

Norovirus confirmed behind 200 students falling ill

Ruth Escarlan

NEWS REPORTER

Toronto Public Health has received laboratory results that confirm norovirus was responsible for making more than 200 Humber students sick and sending 40 or more to hospital.

Humber College has been following norovirus protocols since Friday and Jen McMillen, Dean of Students, said, “we’re certainly grateful and will continue to receive ongoing support from Toronto Public Health, and we really hope to move forward from this.”

On the night of Jan. 19, 77 students in the North campus residence became ill with abdominal pain and vomiting, and dozens of those students were taken to hospital. By last Monday morning, the number of affected soared to over 200.

Norovirus is short lived, but easily contracted from infected surfaces or people, according to experts. Symptoms include an onset of dizziness, nausea, vomiting, loss of appetite and diarrhea.

Jamie Lambert, a Humber Kinesiology student, said she was feeling horrible on that Thursday night and waited in line for an ambulance with 12 other students who were feeling ill.

A doctor at the hospital said the cause was food poisoning.

“But I know a lot of people were



GENIA KUYPERS

A unnamed Toronto Public Health officer enters R building at North campus on Monday following an outbreak of norovirus that began on Jan. 19 and sent 40 or more Humber College students to hospital.

thinking some sort of virus [instead],” said Lambert.

Students who are ill have been advised to stay away from school or in their dorms until they have gone 48 hours symptom free. Students who are worried were given permission to miss classes without academic penal-

ty, and some students have been seen wearing masks in the hallways.

As of last Monday, public health officials were optimistic that the outbreak was waning. In the previous 24 hours, only two students became ill and had to go to the hospital.

“The number of reported illnesses

appears to be slowing down – which is a good sign,” said Dr. Michael Finkelstein, Associate Medical Officer of Health, at the time.

Representatives from Toronto Public Health were on campus since Jan. 20 to provide Humber with recommendations on how to respond to the

outbreak. By Monday, there were five food inspectors on site to review food processes and to inspect food vendors.

McMillen said the college had increased the number of cleaning staff not only in the student residence, but all around campus.

“We’ve been delivering water, increasing hand sanitation and asking people to really wash their hands and trying to support students who aren’t feeling well,” said McMillen.

“We’re using very specific cleaning products that are recommended and approved by Toronto Public Health. We’re focusing on high touch areas, door knobs, washrooms, elevator buttons, all of those sorts of things in order to try and prevent any further spread.”

Increasing tensions, a Facebook video went viral last weekend – with over 275,000 views – allegedly showing a cockroach crawling out of a food container in the student cafeteria.

McMillen said Humber is aware of the video and brought it to the attention of Toronto Public Health.

Finkelstein said the video was passed on to the Food Safety Inspection Program. Toronto Public Health completed a full inspection of the North campus on Monday and concluded there were no significant violations of food safety protocols.

WITH FILES FROM CAITLYN PATRICK, KYLIE VAILLANCOURT AND ELLIOT WILLIAMS

Ontario colleges could see tuition hikes, layoffs due to low enrolment

Hunter Crowther & Javon Walker

NEWS EDITORS

A new report says Ontario colleges will have to cut staff, increase tuition, provide more online courses and get more government funding if they wish to pull through a decade of declining college enrolment.

The PricewaterhouseCoopers report, obtained by the *Globe and Mail* and commissioned by an advocacy group representing all Ontario colleges, says a \$1.9-billion debt created over the next eight years will be added to the province’s budget.

Smaller colleges are also in danger, the study states, and will need to “aggressively manage their costs” if they wish to avoid program closures.

Minister of Advanced Education and Skills Development Deb Matthews told the *Globe and Mail* the province will not bail colleges out. However, one critic thinks that’s not the right way of approaching the situation.

“I wouldn’t consider public funding for public resources like higher education a bailout,” said Rajean Hoilett, the chairperson of the Canadian Federation of Students-Ontario. “And when we’re thinking about essential public resources and services like post-secondary education, we see that it is not treated as a priority.

“We really need to treat public education as a public good,” said Hoilett. Despite the decreasing enrollment rates being a pressing concern across the province, there are measures being made that could potentially help tip the scales.

Matthews said student grants and new loans for indigenous and mature students will help make up for smaller numbers of younger people attending.

“The issue of demographic change is real,” Matthews told the *Globe*. But “the changes to (financial aid) mean there is a huge potential...for more participation from indigenous students, from mature students.”

There’s also the Ontario Student Grant - labelled by many as being ‘free tuition - starting in the 2017-18 school year that will help many coming from households making less than \$50,000 annually afford tuition.

While this will help tens of thousands of students, Hoilett says this isn’t the solution many think it will be.

“This rhetoric that the Ontario Student Grant somehow represents free tuition is a false narrative that has been propagated by this Liberal government and Kathleen Wynne,” said Hoilett. “It’s misleading students and their families.”

He adds that there haven’t been any increases in public funding for post-secondary institutions from the province, and it doesn’t look like the government is interested in changing things.

“If this government is interested in having a conversation on free education, then we would have that,” said Hoilett.

Humber *Et Cetera* reached out to Conservative MPP and advanced ed-

ucation and skills development critic Lorne Coe for comment on the report.

“We remain concerned about Ontario’s skills gap, which is costing our economy \$24.3 billion a year,” Coe said. “This government has done nothing to address this. We need to start graduating students for the jobs of today and tomorrow.”

Tuition increases are only the tip of the iceberg in regards to the impact of declining enrollment, according to the PwC report. Part-time teachers will still need to be let go, potentially lowering the quality of education as tuition rates continue to increase for at least the next two years.

Full-time teachers only make up a third of teaching staff at colleges, the chair of the college academic division of the Ontario Public Service Employees Union told the *Globe and Mail*.

The report also says there is no room for sizable salary increases, despite a five-year provincial wage freeze just expiring. On Thursday, Matthews told reporters at Queen’s Park that the province is ordering

colleges to hold on senior school executive salary increasing, some of which were anticipated to reach 50 per cent.

“We will be watching this process closely,” said Coe. “We expect the government to make sure that colleges and universities are using their funds in a transparent and responsible manner.”

Shortly after *Et Cetera* contacted New Democratic MPP and advanced education and skills development critic Peggy Sattler’s office, she released the following statement:

“New Democrats have long called on the Liberal government to put a hard cap on public sector CEO salaries and to make sure that our precious public dollars are used to enrich the learning experience of students instead of enriching executives.

“Unfortunately, today’s announcement by (Matthews) has more to do with insulating the Liberal government against criticism than it does with prioritizing classroom needs and investing in post-secondary educations for Ontarians.”

Cockroach video gets responses from Toronto Public Health, Chartwells

Elisabetta Bianchini & Ieva Lucs
NEWS REPORTER

A video that appears to show a cockroach crawling out of the Mucho Burrito food station at the Humber College North campus has gone viral, leading to an inspection by Toronto Public Health.

AlMadina Ashfaq, a first-year communications student at Humber, posted the cockroach video to social media over the weekend following the recent norovirus outbreak at the school. The video was shot on Dec. 22, 2016, and now has more than 430,000 views on Facebook.

There is no indication that the cockroach incident is related to the norovirus outbreak, which took place at Humber North campus residence last week and caused more than 200 students to fall ill.

At the time, Ashfaq only told the cashier about the cockroach because she did not want to pay for the food.

"I told [the cashier] I saw a cockroach and she told me to pay and then I showed her the video and she just got quiet and said, okay, I don't have to pay," Ashfaq said.

Confirmed as cockroach

Avery Addison, regional manager of Addison Pest Control, confirmed in an email to Humber News the insect in the video is an adult German cockroach, which can carry a virus.

"It is true that cockroaches can be vectors for disease and germs including salmonella and many others," Addison said in the email.

Addison said the cockroach could have been carried by a customer in a bag or books, and may not be an established infestation.

There have been no reported cases of illness related to last year's cockroach incident.

Chartwells responds

Mucho Burrito is run by Chartwells, the company that is responsible for the majority of the food service on campus. Stephanie Baxter, communications director for Compass Group, the parent company of Chartwells, said although they cannot be sure the video was taken in their cafeteria they have taken steps to reassure students that the food is safe.

"(Toronto) Public Health did a site inspection and they found no signs of live pests in the cafeteria. On Monday, we also had the college's pest control company come in and they found no signs. Public Health has also just conducted an inspection of the kitchens and we'll be getting those results soon," Baxter said Monday.

Although Baxter said Chartwells cannot confirm that the video was taken at the Mucho Burrito at Humber College, these images compare the food station in the video and the campus Food Emporium:

"We're aware of the video and we certainly have made sure that Toronto Public Health is aware as well and any follow up in terms of food inspection that needs to happen they are coordinating," Humber Dean of Students Jen McMillen said.

Michael Finklestein, associate medical officer of health with the City of Toronto, confirmed the video has been passed on to the city's food safety inspection program.

"We responded by doing that walkthrough of the location yesterday and today a full inspection is underway," Finklestein said.

Currently, there is no correlation between the norovirus outbreak and the cockroach at the Food Emporium; however, Baxter said Chartwells has implemented an action plan to reduce the number of students getting sick on campus.

"We've shut down all self-serve areas and turned them into 'we serve you' areas," Baxter said.

Chartwells has changed their cutlery station from an open bin of individual plastic knives and forks to pre-wrapped sets. Baxter said the staff is being put through refresher courses on quality assurance, and that they will also get a daily health check.

"We recognize we are part of this community, and we want to be a part of the solution," Baxter said. "We're working with the college and cleaners to make sure we can move this forward."



ALMADINA ASHFAQ

Screenshot of cockroach video allegedly captured at North campus caf.



ALMADINA ASHFAQ

Shots of the Mucho Burrito counter at Humber North campus Student Centre cafeteria (right) vs screen shot from the video (left).

New hygiene measures at North campus aim to halt norovirus spread

Lucia Yglesias
NEWS REPORTER

Following confirmation by Toronto Public Health that some 200 students in the Humber College North campus residence fell ill last week due to norovirus, the school is enhancing hygiene guidelines and spreading prevention measures to diminish the contagion.

Dean of the School of Health Sciences Jason Powell recommends students take the matter seriously and be diligent.

"Hand washing several times a day and symptoms surveillance are so important," Powell said. "It's obvious our awareness is hiking. Everybody is being more diligent. We get less diligent when there is no outbreak (but) this should be a permanent habit."

Humber and Toronto Public Health have been working in coordination, providing updated student contact information and providing immediate guidance on spread prevention.

In that regard, Dr. Michael Finklestein, Associate Medical Officer of Health, advised those affected to stay home and drink a lot of liquids.

"Once certain viruses are in environments such as student residences where individuals live close



ELLIOT WILLIAMS

Custodians cleaning drinking fountains at Humber College North campus.

together, preventing the spread of easily transmitted seasonal viruses like norovirus becomes challenging," Dr. Finklestein said.

"There is no reason to avoid public spaces or not have visitors," Powell said. "But if you don't feel well, go home, and wash your hands every time you shake somebody's else hands and after using the bathroom."

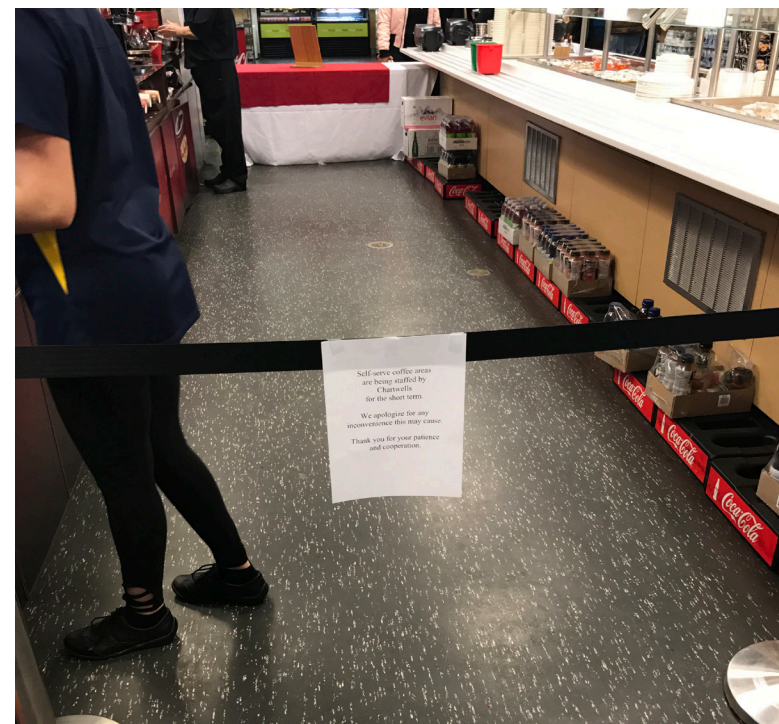
Last Monday's confirmation by the city that norovirus was involved helped settle a mystery that sent over 40 students to hospital in an incident that was initially suspected by some to be food poisoning.

Powell explained the symptoms

of a regular flu are almost the same as norovirus, except for very bad abdominal cramping, violent diarrhea and vomiting.

"If you have an exam and you wake up with symptoms, I know there is pressure, but not coming is the right thing to do. We will help you. They (students) won't be punished (academically)," said Powell.

There are no official reports on symptoms appearing outside North campus. However, Jia Xia, a Humber Hospitality and Tourism management student, says some students at Lakeshore campus are fearing for their safety as well.



ELLIOT WILLIAMS

Chartwells formerly self serve coffee is now being served by employees

"School is a public space and a lot of students from North come here," Xia said. "I'm an International student and it's hard for me if I miss classes. I try to avoid the school's food and rather prepare something at home."

"First, I thought it was okay and no big deal but when the number of students sick started rising, I be-

came more cautious," said Hashem Shafi, Humber paralegal student. "I only have one class a week so I'm hoping I can make it in and out of there without getting sick."

Norovirus is short lived, and affected students who experience 48 hours symptom-free are welcome to return to class.



TYLER BLOOMFIELD

Premier Kathleen Wynne visits Humber's Usability Lab on Jan. 25, as part of a cross province tour of colleges.

Wynne promotes new OSAP initiatives during campus tour

Jane Burke
NEWS REPORTER

Ontario Premier Kathleen Wynne engaged with Humber College students on North campus Monday to discuss developments in the OSAP student loan program. The premier spent two and a half hours speaking with students in the Learning Resource Centre, trying out student designed games in the Live Lab and sitting for a broadcast interview in the Humber News studio.

"You know I like to engage with young people because I find it inspiring. It helps me to think about the things we should be focusing on," said Wynne.

During the interview Wynne focused on promoting changes to OSAP's grant program. "What we've done is we've made a priority of providing free tuition or better than free tuition to students who qualify," said Wynne.

The new initiatives offer grants to cover the entire tuition of students

coming from households that make less than \$50,000. They are expected to go into effect in September 2017. Students from middle-income families can also qualify for grants that cover their entire tuition cost. "We've made a decision to target students who need that support the most," said Wynne. Those from high income backgrounds will continue to receive 30 per cent off.

"I try to only use OSAP for the grants, and not touch the loans," says Amir Ingar, a second year Electric Mechanical Engineering student. "I have a lot of friends who stopped after high school, they had to take time to work before school but this would have made a huge difference to them. They would have gone to college right away." The new OSAP program should mean free tuition for 150,000 students in the low-income bracket. "Even between \$50,000 and \$90,000 (in annual household income) there will be many students who will have

free tuition or better than free tuition," said Wynne.

The premier was followed on her tour by an entourage of student media, Humber administration including President and CEO Chris Whitaker, and IGNITE Student Life President Ahmed Tahir, as she mingled with students in the LRC.

"And apparently it's busy at 4:00 a.m., which is remarkable," she said regarding the Student Centre after the tour.

In the usability lab the Premier played a game designed by Humber students Nick Whelan and Raymond Micheau. "My mom wanted to come watch and it was very exciting seeing the Premier's good reaction," said Whelan.

For Whelan, sharing his work with the Premier was an exciting occasion.

"She was making jokes and she actually did win (at the game)," said Whelan.

Tamils rally in Toronto to protest ban on bull-taming

Justin Dominic
NEWS REPORTER

Last Sunday, amidst the freeze and jostling of Toronto's Yonge and Dundas Square gathered a group of Tamils including students, families with toddlers and working professionals armed with placards carrying messages such as, 'Save Jallikatu', 'Jallikatu is our culture and identity', 'PETA stay out of our culture'.

The Toronto Tamil community, part of the estimated 74 million people from the group which comes from Sri Lanka and India, was supporting a two-week long protest that had been taking place in Marina, Chennai (south India) where thousands of young people along with popular celebrities spoke out against a PETA-supported ban of the 3000-year-old tradition of 'bull taming'.

Jallikatu is a traditional sport where the bull is released into a crowd of youngsters who try to catch the hump of the bull while being able to remove the flags from its horns. The animal is not killed.

The activist group People for the Ethical Treatment of Animals had successfully lobbied in India to ban the practice. The ban was enacted

in 2014 and upheld by the Supreme Court last January.

"The practice is identified as a tradition held for thousands of years, not to mention (the ban) also stigmatizes the Tamil culture and anything to deal with culture should be left unharmed. PETA should understand that no bulls are hurt, hence they should release the ban," said Gurjeet Sohi, Humber College staff worker for international recruitment.

Tamils regard the act as 'bull embracing' symbolic to the celebration of Mattu Pongal where people thank the native cattle, especially the bulls, for their aid in agriculture.

PETA argues that the tradition harms the animal, but the protest organizer for the Toronto gathering disagreed.

"The tradition is not only identical to the culture, but saves the Kangayam breed of bulls" (which are bred for the celebration), said RJ Balaji, a theatre manager for Cineplex.

"If PETA imposes a ban they should fully screen the festival at all possible angles, weighing both sides before they interfere into anybody's culture," said Dhruvin Parikh, an information technologies solution student at Humber.



JUSTIN DOMINIC

A group protesters at Yonge and Dundas Square on Jan. 22.

Cancer Society urges completely smoke-free college campuses

Lucia Yglesias
NEWS REPORTER

Lately concluded National Non-Smoking Week included a call to Canadian colleges to consider implementing a complete smoking ban in campus.

Rob Cunningham, senior policy analyst at the Canadian Cancer Society, said a 100 per cent smoke-free policy will make smoking less convenient and reduce costs.

"Smoke-free places are a great motivator to quit smoking. Smoke-free places are a fundamental health issue," Cunningham said. "Cigarette butts are an important source of waste whereby colleges have to pay for the cost of cleanup."

Before 2015, there were 15 colleges and universities across Canada with a smoking ban and more than a thousand in the U.S.

Humber dean of the School of Health Sciences Dr. Jason Powell considers the policy a good, but long-term decision.

"There is a lot less cigarettes right now than in the '80s. It's not socially acceptable any more to smoke," said Powell.

Eighteen per cent of Canadian smokers are 20 to 24 years old. Humber's smoking policy has been effective since 2009 and identifies smoking and no-smoking areas.

Powell also recognized post-secondary institutions are inherently stressful places.

"We have available resources for students who are dealing with pressures over their capacity. Those departments are always packed with students," Powell said.

IGNITE North campus Vice President of Student Life Ammar Abdul-Raheem believes barring smoking from campus will create a big discussion.

"There are students who are strong in their beliefs and they have the right to study in a healthy environment. But at the same time, there are students who need to smoke for mental health issues, or just to cope with all the stress and to clear off their minds," Abdul-Raheem said.

A first-year Humber Civil Engineering student who asked not to

be identified believes the policy will force him to quit or at least to smoke less.

"I'm not proud of my habit. I'm always looking for an excuse to quit. That seems like the perfect time"

"Tobacco represents an unparalleled health epidemic. Tobacco causes cancer, heart attacks, emphysema and death. Second-hand smoke is harmful to non-smokers," said Cunningham.

By 2018, hospital grounds in Ontario will need to be 100 per cent smoke-free. Ontario has made outdoor patios, children's playgrounds and sports and high school fields/grounds a complete smoke-free environment.

Meanwhile, a Canadian Cancer

Society spokesperson noted that water-pipes (hookahs) are a growing concern.

"They are used mostly in a social setting and among young group ages. It might not seem harmful. It might have a nice taste and aroma, but it contains the same cancer-causing substances as cigarettes," he said.

In 2014, the Canadian Community Health Survey showed that tobacco kills 37,000 Canadians every year with 30 per cent reported as cancer deaths.

"Anybody who is using nicotine, e-cigarettes, vaporizers, they should take that really seriously. No matter how many they have in a week or day, zero should be the number," Powell said.



“It’s important for her to understand what is going on in the world” said Teresa Pavlinek, who brought her kids (above) to Women’s March.

Protestors voiced and held signs to show they will not tolerate bullying and stand in solidarity with those in Washington.



Fathers, sons, brothers and male friends march down to Nathan Phillips Square for Toronto’s Women’s March on Saturday, Jan. 21.

Tens of thousands attend Toronto’s Women’s March

Fareah Islam
NEWS REPORTER

A sea of 60,000 women with pink ‘pussycat’ hats, flowers and balloons was dancing and singing along to Aretha Franklin’s signature song *Respect* last Saturday afternoon at Queen’s Park. It was a cloudy day but the looks on people’s faces seemed far more determined than gloomy.

The Jan. 21 Toronto Women’s March at Queen’s Park, one amongst hundreds of such events internationally on the day after U.S. President Donald Trump’s inauguration, was held in solidarity with the women whose rights are threatened by Trump’s proposed policy changes.

The event began with speeches by feminists and activists from across Canada. Indigenous speaker Catherine Brooks reminded everyone present that they were standing on the Aboriginal land of Turtle Island. She asked people to stand up to the provincial Liberal government because of what she called their lack of concern for nature and Indigenous women who are being raped and killed in Canada.

“We have to teach the leaders that they aren’t leading us,” Brooks said. “The leader is not greater than the people. The people are great.”

Farrah Khan, coordinator of Ryerson University’s Office of Sexual Violence Support and Education, identifies as both queer and Muslim.

“It’s not okay to survey, harass or violate anyone” she said. “I want a world where racism and police brutality is not an everyday occurrence.

I want a world where trans-sisters’ rights are upheld. I want a world where survivors are believed.”

As more speakers described why they came to the march, it became clear that, beyond upholding women’s rights, the gathering was based on intersectional feminism, meaning overlapping concerns of women of different backgrounds.

References through the day positioned the march as being intended for single mothers who work three jobs to support their families, women who experience discrimination because they wear hijabs, women who lived through the 1950’s and remember what it’s like being marginalized in a male dominated society and Indigenous sisters who don’t have a voice.

Organizations such as International Socialists came to the event with posters demanding that Ontario’s minimum wage be increased to \$15 an hour.

“For us, women’s rights are human rights,” Brenda McPhail of the Canadian Civil Liberties Association said. “Different people with different agendas came to this event. Together we are standing up to say that the society we live in should tolerate everyone’s rights. Everyone has the right to live equally. That’s why we march.”

The march ended at Nathan Phillips Square at City Hall where people were told that they were a part of history and it was important to not stay silent in the face of hatred. Everyone was challenged to turn their protest and anger into action.

A moment of silence was carried out downtown Toronto for equality. She said it is important for her daughter to “develop a passion” to stand up for what she believes in and “fight bullies.”



A group of protestors hold up signs with ‘Trump Googles’. One says, “can you get poor by touching poor people?”



TYLER HEHN

Ontario Premier Kathleen Wynne vetoes Toronto's plan to introduce road tolls on Don Valley Parkway and Gardiner Expressway during an announcement this morning at Richmond Hill's bus depot.

Premier Wynne scraps road toll plans

Hayley Michaud

HUMBER NEWS REPORTER

Ontario Premier Kathleen Wynne said Friday that her government will not support Toronto's plan to impose road tolls on the Gardiner Expressway and the Don Valley Parkway.

"The province is not supporting plans for municipal road tolls at this time," the premier said in a written statement, quashing a plan Toronto Mayor John Tory has been working on for months.

Instead of allowing the road tolls, Wynne's government is doubling the municipal share of the existing provincial gas tax.

Wynne is promising that by 2022 the municipal share will increase to 4 per cent from 2, with an average yearly increase of 0.5 per cent.

The premier promised this would not increase the price of gas at the pumps.

Overall, it is anticipated to represent \$31.5 billion dollars for transit infrastructure across Ontario.

"People in communities across Ontario can't afford to waste time stuck in traffic — we all need better options to get to work and home to our families sooner," said Wynne, during the news conference at the York Regional Transit depot in Richmond Hill.

Wynne elaborated, saying that for her to allow tolls, "certain conditions must be in place," that would give commuters the option to use the toll roads or take an alternate route.

Minister of Transportation Steven Del Duca also spoke during the news conference and said, "by modernizing Ontario's gas tax program we are helping municipalities improve their local transit service so people can easily get where they need to be."

In a separate news conference Friday at city hall, Tory said that the

money from road tolls would help with different projects across the city.

Tory also said the traffic wait times in Toronto are unacceptable and the city lacks the resources to deal with the issue on its own.

In November, Tory announced the plan to introduce road tolls.

"Traffic is a growing nightmare," Tory said in a statement at the time.

"The number one fix is to give more people transit options so they can get out of their cars," he said.

"If we are going to tame the traffic beast, especially in light of our expected growth, it means starting to collect funds today for crucially needed transit for tomorrow," Tory continued.

The toll would have helped lift the burden off Toronto taxpayers who were essentially paying higher taxes to subsidize commuters from outside the city.

WITH FILES FROM LINDSAY NEWMAN

Uber, Airbnb apps can create earnings

Irina Kouchnir

BIZ/TECH REPORTER

For many students, college means lessons in money management. With tight deadlines and frequent exams, most students have less time to engage in paid work and more financial stress.

Shimoy Hall, 25, is a current Humber student who says she doesn't work during the school year and relies on her savings.

"I worked as much as I could during the summer and saved some money," said Hall. "Then I worked again full-time over the Christmas break and saved more money."

Hall's story is one many students are familiar with.

Malcolm Sato, 26, studies Electrical Engineering and also works part-time for Humber IT support.

"I earn just enough to cover my expenses but I don't have any extra money left over after all bills are paid," Malcolm said.

Living off previously accumulated savings seems to be what many students are doing. However, this comes at the expense of inflexible living and micromanaging every dollar.

As 26-year-old 3D Modeling and Visual Effects student Amanda Hepner heads into her final semester, trying to be attentive to her finances.

"I am not working this semester. I worked during the first semester as a driver on film sets one to two days per week. Otherwise, I'm using my savings to get through school. I budget myself and keep track of receipts."

But choosing traditional employment or no employment at all doesn't have to be a student's only option anymore. With the digital economy offering profitable alternatives students can now work flexible hours and earn cash without being at the mercy of a hiring manager.

These advances are changing the reliance on traditional jobs and opening up the possibility for greater income and flexible working hours.

Apps such as Uber, Etsy, and Airbnb are available to anyone with a smartphone and Internet connection, coming at no cost to the user.

"On average, I would earn \$1500-\$2000 per month renting my living

room to travellers on Airbnb," said University of Toronto graduate Javier Ortega.

While in school, Ortega, 26, paid rent and other bills by using the smart phone app for the lodging service, which allows user to rent their homes to anyone from any part of the world.

"I was able to pay my bills and still had extra money left over," he explained. He calls it his "hustle."

"It's a good way to make money because you don't have to invest too much time. You're just using something you already have which is your place. I invested approximately 30 minutes each day to ensure my guest had clean sheets," he said.

Uber is another company that operates primarily from an app and has become appealing to many students. Its appeal is understandable — drivers earn money by signing on to the app when their schedule permits. The more they drive, the more they earn and when they don't want to work any more they simply sign off.

Muhammad Shan, a 22-year-old business management student and Uber X driver, began working for Uber two years ago and says driving for the transport firm has been a great experience because he's been able to "make his own schedule and work short hours".

Shan usually only works 10 hours per week because of classes and likes to sign in on his way home from class.

"When I was busy with school, I didn't work and when I had free time I would sign-on. I liked that I didn't have to negotiate hours and had control over my time and money," he said.

According to the Uber website, an "average driver makes \$23/hour."

Students also have the option to make extra money with other apps such as Etsy, Fiverr and TaskRabbit.

According to peers.org, the average earnings on TaskRabbit is \$48.00/hour. The app works by matching freelance workers who complete different tasks for people around their community. These tasks can include anything from assembling furniture, painting, yard work, or running errands.

One in five Facebook users access accounts of friends, family: study

Elisabetta Bianchini

BIZ/TECH REPORTER

1 in 5 Facebook users access accounts of friends, family and partners

A new study from the University of British Columbia shows that one in five respondents have gained access to the Facebook accounts of friends, family members or partners.

The study, titled Characterizing Social Insider Attacks on Facebook, surveyed 1,308 respondents in the United States and evaluated the frequency of social insider attacks, and the motivations for executing them.

Attacks by individuals close to the victim were executed by 24 per cent of respondents, according to the findings, while 21 per cent indicated that they have been on the receiving end of this kind of Facebook attack.

Wali Ahmed Usmani, a co-author of the paper, expected a large number of people to engage in these attacks but anticipated the proportion to be closer to 10 than 24 per cent.

He says the resulting effects of these attacks on victims were dependent on the motivation.

"Mostly we found that consequences were negative and they had

an emotional impact on the victim," Usmani said.

Motivations for this activity were found to reside in five categories, in order of prominence: jealousy, curiosity, fun, animosity and utility.

The study also found that the majority of attacks were opportunistic in nature, enabled by the victim's negligence and activity that separated the victim from their device.

The study found that Facebook accounts were accessed through a variety of methods including personal and shared devices.

Nichole Clark, a second-year

Humber law clerk student, said her ex went into her Facebook profile.

"He was insecure, he wanted to know what I was doing. He sat and watched me converse with a guy."

When the motivation was animosity, researchers found that victims were quite distraught.

"They were surprised that people would go so far as to use their Facebook account to get them," Usmani said.

Attacks motivated by fun had two different results. The victim was either just as amused as the perpetrator or the victim perceived the attack negatively because they were embar-

rassed, Usmani said.

Carolyn Burke, a landscape technician student at Humber College, says she and her boyfriend go into each other's Facebook accounts and write silly status updates on a regular basis.

"We have a rule where we can't actually go into each other's Facebook's but if it's open then we can do it," Burke said.

The survey was conducted online using the Amazon Mechanical Turk platform. It took place in February and March 2016 and was executed in collaboration with researchers from the University of Lisbon.

New calorie-posting restaurant rules could fuel disordered eating: expert

Meaghan Wray
LIFE REPORTER

On Jan. 1, chain restaurants with more than 20 locations in Ontario were required to begin displaying calorie counts on their menus. This policy is referred to as the Healthy Menu Choices Act.

In addition to these new numbers, the new menus are also intended to provide information to help educate customers on their daily caloric requirements.

But not all experts and consumers agree that the approach is helpful in the intended ways.

Calorie counting isn't always the healthiest method of mindful eating, according to Dr. Anne Dranitsaris, a leadership coach and behavioural change expert at Caliber Leadership Systems in Toronto, who works with individuals with eating disorders.

"It supports the idea that an eating disorder is about food," she said. "It also leads to feelings of guilt and shame for being 'bad.'"

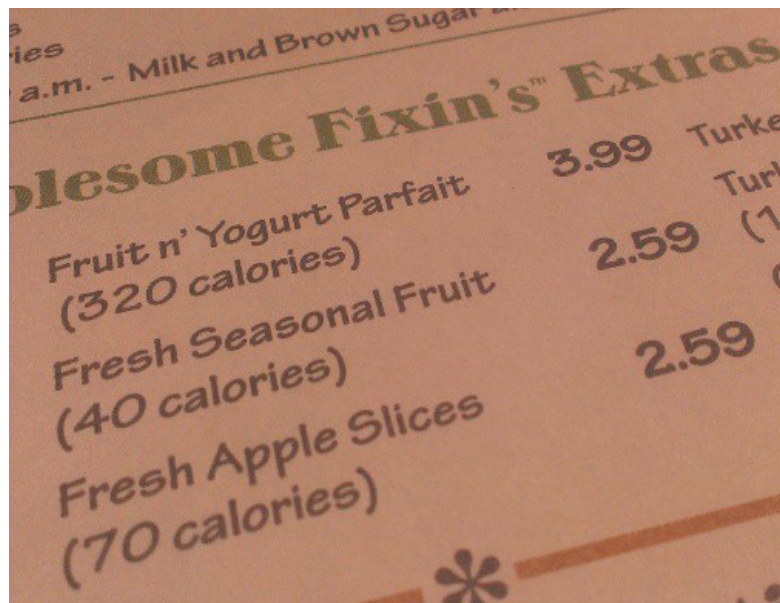
While calories on a menu might trigger anxiety, Dranitsaris said it's the underlying issues and emotions that must be addressed.

Moreover, she said counting calories can act as a distraction and may not be the true answer to individuals seeking a healthier diet.

"If information was all we needed to stop people from eating beyond what they actually needed, this would have happened long ago," she said. "This is not going to deter anyone from eating what they feel like and will only cause more guilt and shame in people who are not able to manage their impulses."

Chloé Rose, an administrator of the popular Facebook group Bunz Mental Health Zone, says the new legislation actually derailed her eating behaviour.

Rose, whose group is an online safe space for those struggling with



FLICKR/SYLVAR

Ontario's Healthy Menu Choices Act attempts to inform customers on nutritional values of meals at restaurants of 20 outlets or more.

mental health issues, found herself triggered after eating at a chain restaurant. She says she stopped eating adequately to compensate.

"It then caused me to decide that I'd never visit a chain restaurant again unless someone else could order for me," she said, "which is also a disordered way of navigating the world. So, I cannot win."

To Rose, the Healthy Menu Choices Act just further supports a dieting industry already worth tens of billions of dollars: "Those dollars are generated through the creation of misery and fear in individuals."

Others, however, including professionals in the field of nutrition, see progress in the new rules.

"Menu labelling is meant to make it easier to make healthier choices. Showing calories on menus simply provides information about the food," said Lucia Weiler, president of Weiler Nutrition Communications Inc.

Weiler was a speaker at Humber College's Canadian Association of

Foodservice Professionals event on Jan. 19. The event, which included dietitians, food service experts and Restaurant Canada representatives, was focused specifically on the new provincial act.

"If nutrition information is not readily available people may think their food is much lower in calories than it really is," she said. "Research shows that when calorie information becomes visible consumers have an increased awareness of nutrient content."

Eating anywhere, she said, should be a safe and enjoyable experience for all Canadians — even ones who struggle with disordered eating. Healthy eating is difficult when dining out, she added, and the act is supposed to help diners make healthier choices with more ease.

If you or someone you know is suffering from disordered eating, the Centre for Addiction and Mental Health can be reached at: 416-535-8501, press 2.

LGBTQ+ Resource Centre comes to Lakeshore campus in new facility

Genia Kuypers
LIFE REPORTER

Humber College Lakeshore campus has just opened an LGBTQ+ Resource Center following a similar unveiling at North campus in 2015, and held its first mix-and-mingle of the year earlier this month.

Natalie Elisha, coordinator of the space located in the newly created Welcome and Resource Centre building on campus, says the facility is a breakthrough.

"This is the first time we have had a dedicated space," said Elisha. "We ran QTALK last semester but what's new about this space is that it's open all the time. Previously we were kind of hopping between different rooms, this space is ours and it's for

the students."

The LGBTQ+ holds regular drop in hours for students with various organized group activities or just as a place to study and connect with other students. Drop in times are incorporated with information sessions as well as opportunities for students to mix and mingle with others.

The facility also hosts events such as QTALK - a support group for students to share their stories and connect within their school community.

"[It's] so that LGBTQ+ students can have a safer place to go on campus," said Elisha. "We know that just based on talking to students that that's not always the case, sometimes they do run into situations where they are experiencing some types of discrimination or harassment."

A new QTALK discussion topic is offered each week, as announced in the centre's weekly emails.

The next event, *Feel the Love*, will run on Feb. 14 from 11 a.m. to 1 p.m. in WELL211. Staff and students are encouraged to pop by as there will be Valentine's cards, board games and candy cupcakes.

For further information about the LGBTQ+ Resource Center or information about volunteering with the LGBTQ+ Resource Centre, students can email LGBTQ@humber.ca

Lakeshore campus drop in hours are Monday to Thursday between 10 a.m. to 4 p.m. in room WEL211. North campus centre drop in hours are Monday to Friday between 10 a.m. to 4 p.m. in room E140.



COURTESY IVAN RAMIN RADNIK

Radnik's dark film earns Canada's Top Ten applause

Junisha Dama
A&E REPORTER

Filmmaking is a passion for Ivan Ramin Radnik, the Humber graduate recognized by Canada's Top Ten Film Festival for his film *The Land of Nod*.

"The film took that darkness that was forming up inside of me and brought it out. So in a way, filmmaking is like therapy for me," said Radnik.

The Land of Nod, which won a runner-up position in the live action category in the Canadian festival, is made by Humber students: Radnik along with producer Bec Taggart, writer Natalia Medvedeva and cinematographer Julian Zakrzewski.

After his movie was screened on January 14th at Bell TIFF Lightbox, Radnik is smiling humbly and already working on a feature film script.

With parents who'd stay up to watch the Oscars, Radnik was exposed to films at a young age. Starting out with home videos, he liked the idea of filming and would readily shoot documentaries or videos at school.

He says he tackled the dark material of *Land of Nod*, inspired by true events involving a murder in Russia, because he was facing his own demons.

"I was questioning my career path. So in the story, Nicholas (son of the murderer) was struggling

with who he is. I guess that's what made me connect with the character.

"I had so many images in my head and different ways of tackling the script. I think that's what intrigued me about the story... it was so well written."

With Medvedeva's visually compelling final script and a team that Radnik says he would love to work with again, the film was originally made as a final project for Humber's Film and Television Production program. It later got selected as one of the student short films for the national film festival.

"My mentality is 'no matter what I do, make it the best,'" says Radnik. "It wasn't my goal to participate in the festival. The day I found out that the movie had been selected, I was working as a locations PA (production assistant) for a TV show. It was at the start of a 16-hour day, so I was pretty happy at work."

Produce Taggart says of Radnik that he's "fairly assured. He knows what he sees and he's very collaborative. He's also very open to feedback and with him everything is a team effort."

While Radnik's next script is still in the initial stages, he is also in talks with Taggart about working together and a message on his phone informs him that Medvedeva wants to discuss a new script.

QUOTED Do you find Bell Let's Talk campaign for mental health effective?

No, I don't think it's good or effective. If they really knew what it was about, there would be a lot more action to help out a lot more people. I think the message is lost.



Howard Noagrodski,
ADVANCED CAD ARCHITECTURE,
CONTINUING. ED

Yeah, I think a lot of people (participated) because it reached on several different social media platforms. At the same time, they are giving a donation per tweet, per Snapchat



Jared Gordon,
ACCOUNTING,
2ND YEAR

I saw that people have the courage to share stories that are deeply personal so I feel like it helps eliminate some of the stigma.



Gabe Simpson,
ANIMATION,
1ST YEAR

TO THE NINES

Hat: H&M
Sweater: Urban Outfitters
T-Shirt: Riza
Pants: H&M
Shoes: Forever 21

"Black is my happy colour. I just know that the only way to look good, stand out and stay balanced is to wear all black."

Zivran Khan
Fashion Arts
2nd Year

HOROSCOPES



JAN. 20 – FEB. 19
You've been feeling a bit lonely this month, buy yourself a pet fish to keep you company.



JUL. 23 – AUG. 22
The next few weeks will be an emotional time. Might be a good idea to watch *Titanic* and listen to Lana Del Rey.



FEB. 20 – MAR. 20
You might want to clear your search history.



AUG. 23 – SEPT. 22
You will deal with stress in the near future. But hey, Bill Murray's a Virgo, so y'know, you got that going for you.



MAR. 21 – APR. 20
Avoid wearing denim and bright clothing and destiny will shine on you.



SEPT. 23 – OCT. 22
If you see someone still wearing a choker in 2017, run for your life.



APR. 21 – MAY 20
You'll find your soulmate this week, look to your right.



OCT. 23 – NOV. 21
Keep doing what you're doing. DiCaprio is a Scorpio, so keep killing it.



MAY 21 – JUN. 20
Donald Trump is a Gemini. So there's that.



NOV. 22 – DEC. 20
You likely had the latest birthday among your friends, indicating you're the most immature.



JUN. 21 – JUL. 22
Did you know Leonardo DiCaprio is a Scorpio?! That's crazy. Also, your lucky number is 6.



DEC. 21 – JAN. 19
This week your security sector is at risk, it's a good time to invest your earnings in love.

EDITORIAL

Is O'Leary Canada's very own Trump?

The new President of the United States of America is causing an uproar in his country. Will Canada be subjected to similar tensions in its political world?

Canadian businessman and reality TV star Kevin O'Leary wants to shift to a similar tone of political discussion within our great northern borders.

He introduced himself to the campaign by posting a video to Facebook announcing his new move to run for the leadership of the federal Conservative Party, now being determined.

Almost instantly after releasing the video he went on CTV news to discuss his inspiration to run and what he plans on bringing to the table for Canadians.

"We need a leader that can actually deal with Trump, we need a leader in the Conservative Party that can beat (Prime Minister Justin) Trudeau and that means I have to expand the base of the conservative party," O'Leary told CTV News.

He claims that his social media following is his main source of inspiration, a lot like Trump's relation with Twitter.

"I've started this journey really on social media about a year ago, millions of Canadians have contacted me and I'm enjoying a huge platform on social media," he said.

Trump's unconventional business persona is something that Canadian

politics is getting a glimpse of with O'Leary, who entered the race late on Jan. 18 and is the last candidate to do so.

Much like Trump, O'Leary is also a TV personality on business shows such as *Dragons Den* and *Shark Tank*. Neither of the business tycoons have experience in politics. O'Leary is hoping that his former roles on TV will gain him support. He mentioned the demographic of 18-35 year olds and how they're going to carry him to his victory, because they're fed up with the Trudeau administration, and the increased rate of debt and lack of jobs.

"That's my army of entrepreneurs, that's who knows me from *Dragons Den* and *Shark Tank*, that's a very important attribute. I'll just talk to them about what our plan is going to be, and in 2019 it won't be an election, it will be an exorcism... the curse of Trudeau's debt, I'm getting rid of it."

The election of Donald Trump has surprised many in the international community, but it does raise the question of a potential bully on the international stage. How will he regard Canada when he begins to institute taxes and policies on trade? We know that he is determined to completely remove the North American Free Trade Agreement, or NAFTA, a trade deal between Canada, Mexico and the United States of America.

With no political experience,

O'Leary claims he is an asset to Canada during a time of great change, and that Canada must be lead by someone who will not be bullied by the Trump administration.

He also says that the debt our country is facing is because of the Trudeau administration.

"I think he misinterpreted his mandate in a horrible way. Going into debt \$1.5 trillion means that every young person in this country is going to pay for debt and interest on money spent long before their time. It's so unfair and so wrong," he said.

O'Leary has only a few months to catch up to the other candidates who have already been campaigning for close to a year.

Although born in Montreal, the new Conservative candidate cannot speak French and completely ducked the French-language debate among his rivals.

He has committed to learning the language at this point, but initially had issues with doing so.

It came to many as a surprise when Trump won the presidency on Nov. 8. Canada and the United States of America have a very close knit relationship, they are our largest and strongest trading partner. Regardless of political change, the Trump administration is going to affect our country. With the proposal to dissolve NAFTA and other policies that will affect trade in North America, we are going to feel the impact of the new self proclaimed

multi-millionaire.

Trump's outspoken style has definitely affected the tone of this election. Tensions have been high throughout the campaign and in post-election America. There are regular incidents of violence from both sides of the political spectrum.

Trump's unconventional style and un-political approach to this election was a strong pull for support. Many people voted for him because he represented something that was refreshing and not part of the conventional political system. His "successful businessman" status gave many Americans the belief that because he is incorporated, he is capable of running the most important country in the world.

O'Leary reflects a lot of these attributes, raising the concern that our politicians may also be replaced by TV personalities or mainstream media celebrities. Although a Canadian, after all, O'Leary enters the race for leadership of one of Canada's three major parties as something of a carpetbagger. While his rivals are career politicians with records of formulating and promoting policy, the *Shark Tank* star -- whose business acumen is sometimes disputed in the manner of Trump's -- comes with no experience whatsoever in the legislative realm.

The assumption that political leadership is just a glamour turn is a deeply disquieting one.

Mindfulness requires time, patience but can be effective aid for mental health issues



Neha Lobana
LIFE EDITOR

There's no doubt that within the past few years, there has been a significant increase in the rise of those being diagnosed with some sort of mental illness or addiction.

In fact, CAMH -- the Toronto-based Centre for Addiction and Mental Health -- states that one in five Canadians experience mental health or addiction problems and by the time Canadians reach 40 years of age, one in two will have or have had a mental illness.

We've all heard of common practices when it comes to mental health -- counselling, therapy and medication. However, one practice that is still tossed in the air today is mindfulness. The act of paying attention on purpose and being conscious in our awareness.

In a 2015 article written by *Telegraph's* women's editor, Emma Barnett discussed trying mindfulness. Over the course of making a documentary on the subject, she even attempted to understand it but found that she felt "profoundly depressed" and claimed that it was just a "quick fix."

"Anyone attempting a quick fix, like I was (admittedly I was only giving it five minutes in the dark before bedtime) has missed the biggest, scarier point," said Barnett. "Why are so many of us living lives we feel unable to cope with? How is it that we are so unhappy with our lots that we will willingly sit cringing in a room with our colleagues while remembering to breathe?"

From a personal standpoint, I understand where Barnett is coming from. As someone who has battled severe depression for nine years, I

have been given various methods on ways to cope with my diagnosis. In 2015, I too was introduced to mindfulness. I remember the first time that my psychologist asked me to sit still, close my eyes, clear my mind and do a few deep breathing exercises. The thought that ran past my mind was, "What the hell am I doing? This is not going to help me." As a result, I didn't look back at practicing mindfulness, until this year.

I came across the book *Mindfulness: An eight-week guide to finding peace in a frantic world* by Mark Williams and Danny Penman. The book was created to help individuals understand where true happiness, peace and contentment can be found and how you can rediscover them yourself. They specifically say that they aren't promising eternal bliss, as everyone goes through phases of pain and suffering. That is fair to say, as the same goes if you are on anti-depressants and keeping up with therapy. Specific moods or phases cannot be avoided -- however the way you react to them can.

Mindfulness requires a lot of time and patience which makes it easy to

understand why individuals with mental illness may find themselves giving up on the idea quickly. It was challenging for me two years ago but through a lot of motivation and determination, I convinced myself to set aside 15 minutes each day practicing a meditation from the book.

However, it's not only about meditating; rather, it's living in the moment and accepting the way you feel. It's all about mental training. Training your mind so you can see negative thoughts, feelings and early signs of relapses which will allow you to respond to those in a more resilient manner.

Furthermore, a study published in the medical journal *JAMA Psychiatry* in 2016 revealed that mindfulness works as well as some anti-depressant drugs and that there was no evidence of any harmful effects. Researchers also reported that the individuals suffering from depression who employed mindfulness were 31 per cent less likely to suffer from relapses during the next 60 weeks.

"This new evidence for mindfulness-based cognitive therapy is very

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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heartening," said a researcher from the study, Professor Willem Kuyken. "While MBCT is not a panacea, it does clearly offer those with a substantial history of depression a new approach to learning skills to stay well in the long-term."

Similarly, after working with 89 patients who were diagnosed with anxiety disorders, researchers from Georgetown University Medical Center's department of psychiatry found that those who participated in meditation classes reduced their stress responses significantly. Meanwhile, those who were enrolled in an educational stress management course experienced a worse response.

While mindfulness is continuing to be studied carefully by researchers, it is has been known to be an inexpensive and low stigma approach which improves one's mindset and attitude towards negative situations.



HUMBER NEWS

Women's March in Washington D.C. on Jan. 21, shown above, drew an estimated 500,000 people. Inauguration previous day saw clashes break out between Trump supporters and protesters.

Road Trip: Our students travel to D.C. Inauguration

Brandon Choghri, Alanna Fairey, Anna O'Brien

Editor's note: Choghri, Fairey and O'Brien are three of four Humber Journalism students who travelled to Washington, D.C. last week to cover the Presidential Inauguration and following day's Women's March, stopping en route in Altoona, Pennsylvania.

Donald Trump was sworn in as the 45th President of the United States on Jan. 20, after running one of the most controversial campaigns in American history. The next day, data collected by Erica Chenoweth from University of Denver and Jeremy Pressman from University of Connecticut, estimated three million people across the United States attended various Women's Marches in protest of Trump and his proposed policies.

Despite this polarization, the

election wasn't simply black and white, as we learned first-hand from American voters of all parties. There was an uproar across the country when Donald Trump said he would not accept the results of the election if Democratic candidate Hillary Clinton won, but it was the nation's Left that marched the streets to exercise their first amendment rights over the weekend.

Our first stop was in Altoona, PA, a once prosperous railway town in America's rust belt, which has historically been dominated by Republican candidates. Out of 23,000 eligible voters in Altoona, about an hour's drive from Pittsburgh, over 20,000 voted for Trump.

The media was quick to highlight issues of racism, sexism and misogyny in Trump's campaign, but the people of Altoona concerned themselves with economic growth and opportunity. These weren't necessarily people filled with hate, but hard working

Americans who felt left behind by governments of the past.

In the heart of Washington D.C., only one name could be heard, chanted over and over again: TRUMP! TRUMP! TRUMP! The closer we got to the National Press Building, we discovered that this was not the only thing being chanted.

Angry protesters began chanting "get these fascists out of here" and "f--k these Nazis", booing at apparent Trump supporters. Many of these supporters got into altercations, both verbal and physical.

The smells were as strong as the words. The air was full of marijuana, and burning flags with Trump's face and famous logo becoming ash blowing in the breeze.

It seemed like every cop in Washington was patrolling the streets on the eve of the inauguration. Whether officers were standing in front of the National Press Building, driving in cop cars, riding bikes or helicopters,

their presence could not be ignored.

On the day of the inauguration, that presence increased. Police forces, Transportation Security Administration, Secret Service, FBI and the US Army worked together to secure the inauguration grounds.

Protesters who had been stationed at the corner of K street and 13th street for several hours described a man with blood streaming down his face after he was hit with shrapnel from a concussion grenade.

The riot police were outfitted with shields and batons, and attempted to subdue the crowds. What started out as pepper spray and flash bangs quickly turned to tear gas and rubber bullets. Some protesters became more aggressive by smashing windows and eventually lighting a limo on fire.

Amongst the chaos at Franklin Square, a Trump supporter pushed and shoved wildly with several protesters in the middle of the street.

He let out a yelp as protesters hurled insults at him, and he retreated off the street through the crowd. While trying to get his Make America Great Again hat back from protesters, he had been pepper sprayed by another civilian.

"I had to grab it from a couple people, and some people tried to push me off of them," a man, who wished to remain anonymous, said.

He held out his glasses, covered in orange, a mix of pepper spray and tears streamed down his face.

"I don't know what this stuff is, this has never happened to me before, but I wasn't gonna let them take my hat," the Trump supporter said.

He seemed defiant, never defeated, much like the Trump movement that swept across America. Hard working, determined people with too much momentum to be stopped. They knew from the beginning they would win, no matter how many hits they took in the process.

Super Bowl 51 set to make history for either team



Jesse Bonello
SPORTS EDITOR

Sports writers and fans spend hours scouring league records, championships, statistics and awards. There are endless debates

about who the best athletes and teams are in every sport, but NFL fans can sit back and relax for the next week or so, hold back the debates and appreciate the football greatness that's about to unfold because this year's Super Bowl between the New England Patriots and Atlanta Falcons has some of the most historical value in National Football League history. Pat's quarterback Tom Brady, age 39, is heading to Super Bowl LI (51). At the beginning of the season, many NFL analysts thought he'd be in the stands at the Super Bowl, not playing in it. This will be Brady's seventh Super Bowl appearance, and he has the chance to win his fifth NFL championship, which would put him in a league of his own as the only quarterback in league history to win five.

Since 2001, the Patriots have made it to those seven Super Bowls with only two constants on their team: Brady and Bill Belichick. Belichick is the only coach in league history with seven Super Bowl berths. Before this season, Belichick and Brady already had the most berths for a coach-quarterback duo, so now they're just extending their record.

The NFL record books, stat lines and awards are very one sided between the two teams, leaning heavy towards the Patriots. But the numbers shouldn't discourage anyone from cheering for the Atlanta Falcons; just ask the 2007 and 2011 New York Giants that beat heavily favored Patriots' teams.

For Atlanta fans, there's no better time for the Falcons to make it to the Super Bowl. Atlanta's 44-21 win

over Green Bay in the NFC Championship game was their last game ever at the Georgia Dome, which the Falcons have called home since 1992. The Georgia Dome was just their second stadium in their 51-year team history, and, with a win, the Falcons can close out one of their most productive eras with the best season in team history.

The Falcons are one of 13 NFL teams that haven't won a Super Bowl, and are among the older teams in the league. This will be the Falcons second appearance in the big game, and their first since the 1998 season when they lost Super Bowl XXXIII against the Denver Broncos.

The Falcons have a high-powered offense and they're more than capable of winning the Vince Lombardi Trophy, but people didn't think

that at the beginning of the season. ESPN staff writer David Purdum wrote, "In the offseason, there was so little betting interest in the Atlanta Falcons that some Las Vegas sportsbooks lengthened their Super Bowl odds from 40-1 to 100-1 in an attempt to drum up some action."

The Falcons are looking to defy the odds one last time, while the Patriots, favoured by three points by the Las Vegas bookmakers, are looking to extend the record books and their trophy shelves. This game has the potential to go down as an instant classic, so try not to spend too much time looking at food. Each team has a 50 per cent chance of winning the Super Bowl, but the viewers have a 100 per cent chance of witnessing NFL greatness.



ANALIA SORDI

Ceejay Nofuente gets a free throw attempt against Niagara on Jan. 25.

Nofuente scores her way to #1

Analia Sordi
SPORTS REPORTER

It was another historic night for the Humber women's basketball team.

National star Ceejay Nofuente scored 14 points and became Humber's all-time leading scorer, which helped the Hawks remain undefeated with a 74-44 victory against the Niagara Knights on Wednesday night.

It was an eerie start for the Hawks as they struggled to find their usual shooting form. Both teams had numerous unforced errors in the first quarter, seven turnovers for the Hawks and six for the Knights.

Aleena Domingo, coming off a season high of 28 points in a game against Fanshawe College, stepped up offensively with nine points to lead the Hawks through the second quarter. The Knights had some momentum going into the first few minutes of halftime, pushing for a comeback with their biggest offensive outburst of the night with 16 points.

"We made some adjustment and stressed the importance of trusting our systems and where we are supposed to put the basketball," said

Niagara head coach Mike Beccaria.

"I think at times we don't do a good job to be mentally ready for those first five minutes of the third quarter," Hawks head coach Ajay Sharma said. "We held them to 15 points and for us to go out and think that the team is not going to try to respond is a little bit foolish on our part."

It was a tight and hard-fought third quarter, but the Hawks defensive efficiency and bench depth were key to extending their lead 54-33. That ultimately allowed the Hawks to play with ease in the fourth quarter, defeating the Knights by a 30 point margin.

Niagara's Courtney McPherson led her team with 16 points and eight rebounds.

"We went away from our system again and, against a good team, we just can't do that," said Beccaria.

Nofuente was held to a 14-point game by Brooke-Lyn Murdoch.

"I played really good defense on Ceejay, I know she just came off a 55-point game, which is phenomenal," said Murdoch.

Nofuente's 14-point game put her in the record books becoming the all-time leading scorer in program

history with 785 points, surpassing a 15-year-old record set by Humber Hall of Famer Beth Latendresse.

After the game, Nofuente expressed her gratitude towards her teammates for helping her break various records throughout the last few weeks.

"Amazing, it was a great team win. I couldn't have done this without my team and this is a team sport, so I just want to thank them," she said.

"She is not thinking about stats, not thinking about breaking records. She is just going out there and playing her best game," said Domingo about her teammate.

Domingo also turned in a solid performance. Domingo and Jill Semple contributed double digits with 13 and 12 points respectfully. Defensively, Chioma Oriuwa, dominated the boards with 11 rebounds.

"We just didn't play as clean as I thought we could," said Sharma.

On Saturday, the Hawks will travel to Hamilton to play against the Mohawk Mountaineers. Humber's winning streak currently sits at 49 games and they'll be looking to make it 50 against Mohawk.

Hawks' eight game winning streak ended by Niagara Knights

Analia Sordi
SPORTS REPORTER

What was supposed to be a memorable Senior Night for Humber's veteran men's basketball players turned into a forgettable one. Lack of execution led to the Hawks 63-75 loss against the Niagara Knights on Wednesday night.

It was a relatively low-scoring first quarter from both teams who were playing well defensively with 13 rebounds for the Knights and 12

for the Hawks, who were marking Senior Night as the final regular season home game for several of their contributors.

Niagara's productive offense set the pace for what was to come, as Humber went down to a 12-point deficit. Knight's sharpshooter Lequan Hylton was three-for-four from downtown with 11 points, two rebounds and two assists by halftime.

Niagara aggressively held onto the lead throughout the third quar-

ter. Humber showed some sprit, but was having trouble sinking buckets.

At the beginning of the fourth quarter, the Hawks cut the deficit to four points but their offensive struggle continued, which helped the Knights capture a win at the nest for the first time in 34 years.

"A hard-fought game. We got a lot of defensive stops but we just couldn't score on the offensive end, which led them to ultimately leading the game," said Gibson Eduful.

Eduful, Tyrone Dickson and

Ancil Martin were playing their final regular season home game at Humber. Eduful finished with nine points, eight rebounds and eight assists and Martin recorded 15 points. Meanwhile, Dickson was the Man of the Match for Humber as he recorded a double-double with 16 points, 15 rebounds and six blocks.

"I think that Humber has a fantastic team and we were able to control most of the game, so the pressure was more on them to catch up. I'm just glad we were able to maintain

the lead throughout the game," said Knights head coach Keith Vassell.

The Hawks will now be heading on road for the remainder of the season. Assistant coach James Depoe hopes the team will turn things around against the Mohawk Mountaineers on Jan. 28.

"We know our West Division is very tough so I think we just kind of take the loss, let it hurt a little bit and hopefully it motivates them to flip it around and use it as motivation."

Zafar's childhood dream in Pakistan gets to Canadian College Cricket All Star team

Leigha Vegh
SPORTS REPORTER

All it took was a match between two international cricket teams at a stadium in Lahore, Pakistan to spark 12-year-old Nauman Zafar to become a cricket player.

"I saw people cheering for the Pakistan team, I saw the enthusiasm, that was something different...that day I told my dad, 'I want to play cricket'" the Humber Business Management student, 21, said.

After graduating high school, he made his college team at Forman Christian College at the age of 15.

In Lahore, high school ends at Grade 10, and college consists of Grade 11 and 12.

During this first year playing at Forman, Zafar was not part of the first 11 on the squad. He was a mostly a benchwarmer. Unsettled but determined, he used a break in the season to get better.

He still remembers practicing for hours on end during the break.

"I used to bowl for like three to four hours in a day," he said.

His hard work didn't go unnoticed. "The next year, my coaches saw the difference in me and I was the main bowler for my college team," Zafar said. He added that Forman College's team was well-recognized.

Subsequently, Zafar was attracted by the international reputation of Humber's Business program, as well as its recreational cricket team.

"I knew Humber has a really good cricket team and the coach is also a national player for Canada," he said.

Zafar is talking about Srimantha Wijeveranthe, who is acclaimed in the cricket community as both a member of the Canadian National team and captain of the Canadian High Performance team.

Zafar had a premonition that he was going to make the Canadian College Cricket All Star team be-

cause he practiced fervently and went to many tryouts.

"I knew I was going to make it because I was working hard," Zafar said.

The fast bowler was nonetheless ecstatic when he found out that he had made the team.

"I'm playing the top players in America. I'm really excited to rub my shoulders with them," he said.

His coach for the Canadian College Cricket team, Derek Perara feels the same way, seeing how Zafar takes instruction with a positive attitude.

"He makes coaching quite easy because he's a dedicated player [and] he knows the processes that go into getting better," Perara said.

Zafar came "highly recommended" from the Canadian high performance camp, according to Hassan Mirza, president of Canadian College Cricket.

"He's a very good, fast, bowler who has a very bright future," he said.

Mirza explained that the mission of CCC is to regain awareness



MARLEE GREIG

Humber Business Management student Nauman Zafar is travelling to Houston as part of Canadian College Cricket All Star team.

of what was Canada's first national sport, as named by the first Prime Minister, Sir John A. MacDonald.

The reason cricket is rising in North America is because it is a popular sport among the majority of diverse immigrant groups, Mirza said.

"Some schools have already realized the value it can add to their brand...in terms of recruiting students locally and internationally," he said.

Zafar hopes to make Canada's na-

tional cricket team one day, but for that he has to be one of the top three fast bowlers nationally.

"There's a lot of competition in Canada. You have to be a top performer to be on the National Team of Canada, and that is my goal."

Canadian College Cricket will face American College Cricket in a series of matches between starting today in Houston, Texas at the Moo-sa Cricket Stadium.