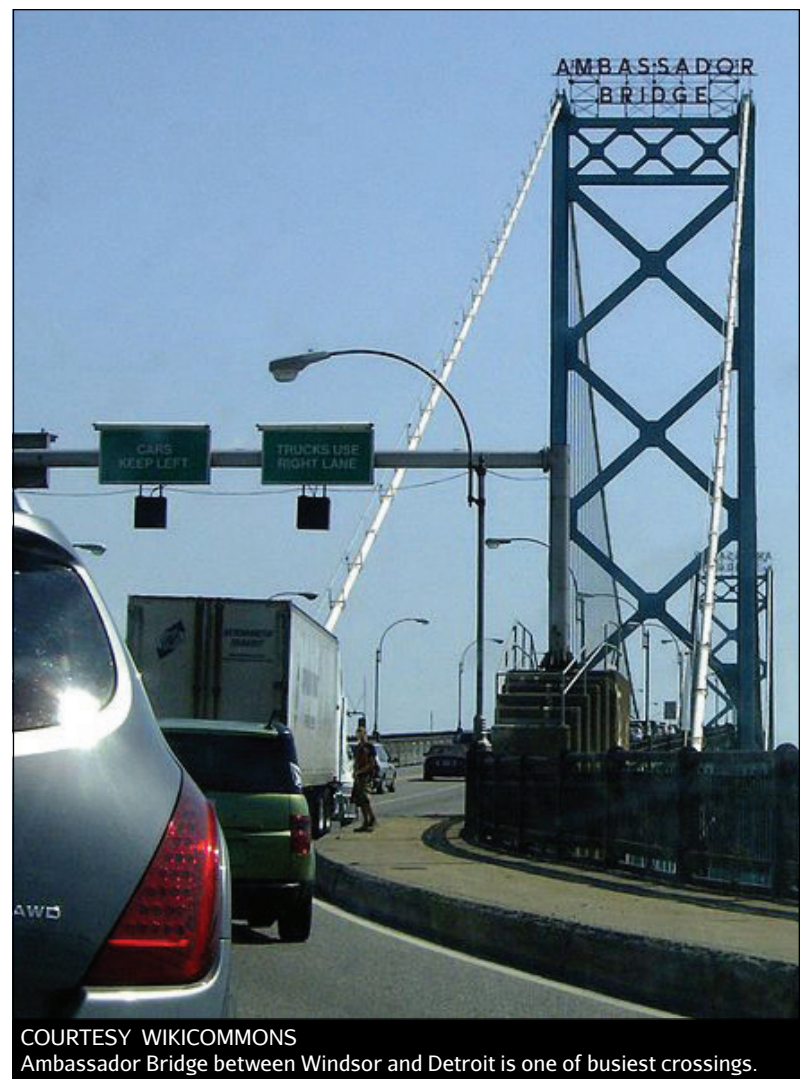
Ihor Sokolyk, an economics professor at Humber, said he has been look-

ing at the big picture effects of the sequester. Sokolyk said the White House offers an interactive map that shows how the sequester hurts each individual state

“The source is the White House and, if you believe them, then longer line-ups at the border are the least of anyone’s concern,” said Sokolyk. “Disabled children without support? Grandma and Grandpa without meals? Kids not getting immunization? This is 2013 and the richest country in the world.”

But Sokolyk said the important thing to remember is overall government spending is actually up in the United States compared to last year. Sokolyk said the spending cuts affect only about one-third of total government spending and new revenue streams created by the U.S. government offset the total amount of cuts caused by the sequester.

“Increased income taxes as of January 1 may gain an additional \$620 billion over 10 years and bringing back the payroll tax should generate an additional \$120 billion per year,” said Sokolyk. “How significant is the \$85 billion in cuts now?”



COURTESY WIKICOMMONS  
Ambassador Bridge between Windsor and Detroit is one of busiest crossings.



PHOTO BY THOMAS ROHNER  
The judges and winners from Humber’s Friendly Fire competition (left to right) George Albert, Dr. Richard Reiner, Brian MacDonald, Jesse Bruce and Joe Keiz (Time For War Fitness), Gustavo Macias and Jake Harding (Skyline Agriculture), Desiree Giralto (ARMED Jewellery), David Smith (Open Music Networks), Julie Fitzgerald (Step Dance Studio).

## Innovators take home prizes

Continued from page 1

The Innovation Humber Incubator — an organization that helps cultivate successful business ventures — produced the show, with funding from the Ontario Center of Excellence, Cheryl Mitchell, Manager of the IHI said. In total, \$40,000 was distributed to the five winning teams whose business pitches most impressed the three-judge panel.

The judges, Dr. Richard Reiner, George Albert and Brian MacDonald, were chosen because of their extensive experience and success in the world of entrepreneurship, an information sheet from the IHI reads.

Mitchell said the show was six

months in the making and started with 40 applicants submitting a 500-word description and two-minute video about their business. Sixteen semi-finalists were then chosen and given the opportunity for speed-coaching, Mitchell said, where they had 5 minutes to pitch their idea to a business coach before moving on to another coach.

This proved to be one of the most valuable experiences in the process, contestants agreed.

“We had to be ready with our pitch and then they pulled it apart,” Anja Gusev, a web development student and finalist said. “We’ve improved so much from the first day.”

“Every time I go through this pro-

cess” of pitching, Tim O’Reilly, a music student and finalist said, “I get a better idea of what it is I’m doing.”

The other winning teams were Desiree Giralto for ARMED Jewellery (\$10,000); Jake Harding and Gustavo Macias for Skyline Agriculture, growing hydroponics on elevated rooftops (\$5,000); Julie Fitzgerald for a dance studio (\$5,000); and the duo of Jesse Bruce and Joe Keiz for Time for War Fitness, a fitness boot camp with a focus on obstacle-courses (\$5,000).

“The competition has become really popular,” Mitchell said. “We’re making improvements for next year and hopefully can have even more students try out.”

## Google Glass puts data in user’s eye

Kat Shermack  
Biz/Tech Reporter

Google is changing the way its users view the world with a new product, Google Glass, that’s scheduled for release at the end of 2013.

Google Glass, developed by the search engine giant, is glasses with a built in computer screen that appears in the corner of the user’s eye. The device responds to voice commands, and allows users to instantly take photos or videos, check the weather, or check their email. And it comes with a \$1,500 price tag.

While some technology experts have speculated that Google Glass will render the smartphone obsolete, a Humber expert says the two products are difficult to compare.

“I don’t think so,” said Muhammad Khan, director of Humber’s mobile device integration program, of the new device supplanting mobile phones.

“It’s a unique idea, it’s a different thing, but it may not replace a smartphone,” Khan said.

Still, Khan said he is excited about the device, and that it will appeal to the average consumer.

“It’s something new, it’s different. That’s what people go for,”

Khan said.

Ryan Burton, director of IT at Humber was also excited about the product.

“The idea is absolutely spectacular,” said Burton. “I certainly like the idea of not hunching over a smartphone or a tablet that’s right in front of you.”

Burton also doubted the product’s ability to replace the smartphone.

“I think that people have become very accustomed to their smartphones and their tablets,” Burton said. “This is going to be something that’s going to take some time to really penetrate.”

Privacy concerns about Google Glass have already arisen. The 5 Point Café in Seattle has preemptively banned Google Glass, stating on its Facebook page, “For the record, The 5 Point is the first Seattle business to ban in advance Google Glasses. And ass kickings will be encouraged for violators.”

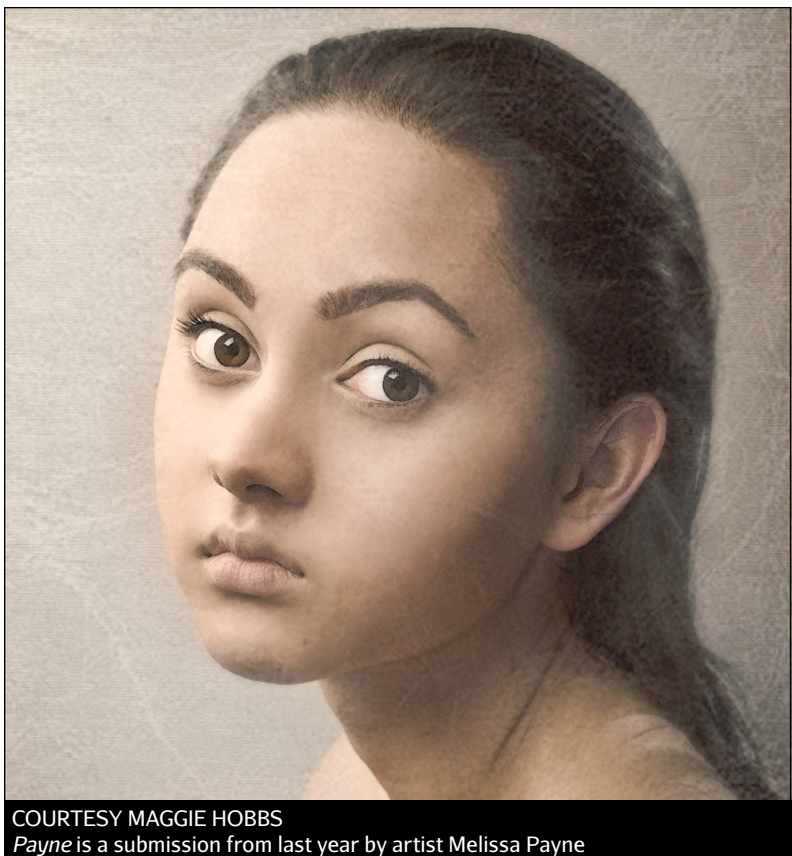
“There are always privacy concerns with technology,” said Burton.

“In the beginning there’s going to probably be that wow factor that will cause people to want to hurry up and plow ahead,” he said. “What likely will happen is as the novelty wears off and somebody gets burned, suddenly there will be a new light on privacy as there usually is with technology of this nature. Suddenly, people will be wanting to protect themselves in ways I can’t imagine yet.”

In Google’s promotional video for Glass, users are shown flying planes, skydiving and swinging on a trapeze. Burton questioned how realistic Google’s portrayal of Glass is.

“I don’t know if I’d want to do that right out of the gate,” said Burton. “That’s \$1,500 that could blow off your head.”

# City of Lost Art exhibit seeks student art



COURTESY MAGGIE HOBBS

Payne is a submission from last year by artist Melissa Payne

**Erica Vella**  
A&E Reporter

The 2013 Humber art show is accepting submissions from Humber students to participate in "City of Lost Art".

Starting March 20, Humber students are invited to submit paintings, photographs and drawings to be judged by a professional jury for an opportunity to win cash prizes.

Submissions for the multi-themed April art show at North and Lakeshore campuses are accepted until March 27.

Sponsored by Humber Students' Federation, the art show is an annual event that allows any full or part time Humber student to submit a visual art piece to be used in an exhibition.

"The ability for students to submit art to a competition—to a juried show—is huge... it gives all the art areas a chance to submit to a local competition and from there it could go forward," said Humber director of student affairs, Maggie Hobbs.

Noni Kaur, a jury member and program coordinator for the visual and digital arts program at Humber, said "there are different categories—anything from drawing to painting to photography. It is very varied and we

look for the quality of the work."

Submission categories include colour photography, painting and drawing, mixed media, monochromatic photography and three-dimensional art.

Students who are part of the Humber public relations diploma program are promoting the event as part of their second-year curriculum.

"We really want this to be a great experience and showcase the talent that Humber has... we have so many amazing and talented artists throughout all of the programs that Humber offers," said second-year advanced public relations student Tamara Goertz, 32.

"All the publication and all the promotion material—the students are the ones who actually do it. They also are the ones who do the logistics behind getting all the art in, registered, labeled and out on display. [PR students] manage the juror selection," Hobbs said.

Students may submit a maximum of two art pieces to the Humber art show.

This is a platform to showcase works by students who would otherwise not have had a chance to participate in an exhibition, Kaur said.

The seven-person jury will be judging the pieces on April 7.

"The panel of seven come in on ...

and they will judge all the art. [For] each one of the categories there is a first, second, third and honourable mention," said Hobbs.

"I enjoy the wide variety of work I get to see and the quality of work and the amount of passion and commitment that is put into each individual piece is really exciting," Kaur said.

The works will be exhibited on April 8 to 10 at North campus, then move to Lakeshore campus on April 11 for the presentation reception. The exhibit will stay at Lakeshore L Gallery until April 16.

Students will then be given the opportunity to display their work in a professional exhibit setting when the show moves to the Williams Mill Gallery in Halton Hills on April 17.

In addition to winning cash prizes, five pieces chosen by jury members have an opportunity to represent Humber at an international level at the League for Innovation Art show in April.

"Whether you are in an art program or if you have a passion for art despite having another career path ... it's taking a shot with your creativity and you don't know where it's going to end up," said second-year advanced public relations student Duncan Clair, 27.

# Rocking Strumbellas hit Canadian Music Week

**Andrea Fernandes**  
A&E Reporter

Humber graduate Jon Hembrey will play alongside his band The Strumbellas at Canadian Music Week on March 21 at The Horseshoe Tavern in Toronto, one of some 350 acts to perform in the annual showcase.

The festival will run from March 19 to 24.

According to the website, Canadian

Music week is "the largest gathering of music supervisors (industry professionals) in Canada ever." Cameron Wright, the festival director, said, "Canadian Music Week is meant to showcase Canadian talent and to export talent out. Also, it's meant to showcase international talent and to introduce them to the Canadian market."

Hembrey, a Humber journalism program graduate in 2011 said his music is a mixture of a little bit of every-

thing.

"It's just a combination of country, folk, pop and indie rock. I guess it's all about having good time. It's pretty fun and it can be very sad at the same time," said Hembrey.

Alongside musical performances there will be three different music conferences.

According to the website, "Canadian Music Week's 3 day Music Summit is designed for both industry

executives and recording professionals focused on the business of global music."

The price to attend one of these music summits begins at \$300.

"The conferences are on par with other major conferences in the world and the conferences are broken down to be a little more specific, one being specifically about live touring," said Wright.

The website reports that the conferences "will provide you with the tools and knowledge to build your profile in the business and put you face-to-face with the forward-thinkers who shape the entertainment industries."

Adrian Gagnon, creator of Brightmind music, a company that is looking to narrow the divide between music creators and consumers, will also be performing at the festival.

Gagnon said that it's a good way of

showcasing Canadian talent, and that people are coming from all around the world for the conferences. He said that it's an opportunity for unknown bands to play in a more official setting.

"We spent all year long travelling the world finding key delegates and key people that are doing great things for their country," said Wright.

"The focus this year is happening on Japan, Korea and the Nordic Region. We bring these people here in hopes that they will go out and find new talent," he said.

Wright said the festival will have headliners like Rihanna but "on the other hand the festival is about developing acts and having the moment to play in front of people."

"This is six nights out of the week that you know you are playing to people that could help change your career," said Wright.



COURTESY JON HEMBREY

The Strumbellas with Humber grad Jon Hembrey second from right.



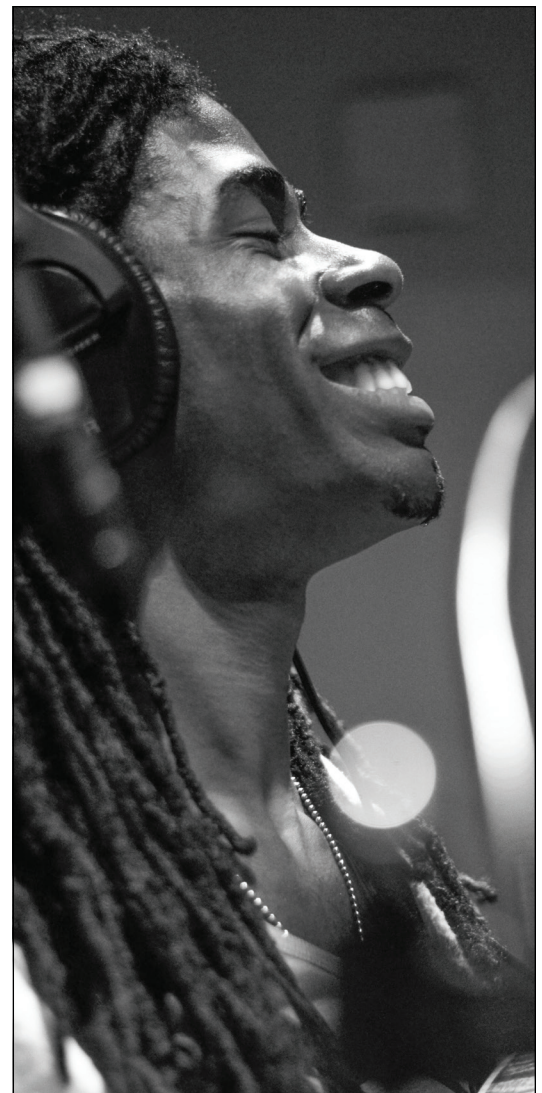
COURTESY KATE PADDISON

The Strumbellas performing on a rooftop.





COURTESY MINDIL BEACH MARKETS  
The Victoria-based band is en route to a March 21 concert at Humber North campus as part of a national tour of their rock, hip-hop, funk and reggae sound. The performance is part of a free show at LinX which is being hosted by Radio Humber as a Celebrating Canadian Music event.



COURTESY COLIN RESPONSE  
Humber music degree program student Colin Edwards-Crew (Colin Response) is a pop/soul singer.

# Radio Humber boosts unsigned bands

**Kateryna Barnes**  
A&E Reporter

Radio Humber's promotions team is bringing three unsigned bands to LinX on March 21, to promote Canadian talent and as a learning experience in promoting for radio broadcasting students.

"This is the first year that Radio Humber started a promotions team," said Kylee Winn, 23, a second-year radio broadcasting student. "We wanted to do something that included Cana-

dian bands because we only play Canadian music on Radio Humber."

The lineup for Radio Humber's "Celebrating Canadian Music" event includes Mindil Beach Markets from Victoria, The Lad Classic from Toronto and Humber College's Colin Response.

"We've gained a lot of notoriety through playing live shows," said Ben Healy of The Lad Classic. "We love meeting new people. Anyone that digs our music, or doesn't dig our music, we get the chance to meet them and that's cool."

Touring plays a big role in Mindil

Beach Markets self-promotion. The band planned on touring Eastern Canada and the Radio Humber event gave them an extra experience to play for a wider audience in Toronto.

"The number one thing for us is touring," said Rod Campbell of Mindil Beach Markets. "We just bought an RV and we're hitting the road full-time."

With the Internet, being an unsigned band isn't as difficult as it used to be, said Colin Edwards-Crew of Colin Response.

"It's an interesting game to play,"

said Edwards-Crew. "It's not as devastating as people make it out to be because of the way that the world works now. You can get away with being an independent artist. With the Internet, you can sell your product, music, merchandise—you can really take out the middle man."

Winn said the event is also part of a learning experience for radio broadcasting students, since promotions play a large role in the operations of commercial radio stations.

"[Promotions] is a huge part of ev-

ery station," said Winn. "Radio Humber didn't have that, and we didn't learn much about the promotions side. We wanted to have something for people who were interested in that. So we came together and made a core group of us who run things and come up with different campaigns."

The show is free for Humber students and runs 2 p.m. to 5 p.m. at LinX. For more information about the bands, check out their websites: mindilbeachmarkets.com, colinresponse.ca, and theladclassic.com.

# Pie Guys setting record as longest resident pub band

**Jon Mace**  
A&E Reporter

The Pie Guys, a west end band, have broken the record for Toronto's longest running jam.

Humber College music graduate, Dave Antonacci is the group's only remaining founding member, but has been holding down a weekly Sunday afternoon show at Mimico's Blue Goose Tavern for 21 years. And having just celebrated their 21st anniversary on Feb. 10, they passed the previous Toronto-area record for an ongoing residency which had been held by another band at Grossman's Tavern downtown.

Antonacci, a Mississauga native,

said he remembers going into the Blue Goose to talk to the club's owner Terry Chemij in 1992.

"He said let's try it for four weeks and see how it goes," Antonacci said. "Now, it's 21 years later."

The Humber grad also has a solo jazz record on his resume, and has been a producer in Toronto for years, before setting up Lakebreeze Studio in his home in Mississauga.

His biggest claim to fame is being responsible for the long running jingle "Everyone loves Marineland," sung by former band mate Suzy McNeil.

Antonacci's current core group at the Blue Goose features drummer Danny Lockwood, keyboardist Eric Boucher and percussionist Curtis

Smith, but he says they rely heavily on guest artists. The band covers blues, R&B, jazz, rock, country and more.

"It's our favorite part of the week," said Boucher.

Antonacci said a lot of musician guests bring their own songs for the band to play, on top of them performing cover songs, which helps keep each week different.

"It takes getting better all the time," said Antonacci. "You lose the longevity when you're singing the same songs every week."

Judy Zinck, a bartender at the Blue Goose Tavern, said the shows are always lively. "They have a good following, and bring out great guests every week."



COURTESY DAVE ANTONACCI  
The Blue Goose Tavern's house band, The Pie Guys, celebrating their record setting jam.

# Watercolours, photos a 'visual story' of Humber

Amy Stubbs  
A&E Reporter

Humber is showcasing its artistic talent with the launch of two books, both entirely composed of student work.

L Space Gallery will host a launch for the books on March 18 from 5 p.m. to 8 p.m. A selection of the original works will be on display in the gallery until March 28.

Humber faculty and staff are using the books to promote the college, by presenting the students and alumni, as

well as depicting the beauty of campus life and the surrounding area.

Glimpses includes 32 pages of watercolours depicting some of Humber's most recognizable locations from both campuses. Two students were commissioned last spring to create the works.

Daniela Molina, 24, a third-year student in the Visual and Digital Arts program, was responsible for capturing Lakeshore campus, with its Romanesque architecture and red brick buildings.

Bogumila Derewicz, a mature stu-

dent who graduated from the program last year, documented North campus landmarks, such as the Arboretum and the mother and child sculpture.

"The book will create a visual story about both campuses, to be given as presents for international visits," said Guillermo Acosta, dean of the School of Media Studies and Information Technology.

"It's important for people to see who can't come and look for themselves," said Molina. As an international student she said she would have liked to see a book like this when she

was choosing schools.

Derewicz said as an art student it was an honour to be chosen and for Humber to allow students to illustrate the book is a show of their support.

"Humber, especially the North Campus, is considered to be more of a technology oriented campus," said Derewicz. "We tend to forget there are art programs there."

The second book, Through Their Eyes, is a 64 page photographic representation of Toronto by Humber students and graduates. Thirty-three different sets of eyes contributed to the

final product.

Those selected from about 450 submissions, capture some of Toronto's most well-known architecture. The Royal Ontario Museum, Old City Hall, Ontario College of Art and Design and the CN Tower, were all included.

Michael Hatton, academic vice-president, was the editor for both books and said the process of choosing photographs with his team involved finding images that worked together to tell a story.

The submitted photographs were both course and independent work.

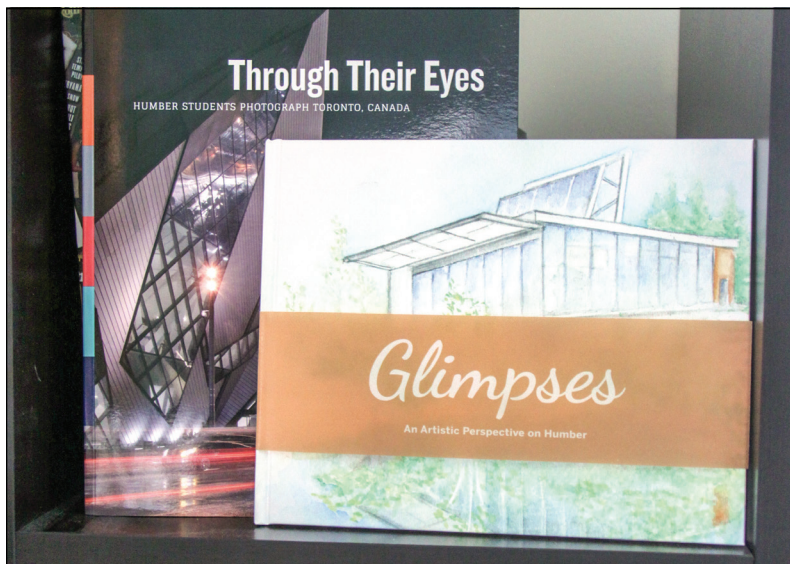


PHOTO BY AMY STUBBS

The 32-page student watercolour book will be launching today at 5 p.m. until 8 p.m. and will be on display until March 28.

## Latin film festival shines light on cultural issues

Toronto's 13th annual aluCine event will open doors to Latin-Canadian directors

Raul Pinto  
A&E Reporter

The 13th annual aluCine: Toronto Latin Films + Media Arts Festival kicks off March 21, with a special focus on Canadian independent films and African-Latin issues.

"In general, aluCine is the only event opening doors to Latin Canadian artists specifically," said Sinara Rozo-Perdomo, the founder of the event. "This is the only festival where they can find support every year."

Roza said it is important to show the realities of Latin countries, as racism is a current issue within those societies.

"Brazil has more than 80 per cent of people from the black community and racism is still a problem. Many people get surprised when they learn that," Roza said.

The special program, Contemporary Visions Canada: New Works

from Latin Canadians, looks for independent films from Canadian directors with a Latin background.

Camilo Martin-Florez, a Montreal director born in Colombia, is presenting *Vernacular Dance*, made with his brother Felipe. He appreciates the opportunity this festival provides to new and/or indie directors.

Eric Cator, a film professor at Humber College, shares a similar opinion. He said that festivals with different cultures - Asian, African, Latin and so on, are really helpful, especially in a multicultural city like Toronto.

"This is a great environment to showcase stories from people of different cultures or similar backgrounds," Cator said. "And I think it is an interesting way to look at them, considering that young directors have more possibilities to show their work at this festival first."

The full schedule is available at [www.alucinefestival.com](http://www.alucinefestival.com).

**"This is the only festival where [Latin American filmmakers] find support every year."**

**Sinara Rozo-Perdomo**  
Founder of AluCine

**BACK TO THE 80s** **MARCH 25TH**  
**8PM IN LINX**

**80s Dresscode**

**\$5 tickets** **tickets \$5**

**For tickets check:**

**BackToThe80sHumber**  
**b2the80s**

An event to raise money for **Children's Wish**



COURTESY CHRIS DONNELLY  
Chris Donnelly, Toronto native and grad from Humber's Community Music School, said he was born into a family of music lovers.

# Jazz pianist Donnelly was a toddler in Humber program

Faiza Amin  
A&E Reporter

At the age of three, while most toddlers are in diapers, celebrated jazz pianist Chris Donnelly, a Toronto native, was studying at Humber's Community Music School.

The Juno-nominated artist says he was fortunate to have a musician as a mother who realized the importance of music to childhood.

"My parents are music lovers," said Donnelly, 29. "The only option at the time was this music school that was offering music to early childhood education."

Catherine Mitro, a former Humber student, started the community music school after she graduated in 1978. Mitro said teaching opened up a new world for her and it made her realize just how important music is to children's education.

"Kids are needing to develop a combination of technical skills on their instrument, [along with] oral skills on how they hear music, and using those, their own self-expression," said Mitro.

Donnelly was very engaged in his classes, she said, and showed potential at a young age.

"Chris had a natural ability on the instrument," said Mitro. "He had great ears, a great sense of time and feel, and he learned rapidly."

Donnelly continued to pursue music in education past his childhood, bringing him to the University of Toronto, where he earned both a bachelor and a master's degree.

Russell Hartenberger, one of Donnelly's professors at U of T, describes him as being curious about different kinds of music.

"One of the first classes I had him with, he came and asked me what kind of music he should be listening to," said Hartenberger. The teacher suggested Donnelly listen to Steve Wright, a jazz soloist. "His interest in it prompted me to organize a performance of the piece the following year, which he performed in."

Hartenberger said Donnelly was one of the outstanding jazz students that came out of the university's jazz program. Outside of his studies, the

teacher praised Donnelly for his taste in music.

"He was always interested in music outside of jazz, and he incorporated that in his jazz playing," said Hartenberger.

In 2009, Donnelly's debut album, *Solo*, earned him a nomination for traditional jazz album of the year at the Junos and keyboardist of the year at the National Jazz Awards.

He followed *Solo* up with *Metamorphosis* and *Metamorphosis II*, which he said were inspired by *Metamorphose II*, the works of Dutch graphic artist, M.C. Escher.

"I wrote the music based on this idea of morphing it into another idea which morphs into another idea," said Donnelly. "It made a really inspiring structure for piano composition."

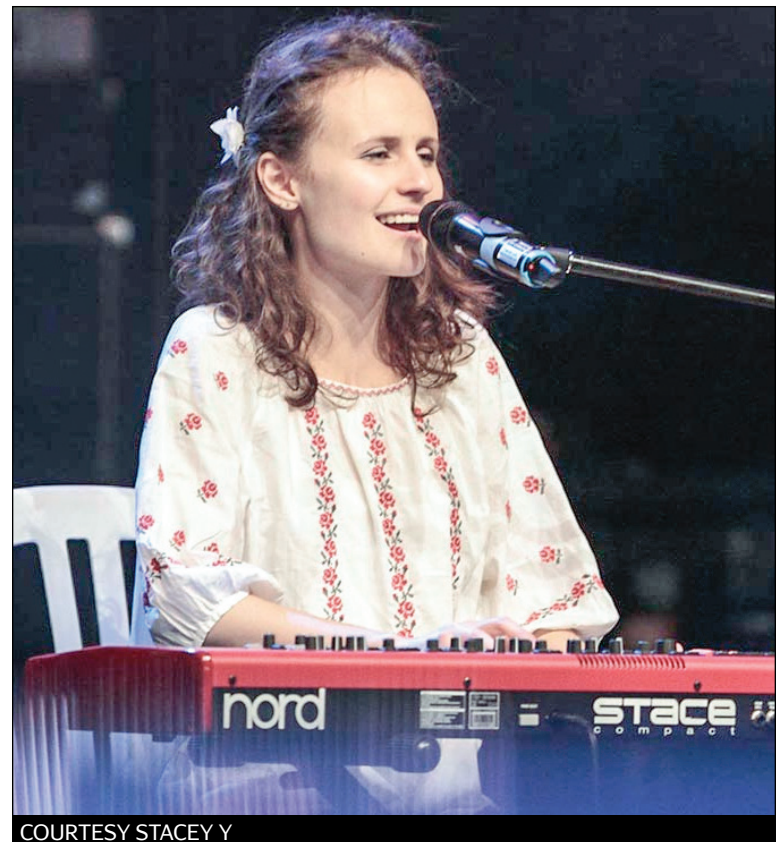
Donnelly's former teachers said his commitment to learn music at a young age made him what he is today.

"Chris developed a phenomenal foundation technically, and he went after the jazz and never stopped," said Mitro.

Donnelly is currently on tour. For a list of tour dates and other information visit his website [chrisdonnellymusic.com](http://chrisdonnellymusic.com).



COURTESY STACEY Y  
Stacey Y posing for the release of their new album *Set the Water Straight*.



COURTESY STACEY Y  
Stacey Yerofeyeva, a Humber music grad and lead singer of Stacey Y, performing with her band.

# Yerofeyeva matures with eclectic recording

Jon Mace  
A&E Reporter

Stacey Yerofeyeva, a Humber College music graduate, released a new record digitally titled, *Set the Water Straight*, this past weekend. The album is a collaboration of all her influences with the help of many of the friends she has played with.

"[*Set the Water Straight*] represents movement forward, growth that I have experienced as a person and musician in the last three years," said Yerofeyeva.

va. "It's about being able to get in touch with yourself and understanding what you're made of."

She graduated with a degree in jazz performance on the keyboard, which she said greatly helped her network within the industry.

"I was able to meet so many fantastic musicians, so many of which are now featured on my album," she said. "On top of that, there is a really good faculty of musicians who are not just teachers, but the top musicians in Toronto, that have lived the experience

that I am going for."

According to Yerofeyeva, *Set the Water Straight* is an eclectic album influenced by jazz, classical, pop, funk, rock, reggae, folk, and even Indian music.

Outside of writing and producing, she teaches piano and vocals, and also plays concerts at least once a week with different bands and entertainment groups.

Sukhbir Channa is the leader of Band Bahja Entertainment, an Indian fusion group of which Yerofeyeva is a regular.

"Stacey is a dedicated musician and

is always a blast to work with," says Channa. "On top of being a multitasking musician, she's also a very positive person which makes her extremely satisfying to work with."

The Stacey Y band hosted a party on Saturday at the Moskito + Byte on College Street, where everyone in attendance was to receive a free download of a new single titled, *Save the Future*, from their upcoming album.

All of Yerofeyeva's funding for this album has come through a website called Kapipal which enables an indi-

vidual to collect money electronically, free of charge.

"I thought it was a really cool thing because people get to be directly involved with the album," she said. "And this one is really cool in particular because they don't take a commission."

According to Yerofeyeva's website, Rik Emmett, of the Canadian rock band Triumph, anticipates great things for this upcoming album: "We got to witness the birth of her dynamic, dramatic, emotional range. Plenty of others are going to discover it now, too."



FOR THE ATTENTION OF ALL HUMBER STUDENTS

**Notice of Election**

FOR THE

**Student Representative**

TO THE

**Board of Governors of Humber College Institute of  
Technology & Advanced Learning**

An Election will be held during the months of **March and April 2013** for the position of Student Representative on the Board of Governors of Humber College Institute of Technology & Advanced Learning. All Humber students are eligible for nomination. The term of office for this position is **September 1, 2013 through August 31, 2014**. The basic requirements of this position are to:

1. Attend scheduled Board meetings (once per month, September through June).
2. Attend other Board-related events and activities as required.
3. Provide continual, responsible representation. Governors may not delegate their representation to any other person, and substitute representatives are not permitted.
4. Respect the confidences of the Board unless the information has been made public at an open session of the Board.
5. Receive no compensation, other than out-of-pocket and travel expenses.
6. Maintain communications with his/her electorate.
7. Be prepared to act as spokesperson for his/her electorate on issues and concerns as they arise.

**Nominations Packages** can be picked up during the period  
Monday, March 18 through Friday, March 22, 2013  
FROM

|  |   |
|--|---|
| <p>The President's Office, North Campus<br/>Room D 167 (Deborah Green)<br/>Ext. 4102</p> | <p>The Principal's Office<br/>Lakeshore Campus<br/>Room A 110 (Wanda Buote)</p> |
|--|---|

**Completed Nomination packages**

MUST be submitted to either of the above offices before  
**3.00 p.m. on Monday, March 25, 2013**

**Voting** will take place on **Wednesday, April 10** and **Thursday, April 11**, 2013

*For more information, please contact Deborah Green, President's Office,  
Room D 167, North Campus. Phone ext. 4102, or email: [deborah.green@humber.ca](mailto:deborah.green@humber.ca)*

# Fighting malaria a mission for Peck

**Caroline Brown**  
International Reporter



**T**his tour isn't for suckers. The Mosquitoes Suck Tour is a 60-minute show featuring some of Canada's finest magicians and comics who both inform and entertain high school audiences on the global issue of malaria. Proceeds from fundraising for the MST go to the Spread The Net campaign run by Rick Mercer and Belinda Stronach, and pay for bed netting to protect children in underdeveloped countries.

There are over 3700 different types of mosquitoes that carry diseases such as Japanese encephalitis, dengue fever, yellow fever and the incredibly resilient malaria.

Half a million people die each year from the plasmodium parasite known as malaria in more than 100 countries, according to the World Health Organization.

"In Canada it is nothing but a summer annoyance but this almost ubiquitous life-threatening disease that once plagued North America could one day return... When you start to find out who died of malaria — Oliver Cromwell, Alexander the Great, Abe Lincoln, George Washington — in D.C. malaria was endemic at one time," said David Peck, Humber grad and lecturer on international development and creator of the Mosquitoes Suck Tour.

"We want to engage the students with social justice issues and education about malaria. It's really important that people are entertained, I want the students to have as much fun as possible," said Matthew Disero, comedian, magician and co-creator of MST.

Six months ago, Peck approached James Cullin, associate dean of Humber's Business School, to become an MST sponsor.

"We sponsor part of it and in return we have the ability to connect with students that we think would be the type of students that would be interested in the international development degree at Humber as a pathway for them to make meaningful social change," said Cullin.

The more you know about a subject, the more responsibility you have to either tell the story or do something about it, said Peck. Travelling to countries Cambodia and Thailand --where malaria is endemic increased Peck's awareness of not only the disease but the responsibility of being a global citizen.

"Malaria is treatable, it's preventable and the reality is, it's nasty and prevalent. It is not really our problem right now," he said, "but aren't we all in this together, aren't we all part of this crazy beautiful world?"

In 2008, Peck created SoChange, a non-governmental organization working towards social justice issues in international development — out of this came the MST.

"I have always had this desire to help, to build, to create and SoChange is about that. It comes out of the question: Where can I do the most good?"

Peck's years of experience in international development gave him the tools to develop an educational yet entertaining way of bringing awareness about malaria.

"The thing I've learned in international development is that it's all connected...these bloody little mosquitoes can create all of this damage and harm — just think about the impact we can have individually...how are we going to give back?" said Peck.

The province-wide MST performances are creating awareness among youth in Canada.

"The students who go to these events invariably leave with a higher level of social consciousness and a clear sense of how they can make meaningful change in the world," said Cullin.

A recent performance at the St. Barbara elementary school in Mississauga engaged Grade 8 students to do fundraising for the MST by selling coffee.

"We sold \$2,200 worth of coffee and we were collecting toonies to buy a bed net," said Peter Benec, a Grade 8 teacher at St. Barbara.

A treated bed net with insecticide is good for protection from malaria for up to five years. "Every \$10 that gets raised goes to a bed net that gets sent to Africa and that can save up to five children," said Disero.

Real change is incremental — everything is connected, said Peck.

"I see the show being something different in a few years time, advocating for global citizenship and civic engagement, not just malaria. We would love to do a show for Humber — my goal is to take this across Canada and eventually the world," Peck said.

# Learning curve: limits on body checking in youth hockey

**Tanya Amos says, 'Being a hockey mom is the most stressful job in the world.' A survey finds 88 per cent of Canadian parents favour curtailing direct hits.**



PHOTO BY DMITRY ARGUNOV

"I think that when you learn not just how to give a hit but also how to take a hit, you are going to hit effectively and safely," said Jim Laszlo, general manager of the Etobicoke Bulldogs minor league hockey team.

**Jake Courtepatte**  
Sports Reporter



While the physical nature of hockey may add to the excitement of the game, it can often lead to serious injury among athletes.

An ESPN Sport Science study recently announced that NHL hits are 17 per cent harder than NFL hits. And, with that, Canadian minor hockey parents are looking for changes.

According to a recent survey of over 2000 parents, 88 per cent were in support of a national policy to eliminate body checking in hockey for ages 11 and 12.

If parents are concerned about children sustaining injuries that young, at what age should body checking be implemented?

Tanya Amos, mother of two boys in hockey ages eight and 14, said she constantly worries about her sons' safety on the ice.

"Being a hockey mom is the most stressful job in the world," said Amos. "Of course I worry."

Amos' 14-year old son plays minor bantam hockey, which is a body-checking age level.

However concerned she is about the safety of her children, Amos admits that hitting is "just a part of the game" and must be taught at an early age.

"Boys who start hitting at sixteen will most likely forget the game and focus on the hit," said Amos. "Implementing hitting when boys are at the prime of their testosterone is more dangerous than teaching them at a young age."

Nathan Duh, a veteran referee in the Stratford Minor Hockey system, said learning to hit at a later age does present an issue due to physical growth.

"Older kids vary in size a lot more," said Duh. "A bigger kid can do some serious damage to a smaller kid the same age."

The key to preventing injury is education, said Jim Laszlo, general manager of the Etobicoke Bulldogs minor league hockey team.

"All parents should put their children through a body-checking program," said Laszlo. "I think that when you learn not just how to give a hit but also how to take a hit, you are going to hit effectively and safely."

The goal, Laszlo said, is to gain control of the puck, not to have the player laid out on the ice.

Duh agrees with this, adding

there should be training for all those involved in the game.

"It is not about age, but learning to hit in a safe manner through on-ice clinics. Parents should receive training as well. They're the kids' biggest role models."

Laszlo said many facilities in the Etobicoke area offer week-long programs for body-check training.

Etobicoke Minor Hockey is not the only minor league to focus on such instruction. Scott Oakman, executive director of the Greater Toronto Hockey League, said they are constantly reviewing the training methods they provide coaches.

"Coaches are taught how to teach the proper progression of checking, from stick-checking leading into body-checking," said Oakman. "But I think it's important for us as administrators to constantly evaluate if we're giving coaches enough tools to educate the players."

Effective training for coaches doesn't always translate to proper player training. Amos said she believes her son doesn't receive enough guidance in learning to hit at a higher level.

"Practices should focus more on the aspect of hitting," said Amos. "Some boys are shy and scared of being hit, which leads to injury. If they are taught properly at the beginning, the more prepared they will be."

In May 2011, the Ontario Hockey Federation implemented a ban on body checking in all house league programs across the province. Laszlo said this has been very well-received in their house league program.

"This is the second year we have not had body-checking, and it's been exciting," said Laszlo. "Enrolment has actually gone up for the older age groups where players are just trying to get out of body-checking."

Laszlo said body checking should be limited to the AA and AAA Rep levels — leagues that usually have kids who play at a higher level and faster pace.

"You don't want to see any kids getting hurt, so hitting should be limited to those who at least have a competitive advantage," said Laszlo. "There's no place for hitting in house league."



**HUMBER**  
School of Media Studies  
& Information Technology

**Register Today:**  
Professional & Continuing Education:  
cesmsit@humber.ca  
416-675-6622 ext. 4508/4678  
mediastudies.humber.ca/ce/Arts

more for you

# ARTS

at the

# LAKE SHORE

## Birmingham Building

Taught by renowned instructors!

Art &  
Photography  
Short Courses

Spring/Summer  
Start Dates

-Springboard to Abstraction: Drawing

-Collage Explorations

-A Flat Surface: Dry Materials and  
Monochromatic Techniques

-Printmaking Without A Press

-Illustration and Where it Can Take You

-Studio Portrait Photography

-Drawing Basics

-Getting to Know your DSLR

-Understanding Contemporary Arts  
Organizations in Ontario

\$150 per course

more for you



## Pessimists live longer?

**Kate Paddison**  
Life Reporter

A new study by the University of Erlangen-Nuremberg in Germany suggests that pessimistic people live longer due to being more careful in their decisions.

Dr. Frieder R. Lang, the study's lead researcher, found that people who are more realistic about life were about 10 per cent more likely to have healthier and longer lives.

"We found that being overly optimistic in predicting a better future life satisfaction for oneself was associated with a greater risk of disability and death within the following decade," said Lang in an email interview.

The study gathered data from 1993 to 2002 from an annual survey distributed to roughly 40,000 German households. The participants ranged in years from 18 to 96 and were divided into groups based on age.

The respondents were asked about how satisfied they were, and how satisfied they expected to be within the next five years. Five years later, the same group was interviewed again to determine how their outlook on their lives had changed.

The oldest people were the most pessimistic, while the youngest had overestimated their future satisfaction and were also most at risk for disabilities and health problems. Those that were middle aged predicted the most accurately, but became more pessimistic over time.

"Our findings do not contradict theories that unrealistic optimism about the future can sometimes help people feel better when they are facing inevitable negative outcomes, such as terminal disease," said Lang. "We argue, though, that the outcomes of optimistic, accurate or pessimistic forecasts may depend on age and available resources."

Terry Garling, a registered psychologist in Toronto, said though this study goes against the norm, it will ultimately lead to more research on pessimism.

"These findings certainly go against the grain," he said. "Most of the things proven to do with longevity has to do with lack of stress and positivity."

"I think the word 'pessimist' is being misused here," said Josh Lindley, a Humber College graduate from the radio broadcast program. "Having a 'realistic' view of life might be more suiting, but that could be my inner pessimist talking."

Despite the findings, Lang said he advises people to be positive but also to be realistic about the aspects of life that cannot be changed.

"In old age, it may be helpful to prepare oneself for possible losses and declines in well-being in the future. This may also help cherish what is good about the present life situation."

# Alcohol a leading cause of disease

**Paul Rocca**  
Life Reporter

Research from the Centre for Addiction and Mental Health has determined that, while the majority of adults abstain from alcohol, drinking has become the third leading cause for the global burden of disease and

injury.

The research, published in the March 2013 issue of the journal *Addiction*, is part of the World Health Organization's 2010 Global Burden of Disease study. The GBD is an exhaustive assessment of global mortality and disability rates from various sources of disease and injury, and has found that



PHOTO BY PAUL ROCCA  
CAMH researchers looked at population surveys and sales data, finding stark differences in national drinking rates; Canada's 50 per cent above global average.

alcohol was responsible for 5.5 per cent of an overall disease burden.

"Alcohol consumption has been found to cause more than 200 different diseases and injuries," said Dr. Kevin Shield, the study's lead author, in a statement. "These include not only well-known outcomes of drinking such as liver cirrhosis or traffic accidents, but also several types of cancer, such as female breast cancer."

Alcohol can also be harmful to a person's mental health, said Petra Alexis, a registered nurse at Humber Health Services.

"Alcohol is a depressant. If you're someone who's depressed or suicidal, it's going to make you more depressed, and it's going to make you have more feelings or thoughts of suicide," she said.

Among the other findings, Canada's drinking rates were found to be over 50 per cent higher than the global average.

Dr. Shield and his team looked into a variety of data sources, including data not found in official records.

"The amount of unrecorded alcohol consumed is a particular problem," said Dr. Jürgen Rehm, who co-authored the study. "Its consumption is

not impacted by public health alcohol policies."

Dr. Susan Bondy, an associate professor at the Dalla Lana School of Public Health, agrees.

"We do have a very large public health burden from alcohol use in Canada and in the public health realm," she said. "One doesn't get the impression that it's treated as a very high priority."

Bondy has helped lobby for better quality population-level records both nationally and internationally.

"Even affluent countries have difficulties maintaining accurate surveillance systems. Surveillance systems are difficult to do really well," Bondy said.

"We definitely have a vacuum in terms of public policy," said Ann Dowsett Johnston, a journalist and author of an upcoming book titled: *Drink: The Secret World of Women and Alcohol*.

It's imperative for a national strategy on alcohol to be adopted, said Johnston but so far the federal government has failed to endorse one.

"On the national level, we are not taking this seriously enough," she said.

## Video games may help dyslexic kids

**Jade Leung**  
Life Reporter

Add this to a list of reasons why video games are good for some: a new study has shown that playing action video games helps dyslexic children read better.

According to researchers at the University of Padua in Italy, only 12 hours of the playing the games proved more effective than a year of reading development treatments. This study supplements the theory that dyslexia is linked to difficulties with visual attention as opposed to language skills, scientists said.

Rob Robson, the program coordinator for computer programming, said children would find video games more engaging than traditional treatment methods. The fast-paced action and heavy reliance on motor skills provide a good system for children to practice on weak skillsets, he said.

"Video games may be giving that repetitive task necessary to train the brain in new ways of doing things," he said. "They cause you to be visually attentive for extended periods of time. You have to watch the game, you can't look away, and you can't have your attention diverted."

Nikita Kramarovsky, 20, a third year game programming student, said he also finds it feasible that video games help with dyslexia.

"I think video games can help visual learning," said Kramarovsky, 20. "They grab your attention and it's fun and easy to focus on."

The study tested two groups of dyslexic children for their reading, phonological skills, and attention skills before and after playing repeated sessions of video games. One group played action games like Wii's *Rayman Raving Rabbids* while the other group played non-action video games. Children playing *Rayman* learned to better focus their attention and were quicker at reading without compromising accuracy, the study showed.

Dana Sahian, a speech pathologist at Speech Therapy Services Toronto, has one child with dyslexia. Dana said that while it is great that video games are helping kids increase their abilities in attention and memory, she's concerned children will get sucked in and become distracted by them.

"You are telling these kids that gaming is not only okay but it'll teach you how to read, so play more," she said. "There's that risk of gaming addiction."

In recent years, there has been mounting evidence video games provide a variety of benefits, such as improving strategic thinking and reflexes.

"Usually, everyone blames video games for everything, but now there's evidence of something good coming from them," Kramarovsky said.

## Scarboro Missions



### Short-term Mission Program

Are you between the ages of 22-35? Do you feel called to serve or be a presence ... to help make the world a better place, but don't know where to get information? Are you interested in gaining valuable overseas work experience?

Scarboro Missions is offering an opportunity for young adults to volunteer for nine months in Guyana. Through the program, young adults will learn about culture and social justice, build confidence and participate in interfaith dialogue and cultural exchange. The program begins in July 2013 and you will return in June 2014.

**Deadline for applications is April 26, 2013!!!**

**For more information, please contact**

**Email:** [oneyear@scarboromissions.ca](mailto:oneyear@scarboromissions.ca)

**Tel:** 416-261-7135, x280

**Toll free:** 1-800-260-4815

**Or visit** [https://www.scarboromissions.ca/Lay\\_missioners/lay\\_missioners.php](https://www.scarboromissions.ca/Lay_missioners/lay_missioners.php)



# Easter Seals Telethon 30th anniversary

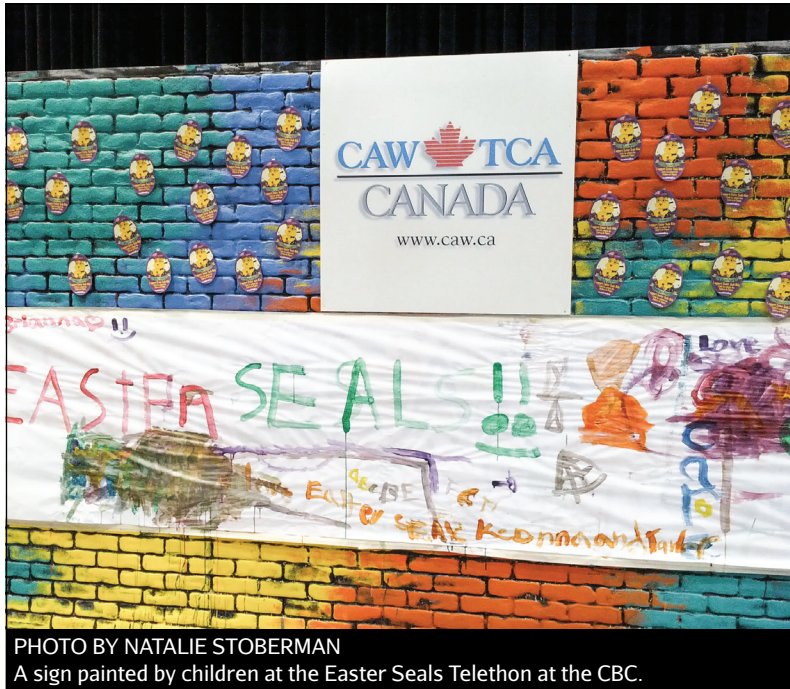


PHOTO BY NATALIE STOBERMAN  
A sign painted by children at the Easter Seals Telethon at the CBC.

**Natalie Stoberman**  
Life Reporter

The Easter Seals Telethon celebrated its 30th anniversary on March 10 at the CBC and raised over \$1.6 million to send special-needs children to summer camp.

The telethon included hosts such as Breakfast Television's Kevin Frankish, 98.1 CHFI's Erin Davis, CTV's Natalie Johnson and actress Alyson Court, who kicked off the broadcast that included many special guests like singer Suzie McNeil, Danielle Wade, who plays Dorothy in a current staging of *The Wizard of Oz*, and Toto.

Court, who played Loonette in the children's show *The Big Comfy Couch*, said she is always honoured to participate in the event and has been hosting the Telethon for at least 10 years.

"I'm so thrilled every year," said Court. "You get to see first-hand the tireless effort of the people who run Easter Seals... and the parents who

love their kids and do what they can to provide for them."

First time volunteer Michael Serapio, CBC News Now host, was extremely humbled to help with the worthy cause, since it's an issue that is sometimes ignored.

"The money is needed," said Serapio. "You talk about the wait-list that is required for people who need assistance be it with electric wheelchairs or mobility, expensive equipment for medical needs or a camp so [children] can socialize and build on self-esteem so that they can have social skills... without a program like this they don't have access to that."

Lori Dawn Antaya, mother, volunteer and Humber grad, is extremely grateful for the Easter Seals and tries to do her part to thank the organization for the support they provide for her son and the other children.

"We don't get time off and it's hard to find someone to leave special needs

kids with. The camp is great for the kids but it also gives us a break so we can focus on our other children" said Antaya.

Sandra Goh, Camp Woodedden counsellor, said the kids don't experience any limitations at the camp.

"There's sledge hockey, wheelchair basketball, archery, pottery, cooking and baking, camp outs and a ropes course just to name a few," said Goh. "The kids cry at the last day of camp and that's when I know that I've made a difference after 10 days."

The summer camp experience is very important to Suzie McNeil and said it's an important part of growing up.

"I went to camp as a kid and it sort of really shaped me and it really affected me," said McNeil. "You get such a sense of independence and you make lifelong friends. For these kids I'm sure they overcome a lot of challenges, there's nothing like that experience so I think it's a really great idea for them."

## Bouncing shoes pump up workout



PHOTO BY NATALIE STOBERMAN  
Kangoo Jumps relieve the impact on joints during intense workouts.

burn 25 per cent more calories and can bring quicker weight loss. It promotes balance, posture and muscle toning because the boots weigh three pounds."

According to Leyva, NASA has named this workout as the best exercise for the lymphatic system. Christie Lea Adams, Kangoo instructor, said jumping against gravity promotes blood flow throughout the body and ultimately helps to flush out toxins.

"It feels like the sensation of flying," said Adams. "The main purpose [of Kangoo Jumps] is impact absorption so you don't feel your body weight coming down, just the boot's weight."

However, both Adams and Leyva said people can be scared to try the Kangoo Jumps.

"We just want people to try it," Leyva said. "People are intimidated and think that they'll break their knees or fall on their face."

"Honestly you feel like a kid again, as soon as you put them on you're grinning from ear to ear and you get a Kangoo high," said Adams.

It took only a year for Maria Bruno, Kangoo jumper, to get attached to the workout.

"Before I went for jogs and hikes, this is the first thing that I tried and enjoyed in a gym," Bruno said. "Since I tried Kangoo Jumps I have stronger legs, lost 10 pounds and I breathe better now."

The nostalgia of Kangoo Jumps is one reason why Brandon Sam-Hinton, a Humber College personal trainer, would recommend the springy workout.

"This would be great for people who are starting workout habits," said Sam-Hinton. "The feeling of defying gravity can get beginners excited to be active. Even for athletes who are recovering from knee injuries or back pain I would definitely recommend Kangoo Jumps because of the high percentage of stress that's taken off the body."

**Natalie Stoberman**  
Life Reporter

Designed to relieve impact on joints and still provide an intense workout, Kangoo Jumps, the shoe that combines a rollerblade, ski boot and bottom T-spring, is making its way into Torontonians' workouts.

Invented by Swiss entrepreneur Denis Naville, Kangoo Jumps were invented about 10 years ago to relieve impact on jogger's joints and for rehabilitation purposes.

Alejandra Leyva, manager and instructor at Kangoo Club Toronto, said the shoe eventually grew into a method for working out and is huge in European countries such as Hungary, Romania and Spain.

The benefits of Kangoo Jumps are endless, said Leyva and can be used by anyone six-years-old and up.

"Kangoo Jumps relieve 80 per cent of impact like on knee joints and on the back," she said. "A Kangoo workout will



COURTESY BRANDON HAY  
Brandon Hay, shown with his sons, founded The Black Daddies Club in response to his experiences growing up in Malvern.

## Black Daddies Club breaks stereotypes, supports fathers

**Sandra DeGrandis**  
Life Reporter

Fighting stereotypes and creating a support system for fathers is what the Black Daddies Club strives for in Toronto, said Brandon Hay, founder of the group.

When Hay found out he was going to be a father, he said it was difficult to find a support system specifically for black dads, as the perception in society is that they are absent and uncaring.

"I was left with the feeling that the role of a father was not important from a societal standpoint...that there was no need for fathering, especially in the black community," said Hay.

After seeing the lack of community support and programs that target specific issues, Hay founded the Black Daddies Club in 2007 to work on changing black dad stereotypes.

Hay said he wanted to achieve a place where black fathers could discuss

issues affecting the black community, as well as their experiences and challenges faced as parents.

"It's easy to go through your issues in silence and sometimes you internalize it and think maybe I am a deadbeat because I'm not able to find work, I don't have the right education...There's a lot of talk about fathers not sticking around but there isn't support to help these fathers stick around," he said.

In February, the BDC had its 'Daddy and me' event at the AGO, celebrating black fathers for black history month.

Gina Antonacci, dean of social and community services at Humber College, said it's important to have community services.

"Community services are the type of services that are the foundation of our society," she said "They are the kind of services that enable us to live our lives."

With a lack of support systems, some

people may be embarrassed or stigmatized for seeking help, Antonacci said.

Stereotypes and prejudices against certain groups may also hinder people from seeking help she said, and education is key in combating discrimination.

"One of the things the centre does is education. We're very big on education and that is the way to raise awareness about issues and getting people to think more critically," said Jessica Bowen, human rights, equity and diversity advisor at Humber.

The stigma has decreased when compared to the past, said Antonacci, and adds that community services are a way to get help.

"Community services span all socio-economic levels. They span all ethnicities and they span all different age groups."

Though the Black Daddies Club doesn't have an office, dads interested in joining can contact Hay through their website [www.blackdaddiesclub.com](http://www.blackdaddiesclub.com).

# Attractive men considered funnier, study says

Good-looking people 'get more social stroke' says Humber prof of British university finding

**Gabby Mann**  
Life Reporter

Older theories suggest humour can make a man seem more attractive, but a new study by the U.K.'s University of Stirling has found that men are considered funnier based on their looks.

"There's a lot of speculation as to why humour might be so important in mate choice. But not many people have tried to pin down why that may actually be," said Mary Louise Cowan, the study's lead researcher "So I wanted to find out more about the long term and short term differences in attractiveness."

To gather information, Cowan had 40 undergraduate participants rate how funny and attractive they found one another.

"I told them, 'Rate however funny you think it is, just on your own perceptions of the person.' Most raters were in very high agreement about who was the funniest and the most attractive," she said.

At the end of the study, Cowan said participants found more attractive males funnier.

"We interpret people's behaviour and characteristics differently depending on how attractive we perceive them

to be," said sociologist Julia Hemphill.

Dawn Macaulay, liberal studies coordinator at Humber, said one of the reasons why attractive people are thought to be funnier is that they are usually more confident and can take risks when it comes to making people laugh.

"There are a number of things going on. People who are attractive get more social stroke," she said, and data shows people find attractiveness to be of greater importance than humour.

However, some Humber students still seem to be in favour of the original theory.

"I think that men with humour are more attractive, because when we talk to [other men] and they're not eager to talk to us, it's so boring," said Hanna Vu, a first-year hotel and restaurant management student.

Andrew Clark, program co-ordinator of the comedy writing and performance program, also doesn't agree with Cowan's study.

"It goes against my experience," said Clark.

"When you go to a comedy club, they're not the best looking people - no offence to me or anyone else. Comedy is something that we do to make ourselves attractive," said Clark.

"I mean the football player and cheerleader don't need to be funny."



PHOTO BY GABBY MANN

Hanna Vu, first-year hotel and restaurant management student and her boyfriend Paul Han, second-year electronics engineering student, have a laugh in the Humber café.

# Infant is 'cured' of HIV but still a long way to go

**Erinn Kenney**  
Life Reporter

A Mississippi infant is reported to have been "cured" of the HIV virus, but experts said there's still work to do in the fight against HIV and AIDS.

At a Mar. 3 AIDS meeting in Atlanta, researchers from the University of Mississippi said they successfully cured the baby through an intense drug program, the Globe and Mail reported.

Jason Powell, Humber dean of health sciences, said where researchers go from here is quite exciting.

"They now have a demonstrable cure," he said. "They want to evaluate how that came to be and try and do that in other populations by taking that treatment regime and replicating it. Once we do that, then we'll know what the consequences are and hopefully say 'we know how to cure this disease,' but I think we're still far from that happening."

HIV and AIDS aren't the only diseases where researchers are making huge strides, said Powell.

"I'm not sure if there are any 'cures' on the pending horizon," he said. "But we do have a tremendous amount of research happening in cancer, (more) than we ever have. Certain cancers need more work, but other cancer rates are the lowest ever," said Powell.



COURTESY THE UNIVERSITY OF MISSISSIPPI MEDICAL CENTER  
Dr. Hannah Gay treated the Mississippi infant, and announced that her research team had cured the baby.

Dr. Jonathan Angel, an infectious disease specialist at the Ottawa Hospital, said we don't have the big cure yet, but it is a step in the right direction.

"The next step from here will be further research into how to best diagnose and treat babies born to HIV-infected moms when they have not been treated during pregnancy," he said.

Mark Szykaruk, a medical student at the University of Toronto said there is an opportunity for medical students to get involved in research.

"There is always a lot of interest and desire from young medical students to pursue research now and in the future," he said. "It's an integral component of fully evaluating a clinical field which one day may be your career choice."

Medical advancements might be taking small steps, but they are advancing in the right direction said Szykaruk.

"I think research is exciting for young minds because it provides an outlet where you can invoke small but fundamental progress."

## TO THE NINES



**What does fashion mean to you?**

When I'm dressed up I feel better! I rarely wear sweat pants to school.

**Where is your outfit from?**

My jacket is from the thrift store, and then I just spiced it up with a bit of feminine touches.

**How do you describe your fashion style?**

Classic and effortless with a little bit of edge.

**Erica Burnell, 21w**

**Fashion Arts**

By Andrea Fernandes

# Humber Students' Federation



We Help. Give. Humber Life.

## Annual General Meeting Wednesday, March 27, 11am North Campus Student Centre

Agenda items include approval of:

- HSF budget
- New board members and executives
- Changes to HSF Constitution
- Auditors

Bus will leave Lakeshore K Building at 10am  
Bus will return from North main entrance at 12pm

# Generation Y interns need paid work

HUMBER  
**Et Cetera**

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

## Managing Editors

Andrew Russell  
Chanelle Seguin

## Art Director

Doreen Dawang

## Photo Editor

Lime Blake

## Associate Art Directors

Sarah Lennox  
Stacey Thompson

## News Editors

Graeme McNaughton  
Christian Quequish  
Sharon Tindyebwa

## A&E Editors

Dona Boulos  
Kollin Lore

## Sports Editors

Dion Caputi  
Chanelle Seguin

## Life Editors

Victoria Brown  
Sarah Lennox

## Business & Tech Editor

Andrew Russell

## Features Editor

Sarah MacDonald

## Opinion Editor Online Editor

Shazia Islam

## Senior Reporter

Graeme McNaughton

## Cartoons

Colton Gilson

## Editorial Adviser

Salem Alaton

## Creative Adviser

Miguel Agawin

## Distribution

Andre Martelli

*Humber Et Cetera* is a publication of the Humber College School of Media Studies & Information Technology

205 Humber College Blvd.,  
Etobicoke, ON, M9W 5L7

humberetc.com

“We decided to go with a more experienced candidate”.

This phrase is like a broken record playing in the heads of many college and university graduates trying to find employment in their field of choice. As the onslaught of rejection emails and phone calls flood over hopeful job seekers, many students continue with their unpaid internships or find other unpaid internships because that's all they can get in their field of work.

It's unfathomable that one of the smartest generations, a generation more knowledgeable about the advancements of technology, cannot find full-time work after graduation. And that they are increasingly obliged to toil for free in internships.

No generation understands the various platforms needed to attract consumers better than the graduates of today.

Remember when our parents bashfully asked us how to set up a Microsoft Excel spreadsheet or how to register for their first Twitter account for business reasons? No offense to our parents, or any older generation person, but who should employers be seeking to hire in this day and age? Someone who needs help exporting a Word document to a PDF or someone who can set up a web-

site in a day or two complete with live Twitter feeds, links to other accounts, and an advanced search engine?

But graduates continue to work at internships with companies that use them for their skills and knowledge. For free.

Many students and graduates are key contributors to their internships in the same way that a paid employee is. Interns often perform similar tasks to those of paid employees, and put in just as much time as well. Yet, the only compensation they receive is experience, which, from the hoard of rejection emails many graduates have probably received during their job search, clearly isn't enough.

It doesn't help our cause that labour laws are so nebulous. Each province has its own guidelines for the definition of an employee and tasks that fall under the requirements of paid work.

One of the distinct conditions stat-

ed by the Ontario Ministry of Labour is: The employer derives little, if any, benefit from the activity of the intern while he or she is being trained.

This statement is borderline offensive to students spending eight-plus hours a day working for free to improve the company they work for. It's

as if the ministry is saying that employers feel that training an intern is a waste of time and what they are training interns to do gives no advantages to the company.

Interns are trained and many interns perform the job

duties of an entry-level position. Yet their tuition debts become more difficult to pay off as they try to find employment after school.

The ministry's definition of an employee makes it even harder for interns to get paid for their contributions in the workplace. To be considered an

“It's unfathomable that one of the smartest generations, a generation more knowledgeable about the advancements of technology, cannot find full-time work.”

## EDITORIAL CARTOON



The Responsible Friend

Colton Gilson

Editorial Cartoon  
By Colton Gilson

## QUOTED

## Should companies pay their interns?

“Most of my friends are in carpentry and they just get experience, but they're doing hard work and should be paid.”

Divyesh Patel, 19,  
Electrical Engineering  
1st year



“I think so, because we're using our time. I know it's for learning purposes, but since everyone's tight on money, we should get paid.”

Jasmine Kabatay, 18,  
Journalism  
1st year



“It depends on the circumstances of the internship, so if you're going in there knowing that you're volunteering your time, I don't think you should be paid.”

Mike Harrington, 18,  
Web Design and  
Interactive Media,  
1st year



## ADVERTISING

For advertising inquiries,  
contact us at:

416 675 6622 x.4153

mediasales@humber.ca

# Thomson backlash affects other assault victims

**Sarah Lennox**  
Life Editor

“How does it feel to be the laughing stock of the city?”

“a little worried about your safety and job????? you should be...”

These and many similar comments fill the Facebook wall of one woman. From her picture shines a bright smile - a stark contrast to the hatred below. She doesn't know the commenters. They don't know her. Her Facebook page is clearly not on private, accessible to friends only.

Sarah Thomson is guilty of accusing Mayor Rob Ford of sexual assault. It's a serious accusation many Torontonians have questioned.

Where's the proof? Why has the story changed between press interviews? Is this a ploy to push Thomson's political campaign ahead?

Despite the vociferous challenges to her claims, a serious issue is being overshadowed by politics.

Sexual assault, be it anything from sexual touching to rape, has become an ubiquitous plague all over the globe, most recently gaining media attention in a horrific case of rape in India.

And then there are the cases that remain behind closed doors.

According to StatsCan, one in four girls and one in eight boys have been sexually abused before they even turn 18. There are also 1,977 cases of sexual assault per 100,000 people over the age

of 15, StatsCan reported.

Sexual assault is not something to joke about, but commenters continued posting one common reaction: “a real victim would go to the police or not say anything at all.”

The sad truth of the matter is that fewer than one in 10 sexual assaults are reported to police, according to StatsCan, and 94 per cent of sexual touching goes unreported.

Other responders say a smile on Thomson's face in the ‘proof’ photo reveals that she's enjoying herself and, therefore, not experiencing assault.

Whether Thomson is being honest or not, the hateful and ignorant comments are hard to swallow, particularly ones that should have no bearing on

her accusation.

One thing for sure is that Thomson doesn't deserve to be attacked for her appearance. Commenters are taking the criticism too far by calling her “ugly” and making lewd remarks about her slim figure.

Some users posted multiple threats and personal attacks on her professional Facebook page, ironically finishing off the comments with things such as, “If this broad isn't held accountable for these actions, there is no justice system in Canada.”

In many ways, the derogatory statements against Thomson are a sad reflection of what other victims of sexual assault experience once they go public.

Thomson may be a liar, but the truth of the matter is that the backlash she's facing could stop victims in other cases from coming forward.

It's a no-win situation for many people suffering from the residual effects and trauma of sexual assault. The whole situation is a horrible one. If Thomson is ‘crying wolf,’ making up the assault, honest victims may be belittled or ignored when they make similar claims. If Thomson is being truthful, victims may fear the same negative response.

In a few months, we'll be saying “Sarah who?” but we can only hope her case won't ruin the little progress we've made towards the safety of women across the country.

## Pleasant, friendly, no depth: pop music is weak

**Kollin Lore**  
A&E Editor

A month has passed since the 54th Grammy Awards. Mumford & Sons sophomore LP, *Babel*, which took home album of the year, is still enjoying life near the top of the Billboard 200 at third place.

This saddens me.

Though the band's music is radio-friendly and pleasant, it lacks depth. The imagery on *Babel*, as the A.V. Club, a website that reports entertainment news, appears to be “go-to words in a lazy songwriter's lexicon,” and, as the Chicago Tribune accurately put it, the singing is “pedestrian” and “repetitive.”

At best, *Babel* is an average folk-rock album.

It seems listeners today want songs that appeal to the simplest of our emotions, especially if the tunes are happy. Producing songs with meaningful lyrics means nothing to top recording labels and the execs who run them, as long as it is catchy enough to gain traction on the mainstream music airwaves.

In decades past, artists like The Beatles, Stevie Wonder, and Michael Jackson drove the music industry.

Their music and the lyrics in songs like *Let It Be*, *Superstition* or *Black and White* had meaning for the lives of a generation and they also came off albums with a diverse range of songs that, to this day, have passed the test of time.

Today, artistry and creativity are sacrificed for image and dumb-downed songs. Both the National and Canadian Academies of Recording Arts and Sciences aren't helping with the nominees they select at the Grammys and Junos, respectively.

For example, 2 Chainz debut LP, *Based On a T.R.U. Story*, was nominated for best rap album of the year at the

Grammys despite less than stellar reviews. HipHop DX described his rhymes as “flimsy,” and called the rapper “the weakest guest on his own album.”

Pitchfork Media called the LP a “cynical example of the bare minimum of creativity required for that level of success.”

Yet 2 Chainz was nominated in place of another debuting rapper, Kendrick Lamar, whose album, *Good Kid, M.A.A.D. City*, received rave reviews. Critics praised the LP for its narrative rhymes, vivid lyricism, and complex arrangement. XXL called it “one of the most cohesive bodies of work in recent rap memory.”

Two other noticeable snubs were Bruce Springsteen's *Wrecking Ball* and Jack White's *Blunderbuss*, both left off the nomination list for Album of the Year. The former, Springsteen's 17th LP, was crowned the best album of 2012 according to *Rolling Stones* magazine. *Blunderbuss* was termed a masterpiece and the debut solo album of a musician that has been redefining modern rock over the past decade while still maintaining artistic integrity.

The upcoming Junos during the weekend of April 20 to 21 is merely the Canadian equivalent of the Grammys, where awarding artists who compose music that fails to connect with our intelligence will only be repeated.

Neil Young released *Americana* and *Psychedelic Pill* in collaboration with Crazy Horse. The LPs were critical successes - New Music Magazine called two of his tracks, *Ramada Inn* and *Walk Like a Giant* among the best he has recorded in his career, and *Rolling Stone* included *Psychedelic Pill* on its top 50 list of 2012 at number 10.

Instead, at the Junos we have the usual Justin Bieber nominated for Best Artist and Taylor Swift for Best International Album, a level that the National Academy at least did not stoop to in the United States; nevertheless, both of these nominations are a testament to the times we live in musically.

The business has become less about the raw talent of the songwriter or producer, and more on the revenue they can generate.

Music has become first and foremost a machine, a business, a formula to adhere to and exploit. Sadly, as we dig deeper into the 21st century, teenage girls will just move on from “Bieber fever” to another vomit-inducing boy toy craze. Music will continue to be watered down and slowly it will be forgotten for what it should be in the mainstream - a form of art.

## Canada's passivity in face of religious extremism is risky

### Muslim fundamentalism in Bangladesh can migrate to Toronto

**Shumu Haque**  
Guest Writer

In the past few weeks, Bangladesh has seen politically motivated death and arson at a rate that is quite senseless for a country that has a “democratic” government in power.

After 42 years of the country's independence from Pakistan, the nation has finally been able to bring some of the war criminals to trial who, all those decades ago, collaborated with the Pakistani Army against the people of Bangladesh during a bloodbath that lasted nine months and saw three million people killed, approximately 250,000 women raped and millions of people tortured.

Up to this point, the facts make sense. But the point where they get twisted is that over the past four decades the political mosaic of the country saw most of these war criminals being re-instated and taking an active part in the political control of the country as they built the political party that is the Jamaat-e-Islami Bangladesh, renowned for their right-wing religious stand.

As an immigrant to Canada from Bangladesh with family and friends there who are experiencing threats, I am feeling the horror of the deteriorating situation every day.

This past January, in spite of tremendous pressure from some of the Arab countries, and other allies of Jamaat, the Bangladeshi courts finally began to give a verdict on the war trials; all hell broke loose.

As the pro-liberation population of the country came out to the streets in a massive political uprising demanding justice for those tortured and killed in 1971, the supporters of Jamaat and their student wing Bangladesh Chhatra Shibir responded in violent rage, demanding release of their leaders being tried by the war crime tribunal.

As a result, hundreds of people have

died and even more have been injured in violent clashes.

Among the dead are Jamaat-Shibir and other political party activists, ordinary people who were not involved in politics, and members of the Bangladesh Police force.

What is worse is that in the name of Islam, Jamaat and its allies are once again repeating the part that they played in 1971.

They are targeting journalists, bloggers, anyone with an open mind who speaks out against religious fundamentalism and the war crimes committed against Bangladesh; they are

“Hundreds of Hindu families have been attacked and tortured.”

even targeting the Hindu minority in Bangladesh.

In the last month, hundreds of Hindu families have been attacked and tortured all over the country.

In some southern districts of the country, hundreds of Hindu homes are being torched and burnt to the ground, and sacred Hindu temples are being vandalized.

Add to that lack of education, and the intention of some fundamentalist's politicians' need to exploit that faith in order to gain power over common people, and we have a recipe for disaster.

Most Canadians would seem to far removed from the violence happening now in one of the poorest countries in the world. But nothing could be further from the truth.

As the immigrants from Bangladesh come and settle in Toronto, they also bring their cultural and religious values, just like any other ethnic community into this multicultural land-

scape.

These communities have enriched our city and helped create its unique cultural mosaic. The problem, however, is that unknowingly these communities also bring the seeds of religious fundamentalism along for the ride.

We may not pay attention to what is happening in Bangladesh just because we don't have any economic or political stake in the situation. The Canadian media has not given much exposure about the rise of religious fundamentalism in Bangladesh.

However, recently, the Bangladeshi government itself has admitted to the existence of Lashkar-e-Taiba and other terrorist organizations having their links in this South Asian country.

It is important to understand that not all the followers of Islam believe in such twisted interpretations that involve attacking innocent people in the name of “jihad.”

In fact, Muslim communities in Canada would like to co-exist peacefully among the multicultural, and religiously tolerant values of Canadian society.

However, the influence of these fundamentalist groups and their activities overseas creates a real threat to the well-being of law-abiding Muslims in Canada, who are often stigmatized and are the targets of hate crimes.

That's why, it is extremely important for us to open our eyes and be aware of the poisonous monster that is spreading its wings all across the world, and using the faith to gain power over the society.

Otherwise, we may one day wake up and find that we are being held hostage in the hands of the depravity that views anyone who is different as unworthy of human rights.

It's about time we woke up and tried clipping its wings while we still can with a ban in Canada on the politics of religious fundamentalism here, even if its place of origin is at the other end of the globe.

PHOTO OF THE WEEK



PHOTO BY SARAH LENNOX  
Skull at a Peterborough LARPing event.

CARTOON

How do you roll up YOUR rim?

|  |  |
|--|--|
| <p><b>"The Struggler"</b><br/>The vicious game you play again and again.</p> | <p><b>"The Inventor"</b><br/>This man's coffee must have been really working one day.*</p> |
| <p><b>"The Animal"</b><br/>The most common method of rim rolling.</p>        | <p><b>"The Forgetter"</b><br/>Where 90% of the winning cups reside.</p>                    |

\*The unsponsored Rimroller invented by Paul Kind

Colton Gilson

Sudoku Puzzle - Medium

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

www.sudoku-puzzles.net

HOROSCOPES

|  |  |   |  |  |   |
|--|--|---|--|--|---|
| <p><b>♈ ARIES</b><br/>Mar. 21 – Apr. 20<br/>A leadership position is the only position where Aries will truly shine.</p> | <p><b>♉ TAURUS</b><br/>Apr. 21 – May 20<br/>Taurus will never break a promise or betray you. They are the most loyal partners.</p> | <p><b>♊ GEMINI</b><br/>May 21 – Jun. 20<br/>Geminis can be happy one minute and livid the next.</p>   | <p><b>♋ CANCER</b><br/>Jun. 21 – Jul. 22<br/>Cancer's choose their lovers wisely.</p>                                    | <p><b>♌ LEO</b><br/>Jul. 23 – Aug. 22<br/>Leos will always mind their own business and will never judge you.</p>                   | <p><b>♍ VIRGO</b><br/>Aug. 23 – Sept. 21<br/>Virgos look innocent, but they're actually quite wild.</p>                       |
| <p><b>♎ LIBRA</b><br/>Sept. 22 – Oct. 22<br/>Libras love romance.</p>  | <p><b>♏ SCORPIO</b><br/>Oct. 23 – Nov. 21<br/>Don't ever, ever cheat on a Scorpio. You will regret it, trust me.</p>               | <p><b>♐ SAGITTARIUS</b><br/>Nov. 22 – Dec. 20<br/>Although Sagittarius is c the most flirtatious sign, they will never cheat or lie to you.</p> | <p><b>♑ CAPRICORN</b><br/>Dec. 21 – Jan. 19<br/>Caps get bored easily. They need someone who stimulates their minds.</p> | <p><b>♒ AQUARIUS</b><br/>Jan. 20 – Feb. 19<br/>The only thing that gets in the way of Aquarius falling in love is their pride.</p> | <p><b>♓ PISCES</b><br/>Feb. 20 – Mar. 20<br/>Pisces will always give you a second chance, but only if you prove yourself.</p> |

# Elite mentality generates club's success

## Influential coaches, close bonding anchor Etobicoke Thunder junior basketball team

**Adam Kozak**  
Sports Reporter

The Etobicoke Thunder Elite Junior basketball team travelled to Ottawa from March 8 to 10 to take in some talent at the Canadian Interuniversity Sport Men's National Championship and play two exhibition games for a weekend of fun and competition.

Many members of the team have received scholarships to play for top schools in Canada, and had an opportunity to watch their teams in action before deciding where to commit.

The trip also offered the team a chance to bond before their annual Thunder Jam tournament begins this Saturday, the first of many tournaments for the team this year.

For Jordan Paolucci, head coach of the Thunder, these kinds of trips and experiences are all part of the process of preparing young men for the next level of basketball.

"Everything we do in our program, on the court and off, is to try and mimic what goes on in the next level. When we send a player to university we want those coaches to be proud of where they are and that they have been properly coached and developed up until that point," he said.

It's evident that this mentality worked, considering that three university scouts from Bishops University, Acadia University, and showed up to the team's exhibition games without invitation.

"We didn't announce (our games) or anything. Somehow (the scouts) found out, came up and scouted a couple of guys. It was good," Paolucci said.

Although the competition and performing for scouts is the main objective for the sports club, team bonding is the focus for these trips.

Ann Street, manager of the Thunder Elite, said team bonding is a deliberate part of the program. As much as the competition and skill development is important for reaching the next level, many players overlook that team activities are just as vital within the college and university athletic programs.

"I know from talking to my son at Queen's everything is team focused. Every weekend is travel with the team. They hang out together because they're all on the same schedule. Nobody can party on a Saturday night if they have a game on the Sunday. It's kinda

the same type thing," Street said.

Such efforts off the court are reflected in scouts showing up to the Thunder's games without being asked. Paolucci and assistant

coach Sasha Malic are constantly taking their team on trips like this to provide a learning experience for their young athletes to expose the team to scouts and higher talent.

"Jordan and Sasha are awesome. They're pretty much why I'm playing for this team," said Jack Simmons. "In the summer he put a highlight package for us. He's always talking to coaches. He's got a website, we've got full team gear. He's just interested in the best for us. He's setting us up for success."

Simmons, 18, a 6-foot-8 forward for the Thunder Elite has already had his choice to play at the very top schools in Canada and a few from the United States. Simmons and his teammates are looking forward to the trip.

"Talking with the teams, it's been great. I get to know what it takes on and off the court to reach the highest level of play in CIS basketball. These are the top programs in the country so there's a ton to learn from these coaches," Simmons said.

**“Everything we do in our program, on the court and off, is to try and mimic what goes on in the next level.”**

**Jordan Paolucci**  
Head Coach



PHOTO BY ADAM KOZAK  
Jack Simmons rushes the basket for a layup during an Etobicoke Thunder practice before the team heads to Ottawa.

## Framing the Experience

\$6,000+ in prizes

A photography contest sponsored by The Change Foundation, Ontario's independent healthcare think tank.

**What does healthcare experience look like to you?**

Capture the lived realities, emotions, and stories of patients and caregivers in Ontario today.

**Who?**

Post-secondary students in photography, digital imaging and journalism – full-time, part-time or continuing ed.

**Deadline**

July 1, 2013.  
Contest opens April 1.

**Contest details**

[www.changefoundation.ca/framingtheexperience](http://www.changefoundation.ca/framingtheexperience)

**Contact**

asunnak@changefoundation.com



# Etobicoke Mavericks to water polo nationals



PHOTO BY ADAM KOZAK  
Marko Bjelica (left) and Bogdan Dadvroskiy practice their passing at the Etobicoke Olympium. Both are members of the U18 Etobicoke Mavericks water polo team that will be defending their national title in Calgary on April 18 to 22.

**Adam Kozak**  
Sports Reporter

The Etobicoke Mavericks men's and women's U-18 water polo teams will compete at Water Polo Canada's National Club Championships tournament in Calgary, Alberta from Apr. 18 to 22.

The men's squad is working hard to repeat as champions in the category under age 18.

They train five days a week, including an hour on dry land before practice even begins three of those days.

Hard work has helped them bond as a team.

"You reach a certain point with your teammates where, it sounds cheesy, but you become brothers," said team member Marko Bjelica.

"We have to run up Centennial Park Mountain for dry land. We'd be running and we'd just be dying and we can't go on any further but we end up pushing each other forward and that really bonds us together."

The men's team has been together as part of the Mavericks for seven years.

They've taken trips all across the country to Vancouver, Calgary, and Ottawa, as well as an annual trip to Florida.

They maintain that travelling and experiencing things together has made them a stronger unit.

"We're still having fun and that fun brings us together as a team," said Marko Bjelica.

"It shows in the water because you really need to trust your teammates."

Upon entering last year's tournament, the men's team was a long shot to win.

That mentality served them well, and they're hoping to bring it with them again.

"We want to go in there, be kind of humble about the fact that we might lose as well and sort of get us back into this underdog feeling again because that's what we had last year," said Nikola Popovski.

"If you're back in this underdog feeling, it kind of pumps you to play a lot better (than) if everyone considers you to be the best there."

Mavericks Water Polo Club head coach Nish Damani sees things a little differently.

"They shouldn't feel like they're underdogs, ever," said the coach.

"They should feel like they can beat anyone on any given day at any time."

The women's team is looking to avenge their sixth place finish at last year's tournament.

Its goal for the upcoming tournament is to hit the podium.

After a back and forth game, last year's tournament ended with a bitter loss to the Ottawa Titans, a team they beat at provincials.

Nikolina Mihajlovik says things will turn out differently this time around.

"I think we could come up on top this time. We trained really hard."

## Indoor soccer teams seeking a three-peat

**Brian O'Neill**  
Sports Reporter

The quest for a third straight provincial championship begins March 21 and 22 as both the men's and women's indoor soccer teams look to defend their crowns.

Both squads went undefeated in their regional qualifiers, finishing as the number one seeds in their respective pools. The women had a record of 3-0, while the men finished 2-0-1.

Going into Provincials as reigning champions brings high expectations, especially for the women's team which has won seven of the last 10 OCAAs. Women's coach Vince Pileggi said it's nothing the team hasn't dealt with before.

"I think our experience over the last few years and being successful and knowing what it takes to win at that level, I think we're well prepared to do extremely well," he said.

Indoor soccer has a different schedule than most varsity sports. Instead of weekly regular games, the teams compete in weekend invitational tournaments.

"The team's got to be physically ready, fitness has to be at a high level, and the quality of soccer has to be good to win the OCAAs," Pileggi said.

"Luckily it's a different type of endurance. Outdoor it's more long stretch, you have a lot of time to rest,"

said defender Thomas Santibanez-Espinosa, a third year University of Guelph-Humber kinesiology student. "Now (indoor) it's quicker pace, you're on two minutes, you're off."

If Regionals were any indication, both teams are in top form. The women only conceded one goal and scored 10 in their three games.

"The last game we really stepped it up because us and Fanshawe are a rivalry, and we wanted to show we're here and we're still good. We want to get that three-peat," said goalkeeper Kat Conde, 23, a second year recreation and leisure student.

The men's squad had a rough beginning to the indoor schedule but have turned things around. They defeated Brockville 6-0 and Durham 6-1 to advance.

"We were really together. We wanted to make a statement to the other teams that we are here to win again," Santibanez-Espinosa said.

"We're getting used to playing a more defensive game because a defensive game will create mistakes from the other team," said men's coach Germain Sanchez.

While both teams are in peak form at the right time, a third straight gold medal isn't a guarantee.

"Once you get into the final eight, any team can win," Pileggi said. "It's a matter of capitalizing on your chances when you have them."

**Now you don't need to ask Dad.**  
BEING UNDER 25 WON'T HOLD YOU BACK ANY LONGER.

**PractiCar**  
Car & Truck Rentals  
PractiCar.ca

**RentAWreck**  
Car & Truck Rentals

PROUDLY PROVIDING RENTAL CARS, TRUCKS, AND VANS TO RESPONSIBLE ADULTS 25 AND OVER.  
UNDER 1-800-327-0116