



CONTROVERSY CONTINUES



KATHLEEN JOLLY

Finance and operations officer Frank Rizzi attempts to calm current HSF President Tim Brillhante during recess at the Humber Student's Federation Board of Directors meeting on March 26.

HSF board slashes Brillhante appeal bid

By Kathleen Jolly
HSF REPORTER

The Humber Students' Federation Board of Directors met Wednesday in a tense and confrontational three-and-a-half hour meeting focusing on the previous week's con-

troversial elections.

In particular, the disqualification of presidential incumbent Timothy Brillhante the day before the polls closed raised questions about whether changes should be made to the HSF's Election and Appeals poli-

cy. (Three vice-presidential candidates were also disqualified.)

Brilhante played a recording of himself in which he challenged the controversial "strikes" given to him by chief returning officer Natalia Toussaint and asked for the

opportunity to appeal the unexplained decision to disqualify him.

"I'm focusing on the policy and the big issue is that I was never accorded an appeal when that's what I was entitled to," said Brillhante, who garnered nearly

twice as many votes as current president-elect Shawn Manahan.

Brilhante was referring to the fact that once he was disqualified, he was no longer considered a candidate, and therefore lost the right of appeal that all candidates hold.

**ELECTION
EXCLUSIVE
PG. 10**

WORLD EVENTS THIS WEEK

| MONDAY 24 | TUESDAY 25 | WEDNESDAY 26 | THURSDAY 27 | FRIDAY 28 | SATURDAY 29 | SUNDAY 30 |
|--|--|---|--|--|--|--|
| Nuclear Security Summit 2014 Some 58 world leaders visit The Hague in the Netherlands to discuss nuclear safety. | Diablo 3: Reaper of Souls release Third installment of the popular action role-playing series for Windows and Mac hits the shelves.. | TO Mayoral Debate Race heats up as Ford, Chow, Soknacki, Stintz, and Tory appear on CityNews and 680 News for first debate. | Biobanking Global Congress 2014 Experts gather in London, England to address storage and use of biological samples such as stem cells. | ULTRA Music Festival Hundreds of thousands expected to flock to the annual week-long electronic dance music event in Miami, Florida. | World Series of Fighting WSOF 9 title fight between Welterweight Champion Steve Carl and Rousimar Palhares | World Bipolar Day Day to raise awareness of bipolar disorders and reduce the stigma surrounding the mental health issue. |

Boys and Girls Club one big family

Basketball is one way Albion Neighbourhood Services is helping out priority youth in Toronto North communities

Travis Pereira
NEWS REPORTER

Since joining the Albion Boys and Girls Club, Shamar Bryan, 15, in grade nine at NACI North Albion Collegiate Institute has noticed a great improvement in school.

"It helps me get my grades up and be physically active. I've made new friends and done things that I never thought I could," said Bryan.

Bryan lives in the Rexdale community and said the Boys and Girls Club, a 150-year old charity that specializes in after-school programs, is like a big family.

"The coordinators are nice, caring, kind and respectful. They treat us well," said Bryan.

On March 13, Bryan received the Sportsmanship Award during the basketball tournament hosted by the club at the Rexdale Community Hub gym.

The tournament was made up of teams from Boys and Girls clubs from three priority neighbourhoods in Toronto: Jane and Finch, Weston-Mount Dennis, and the Albion team representing Rexdale. The East Toronto Basketball Association from the Ontario Basketball Association was also involved.

Yoosrie Salhia, a coordinator for the Albion Boys and Girls Club, said the tournament was about far more than just basketball.



TRAVIS PEREIRA

The junior and senior basketball teams from the Albion Boys and Girls club pose after receiving second place medals

"These are communities that are right beside each other, and they don't really do enough with each other for various reasons," he said.

"When we sat down and talked about making this tournament, the real purpose behind it was about bringing these neighbourhoods together in a safe environment where everyone feels comfortable," said Salhia.

During an intermission be-

tween round-robin and play-off games, former three-time Golden Glove boxer turned motivational speaker Spider Jones captivated the audience with a flurry of air punches during an anecdote about sparring with Mohammed Ali.

"You have to know what you're going for because these kids are sharp," he said. "You have to be able to gain their attention and entertain them before you can get your message across. You have to communicate before you can relate."

As a fifth grade drop-out who returned to school as an adult and went on to become a journalist and author, Jones said this type of approach is what allows him to deliver the message of education being the ultimate liberator.

"It's really critical for young people to have a place in their community where they can gather, make friends, and be

"We really want to outreach to the local young people to let them know about the great resource of this college in the neighbourhood,"

Geraldine Babcock
DIRECTOR
COMMUNITY OUTREACH AND
WORKFORCE DEVELOPMENT

introduced to new things," said Geraldine Babcock, Humber's director of community outreach and workforce development. "It's more than just basketball, it's an important sense of belonging to your community."

Babcock said the department represents Humber's vested interest in outreach within Rex-

dale and its desire to play a vital role in community building.

She said in terms of social infrastructure, Humber could be one of the community's greatest resources.

"We really want to outreach to the local young people to let them know about the great resource of this college in the neighbourhood," she said. "We try and facilitate many connections from the college with local community organizations."

Lisa Kostakis, director of program and services for Albion Neighbourhood Services, said an integral part of community building requires recognizing the assets already within a community and making full use of them.

"The whole idea and goal of services from community centres and non-profit organizations is community capacity building," she said. "It's building our individual capacities

but also building, holistically, the community's capacity."

Kostakis said the Boys and Girls Club is just one example of the abundance of great programs offered by Albion Neighbourhood Services.

"It's a multi-faceted and multi-service agency," she said. "We have housing services, we have newcomer access services, which are designed to help immigration settlement. There are various programs and services that we offer within the community."

As for the tournament, Salhia's senior boys team ended up losing in the finals to the Humber team from Weston-Mount Dennis.

"Although we would've loved to have won," he said, "at the end of the day, I told everybody they were winners for being there because they showed commitment to their clubs, peers and coaches."

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Sustainable plans for future urban spaces

Humber-nurtured entrepreneurial firms Aqua Greens, Skyline Farms are enviro-sensitive

Celia Grimbly
NEWS REPORTER

Local students with home-grown talent from Humber College are refreshing Toronto's urban environment with sustainable technology designs and ideas.

The school's Sustainable Energy and Building Technology program has catalyzed the creation of two companies, Aqua Greens and Skyline Farms, focused on urban agriculture and reimagining how urban space is used.

"Over the past 60 to 70 years, we have learned to do urban sprawl really well and it's great that we figured out how to do that," said Kerry Johnston, coordinator for the program. "But there are a lot of negative environmental impacts, negative energy impacts and resource utilization impacts."

Urban sprawl is a term used to describe low-density development that stretches across large areas.

Humber launched the Sustainable Energy and Building program in 2008, but the students' focus on agriculture and sustainable urban environments developed more recently, Johnston explained.

"In urban environments, there is growing trend towards

locally grown food and urban agriculture," he said.

Craig Petten and Pablo Alvarez graduated from the program in 2013 and have since been working on turning their final-year "aquaponics" project into an actual business in Toronto called Aqua Greens, said Johnston.

"Aquaponics is a hybrid farming technology that combines hydroponics and aquaculture," said Petten. "Hydroponics is the direct application of nutrient rich water to the roots of plants and aquaculture is the fish side of the equation where we're feeding the fish organic food, and out of their wastes, we pull out ammonia and it goes through natural bacterial cycle. two natural bacterial cycles actually, and feeds the plants."

Aqua Greens received \$10,000 from Humber's New Venture Seed Fund last year to help with initial start-up costs, said Petten.

"We're in a competition right now for the Humber LaunchPad, which is just amazing. It's sort of the same style as Dragon's Den pitching (for venture capital startup funds) and we're learning so much from it," said Alvarez.

Winners of the competi-



CELIA GRIMBLY

Aqua Greens creators, Pablo Alvarez (left) and Craig Petten are Humber sustainability grads.

tion are awarded \$40,000.

Those grants, combined with the \$25,000 Aqua Green is hoping to raise through Kickstarter, would be used to purchase more equipment such as tanks and higher efficiency lighting, Alvarez said.

"In our set-up, we're looking at about 3,000 to 4,000 square feet and because we're growing vertically, stacking the growing beds, we're able to get 10,000 to 20,000 square feet of growing space in a previously existing empty warehouse space in To-

ronto," said Petten.

"So not only are we repurposing land that has been paved over before, we're also making sure it's all secure and we can do it 365 days a year," he continued.

Skyline Farms is the other business originating from the program, created by Jake Harding and Gustavo Macias. It uses "Tower Garden"

technology to improve urban agriculture within Toronto communities by allowing for high-rise small-scale farming.

Skyline Farms paired with the Toronto District School board's My Food, My Way program for their pilot project, Macias said.

"We encountered a very successful growing year last year,

so our pilot number one, which was located at Thistletown Collegiate Institute in Etobicoke, a high school, was great," he said.

The duo also had success raising enough money to buy a 720-square-foot greenhouse and shut down the garden last October to make room for construction, Macias said.

"I learned that, working with the school board, you encounter a lot of bureaucracy and red tape," he said. "Even if programs have a good following on behalf of the school board and everybody wants this to go through, regardless of the fact, working with the school board is just time consuming."

Macias and Harding postponed construction of the greenhouse until this spring said Macias.

"The greenhouse will allow us to offer a 365-day a year, everyday growing and the conditions and environment in that greenhouse will be controlled by us 100 per cent so we would have no issue with winter, fall, et cetera," he said.

Skyline Farms is talking with the city of Toronto to get into some industrial buildings, like Aqua Greens, and repurpose that unutilized space, Macias said.

Good2Talk student hotline

Now postsecondary students have mental health, stress helpline

Adriana Zhang
NEWS REPORTER

Ontario's Ministry of Training, Colleges and Universities has created a new helpline geared towards post-secondary students to address rising concerns about mental health among young people.

The Good2Talk helpline is accessible 24 hours a day, seven days a week, every day of the year.

"Good2Talk is a free and confidential resource for students to call about stresses big and small on any issue of mental health," said Justin Hanna, spokesperson for Good2Talk.

Through the phone service students can speak to professionals who are trained in both diagnosed and undiagnosed mental disorders, he said, noting a variety of issues can be discussed including

"emotional well being, substance abuse, addictions, financial stress, relationship concerns, or counseling.

"Both the government and partners behind this service strongly feel this is a valuable resource for students," said Hanna.

Recently, the University of Toronto at Scarborough partnered with Good2Talk to host an information session for faculty members and students about the service.

"We know that mental health is in the media a lot, especially concerning post-secondary students and we want to be able to support them in their roles," said Elsa Kiosses, interim manager of the campus' Health and Wellness Centre. "Unfortunately the services offered on campus are not open all the time."

Whether students are helped directly through campus services or indirectly through supportive programs, it's important to let students know about the options available to them, said Kiosses

Hanna said undiagnosed

mental health issues, relationship concerns and anxiety-depression are the top three issues why students call the helpline.

Statistics Canada has reported that the number of young adults between the age of 20 and 34 who are diagnosed with a mental health disorder has increased to 492,266 in 2012, up from 453,672 in 2011.

Jacob Goldstein, a second-year business student at the University of Guelph-Humber, said he knows quite a few people who suffer from anxiety, especially during exam period.

"I have an assignment due in two hours that I've barely started, and all of my assignments are due around the same time," said Goldstein.

Catherine McKee, registered nurse coordinator at Humber, said the college offers various services at the Health Centre and Counseling Centre, to help students cope with the pressures of school.

Students can call Good2Talk at 1-866-925-5454, or by dialing 211, from anywhere in Ontario.

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BY CHRIS BROOKER FROM TORONTO, CANADA | UPLOADED BY SKEEZIX1000 VIA WIKIMEDIA COMMONS

“It is a sign and a symbol of the fact that members of the LGBTQ community and people of all stripes and colours have had their sexuality placed back into the closet by society.”



Left: A police officer looks on during last year's Pride parade |

PHOTO: OCAD123 (SKEEZIX1000 VIA WIKIMEDIA COMMONS).

Below: Members of the parade carry the Pride flag

PHOTO: LUKE HOLLINS (FLICKR) VIA WIKIMEDIA COMMONS



School board trustees fight over nudity at gay Pride

BY JANIE GINSBERG
LIFE REPORTER

As the summer of World Pride Toronto draws closer, a couple of Toronto District School Board (TDSB) trustees are trying to rain on the gay parade.

The topic up for debate? Bare bums.

During a Toronto District School Board meeting on March 5, a motion was raised for consideration by trustee Sam Sotiropoulos (Ward 20), trustee John Hastings (Ward 1), and trustee Irene Atkinson (Ward 7), who has since withdrawn her support.

The written notice said the board actively participates in and promotes Toronto Pride, but there are “individuals who go about naked in public at the Toronto Pride parade which is contrary to Canadian law.”

As a result, since there is a potential for violation of public nudity laws, legal concerns are raised as well as implications having to do with age-appropriateness for TDSB students and families.

This year's event in late June additionally brings a global presence to the occasion, as Toronto is the designated site for World Pride, which ranges over various international cities to join with local Pride celebrations.

Sean Hillier, co-chair on the board of directors for Pride Toronto, said nudity is something they do not have control over.

“Pride Toronto doesn't regulate nudity within the parade itself, so people come and they march nude but it isn't something we enforce or not enforce...it just happens,” he said.

Hastings supports the motion because he wants to start an open discussion about the issue.

“I'd like to see that occur, but there are certain elements in the community, that they don't want to debate about...because they are (politically) correct about everything,” he

said. “They're completely the tolerant group, and of course they accuse somebody like myself of being intolerant – either directly or indirectly.”

The motion put forth by Sotiropoulos states “that the Chair immediately write a letter to the Mayor and City Council of Toronto asking them to clarify whether or not the public nudity law of Canada will be upheld and enforced at future Pride events in which the TDSB participates.”

As of now, the present state of the motion is in limbo.

It was supposed to be debated and voted on at the March 5 meeting but the group ran out of time, said trustee Chris Glover (Ward 2).

“It's a motion that is before the board, the board hasn't even dealt with it, and when it comes up, it will be shot right down,” said Ward 5 trustee Howard Kaplan.

Out of the 22 TDSB trustees, only two support this motion, and many do not believe it is the TDSB's role to intervene.

“I don't like the way the motion was worded because it's asking the city to change the way that the Pride parade operates, and I really don't think it's the TDSB's role to impact the way the Pride parade is done,” said Glover.

Trustee Shelley Laskin (Ward 11) finds it downright upsetting.

“It certainly doesn't represent my view and I also feel very strongly that if this is an event held on a weekend, it's not within school hours, parents choose to bring their kids, its up to the parents, its not up to us,” she said.

“We don't play big brother,” Laskin said.

Trustee Pamela Gough (Ward 3) is not planning to support this motion. “It's not my opinion that the

TDSB should be involved in telling the organizers of the Pride parade how to run the parade,” she said.

The bottom line is that this is not a school issue, it is a City of Toronto issue, said trustee Chris Bolton (Ward 10), who is also the board chair.

So what should the TDSB's role be?

Glover said that having a discussion with the community, students, and parents about whether or not they should participate in Pride or encourage people to participate is the TDSB's role.

But as far as us stepping in and saying that the Pride parade should change the way they operate, I don't think that's the way to go,” he said.

Hillier said Pride Toronto as an organization is disappointed that this motion was brought forward.

“The TDSB has marched with the Pride parade for a number of years now, and we think its really important for the TDSB to be represented due to the many issues that students face, especially LGBT students,” he said.

Trustee Maria Rodrigues (Ward 9) said they want to support their gay students, and don't want them to feel uncomfortable.

“If people feel uncomfortable about what happens there, they don't have to take their kids or they don't have to go,” she said.

Many trustees not only support the parade, but have also been involved in it. Rodrigues said the majority of trustees believe in equality.

“I've been in the (TDSB) float myself and ever since I've been a trustee we've supported the Pride parade,” she said.

Gough said the TDSB established itself as a gay-straight alliance, and that several trustees are openly gay.

“We are a very inclusionary board...I think it's mostly a play for



Above
PHOTO: CHRIS BROOKER VIA WIKIMEDIA COMMONS

Left
People dance along to the beat at last year's Toronto gay pride

PHOTO (C)2006 HELEN FILATOVA, VIA WIKIMEDIA COMMONS

attention on the part of the one trustee that drafted this motion," she said.

After being involved in the parade for years, Bolton isn't aware of any complications Pride has ever had from the TDSB contingent.

Trustee Rodrigues said, "Sotiropoulos is a very controversial trustee...he is trying to create a crisis when there is no crisis. I think he might be running for another division, I think he might be running for city councillor or something in the fall."

Her interpretation is that this motion is politically motivated, and Sotiropoulos is trying to establish himself as a right-winger for City Hall.

"It's very disappointing to have a person with these types of views, which I would say are homophobic, on the board," Rodrigues said.

Sotiropoulos's Twitter page is peppered with arguments about homosexuality (discrimination against straight people by LGBT people), jokes about nudity at Pride, and support for "ordinary families."

"At this point, the earliest that any motion would come to the floor of the board would be the middle of April, so that's literally within two months of the event...so I don't really understand what they are thinking they will accomplish," said Bolton.

Many of the trustees agree that bringing up public nudity is a distraction from more important issues that the school board needs to deal with.

"I think we have real business at our board table and motions that simply distract from that really take away from the key work of the school board, which is, you know, the students' well-being in school," said Laskin.

Further support for the success of students of Somali heritage, who have a high dropout rate, is an ex-

ample, said Rodrigues

"We've got to improve math scores of our students, we've got major facility concerns, we have issues of accountability that we have to look at," said Gershon.

But the nudity issue was brought up in school because some trustees think that the law isn't being enforced properly, said Hastings, who joined in raising the motion.

"He (Sotiropoulos) is saying that we have children that go to these events and he doesn't want to see them subjected to nudity," he said.

"I'm not the cops, I'm just asking that we have an honest discussion over it."

Since technically there is a law against public nudity in Canada, it seems police turn a blind eye at Pride.

Rick De Facendis, a Justice Studies teacher at Humber College and former Peel Region police officer, said it's all about police discretion.

"City Hall, TDSB, or the provincial government cannot guarantee that any law will be enforced or not enforced. That is at the sole and complete discretion of the police," he said.

Essentially, drafting a letter to the mayor requesting such a promise is useless.

"Political figures cannot provide any sort of exemption without literally passing a law...that's not happening for a gay pride event in Toronto," said De Facendis.

In the Criminal Code, public nudity can be broken down into three sections.

"Section 174 is essentially being nude in public. Now that's a relatively minor offense and charges are rarely laid," said De Facendis.

Section 173 involves somebody being nude for a sexual purpose, and section 175, causing a distur-

bance, also applies to an indecent exhibition, he said.

These sections could all potentially apply to someone who is nude in a parade.

"It's not simply as straight forward as having no clothes on, it's what they are doing and who they are around when this is going on. That is why you're never going to have the police making any guarantees about what offenses will be investigated and what charges will be laid or not," said De Facendis.

Sotiropoulos's main concern is that laws are being flouted.

De Facendis said the rules aren't being bent for the Pride parade because officers have the ability to make independent decisions.

"Policing is not simply about following the rule book, it's about applying the law, but doing so in a way that is contextual, so if somebody is nude at the gay Pride parade and the police don't charge that individual it's because they choose to exercise their discretion, it's as simple as that," he said.

Cathy Dandy (Ward 15) said she does not support the motion, and that she fully trusts Toronto Police to enforce the laws as they see fit.

"I have been to the Pride event with my children and saw nothing that would concern me. It's a celebration and a lot of fun," she said.

De Facendis said the last thing police want to do is dive into a parade and start pulling people off floats and arresting them.

"It would have to be quite a serious transgression before something like that would occur," he said.

There is a nude bike ride in Toronto, where people ride buck naked through the downtown core. When was the last time anyone got

“It’s very disappointing to have a person with these types of views, which I would say are homophobic, on the board

arrested for that? asked Kaplan.

"Get a life," he said. "It doesn't bother me in the least, it doesn't bother anyone else. If you don't like it, don't go."

On Feb. 16, Sotiropoulos appeared as a guest on the Tarek Fatah Show podcast to discuss the issue.

"I'm not even sure how being naked is part of being gay...I get stuck on that question. Why is that a necessary element to parade naked in the streets of Toronto to express what? I'm not sure. Except for the flouting of the laws of this country," he said.

Andrew Tibbetts, a Humber counselor who works with the Gender and Sexual Diversity Committee, said nudity is important because it reminds us that gay and lesbian issues fundamentally relate to sex and love, and therefore the body.

"The history of Pride is as a sexual liberation movement," said Sean

Hillier, co-chair of Pride Toronto. "It started from the bathhouse raids where people did march nude in the streets after hundreds of gay men were arrested by the Toronto Police in the 1980s."

The answer to Sotiropoulos's question is that the connection between nudity and being LGBTQ is rooted in history.

"It is a sign and a symbol of the fact that members of the LGBTQ community and people of all stripes and colours have had their sexuality placed back into the closet by society, and this is a time for them to reclaim their sexuality," said Hillier.

Nude attendees are not going door-to-door exposing themselves – they are walking down a massive gay pride route full of supporters.

"Millions of people come from around the world to see this parade, so we're doing something right with it," said Tibbetts. "The police do their job really well, they keep that parade safe...and for many years now they march in it."

"I think this is one instance where the police are being incredibly sensitive to the needs of the community and its allies," he said.

De Facendis has been to the parade as a spectator.

"At the end of the day most people are there to have fun and everybody takes it in the spirit in which it's intended," he said.

"You're always going to have people who are going to be less than thrilled with the open display of that kind of lifestyle, but we live in a liberal society now and people should just accept the fact that we're all equal," De Facendis said. "At the end of the day it's one day on a weekend in the summertime and we should all try to get along as best we can."



MARLON GOMEZ

Humber hosted its first sustainability conference and welcomed guest speakers (left to right) Nadine Gudz, Jeremy Runnalls, Wade Davis. Co-existence of business objectives and sustainability goals was theme at last week's Lakeshore campus meet.

Sustainability conference at Humber

Marlon Gomez
BIZ/TECH REPORTER

Humber College's School of Business gathered industry leaders at a conference last Wednesday to talk about bridging the gap between social, economic and environmental sustainability.



We want to make sure corporations are disclosing what we view as key performance indicators,

Jeremy Runnalls
EDITOR OF CORPORATE KNIGHTS

The discussion at Lakeshore campus was centered on business and sustainability, and whether the two can co-exist.

Organized with the help of Humber's Public Relations students, the event espoused the larger goal of convincing the corporate sector to conduct business and make decisions while keeping the environment in mind.

"Humber has sustainability as one of the six values as a college and institution. Our recent strategic plan has to imbed and want to imbed sustainability in all of our decision making," said Lindsay

Walker, Humber's Sustainability Manager, during the conference.

The idea to hold the gathering came from business students and faculty who were constantly talking about this topic in various courses, she said.

Humber was recently awarded a silver medal in the Sustainability Tracking Assessment Rating System (STARS), said Walker. The STARS program is run by the Association for the Advancement of Sustainability in Higher Education.

"STARS allowed us to get a metric of what we're doing in every area of sustainability. The environment, operations, social and as well as our economic side of things," she said.

Humber is the first college in Ontario and the third in Canada to be awarded the silver rating, she said.

Nadine Gudz was the first of three speakers to talk at the conference. Gudz is the director of sustainability strategy at InterfaceFLOR Canada Inc.

The company is the world's largest designer and maker of carpet tile.

InterfaceFLOR positions itself as one of the leading companies in the world to implement the environment into their business models and decisions.

"It's very much wrapped

up in the identity of the company at this point. Many would say it's ingrained in the company's DNA," said Gudz.

In particular, InterfaceFLOR has made carpet materials that are inspired by natural systems such as moss.

With help and close partnerships with its suppliers, in 2007 the firm was the first to make carpets from recycled nylon, said Gudz.

"Right now we have products that have about 80 to 85 per cent total recycled content," she said.

The second speaker of the day focused on the social approach of sustainability.

Jeremy Runnalls, managing editor of *Corporate Knights* magazine talked about the sustainable rankings list that they publish every year.

Since 2005 the magazine has published a ranking of the world's top 100 most sustainable corporations.

"We want to make sure corporations are disclosing what we view as key performance indicators. So their energy use and carbon use, but beyond that things like the average worker to CEO pay ratio," said Runnalls.

Runnalls said they look at 3,000 to 4,000 employers before determining this list.

The keynote speaker for the day was Wade Davis, a well known Canadian anthropologist and ethnobotanist.

Davis is also known for his books, *The Serpent and the Rainbow*, *The Wayfinders* and *River Notes*, among others.

During his talk he shared experiences from Northern British Columbia as a park ranger and hunting guide where he lived with Tahltan elders for years.

Davis brought up the example of Shell Canada wanting to extract methane gas near the sacred headwaters in the province.

"Fortunately, Shell realized in their corporate wisdom that there are some places that should be left alone," said Davis.

However, Davis used this example highlight the problem that exists when people begin to make very impacting decisions on environments that they barely know or understand.

"But as long as you can guarantee the government a flow of revenue, some form of taxation or royalties, you can secure for your own private interest and those who are with you, the rights to transform a valley for all time," said Davis.

The Humber School of Business is hoping to make this an annual event and aspires to seeing these passionate discussions expand even after the conferences are done.

ONLINE EDUCATION

eLearning grows, classroom setting still retains value

Traditional and e-learning supplement one another and provide options to students.

Aabida Dhanji
BIZ/TECH REPORTER

Online learning has become the new way of learning.

There are various new websites coming up regularly for online learning. Websites like desire2learn, Blackboard, and the International Career Institute are just a few.

People are now able to take classes solely online. The International Career Institute is an online learning platform that gives individuals a chance to acquire various degrees, diplomas and certificates online.

There are several differences with an online program as compared to an in-class program, said Jennifer Vaz, a current student in the paralegal studies diploma program at the International Career Institute.

The online program is definitely much easier, however provides some key practical information that would definitely be required in the work field, she said.

"The online program has very specific tasks and questions, with support from tutorial assistants throughout the duration of the course. The assignments do require a lot of research and work, however, in comparison to a degree, much easier," said Vaz.

"I would recommend online learning platforms to those who are seeking to qualify further after completing some kind of diploma or undergraduate degree. Even though it gives you what is required, the lack of contact with peers and professors take away from the learning," said Vaz.

Humber grad, Virginia Ja-

mieson, the global communications lead at Desire2Learn, helps develop and market integrated learning platforms (ILPs).

Users for them include individual learners in higher education, K-12, healthcare, government and the corporate sector, including Fortune 1000 companies, she explained.

"We are helping clients break down barriers to access the highest quality learning experiences and we're recognized for our leadership in accessibility" she said.

"The ILP is a suite of learning solutions that are all tied together within one platform."

Blackboard is another online learning platform that is used at Humber College. Online platforms can sometimes be difficult to use. Just this year, Humber switched to a newer version of Blackboard, which has created issues for many professors here.

"The new blackboard is much more comprehensive and there is way more that can be done with it, so it takes time to learn it," said Alan-na Turco, Humber Fitness & Health Management professor.

Because Blackboard is more comprehensive, it makes it much less user friendly said Turco.

"The number one thing for me that is different and frustrating for me is that on the old system as a professor you could see what your students saw, and on the new one you don't have that," she said

Not having a student view makes it frustrating for both the professor and the students, said Turco.



COURTESY CHELSEY KENNEDY/U.S. NAVY

eLearning provides educational options for lots of people.

Vick Karanukaran
BIZ/TECH REPORTER

Nspire mounts networking event

Events like last week's 2014 National Business and Technology Conference in Toronto promote helping students bring their ideas and talent to the table for potential investors and business.

It works on the premise that networking is the biggest asset for new entrepreneurs.

"Disrupting mindsets, enabling action" is the company motto, said Sucheta Shankar, VP Marketing and Communication at Nspire.

The conference is the flagship event of Nspire Innovation Network, a Canadian student-run non-profit organization, and took place last weekend at the Hotel Carlu in Toronto.

Networking events can help students have professional interactions with potential employers, said Christine Colosimo, a career advisor at Humber North Campus.

"It's kind of like a full-time job trying to find a full-time job," she said.

It makes the transition from student to professional easier when you network and really know what the expectations are out there, said Colosimo.

The two-day conference in Toronto includes workshops, competition for start-



COURTESY SUCHETA SHAKAR

Sucheta Shankar, VP Marketing and Communications at Nspire and student at Humber Lakeshore, is one of the people who helped put together NBTC 2014.

up proposals apart from job recruiting and career fairs, said Shankar. The conference also planned to have product demos for Google Glass and 3D Printing, she said.

Shankar, who is also a student at Humber Lakeshore,

said working with the organization has been the steepest learning curve for her.

These events can help students have professional interactions with potential employers and Colosimo said they should approach these

like going to an interview. She said she personally knew of many success stories that have come out of networking events.

"You need to go out there and network and...build up your contacts," said Colosi-

mo.

Networking can happen anywhere, said University of Guelph-Humber Business Marketing student Ashvini Sriharan. She said it's not just job fairs but everyday life provides a lot of opportunity to

connect.

She uses social networking such as LinkedIn and Twitter to network: "We want to connect you to people you want to be connected to, then hopefully that empowers you to realize your dreams."

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TORONTO EVENTS THIS WEEK

| MONDAY 24 | TUESDAY 25 | WEDNESDAY 26 | THURSDAY 27 | FRIDAY 28 | SATURDAY 29 | SUNDAY 30 |
|---|--|---|---|---|--|--|
| Sam Javanrough photo exhibit Spacing presents an exhibit of Sam Javanrough's photography at 401 Richmond Street W. Time: 9 a.m. | Art Battle 107 A live competitive painting event. At the Great Hall 1087 Queen St W. Time: 7:30 p.m. | The Mass In B minor Noel Edison conducts a tribute to German composer Johann Bach. 237 Bloor St. W. Time: 7:30 p.m. | Bone Thugs-N-Harmony, Mod Club Hip hop supergroup, Bone Thugs-N-Harmony, will perform at Mod Club at 722 College Street W. Time: 9 p.m. | Classixx 'Nu Disco' DJ duo Classixx perform with RAC and Ghost Beach for live music set at 69 Bathurst St. W. Time: 10 p.m. | Comedy @ Cam's Matt Holmes hosts a night of live stand up comedy at Cam's Place on 2655 Yonge St. Time: 9 p.m. | Carsick Cars live performance Chinese Indie Rock band, Carsick Cars will perform at Izakaya Sushi House. At 294 Collee Street. Time: 8:30 p.m. |

Comic Expo lets cosplayers 'take on a new personality,' contestants compete for glory and prizes



Kate Richards
A&E REPORTER

Dark Spider-Man, Jean Grey, a couple of Catwomen and a few Ghostbusters all made appearances at Humber's North campus Thursday.

It was the second and final day of Humber Students' Federation's first-ever Comic Expo, inspired by events like ComiCon and Fan Expo. The event was held at Lakeshore campus on Wednesday.

The expo featured a Q & A session and autograph signing by H. Jon Benjamin who voices Bob Belcher in FOX network's *Bob's Burgers* and Sterling Archer in the hit FX animated series *Archer*.

While hundreds of students lined up for Benjamin's autograph, individuals costumed as a variety of characters from the comics and fantasy worlds hit the stage to show off their digs as part of the cosplay competition.

"Cosplay is when you take on the persona of a comic book, video game, or anime character," said Thomas Fantin, 24, a first year

Broadcast Television student.

Fantin entered the cosplay contest as Dark Spider-Man, the familiar character but outfitted in primarily black rather than primarily red. "It's a way to be somebody else for a couple hours and to have people appreciate the work you've put into your cosplay," he said.

But cosplay isn't always all fun and superheroes.

"So often at conventions it's all about buying stuff. It's all about the money," said Brily Lepine, executive of Ontario Ghostbusters, a non-profit group.

Lepine entered the cosplay competition as, well, himself. His homemade Ghostbusters uniform, including "full working proton pack" read "Lepine" on the nametag.

Ricky Lima writes *Black Hole Hunter's Club*, a comic he co-created and describes as "a sci-fi romp through space, like *Star Wars* meets *Lethal Weapon*."

Some vendors at comic conventions may think cosplayers detract from comics because they come mainly to cosplay, not to buy products, Lima said.

But Lima doesn't think cosplayers

detract from sales at "cons."

"I think that cosplayers create a nice environment that people can come into and peruse comics... for vendors it almost sets a mood," he said.

The cosplay competition certainly triggered spectator response at the expo as the crowd cheered for their favourite costumes.

Ewa Makarewicz (who goes by Vivi), 18, a first year Visual and Digital Arts student, won the competition and took home an Xbox One.

She dressed as Chihiro Fujisaki, a cross-dressing "Ultimate Programmer", originally from an anime-style murder mystery video game called *Danganronpa: Trigger Happy Havoc*.

Makarewicz said cosplay is important to her.

"When I cosplay... I sort of escape reality, take on a new personality. I (become) a new person and it makes me forget all the bad. It just feels great to dress up and have fun with your friends," she said.

"I think cosplay would be a great experience for anyone," she added. "You embrace a different side of yourself."

A Green Power Ranger poses during cosplay competition, before his competitor, Ewa (Vivi) Makarewicz, left, takes home top prize, an XboxOne. tume as Chihiro Fujisaki.

Musical instruments off to Zambia

Nick Jean
A&E REPORTER

Raising Rhythm started about a year and a half ago as a conversation between two friends. Over the ensuing months it has raised nearly \$10,000 and sent dozens of new and used instruments to those in need half a world away.

One of those friends was Hugh Samson, part of Humber College's Business School faculty. The conversation was about a Zambian by the name of Shakarongo.

"Shaka has been going into the villages (of Zambia) for the last 20 years teaching music to kids," Samson said. "In the process, (he's) taught them about protecting themselves against AIDS, helping them become performers and build the self confidence in life that they need to be successful."

He said Shakarongo's dream was to open a central music academy in

the Zambian capital of Lusaka.

Samson brought the story back to his post-graduate Marketing Management course, suggesting they do a class project to build a business plan.

That business plan became Raising Rhythm and five students from that class became the organization's first interns after graduating, members of its Board of Directors.

"Our mission is to help youth through arts and education programs," Raising Rhythm founder and former intern Chantal Peralta said.

The program has continued to conscript new interns from across the Business School.

"It's growing every week. The potential is huge," second-year Business Management and Raising Rhythm intern Marta Ryborz said.

That potential continued to show last Thursday when 80 to 90 people packed into the yoga studio at 80

Gladstone Ave. for a fundraising concert featuring four saxophone quartets, three from Humber and one from University of Toronto.

"It's been great. It's really worked out," Humber music faculty Alex Dean said of the cross-departmental show.

With the assistance of Raising Rhythm, including building ukuleles by hand in Samson's basement, Shakarongo will officially launch the Shakarongo Arts and Youth Academy on April 1.

"I think it is win-win-win for everybody," Samson said. "The students win by doing and leading this (organization)."

"It's a win for Humber College because it shows the world what Humber students can do and the types of opportunities it presents..."

"And, of course, Shakarongo is a huge winner because he gets to deliver, build his dream in Africa."



NICK JEAN

Alto saxophonist Ashley Kurkjian and baritone saxophonist Brenden Varty make up half of the Paeb Quartet, one of four saxophone quartets who performed at Raising Rhythm's fundraiser Thursday night.



COMIC EXPO PHOTOS BY KATE RICHARDS

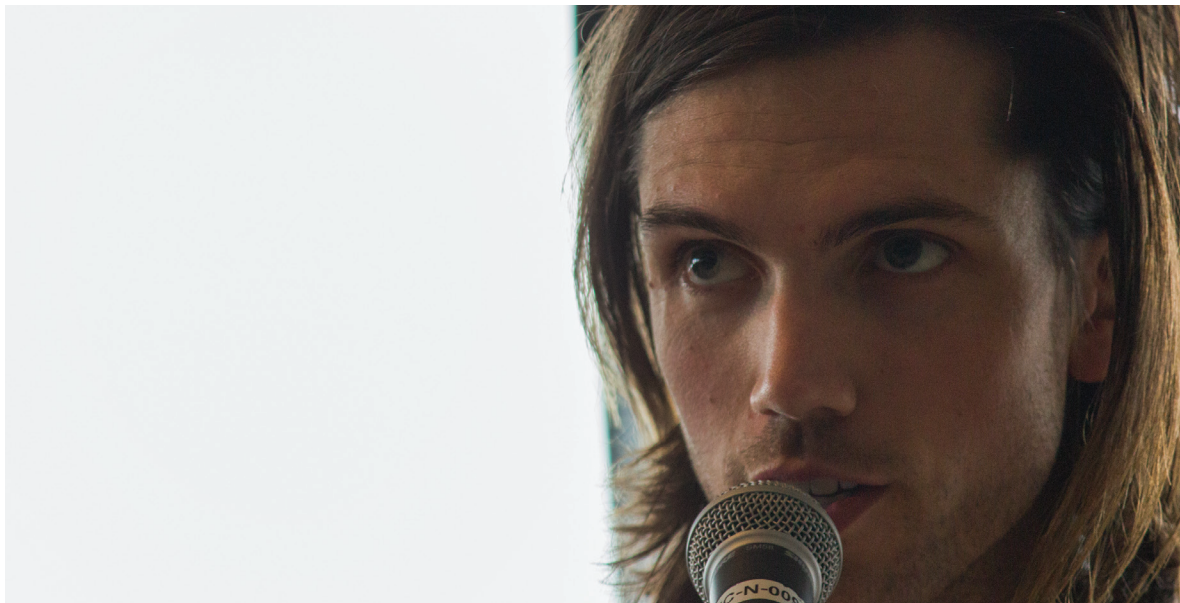
Cosplayers line up in the Humber North Student Centre for judging at March 20 HSF Comic Expo (top), including Ontario Ghostbusters member, Brily Lepine (right).



CANADIAN MUSIC PHOTOS BY NICK JEAN

Radio Humber featured an afternoon of Canadian music March 20. Jay Mitchell of Blue Sky Miners (left), Joel Harrower of HIGHS (bottom left) and Julian Muia of The Turks (bottom right) performed at LinX at Humber's North campus.

View more at humberetc.com



Arts management program relaunched after five years

Adam Stroud
A&E REPORTER

After a five-year absence, Humber College is set to re-launch its popular Arts Administration and Cultural Management program this September.

According to Anne Frost, program coordinator, the Arts Management program was suspended due to budgetary reasons. However, she said a high percentage of the graduates are still working within the industry.

"Arts management isn't like managing Staples or Kelsey's," she said.

The three semester post-graduate program's goal combines students' passion for the arts with business and management skills to turn them

into successful business people in the not-for-profit, commercial and government sectors, said Anne Frost, program coordinator.

The program will engage students in a hands-on environment and offer a holistic overview of everything required to work in the arts including instruction in areas ranging on everything from human resources, contract law and financial management to working with volunteers and with the public school system, Frost said.

"Generally speaking, we teach how to function as a paid professional working with artists and with audiences. We offer courses that deal with all these things," she said.

The new iteration of the course also features instruction on social media and viral marketing, and cul-



ADAM STROUD

Anne Frost, program coordinator for the Arts Administration and Cultural Management program.

tural pluralism and diversity among other things, said Frost.

All of the instructors will be "arts management professionals" who

still work in the field they are teaching about.

Jacoba Knaapen, executive director of the Toronto Alliance of the Performing Arts, will teach marketing. Knaapen has hired graduates from the program in the past and said that programs like this are absolutely essential to the sector.

"The program helps the entire sector to succeed, which in turn helps Toronto to succeed," she said.

Knaapen also emphasized the importance of bringing new blood into a rapidly evolving industry.

"We are looking to the next generation to bring new ideas and fresh perspectives to the sector," she said.

Jason Aviss, coordinator of events services at the Toronto International Film Festival, was in the final gradu-

ating class of the Arts Management program before it was suspended in 2009.

Aviss, who is on the program advisory council, said he is thrilled the program is being re-instated after a five-year gap.

"In the couple of years since I've graduated the program I've constantly had people coming up to me asking me: 'So where did you go to school for this program?'" he said. "It's been a void that hasn't been filled."

Frost is currently conducting group interviews to gauge suitability for the program, but for interested students it is not too late to apply. Frost said she would continue conducting interviews until the program is full or until September, whichever comes first.

Timeline of Humber Students' Federation election contro

MON. MARCH 10

- Voting period begins, polls open at 9 a.m.
- Two candidates disqualified that morning although Toussaint will not disclose reasons. Disqualified candidates on this day:
 - Tim Samaniego, VP student life North candidate
 - Andrew Prosdocimi, VP student life Lakeshore candidate

WED. MARCH 12

- Incumbent presidential candidate Timothy Brillhante receives first two "strikes" from chief returning officer Natalia Toussaint at about 1:30 p.m.

THURS. MARCH 13

- Brillhante receives two more strikes at about 4 p.m. He now has four; it takes three for disqualification. He asks Toussaint to reevaluate. She does and reduces the total number of strikes against Brillhante to three.
- Toussaint officially disqualifies Tim Brillhante at about 9:30 p.m.
- Shortly after, Toussaint disqualifies VP student life Lakeshore candidate Karnesh Babaria at 10:45 p.m.

FRI. MARCH 14

- Polls close at 4 p.m.
- After polls close, the second all candidates meeting takes place at Lakeshore at about 4:45 p.m. The meeting takes about two hours. All candidates sign off on election results. Brillhante is absent from the meeting as he is no longer considered a candidate.
- Shawn Manahan announced winner at about 6:45 p.m. when meeting ends.

SUN. MARCH 16

- Brillhante posts updated statement after 11 p.m. on Facebook explaining his issues with the disqualifications, says "Trust that I am pursuing all available options to achieve a democratic outcome for all parties"

Petition calling for Brillhante's appeal gains momentum

By Ian Burns
NEWS REPORTER

A grassroots campaign to overturn the decision to disqualify incumbent Humber Students' Federation president Tim Brillhante from the recent HSF presidential election has emerged online.

Brilhante was disqualified and removed from the ballot on the night of March 13 by chief returning officer Natalia Toussaint for violating campaign rules.

A petition has emerged on Change.org that calls on the Humber Students' Federation to allow Brillhante the right to appeal the decision to remove him.

But despite the online show of displeasure with the HSF's decision, observers believe the drive is unlikely to be successful.

According to the HSF's elections and appeals policy, candidates have a right to appeal any electoral decisions to the Election and Judicial Review Committee.

However because Brillhante was disqualified and was no longer a candidate on election day, the appeal process does not apply to him.

The petition reads: "In any democracy, an individual should have the right to appeal his/her removal from an election process. In this instance, Timothy Brillhante has had this right taken away from him. Tim deserves like anyone does to have his side of the story heard. Taken from the Government of Canada website (this) is how their appeals process works for the Government of Canada."

As of Friday at noon, the petition had attracted 341 signatures online.

For his part, Brillhante is giving thanks for the support he is receiving.

"It's really great to see the support from students," said Brillhante. "It means a lot to me and I would just like to sincerely express my gratitude."

CAST ASIDE

Continued from page 1

He also alluded to "dirt" he has on Shawn Manahan, the incoming president, and potential bias on the part of Toussaint, but didn't elaborate.

Director Emily Rockarts raised concerns about the over 2,400 votes Brillhante received, saying the votes were "thrown away."

Colin Edwards-Crewe, Lakeshore's vice president of student life, objected to this saying that by not following the rules, "the candidate threw away the votes, not HSF"

Director Cristina Marin called into question whether the Judicial Review Committee could be unbiased because they all know each other, and mentioned Brillhante's social media use after his disqualification as a factor that would create bias.

Finance and operations officer Frank Rizzi, about whom Brillhante said several times "he looked up to as an uncle," said the CRO ultimately had the final word on candidate disqualifications.

"Over 20 times, it's mentioned (in HSF policy that disqualification is) at the discretion of the CRO. And so policies are written with grey areas, and there's room for interpretation," Rizzi said. "That's the CRO's job."

Brilhante said the CRO acted as "judge, jury and executioner" in his case, and he'd like to see more checks and balances in the system.

Several times throughout the meeting, Chairperson Rosa Figueroa reminded the board that the Elections and Appeals policy was under discussion, not specific candidates' grievances.

About an hour into the meeting, as tensions were high, Brillhante accused the chairperson of not actually being chair because the board did not elect her.

"I've just uncovered new evidence in our constitution - our chairperson is someone elected or appointed amongst the Board of Directors," he said.

Figueroa responded by saying during summer training the board agreed this would be a transition year for them, and she would be the chairperson for the year.

"You were on the board last year so you were part of the board that approved the transition for the board," she said.

Next year, an elected board member will be selected as chair, rather than being hired.

After a two-minute recess, Brillhante apologized to Figueroa, explaining it is an emotional time for him.

The board did not grant Brillhante an appeal, but agreed changes should be made to the policy.

Eric Collings, who is also chair of the Governance Review Committee, said that the committee would change the policy over the summer.

"I'm personally looking at the policy over the summer and working with people to make sure we really re-vamp it and this will happen when there's no personal opinions that linger," he said.

The second half of the meeting focused on the conduct of the board.

Marin listed grievances she had against Brillhante's presidency, saying that she found him not present enough and that he had not held his vice presidents accountable enough. She also said that his role as a candidate has interfered with his role as president.

"I know for a fact, in the past week you have

BRILHANTE APPEAL SPURNED BY B

not been fulfilling your duties as president because you have been letting your role as a candidate overrule your duty as president," she said.

North campus' VP of student affairs Kay Tracey and Edwards-Crewe also brought up issues with Brillhante's presidency, such as absence and lack of support for his VPs.

Collings alleged Brillhante emailed Humber IT after his disqualification to possibly freeze the polls.

"My thoughts were that the votes electronically recorded to my name would have been reset to zero and we would never have truly understood where I was in the polls," Brillhante said. "I admit I asked Humber IT... to just record a snapshot... perhaps I was out of l



Current HSF President Tim Brillhante is calling for an appeal to the decision made by Chief

Controversy

WED. MARCH 19

• HSF Board of Directors meeting at University of Guelph-Humber at 6 p.m. Brillhante's request for chance to appeal is turned down. However, there is talk of reviewing the HSF's Elections and Appeals policy. Meeting adjourned at 9:20 p.m.

WED. MARCH 26

• Second HSF Annual General Meeting. Open to the public, the meeting will give students the chance to vote on issues including HSF budget, new board members and executives, and auditors.

APPEAL EFFORTS BOARD BY KATHLEEN JOLLY

with that, I don't know."

He also mentioned Rizzi had previously praised his job as president.

"Frank himself has said that I'm the best president that has ever been around," he said.

Brilhante ended his response to criticisms saying, "families argue, but in the end we're still family."

The meeting was adjourned at 9:20 p.m.

Kylie Waghorn, a third-year psychology student, attended the meeting to hear what the board had to say about the transparency of the elections.

"I was a little bit confused about the lack of transparency with the reasons for the disqualification of the four candidates," she said.

She said she felt conflicted after the meeting.

"I feel like they still haven't addressed the lack of transparency with the elections and with the appeals for the candidates. However, that being said, they did say that that would be looked into for an action item," Waghorn said.

"They have recognized that there is a problem and a loophole in the policy and they are looking to correct that and move forward in the following year, so that's a great thing," she said.

The discussion isn't over yet.

The General Annual Meeting on Wednesday, March 26, at the North campus Student Centre at 11 a.m., will focus on the issues of candidates' disqualifications, transparency and the appeals process.



ADAM KOZAK

Returning Officer Natalia Toussaint on March 13 to disqualify him from the 2014 HSF elections.

Incoming HSF president-elect Shawn Manahan answers questions from Et Cetera

Kathleen Jolly from the Et Cetera sat down with incoming Humber Students' Federation president Shawn Manahan for a chance to hear from the college's future student government leader.



KATHLEEN JOLLY

HSF president-elect Shawn Manahan.

Et Cetera: What do you think will be your first action when you step into office?

Shawn Manahan: The first action on my part will definitely be going out to a nice dinner, grabbing some drinks with my executive team, and connecting with them. Because to my understanding, there's a lot of conflicts with the VPs this year, and I'm a nice guy, and I want to meet with the team outside of work and really connect with them so that kind of stuff doesn't happen.

ETC: What will be your first priority as president?

SM: First priority will probably have to do with communication with the students. Going around during campaigning this year and last year, I realize a lot of students don't even know what HSF is. How can a student federation represent their students properly if the students don't even know they exist, right? I want to try some new innovative ways of communicating to them, possibly through an app.

ETC: What are your thoughts on how much power the chief returning officer has?

SM: It's something that the current directors have signed off on throughout the years. And maybe this is a new issue and maybe it needs to be relooked at, but the CRO is an unbiased view of all candidates. And this year there were a lot of candidates, so maybe a better idea would be have more CROs, maybe have a committee, maybe two or three CROs. If the board in the coming year decides that that was an issue, and not just people making noise that they got disqualified, then it's something to change in the policy maybe.

From my understanding, at the end Tim had more than three strikes so, the CRO wasn't going out of her boundaries enforcing something that was outside the rules.

ETC: People's concerns were with the way the CRO added up warnings to equal strikes.

SM: I had two strikes, I made damn sure I didn't get that third strike and all I can say is I guess Tim wasn't careful enough.

ETC: Knowing that you've been elected with less than 20 per cent of the vote, do you feel like your victory was cheapened at all?

SM: No, this year you would think I would get more votes than I got last year, but I actually got less. I don't think it cheapens it. I mean a little bit...but it really it depends on how you look at it.

ETC: One thing students brought up who voted for Tim was that their votes didn't end up counting in the election.

SM: I don't think any structure or any policy is perfect. And this situation, that's just one of those things where this policy didn't accommodate it... To have another election or another campaign and have them re-vote for everything, I mean, the time isn't there, right? Decisions need to be made, and unfortunately those people voted for someone who got disqualified. I don't think it's HSF or the policy that really needs to answer that, I think that's Tim.

ETC: Are you going to try to get people to fall in love with you now that you're president?

SM: Yes, definitely... Some of my upcoming executive staff, they made it really clear that they were supportive of Tim, and I mean that's fine with me. People have their own opinions, but at the same time I don't know anyone who's heavily supporting Tim that does know me, so my motto is definitely going to be kill them with kindness and hopefully win them over.

ETC: What are you most nervous about for next year?

SM: Experiencing new things, you're always a little bit nervous, but I like being nervous, it keeps me on my toes.

ETC: Do you think working with Brillhante during the transition phase will be a positive or negative experience?

SM: It should be positive. I'm hoping it'll be positive.

Salt labelling needed on menus: health pros

Proposed Ontario bill requiring calorie counts wherever prepared food's sold should cite sodium, heart experts say

Katherine George
LIFE REPORTER

Restaurants should include sodium information alongside calorie counts, say some health groups.

Ontario's new menu labeling bill may see restaurants add more salt to meals to enhance flavour, according to the Ontario Sodium Alliance.

The proposed bill requires restaurants, fast-food chains, supermarkets and convenience stores to inform consumers of calorie counts.

There's evidence restaurants im-

plemented higher salt in meals after New York introduced calorie labeling in 2008, said Mark Holland, director of health promotion at Heart and Stroke Foundation Canada.

"(Salt) is the only thing that can be hidden. When restaurants are forced to show caloric values, they seek a way to maintain taste."

Canadians consume about 3,600 mg of sodium a day, significantly higher than the 2,300 mg or less recommended by Health Canada.

Six million people in Canada have high blood pressure and hyperten-

sion, one million of those cases being attributed to a large amount of salt intake, said Holland.

"Kids are being exposed to more sodium than they should be through either prepackaged meals or eating out. We have a situation where kids can be hypertensive and not know because it isn't expected," said Robin Reece, advisor at the Foundation.

"People can reduce their sodium intake by eating at home, and eating more fresh foods as opposed to packaged foods," Reece continued.

"The challenge is that most people don't realize they have a sodium problem because they don't use the saltshaker, but it is already baked into their foods," said Holland.

A new study conducted by researchers at the University of Toronto and University of Guelph shows Canadians want to know the impact a high sodium diet has on overall health. Eighty per cent of Canadians want less salt and better nutritional information on packaged foods.

The study surveyed more than 2,600 Canadians and was published in the *Canadian Journal of Cardiology* on March 13.

The average person is unaware of what a healthy intake of sodium is, said Holland: "We feel that within a school environment there should be more discussion around nutritional composition of food including sodium."



COURTESY: SGT. PEPPEREDJANE VIA FLIKR

Ontario's new menu bill may see restaurants add more salt to meals



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Creeping can raise anxiety

Sarah MacNeil
LIFE REPORTER

A new study shows regular Facebook creeping increases social anxiety upon in-person meeting.

Researchers at Benedictine University, Ariz. and the Providence College, R.I. found when participants viewed a Facebook profile then saw the same person in real life, they became more anxious.

Participants were female undergraduate students between the ages of 18 to 20, according to the study published in *Cyberpsychology, Behavior and Social Networking* on March 4.

"Females experience higher levels of social anxiety in general," study author Shannon M. Rauch said.

Rauch said creeping is not only very common, but can be harmful.

"People make social comparisons, and often idealize their friends' lives. The study proves that using Facebook will not make in-person interaction more comfortable," she said.

The study also revealed participants felt safe viewing others on a screen while the shift to live interaction created heightened nervousness.

"People make assumptions about others. If they view someone's profile that is attractive and have low self-esteem themselves, feelings of inadequacy start before meeting in-person," said Dr. Dan Andreae, a psychology professor at University of Guelph-Humber.

"With so much focus on technology, people start relying on it too much. Students lack interpersonal skills," said Dr. Andreae.

The study had certain limitations. Participants were not using their own Facebook page and friends during observation and only encounters with the same sex were considered.

Dr. Andreae said any study is open to contradiction. It all depends on the individual and personal self-esteem issues.

"Future research will aim to look at participants' subjective experience," said Rauch.



COURTESY: CRAZYSTUFF.CH VIA FLIKR

New study shows women demonstrate a shift in mate preference during high fertility days, echoing evolutionary patterns seeking dominant males.

Women look for masculine men while ovulating: study

Karina Nowysz
LIFE REPORTER

A few days in a women's whole menstrual cycle can drive sexual decisions and affect relationship dynamics.

A new study from the University of California published in the *Psychological Bulletin*, found that heterosexual women demonstrate a shift in mate preference during high fertility days in their cycle compared to low-fertility days.

"The idea is choosing someone as a sex partner who has characteristics that are likely to help your kids survive," said Kelly Gildersleeve, the author of the study.

Different characteristics in men related to genetic qualities such as body physique or behavioural traits like confidence, social dominance and competitiveness can push a women to be attracted to someone during her ovulation, said Gildersleeve.

"When women are mid-cycle and ovulating, their brain is programmed to be drawn to men with square jaws, V-shaped physique, symmetric facial features and good height. It's about selection of the fittest," said Rebecca Rosenblat, a psychotherapist, relationship and sexuality therapist.

"The idea here is to encourage mating, Mother Nature's number one agenda," said Rosenblat.

During ovulation, physical traits that would be passed on to their offspring is what drives women towards healthy and strong partners, said Dawn Macaulay, liberal studies program coordinator at

Humber.

"We choose mates that will give us vigorous and lively children," said Macaulay.

During these few days of ovulation, Women who are with a partner that \are less masculine can feel more attracted to other men, said Gildersleeve.

"I can imagine a woman feeling



The idea is choosing someone as a sex partner who has characteristics that are likely to help your kids survive

Kelly Gildersleeve
UNIVERSITY STUDY AUTHOR

kind of bothered by experiencing attraction to somebody other than their primary romantic partner, so they may start doubting that they are with the right person," said Gildersleeve.

"But let's keep in mind physical nature doesn't have to rule our behaviour," said Macaulay. "Our brain can override our impulses."

Gildersleeve said the shift in attraction lasts only a few days due to our biological makeup.

"It's based on this biological adaption that served to function a million years ago," said Gildersleeve.

"We are not saying that what we once did or what we evolved to do is what we ought to do. It doesn't speak to whether those are good behaviours or good feelings."

Oil swishing may detoxify

Kendra Hamilton
LIFE REPORTER

Take a spoonful of coconut oil, swish it around your mouth for 20 minutes and spit it out.

It's supposed to be good for you.

The process is called oil pulling and allegedly has the power to cure more than 30 diseases, enhance oral health and draw toxins out of the blood, according to articles published in the *Journal of Oral Health & Community Dentistry* and the *Indian Journal of Dental Research*.

Many health professionals, however, remain skeptical of the old Ayurvedic practice from India.

Most of the scientific studies done on oil pulling have been conducted

in India using small sample sizes and were not properly "blinded" (against a group not using the treatment, said Dr. Bora Moon, the on-campus dentist at Humber College.

"A lot of things you find online are quite anecdotal and they claim, 'oh this happened, that happened,' but there's no evidence," she said.

The proper way to get toxins out of the body is to urinate and have regular bowel movements, said Maria Pelliccia, registered dietician and professor at Humber.

"Our body is pretty smart, it detoxifies naturally," she said.

Pelliccia said if toxins are building up in the body, it's because the kidneys, bowels, or sweat glands aren't working. Despite little scientific support however, anecdot-

al evidence of the benefits of oil pulling has recently proliferated on blogs and in non-academic articles.

"I've been oil pulling for two weeks now and my teeth have gotten so much whiter and my sinuses have cleared up so much," said registered holistic nutritionist Katie Hart.

"It does make your mouth feel cleaner," said Robin Young, a second-year public relations student at Humber College. "My dentist was like, 'I see you've been flossing, that's great,' and I hadn't been."

"I don't think there is any harm to it," said Moon. "As long as they're doing it as an adjunct (to standard oral hygiene) but I would like to see properly performed clinical trials first before recommending it to my patients."

TO THE NINES

Muy Ano
Business,
GUELPH-HUMBER
1st year

SHIRT - STUSSY
PANTS - HOT TOPIC
SHOES - CONVERSE
HAT - HUNDREDS

FAVOURITE ARTICLE
OF CLOTHING
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UNDEFEATED

STYLE INSPIRATION
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DRESS "CLASSIC" GOING
OUT (CARDIGANS AND
BLAZERS), DRESS CASUAL
AT SCHOOL.



Shocking Brilhante disqualification magnifies transparency issue at Humber Students' Federation



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

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The bitterly controversial disqualification of current Humber Students' Federation President Tim Brilhante, and vice presidential candidate Karnseh Barbaria from the recent HSF elections, should be a major concern for students at Humber College. A massive number of votes was nullified as a result of these disqualifications, and nothing is being done to justify or even clarify this decision by HSF, whose chief returning officer meted out the disqualifications without explanation or recourse to appeal.

A reelection is a must. Over 2,400 people voted for Tim Brilhante, and to completely disregard these people's opinion is democratically unjust. The massive contrast in the number of votes between president-elect Shawn Manahan and Brilhante - Manahan garnered less than a third as many votes -- is a blatant indication that students are being inaccurately represented as a result of the controversial disqualification. HSF should also provide us with another concise explanation of Karnesh Barbaria's disqualification from the VP presidential election, which closely resembles Brilhante's situation.

If Brilhante and Karnesh are unable to appeal, the reelection should still be held in order to give those 2,400 voters a chance to select a new president, and a new vice president, from the remaining candidates. This shouldn't be a matter of money or time, it's about fairness and accuracy. It's about providing the student body with choices, and ensuring them that their best interests are at heart with a student government that handles nearly \$10-million of their tuition money. Because what's a student federation, if the students they represent are kept in the dark and ignored?

Many people on campus might simply provide a shoulder shrug to the controversial disqualification of

Brilhante, and this is evident in the voter turnout, which was the lowest it's ever been. Only 18 per cent of the total student population cast a ballot, -- but this could well be a direct result of the lack of transparency HSF has with its students and the press. Why should students vote if they ultimately don't feel they're being affected at all by the federation that's ostensibly representing them?

Yes, we see the posters about events and special guests around the school, but these are only a relatively modest portion of HSF's responsibilities; moreover, there are many students out there who care very little such program, which often draw small numbers of participants. What those students may care about however, is how exactly HSF is handling their money, the aforementioned colossal \$10 million budget. After health and dental insurance, is all of it going towards game rooms, guest speakers and special performances? How does that \$10-million benefit students who don't necessarily care about any of those things?

This is not to say that we want a static school environment. The events HSF provide us with are often tremendous and really help bring people together. But we still need to know how they support the student who doesn't participate yet is required to pay thousands of dollars to attend college.

Maybe one day, that student decides to vote in an HSF election for the first time, because he or she feels one of the candidates deserve their vote, and he or she wants to take that first step in getting more involved with the school system. Maybe the candidate that gets this student's vote is Tim Brilhante. The polls are coming to a close, but then Brilhante is disqualified. Now that student's vote counts for nothing. No clear explanation, no appeal for Brilhante, and that student's vote, and opinion,

is rendered meaningless.

Knowing this is the scenario several students likely faced during the recent election period is disheartening. It's even more unfortunate knowing only 1,500 votes were needed to help fill the position of HSF president--a tiny fraction of the overall full-time student population, which consists of some 27,000 students.

HSF can be seen as a training ground for those looking to becoming leaders in their community outside of Humber College. Understandably, mistakes are sometimes made. In other institutions, people are held accountable for mistakes in order to prevent them from happening again.

In this case, however, the mistake of failing to provide adequate transparency with those outside of HSF has been an ongoing issue for some time now, and it should be rectified now.

It should start with a clear explanation of Brilhante's disqualification, and answers to some basic questions.

Why is so much power devoted to one person - the chief returning officer Natalia Toussaint - who seemingly has the power to single-handedly nullify the results of a popular vote without ANY public accountability?

Why is there no discussion of a reelection between the three remaining candidates - Shawn Manahan, Mary Anne Savoie, and Kay Tracey?

How exactly is the \$100,000 dollar budget for HSF elections utilized?

Let's just step back for a second, forget about the election controversy for a few moments, and ask ourselves: What exactly do we know about the Humber Students' Federation?

Aside from the thin Humber Life paper, which gives us a brief

look at the happenings on campus, information surrounding the ins and outs of the student government is quite minimal.

As for press coverage, in our Humber newsroom any story assigned to a reporter regarding HSF has long been met with a frown, due to the grinding process involved with simply getting hold of someone in student government to talk to. It often takes nearly a week to confirm a meeting with someone within HSF, which is hardly a viable solution for reporters who need to meet deadlines on the same day stories are assigned. When a student federation, which stresses the importance of its relationship with the rest of the student population, makes the simple task of relaying information to campus news media a chore, it slowly becomes obvious there's no interest in informing us about occurrences taking place behind their closed doors.

Humberlife.com does provide an outline of HSF's mission statement, board members, and a brief consolidated operating and capital budget summary for the previous three years. Despite the amounts listed, details are still lacking. How is the \$304,000 operating budget for "Student Communications" utilized? What are individual speakers and performers paid and how many audience members do they generate? Why is there not a line item budget made public?

The issue of transparency between the Humber Students' Federation and the rest of the student body at Humber has, for quite a while now, been problematic, but the situation has never been more acute and dismaying than now. The students of Humber College should have the student government they deserve. With the unanswered questions surrounding the utterly muddy election still lingering in the air, it's clear we deserve better.

QUOTED: Do you think Humber Students' Federation needs to be more transparent?





PHOTO COURTESY OF WIKIMEDIA COMMONS USER HORGE

Banners hanging in the Air Canada Centre showcase some of the years the Maple Leafs won the Stanley Cup. 47 years ago, in 1967, was the last time the Leafs took the NHL championship.

Statistics don't lie: Leafs won't be holding Stanley Cup soon

Jared Clinton
SPORTS EDITOR



I pride myself in being very honest about expectations. In fact, it's been my defense in many an argument. I'm not a pessimist. Rather, I'm a realist.

Keep that in mind, O Leafs faithful, as I speak to the following: this year's iteration of the Toronto Maple Leafs is an historically awful professional hockey team that has somehow found their way into playoff contention, but will not come close to sniffing Lord Stanley's mug.

I'm not a Maple Leafs fan – never have been – but it's important to understand that my lack of faith

in the Buds is based in fact. By fact, I mean not the trite 1967 digs that have been echoed for the last decade, nor do I point to one play-off berth in the last nine seasons. Rather, I point to hard statistical evidence that the Maple Leafs have found themselves on their way to the wrong side of the record books.

In the modern era, post-clutch-and-grab, no team has had a worse shot differential – number of shots on goal compared to their opponents -- than this year's squad. The closest comparable? The 2007-08 Atlanta Thrashers, a team that finished six games under .500. The Maple Leafs, a statistical anomaly to be sure, are an outstanding 10 games above .500 with a subpar shot differential, and somehow have managed to keep their heads above water long enough to sniff

the postseason.

While Moneyball – or in this case, Money puck – and advanced statistics have their detractors, one needs to look no further than the teams that have hoisted the Stanley Cup over the past five seasons. One of the more popular statistics when it comes to hockey analytics is Corsi percentage, a measure of shots directed on the opposing goal (including those blocked on their way to the netminder) versus those directed at your own. An offshoot of Corsi, called Fenwick percentage, removes the blocked shots from the equation. In Fenwick lies the greatest argument against the Leafs chances, whether the faithful decked in blue and white are willing to admit it or not.

Since the introduction of Fenwick some six seasons ago, the

work in tracking it has shown this: a team whose percentage falls below .500 has a 31 per cent chance of making the playoffs. Unfortunately for Leafs fans, the team's current percentage falls well below that. In fact, it is currently at the lowest historical rate, an abysmal .424. Beyond that, only one team with a sub-.500 Fenwick has ever won the Stanley Cup: the '08-'09 Pittsburgh Penguins, and Sidney Crosby isn't walking through the door to Leaf Land any time soon.

So, what does this mean?

Fenwick and Corsi, more than a measure of shots, are a measure of puck possession. Possession equals wins – or it usually does. Simply put, it means the Leafs play more than half of every game chasing their opponents. It means the Leafs are, almost inexplicably, finding

ways to pull games out of their, ahem, backsides. None of this is to discount the efforts of Phil Kessel, James van Reimsdyk, or Jonathan Bernier. They've all turned in tremendous seasons, but the team as a whole is underwhelming and, frankly, playing well over its head. After all, as the saying goes, that's why you play the games.

While understanding that advanced statistics are not the deciding factor in all wins and losses, it would behoove Maple Leafs fans to understand that this team is a freshwater spring in the Sahara – a mirage. Enjoy this run, Leafs Nation, just as fans of any team would. But take a moment to be honest with yourselves: this isn't a team destined to end the drought; this is a team waiting to turn into something other than a sitting duck.

Diminishing manners do matter

Melissa Deeder
NEWS EDITOR



I've been thinking a lot about manners lately and how their use seems to be diminishing as each generation passes. Manners go back to the 1600's, originating in France. A proper social behaviour list drawn up by the nobles was called etiquette. It spread throughout Europe and was eventually adopted by the Western world. Centuries later, it seems to have fallen by the wayside

Courtesy, etiquette and straight up politeness don't seem to be an important part of people's lives anymore. Do people still open and hold doors for others? Do they give up their seats for the pregnant, elderly or disabled? Are parents even teaching their kids to respect others? These questions apply not only to Canada, but all over the world.

Searching for an answer, I came

across a poll with surprising results that, sadly, confirmed my thoughts. The Star Herald, a Nebraska community newspaper, was conducting a poll asking: "Do you think people have less manners today than they used to?"

Only 4.4 per cent of respondents said it's the same; 0.6 per cent said no, there was more use of manners today and a shocking 94.9 per cent agreed that there are less manners today.

But why?

Everything happens in a gradual progression, like phasing out the use of last names, or sir and ma'am. But will dinner table manners be phased out over time as well? If so, what does this say about our future in regards to etiquette?

Let's take it back to where manners start—at home, as a child. The Toronto Star article "How do you raise kids to have good manners?" said, "times have changed, but society should not deteriorate. Manners and respect are taught at home. It is one of parenting's great responsibilities; to teach these values."

I couldn't agree more. It's a

parent's responsibility to teach their children manners. However, today, many families have two working parents, giving them less time to teach their children.

Are we too busy in our day-to-day lives to incorporate such simple kind words as a "please" and "thank you"? And is "too busy" really a good enough excuse?

Life'sPath360.com says, "Manners are a relevant and necessary component in a progressive and successful society." People need to make time for manners.

Politeness says a lot about a person.

It's important to have manners in your life. After all, doesn't it feel good when someone does something nice for you? Or what about watching an act of kindness? It might make you feel good inside; it might even make you think that this world isn't such a bad place after all.

The next time someone needs help with a door or drops their things on the floor, we should all take the time to remember our manners.



ILLUSTRATION COURTESY FLICKR USER LOVERLORNPOETS

Bad manners are becoming more prevalent in today's children and society

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HOROSCOPES by BRIAN O'NEILL



JAN. 20 – FEB. 19
In a surprise announcement, this week your horoscope has been disqualified, and awarded to Pisces.



FEB. 20 – MAR. 20
It is what it is.



MAR. 21 – APR. 20
After gaining another Twitter follower, you will resist your natural urge to hide in a Tim Hortons and call the police.



APR. 21 – MAY 20
This week you will take things slow. Come up with crock pot schemes.



MAY 21 – JUN. 20
Remember: you can never wear your heart on your sleeve if you wear a tank top.



JUN. 21 – JUL. 22
You will create a band called RattPoison, covering the 80's hits of Ratt and Poison. Your uncle Kirk will be stoked.



JUL. 23 – AUG. 22
Now you've had time to adjust to daylight savings time, you'll apologize to farmers you condemned three weeks ago.



AUG. 23 – SEPT. 21
While singing in the shower, you will get shampoo in your eyes. The shampoo is saying you have a terrible voice.



SEPT. 22 – OCT. 22
Eating Cap'n Crunch every morning doesn't make you qualified to be a naval captain. Stay away from boats and ships.



OCT. 23 – NOV. 21
Reminder: the person who said "better late than never" was most likely unemployed.

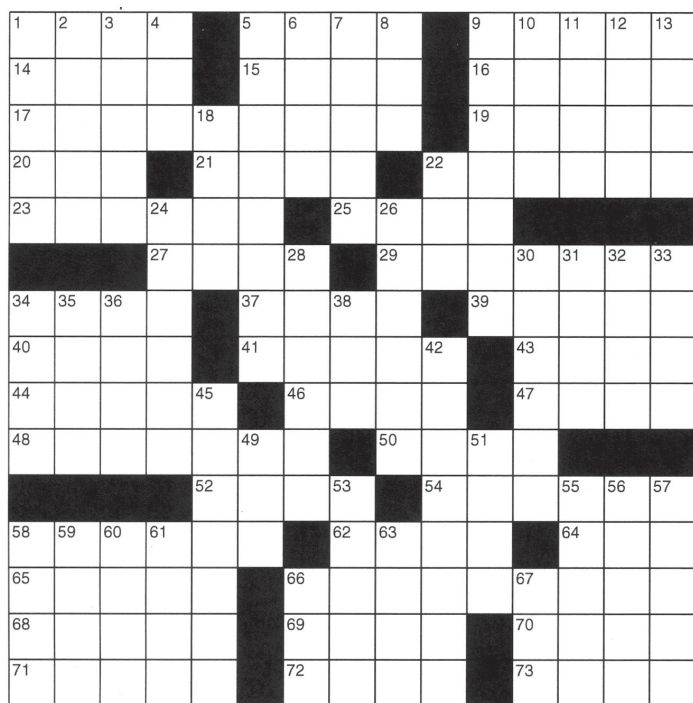


NOV. 22 – DEC. 20
This week you will encounter someone named Douglas Fir. The man who thinks he's a tree.



DEC. 21 – JAN. 19
Earth has infiltrated your sign so...I guess that means things are relatively normal.

CROSSWORD BY BOATLOADPUZZLES.COM



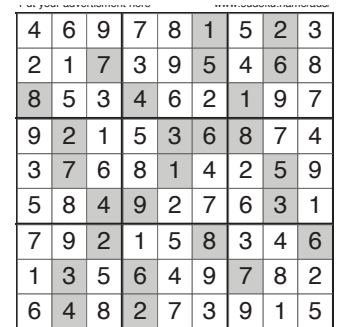
DOWN

1. Aroma
2. Embankment
3. Leaves out
4. "In ____ We Trust"
5. Uneducated
6. Shaving cut
7. Forest growths
8. Young's opposite
9. Painter Leonardo ____ (2 wds.)
10. Huron's neighbor
11. Telescope glass
12. Diplomacy
13. India's locale
18. Viewed
22. Pouch
24. ____ Day O'Connor
26. Gambling site
28. Building cement
30. Whirlpools
31. Uncluttered
32. Yarn
33. Thin
34. Counterfeit
35. Dubuque's state
36. Objective
38. Water, to Jacques
42. More sensitive
45. Bureau
49. Decorate a cake
51. Apple's center
53. Excessive
55. Fable author
56. Migratory birds
57. Came to a close
58. Pare
59. Buddhist monk
60. Greek Cupid
61. Poker term
63. Boundary
66. Everybody
67. Watering place

ACROSS

1. Walk heavily
5. Get ____ trouble
9. Letter after gamma
14. Note
15. Female
16. Zones
17. Exemplified
19. Leonardo da ____
20. Permit
21. Harness part
22. Afternoon snooze
23. Inferior
25. Peruse
27. Genesis man
29. Emphasizes
34. Autograph
37. Nays
39. Utopian
40. Cowl
41. Quality
43. Surrealism's Salvador ____
44. Oscar, e.g.
46. Ditty
47. Thing
48. Disease from mosquitoes
50. Single time
52. Unbleached color
54. Medicinal amount
58. Polite word
62. At no time, in verse
64. Yet, poetically
65. Works for
66. Spoke to
68. Overact
69. Racing sled
70. Sit for a painting
71. Sci-fi weapon
72. Malicious look
73. Mimicked

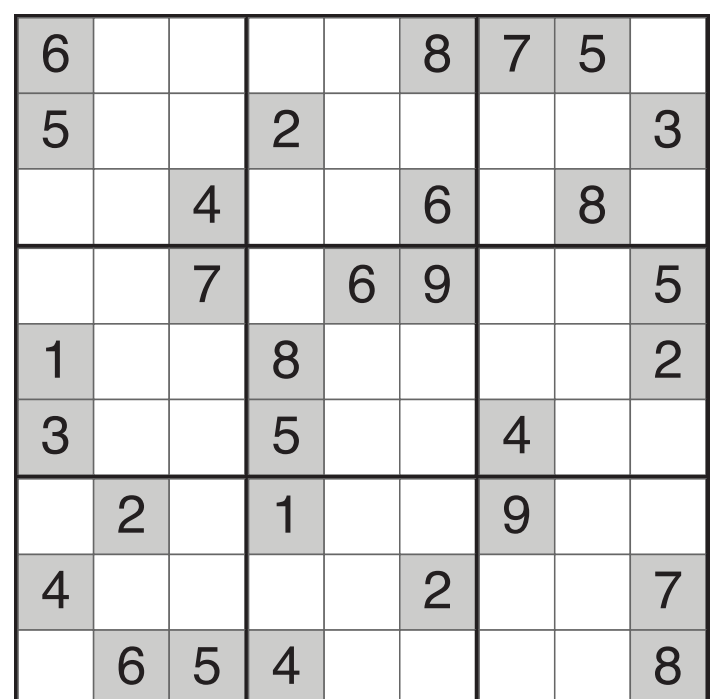
LAST WEEK'S ANSWERS



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



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Support for sport in 12-hour challenge

Overnight activities at Humber gym to raise funds for Right to Play

PJ Valois
SPORTS REPORTER

Humber Athletics is hosting its first 12-hour Activity Challenge on March 28.

The event is part of this year's new "Hawks Have Heart" community project, which encourages Humber's athletes to get involved in charitable endeavors around the community, said varsity academic advisor Monique Haan, who is organizing the event.

The challenge is in support of the Right to Play Foundation, an international organization that raises funds to help people in countries around the world participate in fun, physical activities that they normally would have no access to, explained Haan.

"I figured it was a great idea to introduce the concept of sport for development to broaden the awareness of what sport can do," she said.

Right to Play organizes students around those goals, said president of the Humber College chapter of Right to Play, Danielle MacMillan.

The event begins at 6 p.m. and runs until 6 a.m. the following day and will be held in the Humber North gym and community pool.

Teams of 10 to 12 people will be competing in games such as bump basketball, blind volleyball and floor hockey.

"For every \$50 raised it can grant one student with programming for a full year," said Haan, who emphasized the relatively low cost of providing those in need with the gift of sport.

The event also features Right to Play games such as "mosquito tag," which is used in developing countries as a fun way to teach children the dangers of malaria and how to avoid the deadly disease, said MacMillan.

As it is the first year that this event is being hosted, interest thus far has been low, said 12-hour Activity Challenge committee member Megan VanKeulen.

"Hopefully more individuals will be interested so that we can do more events like this one."



CHRISTINA SUCCI

Patrick Richardson (right) with men's volleyball coach Wayne Wilkins. Humber tried to recruit Richardson two years ago.

Hawks land Richardson

Men's volleyball set to announce 6'4 top setter Patrick Richardson as a leading new recruit

Christina Succi
SPORTS REPORTER

With the men's volleyball season ending with a National bronze medal, it's time for the team to consider its future.

Head coach Wayne Wilkins and assistant coach Elie Shermer, said the steps taken in recruiting new talent are crucial to the foundation of a top contending team.

Recruiting season is a year, or sometimes longer process. When Wilkins started noticing players were staying for longer periods of time, they broke their recruiting process into a four-year cycle.

"What we try to do is have at least 80 per cent of the team within the four-year cycle, that way you're never really losing a big portion of your team," said Wilkins.

"We're at the end of a cycle, and we are losing a few more than we anticipated, but we've got a dozen kids on the recruiting list, so it's looking pretty good."

One of those recruits is Patrick Richardson, a 6'4 transfer student from McMaster University and a former player of the club team the Durham Attack.

"Patrick is an individual we were recruiting two years ago when he was still in high school, but he chose Mac over Humber," said Shermer.

"We were going after him pretty aggressively."

The Humber coaches are thrilled to add the talented setter to their roster.

"He's a pure setter," Wilkins said. "He's grown up playing that role and that's the only thing he's ever done, so he will be bringing a lot of experience in the setting position."

Shermer said Richardson will be launched as an official Humber recruit within the next two weeks.

"We're waiting on a few more guys, that if we can

land even one or two of them, will be game changers for the program, especially with (star left side) Terrel (Bramwell) graduating next year in his fifth year. That will be some big shoes to fill."

Richardson said he regrets his decision not to attend Humber earlier, and is now making amends.

"Coach Wilkins is willing to take a chance on me, I value that and I know that I'm willing to put in the work. Having something to prove makes you work harder."

Richardson also had the opportunity to play with and against several of the team's lead players, like Kamryn Wilkins, a friend of his.

Richardson also worked with Bramwell and several other Hawks, including veterans Cam Fletcher, Andre Brown and Mack Roberston.

They had all played together at Madawaska Volleyball Camp, a training camp Richardson has been a part of since 2009.

Richardson is currently waiting on his acceptance to University of Guelph-Humber's early childhood education program.

"Throughout my career in volleyball, Wayne and Elie have been hounding me to be a Hawk, but now everything has fallen into place.

"There really isn't a better group of people to surround myself with," said Richardson.

As for his future as a Hawk, he believes the sky is the limit.

"Big things, I can promise that," Richardson said.

PROFILE

Rookie Bewley has impact on and off basketball court

Willy Phan
SPORTS REPORTER

Humber Hawks forward Chad Bewley cemented his first season with the men's basketball team as a team leader on the floor, and a community leader off of it.

Bewley dedicates much of his time off campus as a staff member at Elite Camps, an organization dedicated to running year-round basketball camps for youths in the GTA.

"(Bewley's) a good guy," said Hawks teammate Gibson Eduful. "He's usually always off doing camps and basketball-related stuff so I think he's a (community) leader."

"It's actually a lot of fun," said Bewley. "We work with kids of all ages... I was blessed

because of my first year working there. I actually got to work with the academy team, which is basically a training program that goes through an AAU (Amateur Athletics Union) tournament."

Bewley credited his job at Elite Camps to his reconsideration of playing basketball again, which led him to joining the Humber Hawks.

Bewley spent three years playing in the CIS (Canadian Interuniversity Sport) for the men's varsity team at York University. Afterwards, Bewley served as an assistant coach for the York Lions for a year while he worked at Elite Camps.

A co-worker from Elite Camps asked Bewley if he was finished with competitive

basketball. From that point, Bewley rediscovered his desire to play varsity basketball.

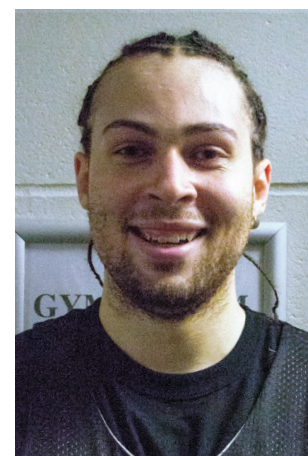
"After watching for an entire year, I was like, 'No, not really. I think I can still play,'" recalled Bewley, a fitness and health promotion student.

Bewley said he explored many options before deciding Humber was the best fit for him to continue his basketball career.

His playing style is compared by a rookie teammate to that of a retired NBA star.

"I'd say Chad is Rasheed Wallace with his outside shooting, his length, and his ability to score," said RJ Ramirez.

Bewley finished his first season at Humber with averages of 8.1 points, 2.6 re-



WILLY PHAN

Bewley teaches basketball at Elite Camps in the GTA.

bounds, 2.6 assists, 1.1 steals and 1.4 treys made per game.

While these numbers aren't exactly eye-popping at first glance, Bewley didn't need big individual numbers to establish his status as a leader on the court. He used his basketball knowledge to help the Hawks secure a bronze medal at the OCAA Men's Basketball

Championship on March 1.

Bewley also competes in a pro-am league run by Megacity Basketball, which runs several competitive leagues across Toronto.

He played in China last summer after he was selected to the Power Canadian Development Team, a squad consisting of players from the Megacity Pro-Am League. The Mississauga Power, a professional team in the National Basketball League of Canada, manages the development team.

Bewley said he plans to play professionally for the Power after he finishes his career with the Humber Hawks.

"The trip to China was really an exposure trip for the (Mississauga) Power team to look at us," said Bewley. "I've been in contact with them for over a year and I plan on going back (overseas) with them this summer, so hopefully I'll be playing for them."

Performance centre draws recruits

Jeff Sehl
SPORTS REPORTER

Humber is often praised for the quality of its varsity athletics, however, it also ranks amongst the top colleges in the province for the athletic facilities available to their varsity players.

Humber's High Performance Centre is a weight training facility dedicated to Hawks' athletes, allowing them to take their game to another level through physical education and training. It offers Humber athletes personalized training specific to their sport, team training regimens and education on their physical capabilities.

Now in its fifth year of existence, the centre has given Humber's athletes an advantage not seen in most Ontario colleges.

"I don't think there is anything really like it in terms of the OCAA,"

said Humber athletic director Ray Chateau. "You'll find high performance centres are pretty common in OUA (Ontario University Athletics) schools but it's rather unique in terms of an OCAA school."

Other schools offer similar services like strength and conditioning coaching to their athletes, but it's Humber's facilities that set the school apart from the pack, said High Performance Centre coordinator Teresa Arnini.

"At our level, I'm not aware of a college that we compete against that has a separate facility for their athletes the way that we do at Humber," she said. "That sort of puts us at the forefront of where we want to go with the OCAA and CCAA, and it's important to stay there, to acknowledge our athletes and keep investing in our athletes."

Humber's investment in athletic programs and facilities like the High

Performance Centre has made the school an attractive option to prospective college athletes.

"I think (the centre) is a part of the whole package," Chateau said. "(Recruits) take a look at what we have in terms of the therapy clinic, the varsity academic centre and the High Performance Centre, so its part and parcel of everything we have to offer."

"It definitely has a positive effect in terms of athlete recruitment," he said.

Arnini has seen the impact Humber's facilities can have on recruits first-hand as a cross country coach.

"When I've done the tours for some recruits, they're totally struck by the fact that we have a facility and that we invest in athletics," she said. "We have not only the coaches, not only the athletic staff and management staff, but we also have coaches that are totally taken away from their sport and we focus on them

and their bodies. They're totally in awe of it."

Outside of recruitment, Humber athletes have been reaping the benefits of the school's investment in athletics as well.

"(Having the centre) is actually really beneficial. It separates us from the traffic in the original gym and we can come in whenever we can to get our workout," said Tyrone Dickson, a second year power forward with the Hawks men's basketball team. "They give us advice and guide us as time goes on and we eventually get better and it's really good having them there."

The benefits of Humber's investment in athletics can also be seen on the field of play and hanging on the walls of the Athletic Centre. Humber has won a staggering 43 OCAA titles in 13 different sports since the High Performance Centre was established in 2010.

Athletic therapists keep Hawks in the game

Ari Salas
SPORTS REPORTER

Humber's often-overlooked athletic therapists keep varsity athletes off the injury bench by focusing on three main elements: prevention, on-field care and recovery.

"Right from the injury to being back on the court and maintaining after that, we go through all the stages of rehab and get you back there," said Carlie Creed, a third year athletic therapy certificate student.

Two certified athletic therapists supervise Creed along with four other certificate students from York University and Sheridan College at the North campus.

The students and certified professionals work closely with Humber's varsity athletes to target the essential pieces of athletic therapy, said Melanie Evens, a certified athletic and massage therapist.

"Athletic therapists basically do the assessment, treatment and rehabilitation in the clinical setting, but also emergency field-side care," said Evens.

Evens said athletic therapists study the athlete's body mechanics looking for strengths and weaknesses, as well as balances and alignments to prevent injuries.

When a player is injured on the field they begin clinical treatment and rehabilitation. Final year community and justice services student Reasa Bowen-Charles underwent this process after a rugby injury.

"Taping, wrapping, icing, massage, ultrasound. It's a painful process," she said. "I got to play in my final game at Humber so that was great. They really cared about me."

Bowen-Charles recovered in time for rugby nationals, but serious injuries mean serious rehabilitation efforts.

Teammate Mataya Pasley said it will be several months before she can return to the field after she suffered a concussion. She said the athletic therapy team is extremely thorough, taking no risks with student recovery.

Creed and Evens agree the most annoying part of their job is being confused with physiotherapists.

"Athletic therapists are the ones you see with teams, everyone calls us physios. We're specialized in sport, we do a lot of on-site field care," said Creed.

Field-side care is perhaps the most crucial element of athletic therapy.

When a player collapses during play it's up to the on-site athletic therapist to respond and stabilize the situation. All athletic therapists are first-responder trained, said Evens.

Creed said the hard work she puts in is to see the players on the court.

"If they work as hard for us, come in and stay on top of it, it makes me happy."

Humber as a home away from home

Students from outside Ontario find a family-like relationship with Hawks

Kheon Clarke
SPORTS REPORTER

Humber College goes the extra mile to make out of province athletes feel at home.

Humber Athletics has a number of student athletes that are either from another province or other countries.

Jim Bialek, manager of athletics and sports information at Humber, said the college tries to provide out of province athletes with a family atmosphere.

"The athletes usually build up relationships with the classmates, teammates and other athletes within the Hawk family," Bialek said.

Bialek said Humber tries to put the athlete in a situation where he or she has an opportunity to connect with the local students.

"We try and fully involve them in a social environment and that can simply be going to the Varsity Academic Center to study with other athletes, it could be working out in the High Performance Center or even in the therapy area," Bialek said.

Bialek said the most important thing is to try and not leave them on their own and preventing them from developing home-sickness.

Hawks' Women's basketball team point guard Mel Szilagyl said the culture at Humber is all around



KHEON CLARKE

Hawks point guard Mel Szilagyl (left) in a game against Redeemer this season. She is originally from Montreal.

comfortable.

"I don't feel that it's anything Humber does specifically, its just everyone feels at home here."

Szilagyl was born in Montreal, Quebec, and lived there for most of her life. She attended CEGEP at Dawson College, which is a junior college. She then attended and played basketball at Concordia University, also located in Montreal, for three years.

"I graduated with my Bachelor of Arts in psychology. I took a year off and after that I came to Humber to do my post grad," Szilagyl said.

Szilagyl said her coaches at Concordia were not nearly as supportive as the coaching staff at Humber College.

"I feel like they focus more on the development aspect of basketball more here than they do at Concordia," she said.

Szilagyl said growing up in Montreal she was taught to hate Toronto. She lives in Etobicoke rather than downtown, but still had to adjust to the size of her current home.

"I like it, but it's a lot bigger and it takes a lot longer to get places," Szilagyl said. "My sister lives here anyway so it's not too bad of a transition."

Hawks' power forward Brenda Carachure said it is different transitioning from university basketball in Mexico to playing college ball in Canada.

"It's harder for me because here

you have to provide for your own tuition and manage a part time job on the side," Carachure said.

Carachure is from Acapulco, a coastal city in the Mexican state of Guerrero. After coming to Canada she attended and played basket at George Brown College.

"I don't have any family up here. I have to work if I want to play basketball," Carachure said. "I have to go the extra mile."

Carachure said she's gotten a lot of help from both the coaching and athletic staff at Humber.

"Its been a great experience because they really do care about you as a person, student and as an athlete," Carachure said. "It's a good support system here."