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A&E PAGE 12



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Presidential candidates spit fire

Humber Students' Federation voting opens today after hot debate, poster controversy

By Kathleen Jolly
NEWS REPORTER

The fight for a spot in the Humber Students' Federation executive body reached fiery levels during an all-candidates meeting last Tuesday.

Candidates from North campus, including those for VP Student Life, VP Student Affairs, President and Board of Directors for North campus and University of

Guelph-Humber were all given the opportunity to answer questions from voters.

Comedian Sabrina Jalees of MTV fame, who most recently wrote for *Canada's Got Talent*, hosted the meeting at Humber's North campus.

The gloves quickly came off during the presidential candidates' forum, as tensions rose after a Twitter question asked the candidates to list one of their strengths and

two weaknesses.

"I think I can do a better job at holding your vice presidents accountable," said incumbent president Tim Brilhante, who is standing for re-election. "You know when they're in their offices socializing, when they're cancelling food bank appointments. I need to do my job, and sometimes I have to make tough decisions."

Kay Tracey, currently VP Student Affairs North, quickly rebutted him.

"With regards to saying, 'holding vice presidents

accountable,' if you're the leader of a group, you must hold yourself accountable first, before you can hold anyone else accountable. You were chosen to be the leader, and if you can't lead your group correctly then your vice presidents will be the ones that are slacking," said Tracey.

Candidate Mary Anne Savoie used the heated exchange to her advantage.

"Vote for someone that you truly believe has your interest at heart, not the betterment of themselves," she

said. "More teamwork among the higher titles will be better for you. If there is so much drama and hostility and chaos in the offices upstairs, that doesn't look good on anyone...and that doesn't work out for you."

Candidate Shawn Manahan also came under fire from a member of the audience.

Manahan's posters offended first-year paralegal education student Chelsea Berry.

"One of your posters states, 'Hey girl, good luck

on your exams, I believe in you,' and the other, 'Victoria's Secret: She votes for Shawn,'" she said.

"I feel these posters reduce me [as] a woman, and other women from the academic setting participating in the college community to simply a sum of stereotypically defined parts, it makes me feel disrespected as a woman," said Berry.

Brilhante clapped enthusiastically when she asked if any of the other candidates felt the posters were inappropriate.

See DEBATE on page 3

14TH ANNUAL HUMBER COLLEGE CHAIR SHOW



JANIE GINSBERG

(Left to right) Yong Kyoon Kin (Kevin), 24, Michelle Tran, 20, and Elio Pedulla, 28, all from Humber's Industrial Design program. Their winning Paragon Collection design turned heads at March 4 show. Full story on page 14.

Hawks men's rugby gets university invite

Champions earn rare berth in top tourney

PJ Valois
SPORTS REPORTER

The four-peat OCAA champion Humber Hawks men's rugby team is sending a squad out west for the National University Sevens Rugby Championships.

The Hawks, who went undefeated in OCAA action, were to begin play in Langford, BC last Friday with action to be completed yesterday.

The Hawks will have a slightly different look, as "sevens" is a different style of play with seven players on the field and a different game length than the OCAA's standard "15s."

"(Sevens) is more open and faster than 15s," said Humber prop and OCAA player of the year, Jason Rice, who will not be attending the tournament as he is more accustomed to 15s style of play.

The Hawks' fast-paced and physical style of play makes the transition to sevens a fairly smooth one, according to Hawk's half-fly, Gregory Giliauskas, who is in his fourth year of the criminal justice program at Humber.

"We have physically capable players like Justin Tota, Zamour Johnson, and Joseph

Ginsberg who have unbelievable acceleration to beat any player," said Giliauskas. "There are guys like Graham Dewar, Jason Chuck, and Zautautas who are big physical guys who like to hit and run over people."

Rugby sevens has recently been adopted as an Olympic sport and the main purpose of the trip is to get Humber players seen on the national stage, explained head coach Fabian Rayne.

"These are the best athletes in Canada playing rugby right now."

The Hawks' competition features mostly university teams, with their first game of the tournament being against defending champs University of Victoria.

"Half of their roster are guys that play for (Team) Canada," said Rayne, referring to U-Vic.

"We want to be able to bring some respect to our school and show we aren't just a small college playing with all the big schools," said second-row player Graham Dewar who is in his third year at Humber in business administration.

"I think we're going to surprise some teams out west," said Rayne, who credits Humber Athletics' willingness to provide gym time and resources in the winter months for much of the Hawks' success.

WORLD EVENTS THIS WEEK

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
Commonwealth Day The annual celebration of the Commonwealth of Nations in London, England, held on the second Monday in March.	Worship of Tools This day is exhorts people to celebrate tools by working with them or buying one.	Plant a Flower Day Flowers are the reproductive structures of plants and the day celebrates cultivation.	World Kidney Day Campaign focuses on sharp shortfall in donor organs. About 100 countries take part in the campaign.	Pi Day 2014 Pi Day and Pi Approximation Day are two unofficial holidays held to celebrate the mathematical symbol π (pi).	World Consumer Rights Day Meant to empower consumers against false promotions and fraudulent claims.	Break the Cycle Protestors to gather outside the Turkish consulate in L.A. to call for an end to human rights violations

Driving distracted will cost violators more

Ian Burns
NEWS REPORTER

It's about to get a lot more expensive if you use your phone while behind the wheel.

Fines for distracted driving will double on March 18, with the fine for driving while using a handheld device such as a cellphone or MP3 player rising to \$280 from the current \$155.

However, the government of Ontario did not make this decision, which comes courtesy of Annemarie Bonkalo, chief justice of the Ontario court of justice. Bonkalo made the decision on Feb. 18, when she released a judicial order to raise the fines for distracted driving.

"While we have seen success with our distracted driving law and public education efforts, distracted driving continues to be a growing problem on the province's roads," said Bob

Nichols, a spokesperson with the Ontario Ministry of Transportation. "Justice Bonkalo's decision will likely further discourage the use of hand-held devices while driving on the province's roads."

The case for higher fines is being bolstered by the Ontario Provincial Police, which began its blitz against distracted driving on Mar. 3. In announcing its crackdown, the OPP said distracted driving is becoming the number one killer on the road.

In a statement, OPP Deputy Commissioner Brad Blair said that 78 people died in distracted driving-related deaths in 2013, compared to 57 impaired driving deaths and 44 speed-related deaths.

"People are addicted to technology," said Rick DeFacendis, a professor in Humber's police foundations program. "Put this together with driving, it's a recipe for bad

behaviour."

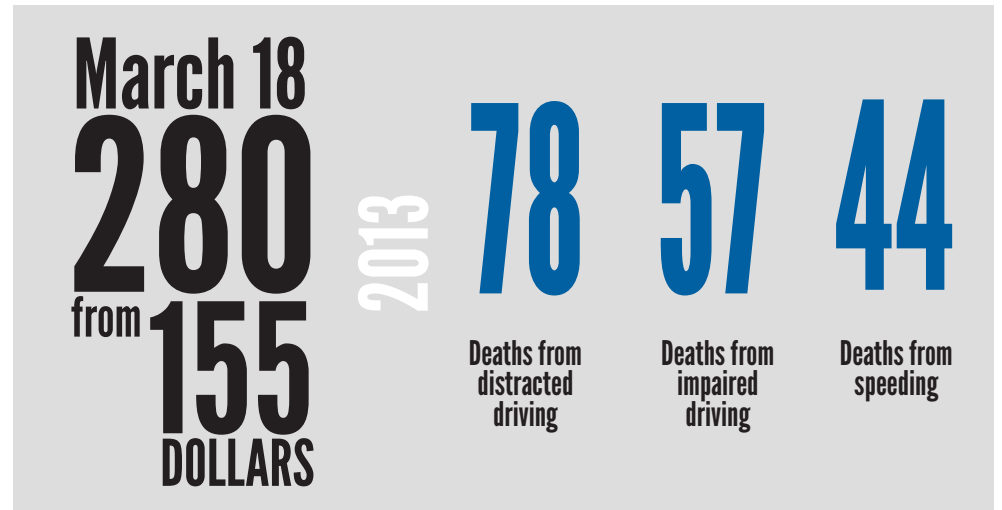
DeFacendis also noted that police services are becoming more creative in their ways of finding those phoning or texting behind the wheel.

He said that some police services have had plainclothes officers ride public transit because it gives them a better vantage point to see distracted drivers.

"In fact, there was one police service that even had a plainclothes officer dressed as a panhandler," said DeFacendis. "People think he's looking for spare change, but in reality he's looking into vehicles."

Bas Balkissoon, Liberal MPP for Scarborough-Rouge River, has introduced a private members' bill in the Ontario Legislature that proposes raising fines to \$500 and adds three demerit points to the offender's driving record.

"I think that people gaining demerit points would



KARA MATTHEWS

Provincial statistics on vehicular deaths provided by the Ontario Provincial Police.

change behaviour," said Balkissoon. "Some people just look at fines as the cost of doing business. Gaining demerit points impacts on people's insurance."

DeFacendis agrees with Balkissoon's assessment. "Demerit points are a much great-

er disincentive than just fines," he said.

Both DeFacendis and Balkissoon said that it will take some time before people adjust their behaviour while behind the wheel. DeFacendis pointed to the fact that it took a generation or more before

people changed their attitude towards drinking and driving.

But Balkissoon said that he believes that people will be able to change their behaviour faster.

"Today's young generation is much more educated than in the past."

Campaign ethics, leadership questioned at HSF forum

Continued from page 1

"To each their own," Manahan told Berry. "If you don't approve of it, that's fine. I'm obviously not going to get your vote...it is what it is, it's college. I'm representing the student body, not the country, but I'm sorry that you feel that way."

Tracey recited her closing statements as a poem.

"Do not vote for friendship or affiliations. Exercise your right because you need someone. A good leader

moves away from 'I's. Let us be us and we will strive... One vote, total change, that is my motto and that will never change," she recited.

Brilhante described his passion for the post in his closing speech, also mentioning he wants to create new part time jobs, a president's committee, and he wants to freeze student fees.

The VP Student Affairs North campus candidates proved to be more amiable. When Jalees asked if anyone

had anything bad to say about each other, everyone smiled and shook their heads.

During the forum, Odin Von Doom called for a more proactive approach to initiatives by distributing Student Feedback Questionnaires.

Saudia Deokilall discussed the need for more choice at HSF's food bank.

"Instead of giving somebody fixed packages, which is our current service that we offer... I think diversifying that by giving them the opportunity to purchase their own products, purchase things that they like... as well as what they need," she said.

Amarjot Singh Gill said when he asked students if they knew who their VP Student Affairs was, many did not. He wants to let students know what services are offered by HSF.

Inderjeet Kaur Sangha questioned whether Gill was the best fit to do this, saying



KATHLEEN JOLLY

HSF presidential candidate Shawn Manahan gives his opening speech at the candidates forum at North campus on March 4.

that he's the least experienced candidate among them.

"I think you would obviously have a steep learning curve if you were to take on this position, helping students with services here at Humber if you don't know much about them," she said.

The VP Student Life forum took a strange turn when candidate Tim Samaniego told a "true story" during his opening remarks of sitting behind a girl on a bus one day and being fascinated by her

hair bun.

"I really want to know how that bun works, same with HSF I want to know how it works, I want to know how it operates," said Samaniego.

Ahmed Tahir ended his opening statement by repeating his catchphrase, "I work as hard as I twerk."

Robert Gemmell pointed to his posters, which have a Lego theme and call him "#TheGinger," several times throughout the forum as evidence of his creativity and

originality, which he said would be valuable assets in the VP Student Life position.

Board of Director candidates for North and Guelph-Humber also gave brief speeches. Eric Collings for North, Joanne Durno and Erik DiVito for Guelph-Humber each took the podium, while Rafael Gouveia for North was absent.

After the forum, Mackenzie Thomson, a media student at Guelph-Humber, said all candidates did a great job.

"They all spoke really eloquently and they really care about the issues that go on."

Thomson was initially leaning towards Brilhante, who she said made her Humber experience great. However, after the debate, she was less sure.

"It got pretty heated for president, and they all did a really good job of defending themselves and their platforms, so I don't know who I'm going to vote for president, it's going to be a really tight race," she said.

Voting will take place on all campuses this week from 9 a.m. to 4 p.m. Monday

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Police reach out to local Somalis

Travis Pereira
NEWS REPORTER

A special liaison unit is working with residents in North Etobicoke to strengthen relations between Toronto Police 23 Division and members of the Somali community, heightening efforts after this past summer's Project Traveler raids on Dixon Rd.

"When we first started (the unit), we knew that the police are very good at breaking in doors and arresting people, but when we're done kicking in the doors and arresting people we're left with a gap there," said Sgt. Chris Laush.

Laush, who was one of the first two officers assigned to the unit which now numbers six, said bridging that gap is a huge motivation for initiatives such as the virtual town hall meetings the unit organizes.

"The virtual town hall, much like actual town hall meetings, creates dialogue," said Laush.

The virtual town hall meetings let area residents communicate their concerns and recommendations to police over the phone. A translator is also available to those who need one.

"(Residents) give real answers on how they're feeling and whether or not they feel safe in their community, whether or not the police officers are doing a good job, and that's what we need," said Laush, adding that in person, police uniforms might be intimidating for some.

Humber Restorative Community Justice professor Lynn Zammit said that in order to serve the community better there has to be a sense of commitment towards looking for solutions.

"The fact that police are engaging community members in a conversation about justice within their community is a pretty profound move to make," Zammit said.

Laush explained the unit's mission is to prove they're here to help for the long haul. He added that's why they have partnered up with various social organizations in the area to develop programs and build social spaces at several spots in North Etobicoke.

Projects include a homework club at 320 Dixon Rd., a major target of the raids, and 330 Dixon Rd., where a new computer



COURTESY TORONTO POLICE SERVICE

Division Somali Liaison unit officer P.C. Sylvia Swider works with local children in the library of the 320 Dixon Rd. building.

room has been opened up.

Joyita Sengupta, who lives in the high-rise at 320 Dixon Rd., said a great aspect of the liaison unit is their approach on integrating within the community.

"You have to accommodate what (the community's) current lifestyle is. Instead of just coming in and trying to change ev-

erything that they do," she said.

Sengupta, a third-year journalism student at Humber's Lakeshore campus, said despite initial resistance, residents of the Dixon neighbourhood have become more receptive of the unit and their work.

Seeing the positive outcomes of programs such as the home-

work club makes the benefits of the unit apparent to the community, she said.

"The kids love the homework club. They actually line up before it even opens. It opens at 4 p.m., and I'll see kids waiting at the door," she said.

"I think seeing little things like that has allowed the com-

munity to open up to that particular group of police officers a little more."

Laush said it's understood the process of working with the Dixon community is still in the early stages.

"What started off as baby steps has turned into a much bigger picture," he said.

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Canadians not consuming enough fruits and vegetables

Simon Leve
NEWS REPORTER

A significant number of Canadians are familiar with nutritional guidelines but remain off the mark when it comes to following them, according to a recent EKOS poll.

The survey found roughly half of Canadians consume only one to three fruit and vegetable servings per day, less than half the recommended amount of seven to 10.

In addition, more than 40 per cent of Canadians thought that four to six

servings of fruits and vegetables per day were an adequate amount.

Bradley Corcoran, professor and program coordinator for Humber's fitness and health promotion program, said the findings were concerning.

"The lack of consumption of fruits and vegetables is concerning because of the body's need for vitamins and minerals," Corcoran said. "These nutrients are essential to proper cell and body function and deficiencies can lead to further health problems."

But there are also some positive

findings in the poll results.

About 55 per cent of survey respondents reported consuming the eight recommended cups of liquid a day. Also, 42 per cent of respondents reported to eating protein for breakfast, which is said to stabilize blood sugar and make you feel more full, according to Rita Lee, a registered dietitian from EatRight Ontario.

While Canada's Food Guide, the basic nutritional guidelines laid out by Health Canada, is considered a good foundation and tool, there are some questions as to how realistic it

can be to follow.

Jill Fraleigh, a registered dietitian from South Lake Regional Health Centre, said she believes the guide can be difficult to follow based on Canadian culture.

"I don't think our culture is set up to (eat well)," Fraleigh said. "Fruits and vegetables are one of the most expensive foods and I think that's a big problem."

"As long as unhealthy food is going to be less expensive than I think it's going to be difficult and probably even undesirable for people to eat the healthy choice all the time," Fraleigh said.

Fraleigh added people in general should try not to obsess over eating healthy, but rather eat in a more balanced manner, giving themselves permission to eat in moderation.

"What ends up happening with this whole healthy thing is for people who really, really want to be healthy they become rather obsessed and they make up all these rules about what they are allowed to eat and what they are not allowed to eat."

"And when they eat something and break their rule they usually feel they need to compensate or punish themselves in some way. I think everyone in our culture does that to differing degrees," Fraleigh said.

The EKOS poll was conducted between Dec. 18 and 23. The results were gathered using EKOS' online Probit research panel, with a random and national sample of 1,250 Canadians aged 18 and older. A sample of this size provides a margin of error of plus or minus 2.8 percentage points, 19 times out of 20.

Calorie counts sought for fast food outlets

Celia Grimbley
NEWS REPORTER

Fast food is good, but not good for you – and the Government of Ontario is making sure you know that.

The Ministry of Health and Long Term Care introduced new legislation on Feb. 24 that would require restaurant and fast food establishments to post calorie counts of foods and beverages on their menus.

The legislation applies to restaurants, convenience stores and grocery stores with 20 or more locations in Ontario, the news release said.

David Jensen, a ministry spokesperson, said in an email that if the legislation passes, individuals and corporations not meeting the requirements can face up to \$500 and \$5,000 fines per day for first offences, respectively, and \$1,000 and \$10,000 fines per day for subsequent offences.

Ontario aims to raise awareness about calorie content and encourage restaurants and food markets to provide healthier options, said Jensen.

The legislation makes it easier to choose healthier items available at food establishments and "will create a more supportive food environment," he said.

Reports published by The Canadian Institute for Health Information, The Heart and Stroke Foundation, The Canadian Journal of Public Health, The Ontario Medical Association, and other health organizations recommend labelling menus with nutritional information, Jensen said.

Sergiu Fediuc, a professor for the fitness and health promotion and exercise science and lifestyle management programs at Humber, said he agrees the new legislation is a good step towards informing people about what they eat.

"I think a lot of people know (fast food's) bad for them but I don't think they know how bad it is," said Fediuc.

Fediuc said he thinks posting calories on menus will make people who

are already health conscious more health conscious, but may not deter people who do not consider the health effects of the food they're eating.

"The textbook definition of a calorie is the amount of energy it takes to heat one kilogram or one litre of water by one degree Celsius. It's essentially a unit of energy, a unit of heat energy," Fediuc said.

Catherine McKee, program coordinator for Humber's nursing program, said sugar, salt, and fat content of food are most detrimental to our health, but calories can also inform people about the food they are eating.

"Forty calories is low, 100 calories is moderate, and 400 calories or more is high," said McKee.

She said consuming too many calories in a day leads to weight gain and obesity.

Jensen said posting calories "most closely aligns with Ontario's commitment to reduce overweight and obesity in children."

Fediuc said the basic formula for weight gain is calories in versus calories out.

He said, however, many people don't know how many calories they should be consuming on a daily basis.

"If you don't understand that number, it's very difficult to contextualize what a 300 or 400 calorie item means for you," Fediuc said.

It is important to look at other nutritional information when comparing different food items with the same number of calories, he said.

"I think it can be potentially misleading for some people to see an item at Tim Hortons for 200 calories and something at Freshii for 200 calories and think they are the same, when in fact they're not," said Fediuc.

Fediuc said consistently choosing the lower calorie option can lead to weight loss, but weight maintenance is the more likely result.


"If people maintain their weight, that's still a relatively significant effect that's worth talking about."

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 **HUMBER**    

Sovani speaks on women in media

Humber marks International Women's Day at 101st birthday with host of MTV's Play With AJ

Cristina Pietrantonio
NEWS REPORTER

Humber College celebrated positive strides in women's equality and emancipation as events marking the 101st International Women's Day were held on both campuses last week.

Humber Students' Federation guest speaker Aliya-Jasmine Sovani spoke about International Women's Day, and her experience as a woman in the media.

Sovani entertained the crowd with insight into her personal life and used anecdotal stories to illustrate her thoughts.

"My mom paid her way through law school by modelling so I think that my definition of a woman would be someone who truly embrac-

es the idea that beauty and brains are not mutually exclusive," she said.

Sovani, host and producer of MTV's Play with AJ, made her appearance at the Lakeshore campus cafeteria on March 6 at 12:15 p.m. and the North campus student centre at 2 p.m.

IWD has been observed annually on March 8 since 1913, when women lacked political, economic and social rights.

"For most of history, women and their contributions have been rendered invisible. This is one day to reverse that record and shine a light," said Dr. Joan Simalchik, program coordinator of women and gender studies at the University of Toronto.

However, gender discrimination issues still exist.

The gender-wage gap is

a prime example that while there have been huge strides, inequality remains. A research publication by the Parliament of Canada from July 2010 revealed women are receiving 76 per cent of what men receive in average full-year, full-time earnings.

"These are legacies from a time when women were anomalies in the formal employment sector," said Simalchik.

Simalchik, who teaches a number of courses including some on women and social change, said that while the pay gap may be the most obvious display of inequality, rapes and murders continue leaving many women living in fear.

"Solidarity between women from every country is key to the emancipation of all," she said.

Humber's Centre for Human Rights, Equity & Diversity hosted an information table in the concourse area from 9



CRISTINA PIETRANTONIO

Aliya-Jasmine Sovani, host of MTV's Play with AJ, spoke about IWD and her experience as a woman in the media.

a.m. to 3 p.m. on March 7 at the North campus. Human Rights Coordinator Candice Warner-Barrow said the information displayed highlighted the history of International Women's Day and showcased women who have contributed towards the advancement of

women at Humber College, as well as around the world.

Warner-Barrow said the Centre hosts a number of annual events throughout the academic year to ensure diversity and equity are installed as values at Humber.

"In the past, IWD has been

For most of history, women and their contributions have been rendered invisible. This is one day to reverse that record and shine a light.

Dr. Joan Simalchik
PROGRAM COORDINATOR
WOMEN AND GENDER STUDIES
UNIVERSITY OF TORONTO

celebrated at Humber College in various ways, which include dinners, lunches, and speaking events, along with an information table to distribute materials and communicate with Humber College's students and staff," said Warner-Barrow.

This year, visitors to the kiosk had the chance to win prizes by participating in a free raffle.

Woodbine Centre carousel a rare ride

1911 merry-go-round still attracting riders both young and old

Danielle La Valle
NEWS REPORTER

There is a 103-year-old hidden gem at the Woodbine Fantasy Fair.

The Charles I.D. Loeff carousel, built in 1911, is one of only 13 Loeff carousels still in use in the world. According to the Fantasy Fair website, it was acquired in 1985.

Since then, it has attracted riders both young and old.

"Lots of people come to hear the music of the carousel, especially elderly people," said Olja Lavriv one of the supervisors at the Fantasy Fair.

"Lots of senior citizens from the nursing home come during the week. They just want to ride on the carousel because it reminds them of their younger days," said Lavriv.

Simple acts of pleasure, like riding a carousel, can help relieve stress and process the less pleasant aspects of life, said Sonja Embree, assistant program head of psychology at University of Guelph-Humber.



DANIELLE LA VALLE

Charles I.D. Loeff installed his first carousel at Coney Island, New York. Today only 13 of his carousels remain in operation.

"Things like riding a carousel that harken back to a time of childhood and innocence are a way to relieve that stress that is there in our daily lives when we are bombarded by all this information that can be quite despairing," Em-

tree says.

The creation of new memories is also an important part of the carousel.

Lavriv said the carousel is a popular spot for wedding and engagement photos. Anyone can use the carousel for a pho-

to shoot by purchasing a permit for \$60 from the Woodbine Mall management office.

The carousel also offers parents and children a chance to bond over memories of riding carousel.

Raj Sukhnanan has taken

his daughter to the Fantasy Fair three times, but already the carousel is a big hit with both father and daughter.

"The carousel is what I used to go on when I was a little boy, so I love coming here, I love taking photo-

graphs," he said. "I do enjoy going on with her."

"It brings back some good memories and hopefully she will enjoy it, too. As she gets older, her memories of that should be just as what I had back in my days."

University grads lead in employment: study

Adrianna Zhang
NEWS REPORTER

A new report shows Ontario university graduates have the highest rate of employment in the province, despite significant continuing job challenges for young adults.

The Council of Ontario Universities recently released University Works, a report analyzing data from Statistics Canada and the Ontario Ministry Training, Colleges and Universities. It argues that Ontario university graduates have the best job market outcomes.

"This report uses empirical data to debunk anecdotal reports about unemployed and under-employed university students," said Max Blouw, council chair and president

of Wilfrid Laurier University in a news release.

"The statistics show very clearly that a university education leads to success in the labour market."

Linda Franklin, CEO of Colleges Ontario, said that reports like the one released by the council do not resolve the unemployment issue young people face.

The Canadian Centre for Policy Alternatives released a report last year showing the 2013 unemployment rate for young people in Ontario was the highest in Canada, over 16 per cent.

Colleges, universities, business leaders and the Ontario government must work together to address the serious youth unemployment and underemployment problem, Franklin said.

The problem is due to a skills mismatch and the fact that many people applying for jobs don't have the qualifications or specific training for the position said Franklin.

Amir Eftekarpour, president of Ontario Undergraduate Student Alliance said the skills mismatch can be addressed from the business side.

"In the past, someone would graduate from post secondary school with a pretty general but solid set of skills and they would join a company that would train them," said Eftekarpour.

"There would be an expectation that the company would train you to be the best."

The Conference Board of Canada attributes a loss of more than \$24 billion in economic opportunity from this mismatch of skills. This costs Ontario around \$3.7 billion in lost tax revenues.

Moe Ilmi is a second-year engineering student at Humber College, who works as a resume tutor at the Humber Career Centre.

"At the Career Centre, we contribute by providing students with lots of resources and services to help them find jobs," said Ilmi.

The Ontario government has taken steps to tackle youth unemployment.

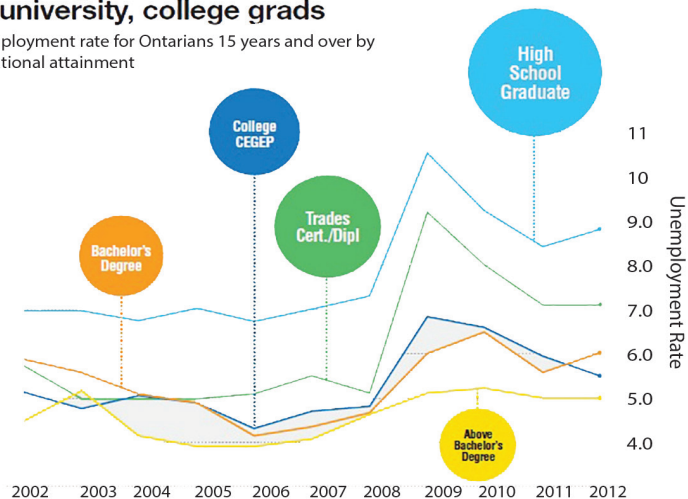
The Youth Employment Fund aims to give students the opportunity to gain work experience through placements.

"The priority must be helping the many young people who are struggling to find good jobs," said Franklin.

Unemployment rate lowest for university, college grads

Unemployment rate for Ontarians 15 years and over by educational attainment

Courtesy of COU 2014 employment report



COURTESY COU 2014 EMPLOYMENT REPORT



ALEX COOP

Many student game programmers attend events like the late January's Toronto Global Game Jam to collaborate and network with peers

Difficulty set on very hard for video game job hunters

Charles Tang
NEWS REPORTER

Canada's video game industry is hiring, however competition for entry-level positions remains high.

In a white paper recently released, the Entertainment Software Association of Canada said in the next two years the industry is looking to fill over 2,000 positions comprising 13 per cent of the existing workforce. However the majority of these openings will be for intermediate and senior positions.

The association argues that by shortening the processing time, it will make Canadian studios more attractive in the global competition to acquire and retain foreign talents.

Julien Lavoie, a spokesperson with the association, said although hiring Canadian workers is cheaper, it is necessary to hire foreign workers because of their unique skills.

"A small number of these projects and jobs require very specific experiences and skills that are not available in Canada," he said.

"It can take up to six months to a year in the application process to bring foreign workers to work here, and in an industry that moves very quickly and runs on a tight timeline, it may be just too long."

Rob Robson, program coordinator of Humber's computer and game programming course, said he has been hearing from businesses about the problems of not having enough experienced workers.

Robson agrees that the gaming industry is a specialized environment which relies on specialized skills, but it should proceed with caution, as the market for junior level jobs is very competitive he said.

"It should be done to a limited degree, with the goal to get the industry started, get it growing and established," he said of the association's position.

Lavoie said by having more experienced workers to run projects, local developers could learn from, and

train them. He said the snowballing effect will benefit the industry in the end, and more jobs will be created as the industry grows.

So far, the association has received some positive responses from the government, but they are still waiting for action.

But the wait may be coming to an end soon.

Minister of Employment Jason Kenney, said last month that changes to the Temporary Foreign Workers program would be announced in April, focusing on cutting red tape for high-demand positions.

However, in the short term, getting into the gaming industry remains difficult.

Jason Collins graduated from Humber's game programming course last year. He is now working as an IT consultant. He said although the senior level of the sector is experiencing a talent shortage, it is not easy to get an entry-level job.

"Employers want to hire people with multiple years of experience," he said. "They want you to come in and be awesome."

Collins said not many of his classmates end up working in the industry. As students who graduate from game programming face fierce competition as many school in Canada offer similar programs.

"You have to prove that you are productive, and you work hard, in order to get into these companies," Collins said.

He agreed having more experienced foreign workers can help train local talents and open up opportunity for junior game designers, and he still looks forward to working in gaming industry in the future.

Anand Patel, 23, a post-grad project management student, thinks it is a good idea to bring in more foreign workers to help fill in the gaps.

"In California, they hire a lot of foreign workers to work in the industry there. If there's a need, why not?" he said while in the Video Game Room at the North Campus.

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Ontario Liberals should listen to student proposals



Talk is cheap – but it’s a start. That’s why last week’s meetings between Ontario MPPs and post-secondary students groups are an encouraging sign.

Whether or not anything will come of the dialogue is unclear, but students across the province will find out soon enough as the release of the next provincial budget approaches.

With this in mind, it would be wise for the government to seriously consider recommendations the Canadian Federation of Students-Ontario has put forth, especially since a provincial election also looms.

Considering the Liberals 30-percent Ontario Tuition Grant, which doesn’t apply to mature students (even though this stipulation wasn’t made clear when the idea was floated during the 2011 election), there is a real chance to right a past wrong and restore the faith of voters.

With the high cost of education, surely students would welcome any further relief.

In fact, according to Statis-

tics Canada, this year Ontarian undergraduate students paid an average of \$7,295 in tuition fees. By comparison, undergraduate tuition was lowest in Newfoundland and Labrador where students paid an average of \$2,644. For the 2013-14 school year, the national average was \$5,772.

Given this data, it’s easy to see how important it is for serious education policy reform in the next budget. And while the current tuition framework will carry on through 2016-17, there’s still a lot of room for improvement.

Among the most pertinent recommendations by the Canadian Federation of Students-Ontario is the suggested increased funding to crack down on unscrupulous, unpaid internships.

Not only does the federation want statistics gathered on the controversial positions, they would also like to put an end to tuition fees for work terms, co-ops, and placements. It’s fundamentally a logical policy, considering many students are basically paying to work for free.

If an institution actively pairs a student with an internship, it has a legitimate claim to charge a full fee. But in instances where students must seek out positions independently, it’s hard to see how charging a fee equivalent to that of a normal semester of courses is justified.

Many students are afraid of ruining their reputations in an industry by reporting violations while interning, so the federation is proposing Ontario hire more enforcement officers. Rather than waiting for complaints to come in – which is the current model – with more officers, the Ministry of Labour could be more proactive.

The federation’s 20-page document also addresses ancillary fees, something all students pay, yet few fully understand.

Ancillary fees are supposed to be non-program-related fees, such as those related to athletics or student government-sponsored events. Humber Students’ Federation (HSF) fees, about half of which go to health and dental insurance, are an example of the latter.

However, the federation asserts that some institutions are getting around this by giving fees nebulous names, such as “information technology fees,” some of which are technically exempted under the Ministry’s Binding Policy on Tuition and Ancillary Fees.

It may be that some students are getting charged additional fees for things their program fees should be covering – in other words, paying twice for the same service. It’s an issue that has come to the fore previously, as a 2007 class-action lawsuit launched by students against public colleges shows.

To combat such double charging, the federation has proposed directing funding into the enforcement of fee regulations.

If Ontario’s governing Liberals consider even one of the measures outlined in the federation’s proposal, or the one submitted in January by the College Student Alliance, it would certainly add weight to last week’s meetings.

For now, students will just have to wait and see whether or not it was all just lip service.

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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Extending last call could do more bad than good



Sarah Stinchcombe
LIFE EDITOR

Partying at the bar until 2:00 a.m. on a Friday night never really feels long enough. . . At first, the idea of extending last call until 4 a.m. instead of Toronto’s current 2 a.m. time was very appealing to me. That is two more hours to enjoy myself, two more hours to buy more drinks and dance to my favourite music, what could be better?

LastCallTO.com is behind the petition to move last call from 2 a.m. to 4 a.m. The website states: “To be a world class city, Toronto

needs world class nightlife. “ Since its launch in late February, the petition has gotten lots of attention and traffic.

On a typical Friday night I don’t get to the bar until 11:30 p.m which only leaves me a couple of hours to enjoy my night. If I had two extra hours to spend at the bar, I and other patrons, would likely buy more drinks, meaning the bar would make more money.

But here’s where the advantages aren’t entirely what they seem.

To begin with, the bar would have to pay employees for those two extra hours with a good chance of the owners having to pay a shift premium in order to keep the bartenders staffed. And with two extra hours patrons may instead opt to leave for the bar later. In this sce-

nario the bars would still be open at their regular time, and paying staff, with possibly much slower business until the later hours.

LastCallTO.com, however, makes this a matter not of business but of principle, stating: “Adults should be treated as adults. Torontonians of or above the legal drinking age should be free to enjoy their libation later into the night.”

This could be a case of too much of a good thing. Don’t get me wrong, there have been nights when I wasn’t ready to go home once the house lights came on. However, just because I wasn’t ready to go home those times, doesn’t mean I shouldn’t have.

A 2010 study by pubmed.com found that two thirds of young peo-

ple surveyed drank before going to the bar. When roughly 66 per cent of young bar-goers arrive already intoxicated, giving them two extra hours to drink may not be the wisest course of action.

In my three years since turning the legal drinking age I’ve learned how difficult reasoning with a severely intoxicated person is. Adding in other intoxicated people is just a recipe for disaster. Fights, alcohol poisoning, destruction, theft and becoming a hazard on the roads are just a few things that can happen a person indulges in too much alcohol.

Staying out until 4 a.m. drinking with my friends sounds amazing in theory, but perhaps that’s what an extended last call for Toronto should remain – a theory.

QUOTED: How do you think extending last call to 4 AM would affect Toronto?

Unless they also extend TTC hours I can see it affecting a lot of people, but I’m not against it.



Daniel Prelich, 22
HVAC, 2nd Year

I don’t think it’ll make a difference.



Emma Drummond, 19
Funeral Services, 1st Year

I think we should keep it as it is. Allowing students to drink that late isn’t a good idea.



Lucas Giovannetti, 18
3D Animation, 1st Year

Russia's Ukraine invasion shouldn't trigger NATO intervention



Peter Davey
ONLINE EDITOR



PHOTO COURTESY ELIZABETH ARROTT/VOICE OF AMERICA

Crimean self-defense troops, with shields painted the colours of the Ukraine flag, stand in Simferopol Ukraine. Mar. 2, 2014. Right now, the chips are stacked in favour of Russian president Vladimir Putin.

Western countries have been quick to condemn Russia and offer their support for the besieged Ukraine. Canada's parliament buildings flew the Ukrainian flag last Tuesday and President Barack Obama said in a statement "there will costs for any military intervention in Ukraine."

Yet this apparent snap back to Cold War power playing has not produced the retaliation of seemingly omnipotent blocs like NATO or the EU. -- and nor should it. Moscow's behaviour and violation of Ukrainian sovereignty is a slap in the face to international agreements, but Russia will not back down.

Ukraine was by far the most important component of the USSR. From its fertile soils, Ukraine produced nearly four times the output of the next-ranking republic, providing meat, grain, milk and vegetables. The Chernobyl nuclear plant, which epitomized the corrupt and inept Soviet bureaucracy when it exploded in 1986, was located in Ukraine. Sevastopol, a heroic fortress city in which Russia held out from conquering European armies in 1854 and Nazi Germany's

Wehrmacht in 1941, is located in Crimea, along with the Russian Black Sea fleet.

For Ukraine to distance itself from the Russian Federation would be a move Putin could not countenance. Not only is the Russian Black Fleet berth in Ukraine, spread across the Crimean region, but losing Ukraine to the EU, would be a severe blow to Russian economic and security concerns. Especially

since, as evidenced by the actions of Lithuania and Poland, the pattern is to ditch Russia, cozy up to the EU and join NATO.

Right now, the chips are stacked in Putin's favour. Russian forces have occupied and effectively conquered the Crimea; a region populated with ethnic Russians and which has distanced itself from the pro-European protests in Kiev.

Russian armed forces are there

under the pretext of protecting ethnic Russians. This ploy has been used by many countries, including the United States when it invaded Grenada in 1983 citing the need to protect U.S. medical students studying in the Caribbean island.

Monetary and diplomatic sanctions will not be effective now that Russia has committed thousands of troops and riled up public opinion with the need to protect "country-

men".

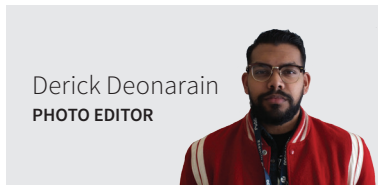
Russia is not Iran or North Korea, countries which slide between economic stagnation and collapse with alarming regularity. Nor is Russia new to being a pariah in the international community. It has routinely turned aside condemnations and pleas for cooperation whether in regard to Russia's treatment of homosexuality or obstinance towards an intervention in Syria.

In fact, a diplomatic "off-ramp", which is in the works, seems to be the only reasonable and effective solution. If international observers can be placed to monitor and ensure the protection of ethnic Russians, then armed forces could withdraw without losing face and with the perception that they have achieved their goal.

The effect on Ukrainian-Russian-European economic and political ties, the contentious issue that sparked this conflict, will not be solved through international observers and will need revisiting. However, any decision which results in dialling back the risk of military action is acceptable right now.

Unfortunately it is a common tactic by countries to play on or even exacerbate ethnic divides in order to achieve geo-political goals. The goal now should be avoiding bloodshed, even at the price of Ukrainian sovereignty or international law.

Basketball ignored by broadcasters



Derick Deonarain
PHOTO EDITOR

Rogers Communications and Bell Canada don't care if you want to watch the Toronto Raptors on TV. Ironic, considering Rogers and Bell both own the Raptors.

In 2011, the companies put their own competition aside to join forces in purchasing a majority stake of Maple Leaf Sports & Entertainment. The \$1.32-billion deal, saw a power shift in ownership from the Ontario Teachers' Pension Plan to the two major companies.

Through the deal, Rogers and Bell ended up owning 47 and 28 per cent of MLSE, respectively. The companies became partners in overseeing the operations of the NHL's Toronto Maple Leafs, NBA's Toronto Raptors, Major League Soccer's Toronto FC and the American Hockey League's Toronto Marlies.

At the time, the heads of both Rogers and Bell declared the deal a victory for sports fans.

However, since the acquisition, it would appear that basketball fans

have been left out of that victory

Prior to illegal internet streaming and secondary sports television channels, the Raptors had plenty of television coverage

When a Raptors game was on and you flipped to channel 7, 22 or 30 on your basic Rogers cable box it would be there.

The Raptors were in a good place during those years. The franchise was finally winning games, heading to the playoffs and giving fans something to cheer about behind their young superstar Vince Carter.

Carter and the team always managed to hold onto my imagination as a child, and interest, like a Charles Oakley rebound. Myself, along with countless other children across Canada, were captivated by a team that had slowly won over the hockey heart - but that was 2001.

Then, more than a decade of mediocrity, losing and mismanagement caused the Raptors' popularity to drop drastically

Fast-forward to 2014 and the Raptors are once again a young, exciting, up and coming basketball team in the NBA. They're winning games and possibly headed to the playoffs - lead by their young all-star DeMar DeRozan.

Despite the similarities between present and past Raptors, this

incarnation doesn't seem to receive the same amount of attention.

Recently, Raptors games have been moved around from one network to another. The reasoning: an old, rain-delayed NASCAR race and spring baseball game took precedent.

I don't know the intricacies of the broadcast business or how Rogers and Bell decide how to air the games. But these recent shakeups would suggest basketball doesn't rate when compared to almost every other sport.

It could be argued that basketball simply isn't popular in Canada. According to Yahoo Sports, the Raptors' most watched game this season against the NBA's defending champions Miami Heat only had 157,000 viewers.

In comparison, the Leafs' most watched game this season had 4.4 million viewers. Even the Olympic trials for curling had more with 632,000 viewers.

It could also be argued the Raptors don't deserve to be broadcast as much when they haven't had a winning season since 2008. What isn't justifiable is the stark lack of coverage for a winning basketball team that not only represents Toronto but the entire country.

Rogers and Bell own the Raptors,

yet despite their success the broadcasters continuously push them to the side on their own networks, leaving hundreds of thousands of basketball fans marginalized and missing out.

Which begs the question: are these sports fans really victorious?

Check out the opinion section of humberetc.ca for a special piece by community integration student Jessica Andrade

ET CETERA CARTOON



JESSICA STEIN

To selfie or not to selfie?

Cryptocurrency drops in public perception

Casey Taylor
BIZ/TECH REPORTER

Cryptocurrency holders are experiencing trust issues following the collapse of Mt. Gox and Flexcoin but people in the industry say bitcoin isn't going anywhere.

As the world's first decentralized currency, bitcoin allows people to make transactions anywhere in the world for little or no fees.

Recent events, however, have caused a stir in public



You shouldn't be leaving large amounts of bitcoins in anyone else's hands,

Anthony Di Iorio
FOUNDER OF BITCOIN DECENTRAL
IN TORONTO AND EXECUTIVE
DIRECTOR OF THE BITCOIN
ALLIANCE OF CANADA

perception.

Once one of the world's biggest and most well-known bitcoin exchanges, Japan's Mt. Gox suspended transactions on Feb. 25, after finding suspect activity in their databases.

Mt. Gox announced in a

motion for civil rehabilitation posted to their website it had been drained of 850,000 BTC (\$425-million, all dollar figures Canadian).

Within the week, Flexcoin, a small bitcoin bank based out of Edmonton, announced hackers had liquidated their hot wallet (connected to the servers).

They said nothing from cold storage was stolen as it was out of reach from an online attack.

Flexcoin closed its doors due to the loss, with 896 BTC (\$448,000) stolen.

Anthony Di Iorio, founder of Bitcoin Decentral in Toronto and executive director of the Bitcoin Alliance of Canada said the fall of Mt. Gox and Flexcoin shouldn't deter people from bitcoins themselves.

"Mt Gox. And Flexcoin were exchanges," said Di Iorio. "Exchanges mean you have to let someone else hold your funds and with bitcoin you want to hold on to your funds just like any bank really, you want to be your own bank."

"You shouldn't be leaving large amounts of bitcoins in anyone else's hands," said Di Iorio.

"If they fail, it's a private

company that fails and you're going to be out of luck."

Di Iorio said simple ways exist for people to keep their bitcoin safe.

"There's many different types of wallets out there, each with different levels of security," he said. "I think that's the safest way to do it."

He said when a typical bank fails there's insurance in place but those safeties don't exist with bitcoin yet because it's still too new.

Di Iorio said bitcoin should still be considered a good investment.

Peter Hanna, a Business Analyst at Microsoft Canada, said he originally only invested small in bitcoins but decided to jump in a little heavier after the crash.

"I originally bought in when it was around 200-ish (dollars), then again when Mt. Gox crashed the other day because I saw an opportunity," said Hanna.

Hanna said he had originally cashed out when the value had been near peak and, like Di Iorio, still sees it as an investment that could play out well.

But some people still haven't been convinced.

"I was never really confident in (bitcoins) to begin



COURTESY FLICKR CREATIVE COMMONS ANTANACOINS

Bitcoins were the first cryptocurrency, and have since spawned a plethora of options like dodgecoin, inspired by the popular meme that sent the Jamaican bobsled team to the 2014 Sochi Olympics.

with," said first-year Humber paramedic student Mark Godfrey. "I know some people who have them and use them to buy online but I don't really see the point of them."

Since Mt. Gox and Flexcoin collapsed, bitcoin value has risen to more than \$600 from the \$500 it sat at prior.

Hanna said he still has

confidence in the market.

"I feel like I have a better understanding of (bitcoin) than penny stocks or whatever and I buy and sell them quite a bit," he said. "So to me, it's worth the risk."

Di Iorio said he thinks more merchants are going to start accepting bitcoin and more people will adopt it

because it doesn't carry the fees that come with PayPal, banks, credit cards, or sending remittances back home via companies like Western Union.

"So I think cryptocurrencies, ones like bitcoin, are going to be the way financial transactions are done in the future," he said.

TalentEgg to help students, grads find jobs

TalentEgg partners with other companies to pose challenges for students

Marlon Gomez
BIZ/TECH REPORTER

TalentEgg is taking the lead to help students and recent grads across Canada get the work experience they desperately need to land their first job.

TalentEgg is an online career source that helps students and recent graduates find jobs and internships.

Unlike other job sites like Workopolis.com or indeed.com, TalentEgg caters to individuals who are in the early stages of their career and trying to transition into the workforce.

The Toronto based company recently announced it is introducing unique online challenges that are tailored

to help students and recent graduates get hands on experience on real projects created by employers and TalentEgg.

"A lot of people are coming out with their degrees and don't have enough career training," said Karen Horsman, media relations and communications manager for Colleges Ontario.

Ontario's unemployment rate for young people is over 16 per cent and many young graduates are underemployed in jobs where they cannot apply the skills they have learned in school. Horsman calls this problem the "skills mismatch."

The mismatch includes, "all post-secondary grads coming out trained and ready for the wrong job or the wrong industry. So we need everybody spending more time thinking about what Ontario's economy needs and how we can get graduates ready for those jobs," said Horsman.

The Conference Board of Canada estimates the skills mismatch in Ontario is costing the province about \$24.3 billion a year in lost economic activity. In addition, the board also points out that it's costing the province about \$3.7 billion in provincial tax revenue.



A lot of people are coming out with their degrees and don't have enough career training,

Karen Horsman
MEDIA RELATIONS AND
COMMUNICATIONS MANAGER FOR
COLLEGES ONTARIO

TalentEgg launched its new program of challenges to try and bridge this gap that students face when trying to gain proper experience before they enter the workforce.

"It's a new permanent part of TalentEgg.ca and an important opportunity for students in this country who struggle to get meaningful experience. And we all know it's hard to get a job without meaning experience," said Lauren Friese, founder of TalentEgg.

TalentEgg works with a large number of employers to determine challenges that are a good fit for each company, whether it's a solution for something the company is curious about or perhaps something abstract that reflects well on them, said Friese.

Challenges will last 30 days and students must register through TalentEgg.ca prior to completing the tasks.

There is no cost to participate in each challenge.

Employers will judge all the submissions and ultimately decide who the winners will be. Those who finish in the top three spots can win

prizes for each challenge.

Participants will have to wait up to one month to find out who the winners are. Prizes and a chance to be considered for an internship will vary with every company that TalentEgg launches a challenge with.

Purolator Canada has partnered up with TalentEgg to launch the first challenge. This challenge is focused on helping Purolator with its social media presence and building the company's reputation as leading customer-centric brand.

The prize for first place is \$3,000, while those who finish in second and third place will each receive \$1,000.

In the case of the Purolator challenge, all top three winning participants will be considered for the internship, said Friese.

"Everybody that scores over a certain level gets a report back of the skills they have gained from partici-

pating in the challenge," said Friese.

She added this is a great opportunity for students to show employers they have what it takes to be successful in the workforce.

Students and recent graduates from Humber are also advised to look into the resources the school already offer such as Humber's Job Portal.

The portal allows employers to fill out a template and post jobs.

Students can directly apply to these job postings and the employer will automatically know it is a Humber student or graduate that is applying for the job.

"Students have our services for six months after they graduate. And even after that we are not going to close the doors on a student who comes in to see us," said Christine Colosimo, Career Advisor for HRT, Media & IT at Humber.

BlackBerry QNX software takes over Ford vehicle contract

Aabida Dhanji
BIZ/TECH REPORTER

Embattled BlackBerry is now on the road, in every Ford vehicle.

The Kitchener-Waterloo firm's QNX software for navigation and other functions has become popular in the automotive industry. Ford recently signed a deal with BlackBerry to use it in their vehicles, replacing the Microsoft software used in the past.

QNX is a leader in software platforms for electronics in vehicles, said Paul Leroux, PR manager for

BlackBerry's subsidiary, QNX Software Systems. It's currently used in Acura, Audi, BMW, and more.

"QNX Software Systems supplies operating systems, software development tools, and software engineering services to manufacturers building a massive range of connected embedded systems," said Leroux.

The technology is flexible and allows the automotive industry to build a broad variety of systems and capabilities on a common software platform that can be readily installed and customized across multiple vehicle lines, he said.

"Automakers use QNX software technology in a wide variety of in-car systems, including 3D navigation systems, multimedia head units, digital instrument clusters, telematics systems, and hands-free systems," said Leroux.

BlackBerry stated in a news release from 2010 it obtained the Ottawa-based QNX Software Systems that year.

In the same release, then-president Mike Iazaridis said that BlackBerry believed that the acquisition of QNX would add "valuable intellectual property" to RIM's portfolio.

These beliefs seem to have paid off with the incorporation of QNX into so many automotive companies.

"In some regards, the vehicle on board infotainment system is the next battle ground in the mobile platform war between Google, Apple, Microsoft and BlackBerry (QNX platform)," said Humber program coordinator of multimedia design and development, George Paravantes.

An advancement in BlackBerry could help launch and grow the mobile industry in Canada in both hardware and software innovations, said Paravantes.



COURTESY QNX SOFTWARE SYSTEMS

An infotainment system displaying Elektrobit navigation app in a QNX technology concept car based on a Mercedes CLA45 AMG.

Internet faster than ever

Vick Karunakaran
BIZ/TECH REPORTER

A tiny chip technology has just raised the bar for the internet's speed as tech companies race to develop infrastructures for ultra-fast connections.

According to a recent press release, IBM researchers developed a chip that will help improve internet speeds up to 400 gigabits per second.

"It's not just about the speed," said Vincent Shaikh, associate dean for the Engineering programs at the Humber School of Applied Technology. Telephone, internet and television signals are now converging into a single data line, the industry term for which is the Unified Fabric, Shaikh said.

"It's about having a quality of experience," he said.

Enterprises request of their internet service providers what he called guaranteed quality of service (QoS). When a line is transmitting a phone call and data packets for internet browsing, QoS gives higher priority to voice, Shaikh said.

For Humber student Farishta Qadirian, 18-year-old first year General Arts and Science, high-speed internet means the connection should not lag when trying to watch videos online.

As Big Data and internet traffic continues to grow exponentially, future technologies will have to support higher data rates, the IBM release said.

Shaikh said the advent of cloud computing where large enterprises require instant access to virtual data needs very high speed and high QoS internet.

Data centers, data analytics and high definition media content will also benefit from these fast connections, said Shaikh.

"Faster the better, always," said 30-year-old second year Humber Arborist student Marcus Desantis.

But he wondered: "How much they wanna charge for that though, man?"



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TORONTO EVENTS THIS WEEK

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
A Journey Into the Forbidden City Emperor Emperor Yongzheng's imperial court is on display at the Royal Ontario Museum.	Open Mic Night Visit the Project Gallery for some live music and poetry. Located at 1109 Queen St. E Time: 6 p.m.	Hardcore Wednesdays A Tribe United presents riff rock night at The Cage 292. Metal band On The Verge will be headlining.	Digital Art Exhibition Digitize features digital painting and video installation. At Monker Gallery, 452 Richmond St. West.	The Room: Live Writer/director/actor Tommy Wiseau attends screenings of cult classic <i>The Room</i> at the Carlton Cinemas.	Murder Mystery @ The ROM A curator has been murdered and clues left behind, with secrets in the collections.	St. Patrick's Day Parade A celebration of Ireland and St. Patrick with colorful floats, bands, dancers and marching groups downtown.

Beer labels link to band bios, art

By Nick Jean
A&E REPORTER

Many people head over to the bar for something cold and sudsy during a concert, but now, thanks to Collective Arts Brewery, beer drinkers can get their arts and draughts anywhere they wish.

Every bottle of Ontario craft brewer's signature Rhyme & Reason extra pale ale and citrus-infused blonde Saint of Circumstance features the artwork or album art of a different artist.

Each six-pack is "kind of like a cool, pop-up gallery," Humber graduate and Collective Arts public relations/social media manager Linda Yahya said.

Collective Arts curates its artistic collections via global submissions from which industry professionals choose those to put on their labels, brewery co-founder Matt Johnston said. Holding an open call for submissions four times a year, industry professionals review the submissions, choos-

ing whom to feature.

Series Two, which launched last month, features 77 artists and musicians, plus one label featuring Toronto-based radio station Indie88's Black Box Sessions. Those selections were chosen from over 800 submissions, Johnston said.

One of those selected was former Radio Humber Band of the Month, The Glorious Sons.

"It's hard enough for bands to get noticed these days with regular channels. Anything that gets your name out there that's out of the ordinary kind of turns people's heads and Collective Arts is definitely doing that," Sons guitarist Jay Emmons said.

Exposing artists and their work to a wider audience is a major reason behind the brewery's inception, according to Johnston.

The brewery is enhancing that expanded exposure even further by partnering with United Kingdom-based augmented-reality app Blippar.

The Blippar app can read the artwork on the beer bottle's label like a

barcode. This brings up an interactive version of the artwork with links to the artist's bio and their webpage.

The labels are even more interactive with musicians and filmmakers. When you scan those labels a song or video will start playing, Yahya explained.

Any of these pop-ups can then be shared via social media services like Twitter and Facebook and eventually allow drinkers to actually directly buy the artwork, she said.

"For us (the interactive aspect) was really important because we want to make it easy for our drinkers ... to engage and connect with the artists," Johnston said.

A new series of labels will be released four times each year, he said.

Submissions are now open for Series Three and Johnston encourages any aspiring artist, at Humber College or elsewhere, to participate by submitting their artwork to collectiveartsbrewing.com/submit-art.



NICK JEAN

Consumers can use a smartphone that has the Blippar app to scan the label on any of the unique Collective Arts Brewery bottles to learn more about featured artists or musician through their bio and/or music videos.



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Steady Rebels win Battle of Bands

By Adam Stroud
A&E REPORTER

Reggae band The Steady Rebels triumphantly took the stage after winning the top prize at Humber College's annual Battle of the Bands on Feb. 28 at Lakeshore campus.

Ryan Luke, 23, a television writing and producing student and percussionist for The Steady Rebels, said the band was unsure of what to do with the prize money.

"We might buy some new gear," he said.

The five bands duked it out from around 7:30 p.m. until about 10:30 p.m., with each band playing a short set in hopes of winning the top prize of a \$1,000 gift card from Long & McQuade. The second and third place prizes were \$500 and \$100 from the music instrument retailer respectively.

The five bands who performed in order were: The Plugs, The Steady Rebels, Ginger Ale and the Monowhales, Dead Penny Trio, and Triumph Over Adversity.

The band Ginger Ale and the Monowhales, who describe their sound as "happy with screaming," came in third place. Guitarist Zach Zanardo, 23, a music student had a more creative use for the prize money.

"We'll try to take over the world," he said.

"That, and a PA system," said Sal-



ADAM STROUD

Singer Sally Shaar works the stage with her bandmates in Ginger Ale and the Monowhales during Humber's annual Battle of the Bands competition. From L to R: Holly Jamieson, Jordan Circosta, Shaar and Sare D'Alimonte. Not seen: Zach Zanardo, guitar. The Feb. 28 event featured five bands and prizes from Long & McQuade.

ly Shaar, 22, music student at Humber College and vocalist for Ginger Ale and the Monowhales.

Colin Edwards-Crewe, known

as ColinResponse, VP Student Life of Lakeshore campus, organized the event. This was the second year the event was organized by Colin-

Response and he said the quality of the bands performing was very high.

"I think they're all great. There

"We'll try to take over the world."

Zach Zanardo
GUITARIST

was 30 applicants, five of the best ones were chosen, so everybody who's coming should be in for a really good show," he said.

ColinResponse said that events such as the Battle of the Bands offer a great setting to show off the quality of talent at Humber.

"Students will come out and students love to get entertained. And it's great to use students to entertain students. And it's great to have students to support students who are pursuing careers or their passion in an artistic setting," he said.

Tim Brillhante, 29, incumbent Humber Students' Federation president was in attendance. He echoed ColinResponse's sentiment about the importance of events like this one for building student morale.

"It brings the student community together, and I think music and Battle of the Bands is something everyone can unite around," he said.

The Dead Penny Trio took the second place prize of \$500.

Criterion films online at Humber

By Kate Richards
A&E REPORTER

What do babies, grizzly bears, and extra large fries have in common? All of them appear on Humber Library's new service Criterion on Demand.

Babies, *Grizzly Man* and *Super Size Me* are only three of the 15 feature films available to Humber students and faculty currently. The library hopes to have at least 20 more titles by next September.

The service became available last month on the library's online catalogue and allows students and faculty to stream and download feature films on or off campus.

Criterion Pictures has offered licensing and hard copy films to non-theatrical audiences and institutions for more than 25 years. But it didn't offer a streaming option to post-secondary institutions until late 2013.

The delayed development of a streaming platform was a result of copyright laws that changed in November 2012. The federal government mandated that education be exempt from requiring public performance rights to show cinematic material in the classroom.

Criterion Pictures' services needed a change to adapt to these new laws in order to keep business going, said Suzanne Hitchon, senior vice president of sales and marketing at



KATE RICHARDS

Maria Soares, Humber's Media Library technician, is promoting Criterion on Demand.

Criterion Pictures.

The exemption from public performance licenses made it easier for post-secondary institutions to use cinematic material in the classroom, but it didn't necessarily make it easier for students or faculty to access the material.

"Teachers can now show a legally manufactured DVD to the classroom but what they can't do is put it on their internal internet and stream it for students," Hitchon explained.

The rights to copy or reproduce the material are still retained by companies like Criterion Pictures.

Streaming allows teachers to assign film viewings as homework, which has multiple benefits for both student and professor.

"Now students don't need to come (to the library) to watch films (for class), they can just watch it at home," said Maria Soares, Humber's media library technician. "It saves them a lot of time," she said.

Soares has been spreading the word about Criterion on Demand to faculty. She said departments such as Health Sciences and Liberal Arts have taken advantage of the service.

Laura Oyama, a professor in the early childhood education program, is using the documentary film *Babies* in her first-year child development course for a major assignment.

"Everybody wants to be able to access technology and resources from wherever they are. And that's absolutely 100 per cent an advantage for (professors), too," said Oyama about the convenience of being able to access *Babies*, the documentary about infants, online for her class.

Though the service is aimed for educational purposes, students can use it during a study break.

Oregano oil increasingly popular as antimicrobial

Kendra Hamilton
LIFE REPORTER

As frigid temperatures persist into March, the flu season continues, and people are starting to fight nature's harshness with one of its most growingly popular remedies – oil of oregano.

Oil of oregano is a liquid extracted from a herb that is antimicrobial, meaning it can destroy or inhibit the growth of microorganisms that can cause disease, explained William Mercer, a registered holistic nutritionist.

"It kills the bad bacteria, viruses, and other things festering in your digestive system," he said.

If you have a cold or the flu, take three drops three times a day and it should be very effective, said Mercer.

"We would recommend oil of oregano if the patient is otherwise healthy," Toronto pharmacist Michael Fanous said. "We don't take the risk however, if their immune system is compromised."

Alternative remedies are not standardized or tested the way pharmaceuticals are, so there is no scientific guarantee that they are safe and effective, said Fanous.

Pharmaceutical drugs undergo randomized clinical trials, such as placebo control and blind studies, while natural and alternative remedies such as oil of oregano don't, so you have to be careful, he said.

Oil of oregano can cause more damage than help when taken in excess because it kills good bacteria as well as bad, said Mercer.

"It is very abrasive," he said. "I call it a human Drano."

"Any time I feel a cold or flu coming on I would use it, and topically there are a lot of applications for it," said Danielle Posavad, an account executive at IMD Health Canada, which produces touchscreens for doctors to use with patients.

Posavad said she uses oil of oregano on cold sores, rashes, mosquito bites and once took extremely high doses to treat a severe yeast infection in her stomach and intestines.

"If you're going to take it in those high doses, get a health care professional to advise because I had a naturopath tell me how to take it," she said.

Oil of oregano also has an intense flavor. It can have the unfortunate side effect of leaving the person smelling like pizza all day, said Robin Young, a second year public relations student at Humber.

"My mom swears by it, but I can't stand it," she said.

"They call it liquid fire, so it doesn't taste the best and topically you get that tingling to burning sensation," said Posavad. "But it works."



JANIE GINSBERG

The chairs were judged on criteria such as proportion, balance, ergonomics, innovation, translation, on mass and originality.

Industrial design students' ideas shine at 14th annual Chair Show

Janie Ginsberg
LIFE REPORTER

Well-dressed students mingled with industry professionals at the Gladstone Hotel on Queen West last Tuesday for the 14th annual Humber College Chair Show.

"The students, in just a span of eight weeks, conceptualize, design, and build working prototypes of chairs, which is pretty remarkable for second year students," said Odin

Cappello, a part-time design studio instructor.

This year's challenge was to create a Scandinavian design for the modern city.

Glenn Moffatt has been working as a studio industrial design instructor for the past 18 years, and said the showcase gives students opportunities to explore new materials and meet industry professionals.

"In a lot of cases I've had people from industry tracking somebody

right through their time at Humber. People are always looking for recruits, so if they see somebody that's really a bright star they follow them," he said.

There were 13 chairs all with a common denominator – plywood.

At the end of the night the "Paragon Collection" was named number one by the judges, built by Industrial Design students Elio Pedulla, 28, Michelle Tran, 20, and Yong Kyoong Kin (Kevin), 24.

Medication not only option to fighting insomnia

Karina Nowysz
LIFE REPORTER

Trouble getting to sleep or staying asleep seem like normal issues, but sleep disorders can have serious effects on your health.

People who experience a sleep problem may suffer from insomnia if the problem has persisted for over a month, said Dr. Judith Davidson, a clinical psychologist and sleep researcher with the Kingston Family Health team and Queen's University.

"Usually there is some kind of stress that initially triggers it, like exams, a relationship breakup or a loss of some sort," said Davidson.

The insomnia is then maintained by other factors different from what initially triggered it.

"Those factors tend to be racing

thoughts and changes to your bedtime and rise time," said Davidson.

"Anxiety about sleeping becomes this self-fulfilling prophecy," said Andrew Tibbetts, a councillor at Humber. "Our thoughts hypnotize our behaviour in a certain way."

Sleep is more complicated than people may think, said Tibbetts. "You don't just lie down and do nothing for eight hours," he said.

Everyone has a sleep architecture, which means that a person is supposed to spend a certain amount of time in phase one, two, deep sleep and dream sleep.

"If the pattern is off then you may get up feeling not rested even though you were asleep," said Tibbetts.

There are many treatments for insomnia. Prescribed sleeping pills, work right away but may lose their

efficacy and may be problematic, said Davidson.

Sleeping medication can alter the architecture of your sleep, said James Sayegh, the technical director of the North Toronto Sleep Centre.

"Some sleeping drugs will change your sleep distribution," said Sayegh.

According to the Canadian Sleep Society, clinical studies have shown that 70 to 80 per cent of people with insomnia can benefit from behavioural treatments.

Cognitive behavioural therapy for insomnia (CBT-I) is one treatment that many experts have been praising.

The therapy trains people to sleep naturally, which is much better than subjecting the body to the artificial chemical needs of suppressing the nervous system, said Tibbetts.

There are two parts to cognitive

"We really wanted to showcase the integrity of the steel rod and the softness and natural ability of the plywood," said Pedulla.

Their winning design features removable parts and is easily shippable, allowing the consumer to customize.

Rick Malatesta and Robert Eknovitz were part of the judging panel representing Chair Source.

"There's been a lot of really nice designs, really well thought out. We do a lot of chair manufacturing so we know what to look for," said Eknovitz.

The chairs were judged on criteria such as proportion, balance, ergonomics, innovation, translation on mass, and originality.

"For myself, the most important are design, comfort, structure – top three," said Eknovitz.

The event drew a diverse crowd, which included successful Humber Alumni now working in the industrial design industry.

Kaylyn Belcourt-McCabe works for Copernicus Educational Products and graduated from the program in 2007.

"I've been there I know what the students are doing and the panic in the last couple days before the show, and kind of the energy and heart that goes into doing it," she said.

Communication industry worker John Ivor stumbled upon the event online.

"I wasn't expecting such a commitment to an intention for these chairs to be mass produced. I guess I was expecting more emphasis on design, not to say that's not evident here, but I wasn't anticipating so much of a focus on those translating into real world objects," he said.

To Pedulla and the rest of the Paragon team, winning was all about teamwork.

"It's just every other team, just feeding off their energy was honestly just a lot of fun and we all learn from each other."

"Winning first place on part has to do with the dynamic of working with everybody"

behavioural therapy. The "C" (cognitive) is for how you think and the "B" (behavioural) is for how you behave, said Tibbetts.

"Cognitive techniques deal with the racing thoughts," said Davidson. "CBT-I looks at those thoughts and makes them more realistic."

Behavioural techniques address the circadian rhythm, a person's biological clock, said Davidson.

"Irregular sleep patterns disrupt our circadian rhythm," said Tibbetts. "Your brain sets a rhythm that knows when it's awake, knows when it's asleep and then it can take over."

It's best to keep some regularity to your sleep and a dark bedroom helps, he said.

"Plug your cell phone in the kitchen and put your TV in the family room," he said. "Bed means sleep, that's its purpose."

Cat bites correlated with depression, study shows

Sarah MacNeil
LIFE REPORTER

Cat lovers beware.

A recent study published in a journal for science called PLOS ONE suggests there may be a link between cat bites and depression.

The study was conducted in the United States over a 10-year period and took into consideration the medical records of 1.3 million people, finding a correlation between those who reported cat bites and those who were depressed at some point in their life.

Depression was found in 41 per cent of patients with cat bites, David Hanauer, author of the study and professor at the University of Mich-

igan, told Et Cetera.

“Most likely, there is no direct connection between the bite itself and depression. It just happens to be the bite is what brings people to the hospital,” said Hanauer.

Mayo Clinic study published on Feb. 5 covering three years of research revealed one in three patients with feline bites have to be hospitalized because of severity.

“Our study could help lead to the detection of depression in some patients and ultimately treatment. There definitely seems to be a connection, but we don’t know what the connection is. The bite itself is like a proxy for cat ownership,” said Hanauer.

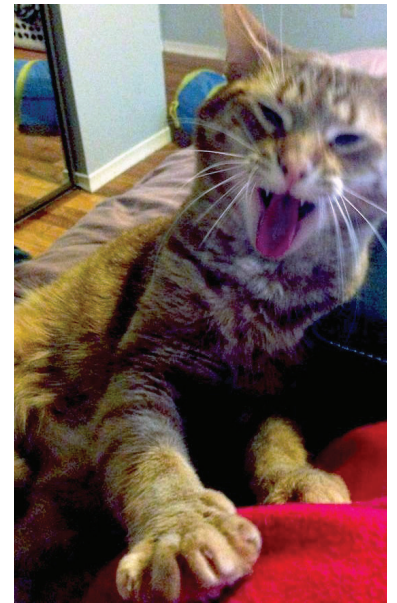
Cat bites can cause serious infection beyond depression, said Petra

Alexis, a registered nurse at Humber North campus Health Clinic. Feline owners can become extremely ill if bacteria in feline saliva enter a puncture wound, she said.

People who suffer from depression often feel lonely and helpless. Perhaps they are looking for companionship – a pet will offer that comfort and satisfaction, said Alexis.

“It is possible those with depression who happen to have a cat act differently around their animal. Cats may detect their abnormal social interactions and bite for some reason,” said Hanauer.

He said women are three times more likely to report a cat bite and of those who do seek medical attention, 50 per cent chance have a chance of



SARAH MACNEIL

Depression was found in 41 per cent of patients with cat bites.

being diagnosed with depression.

Alexis said she does not see very many people for this sort of thing at the health clinic on campus, but depression is often under-reported.

“Students can walk in anytime to speak with a nurse if they are concerned but need to make an appointment if they wish to see a doctor,” she said.

Abuse rate higher for mentally ill women

Women with psychological disability four times more prone to partner violence,

Katherine George
LIFE REPORTER

Women with a mental health-related disability are four times more likely to experience intimate partner violence, according to a new study by Women’s College Hospital.

The study, released Jan. 30, was published in the BioMed Central Public Health journal.

Lead author Janice Du Mont and co-author Tonia Forte are the first researchers to focus a study on intimate partner violence in women with a mental health-related disability in a Canadian-based population, the study stated.

Previous reports on intimate partner violence and disability combined physical, and psychological disabilities.

“We wanted to look specifically at the role of mental health related disability and intimate partner violence,” said Du Mont.

The Mental Health Commission of Canada said that in an individual lifetime, one out of five Canadians will be diagnosed with a mental health issue, said Dr. Rummy Gill, manager of counseling services at Humber College.

“Any vulnerable group, whether it is because of gender, age, socioeconomic status or disability, they tend to be victimized more because they are vulnerable,” she said.

Intimate partner abuse includes, physical, sexual, emotional and financial abuse, the study said.

Abuse by a partner is often recurrent and causes physical and psychological damage, study said.

The study examined 6,851 women who experienced abuse in the past five years with a former or current partner.

Nearly 45 per cent of women with mental health-related disability reported abuse compared to 15 per cent of women without disability, study said.

An individual can have a mental health disability before they experienced partner violence or after, the correlation can happen either way.

“Individuals who have experienced intimate partner violence may develop a mental health related disability,” said Du Mont.

Women who suffer from a mental health-related disability are more likely to experience lower levels of trust and belonging in their community, family, school and friends, study said.

The prevention of intimate partner violence, one of the most common human rights violations globally will reduce the amount of mental health-related disabilities among women, said Du Mont.

“I think we need a better understanding of the interconnection between violence and mental health. We need increased collaboration between mental health services and women’s violence services,” she said.

However, primary prevention involves improving the socio-economic status of women living in lower household incomes, said Du Mont.

“Women who lack adequate resources and support are at increased risk of intimate partner violence, but also (have) difficulty leaving abusive relationships,” she said.

“The biggest things are opportunity to health care, education, and opportunity to financial independence. Those are the keys to being healthier,” said Gill.



TO THE NINES

Daniela DiNardo
Early Childhood Education,
GUELPH-HUMBER
3RD YEAR

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JEANS: AMERICAN EAGLE
BELT: GARAGE
BOOTS: UGGS

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HOROSCOPES by BRIAN O'NEILL



JAN. 20 – FEB. 19
You will travel to the state of Georgia. Make sure not to take travel advice from Gladys Knight.



FEB. 20 – MAR. 20
The planet Neptune is influencing your sign. Whatever that means.



MAR. 21 – APR. 20
Since you never knew you were my hero, this week the wind that is beneath your wings is the Tex-Mex you had for lunch.



APR. 21 – MAY 20
This week will end like a Scooby Doo episode. Go ahead, meddle in your creepy old neighbour's business.



MAY 21 – JUN. 20
After going 18 for 18 in your Oscar pool, you will spend the weekend watching Tyler Perry Madea films. You will get hurt.



JUN. 21 – JUL. 22
Weekly thought: Give a man a fish and you feed him for a day. Give a fish a man and you feed him for about a month.



JUL. 23 – AUG. 22
Remember: Those who live in glass houses are actually living in a greenhouse.



AUG. 23 – SEPT. 21
All day breakfast? Don't get it. You can't physically eat for that long.



SEPT. 22 – OCT. 22
Your NHL team made no moves at the deadline. You will trade your lunch for future considerations.



OCT. 23 – NOV. 21
While listening to classical music and writing inappropriate jokes, your computer will have a mental breakdown.

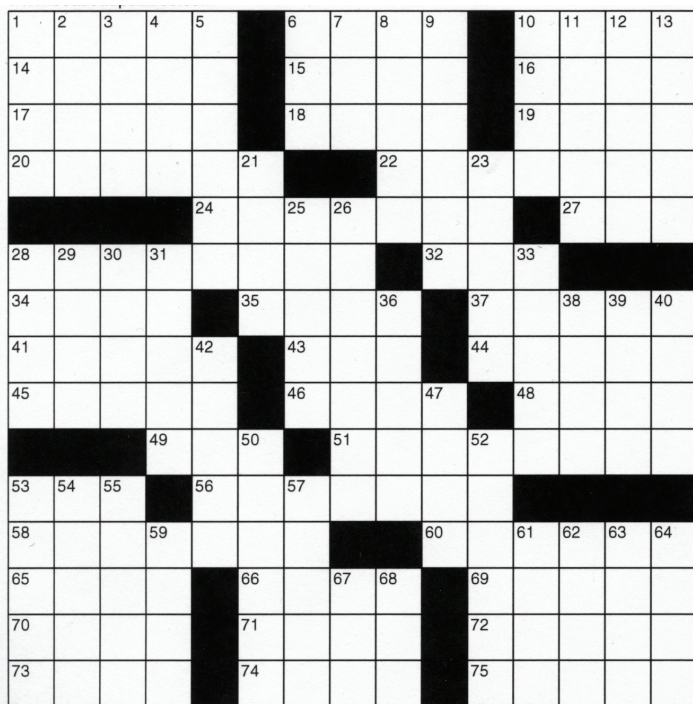


NOV. 22 – DEC. 20
See here, your week will really be the cat's pajamas.



DEC. 21 – JAN. 19
You will open up an apple butter farm. Market is looking good.

CROSSWORD BY BOATLOADPUZZLES.COM



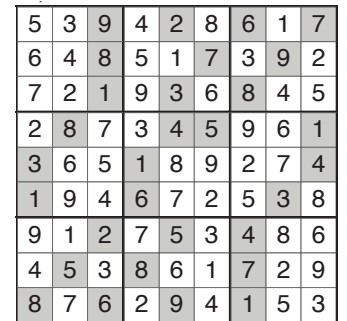
DOWN

1. City vehicles
2. Dominate
3. Conception
4. Thailand, formerly
5. Tuber
6. Forty winks
7. Crude mineral
8. Sight
9. Decorates
10. Skirt length
11. Hockey venue
12. Stingy one
13. Plus
21. IX
23. Theater walkway
25. Bog
26. Appease
28. Grating sound
29. Lamenting cry
30. Roman garb
31. Rome's country
33. Inferior
36. Warning horn
38. Glide
39. Slight advantage
40. Hollow stalk
42. Greasy streak
47. Patch up
50. Lacking iron
52. Contaminates
53. Scout unit
54. Manufacture cloth
55. Aquatic animal
57. Tantalize
59. Doesn't exist
61. King's title
62. Unkind
63. Tart
64. Rents out
67. Under the weather
68. Butterfly catcher

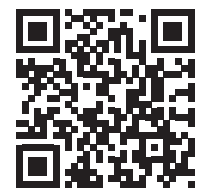
ACROSS

1. Crunchy
6. Flaring star
10. Doll's cry
14. Of sound
15. Parched
16. Eye part
17. Sheep's cry
18. Acapulco coin
19. Loch ____
20. Sailor
22. Apprentice
24. Big drums
27. Skill
28. Sane
32. Wind dir.
34. Oodles (2 wds.)
35. Epochs
37. Defeated one
41. Legendary stories
43. ____-fi
44. Wash away
45. Biblical song
46. Injure
48. Cooking herb
49. Nay's opposite
51. Wobbled
53. Tango need
56. Insect's feeler
58. Person on a pension
60. Gloomy
65. Stable morsels
66. Principal
69. Brother's daughter
70. Pizzeria appliance
71. ____ of Capri
72. Characteristic
73. Cheeky
74. Welshman
75. Mails

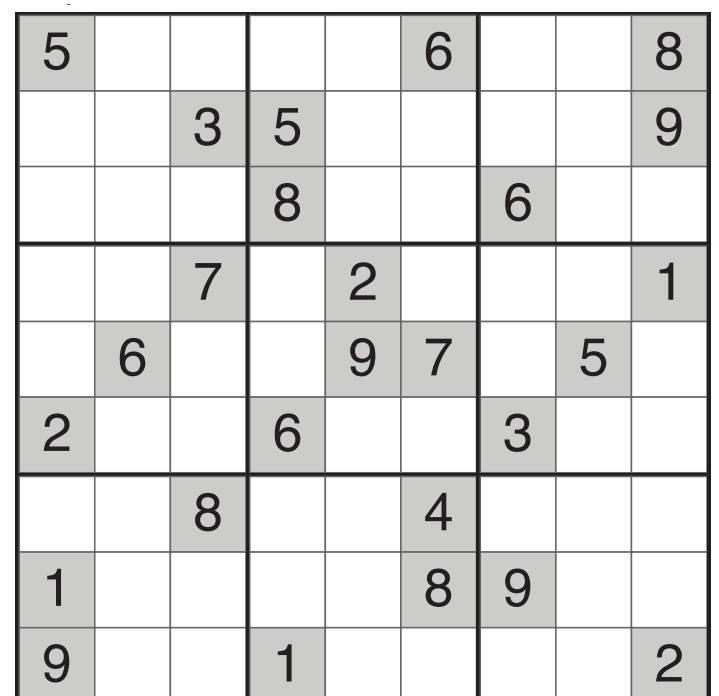
LAST WEEK'S ANSWERS



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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JEFF SEHL

Humber Hawks dropped their game against the Sheridan Bruins, but regrouped to win the bronze medal in an 81-60 victory over the George Brown Huskies.

Men's basketball wins bronze

Jeff Sehl
SPORTS REPORTER

The Humber Hawks men's basketball team closed a strong 2013/14 season with an OCAA medal, but the metal wasn't the colour they were hoping for.

After defeating Seneca College in their quarterfinal match-up on Feb. 27, the Hawks fell short the next evening against undefeated Algonquin Thunder 75-48, forcing the Hawks into the bronze medal bracket of the tournament.

They followed the loss with a dominant 81-60 win over George Brown College in the bronze-semifinal the next morning before closing their season with an 80-65 bronze medal victory against Durham College later that evening.

"It hurts when you work so hard all year, put in all that time, and don't get a gold and get to go to nationals in B.C.," said graduating power forward Brett Neumann.

Despite winning a medal, falling short of an OCAA championship and a spot in the national championships was a disappointing end to an impressive season.

"We came in here and we won three basketball games," said head coach Shawn Collins. "It wasn't the three basketball games we wanted to win...but to lose and have to recover and win two games in one day showed a lot of character. Other than the team

that wins gold, it's great to finish the season with a win."

In the gold medal match-up, the Sheridan Bruins came away with an exciting 76-75 win over Algonquin College, and will head to the CCAA national tournament in Squamish from March 13 to 15. A Sheridan win at nationals could benefit the Hawks and the OCAA as the winning conference will be able to enter two teams in the national tournament next year.

The Hawks hope to earn one of those two potential spots next year and use the experience their young squad gained this post-season to move forward into the 2014-15 season.

"It was a big experience for me because it was my first OCAA tournament," said first year point guard Zach Fox-Tapper. "It's a different ball game. It's the next level and it's everybody's best because it's one (loss) and you're done."

"It's a step up from league games, which are a step up from preseason, so as the season goes on, it just gets harder."

Collins believes the team's future is "very bright".

"It was a character game. You've got to pick up the pieces. We know it stings, we know it hurts...but you have to play your hardest every time you put your uniform on, and they stepped up and played hard, especially our young guys."



COURTESY OF HUMBER ATHLETICS

In the last decade, Humber and Sheridan have won eight OCAA Championships — Humber with five titles and Sheridan taking three golds. The two teams have become heated rivals.

Humber, Sheridan rivalry runs hot

Willy Phan
SPORTS REPORTER

The rivalry between the Humber Hawks and Sheridan Bruins men's basketball teams has intensified once again after the Bruins repeated as OCAA champions on March 1.

For the second year in a row, Humber had to settle for less and watch their rivals emerge as the top victor. The Hawks returned home with the provincial bronze medal, while the Bruins were able to secure the coveted gold medal as the tournament host.

Although Humber was able

to cruise past the Seneca Sting in the quarterfinals with a 71-53 victory, they lost a tough match against the then-undefeated Algonquin Thunder in the semi-finals on Feb. 28.

The Bruins would go on to defeat the Thunder 76-75 in the championship game, while Humber had to settle for a 81-60 blowout win over the George Brown Huskies in the bronze medal match.

The Hawks and Bruins combined have won eight of the past 10 OCAA championships, with Humber taking gold five times and Sheridan three titles. Since the OCAA

tournament has passed, some members of the Hawks admitted that they found it very hard to see the Bruins win the gold.

"It's tough," said rookie guard Zachary Fox-Tapper, a marketing student at Humber. "It's a team (the Bruins) we know we could've beaten if we got a chance to play them."

"We've beaten them before, we know we're the better team but it's just how things turned out. They ended up winning on their home court."

Dealing with Sheridan winning two straight championships is significant to veterans, said Fox-Tapper.

“We’ve beaten them before, we know we’re the better team but it’s just how things turned out.”

Zachary Fox-Tapper
HAWKS GUARD

"It's definitely a tough experience, especially for (Neumann) because Brett's been here longer than most of us."

Neumann is graduating, along with combo guard Brandon Sam-Hinton and centre Greg Edelsward. These players won't be able to face the Bruins again, nor be able to compete for the OCAA championship.

"The two games we had against (Sheridan) this year, they were both instant classics," said Neumann, a fourth-year recreation and leisure student. "Other than us, I would call them the best team in Ontario."

Both teams met in the regular season finale on Feb. 19 with Humber edging out the Bruins in an 86-84 victory. The Hawks previously lost 73-72 to the Bruins on Nov. 19, 2013 after Bruins guard Trevor Williams made a buzzer beating three-pointer.

"(Neumann) has a deep hate for Sheridan as much as anybody," said Fox-Tapper. "It just hurts to see his rival team to win both seasons and he's not going to get another chance to go at them."

Neumann praised Bruins forward Michael Selkridge, tournament MVP, after capturing his second consecutive gold medal with Sheridan.

"(Selkridge) put in a lot of work, he's the heart of that team," said Neumann. "(He) left it at all on the court and to see him win another one...it's impressive."

Aleena Domingo, of Hawks' women's team, admitted she hates the Bruins. She was spotted at the men's game Feb. 19 passionately cheering on the Humber men's team to the point where teammate Alyssa Carey had to hold her back several times.

Neumann said he expects more of the same from the rivalry even though he won't be returning next season.

"It's just a rivalry, it's always gonna be there," said Neumann. "You're always going to see a thousand people in the crowd for every game."

Fox-Tapper acknowledged that the next season's rookies out of high school must adjust to the tougher competition and higher expectations.

"Just keep working hard, just try to contribute as much as possible through practices and games. Focus on the goal to eventually win a gold medal."

Wong's badminton silver just another trophy in her case

One of Humber's most storied athletes determined for gold

Ari Salas
SPORTS REPORTER

After a remarkably successful badminton season, Tracy Wong is confident she will only improve as she prepares for her final year of collegiate competition.

Wong competed in the CCAA National Championships in Edmonton this year, which ended Mar. 1. She returned to Humber College with a silver medal in mixed doubles, won with her partner Andrew Lau.

"Next year I'm hoping to get gold at nationals, this year we were slightly off," said Tracy.

Thus far, Wong's achievements include being a two-time CCAA Female Badminton Player of the Year, 2013 OCAA Female Athlete of the Year and four-time CCAA Badminton All-Canadian.

Wong said that despite the stellar season, she was disappointed in missing the gold medal. She hopes to improve over the offseason and fight for it next year.

Her older brother, Ray, coaches Wong. He says her success is a result of the love for the sport she has.

"She's dedicated to it and has committed to it," the older Wong said. "She really listens and tries."

Ray says he was happy with Tracy's performance at the CCAA championships in Edmonton but is already focusing on next season.

"The match was great, it was really intense. She can always improve mentally, physically and skill wise. It was a good experience for her, I'm looking forward to next year."

Tracy said her plan during the offseason is to develop her skill set and strengthen mentally.

"From this tournament what I've taken is that I need to learn from it, it's not just physical," said Tracy. "I need to improve my mental game as well."

One area where she says she needs improvement is mixed doubles.

"I'm a singles player and this year I played mixed. My technique was there but with mixed it's a complete mental game. It was different and in that sense really challenging for me."

Associate director of athletics Michael Kopinak attended the championship in Edmonton. He said Tracy and the badminton team are a source of pride for Humber College.

"It certainly puts Humber on the athletic map, recruitment map and badminton map," said Kopinak. "She is one of the most decorated female athletes in Ontario college history."

And as for her accomplishments, while Wong may be critical of them, Kopinak praised her ability.

"Being second in Canada is nothing to sneeze at by any means. Tracy now has four national medals in four attempts and that's pretty damn good."



ARI SALAS

Tracy Wong is one of the most decorated Ontario women college players ever, twice being named the national player of the year.



CHRISTINA SUCCI

Andre Brown (18) leaps into the air as he gets set to spike the ball during one of the final matches of his OCAA career.

Big Dre sees his exceptional OCAA career come to a close

Christina Succi
SPORTS REPORTER

There's really only one word that comes to mind when Andre Brown thinks about playing his last volleyball game as a Humber Hawk: bittersweet.

Brown will wear his Hawks jersey for the last time at the 2014 National Championships, as he will graduate this upcoming spring.

Brown spent five seasons with the Hawks, proving to be a fixture in the Humber community since Day One. Head Coach Wayne Wilkins watched Brown develop and mature since his arrival as a rookie in 2009.

Brown's time as a Hawk was described by Wilkins, as one of incredible growth for the athlete, both on and off the court.

"He's grown up a ton," said Wilkins. "He came here as a high-school student, and his first couple years was as much learning about volleyball as it was about life."

Wilkins couldn't be more proud to have been part of Brown's journey, a trek characterized by passion and tenacity to win.

"I really admire his passion for the game, his passion on the court," said Wilkins.

"He's full of life, he loves every moment he gets a chance to play ball and we've been blessed to have been able to have him on the court for five years."

It's with a heavy heart that not only Brown's teammates and coaches say goodbye, but also long-time manager of Humber Athletics and president of the Ontario Colleges Athletic Association, Jim Bialek.

Bialek, who's in his 32nd year with the OCAA, has seen it all when it comes to talented athletes. But for Bialek, Brown has been one of the best he's ever seen.

"We're losing a middle, who is, arguably, one of the top middles in the country, over the past, I'd say comfortably, last three years," he said.

The six-foot-nine volleyball player, nicknamed 'Big Dre', tops the charts with the most blocks — 63 — in the west conference of the OCAA. Brown brings a presence to the net unmatched by any other player.

"He's an absolute force at the net. Imagine the opposition has to look at the guy across the net, who's six foot nine, he jumps well, he's athletic... it's pretty intimidating," said Wilkins. "That pres-

ence just brings us so much. It's a big void to fill"

It's not only been Brown's physical size, but also his figurative size in leadership and emotion, that has proven to be an unprecedented force in setting the momentum for the Hawks.

"When Andre blocks, or puts that ball away, that block or that kill, brings 10 times the emotional lift to the team on the volleyball court, than anyone else making a point," said Bialek.

"He has an emotional ability, who has the power to change games with emotion, and he's done that."

Humber Hawks hitter Terrel Bramwell says he'll be sad to see Big Dre go, but is looking forward to what the future holds for his longtime friend and teammate.

"It's sad to not have him at Humber anymore, but he's moving on to training with the Team Canada," said Bramwell. "I'm happy for him."

Sadness and appreciation is certainly felt among Brown's Humber family.

"He's going to be missed on all aspects. Here's a guy who's been here for five years, he knows what it takes to win, he's won, he's been an impact, he's just been a star every

year," said Bialek.

Brown has played an integral role in bringing multiple national championships home to Humber. He says his time as a Hawk is but a chapter, in the book of his volleyball career. Brown will be looking to overseas to fill his next chapter.

"I'll be training full time this year with the national team, then after that look to go overseas and play pro in Europe," said Brown.

"You know, it's bittersweet, but it's good, to move on to bigger and better things, but at the same time, it's sad, I've been with these guys for a while," said Brown. "Humber will always be a part of me, and a part of who I am, whether I'm here or not."

The consensus among those who know Brown is that he is too young, too talented, and too driven to simply stop here, following his graduation.

So does Brown have what it takes to get his skill to the next level? According to Wilkins, absolutely.

"Anything he puts his mind to, I know he can do," he said.

"He'll be an asset to any team," said Wilkins. "The only thing that's going to stop Andre Brown is Andre Brown."