



GH student association dissolved

Guelph-Humber will get HSF veep instead

Christina Romualdo
NEWS REPORTER

Say goodbye to the Guelph-Humber Student Association.

The Humber Students' Fed-

eration Board of Directors passed a motion on March 18 to create a new executive position of Vice-President of Guelph-Humber effective in the 2016-2017 academic year.

The motion was the result of a joint proposal presented by HSF President Tom Walton and GHSA President Tania Pereira.

The proposal recommends the new vice-president would take on the responsibilities of the GHSA president, while the functions of the rest of the GHSA executive would be absorbed by HSF full-time staff.

The 14 program representative positions at University of Guelph-Humber would remain intact and will report to

the new vice-president.

A timeline presented by Walton stated that, by April 30, 2016, the GHSA would cease operations.

Walton told the meeting the GHSA approached HSF expressing "interest in re-vamping how Guelph-Humber students are represented by student government."

Walton gave three primary reasons for this change: "The need to revamp arose from a lack of resources – so financial, (human) and time – duplication of events and services between HSF and the GHSA, and thirdly, inability to hold volunteers accountable."

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Gen Y shies away from long relations

Christina McAllister
LIFE REPORTER

Finding love isn't easy.

Perhaps this is why an increasing number of college-aged students have decided to shy away from long-term relationships and date casually.

While the reasons for millennials foregoing relationships may not be black-and-white, it is clear that smartphones have changed the rules of the game in terms of relationships.

Mobile dating applications available on smartphones, such as Tinder and Grindr, have paved the road for casual relationships.



In a remarkably short time, online dating has revolutionized how people seek romantic partners.

Eli J. Finkel

LEAD AUTHOR, ONLINE DATING STUDY

University of Toronto postdoctoral fellow Amy Muise said while there is currently no evidence these applications lead to more casual relationships, it seems to be the popular perception.

"I think it just makes it more accessible," said Muise.

In a 2012 study about online dating published in Psychological Science in the Public Interest, researchers noted the pervasiveness and fundamental influence mobile dating had on the dating landscape.

"In a remarkably short time, online dating has revolutionized how people seek romantic partners," said lead author Eli J. Finkel. "Online dating is enormously popular and expanding rapidly."

Mobile dating not only introduces singles to potential partners they wouldn't typically meet, but also widens the pool of potential candidates.

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DOMINIQUE TAYLOR

Maggie Hobbs, director of Student Events at Student Success and Engagement and Vicki DiGiovanni, office manager of Access, Wellness and Development, welcome students at the LRC open house on Saturday April 18, 2015.

Saunders court tradition carries on

Hawks basketball star Richard watches son Keshawn come of age

Alexandra Martino
SPORTS REPORTER

Keshawn Saunders socializes with his classmates ahead of a weekend practice for Brampton's St. Roch Catholic High School's basketball team.

He wears the jersey from his appearance at the inaugural high school BioSteel All-Canadian game at Ryerson University from the previous Tuesday.

It's been a busy April for Saunders, competing in basketball games at home and abroad.

His month included the Canada Basketball Cadet team selection camp at Humber,

showing off his skills on the same court his father, Richard, found success on 20 years ago.

Richard Saunders was a member of the team that secured Humber's first ever CCAA National Championship. They went on to win two more after that.

"It was a great four years winning back-to-back-to-back national championships," said the elder Saunders.

The experience Richard got while playing at Humber led to him taking on a mentor position in his later years, passing on his insight to the younger players at Humber basketball.

Richard continues to be a presence around Humber, according to Varsity co-ordinator James DePoe.

"Richard has always come back around to support the basketball program, he is a recognizable face within Athletics," said DePoe.

He also passes on his experience on the court working with the CIA Bounce U15 team, as well as to his own son.

"What I learnt at Humber I was able to pass on, both on and off the court, and he's able to utilize that with his abilities," said Richard.

Saunders's son, Keshawn, began playing rep league basketball when he was seven, soon becoming a standout at his age level.

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BIZ/TECH

Matchmaking app for Muslims finds unsure community reaction

Costs still high for students, need care with hidden fees

Ryan Durgy
BIZ/TECH REPORTER

Hoping to mirror Tinder's huge popularity, similar matchmaking apps are aimed at catering to specific communities.

Minder was launched around Valentine's Day this year and is "dedicated to helping connect progressive, smart, fun, and interesting Muslims with each other," according to its website.

Taha Ali, a second-year Justice Studies student at the University of Guelph-Humber and President of Humber's Muslim Students Association, said he wouldn't use Minder.

"I don't know how well it will be accepted within the Muslim community, simply due to the fact that dating as a whole hasn't really been accepted within the community yet," Ali said.

Minder allows users to select how religious they are using a slider tool within the app.

"I think that's a bit subjective, to be honest. I mean, how do you judge how religious you actually are?" Ali asked.

Ali said an Islamic value the app may compromise is responsibility.

"I think that the value of chivalry or the respect that's always been there for relations between men and women, I feel that the app might kind of compromise that and take that outside of that realm," Ali said.

Harsh Joshi, a third-year Computer Engineer Technology student at Humber, said he has created 69 apps

and likes that Minder seems simple and secure, and that Minder can be used to connect Muslims.

"It's connecting that religion to carry on with it, to carry on the idea, the values that their parents have taught them. It is great. It's simple to use and I love the idea of it."

Joshi said he would like to see Minder expand so users in countries where Facebook is banned can connect through the app via other social networks like Google Plus.

A similar service, Ishqr, already exists and is a website designed to connect young Muslims. However, unlike Minder, Ishqr doesn't show users pictures of other people on the site until they match.

Rafael Gouveia, a first-year Food and Nutrition Management student at Humber College, doesn't think many students will use such apps.

"It's not much different from anything else. I don't think it's (anything) new or exciting," Gouveia said.

"There's dating websites for any sort of religious groups or different types of people out there," he said.

Gouveia said he wouldn't use Minder and doesn't see much value in similar apps like the hugely popular Tinder app.

He said users often make quick decisions based on seeing a person's picture while swiping through the app.

"I have no idea what the person is like," Gouveia said. "I'd much rather meet someone face-to-face."

Currently Minder is only available on the Apple App Store with plans to become available on the Google Play store.



LAURA DASILVA

Daycare students learn about pond wildlife during a North campus Arboretum guided tour.

Arboretum program helps joins Toronto kids with nature

Laura DaSilva
NEWS REPORTER

Deep into the woods of the Arboretum there is no Wi-Fi, but Humber students may find a connection that could help them through final exams.

Julie Valerio, faculty member of Humber's Early Childhood Education program, said she introduces her students to the North campus Arboretum by talking about the issues involved in the disconnect children have with the natural world.

"We're helping children

understand that the outdoor world is a part of their organic life. It's not all about technology and the fear of being outside," she said. "You have to explore and discover nature in a different way, not just indoors or in parks."

Some years ago, Psychological Science journal published a University of Michigan study, which outlines ways spending time in the wilderness can alleviate stress and help with focus.

"After an interaction with natural environments, one is able to perform better on

tasks that depend on directed-attention abilities," said the 2008 study by Marc G. Berman, John Jonides, and Stephen Kaplan.

Valerio said the benefits they experience after nature walks and classes outside often leave her students surprised.

"If you look at a tree, sit under one, or walk through the trees, it really does restore your ability to pay attention. It lowers your stress reactions to life," she said.

As the school year is winding down, pressure and tension are ramping up. Valerio

said students should take advantage of the 'jewel' that is the Arboretum.

"During exams, stress is at an all-time high for students, and we're finding that getting in touch with the natural world really is something that we've ignored," she said.

"It really does help. It brings perspective and helps calm brain function, blood pressure and all of the biological reactions," said Valerio.

Avalon Miller, a first-year Landscape student and crew leader at the Humber Arboretum, said being involved with nature and the outdoors is a great way to reflect and relax.

"For me, gardening is peaceful and allows me time to think and enjoy. I think being connected with nature is like free therapy," said Miller.

Miller said the Arboretum is home to many native Canadian plants, creating a sustainable ecosystem and inviting a large number of animals. She encourages students to explore between classes.

"Not only is the Arboretum relaxing, it is also an opportunity to learn more about nature itself and what nature is truly capable of," she said.

Taurean Linton, public relations and events manager at the Centre for Urban Ecology and Humber Arboretum, said summer camps, weddings and bird watching walks are some of the ways people can experience the outdoor space over the next few months.

"People come here to experience the beauty of the outdoors," he said. "It's exam time, so many students are studying inside."

Students should look to nature to nurture their mental wellness during finals.

Europe travel looking better with weak Euro

Amy Wallace
NEWS REPORTER

Escaping to distant shores sounds appealing after a long semester and a frigid Canadian winter.

Travelling during the summer is an attractive option, yet bank accounts are often strained after the school year.

A vacation in Europe will be less expensive than it has been in a while, said Tom Meyers, founder and Editor-in-Chief of EuroCheapo.com, a website that offers budget travel advice for cities across Europe.

While the Canadian dollar has fallen in relation to the U.S., the Euro is also down so "the bang for your buck is

going to be pretty strong no matter where you go in Europe," Meyers said.

Meyers counts Lisbon among one of his favourite European destinations. Beaches, great food and low prices are a few reasons to visit this coastal city in Portugal.

"The nightlife scene is great for students, and it also benefits from tons of really cool hostels," Meyers said. "It's just tailor made for students to enjoy."

Meyers also recommends visiting Berlin. It is easily the most affordable city in Germany, boasting a vibrant nightlife scene and booming with a young population.

Students should consider Europe's low-cost air-

lines when flying within the continent, such as Ryanair and EasyJet. Meyers advises booking flights as early as possible because the seat will be cheaper. The same applies to train tickets.

"I know a lot of student travellers like to have more flexibility, and that can result in much more expensive tickets," Meyers said.

Meyers says a common mistake is not having a travel plan for cell phones. People who use Internet without being connected to Wi-Fi can pay hefty fees for using international roaming data.

Travellers should speak with their carriers prior to their trip, so they are able to get an appropriate plan, he said.

Meyers suggests travelers call their banks beforehand if they intend on using credit cards.

"Most cards have a differ-

ent fee structure for international purchases, so it's worth calling to ask what the charge is," Meyers said.

Beware of falling for the tourist restaurant trap. Meyers suggests having drinks and appetizers in central locations, but venturing outside of city limits for cheap and authentic meals.

"If a restaurant has a menu outside in 10 different languages, it's probably not a good sign," Meyers cautioned.

He said tourists should be aware of some hidden costs.

Low-cost airlines in Europe often charge travellers to check a piece of luggage, and some charge for carry-on baggage.

"You might see a price of 14 Euros for a flight, but once you add a seat assignment, a bottle of water, and a checked bag, it could be 100 Euros," Meyers said.



RYAN DURGY

Minder is "dedicated to helping connect progressive, smart, fun, and interesting Muslims with each other."

GHSA out, new VP instead

continued from cover

Pereira says offering more support for G-H students was a reason for pushing this change.

"We thought it would be easier if we had kind of a united front, if we consolidated all of our resources," Pereira said.

"It would be better if we had more resources to us... the more that we have at our disposal, the better events we could give."

The new HSF vice-president would be able to call upon full-time staff for help when needed. Pereira highlighted this dedicated support as a key benefit of this proposal.

GHSA and HSF have had a contentious history together. HSF North campus vice-presidents Odin von Doom and Ahmed Tahir were intent on putting that past behind them to do what was best for students.

"When we came in, we said, you know what, we're new executives... I don't want old politics weighing down on this and complicating it,"

said von Doom.

Tahir agreed.

"Let's forget about everything in the past and try to figure out what we want to do now," HSF president-elect Tahir said.

The duo joined forces with Pereira to consult with as many stakeholders as possible.

The three executives then took to the GH hallways to talk to students after meeting with Guelph-Humber representatives from the HSF Board of Directors and the full GHSA team.

"We put together a survey. Essentially went out and surveyed students. We got upward of over 200 (responses) and then went through, got all the student data and used that," said von Doom.

"It wasn't just data, it was also talking to students and figuring out what they thought about stuff," said Tahir.

"Yeah, it wasn't just a matter of the check 'yes' or 'no' on something, but what were their comments. I parsed through every comment," von Doom said.

"They might have had a comment or thought that we

didn't think about and that's really important for us," Tahir said.

While the proposal might have the Guelph-Humber community's best interests at heart, students are skeptical.

"Eliminating GHSA would mean that we're once again divided between governance at Guelph and governance at Humber, which makes us this little island between the two lands – with no identity – and so it leads to a lack of visibility," said first-year Justice Studies student Emma Kelly.

Kelly, who was recently appointed to the HSF Board of Directors, said a lack of a dedicated government would further emphasize the identity crisis Guelph-Humber students face.

"It's hard enough trying to explain to people what Guelph-Humber is, but without having a form of government, it's even harder to express our Guelph-Humber identity because we are not Guelph and we are not Humber," she said.

"Our experiences are so unique that they need to be represented...there needs

to be something within the school that handles at least some issues," she said.

The GHSA "is really our only outlet to involve ourselves directly with just Guelph-Humber. Because everything else, in order to get involved, we have to pick a side," said Kelly.

This is an optical problem HSF and the new proposal continue to face although HSF represents both groups equally.

Guelph-Humber students "should right away, every one of them, know that yes, this is for us, just as much (as it is for Humber students)," said Von Doom.

"It's not even a question... They're equally part of the population," he said.

The proposal is an amendment to the current Memorandum of Understanding that governs the relationship between the two student governments.

Because it requires a change to the HSF constitution, the motion will go to a special meeting of the members in September where all students can vote to approve it.



ARESELL JOSEPH

Jessica Hunt said working at LinX Lounge at Humber North campus earns her added pay for hours above her contract.

Overtime pay rights a student blind spot

After 44 hours a week for most jobs, wages should rise by half

Aresell Joseph

GENERAL ASSIGNMENT REPORTER

Humber students conclude the school year on May 1 and begin part-time employment for the summer.

But counselors advise that some employers may take advantage of part-time employees who are unaware of their employment rights, particularly as they relate to overtime pay.

Fredy Mejia, a career advisor at Humber's Lakeshore campus, said part-time employees should be aware before signing any employment agreement which states overtime pay is off the table.

"Part-time workers think that employers can increase and decrease their hours as they wish," Mejia said.

"I fully understand that this is an issue, part-time workers are being underpaid and being exploited," said Mejia. "Often, it's because they are not aware of their rights."

Canadian Union of Public Employees Local 3902 recently ended its dispute with the University of Toronto over teaching assistant wages.

Staff representative Jesse Payne said it's illegal for an employer to ask part-time, full-time or casual employees to work more than 44 hours a week without overtime pay.

Ontario's Ministry of Labour enforces the Employment Standards Act (ESA) to protect workers' rights in the province.

The act defines overtime pay as time-and-a-half pay, once employees exceed 44 hours.

"Many employees have jobs that are exempt from the overtime provisions of the ESA," wrote the Ministry of Labour on its website. "Others work in jobs where the overtime threshold is more than 44 hours in a work week."



I fully understand that this is an issue, part-time workers are being underpaid and being exploited."

Fredy Mejia

CAREER ADVISOR HUMBER COLLEGE

Payne said employers have to get approval from the Ministry of Labour before drafting employment contracts where an employee works more than 44 hours a week.

Mejia said some part-time workers don't know about the Employment Standard Act and becoming aware of it would help protect their worker's rights.

Humber student Jessica Hunt, a final year student in the Hospitality Management program, has been working at the LinX Lounge since last September. She said she gets paid if asked to work more hours than what's stated in her employment contract. LinX Lounge hires Humber students throughout the school year, and Hunt says it's a good place to work.

The ESA states overtime is not paid on a daily basis. But if one works overtime for two or more days, then they would qualify for overtime pay rate.

"If I'm doing extra hours for no pay then it's just extra labour," said Hunt. "There is just no point."

Chu reveals his personal pain with award-winning essay on depression

Veronica Appia

CRIME/SECURITY REPORTER

Glenn Chu has always been the centre of attention, but he barely spoke to anyone when he arrived to Canada from Pakistan a year and a half ago to study Global Business Management at Humber College.

"When I first got here it was a huge culture shock. I'd never been to North America before," said Chu. "First semester, people would tell me I looked very arrogant. I would not socialize...I felt like just another brick in the wall."

"Where I come from it's a totally Islamic state. There is no alcohol (and) there are no parties," Chu said.

He said this took a huge mental toll on him as he found himself trying to fit in to Canadian culture – which often went against his morals and beliefs from back home.

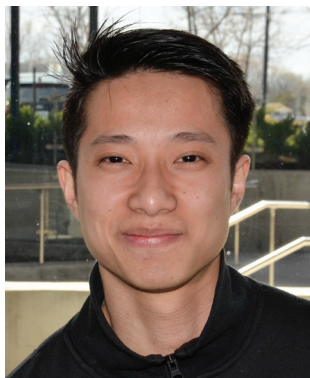
Chu recalled these moments as he wrote his award-winning essay on depression for Humber College's Bounce Forward Essay Contest.

The contest takes place annually as part of Humber's Mental Health Awareness Month.

Chu remembers his first taste of Toronto's nightlife

– going to The Government nightclub to see Benny Benassi, one of his favourite DJs.

At first he was excited, but this excitement was quickly replaced with anxiety.



VERONICA APPIA

Glenn Chu hopes his award-winning essay will promote awareness about depression among students.

"I was completely unknown. I didn't know anyone and I would just stand stupidly seeing my friends socializing with people," said Chu. "I stood on the side for almost the whole night. I felt really stupid. I thought, 'maybe this is not for me.'"

Chu said he often had to fake being comfortable around his peers in order to feel accepted.

Chu's essay, which he appropriately titled "The Party," contains pieces of his own experiences dealing with depression and anxiety during his first few months in Canada.

Chu said he hopes students reading it feel like they can talk openly about mental illness.

"I want them to know that when depression hits you it is not a phase, as people sometimes think," he said.

Chu said it's important that students struggling with mental illness find their own personal way of dealing with it, because everyone is different. Not everyone feels comfortable talking to a counselor, he said.

Students training to become first responders at Humber College receive education about mental illness as part of their curriculum. But this type of education is fairly limited to certain groups of students who are most likely to experience it on the job.

"They teach us that it is a problem with first responders and there (are) employee assistant programs to help deal with that," said Josh Baker, a pre-service firefighter education and training student.

Professor and part-time Peel Region paramedic Richard Alvarez says his students learn about mental illness in the psychology courses they are required to take.

He said Humber has a lot of facilities for students, including the Traumatic Events Support Centre; where he works on call. The centre deals with aiding students who have suffered through any sort of traumatic event or critical incident stress.

Mental disorders of varying intensities are definitely a part of the job for first responders, Alvarez said.

He said for people in the field, there isn't often a stigma surrounding it because the problem is so prevalent, but that does not necessarily mean that people outside the field will fully understand it.

"I have a fantastic support system. My brother's a police officer and my sister's a nurse, so we all kind of get it," said Alvarez. "(But) for those who aren't in the field, it may be difficult to wrap their heads around it," he said.

Alvarez said it is important for schools and organizations to continue to extend education about mental illness to students from all disciplines in order to help people like Chu who are not familiar with the education of first responders.



DOMINIQUE TAYLOR

Corina Fitzgerald, director of Student Life and Keith Manalo, Accessibility Learning officer, welcome students at LRC open house on April 18. New North campus facility features a Student Wellness and Accessibility Centre combining several services.

New LRC hosts wellness centre

Dominique Taylor

LIFE REPORTER

Students who need to seek medical attention from a doctor or nurse, speak with a counselor or require advice about an accessibility issue won't have to go far come September.

All three services will be combined into one new space at the Student Wellness and Accessibility Centre (SWAC) in the new Learning Resource Commons.

It will be conveniently located at the top of the stairs on the second floor of the LRC and opens on June 8.

"It sends a really strong message about the place for well being in our community," said Meg Houghton, director of Student Access,

Wellness and Development at Humber College.

"Students are able to come into our centre, feel safe and feel welcome," said Vicky DiGiovanni, office manager of Student Access, Wellness and Development.

The model of a "wellness centre" offers a type of "inter-professional collaboration" where staff can work together to provide the most suitable services for a client, said Houghton.

Some students are very confident about what services they need, but others are unaware of what is available, said DiGiovanni.

The front desk will act as a "triage" to distinguish what the student's needs are and link them up with the most suitable person to help them,

she said.

The basis for this new approach is to make it easier for students to access any or all of the health and wellness services, said Houghton.

Reducing stigma may be an added benefit to having all three services in one space, she said.

"For whatever reason, it's less stigmatizing to go and see somebody to get pills for the common cold," said Houghton. We can say there is no shame in disability and there's no shame in mental health services until we are blue in the face, but if the person feels stigma, that is still going to be a barrier to service."

Since everyone will be waiting together in the general waiting room whether they have a cough or need a check-up, it should "have the effect of

reducing the stigma for those who are seeking either counseling, or Accessible Learning Services," said Houghton.

"People knowing you're in the counseling office isn't going to be as much of a problem when all of these services are provided together," said Christina Deveau, 23, Humber third year Public Relations student at Lakeshore. "Who knows what you could be there for?"

Houghton said there would be a similar set up on the Lakeshore campus by 2016 in the new Welcome Centre.

"I'm excited to have not just the services, but have all the student services in one place," said Deveau. "At Lakeshore campus everything is so spread out, so I think everything needs to be in one location."

Gianniotti leapt from school to TV cameras

Humber alum lands a series and now a mini-series quickly

Katie Jones

A&E REPORTER

He may have left Humber College only three years ago, but Theatre and Performance graduate Giacomo Gianniotti has already made a home on the television screen.

Gianniotti graduated from the Theatre program in 2012 and since then his career has flourished. He said he feels humbled by the acting work he has been a part of, but grateful for his opportunity at Humber.

"Humber was incredibly informative. It was a big dive into literature. We studied so much of the classics which are still useful to me today," said Gianniotti.

"It was an incredible experience," he said.

Two years after graduating, Gianniotti was cast in the ABC comedy *Selfie*. The television show allowed Gianniotti to grow as a comedic actor, a genre he finds a lot of fun and important as an actor.

"In terms of improvising it keeps your skills sharp and that's necessary for an actor. In comedy you are always searching for something funnier, quicker, snappier, how to hit the joke harder," said Gianniotti.

Comedy and theatre are not his only fortes.

Gianniotti was cast in the dramatic show *Reign* in 2013. He played the role of Lord Julien, a dramatic style of acting that he really admires because of the crisp writing style.

Although Gianniotti has success in the medium of film (he has acted in a Cinecitta production in Rome) and television, he said he'll always

have a passion for theatre.

"I found television and film was a whole other world and a whole other style of acting. It's much different," said Gianniotti.

"I would love to do theatre again. The problem with theatre is it takes so much time, film and television you can work on a couple projects at the same time," he said.

The Secret Life of Marilyn Monroe, a new TV mini-series, is Gianniotti's latest role and the one he worked hardest to get.

"When I got it I was very excited, I haven't done any biographical material yet. It was really interesting to deal with that type of subject matter and that period of time.



If you really want to do it, just read, study and stay focused.

Giacomo Gianniotti

HUMBER THEATRE GRAD

"It is a really interesting part and really heavy subject matter," he said.

Gianniotti said he believes in staying true to oneself and having perseverance in this industry. He said if people are looking to enroll in Humber's Theatre and Performance program, to do it and stay focused.

"If you really, really, really want to do it, just read, study and stay focused. A lot of times people can tell you to do certain things and change the way you are," he said.

"I think that's rubbish, in this industry that has so many variables you can't control, the only thing you can control is yourself," he said.

"Stay true to yourself and trust your instincts," said Gianniotti.

Gen Y holding off on long-term relationships

Continued from cover

This, however, could be part of the reason students are not keen on settling down.

More options can make people feel less satisfied with the option they chose, said Muise.

"We might wonder what else is out there, so there is an established line of research

and close relationships that talks about the quality of alternatives," said Muise

"Feeling like you have more quality alternatives reduces your commitment at times to your current relationship," she said.

"Seeing other options for dating, assuming that you find these options desirable, it could make you feel less

committed."

At Humber College, an institution with more than 27,000 full-time students, the options are essentially limitless.

Humber Electrical Engineering Technology student Casey Espana said this generation is too focused on themselves and being independent to enter into long-term relationships.

"People are doing what's best for them, like finding out who they are as a person before they start getting into a long term relationship," said

Espana.

"People just want to have fun when they're young," he said.

Recently single, Espana said there were a lot of factors that contributed to the dissolution of his three-year relationship with a former Humber student, and attending the same institution was one of them.

"I wouldn't really blame it on being in Humber," said Espana, "(But) seeing the person every day ... you get too attached, like there's no freedom or space."



The more dates you go on, the closer you are to come to finding that one.

Kimberly Moffit

THERAPIST, MATCH.COM ADVISOR

Espana also said dating casually is the best option for college-aged students because it gives them the opportunity to discover their likes and dislikes.

Relationship expert for Match.com and psychotherapist, Kimberly Moffit, said going on dates is the best way for people to see what works best for them in a relationship.

"The more dates you go on, the closer you are going to come to finding that one," she said.

While Espana is not actively looking for love, he said he is open to a relationship if the right person happens to come along.

"Whatever happens, happens," he said.

Students turn to ADHD medication to better grades

Dominique Taylor
LIFE REPORTER

Attention deficit and hyperactivity medications Ritalin and Adderall might be tempting for some students to get better grades, but they come with a risk.

A new study published in the medical journal *Substance Use and Misuse* states there is a growing trend among college and university students to take non-prescribed ADHD medications, ranging from 2 to 11 per cent of the post-secondary student body.

Another study published in *Psychology, Health and Medicine* journal in 2014 said that students use these medications to improve academic performance, and help with concentration, attention and focusing.

"The number one reason why people would use Adderall is because it has a longer and more intense boost to cognitive function than caffeine does," wrote Dr. Chris Wilkes, president of the Canadian Academy of Child and Adolescent Psychiatry in an email.

"It's kind of extreme that people have to resort to that - to use drugs to stay up," said Albert Owusu, 19, first year culinary student at Humber. "I feel like if you studied hard you could still get good marks."

Jimmy Chen, final year pharmacy doctoral student at the University of Toronto, said students take the medications because "they just want to have that extra edge."

"If these medications help them focus, or if they think that it helps them focus, then that might be enough to get them through their work," said Chen.

But taking these medications can cause acute side effects such as an increased heart rate and high blood pressure, as well as a chance of heart attack, said Chen.

Tics, manic reactions and zombie-like reactions are also possible, wrote Dr. Wilkes in his email.

A study released in 2011 in the *Journal of American College Health* also listed stomach discomfort, headaches, euphoria or a "high," and withdrawal issues as other risks, especially if the drugs

are misused or combined with other drugs such as alcohol and caffeine.

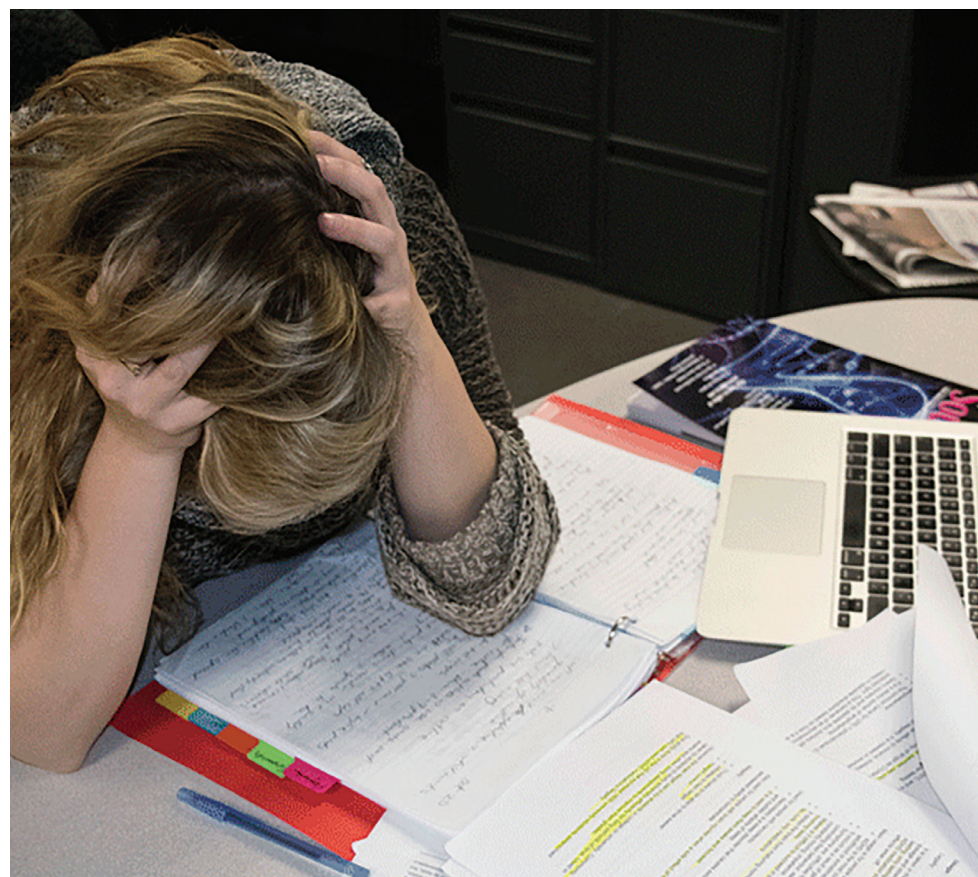
"You could have a different reaction to it. What if you get sick from it? It's scary, it's kind of risky," said Owusu.

Chen said the scientific studies show ADHD medications don't actually do very much immediately after you read your material, or even the next day.

"If you were to take it, half an hour later you probably won't retain it any better than if you don't. Its long term that it shows the retention," said Chen. "So it's a week later, two months down the road that it's shown that you retain memories slightly better."

The February study states the most common predictor of a student misusing these drugs is the perception that it's normal and acceptable by peers, or by students who have tendencies to procrastinate.

"They think the only way to study better is to stay up all night. It's their dream and they will do anything to get it," said Josh Borillo, 18, second semester Fitness and Health Promotion student at



DOMINIQUE TAYLOR

Students can find school overwhelming at times, especially around exam time, but ADHD medications carry serious risks for side effects, especially when combined with other drugs.

Humber College.

Chen warns these medications should not be taken lightly. "It's important to know the

risk factors and the harm that it could do," he said. "You can't just glorify the fact that these medications will make you smarter.

It's more complex than that." "You should not take these medications lightly," wrote Dr. Wilkes.



Flickr / CC DANNY MOLYNEUX

Pew Research Centre report finds Millennials start their lives later than previous generations.

Millennials face different economy, more education than grandparents

Career, marriage and children all later in time of 'fear, anxiety'

Christine Tippett
LIFE REPORTER

Millennials are lazy. Millennials are spoiled.

It's been said a million

times before.

But a new report highlights generational differences between millennials and their grandparents 50 years ago, and experts say it's not all bad.

The Pew Research Center published a report last month based on a U.S. Government Current Population Survey that compared millennials

aged 18 to 33 with the so-called silent generation aged 69 to 84.

The survey polled around 75,000 American households in March 2014 and findings show that today's young adults are much better educated than their grandparents' generation. The report also said employment

rates show that millennials have entered the labour force during tough times.

Men in the Gen X (aged 34 to 49), boomer (aged 50 to 68), and silent generations all had an employment rate of 78 per cent when they were between the ages of 18 and 33. The rate drops to 68 per cent among millennial men.

Humber Counsellor Liz Sokol said the pressure to find a job after graduation in a bad economy has a big impact on students.

"There's a lot of fear," she said. "There's a lot of anxiety."

"It's not unheard for a student who's very close to finishing (school) to absolutely lose every bit of motivation and interest in finishing their program," Sokol said. "It has everything to do with the fact they're about to graduate and there's not a lot of good news."

The report also found millennials today to be more likely to postpone marriage than their grandparent's generation. A typical American woman married at age 21 in 1963 and a typical man married at 23. In 2014, those ages rose to 27 and 29 respectively.

"When asked the reasons that they have not gotten married, 29 per cent said they are not financially pre-

pared... and an additional 26 per cent say that they are too young and not ready to settle down," said lead authors Eileen Patten and Richard Fry.



There has been a mixture of heightened expectations and crushing reality.

Sean Lyons
ASSISTANT PROFESSOR AT THE
UNIVERSITY OF GUELPH

Sean Lyons, an inter-generational expert and assistant professor at the University of Guelph said this change could be partially attributed to the requirement for advanced education, which means that people don't start their adult lives until their late 20s at the earliest, he said in an email interview.

"Census data show that young people today are getting married later, having children later, and are living at home with their parents for much longer than was the case in the past," said Lyons.

Millennials are often viewed in a negative light, and Lyons said it is because there has been a mixture of

"heightened expectations and crushing reality."

Millennials were given great hope they would be "the next great generation" when they were younger, Lyons said.

"The turbulent economy and heightened requirement for education, along with the crippling student debt that many students face, has made things difficult for young people getting established today," he said.

First year Humber Human Resources Management student Meredith Neufeld agrees.

"I think these shifts happen in every generation, and we'll probably say the same things about our kids one day. But I think they happen because the issues each generation has to face are always going to be different," she said.

Neufeld said older generations describe younger generations as spoiled and say they complain too much.

"But things are way different for us than they were for them," said Neufeld.

Every generation is given a "bad rap" for one reason or another, Lyons said.

"I think it's good advice for young people to not take the criticisms too seriously and to not let them affect their perspectives," said Lyons.

North Campus finally opens doors to



**HUMBER
LEARNING RESO**

much anticipated main

LRC building



The new main Learning Resource Commons (LRC) opened April 18 at Humber North Campus. The main entrance and gateway to the school accommodates its growth, allowing more than 2,200 new students to enroll. The six-story building connects to the N, J, and H buildings and features enhanced student services. The open concept space brings a refreshing feel to the campus, welcoming newcomers with a positive vibe to the new stage in their lives.



URCE COMMONS

EDITORIAL

Ottawa budget offers little to students

Federal Finance Minister Joe Oliver donned new shoes on Tuesday and released the federal budget.

Oliver was quick to emphasize the fact Canada was back in the black (a modest \$1.4 billion surplus), but he reached this number thanks to a little bit of creative bookkeeping.

The Conservatives raided the contingency fund, which is set aside to keep funds away for a rainy day, such as a major natural disaster. The government's determination to balance the books was done despite many economists saying the difference between a small surplus and a small deficit was negligible. Even the late Jim Flaherty, whose presence can still be felt in Ottawa

beyond the grave, refused to raid the fund in the past.

This decision was met with condemnation from the opposition. Opposition leader Thomas Mulcair rightly noted that the contingency fund was something that was set aside for an emergency, "not something you tap into because you're short a couple billion dollars."

A key portion of the budget was the decision to raise the amount of contributions to tax-free savings accounts (TFSPAs) to \$10,000 from \$5,500. This is great news for someone who has a spare \$10,000 kicking around somewhere, but for those in a lower income bracket, it doesn't mean much.

Despite this, the budget did have some good news for students. A small bright light is the government's decision to reduce the length of a program a student has to be in to qualify for federal government grants to 34 weeks from the current 60. This is welcome and will especially help those in the skilled trades and apprentices – people that are critical to keeping our economy afloat.

But the Canadian Federation of Students pointed out that students are going deeper and deeper into debt and the changes made will only benefit a small segment of the population – and would also lead to increased debt loads held by students, with debt being a major factor in

holding us back.

So, the government has offered its economic platform to the public – which will be a key document for them in the upcoming election, due in October. A little help was offered for students, but more could be done.

We urge every student to go out and vote and make their own judgments on each party's platform. Traditionally, participation by students and young people is pitifully low in elections – which means that the government pays scant attention to their needs because there are no votes.

The only way to stop this is to get out and vote this October. Your vote does matter.

Toronto millennials may never own a home



Jessica Laws
NEWS EDITOR

Buying a home in Toronto might be a thing of the past for my generation. This is all due to something called the Toronto housing gap. Although not new, this gap might as well be called the great division as it begins to separate us into two groups: homeowners and renters. And even then, millennials may choose to live with their parents longer to avoid the burden of such a high cost of living.

As a part-time employee in a midtown Toronto realtor's office, I see the challenge up close. The average price of a single-family home in Toronto has officially

surpassed \$1 million. According to the Toronto Real Estate Board, in 1990 the average price of a home in Toronto was about \$255,000, which means we will be paying several times more than our parents did. An analysis made on April 18, by The Economist magazine showed that the Canada's housing prices are being overvalued by 35 per cent.

In some cases, the generation before us was less educated, but they had more options and careers to choose from. Along with our higher education comes the excruciatingly high student debt and we are left to spend years scraping our non-existent pennies together to save up for that first initial down payment.

But what is more frightening than our inability to purchase a home is that the working class is slowly vanishing, leaving us with an even greater divide: the rich and the poor.

Even though condominiums are cheaper and possibly our most viable option, they're not any better than a home purchase. According to CBC News, RealNet figures show there is a price difference of more than \$290,000 between detached homes and condos. But even with significant savings in purchase costs, a condo carries significant other expenses. Monthly condo fees can range up to the thousands and getting a mortgage on a condo can be more challenging

than applying for one on a home.

Additionally, some condos have a parking fee that can cost \$25,000 per year for one spot. If you want to rent out one of their storage lockers you can add another \$3,500 on top of that. And it's likely that you'll need to. Condos in the 416 are also a lot smaller, comparative of a shoebox, with a price tag as unreasonable as their size. The Globe and Mail reported that, "the average unit size of newly built condos has fallen from 925 sq. ft. a decade ago to 801 sq. ft. today." These large skyscrapers that are filling our downtown core are only costing less due to the large number of unoccupied spaces, and that cost difference is very modest.

We could live on the edges if we feel so inclined by venturing out of the city and into the suburbs. However, you will have to endure hours-long commutes into and out of the city. Either way there is going to be a large majority of our generation that remains in debt, and even more so if we manage to own a home.

Whether divided as a renter or homeowner we will all be in a group owing a debt. It is all a matter of how much or how little debt one wishes to accumulate.

With school debts, and the minimum wage at a mere \$11.25 per hour, the possibility of a mortgage is slim.



ALL PHOTOS - KEVIN MORRIS / FLICKER CREATIVE COMMONS

All photos are part of a Toronto House of the Day series on Kevin Morris' houseofthedayto.tumblr.com

HUMBER
Et Cetera

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

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Black that I am: My skin is like a badge of honour



Albert Williams
NEWS EDITOR

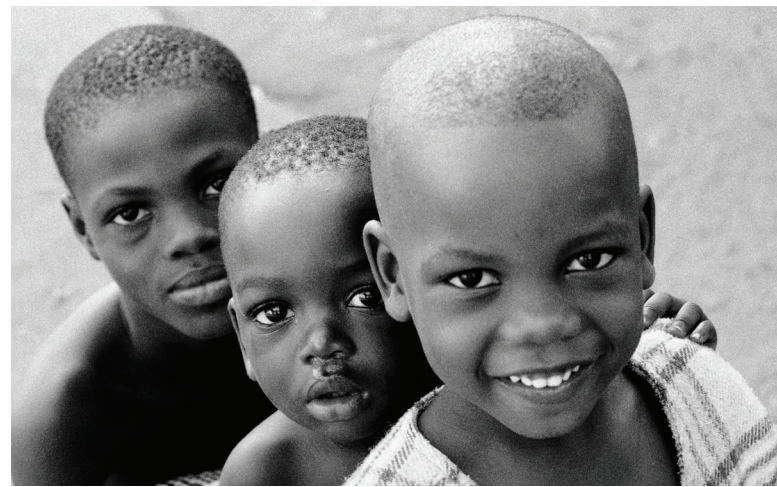
The BLACK that I am came to the realization that dark skin was an issue circa 1994 through the informal education system called recess. I was a chubby pre-teen, with horrible acne and a lisp that seemed more pronounced when I was hungry, so understand my delight when I got in with a group of girls that I considered “hot” due to my limited knowledge of the world. It was a weird period in Jamaica with people forming groups and claiming titles as crews, or rather kru’s. I was a member of the K.L.A.P.P.A.S. Kru, an acronym that held all our names and there was my “A” dangling close to the end, or maybe I was third, either way I was happy to be a member. It

was during one of our recess periods that I learned a lesson that still stays with me. I don’t remember the conversation that lead up to the black Sharpie being used to make a mark on my forehead, but I remember the laughter that erupted. My dark skin prevented them from seeing the blood rushing to my face as shame, rejection and embarrassment enveloped me within seconds. It had never registered to me before that day that I was exceptionally dark skinned; my sisters, cousins and childhood friends had never told me and I never asked. I eventually lost weight. The acne left me without scars and I learned to control my lisp... even when hungry. However, I remain dark skinned.

The BLACK that I am joined the drama society at university and was granted/earned the lead role in the major production. I was cast as God. I think it may have been due more to my skin colour than my acting skills. The director wanted to do something “different” and what could be more different than a dark skinned man playing God? How ironic that this role as God provided me another lesson on the limitations of my dark skin. The stage lighting technician, who was an ogre of a man with caramel complexion, lamented the difficulty he was having in finding the right light for me. It became a joke that I was “too black” for the lights in the theatre. A joke I laughed along

with, but felt pained inside. As if this wasn’t enough I soon learned I would go without make-up because there was no match for my dark skin. Outwardly, I appeared to take it all in stride and even tried my hand at a rebuttal by claiming my ancestors were proud field slaves who were known for their strength. I even wore it on a T-shirt to the delight of many, but I knew it was a band-aid on an open wound. I hated the position I was relegated to due to my skin. I blamed teachers for making me stand in the sun as punishment for my skin tone. I hated the sun for burning the brown out of me. I hated my skin.

The BLACK that I am became enlightened around the first year I volunteered at summer camp, working with 12- to 14-year-olds. The week-long camp brought together a wide cross-section of Jamaican children from all over the island and I loved how they mingled and learned from each other. My attention was drawn to a small gathering on the play field one evening. When I got closer I realized a young man was being derided because he was “black as tar.” I saw him shrink before his peers as they marked his skin with their words and laughed. I heard his feeble attempts at a comeback, which were shot down by ridiculous claims of skin complexion and the laughter of a captivated audience. In that moment I saw myself. I broke it



DIETMAR TEMPS / FLICKR CREATIVE COMMONS

up and took him aside. I listened as he broke down, gushing heated words of hatred targeting his skin tone. His beautiful face wrapped in innocence challenged my own self-hatred. I found words. I shared my own experiences and told him how I was perplexed that someone as beautiful as he was would be downtrodden because of his dark skin. I made him promise me that he would never use chemicals to change his complexion. We made a pact. I left that conversation with more than I could give him. It was after this point that I started to examine my face and see the beauty that was hidden by people’s perception of me. I came to the realization that there was nothing wrong with me. There has never been anything wrong with me; a simple and direct

realization that changed my life.

The BLACK that I am wears my skin like a badge of honour; skin noted for years of hardship, but also bearing an ancestry of chiefs and warriors. I am still affected whenever I hear ignorant comments on skin colour. It still affects me seeing my beautiful brothers and sisters using chemicals to become translucent forms of themselves. However, the world is changing and more dark skinned brothers and sisters are stepping forward and affirming their beauty. I sense a change occurring, the ripples are everywhere. I am here for the realization that all shades have a place at the table even if we have to fight our way in and demand our space.

The BLACK that I am is beautiful.

Being a mature student keeps me focused, driven



Brendan Quinn
BIZTECH EDITOR

High school for me wasn’t exactly what one would consider an academic success story.

I went from having straight 90s across the board in ninth grade, to a semester average of 10 per cent in my final term of grade 12. I wasn’t concerned with education, I was too busy partying, experimenting with drugs and just being an all around idiot teenager in general. I’m no dropout though, as I did

eventually get my high school diploma, at 21, at an adult learning annex in a mall.

Excuse me, I’m holding back tears of pride as I type this.

Growing up, I always planned to go to university, and most of my adult influences, from parents to teachers, also assumed that at some point I would get my shit together and get my doctorate in something cool like astrobiology or robotics. However, by the time I was attending school down the hall from a Radio Shack, that which seemed inevitable now seemed a laughably inaccurate prediction.

Following that monumental struggle, I entered the workforce. I continued working my winter job as a snowboarding instructor, which I still love, and began working a number of colourful and varied positions during the off-season. I’ve driven forklifts, done concrete forming, landscaping, office work and data entry. I’ve worked as a bartender, a blackjack dealer, and taught kids how to ride bikes at summer camps. As I floated from job to job and location to location, many of my friends began purchasing houses.

And getting married.
And having kids.

Even those people I had amazing years with being ski bums in British Columbia eventually returned to reality and began focusing on their “careers.”

I took a long, hard look in the mirror and decided, at 26, that it was time to go back to school.

Sacrificing a steady (albeit low paying) job, incurring massive student loans, and essentially blocking off the next three or four years of your life is an incredibly daunting task at that age. When you’re 17, 18, 19-years-old, it’s not a big deal if you screw things up. You have your whole life ahead of you! You’re still discovering yourself! It’s okay, nobody knows what they want to do at that age.

That mantra doesn’t fly when your social circle consists of people chatting about the woes of choosing a pre-school or terrible interest rates.

But while this late return to academia certainly has a stigma attached to it, and the consequences of failure or indecision are far more serious, it also gives you a strength and determination that teenagers lack.

If I screw this up, I’m toast. I can’t go crawling back, again, to the

job I swore I’d never do again.

Pride aside, the financial aspect of taking three years off is enough to keep you motivated when studying for that exam when it comes on the same night your favourite band is playing.

When I first started the journalism program at Humber, there were around 120 of us in my cohort. By second year that number dropped to 75 or so, and by third-year was down to even less. But barring one individual who had to leave for personal reasons, every person I met first year that was 25+ is still here, and still kicking ass.

We don’t care about the massive house party this weekend, we aren’t bailing on classes to get high, or putting off assignments to play beerpong with the guys down the hall (having said that, I challenge any kid born in the 90s to come at me).

We’re okay with spending the night in to catch up on homework, because we know what we want out of the program, we know what kind of job we’re looking for, and most importantly, we know ourselves. We know our flaws, our strengths, our weaknesses. We know the terror of unpaid bills, of deciding be-

tween eating out and going grocery shopping because that extra eight bucks could go towards something more important, like toilet paper. We know that as hard as it is now, it will be even harder if we end up having to do it all over again.

And this keeps us focused, it keeps us driven, and getting that stupid piece of paper means we’ll never have to shovel crushed stone for 10 hours a day in 40 degree heat, or force ourselves to smile and serve that table of obnoxious suits who don’t tip well, ever again. We’ve done our partying, we’ve had our fun, and we’ve put off real life for long enough.

Being older and in college gives you a perspective that’s impossible to have when you’re young. There’s more important things to look forward to, bigger, grander adventures on the horizon and terrifying consequences for laziness and procrastination. This might not be the very last chance at a future, but those chances are rapidly running out.

So here’s to you Senior’s Club, we made it. Plus, we’ll always have nostalgia on our side. What do these punk kids know about good music, anyways?

College graduates take longer to enter workforce, study says

Katie Pedersen
NEWS REPORTER

Higher education is a hierarchical system. But what does it mean to have "higher" education than someone else? A more interesting job? More money? Better benefits? Not necessarily.

With the market changing and more and more money to be made in trades and technology, college programs are getting students employed faster and often with higher starting salaries. The 2013 National Graduates Survey (based on the graduates of 2009/2010) revealed that 49 per cent of bachelor degree graduates pursued further education after finishing their program, compared to 35 per cent of college graduates.

Tara Dawdy, 24, got a university degree in life sciences before going to college at Humber for the paramedics program. She said that she thought university would be it for her education.

"I only ever planned on going to university, but then you go through university and you don't get any jobs in

your field," she said.

She's not the only one who returned to college after facing a challenging job market for bachelor graduates. Brianna Langohr, 23, also returned to college after obtaining a university degree in sociology.

"I couldn't get a job so I had to start researching what I could do. I knew somebody who went to college for HR and got a job right out of school so I looked into that and I signed up for that program," she said.

But why didn't these students choose college in the first place? Both Dawdy and Langohr cited a "college stigma" in high school.

"University has such a prestigious name," said Dawdy. "Everyone thinks you have to go there to make it somewhere in life. That's always the goal coming out of high school."

Langohr agrees: "I was always taking the university-level courses. They made it seem like college was the lesser option, I guess."

"However I think more people get jobs out of college than out of university," she said.



KATIE PEDERSEN

A new study based on the National Graduates Survey of the class of 2009/2010 showed that 49 per cent of bachelor graduates pursued further education before entering the workforce, paired to 35 per cent of college graduates.

According to a 2015 Statistics Canada publication titled "Career Decision-making Patterns of Canadian Youth and Associated Post-secondary Educational Outcomes," almost 40 per cent of post-secondary graduates change their career path by the age of 25.

Brandon Quirk, 25, said he felt pressure to get post-secondary education,

but dropped out of his architecture program at Conestoga to pursue a career in construction.

He said he feels he wasn't able to adequately explore his career options before having to make a decision.

"There isn't much input into allowing us to figure out what we want to do," he said. "When I had to try and decide what I was applying for,

I was 17 with no clue as to what I wanted."

A 2010 StatsCan study titled "Perspectives on Labour and Income" revealed that having a career that closely aligns with your education results in an average wage premium of anywhere between 14 and 30 per cent, depending on the level of education.

Langohr said that contrary to the "college stigma,"

her college experience has better prepared her to get a job in her field.

"In college, I thought, 'I could actually use this when I'm applying for a job, building a portfolio,'" she said. "We had classes on how to write a resume properly – you didn't have that in university. I definitely think that college helped me way more."

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humber.ca/convocation #HumberConvo



HOROSCOPES by LUCY SKY & KATE RICHARDS



JAN. 20 – FEB. 19
Another term coming to an end has us all nostalgic. Don't fret, it's not the end, it's just another beginning.



FEB. 20 – MAR. 20
Keeping your head up when things get rough is a strength everyone admires in you. Keep it up!



MAR. 21 – APR. 20
You're feeling hungry, but for what you're not sure. Eat a donut or some cake and let the small things guide you.



APR. 21 – MAY 20
Look both ways before crossing the street. Even better, don't leave your home.



MAY 21 – JUN. 20
Get ready for some crazy days ahead. The road is going to be bumpy for a little while.



JUN. 21 – JUL. 22
Don't let the weather get you down. Find something productive to do and get your umbrella out.



JUL. 23 – AUG. 22
Financial times are hard. You should swallow your pride and find a job, you may have thought you'd never work again. It'll be worth it in the long run.



AUG. 23 – SEPT. 21
04 - 24 - 27 - 35 - 38 - 48
bonus: 46



SEPT. 22 – OCT. 22
Stop worrying about what others think and start focusing more on yourself. You won't regret it for a second.



OCT. 23 – NOV. 21
Getting caught up in your own thoughts just might be the key to figuring out what you want to do with the rest of your life.



NOV. 22 – DEC. 20
Don't eat coconuts, they are evil.



DEC. 21 – JAN. 19
Stop being so serious all the time. Put on your dancing pants and do a jig for all to see!

QUOTED: CAN YOU EVER AFFORD A HOME IN TORONTO?

"Yes. I think that after college I'll have a good career and I'll be stable. I have goals and priorities I want to meet."



Jonie Scott, 19
Massage Therapy, 2nd year

"No. Maybe a condo in like five or 10 years. Homes are only getting more expensive."



Kyizom Tenzin, 19
Fashion Arts, 1st year

"If I do have to look for a home for myself, I would make sure I live with someone else who is financially stable so we don't fall into debt crisis."



Rochelle Sewell, 21
Fashion Arts, 1st year



TO THE NINES

Shanelle Vee
26
Fashion Arts
1st year

Necklace: Aldo
Coat: Zara
Shirt: by Shanelle Vee
Shoes: Vintage
Purse: Michael Kors

Shanelle embraces fashion as a form of self-expression. She gets inspiration from her surroundings.

SCHOOL DAZE

COMIC BY JORDAN BIORDI



Soccer MVP Nunes goes to Toronto FC

Katherine Green
SPORTS REPORTER

A former Hawk proves one doesn't have to travel far from home to realize a dream.

Local soccer star Marcos Nunes, of Brampton, Ont., signed a one-year professional contract with Toronto FC's second team in the United Soccer League. This close-to-home deal follows a season abroad playing with NK Travnik in the Premier League of Bosnia and Herzegovina.

The 22-year-old talent has already made waves with TFC II in his USL debut. The rookie attacking midfielder opened scoring in 37-minute of play aiding a 2-0 win over

TFC II's Eastern Conference rival FC Montreal.

Humber men's soccer coach Michael Aquino knows Nunes' accomplishments, with TFC's farm team, mean lots to his former player.

"I know he is excited to be part of TFC II playing close to home near family and friends and representing Toronto in the USL," said Aquino.

Nunes' recent successes on the pitch playing alongside and against North America's best up-and-coming players are no surprise to those who've known him thus far.

Aquino, one of his biggest supporters, recognizes the homegrown player as an exceptional talent.

"Marcos is a player with character, commitment, and passion for the game," he said.

Nunes continues to showcase his trademark speed on the ball in the USL professional circuit. But this skillset was already familiar to his teammates during his two-year career with Humber College.

"He always looked so calm, to the point that when he was on one-on-one opportunities against the defenders he beat them every time," said former Humber teammate Jose Caro. "His ability to take players on in those cases is remarkable."

"Seeing him step on the field gives me so much happiness to know someone who is making it and playing at such

a high level," he said.

Nunes' offensive edge led Humber men's soccer in back-to-back provincial championships in 2012-13 and 2013-14 seasons. And even more notable was his role as a vital attacking difference in the push to capture consecutive post-season National golds.

As Nunes approaches his second professional outdoor season, the former Humber MVP is thankful to the institution that gave him the solid footing to go on to the next level.

"Humber helped me develop as a soccer player and they especially put a lot of confidence in me at Nationals. I owe a lot to them."



COURTESY OF TFC

Hawks men's soccer MVP Marcos Nunes has a one year pro contract with Toronto FC to play on their second team.



ALEXANDRA MARTINO

Keshawn Saunders, son of Humber basketball alumnus, at the St. Roch Catholic High School basketball practice in Brampton.

Keshawn Saunders tears up court

continued from cover

His progression led him to Canada Basketball's Junior Academy where he was selected as one of the top 20 basketball players in his age group in Canada.

Saunders's high level of competition means balancing a budding athletic career with the normal struggles of a high-school student.

"It can be difficult, but I get a lot of help from coaches," said the younger Saunders.

“He's put a lot of hard work in getting to where he is now.”

Richard Saunders
ALUMNUS
HUMBER VARSITY BASKETBALL

Keshawn remains disciplined on the academic side of things as well.

"After finishing my school

work then I give myself the time to practice," said Keshawn.

Keshawn has some more Canada Basketball camps to appear at as his school year dwindles before heading to Argentina. He was named an alternate on the Canadian Cadet team that will compete at the FIBA Americas U16 Championship.

"It was humbling to be selected, I usually play with people I've grown up with and it will be exciting to go to new places," said Keshawn.

"I'm very proud of him, and it's well deserved. He's put a lot of hard work in getting to where he is now," said his father.

The family is no doubt pleased with the younger Saunders's accomplishments so far, but the future is never too far from their thoughts.

"There is still a lot more hard work to come with competitions and getting towards postsecondary, but we're proud of what he's put in thus far," said Richard.

Golf team looks for 10th title

Ali Amad
SPORTS REPORTER

The Humber varsity golf team has enjoyed a successful season start, driving towards a 10th straight provincial title.

Humber jumped right out of the gate this year, finishing third in the Division I Red Flash Invitational last week at Sunnehanna Country Club. Second year OCAA all-star Barrett McCarthy won the individual standings in the invitational, a promising sign.

"The team's doing well, I'm happy with them, we went through training camp and we're on track so far to meet our goals," said head coach Nick Trichilo.

"The main goal is to win Canadians for sure. We've won provincials nine times in a row now so it'll be nice to keep that streak going," said third year business administration student Scott Benzoni, key player on the team.

Benzoni, who was named to the All-Ontario Team last season, sees himself as a leader and mentor for others.

"One aspect of my role is definitely to help the younger guys get a feel for what's going on and what to expect."

"I've played a lot of the courses already too so it always helps to give them advice about that," he said.

Humber now looks forward to the Canadian University-College Championship being held at Cutten Fields in

Guelph May 26 to 29. Trichilo's agenda for the early few weeks of the season ahead of nationals is simple, he says.

"As a whole, I'd say everybody's a bit rusty on the pitching, chipping and putting, which is kind of normal after the winter break."

"Everybody has to work on their short game a little bit, and there's different minor issues we're addressing. That's the importance of these first spring events, just seeing where we're at and what we need to improve," he said.

Benzoni also knows there's still hard work ahead.

"I think a big thing with golf is having experience in different situations. Obviously, I can learn from what happened last year and looking forward, I just want to focus on trying to win," he said.

Humber Athletics director Ray Chateau, former coach of the golf team, still keeps a close eye on the progress of the players coming through the program every year.

"They've put in a tremendous amount of work four, five days a week and even in the offseason in terms of conditioning and physical standpoint, they've put in time hitting balls and working on technical aspects," said Chateau.

"We've been waiting for the breakout event for McCarthy. He's shown the ability to be an elite level player and Scott Benzoni's playing the way Scott Benzoni's always played, good steady golf," said Chateau.

Chateau adds he wouldn't be surprised to see one if not both players potentially qualifying for the World Championships with a good performance at nationals.