



France is about to set a minimum body mass index for fashion models. See more on Page 8

Hawks men's basketball are national champions



MATTHEW HARTLEY

A jubilant Hawks team celebrates its record-setting sixth national crown last Saturday at the CCAA Championships held at Mohawk College in Hamilton.

Mathew Hartley
NEWS REPORTER

The Humber men's basketball team is in the record books as the Hawks took gold at the CCAA Championships at Mohawk College in Hamilton.

Humber defeated the Vancouver Island University Mariners 68-62 in a defensive showdown on Saturday. It's the Hawks' sixth national

crown, a Canadian record.

The Hawks opened up their tournament against the Langara Falcons from Vancouver on the afternoon of Thursday, March 19 and started strong, leading from start to finish in a 77-71 victory.

The semi-final matchup was the first game in which Humber was ranked the underdog since the start of 2015.

The Holland Hurricanes

from Charlottetown eliminated the number eight seed Medicine Hat Rattlers, 80-63, in the opener and were championship favourites.

The Hawks ripped through the Hurricanes confidence with an early lead that they never gave up.

In 80 tournament minutes, Humber never trailed.

Even inside the gym of their bitter rivals, Mohawk,

Humber had an obvious home field advantage, as the Mariners were over 4,000 km away from home.

The second seeded Vancouver Island University was viewed as the favourite entering the final but their coach, Scott Marr, was not overlooking the on-form Hawks.

"They're a big team and we're going to have to keep them off the glass," Marr said.

As tip off loomed, Humber's varsity coordinator, James DePoe, had one last thing to say to the Hawks bench: "Where are you right now, you are where you want to be."

The first quarter saw two contrasting approaches as Humber's head coach, Shawn Collins, set up patient passing that was matched point-for-point with Mariners star

guard Justin King, who was succeeding to play all on his own.

"He's not passing the ball, nobody else is touching it," Collins said.

King's dominance finished with a game high 26 points.

The second half intensity was turned up even higher as each team furiously attacked the basket, at times ignoring the 24-second shot clock.



Where you are right now, you are where you want to be.

James DePoe
HUMBER VARSITY COORDINATOR
TO HUMBER BEFORE THE FINAL

"They're blitzing the s--- out of us, let's play it early," coach Collins said during a timeout.

The back and forth action had the game tied with two minutes to go and the crowd uneasy in anticipation when Humber's captain, Chad Bewley, fouled out of the game.

Humber needed a leader.

Hawks' rejuvenated Vule Grujic took matters into his own hands as he jumped high to the rim and slammed home a two handed dunk, electrifying the crowd and Grujic was not done.

The centre gained possession again and put away another two-point lay up before being fouled and coolly dropping home both shots from the free throw line.

See more on page 12

No newspapers, TV but millennials track news often on social media

Nearly 70 per cent of young adults get news daily through Twitter et al, new study finds

Sarah Trumbley
LIFE REPORTER

While it might seem young adults are overly involved in social networks, research shows they use these technologies in part to keep up with worldly news.

A recent study by the Media Insight Project said the millennial generation is anything but "newsless," passive, or uninterested in civic affairs.

Despite their lower rates of reading newspapers or watching television news, 69 per cent of millennials get news daily, and 85 per cent keep up with news that is important to them, according to the study by the Project, which is an initiative of the American Press Institute and the Associated Press-NORC Center for Public Affairs Research.

The report noted millennials consume news in striking-

ly different ways than previous generations and their paths to discovery are more varied than some might think.

Kalene Morgan, communications professor at Humber College, said having news available to consume on social media is the best way to reach students.

"When I look around the lobby here in F building I don't see students reading the newspaper, but I do see them on their phones and I do see them on websites," she said.

Morgan said she doesn't



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believe millennials are uninformed just because they

don't read newspapers or watch television news.

"I just think that they're consuming news in a different way," she said.

Jeffrey Dvorkin, a Canadian-American journalist and professor at University of Toronto Scarborough, said millennials almost exclusively use social networks to get news.

"They don't watch TV, they don't listen to the radio, they don't get the ink on their fingers reading their newspapers but they do keep up with the news," he said.

Dvorkin believes there are benefits from discovering news this way, including immediacy and consumer participation.

"The information is shared and as it is shared people express their opinions on the events so there is much more involvement," he said.

Morgan said another benefit for students getting news through social media is convenience because they're already on their phones and social media all the time.

See more on page 9

Trade programs to expand this fall

Christy Farr
NEWS REPORTER

Humber College Centre for Trades and Technology campus is gearing up for expansion in trades courses.

New \$13,000 milling machines arrived in preparation for a one-year Millwright Techniques program starting in September.

A one-year welding techniques program will also be added with a start date of January 2016.

The Carrier Drive campus will undergo renovations in the summer to accommodate the new millwright program, said Michael Auchincloss, associate dean in the School of Applied Technology.

Carrier Drive Operations Manager Nick Farnell said a few classrooms are being reconstructed into labs so they can run the Millwright program.

Three new mills and three lathes will be installed during the renovations to allow the students to complete machine projects, said program coordinator Robert Clark.

Students will be using these machines to manufacture parts to repair other machines, as well as learning how to repair them, said Clark.



CHRISTY FARR

In 2016 Humber College Centre for Trades and Technology will be adding a one-year Welding Techniques program, which will introduce students to the trade.

The milling machines will be ideal for students to really get their hands dirty, said Auchincloss.

"We didn't buy top of the line, we bought something that would last and be very durable and easy to fix," he said.

The welding program will operate out of the fully equipped up-to-date welding labs and shops that are already in use at the campus by students enrolled in the Construction Boilermaker Apprenticeship program.

The new program is expected to be as successful as other similar programs including the Electrical Techniques program that was started four years ago and has done extremely well, said Auchincloss.

"The semesters are always full (in the Electrical Tech-

niques program), and we had to add more sections. After that we started the Plumbing Techniques program as well," he said.

Students entering these programs will get the hands-on experience needed to land that first job, said Auchincloss.

Clark said companies want someone who can come in and work in a safe manner and have some basic skills.

He said the new one-year techniques programs will give students those skills.

Students these days don't get as much exposure to the trades in high schools as they once did in the past said Auchincloss, who is an electrician by trade.

"Get the hands on, not exposed to this too much these days, once they get a taste of what the course entails, it's

like the light bulb comes up and so they can pursue an apprenticeship," said Clark.

After completion of these one-year techniques courses students are able to take their education to the next level by perusing an apprenticeship option, said Clark.

"It's a lot of hard work," Auchincloss said. "I had expertise in the field already. The first question they ask is 'do you have any experience,' if you don't have experience you aren't going to get hired."

Students are given Level One in the trade by taking these new one-year techniques courses, said Clark.

"I can't wait to get these courses up and running," said Auchincloss. "It will bring a new life to Carrier Drive."

New stroke drug may be 'penicillin of 21st century'

Veronica Appia
NEWS REPORTER

A man suffering a stroke collapses in his shower. He only has a few hours before irreversible damage occurs in his brain.

This is a situation Humber College professor and part-time Peel Region paramedic Richard Alvarez remembers quite vividly. That's because he was able to help save the man's life.

"He was found on the bathroom floor," said Alvarez. "It was pretty clear cut with the symptoms he was displaying that he was indeed having a stroke."



What I think is most beneficial about the drug is that it opens up the door for the paramedic field in the future.

Richard Alvarez
HUMBER PARAMEDIC PROFESSOR

Hours after Alvarez transported the patient to Trillium Hospital in Mississauga, he returned there on another call. He found the man in bed, talking to his family. They confirmed that he had had a stroke.

"He was fully functional. No deficits," said Alvarez. "It was one of those moments where everything in the system worked the way it was supposed to."

Alvarez said there is a time frame from a few minutes to a few hours from the onset of symptoms when stroke drugs need to be administered in order to be effective.

"Missing that window can be frustrating," he said.

Canadian medical research company, Rescu, launched a drug trial on Tuesday called Frontier where paramedics in Toronto, Vancouver, Richmond and the Region of Peel will be using a drug called NA-1 to treat eligible stroke victims in the ambulance.

The trial will run for up to two years, said Laurie Morrison, a scientist from the Keenan Research Centre in Toronto.

Prior to this trial, it has been a matter of beating the

clock, says Humber Paramedics student Nick Tersigni.

"There has not been much you can do for (stroke victims) except move quickly, transport quickly and take them where they need to be," Tersigni said.

NA-1 is an emergency drug aimed at preventing disability in stroke victims. The drug is designed to be administered within three hours from the point when symptoms begin to show.

According to Rescu, the drug will be initially administered without consent in ambulance, and then the family of the victim will be asked if they would like to continue with the trial, once the situation has been stabilized.

"We like to give it early so that it has the greatest chance of showing an impact on saving brain cells," said Morrison. "That's why we are trialing it in the ambulance."

Caring for the patient is paramount, said Morrison. In trials that deal with life-threatening situations it is not possible to obtain consent without compromising the patient's access to urgent medical care, she said.

Previous stroke drug trials were performed by neurologists very late in the process, often four to six hours from symptom onset, said Morrison.

"We think some of these drugs may have been effective, but they were just given too late," she said. "By then, there's not much brain left to save."

Alvarez says that the early results of NA-1 are positive and the drug is looking very promising.

"I've heard that this is the new penicillin or the new insulin of the 21st century," Alvarez said. "It's going to be a breakthrough and if it does what it's supposed to do, I can't even imagine how big this will be internationally."

He said Humber students will be trained on the administration of NA-1.

"What I think is most beneficial about the drug is that it opens up the door for the paramedic field in the future," said Tersigni.

"Because of the way (NA-1) is administered, it requires paramedics to basically improve their scope of practice."

Study says national pharmacare plan needed

UBC economist says plan could save \$11B annually in Canada

Aresell Joseph
NEWS REPORTER

The debate for a national pharmacare plan heated up last week after a British Columbia health economist said Canada could save more than \$11 billion a year.

The plan would allow citizens to have prescribed drugs free at pharmacies across Canada.

Health economist Steven Morgan, professor at the University of British Columbia's School of Population and Public Health, published an article in the Canadian Medical Association Journal, which said Canadians might be willing to pay an extra \$8 in taxes to save money in the

long run.

Morgan has worked with the Canadian Federation of Nurses Unions, an organization representing Canadian nurses and nursing students.

The federation and the Canadian Health Coalition commissioned an EKOS survey in 2013, which showed that 78 per cent of Canadians were in support of a national pharmacare plan.

EKOS's online survey selected more than 1,000 Canadians, who were aged 18 and older with plus or minus 3.1 per cent margin of error.

"The federal government is not paying attention to (a national pharmacare plan) because they would have to cough up money to start the program," said Linda Silas, president of the Canadian Federation of Nurses Unions.

She said the government should tune into the debate because Canadians want equal access to pharmacare.

"Yet another study has demonstrated the savings that we could all accrue by implementing a national pharmacare program," said Ontario Health Ministry spokesman Shae Greenfield in an email.

"In the last 20 years, the cost of prescription drugs is higher than even the cost of physicians in this country," Silas said.

Humber Students Federation president-elect Ahmed Tahir said Canada is one of the only countries with a national healthcare system that doesn't have a pharmacare plan to complement it.

"If the federal government grants (a universal pharmacare plan), we will gladly step back and restructure our health plan

for students," Tahir said.

Tahir said HSP's insurance coverage is flexible and will change if or when the government implements a national drug plan.

Silas said convincing drug companies would be difficult but that the government would have to negotiate with them.

"Ontarians should never be forced to choose between buying food and paying for medication," said Greenfield. "National pharmacare is a missing link in our universal health care system, especially for Ontario's working poor."

Silas said all Canadians should have access to a national pharmacare plan and it should not be based on their annual income.

"The (health) economists of the world will need to bring to the government how we will cover it through our tax system," she said.

New tuition rules still not clarified

Christina Romualdo

HSF REPORTER

Ontario college students will be subject to a new set of tuition regulations this September.

The problem for Humber students is that nobody knows what they are.

The new policies were passed by the Ministry of Training, Colleges and Universities in December 2013 and are set to be implemented for the 2015-2016 academic year.

Key components of this policy include the introduction of a tuition deposit, the removal of deferral fees and interest charges, and later deadlines for tuition fee payments.

The policy states Ontario universities and colleges "may require a tuition deposit from students before the start of their study term for the academic year."

This deposit must be credited towards the total amount of tuition for the year and will not be an additional cost above what is already owed.

The policy also states "the maximum tuition deposit that a college can require is 10 per

cent of the student's total tuition fees for the academic year or \$500, whichever is greater."

Although the document outlines the upper limit in the spectrum of what a tuition deposit can be, it appears some institutions are interpreting this clause as an either-or decision between charging \$500 or 10 per cent of a student's total fees.

Veronica Barahona, communications manager for the College Student Alliance (CSA), said she is concerned about this.

"The development of mandatory guidelines regarding tuition payment deadlines and interest charges and late fees are being instituted," she said. "Each institution, from what I'm seeing and the ones that have posted anything, has chosen the \$500 fee instead of the tuition. And there are no guidelines that limit that."

Closer to home, student leaders at Humber also have concerns about the implementation of this policy.

Upon his initial discovery of the new policy, Humber Students' Federation Vice President Student Affairs for North Odin

von Doom lauded the change in tuition payment deadlines.

"A big thing was the tuition deadline," he said. "We currently operate around the tuition deadline, from my experience, of somewhere in and around June 25. That was moved to no earlier than the first of August."

Ahmed Tahir, von Doom's fellow Vice President at North campus and current HSF president-elect, lamented the inaccessibility of the document.

"In the summer, we were looking into an a la carte system, trying to figure out if it made sense for students to pay per course rather than a slate of courses," said Tahir. "And while doing that, we saw that some policies are going to be changed for this coming academic year and we saw them in newspaper articles, but once we were trying to find the actual (document), we had difficulty doing it."

"We were not able to find it and I think what I realised was that I'd like that to be more publicly available and not have to go through a person to call and get that documentation," he said.

Although these rules are a

binding directive for all publicly-supported colleges, they also serve as overarching guidelines. Individual institutions are left to decide some administrative details concerning students' tuition fees.

Moving forward, the CSA is hoping the ministry will respond to its concerns about how the policy is being rolled out.

"After our February conference, we had sent correspondence to Assistant Deputy Minister David Carter-Whitney about student concerns surrounding the tuition deposit," said Barahona. "To date, we've received a reply saying that our questions would be answered, but that's it."

Barahona said that she understands government has their own timelines, so the CSA has taken it upon themselves to inform students about the changes.

"Our biggest thing is we're trying to make sure that our members and the students that they represent are aware of this and given a heads-up," she said. "Unfortunately, I don't see anything happening before this June, so we're trying to create awareness of it."



FLICKR

Some students spend up to two hours commuting to classes

Long road to Humber

Travis Kingdon

TRANSPORTATION REPORTER

Getting to class is no simple task.

Commuting to Humber North campus on a daily basis costs time and money and students typically have very little of either to spare.

"It's a waste of two hours, I'm doing nothing," said Alex Gaysol, a first-year Radio Broadcast student at Humber College. Gaysol commutes from Mississauga every day.

Daily trips to and from campus cost approximately \$15 a day, he said.

Gaysol takes two buses, and his two hour commute includes hitting rush hour traffic every morning.

Occasionally, when transferring from GO Transit to Brampton Transit he will miss his bus and have to wait for the next one — which doesn't come very frequently, Gaysol said.

His averages cost to commute for the week is \$75.

"I'm either here or at home, there's no in-between," he said.

Gaysol wishes there were more buses that linked directly to Humber.

"They should have more buses coming from the west side (of the city)," he said. There are buses that go directly to York University from his area, but not directly to Humber, Gaysol said.

Ekjot Bhumra, a third-year Business Administration student at the University of Guelph-Humber, experiences the same frustrations.

"I'm always standing on the (bus) platform waiting," she said. "The wait and the weather are the worst part."

The trip on Brampton Transit costs her about \$8 a day and takes 90 minutes to get to school each day, she said.

Bhumra shares Gaysol's sentiment.

Some students attempt to look on the bright side of their commute.

"It teaches you how to be efficient with your time," said Sabiha Rana, a third-year Business Administration student at Guelph-Humber.

Since the buses are inconsistent, arriving at the stop 10 to 15 minutes early is essential, said Rana.

Humber should offer students a discount, or allow students to simply flash their student cards when getting on transit, she said.

Students who drive to campus are faced with a different set of obstacles.

For Medya Rikqo, a second-year Early Childhood Education student, getting to North campus takes her approximately 15 minutes a day.

But, filling her tank once every two weeks costs approximately \$35, she said.

The biggest challenge for Rikqo is the cost and the availability of parking.

"It's almost always full," she said.

Rikqo uses the pay-on-exit parking, which costs \$7 a day, she said.

"There should be more parking, and (it should be) cheaper," said Rizqo.

Rana has recently been part of a carpool after abandoning transit to get to school.

The lack of parking on campus has the carpool using the school's satellite lot, said Rana.

"Lately, we've been parking at Queen's Plate," she said.

But there are issues with that, as well.

"What if you had a night exam?" she asked. The shuttle bus to Queen's Plate ends service too early for students staying late.

Although she's heard of the Humber Sustainability's carpool program, she knows very little about how it works, said Rana.

Even students who live on campus face difficulty getting to class on time.

Colin Bradbury, a first-year Radio Broadcasting student, lives in residence and walks to class.

"If the lot isn't cleared in time then I've gotta trudge through the snow," said Bradbury.

Expanded gambling at Woodbine Racetrack under discussion again, critics ready to fight

Jeremy Appel

QUEEN'S PARK/CITY HALL REPORTER

Humber students who frequent the nearby Woodbine Racetrack may eventually have more gaming options there.

Vincent Crisanti, city councillor for Ward 1 (Eto-bicoke North, where North campus is situated), was widely reported to have asked Mayor John Tory to consider adding card tables at Woodbine, which already features slot machines along with the horse race wagering.

This comes two years after council voted 24-20 to oppose the expansion of gambling at Woodbine in a motion put forward by Councillor Mike Layton.

The more high-profile proposal to build a waterfront casino was overwhelmingly rejected that session, according to Toronto City Council's records.

Crisanti's fellow Rexdale councillor and former mayor Rob Ford has said he supports the Woodbine expansion.

Ford and Crisanti were two of four votes in favour of the downtown casino.

"I believe it will be great for

revitalizing the area, and bring thousands of direct and indirect jobs to the City of Toronto, both from construction and ongoing operations," said Ford in an e-mailed statement on the Woodbine expansion. "The potential



JEREMY APPEL

Woodbine Racetrack may one day see more gaming options.

to create a world class facility for additional convention business with more meeting spaces is also a great opportunity for the city."

Not so fast, Layton says.

"I don't believe that governments should be depending on revenue sources that come from addiction," Layton said. "Gambling is probably one of the fastest growing

addictions in North America. It targets young people in particular and in fact takes money from some of the most vulnerable in society."

Liz Sokol, a Humber psychological counsellor, said

at Woodbine for years, citing the Woodbine Live concerts as an example.

"I'm not working to take the (existing) slot machines out of there, I just don't think that we need to expand the (gambling) facilities," Layton said.

James Pasternak, councillor for Ward 10 (York Centre), said he is on the fence of the Woodbine expansion debate.

He said he is skeptical of using gambling as a means to increase revenue but says the positive and negative social effects should be weighed before making a decision.

"I feel extremely uncomfortable with gambling as an economic catalyst," he said. "Gambling is a very serious problem in this area with the proliferation of casinos and online gambling."

"There's always a chance of organized crime and loan sharking"

But gambling already occurs at Woodbine, which Pasternak said complicates matters.

He plans on recommending Tory create a city staff study to examine the possible impact of allowing more gambling in Rexdale.

increased gambling at Woodbine would be bad news for Rexdale's gambling addicts.

"If one has a gambling addiction physical proximity with either slots or card tables is going to make it harder," Sokol said. "I'm not sure students have money to gamble."

Layton said council has been looking at other plans

Social isolation deemed serious health concern

U.S. study finds loneliness can be linked to early mortality while inclusion boosts health

Amy Wallace
NEWS REPORTER

Obesity and substance abuse have been heralded as public health concerns, and now loneliness can be added to the list.

A new study by psychologists at Brigham Young University in Utah links loneliness and social isolation to early mortality.

“The benefits of living with others and feeling included are equivalent to the benefits of physical activity (exercise) in promoting longevity,” said study co-author Tim Smith.

Although loneliness and social isolation sound the same, researchers are quick to differentiate the two. Loneliness is a subjective emotional state, in which individuals may be surrounded by many people yet still feel alone.

Someone who is socially isolated has minimal social contact and may prefer to be alone.

The researchers analyzed data from 70 health studies

that reviewed the relationship between social isolation and health. The sample included more than 3 million participants.

The studies followed participants for an average of seven years to determine who remained alive and who was dead at the follow-up. Objective or subjective social isolation was measured at the beginning of the studies.



Like all tools, social media can be used constructively or destructively

Tim Smith
PSYCHOLOGIST, STUDY CO-AUTHOR

After accounting for multiple variables, the increased likelihood of death was between 26 and 32 per cent for those who reported loneliness, social isolation and living alone.

Although most of the studies involved older par-



AMY WALLACE

A Brigham Young University psychology study from Utah has found loneliness and social isolation can actually shorten life.

participants, the effect was more pronounced in those younger than 65.

“People know that physical exercise is good for their health,” said Smith. “Now they need to know that positive social relationships also have health benefits.”

The negative effects on physical health caused by loneliness and social isolation are comparable to those caused by obesity, the researchers note. They believe both should be added to the list of public health concerns.

Moreover, the number of lonely people is rising in today’s society.

Census data shows affluent nations have the highest rates of people who are living alone, and these rates are expected to increase.

Loneliness will reach stag-

gering numbers by 2030 unless action is taken, researchers predict.

With the advent of technology, one would think that people are closer together than ever before. Or, technology may be to blame for our decreased social interaction.

“Like all tools, social media can be used constructively or destructively,” said Smith. “For instance, we can benefit from keeping in touch with family members across the nation, but sometimes our constant brief exchanges via technology can limit the richness and depth associated with high quality relationships.”

Smith says that a number of actions can reduce social isolation, including reaching out to those who are isolated themselves.

“We can repair relationships that have been damaged,

and we should not overlook the importance of families and family members,” said Smith. “Strong families are the foundation of a strong society.”

Han Gong, a second-year Food and Nutrition Management student at Humber, enjoys living with two other roommates. She has a large group of friends at Humber, many of whom are in her same program.

Christine Nucaro, 19, a second-year Early Childhood Education student at Humber, currently lives with her parents, but would like to live with friends eventually.

Nucaro prefers meaningful and close relationships.

“I think that if you have a good (small) group of friends, then that’s better than having 12 friends,” said Nucaro. “It’s better to have one or two rather than a bunch.”

School plans for diverse washrooms

Shaun Fitl
LIFE REPORTER

Humber is the first college in Ontario to develop a gender diversity policy.

The policy, announced March 17, aims to be consistent with the Ontario Human Rights Code and to protect gender identity and expression.

“They are working towards gender-neutral bathrooms and to make the school trans-inclusive,” said Mikki Decker, a vice president-elect of student affairs at Humber.

“There have been conversations about ways to educate both the students and the staff on campus... there could be a training program in the works that students and staff can participate in,” said Decker.

The training would be based on safe spaces and connecting students, she said.

The LGBTQ community has been active in decision and policy making and has been doing focus groups to increase their voice in the overall gender diversity policy, said Decker.

“When we’re talking about gender identity we’re talking about if one identifies as male, female or other,” said University of Guelph-Humber psychology professor Daniel Andrea.

“There is a debate about whether (gender) is partly genetically based or socially constructed... it would depend on the culture, your environment and how you’re reinforced,” he said.

In today’s society if someone deviates from the norm they may frighten people or feel isolated if people cannot relate to them, said Andrea.

Humber’s gender diversity policy plans to manage this societal condition to help a marginalized population within its walls, said Decker.

“We very often act in a binary way and make things very black and white,” said Andrea.

“That is partly because cognitively we end up trying to simplify things as much as possible to make quick decisions and save brain space,” he said.

It’s not just a question of sexuality or gender but almost anything, said Andrea.

“If Humber participated in gender-neutral washrooms we would as an institution be catering to a marginalized population,” said Decker.

Right now, the gender-neutral washrooms are planned to be single-use but there may be a future of general gender-neutral washrooms for Humber, said Decker.

Etobicoke named Cultural Hotspot by Toronto

Designation will give growing community stronger public focus to foster partnerships, highlight contributions and historic role

Eric Wickham
NEWS REPORTER

From its beginnings as an agricultural hamlet to a bustling suburb of Toronto, Etobicoke has developed in its own way.

The City of Toronto recognized this unique and diverse part of the city by announcing Etobicoke as its 2015 Cultural Hotspot.

“The idea is that Cultural Hotspot is shining a light on arts, culture and community in Etobicoke,” said Andrea Raymond-Wong, a Etobicoke resident.

She said Toronto’s Cultural Hotspot was launched by the city of Toronto in 2014 and chose southern Scarborough

as the neighbourhood to spotlight.

Raymond-Wong said the Cultural Hotspot project helps form new ideas and partnerships within a community.

She said the project helped foster 24 new partnerships and 100 youth mentorships in the arts in Scarborough.

“The idea comes from the Creative Capital Gains report, there should be a rotating cultural hotspot to highlight the different neighbourhoods in Toronto,” said Raymond-Wong.

More than 20,000 people attended 46 different projects affiliated with the Cultural Hotspot Project in Scarborough, according to the city.

Raymond-Wong said she hoped the Cultural Hotspot would have similar success in Etobicoke.

The boundaries of this year’s Cultural Hotspot will be Dixon Road to the north, Lake Ontario to the south, Park Lawn Road to the east and Browns Line to the west.

Several hundred thousand Canadians call Etobicoke home, but this was not always the case.

Denise Harris of the Etobicoke Historical Society said in 1798 the entire population of Etobicoke consisted of eight people.

She said there were four men listed on the census and three had the same surname.

Harris also remarked that Etobicoke wouldn’t exist without John Graves Simcoe. He gave 100 acres of land to new Canadians to anyone willing to cultivate this land. This

drew many Europeans and Americans to Upper Canada.

She said most of the land in Etobicoke was owned by 1812, although many people sold their land lots as soon as they could.



The idea is that Cultural Hotspot is shining a light on arts, culture and community in Etobicoke

Andrew Raymond-Wong
RESIDENT

Harris said by the late 1800s most of the land in Etobicoke was cleared and free for farming.

“Etobicoke had very good soil for farming,” said Harris.

“Central Etobicoke was known as one of the best growing areas in the province.”

After the Second World War, Etobicoke transformed to beginnings of the suburb that it is now from an agricultural community.

“A little thing happened called the baby boom,” said Harris.

Harris said developers like Rex Heslop are responsible for modernizing Etobicoke in the post-war era.

For its part, Humber will be highlighting local artists beginning on May 22 until July in collaboration with Cultural Hotspot at Lakeshore campus L-Space Gallery. The exhibit is titled Visualizing Absence.

The work will be presented by artist Anne Zbitnew and students from Humber’s Art Administration program.

Twitter app allows live streaming

Alex Drobin

BIZ/TECH REPORTER

A new live video-streaming application is blowing up the app world.

Meerkat, an innovative live video-streaming app has received a ton of positive attention thanks to its use at numerous music festivals and events.

As described on the Meerkat website, the app allows you share live video through Twitter. Users are only able to watch video streams in real-time, and cannot record them to watch later.

The app launched less than a month ago and has already acquired more than 300,000 users.

The popular music festival South by Southwest in Austin, Texas, was a prime example of how successful this application has become.

Many users were streaming live feeds from concerts, and marketing professionals around the world are jumping onto this new technology trend.

"We're going to start featuring the best (basketball) game that we have every week and broadcasting it on Twitter through this app," said Fahim Shaikh, 25, marketing director of the Mississauga Hoops basketball league.

"We are announcing that to our players and followers through our social media platforms so friends and family can watch games live from anywhere they'd like," added Shaikh.

"I would use this app for sure," said Guelph-Humber Media student Sydney Lawson, 18. "I take videos all the time, and having the option to stream them live is great."

Although the application has been very successful thus far, the creators have run into a bit of a speed bump.

Twitter has recently acquired a video-streaming company similar to Meerkat, and have blocked off the app's access to its social graph, meaning that users cannot automatically watch another user's live-stream without following them first.

Kelly Gray, a technologist at Humber College, said that this app could have other, more meaningful uses.

"It's a great way of performing citizen journalism - of holding police and government officials accountable in different situations," said Gray.

Girl Geeks talk gender and tech

Nicole Williams

BIZ/TECH REPORTER

Like many corporate environments, it can be difficult for women to break into digital and technological work places. This isn't news.

But the problem is worth addressing, especially for Girl Geeks Toronto, who hosted a panel at Ryerson University's Transmedia Zone, called "The Industry We love But Leave: How we can foster gender equality in tech."

The panel featured an array of female experts in the digital and technological professions, including Nicole Bogart, a former Humber College student in the Journalism program and currently the national technology reporter for Globalnews.ca.

"I've always had this sort of geeky background. During my time at Humber, I was working at Apple, so I ended up doing these kinds of geeky stories," said Bogart.

Bogart says her time at Humber helped her form positive relationships with male classmates. However, since starting her career, she has faced a lot of prejudice in her field for being a woman.

"Many people, especially over social media, feel like I don't have the expertise to talk about tech because I'm a female," said Bogart.

"There were times over Twitter where I would get a message from someone criticizing me for even mentioning some new kind of technology, and it was because girls apparently don't know things about tech."



NICOLE WILLIAMS

The Girl Geeks' Toronto panel discussing gender inequality in digital and tech work spaces shed light on the exclusive and hostile work environments women face.

things about tech."

The panel discussed "programming culture" and the different ways in which women are not only excluded from tech work-spaces but are mis-

treated once they get there.

Lyndsay Kirkham, a Liberal Arts and Sciences professor at Humber, was also featured on the panel, and says the top five venture capitalist

firms in Silicon Valley have no female senior staff.

"Whether the sexism is intentional or not, there's an assumption around women of not wanting to join into

the culture, and so they don't get invited to the party," said Kirkham.

Kirkham, who teaches English, says there are different levels of barriers for different women and the best solution for sexism is women mentoring other women.

"It's important that girls find the right support from someone who's been through those kinds of struggles before," said Kirkham. "Girls need to not be afraid to network, and realize they're worth it."

The panel is one of many monthly events organized by Girl Geeks Toronto.

Organizers Anna Starstas and Caroline McGregor say that the need for these events has been growing every year.

"Our events focus on supporting women in tech, but also on exploring the newest frontiers of technology," said McGregor.

Both McGregor and Starstas agree that it's important women have a space to feel comfortable.

"It's about creating an open and inclusive space, where both men and women are welcome to talk about tech, and women's place in the tech world," said Starstas.

The group is approaching its three year anniversary and has worked towards a quality of excellence in their events.

"We're able to bring these amazing speakers to these events and because of that, people look forward to coming," said Starstas. "We've found a group of very curious people."

Students unsure about Humber's safety app

Ryan Durgy

BIZ/TECH REPORTER

A year and a half after its launch at Humber College, the Guardian safety app for mobile phones is still working to gain student adherents.

Rob Kilfoyle, Director of Public Safety and Emergency Management at Humber's North campus, said last year around 1,800 students were using the app.

The number is still modest for a school with 27,000 full-time and 56,000 part-time students.

"It's a free tool that (students) can download and it gives them immediate phone access to public safety and the police through 911," he said.

"It also then lists out a number of safety resources or services to folks," he said.



It wasn't the greatest experience, I'd say

Andre Apperley

BROADCAST TELEVISION VIDEOGRAPHER
STUDENT

"While we have all this information available on our website, we know that the trend is, particularly with younger people, to be doing everything on their mobile phones," Kilfoyle said.

Jonathan Goulet, a first-year game programming

student, agrees that students aren't looking at websites anymore.

"People don't want to go on websites, they want to use apps. They're so much quicker. Just press and it's there," he said.

Kilfoyle said there's more to this app than public safety, including maps of campus and a couple of other "tips and tricks."

"It's got a little personal (emergency) alarm on it and it's got a flashlight," he pointed out.

Kilfoyle said the app also advises students about what to do in certain emergencies, such as a lockdown, fire alarm or bomb threat.

Andre Apperley, a first-year broadcast television vid-

ographer student, said he downloaded Guardian after seeing a poster for the app last semester but deleted it shortly after.

"I had it downloaded for a little bit. I used it a few times though. It wasn't the greatest experience, I'd say," Apperley said.

He said there weren't a lot of features that were applicable to him.

"There was a call for help button that required a network usage that I don't have," he said.

"In terms of emergency, I don't think I'm going to bust out my phone, bring out my phone, and use the app. I think I'd rather call for help," Apperley said.

Apperley said he can see

why the app could be helpful for students and noted the campus maps and direct lines to security.

"I think they just kind of need to make it more user friendly," Apperley said.

Goulet said he would be interested in downloading the Guardian app because it has features that interest him and sounds like a "well-rounded" app.

Kilfoyle said while the app isn't public safety's mass communication tool, if students have their notifications enabled for the app, messages can be pushed right to students' phones.

He said that by the end of this month the user analytics for the app should be known.

EDITORIAL

Earth Week an Earth-sized bandwagon

The annual Earth Hour is tomorrow from 8:30 to 9:30 p.m. Every year, people turn off their lights for an hour to conserve energy and raise awareness about climate change, but like most of what people do to “save the environment” it’s more about a momentary emotional gratification than affecting a large-scale climate trend.

In 2013, Toronto Hydro reported a 205-megawatt reduction during Earth Hour, which is almost a seven per cent drop from usual levels at that time.

Turning out your lights and shutting off your television for an hour is supposed to be a call to action, a yearly reminder that the environment isn’t going to fix itself.

But the simplicity of pressing the power button or flipping the light switch can also give the impression that taking measures to prevent climate change are as easy as that. Taking significant measures in order to lessen our ecological footprint requires much research, knowledge and, in many cases, a lot of money and personal sacrifice.

People feel good about themselves by switching to more energy efficient light bulbs and composting their food waste at home – and those are important – but the impact those small changes make, even when adopted on a massive scale, pale in comparison to the world’s output of pollution.

New technologies save a bit of en-

ergy here and a bit of carbon emissions there, but the world’s population has grown by about 80-million people, year after year, for the past 10 years. Every one of those people will add to the annual emissions and the added infrastructure requirements to be housed, fed and clothed, among many other things, and that isn’t going to be offset by a seven per cent drop on electrical usage for one hour.

The world can wait for one individual or group to come up with a solution for us all, but if you’re really in the camp that feels the need to make a difference, that change is going to require more than a slight inconvenience.

While Earth Hour is a global

event and brings together 170 countries and territories for the lights-out event, thus proposing to raise awareness about climate change, these same global numbers are also an invitation to jump on an Earth-sized bandwagon.

No serious action is being taken and instead of annually getting together for an hour and patting each other on the back there should be something more substantial in the place of these 60 minutes of non-action. Let’s put out a call to action to the world that requires everyone to do something that could actually make a difference.

And then we’ll see how many people really care about making a difference.

At my video game controller I’m not childish, I’m free



Jesse Noseworthy
NEWS EDITOR

Let’s get this out of the way: I’m a gamer. And I get that may be perceived as childish or lazy but I don’t see it that way. I view video games as an escape.

You see, when I get that controller in my hands, I’m free. I can be whoever I want to be and do whatever I want to do. I can experience a different world; I can understand and feel a character’s struggles, I can see hope, I can grow and I can learn how to live another life. In most cases, games are just a unique form of fiction.

I just completed my first play through of *The Last Of Us*, a game that follows a man, Joel, and a teenage girl, Ellie, as they move across a post-apocalyptic America. Throughout their journey they struggle with a grim world full of infected (zombies you could say) and bandits — who will kill just about anything. As you move through this world you’re faced with the realization that a young girl is forced to live in this hopeless world that is full of death and violence. Quantifying this is immensely difficult.

The story is driven mainly by the psychology of the characters. Joel had a daughter (who was quite similar to Ellie) that passed away during the initial outbreak of the infection (20 years before the time the main story takes place). As he moves through this world, he’s constantly dealing with survivor’s guilt. Everyone in Joel’s life has left him in one way or another. He’s alone, lost. But in Ellie he sees another chance.

In the beginning of the story Ellie is a chore, a means to an end. But, as the two bond, she becomes irreplaceable. They grow together and, within this haunted world, they show that humanity can still shine through without organized society. What affected me most was how I genuinely felt guilty after committing such gruesome acts in order to survive. I saw Ellie behind me, watching the battle and the guilt came through as I exposed her to this part of the world.

This story was like no other and

I can easily say that it has stuck with me for some time following my completion of the game. Throughout the campaign, I began to feel myself become emotionally involved with these characters. I saw what they saw but, most of all, I felt what they felt. Their pixelated world was an escape from reality; I lived and breathed their story. I grew with them and fell with them. I laughed with them and cried with them. It was a powerful experience.

This is what video games can do to you. These stories give gamers the chance to feel something they’ve never felt before. They give gamers the chance to immerse themselves in another universe.

Some people will say that gaming is childish, that gamers need to grow up. I’ve heard this all too often. But a video game is essentially the same thing as a movie, a TV show, or a book. It’s fiction. And it’s an excellent way of telling a story.

What this all boils down to is the ridiculousness of the notion of “growing up.” Sure, it’s important to gain maturity and responsibility as we age but that doesn’t mean we have to give up what makes us happy. You should grow with that passion and allow it to become an even more important aspect of your life.

Most of our life is spent in a state of boredom. For example, look at how mindlessly we scroll through our cell phones or how the average nine to five workweek has transformed us into zombies. We’re always eager to break through this and not be so complacent. But the answer is right in front of us. We need to find what makes us happy and feel proud to promote that. Because that’s where that state of boredom slips away and we become lost in the moment.

Sure, call me a child but I’ll continuously search for that moment because, for me, there’s nothing else like it.



JOEL AND ELLIE FROM *THE LAST OF US* / FLICKR

“I saw Ellie behind me, watching the battle and the guilt came through as I exposed her to this part of the world.”

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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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Bluesfest blues: Music fests need honesty on what they are



Lucy Sky
ART DIRECTOR

Live music is an ever-growing phenomenon, not least at a time when online downloading has shrunk the recording industry to half its former size. Live performance is now about so much more than a group of people playing their songs. Music festivals have become a critical part of the music industry, while live music broadly is now the dominant source of revenue for the art.

There have always been people who make a big stink about “staying true to the music” and bands can lose a large amount of their fan base for “selling out” their sound to generate more income. And this principle of integrity should have weight for live performance contexts as well.

Music festivals should be expected to stay true to their roots, just as

much as bands are expected to stick to their originality and sound over what their label wants them to do.

Live shows are what is keeping the music business alive and festivals have been an enormous part of that for decades. But they don't always “stay true” to their roots, as many of us expect they should.

The RBC Ottawa Bluesfest, for example, has changed a lot since its debut back in 1994 - moving through three different locations in its 21 successful years. Moreover, coming into its 22nd year, its variety of music has changed about as vastly as the size of the festival grounds.

It began as the Ottawa-Hull Bluesfest, at a small park in downtown Ottawa, with a three day line-up featuring blues headliners like Clarence Clemons and the Tony D Band. The festival evolved rapidly in many ways and has grown exponentially.

Ottawa is my home town and I've been going to Bluesfest for as long as it's been around. Today, it's absolutely nothing like what it was when it started. The music is different, the atmosphere is different and the crowd is completely different.

With more sponsors to satisfy and bigger grounds to fill came a need for bigger budgets. That meant bringing in different genres. 2001 was the year the event became the Cisco Systems Ottawa Bluesfest, as well as the year they began featuring new music, like the rock and roll group George Thorogood and the Destroyers (which was a terrific show) and the

rap artist MC Hammer.

In the 15 years since, it has grown into one of the top 10 ranked music festivals in Canada, hosting massive headliners from many different genres. That includes rock and roll groups like KISS and Rush, rap artists like Snoop Dogg and Wu-Tang Clan, pop sensations like Fergie and Lady Gaga, electronic artists like Skrillex, Adventure Club and Diplo and even sub genre bands like the gypsy punk group Gogol Bordello, who always put on a stellar performance.

While this is all in the nature of the industry and it can be difficult to avoid when the festival wants to please as many fans as possible, there is no room for “blues” in the festival's name anymore.

You just can't have your cake and eat it, too. When you play little to no blues music, it's just a little odd to call it Bluesfest. Not to mention insulting to true blues fans. This isn't the only festival getting lost in pop culture. Rockfest in Montebello, Quebec has done the same thing. It began as a festival with only rock artists but then started bringing in ska acts, rap acts and heavy metal acts.

It's much like when a band starts off as a punk group and progresses into a more pop sound, adhering to a larger fan base and expanding its popularity. Things like this really piss a lot of fans off, because people don't like change and people don't like to be misled. It was Bluesfest, not rap, rock, pop, electronica, metal, funk festival.

If you're going to have a festival named after a specific genre, it should



LUCY SKY

Gogol Bordello putting on a “stellar performance” for a crowd full of sweaty fans at the 2014 Ottawa Bluesfest.

stick to that specific genre. Like the Ottawa Jazz Festival. It has been going strong for over 30 years, with a large and loyal fan base and has stuck to its roots, through and through.

The Jazz Festival is standing proof that you don't need to sell out to your sponsors to bring in a large fan base. According to its website, the jazz event had a whopping 295,000 people in attendance in 2011, while the following year, Bluesfest is said to have brought in a very close 300,000.

The name Bluesfest is definitely misleading now, yet I've gone to see many of these acts and thoroughly enjoyed them. I've grown with this festival, I love and appreciate everything that it is, has been and hopefully what it will be in years to come. But the name needs to come to an end. We aren't sitting on blankets in a field swaying to the smooth sounds of The Wailers anymore, it isn't a blues festival anymore and the organizers need to get used to that as much as we do.

A journey to be different, authentic and above all versatile



Comfort Obeng
A&E EDITOR

Story with no errors; eye catching photos; interviews with nearly impossible to connect with sources; audio and video to back the fact that you've actually spoken with them; and don't forget to tweet about it, no pressure or anything. I still can't believe I signed up for this three years ago.

People who are considered backpack journalists are responsible for photography, videography, producing stories, editing them and using social media as often as possible. I never would have thought I was capable of filling shoes like those but it all unexpectedly fell into place.

Growing up I wanted to be everything. I wanted to become a singer and so I sang at talent shows. Then I wanted to be an actress so I took a film and television college course. It was fun until one of our assignments was to memorize a script and present it to the class. It wasn't hard per se but it didn't help that I was shy and hated being put on the spot.

So I continued on with dreams of becoming a writer. I tried writing a novel. It was fine at first but I slowly became bored. My parents wanted me to pursue practical nursing. Everyone in my school of 500 girls wanted to be a nurse. There was no way I was going to go through with it.

Turns out my fears of the insane amount of multitasking a backpack journalist life requires was related to my search for what I wanted to be.

Maybe it was a rushed decision but I've never regretted enrolling in j-school. I was the only graduate from Madonna Catholic Secondary School with dreams of becoming a journalist. For me it was all about being different and authentic.

Besides, I think I wanted to combine my passion for fashion (as cliché as it sounds) with my passion to write. I wanted to be a fashion journalist. The type that sat through fashion shows around the world with huge designer shades in the front row, hardly looking up from my iPhone. This was the ultimate dream. To have huge designers send me free clothes just so that I could be seen wearing them. To have my name everywhere like my idol Jeanne Beker.

Despite the epic arguments I went through with my parents they finally stopped fighting it. In their minds they thought me becoming a journalist meant I was “planning to run off to Syria and be taken hostage.” They didn't understand that I wanted to write for fashion magazines. For them the word journalist implied CNN, CTV, hard

breaking news.

I came into the journalism program with only one thing on my mind: magazine class. I hated writing hard news because I'm not passionate about politics, business and crime. I wanted to write about something I was passionate about. So I interned at a fashion and beauty magazine which I loved every second of. I thought, “This is it. This is what I want to do. This is what I came here to do.”

But then my online class actually managed to pique my interest in news, although I hate the process of waiting on sources when you have such a short deadline. And I'll always hate reporting horrible events. That will never change. But going to conferences and seeing other professional reporters in action, sharing the same camera space, and having similar footage as them was so exciting.

As ironic as it sounds I began to fall in love with everything I feared when I first thought about what journalism school would be like.

I think being in my first scrum did it for me. Having to learn about that moment and actually applying

what I learned was exhilarating. I've done a lot of hard news stories that I was very passionate about.

Even before pitching a hard news story, someone would say I know you're not into hard news but you have to know this. Now I find it annoying when people label me as only knowing one thing.

While I was out there covering these stories I realized how hard it is to do everything but also learned how rewarding it can be. I sent out tweets when on location and actually used all the skills I learned. You really have to juggle once you're out there. There's tremendous pressure to put your best work out there. Not to mention the pressure from mainstream news crews watching.

But like most things in life you expect one thing and end up getting something completely different. I came into the journalism program with dreams to become a fashion journalist. Now I know I have the ability to report any story any way I want whether it be text stories, video, photos, social media reports or multimedia. I'm no longer fearful, I'm versatile.

France to set fashion body mass minimum

Charlotte Morritt-Jacobs
A&E REPORTER

According to Humber Fashion students, it's going to take more than a ban on super thin models to improve the fashion industry's standard of beauty.

France is moving toward a health reform bill, which would ban designers and labels from using models whose Body Mass Index is less than 18.

The World Health Organization considers anyone with a BMI under 18 to be suffering from malnutrition.

While the average woman's BMI has increased over the last 50 years from 25.2 in the 1960s to 27.5 in the 2000s, runway models have continued to decrease in BMI.

The new bill would require that models prove their BMI rating through a medical statement and then be subjected to periodic weigh-ins.

Humber Fashion students and graduates agree that the ban would promote healthy weights, but remain weary of the effect it will have on promoting body diversity.

"I think it is a great first step in

trying to correct what the fashion industry defines as beautiful, but it's not going to happen overnight. It's going to take a while to reverse the idea of what the fashion industry defines as skinny and healthy," Serena D Vaz, Humber Fashion Arts, alumna said.

Vaz also cited the industry's preference for very young models as a source of pressure.

Teenage models breaking into the industry are already young and naturally skinny. Models who are over 24-years-old often feel pressured to be thin and to look young so they can still book jobs, she said.

Allison McKinnon, Humber Fashion Management student said that she believes the ban will have little effect on the public's obsession with being thin.

"Thin as the ideal beauty standard has been ingrained in our minds for centuries and [the ban] still promotes skinny over fit," she said.

McKinnon is weary of the mixed messages customers receive from the media who claim to embrace bodies of all shapes and sizes and the fashion lines which use thin models more frequently than plus

size models.

"It's the consumer who sees this and they will buy into both messages. As much as people say that they would rather see a different body shape they still tend to value being thin over being heavy," McKinnon said.

Aleena AbusSamra, Humber Fashion Arts alumna said that she is hopeful on the ban's possibility to positively impact women worldwide because of France's high fashion influence.

AbusSamra said that she hopes that the "love your body" trends found on social media sites such as Instagram will make their way to the runway.

"The fashion industry should look outside the box. In this day and age, being fit is sexy, having some junk in the trunk is foxy and showing off who you are is what is blossoming," she said.

Italy, Israel, Spain and Chile have already passed motions banning the use of models deemed too thin by healthcare standards.

On March 31, the bill will be reviewed and France could very well join these countries in the battle against eating disorders.



CHARLOTTE MORRITT-JACOBS

Italy, Israel, Spain and Chile have all passed initiatives banning use of fashion models with a body mass index below healthy standards.

Students face healthy food challenges of office workers

Long commutes, long days on campus leave many with poor choices

Allie Langohr
LIFE REPORTER

March has been nutrition month in Canada with the Dietitians of Canada offering healthy tips to help those living a nine to five life.

The organization launched a multimedia campaign that addressed unhealthy eating and the decline of home-cooked meals.

An Ipsos Reid poll conducted in Spring 2014 for the Dietitians of Canada showed that 45 per cent of Canadians say it is challenging to consistently eat healthy meals and snacks at work.

"What we really want to do with nutrition month is establish Dietitians of Canada as the most trusted source of nutrition-based information in the country," said Beatrice Bastedo, public relations representative for the organization.

"Our main societal goal was to help Canadians eat better and be healthier," she said.

Avoiding the drive-thru and other fast food topped the list of tips from the dietitians, which were mostly directed at people who spend the bulk of their day in the workplace.

Drinking water and not adding sugar to tea, and lattes are also im-

portant, said the group. Taking energizing walks instead of drinking caffeine and celebrating birthdays in bulk to cut down on the amount of cake eaten also made the list.

Students often spend longer than eight hours on campus, and they find themselves facing the same struggles as workers in offices.

First year Humber 3D Animation students Alexander Andonovski and Miru Kim said there is a lack of healthy options available on campus, especially when they're spending late nights in the labs. There are days when they spend over 12 hours on campus.

"Other than salads and sometimes pasta, I guess, there's not really a lot of healthy choices. When you do get something healthy, the portions are not as good," said Andonovski. Making food at home is usually both cheaper and healthier, he said.

Kim said he makes use of the salad bar at least once a week, which offers up to a pound of salad with a \$9.56 cap.

The food is priced by weight so students can control portion and cost.

"For a snack, I just starve," said Kim.

When the North campus Food Emporium closes at 6 p.m., and students are still on campus working on projects, Kim says it gets even harder to make healthy choices.

"We have no choice but to eat vending machine food or vitamin water," he said.

General Manager of Food Services, York Tang said that providing healthy options for students living on residence is a high priority because the students' main source of food comes from the school.

The food on campus is provided by franchises and the choices are determined by those companies.

Tang also said that next school year, Humber will bring in registered dietitians twice a year on



(After hours) we have no choice but to eat vending machine food or vitamin water

Miru Kim
HUMBER 3D ANIMATION STUDENT

North and Lakeshore campuses to talk to students about making good nutrition choices.

For those looking for healthy make-ahead recipes or inspiration to get back in the kitchen, the app Cookspiration, which is promoted by the Dietitians of Canada, has been labeled as Apple's best new app twice.

"This is a tool that allowed us to encourage a behavioural change in people," said Bastedo.

"The app hosts different meal ideas, everything from dinner ideas to workplace snacks. It has over 200 recipes," she said.

Saxophones for charity

Humber students toot for Music Without Barriers

Katie Jones
A&E REPORTER

Humber College saxophone students participated in a charity concert that raised almost \$500 on March 21.

The event was a collaboration between Humber music students and Music Without Barriers, an organization that creates musical opportunities to those with physical, mental and cognitive limitations.

In early January, Humber Music professor Alex Dean approached the founder and executive director of Music Without Barriers, Adrian Moody, to plan a benefit concert.

Moody said the gesture was a great surprise.

"It was the first time for our organization that someone went out of their way. It was a huge milestone for us, we were really excited about that," said Moody.

"Right away we started working together as a Humber Business School and had people involved promoting, tweeting and Facebooking."

The evening event was held at a yoga and wellness studio located on Gladstone Avenue in downtown Toronto. The evening welcomed approximately 50 guests who took off their shoes to respect the space of the yoga studio, which Moody said made for a really fun and relaxed

environment.

The concert featured nine Humber students along with a marimba player for one of the songs. Quartets were divided into two groups, each playing a set of music that together totaled nine songs.

Abigail Neale, one of Humber's sax quartet players that evening said she was excited to perform and represent Humber while also supporting a good cause.

"I'm very proud to be a student of Humber College, especially so as a music student of a phenomenal music program unlike any other in Canada," said Neale.

Neale also said she was grateful for the collaboration as a way to gain experience performing in front of an audience.

The quartet instructor, Alex Dean, and another quartet player, Ashley Kurkjian, were the ones who proposed the benefit concert as a means of getting performance experience, said Neale, while also wanting to support a very worthy cause. The concert was supported by friends, musicians and Yamaha.

"Yamaha donated some prizes for a raffle, we had giveaways and there were cupcakes. Everyone that showed up for the show were there to support friends and family or support the organization," said Moody.

Moody said there was some serious talent and everyone was raving about the show.

"It feels really great to be able to spread the message of what Music Without Barriers stands for," he said.

Millennials get their news ‘when we want it, from whom we want it’

continued from page 1

“So it’s news when we want it, from whom we want it and we can engage as little or not as we want,” she said.

Morgan said a popular way millennials get their news on social media is through Twitter because a lot of journalists are putting their sto-

ries on the social network.

Tyler Thomson, a 24-year-old student from Niagara College, said he goes to Twitter often to get his daily dosage of news.

“There’s always breaking news on my Twitter feed and it keeps me very informed with what’s going on in the world around me,” he said.

Thomson said he might not read

the newspaper or watch the nightly news but he definitely keeps up with the news through social media.

Dvorkin said other popular places to get news are social media platforms such as Facebook and Instagram.

“But I think Twitter seems to be the predominant vehicle of the moment,” he said.

“News and information are wo-

ven into an often continuous but mindful way that millennials connect to the world generally, which mixes news with social connection, problem solving, social action, and entertainment,” the Media Insight Project report said.

Dvorkin said if the study is driven to seek it out more.

The study consisted of a survey

that was compiled from telephone samples and an online questionnaire and reached 1,046 millennials nationwide between the ages of 18 and 34.

The margin of error was plus or minus 3.8 percentage points.

To learn more about the study, visit the american press institute website.



CHARLOTTE ASTRID VIA FLICKR

Facebook removes ‘Feeling fat’

Christine Tippett

LIFE REPORTER

Fat is not a feeling. At least, not according to Facebook.

Facebook announced on March 10 it would be removing “feeling fat” as an option for users when updating their status. Facebook has since replaced it with “feeling stuffed” accompanied by the same chubby-cheeked emoticon.

Catherine Weingarten, a graduate student from Ohio State University, paired up with the organization Endangered Bodies in February to create a petition on Change.org to remove “feeling fat” as an option on Facebook.

The petition amassed more than 16,000 signatures before Facebook announced it would implement the change.

The campaign took on a life of its own on Twitter as well. The hashtag #FatIsNotAFeeling was tweeted more than 5,000 times in the past 30 days, according to social media analytics website Topsy.com.

Facebook posted a statement on Change.org in response to the campaign that said, “We’ve heard from our community that listing ‘feeling fat’ as an option for status updates could reinforce negative body image, particularly for people struggling with eating disorders.”

Weingarten spearheaded the petition because she has struggled with body image issues in the past and knows the harm of fat talk, she

said in an email interview.

“As a big Facebook user and social media chick, I am hyperaware of the effects social media has on young people’s lives, especially when it comes to body image,” she said.

Humber counsellor Liz Sokol, who was unaware of the campaign, said she thinks it’s a good idea Facebook removed the option because “fat” and “feeling” are not words that go together.



A lot of people say this is a censor issue but I don’t see it that way.

Catherine Weingarten

OHIO STATE GRAD STUDENT/ LAUNCHED PETITION TO BLOCK FEELING FAT

“You can feel happy, you can be fat. But ‘feeling fat,’ what does that mean really?” she said.

Sokol also said many students who come to her for counselling are not happy with their bodies.

“I think you’d have to be pretty naïve to think the media hasn’t played a big part in that, whether it be social media or magazines,” she said.

College students are particularly susceptible to having body image issues because they are still forming their identity and are at a life stage where they are dating and developing relationships, Sokol said.

The campaign wasn’t a victory for everyone, however. Weingarten said she’s received a lot of backlash over Facebook’s decision to remove “feeling fat”.

“I have gotten harassing messages via Twitter and email,” she said. “A lot of people say this is a censor issue, but I don’t see it that way.”

People can still post what they are thinking on Facebook, but no longer have the default “I am feeling fat” option for a status update, Weingarten said.

Weingarten is still satisfied with the outcome despite some of the negative responses.

“I am thrilled I was able to influence change,” she said. “This whole thing really showed me that young activists can stand up and make a difference.”

Weingarten said she’s especially happy she can help start a conversation about body positivity and how people, especially young women, talk about their bodies.

Megan Lehtinen, a second year Humber Fashion Arts student, said she doesn’t know if the change will make much difference.

“I feel like people are going to type anything into their status update, it’s just a suggestion,” she said.

Lehtinen said college students often have a negative body image because they feel like their peers judge them. She said the content on social media sites are often unrealistic but people still compare themselves to it.

K-Cups environmental concerns overrated: faculty

While popular disposable coffee pods are ‘wasteful’ far bigger issues abound

Christina McAllister

LIFE REPORTER

The amount of K-Cups sold in 2014 is enough to circle the earth 10 times.

This figure comes from a satirical video campaign, broadcast on YouTube, called Kill the K-Cup; referring to the increasingly popular single-use disposable pods that hold ground coffee.

The video illustrates a monster made from Keurig K-Cups destroying a city; used to illustrate the alleged environmental damage this non-recyclable pod has on the environment.

CBC said critics of the K-Cup are calling it an environmental catastrophe, and the creator of the cup, John Sylvan, has gone so far as to publicly announce his regret for inventing the product almost 20 years ago.

These tiny pods, which the NDP Group estimates can be found in about 40 per cent of Canadian homes, have caused quite the stir.

In an interview with CBC, Sylvan said he doesn’t understand why people have them in their house.

While the pods are not in fact recyclable, they are not the environmental calamity they have been painted to be, said University of Toronto Geography professor Pierre Desrochers.

“In order to be an environmental catastrophe for me they would have to kill something, or contaminate something,” said Desrochers, who specializes in sustainable development.

“Right now they’re being put in a landfill and as far as I know nothing else has happened because again, modern landfills are self contained and nothing leaks out,” he said.

Desrochers said while these pods are cause for concern, there are far more important and pressing environmental issues.

“Find me one life form that it has killed, one river it’s polluted, find me one air shed in a city that it has contaminated,” said Desrochers.

“Can we call it an environmental

catastrophe? No. Are they a problem? Maybe, but a very minor one,” he said.

Humber Bachelor of Nursing student Anita Sych said the statements made by Sylvan will most likely damage Keurig’s sales because more people today have been choosing to go green.

Sych, who drinks instant coffee at home in the morning, said this attack on the company is a hypocritical one.

“I understand they’re not recyclable, but then in every day life they don’t take actions to recycle themselves. So you’re attacking a company, but do you really recycle anything else?” said Sych.



Can we call it an environmental catastrophe? No. Are they a problem? Maybe, but it’s a very minor one.

Pierre Desrochers

GEOGRAPHY PROFESSOR UNIVERSITY OF TORONTO

University of Toronto economics professor, expert on waste management and recycling Donald Dewees, said calling the issue of the K-Cup pods a catastrophe is an overstatement.

“I’m not convinced that it’s as big a deal as it’s portrayed in the media recently,” he said.

Dewees doesn’t deny that these pods are wasteful, because they are mass consumed and non-recyclable.

“This is another example of wasteful consumption,” said Dewees.

“We don’t need K-Cups, it’s perfectly easy to brew single cup coffee using a disposable filter. [But] there are lots of things that we do that are wasteful... I don’t see it myself as being high on the priority list,” he said.

Desrochers said the media buzz surrounding the K-Cup is attributed to how relatable it is.

“So many people drink coffee,” he said. “It’s an issue [people] can relate to, but in the grander scheme of things I believe it’s a relatively minor one.”

HOROSCOPES by LUCY SKY



JAN. 20 – FEB. 19
Taking a step back and looking at the bigger picture this week will benefit you.



FEB. 20 – MAR. 20
Slacking isn't your usual way of life, but it's become a lot more familiar as of late. It's time to change that.



MAR. 21 – APR. 20
Being sure of yourself is one of your strong suits, but it can also steer people away. Be careful to not come off as egotistical.



APR. 21 – MAY 20
Someone will make a very important promise to you this week. Don't disregard the trust they're seeking.



MAY 21 – JUN. 20
Long distance isn't your strong point, but pick up the phone. People may be starting to worry.



JUN. 21 – JUL. 22
This weekend can't seem to come any faster. So get out and make the best of it!



JUL. 23 – AUG. 22
You've been working really hard lately, it's time to sit back and relax.



AUG. 23 – SEPT. 21
You can't wait around forever. So if that special someone doesn't make a move soon, it's time to move on and find someone else.



SEPT. 22 – OCT. 22
A new hobby could be the saviour of your sanity in the upcoming days.



OCT. 23 – NOV. 21
Forgiveness is the key to a healthy, happy life. Forgiving is one thing, but never forget the wrongs. Learn from them.



NOV. 22 – DEC. 20
There's plenty of time to party in life. It's time to buckle down and get your studies in order.



DEC. 21 – JAN. 19
A great man said "don't worry, be happy." These four words will be your sanity in the upcoming week.

QUOTED: DOES EARTH HOUR AFFECTS PEOPLE'S CONSERVATION HABITS?

"No. I mean it changes it for an hour probably, but after that everything goes back to normal."



Shannon Martin, 20
Digital and Visual Arts, 1st year

"No. I think it's a slacktivism type of thing. They may do it for the hour, but then they just go back to their usual habits."



Chris Halef, 25
Radio Broadcasting, 1st year

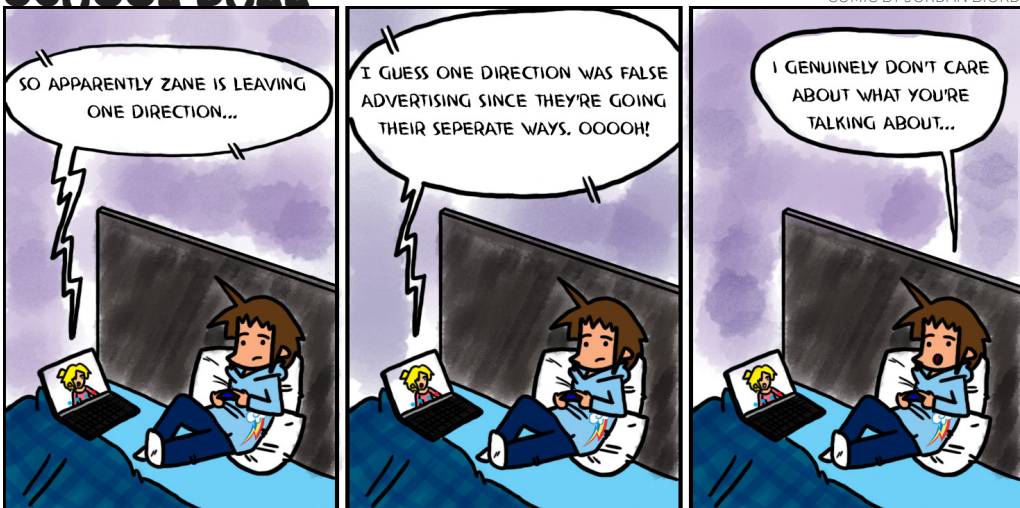
"No. I believe it's an excuse for people to feel good about saving the environment for an hour."



Gabriel Moreno, 18
Digital and Visual Arts, 1st year

SCHOOL DAZE

COMIC BY JORDAN BIORDI



TO THE NINES

Mina Bance
19
Fashion Arts
1st Year

Coat: Lanvin
Shirt: Uniqlo
Pants: From Japan
Shoes: DHOLIC (online)
Watch: American Apparel
Bag: Marc by Marc Jacobs

Mina checks her 'wear' app for inspiration. She decided to get into the fashion industry and study here at Humber because her parents both work in the industry.



ANDY REDDING

The Humber men's indoor soccer team celebrates winning the OCAA Championship at Redeemer on Saturday.

Men's indoor soccer strikes gold

Andy Redding
SPORTS REPORTER

It was a Redeemer redemption at its finest.

The Humber men's indoor soccer team captured the OCAA Championship this past weekend at Redeemer University College, defeating Centennial College 1-0 in the gold medal game on Saturday.

The gold medal was Humber's first since 2012, ending a two season drought.

"Coming back with great guys like this, we came, we sacrificed for each other," said Humber forward Mike Aigbokie. "We knew we could do it. Humber hasn't won this in

a long time, so it's good coming back with a gold medal."

Humber marched through the OCAA Championship tournament, going undefeated throughout the round robin.

The Hawks got out to an early lead in their semi-final match against Sheridan College, after Aigbokie scored less than a minute in. Humber held off a six on five attack for the remainder of the game, as Sheridan pulled their goalie in an attempt to tie the game.

"We expected it, we've played against Sheridan before," said first-year striker Jordan Piccinin. "We set up our box, which we worked on

in practice, and with that we were able to defend wherever they pushed it. We were in full communication the entire time like good teammates."

Piccinin came off the bench to score a late first half penalty kick, which put Humber up 2-0 and sealed the win for the Hawks, putting them in the championship match.

The gold medal final was Humber's closest and most physical game of the tournament. Humber held off Centennial all game after Aigbokie netted the game's only goal halfway through the first half.

"We had a plan, we already knew they'd come with lots of energy, but we just had to

stick to what we came for," said Aigbokie. "Our guys are a bunch of great guys, everybody's thinking about the team and wants to win for the team."

The gold medal game saw lots of five-on-four action, as blue cards were handed out to both teams in the second half.

"It could have gone either way. They're a hell of a team, they're a hell of a program," said Centennial head coach Julian Carr. "I have nothing but respect for the Humber program."

It's hard not to respect an OCAA Championship team.

"We're the champions now, and that's it," said Aigbokie.

No medal round for women's indoor soccer

Alexandra Martino
SPORTS REPORTER

Humber women's indoor soccer got stung at the OCAA Regional Championships last weekend in Hamilton, failing to make it past the group stage and into the medal games.

The Hawks couldn't face the challenges at provincials in part because key striker, Ashley Osorio, was still out with a broken hand.

"She was an asset especially in indoor and we missed her creating scoring opportunities," said Stefany Santos, left fielder and third-year travel and leisure student.

The team started out strong, scoring two goals early in the first half of the tournament opener against Conestoga College.

"Our energy and intensity was rewarded, but we got complacent so Conestoga was able to adjust and be more direct," said Vince Pileggi, head coach of Humber women's indoor soccer.

Conestoga scored two equalizing goals in the second half leading to a 2-2 tie.

Humber's only loss in the group stages was delivered by Fanshawe, who became the 2015 OCAA Silver Medalists. St. Clair College won gold.

Fanshawe was the more confident team and defeated Humber 1-0 by preventing the Hawks from creating any opportunities to score.

"Humber have a very controlled and composed style whereas we're fast and aggressive. We remained in

control of possession which threw them off and then we won over," said Katie Parker, captain of Fanshawe's women's indoor soccer team.

With a tie and a loss, Humber entered into a must-win situation in the final matchup against the 2014 Provincial Champions, Seneca.

Humber once again managed an early goal but the Sting changed the pace of the game once they scored an equalizing goal with 15 minutes left in the second half.

"Seneca is an experienced team and they were able to slow the game down when we really needed to score," said Pileggi.

The Hawks were on the receiving end of some unfortunate penalties in the second half, in one instance creating a three-on-five situation which put Humber at a disadvantage during key moments.

The 1-1 tie prevented Humber from winning their fight to qualify for the next day's round of competition.

The elimination hasn't crushed the Hawks' spirits about their season.

"From a competitive standpoint, we played very well, we were just unlucky and at a high level tournament like that you have to be on your best all the time," said Pileggi.

"Our team gave it everything, we won three tournaments and came on top of our group in regionals, it's just that provincials didn't go our way. We'll just have to keep working hard for next year," said Santos.

Humber Hype dance team feeling loss of varsity status



JESSICA REYES

The girls of the Humber Hype dance team say that they should be part of the Athletics banquet celebration.

Jessica Reyes
SPORTS REPORTER

The Humber Hype Dance team has learned that for the first time it will not be part of the college's annual athletic banquet celebration.

James DePoe, Humber varsity coordinator, said the Hype team has not been titled as varsity for the last three years, although this is the first time it isn't at the banquet.

"Unfortunately, there was a shift in direction after Doug Fox was on his way out. He removed the varsity status from the Cheer team and Humber Hype dance team," DePoe said.

He said over the last few years the transition was to

keep the annual celebration for only Varsity athletes.

"With the numbers that we have now going into the banquet hall we just couldn't put (the Hype) in and unfortunately they won't be at this year's banquet," he said.

Hannah Rose McKie, final year student in Cosmetic Management and dancer, said Humber has also cut back on the financial support for the Hype this year.

"We have a much more smaller budget than we used to, we're seeing a lot of cut-backs in our uniforms and in our supplies," McKie said.

"I wish that we could be more considered as a varsity team, we have been in the past and it would be really

amazing to be back on varsity side, instead of an extramural team," she said.

Erika Sunstrum, fourth year Interior Design student at the University of Guelph-Humber, is captain for the Humber Hype Dance team. She has been dancing for eight years and leading the dancers through a series of hip-hop and jazz routines.

The Humber Hype Dance team don't consider themselves cheerleaders, but varsity supporters, she said.

"We're here to just really encourage the teams and show our dance performance," Sunstrum said.

Tamarah Williams, final year Law Clerk student has been on the Hype team for

two years and said she enjoys being involved with the school through her passion for dancing.

"We're like the Raptors girls at basketball games, not cheerleaders," she said.

The team not only dances during varsity games but also takes part in competitions with other university and college dancers throughout the season.

Sunstrum said the Hype Dance team and the Humber Dance Company was once a large family.

"From what we understand, (Dance Company) created their own team separate and focus more on jazz, lyrical and contemporary... while Humber Hype at the time was a combination of both jazz and hip-hop," she said.

Hawks win record sixth national title

continued from page 1

The rejuvenated Vule Grujic took matters into his own hands and jumped high to the rim to slam home a two handed dunk, electrifying the crowd. And he was not done.

The centre gained possession again and put away another lay up before being fouled and dropping home both shots from the line.

Six points in one minute sealed the game as the blue-and-gold Hawks stormed the court as National Champions.

Grujic finished with 16 points and was named player of the tournament for his dominant one minute of glory.

“Coach just called my number, I rewarded him by doing what I do best, scoring the ball on the fly,” Grujic said.

Humber could now forget about falling short at the Provincials in the gold medal round two weeks ago as coach Collins and Tyrone Dickson reflected on securing a record sixth national title.

“Honestly it feels better than anything in the world, you can’t buy this, you cannot buy this,” said Dickson.

“I would trade OCAA gold for this in a second although I have five already,” Collins said.



MATHEW HARTLEY

Humber’s Vule Grujic towers above VIU’s Jerod Dorby and slams home the play of the game as the Hawks take National gold at Mohawk College in Hamilton.

No All-Canadian Hawks, both basketball teams share the ball

Katherine Green
Sports Reporter

Canada’s top college basketball talents from the 2014-15 season were honoured at the National Championship tournaments last week, but Hawks’ Tyrone Dickson and

Ceejay Nofuente’s names were absent from the CCAA All-Canadian short lists.

Humber’s two powerhouse squads quickly redeemed the early off-court upset with triumphant performances.

The women’s side made program history with a fourth

place finish on the National level and the men captured a sixth National title, proving it takes a team to capture the gold, not an All-Canadian.

The men’s team capitalized on the winning formula of depth in the roster, but also seized the opportunity to tar-

get the disadvantages of their opponents, who relied more heavily on individual players.

“We are not so reliant on a guy that will take 15, 20 shots as a high volume shooter,” said men’s assistant coach Samson Downey.

“The three teams we faced in the quarter final, semi final and final each had All-Canadian players that were high volume shooters,” he said. “We did a great job on those guys. Forcing them to take a

lot of shots to get their points. So that is the difference.”

Humber’s luxury of a deep talent pool led to a different Player of the Game in each of the three games, as well as centre Vule Grujicas coming off the bench to share tournament All-Star with Dickson.

Humber’s varsity coordinator, James DePoe, attributed Humber’s success at the National level to their philosophy of high performance, high intensity... and high numbers.

“Shawn (Collins, Hawks head coach) and I prefer to have a deep team,” he said. “If we can have players play less minutes but with a lot more bodies, then all the guys know we need their best three-minute shifts at a time where they go as hard as possible.”

The program’s recruitment has a history of taking the best club and high school players that Ontario has to offer. Arriving at a basketball institution like Humber, these individual stars buy into becoming a part of a supporting cast.

“They need to accept who they are as a player and what we need from them,” DePoe

said. “They committed to each other, to playing together and being good teammates and executing what we’ve been asking.”

A wealth of the talent is not exclusive to the men’s team.

The Hawks’ women wiped out the Ontario competition to take the provincial title before moving forward to compete at the National championships on Vancouver Island last week.

Second-year point guard, Ceejay Nofuente, is no stranger to all-star recognition, receiving numerous provincial accolades. Graduating from the OCAA to the national stage there were no top honours belonging to the Hawks, yet the women made an early statement, defeating Quebec’s powerhouse CEGEP team, the Sainte-Foy Dynamiques.

“We made history for Humber,” said Nofuente.

“Making our way to Nationals, it was all about the impact we had on every team,” she said.

“We were out there as a team and there wasn’t that one player who led us there. Everyone out there gave what the team needed.”



KATHERINE GREEN

Second year point guard Ceejay Nofuente is an all-star who led Hawks women’s basketball team to fourth place standing at Nationals, best CCAA showing in program’s history.



KATHERINE GREEN

First year assistant coach and former player, Samson Downey, displays Hawks’ men’s basketball team national gold medal captured over Vancouver Island University.